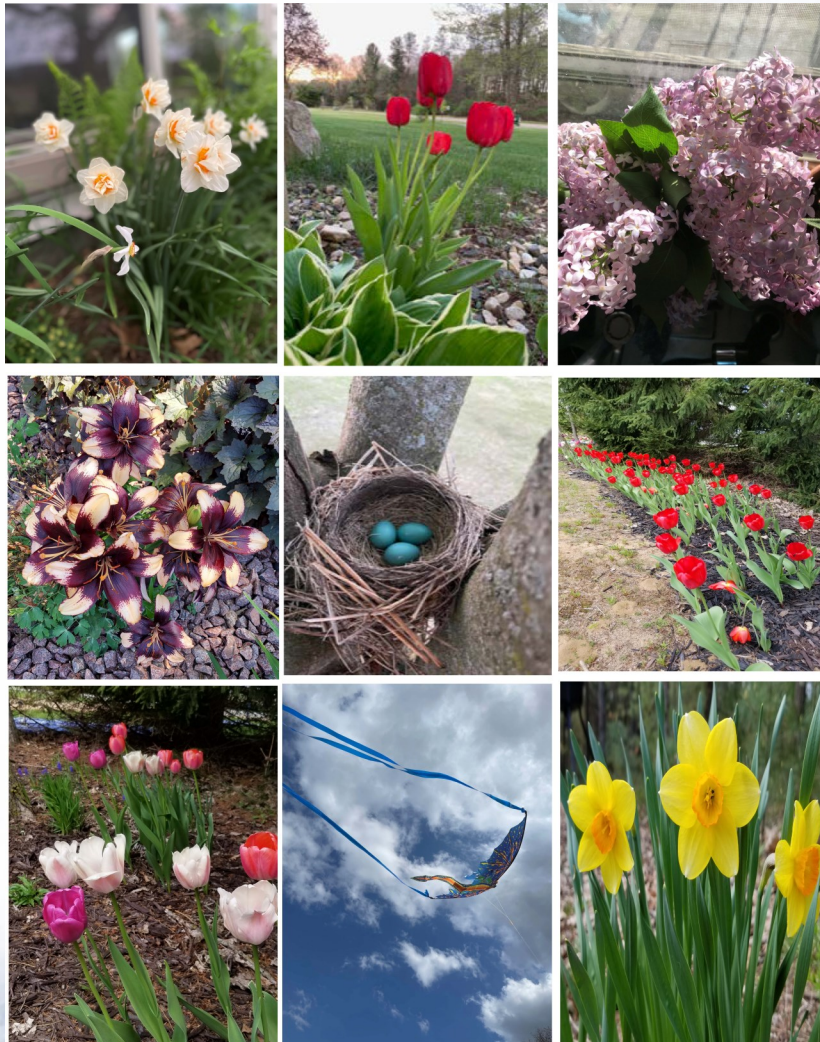


Marquette County

ADRC NEWS...

ADRC OF MARQUETTE COUNTY
PO BOX 405 • 428 UNDERWOOD AVE
MONTELLO, WI 53949 • 855-440-2372

March-April 2023



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We're looking for photos of
Marquette County for the cover
of our newsletter!

Submit your photos to Melissa at
mklebs@co.marquette.wi.us

Photos Submitted By: Jessica Bittelman, Claudine Anderson,
Meg Wandrey and April McConnell

Tax Assistance Programs

By the GWAAR Legal Services Team

- ◆ The filing deadline to submit 2022 tax returns or an extension is Tuesday, April 18, 2023.
- ◆ There are programs available throughout the state to help low- to moderate-income individuals and families with tax preparation. Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) are two such programs.



The VITA program is a cooperative effort by the Internal Revenue Service (IRS) and individual states, including Wisconsin, and the TCE program is supported by the AARP Foundation. Both programs offer volunteers trained by the IRS and the Wisconsin Department of Revenue (DOR) who help prepare basic income tax returns for free. Most VITA and TCE sites offer free electronic filing.

- ◆ VITA and TCE sites can help low- to moderate-income individuals, older adults, individuals with disabilities, and individuals who qualify for the homestead credit or the earned income credit. VITA sites may also be able to help non-English speaking individuals and military personnel. *(Note: The American Rescue Plan of 2021 allowed for individuals over 65 to claim the earned income credit on their 2021 taxes only. For 2022, the old rules apply, so to claim the EIC without a qualifying child, you must be at least age 25 but under age 65).*

- ◆ You will need to bring to the appointment photo identification, social security cards for you, your spouse and your dependents, all wage and tax statements, including Forms W-2, W-2G, 1099-R, SSA-1099, interest and dividend statements, and any other tax documents you receive.

- ◆ If you plan to claim homestead credit, you will also need to bring a copy of your property tax bill or a rent certificate signed by your landlord, a record of any Wisconsin Works (W-2) payments, a record of SSI payments from the Social Security Administration and the Wisconsin Department of Health Services, any proof of earned income if both you and your spouse are under age 62 and not disabled, and proof of disability (if under age 62).

VITA/TCE sites can help prepare

- ◆ · 1040
- ◆ · 1040X
- ◆ · WI Form 1
- ◆ · WI homestead credit

VITA/TCE sites cannot help prepare

- ◆ · Schedule C (Profit or Loss from a Business)
- ◆ · Schedule D (Complicated and Advanced Schedules)
- ◆ · Schedule E (Rental Income)
- ◆ · Form SS-5 (Request for a Social Security Number)
- ◆ · Form 2106 (Unreimbursed Employee Business Expenses)
- ◆ · Form 3903 (Moving Expenses)
- ◆ · Form 8606 (Nondeductible IRA)
- ◆ · Form 8615 (Tax for Children Under 14 with Investment Income)

To find a VITA or TCE site near you, use one of the following methods.

VITA sites

- Call (800) 906-9887
- Visit irs.gov, keyword VITA
- Call "211" for a site near you
- Call (608) 266-2486

TCE sites

- Call (888) 227-7669
- Visit https://www.aarp.org/money/taxes/aarp_taxaide/locations.html
- Call "211" for a site near you.
- Call (608) 266-2486



For more information, visit: <https://www.revenue.wi.gov/Pages/VITA/home.aspx>



Proven Effective

Developed and researched at the University of Wisconsin-Madison, participants who completed the Stand Up program decreased their sitting time by **68 minutes per day!**

Find and register for Stand Up and Move More!

March 21—April 11, 2023
Refresher class: May 9, 2022

Tuesdays

1:30– 3:30pm

Oxford Village Hall
 129 S Franklin St.
 Oxford, WI

Suggested Donation: \$15

**Call Amelia at (608) 297-3146 to register
 Or for more info.**

How much is too much time sitting during the day? Find out and learn strategies to help you...

Stand Up and Move More!

On average, older adults spend more than 60% of their waking hours in sedentary activities — mostly sitting. Research shows that too much sitting is bad for your health.

The Stand Up and Move More program helps you add more standing time into your day so you feel better and improve your health.

Join a Stand Up and Move More class to learn:

- ♦ The consequences of too much sitting time and the benefits of more standing time
- ♦ Strategies for incorporating more standing time into your day
- ♦ To set achievable goals and address problems or barriers

Federal Government Ends Extra FoodShare Benefits for Wisconsin Households in February 2023

Press Release from Wisconsin Department of Health Services

The Consolidated Appropriations Act, 2023, passed by Congress in late December, ends a federal program that has been providing additional benefits to households enrolled in Wisconsin's FoodShare program. FoodShare households have been receiving the maximum amount for their household size or \$95, whichever is more. In recent months, an average of approximately \$80 million has been distributed monthly to help almost 400,000 households across our state struggling to afford food. This also indirectly supports Wisconsinites involved in food production and retail like farmers, truckers, and grocers. February 2023 will be the last month families will receive the extra benefits. Regular FoodShare benefits will continue.

"The Supplemental Nutrition Assistance Program that funds FoodShare is a crucial federal support to individuals and families, particularly in times like these when higher food prices are straining everyone's budgets, but especially those of our most vulnerable," said Department of Health Services Deputy Secretary Deb Standridge. "These additional funds provided to eligible Wisconsinites because of COVID-19 have made a real difference. With Congress deciding to end these federal funds, community support for local resources like food pantries and food banks will be more important than ever." During the last two years, there have been historic federal cost of living increases to the maximum allotment amounts for households based on their size. Maximum allotment amounts have gone up approximately 34% from pre-pandemic levels.

"We expect the end of these extra benefits will impact not only individuals and families, but also retailers and farmers who accept benefits," said Stephanie Jung Dorfman, executive director of Feeding Wisconsin, a statewide association of six Feeding America food banks that serve the state's 72 counties. "During tough times, such as the pandemic and high inflation, FoodShare has been key to mitigating food insecurity. Regional food banks and local food distribution organizations will work to fill the gap, despite greater demand. Our network food banks and pantries are now gearing up to source and distribute enough food to ensure Wisconsinites have resources to turn to as they try to make ends meet."

FoodShare members will receive a letter later this month alerting them to this change. Households with emails on file will also be notified by email. Members can check the amount of their regular monthly FoodShare benefit by logging into Wisconsin's [ACCESS website](#) or by using the [MyACCESS smartphone app](#).

Regular benefits are always deposited on the same day in the first half of each month. Regular FoodShare benefit amounts are based on information like household size, income, and expenses. If a household has experienced changes like an increase in size or a decrease in income, bills they have not reported, or expenses that have increased, they should report these updates to the agency that manages their benefits. They may be eligible for increased FoodShare benefits.

Anyone who needs additional nutritional support can:

- Call 211 or 877-947-2211 to find a local food pantry.
- Check if they are eligible for the [Emergency Food Assistance Program \(TEFAP\)](#) - a federal program that provides food assistance to those with low incomes.
- Check if they are eligible for the [WIC \(Women, Infants, and Children\) Program](#) - a state program that helps Wisconsin families, including dads and other caregivers, with food benefits, nutrition education, and breastfeeding support.
- Call the ADRC at 855-440-ADRC

[More information for FoodShare members](#) can be found on the DHS website.

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Aging and Disability Services Transportation Program

If you need a RIDE to Medical Appointments

The Transportation Program will coordinate and provide transportation for **people 60+, people with disabilities or veterans to and from medical appointments**. Copay amounts depend on the destination.

If you need a RIDE to Portage for shopping

The Transportation Program will coordinate and provide transportation to residents of Westfield, Montello, Packwaukee, Oxford and Endeavor on the **4th Friday** of the month. Transportation will be provided to Portage for shopping. Copay to Portage is \$15. Times vary depending on ridership. Please call to reserve your spot.

Reservation are required with a minimum of 2 business days in advance.

Ride availability does fill-up. Please call with as much advanced notice. All rides are subject to availability.

Call the Transportation Coordinator at (608) 297-3104 to make your reservations.

The Department of Human Services operates its programs and services without regard to race, color, national origin, disability, sex, age, religion, income status or limited English proficiency (LEP) in accordance with Title VI of the Civil Rights Act, Americans with Disabilities Act (ADA), and related nondiscrimination authorities. For more information The Department of Human Services' civil rights, ADA obligations, and the procedures to file a complaint, contact The Department of Human Services Director, at email: mcdhs@co.marquette.wi.us, (608) 297-3124 (for hearing impaired, please use Wisconsin Relay 711 service <https://wisconsinrelay.com>) or visit our office at 428 Underwood Ave, Montello WI 53949. For more information, visit adrcmarquette.org website.

A complainant may file a complaint directly with the Federal Transit Administration by filing a complaint with the Office of Civil Rights, Attention: Title VI Program Coordinator, East Building, 5th Floor-TCR, 1200 New Jersey Ave., SE Washington, DC, 20590.

If information is needed in another language, contact 608-297-3124
Sise necesita informacion en otro idioma de contacto, 608-297-3124

<i>Destination</i>	<i>Copay Round Trip</i>
Madison	\$20
Appleton	\$20
Oshkosh	\$20
Fond du Lac	\$20
Tomah	\$20
Baraboo	\$15
Berlin	\$15
Portage	\$15
Wautoma	\$15
Ripon	\$15
Adams	\$15
Green Lake	\$15
Wisconsin Dells	\$15
Markesan	\$15
Local	\$5

Are you interested in sponsoring a ride?

Some residents in Marquette County struggle to afford their transportation copays.

If you are interested in sponsoring rides, contact Adam at **(608) 297-3104** to make a donation.

Slam the Scam: How to Spot Government Imposters



Do you know how to spot a government imposter scam? Knowing how to identify potential scammers will help safeguard your personal information.

There are common elements to many of these scams. Scammers often exploit fears and threaten you with arrest or legal action. Scammers also pose as Social Security or other government employees and claim there's a problem with your Social Security number (SSN) or your benefits. They may even claim your SSN is linked to a crime.

When you identify a potential scammer:

- Hang up right away or ignore the message.
- Never give personal information or money.
- Report the scam immediately to our Office of the Inspector General at oig.ssa.gov/scam-awareness/report-the-scam.

If you owe money to Social Security, we'll mail you a letter with payment options and appeal rights. We only accept payments electronically through Pay.gov, Online Bill Pay, or physically by check or money order through our offices.

We will never do the following:

- Threaten you with arrest or legal action because you don't agree to pay us money immediately.
- Promise a benefit increase in exchange for money.
- Ask you to send us gift cards, prepaid debit cards, wire transfers, internet currency, cryptocurrency, or cash through the U.S. mail.

Scammers continue to evolve and find new ways to steal your money and personal information. Please stay vigilant and help raise awareness about Social Security-related scams and other government imposter scams. For more information on scams, please visit www.ssa.gov/scam.

Tell your friends and family about government imposter scams. Let them know they don't have to be embarrassed to report if they shared personal financial information or suffered a financial loss. The important thing is to report the scam right away.

Together, we can "Slam the Scam!"

Caring for YOUR Nutrition

Are you a family caregiver? You may not think of yourself that way, but if you spend time tending to the needs or concerns of a person with an ongoing illness, injury or disability you are considered a caregiver.

Approximately 85% of people with dementia and chronic illness are cared for exclusively in their own homes. On average, their loved ones provide 12 hours of assistance a day.¹ That can be difficult to juggle with work and other responsibilities, and it often takes an economic and physical toll. As a result, caregivers often report significant stress, depression, anxiety and fatigue.

Caregiving also can take its toll on caregiver nutrition. Limited time to cook or shop may result in reaching for sweets or picking up fast food, which don't need a lot of preparation or advance planning. Nutrients that can fall short include protein and fluids, as well as fiber, vitamins and minerals from fruits and vegetables that may not be present in convenience items.

That leaves the caregiver at risk of malnutrition, and, in turn, more susceptible to the physical effects of stress. The good news is that eating a healthful diet can reduce the negative effects of stress. So, while caregivers are often rightfully focused on making sure they provide healthy meals for those they care for, it is very important for caregivers to keep their own nutrition and hydration at the top of their priority list.

How can you do this to your full list of items on your "to do" list? A good way to start a new habit is to take the first few steps first. Begin with drinking beverages at each meal and 2-3 times between meals. Examples of healthy drinks include: water, milk, juice (for those fruits/vegetables you may be missing), or non-sweetened drinks. Next, focus on protein, a key nutrient that builds strength and provides important minerals. Ways you can add protein to your day include:

- At meals, eat your protein first
- Snack on cheese
- Replace cereal with eggs
- Top your food with chopped almonds
- Choose Greek yogurt
- Have a protein shake
- Eat low/no fat dairy products
- Include a high-protein food like fish, chicken, beef, eggs with every meal
- Pair peanut butter or yogurt with fruit
- Try a variety of plant proteins like nuts, peanut butter, beans and tofu
- Drink a liquid supplement like Ensure or Glucerna

To find more ideas for high protein foods, increasing fluids and other ways to prevent malnutrition, review this [National Institute on Aging resource](#), consult your healthcare provider, contact a [dietitian](#), or go to reliable websites like the [Academy of Nutrition and Dietetics](#), [US Department of Agriculture](#) and the [National Council on Aging](#).

This message is part of ACL's focus on malnutrition, during Malnutrition Awareness Week, October 5-9, 2020. To find out more about these topics go to the [American Society for Parenteral and Enteral Nutrition](#) or [DefeatMalnutrition.Today](#).

¹ Schneider J, Murray J, Banerjee S, Mann A. EURO CARE: a cross-national study of co-resident spouse carers for people with Alzheimer's disease: I--Factors associated with carer burden. *Int J Geriatr Psychiatry*. 1999 Aug; 14(8):651-61



Nutritional Supplements

You can purchase cases of **Ensure® Plus** from the Marquette County Senior Nutrition Program. The cost is **\$30.00** per **24-pack case**. Flavors offered are: **Vanilla, Chocolate, or Strawberry.**

Glucerna is also available upon request. Flavors available are: **Chocolate or Vanilla.** Allow at least 1 week for delivery and ask for pricing.

Pick up at the Health & Human Services Building at 428 Underwood Ave, Montello, WI or delivered to you if you receive Home-Delivered Meals. We accept checks or cash.

To order or for more info:
call Amelia Cisewski, Registered Dietitian at (608) 297-3146.

Tips and Tricks from the Kitchen:

To remove coffee or tea stains, wet the cup and sprinkle in some baking soda. Scrub the baking soda around with a cloth and then rinse the cup.



The U.S. Department of Health and Human Services Released Federal Poverty Guidelines

By the GWAAR Legal Services Team

The U.S. Department of Health and Human Services (HHS) has released the federal poverty guidelines for 2023. Sometimes referred to as the federal poverty level or "FPL," the poverty guidelines, updated periodically in the Federal Register by HHS, are used for determining financial eligibility for certain state and federal programs. The guidelines for 2023 are below.

2023 POVERTY GUIDELINES FOR THE 48 CONTIGUOUS STATES AND THE DISTRICT OF COLUMBIA

Persons in family/household	Poverty guideline
1	\$14,580
2	\$19,720
3	\$24,860
4	\$30,000
5	\$35,140
6	\$40,280
7	\$45,420
8	\$50,560

For families/households with more than 8 persons, add \$5,140 for each additional person.

For more information on the federal poverty guidelines, visit: <https://aspe.hhs.gov/topics/poverty-economic-mobility/poverty-guidelines>

To view the Operations Memo outlining the 2023 Federal Poverty Level Changes for ForwardHealth Programs, visit: <https://dhs.wisconsin.gov/dms/memos/ops/dms-ops-2023-02.pdf>

Shredded Beef Sandwiches

Ingredients:

4 pounds boneless venison or beef roast	2 tsp. pepper
1 1/2 cups ketchup	2 tsp. Worcestershire sauce
3 Tbsp. brown sugar	1 tsp. onion powder
1 Tbsp. ground mustard	1 tsp. garlic powder
1 Tbsp. lemon juice	1/4 tsp. ground nutmeg
1 Tbsp. soy sauce	3 drops hot pepper sauce
1 Tbsp. liquid smoke, optional	14 to 16 kaiser rolls
2 tsp. celery salt	



Submitted by
Donna Svoboda
Recipe Contest Winner!

Directions:

Spray a 5-quart slow cooker with cooking spray. Cut roast in half; place in slow cooker. In a large bowl, combine the remaining ingredients except rolls. Pour over beef. Cover and cook on low for 8-10 hours or until meat is tender.

Remove roast. Strain sauce and return to the slow cooker.

Shred meat; using 2 forks; stir into sauce. Heat through. Use a slotted spoon to spoon mixture onto buns.

Yield: 14-16 servings



Celebrate the Senior Nutrition Program

Nutrition is a vital component of our health and well-being, especially as we age. But in communities throughout the U.S., older adults sometimes lack access to the high-quality, nutritious food they need to remain healthy and independent.

Since 1972, the national Senior Nutrition Program has supported older adults by providing nutrition services across the country. Funded by the Older Americans Act, the Administration for Community Living (ACL)¹ provides grants to states to support a network of local programs that deliver nutrition services to older adults. These programs promote healthy eating, decrease social isolation, and support better health. They also provide a gateway for older adults to access other home and community-based services such as falls prevention programs, chronic disease management services, and more.

This March, Marquette County is proud to celebrate the anniversary of the national Senior Nutrition Program with others across the country. We invite you to join us in celebrating our local program by attending one of Senior Dining Sites.

Learn more about our program and services by contacting Amelia Cisewski, Nutrition Coordinator at (608)297-3146 or acisewski@co.marquette.wi.us.

Visit ACL's [celebration webpage](#) to learn more and join the conversation on social media using #SeniorNutritionProgram.

Fuel for the Future

By Amelia Cisewski, RDN, CD

March is National Nutrition Month®! It's a time we can focus on the importance of making informed food choices and developing healthy eating and physical activity habits. No matter how old or active we are, making healthy food and drink choices will provide our body with the energy we need now and fuel for the future. Also the benefits of eating healthy can add up over time.

Here are some ways we can Fuel for the Future:

Eat with the Environment in Mind

- Buy foods when they are in season and shop locally if possible. This can also help keep costs down.
- Purchase foods with minimal packaging. Recycle any packaging that you can.
- Reduce food waste by planning meals based on the foods you already have on hand. Use leftover meat or vegetables in soups, salads, or sandwiches. Freeze any leftover meals you have for a quick and easy meal later on.
- Start a garden to grow your own produce or grow vegetables or herbs in containers. It is always great to have fresh, homegrown vegetables and it can save a lot of money too.

Stay Nourished and Save Money

With prices of food and other goods going up, buying healthful foods may not feel like a priority, however, many healthy foods are filling, may cost less overall, and help to manage or reduce chances of developing certain chronic health conditions. Plan your meals and snacks, see what foods you already have at home, and make a grocery list before shopping. Use coupons or purchase foods on sale whenever you can.

Eat a Variety of Foods from All Food Groups

Fruits, vegetables, grains, protein foods, and dairy all play a role in fueling our bodies. It is important to choose a variety of nutrient dense foods from all the food groups to get different nutrients they all provide. Eat fruits and vegetables in various forms including fresh, frozen, canned, and dried.

Make Tasty Meals at Home

We can eat healthier and save money by cooking tasty meals at home. Enjoy your favorite cultural foods and try new flavors and foods from around the world. Find creative ways to use up leftovers and create your own dishes. We can create great memories by cooking with friends and family whenever we can.

At any age, making healthy food and drink choices will provide our body with the energy we need now and fuel for the future.



Nutrient Dense Recipes

Cheese and Greens Omelet

Ingredients

- 2 cups chopped greens (spinach or kale)
- 2 eggs plus 1 egg white
- Pepper and salt to taste
- 1/4 tsp. canola oil
- 1 green onion, thinly sliced
- 1/4 c shredded cheddar cheese
- 1 to 2 Tbsp. water

Directions

- 1. Place greens in a small non-stick skillet over medium-high heat, cover and cook until the greens are wilted, 2-3 minutes. Remove from heat and transfer greens to a strainer, and drain.
- 2. Beat egg, salt, and pepper in a small bowl, Wipe out skillet with a clean towel and brush oil over the skillet with a pastry brush and place over medium-high heat. When pan is just hot, add egg mixture and cook, lifting the edges of the cooked egg up and tilting the pan to allow uncooked egg to flow on to the surface of the pan.
- 3. Once egg is set up into one solid mass, about 1 minute, top with greens, onion, and sprinkle with cheese. Lift up one edge of the egg and drizzle 1-2 Tbsp. water between egg and pan. Immediately cover the pan to trap steam inside. Cook until the cheese is melted and all of the egg is cooked by the steam, 1-2 minutes. Fold omelet in half and tilt out of the skillet onto plate to serve.



■ *From Healthyseasonalrecipes.com*

Veggie-Loaded Sloppy Joes

Ingredients

- Vegetable oil cooking spray
- 1 lb. extra-lean ground beef
- 1 small green bell pepper, diced
- 1 small red bell pepper, diced
- 1 small onion, diced
- 1 Tbsp. white vinegar
- 3/4 cup ketchup
- 2 Tbsp. prepared mustard
- 6 whole grain sandwich buns
- 1 sweet onions, sliced (optional)

Directions

- 1. Spray a medium skillet with cooking spray.
- 2. Combine the ground beef, diced peppers, and onion in the skillet. Cook on medium heat until the beef is thoroughly cooked, 8-10 minutes.
- 1. Mix the vinegar, ketchup, and mustard together, and add to the beef mixture; simmer 10-15 minutes.
- 2. Scoop one portion onto each sandwich bun. Top with a slice of sweet onion (optional).

■ **Serves: 6**



■ *From eatright.org*



Did You Know?

Inadequate nutrition & hydration can cause muscle loss and dizziness and increase your risk of falls.

If you have two or more chronic conditions, such as arthritis, heart disease, high blood pressure, diabetes, asthma, etc., you may be at increased risk of poor nutrition.

Are any of the following true for you?

- Losing weight without dieting
- Not getting enough to eat
- Decreased muscle strength
- Poor appetite
- Eat small amounts of meat/protein foods
- Inadequate fluid intake
- Take multiple medications

CLASS COMMENTS:

I LEARNED SOME THINGS I NEVER KNEW BEFORE.

SO INTERESTING, A REAL EYE OPENER.

GOOD TRUSTWORTHY INFORMATION, IT WAS GREAT!

GOOD INFO, GOOD INTERCHANGE. LOTS OF FUN!

If yes, you may be at increased risk for poor nutrition, falling & problems with concentration.

This one-time, 2-hour class is free, fun, and interactive

Invite a friend, family member, caregiver, or come alone, you will make friends at class.

You will learn:

- How nutrition affects falls
- Why muscle matters
- How to get enough protein and fluid
- What you can do to eat better and improve your health and concentration.

Date: Wednesday, March 29, 2023

Location: Health & Human Services Building, Room 106

Time: 1:30- 3:30pm

To Register:

Call Amelia Cisewski at (608)297-3146 or Email acisewski@co.marquette.wi.us



WORD SEARCH

FUEL FOR THE FUTURE

	S	A	P	R	G	O	I	T	T	U	T	E	H	R	G
Anchovy	O	S	S	E	I	R	R	E	B	P	S	A	R	M	A
Bulgur	I	D	B	N	Y	P	P	E	P	T	R	C	N	G	P
Cheddar	H	A	T	C	E	T	I	L	W	A	O	Y	C	U	S
Daikon Radish	C	R	K	H	P	I	S	B	U	L	G	U	R	O	E
Endive	A	C	O	E	K	U	L	O	N	I	S	E	I	R	P
Freekeh	T	U	R	D	G	R	E	G	A	N	W	R	C	O	A
Grapes	S	N	I	D	T	F	M	A	N	T	E	R	U	T	R
Honeydew	I	S	D	A	I	K	O	N	R	A	D	I	S	H	G
Jackfruit	P	N	A	R	H	C	P	E	V	R	Y	U	T	K	Y
Kefir	A	N	C	C	I	A	M	C	K	U	E	C	A	O	E
Lentils	B	U	D	S	P	J	B	T	U	F	N	A	O	T	S
Mung Beans	A	A	C	U	Y	M	U	A	N	P	O	T	V	N	O
Nectarines	N	H	T	R	N	J	B	R	O	S	H	U	A	L	Y
Oats	C	A	F	I	E	N	D	I	V	E	R	F	P	K	M
Pistachios	H	S	R	D	P	R	H	N	W	D	E	G	G	V	I
Raspberries	O	Q	E	B	A	K	A	E	C	H	C	A	E	E	L
Soymilk	V	U	E	F	E	E	J	S	A	L	I	J	C	H	K
Turkey	Y	L	K	C	P	F	M	I	T	U	R	K	E	Y	O
Wild Rice	C	L	E	N	T	I	L	S	N	R	D	O	I	A	L
	E	E	H	E	P	R	K	B	T	N	L	A	M	W	D
	L	R	Y	R	S	L	C	C	A	J	I	C	E	S	H
	M	U	N	G	B	E	A	N	S	M	W	O	Y	U	R



Marquette County Health Department Foot Clinic

Marquette County Health Department offers foot clinics to adult residents. Foot care is important because feet are a sensitive part of the body. Good foot care and proper hygiene are important to keep feet in top shape!

- 👣 Feet are assessed
- 👣 Feet are soaked (about 20-25 minutes)
- 👣 Toenails are trimmed
- 👣 Callouses are addressed
- 👣 Foot massage is given
- 👣 Home instructions are provided

Upcoming Foot Clinic Dates:

March 2nd, 7th, 21st, 29th

April 6th, 18th, 26th

***Call for an Appointment or if you have any questions!**

608-297-3135

Immunizations with Marquette County Health Department



Upcoming Immunization Clinic Dates:

March 13th, 23rd, 27th

April 10th, 24th, 27th

Location: Marquette County Health Department,
428 Underwood Avenue, Montello, WI

These walk-in clinic days do not include COVID-19 vaccines! Please see below for how to schedule a COVID-19 vaccine.

If you are interested in a COVID-19 vaccine, you can check for appointments on the website www.co.marquette.wi.us and clicking on "COVID-19 Information." If you do not have access to the internet, please call our office at 608-297-3135. If you, or someone you know, wants the COVID-19 vaccine but are struggling to find a provider due to being homebound or other functional/access needs, call us, we would love to see what we can do to help!

Our COVID-19 vaccine clinics include 2nd booster shots for those that are age 50+ or those who are immunocompromised.

If you have questions about vaccines available, please call us at 608-297-3135.



Northwest Connections (NWC) provides Emergency Mental Health Services. If you or someone you know is in crisis please call **888-552-6642** to reach the crisis line. A live person is available 24 hours a day.



care & share
FOOD BANK
of Marquette County

608-369-1059

PO BOX 821 N2975 HWY 22
MONTELLO, WI 53949

1st, 2nd, 3rd, and 4th Thursday of the month from
1-3 pm

1st and 3rd Tuesday of the month 4:30-6 pm

Please do not arrive earlier than 15 minutes before
we open.

Household Size	Combined Household Gross Monthly Income
1 Person	\$2,265
2 Person	\$3,052
3 Person	\$3,838
4 Person	\$4,625
5 Person	\$5,412
6 Person	\$6,198
7 Person	\$6,985

Contact Us:



☎ Phone: (608) 369-1059

✉ Email: foodbank@co.marquette.wi.us

📘 Facebook: [Care & Share Food Bank of Marquette County](https://www.facebook.com/CareShareFoodBank)



Senior Nutrition Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>*National Nutrition Month Meatless Days</p>		<p>1 * Bean Burger w/ Lettuce & Tomato Spudsters Peas & Pearl Onions Cake and Ice Cream</p>	<p>2 Sweet & Sour Pork Veggie Fried Rice Stir Fry Vegetables Asian Salad Cookie</p>	<p>3 Potato Crusted Fish Calico Baked Beans California Veggies Craisins Banana Cream Pie</p>
<p>6 Shredded Pork & Gravy Rosemary Roasted Potatoes Beets Apple Slices Yogurt</p>	<p>7 Lasagna Casserole Spinach Bake Creamed Cucumbers Strawberry Shortcake</p>	<p>8 Chicken & Gravy Mashed Potatoes w/ Beans Seasoned Carrots Orange Jell-O & Fruit</p>	<p>9 Ring Bologna & Sauerkraut Diced Potatoes Corn & Black Beans Blueberry Cup</p>	<p>10 *Squash Ravioli Collard Greens Cottage Cheese Celery & Peanut Butter Peaches</p>
<p>13 Beef Primavera w/ Whole Grain Pasta Sugar Snap Peas Cauliflower & Dip Tropical Fruit</p>	<p>14 *Cream of Broccoli Soup Half Veggie Wrap Black Eyed Pea Salad Muffin</p>	<p>15 Breaded Fish Sweet Potato Puffs Mixed Veggies Raspberries & Cream</p>	<p>16 Philly Cheese Steak Pea Pasta Broccoli Citrus Cup</p>	<p>17 Corned Beef Colcannon (Irish Potatoes) Cabbage and Carrots Apple Pistachio Fluff</p>
<p>20 Country Style Ribs Garden Vegetables Rutabagas Fruit Cup</p>	<p>21 Bacon Cheese Egg Bake Potatoes O'Brien Warm Apples Juice Cinnamon Roll</p>	<p>22 Beef Stew Roasted Brussel Sprouts Pudding Cup Orange</p>	<p>23 Chicken Burrito Zucchini & Summer Squash Side Salad Chocolate Sundae Ice Cream</p>	<p>24 *Roast Tomato Soup Egg Sandwich w/ Lettuce Pea Pasta Salad Green Beans Cupcake</p>
<p>27 Taco Salad Lettuce, Meat, Tomatoes, Black Olives, Red Beans, Peppers, Cheese Ice Cream Bar</p>	<p>28 Roast Beef & Gravy Mashed Potatoes Carrots Jicama Sticks w/ Spinach Dip Real Cool Cookie</p>	<p>29 Cherry Glazed Ham Mashed Sweet Potatoes Green Bean Casserole Cranberry Apple Crisp</p>	<p>30 *Veggie Lasagna Asparagus Spears String Cheese Kiwi</p>	<p>31 Mediterranean Salmon Brown Rice & Vegetables Bean Medley Pears</p>

Marquette County Senior Nutrition Program

Senior Dining Sites

Endeavor Civic Center

400 Church St, Endeavor

Meals Served: **Wednesday at 11:30**

Oxford Village Hall

129 S. Franklin St, Oxford

Meals Served: **Tues & Thurs at Noon**

Montello Senior Center (Dome)

140 Lake Court, Montello

Meal Served: **Mon, Wed, Fri at Noon**

Packwaukee Town Hall

N3511 State St, Packwaukee

Meal Served: **Tues & Thurs at Noon**

Neshkoro Area Community Center

114 E Park St, Neshkoro

Meal Served: **Tues & Thurs at Noon**

Westfield Municipal Building

129 E. 3rd St, Westfield

Meal Served: **Mon, Wed, Fri at Noon**

In addition to getting delicious meals, each site provides an opportunity to meet new people and participate in social activities. For those 60 & older, meals are available on a donation basis with a suggested donation of \$3.00. There are no income guidelines. To make a reservation, call **608-297-3146** the business day before by 3:00pm.

Home-delivered meals are available for those age 60 or older who are homebound and unable to prepare adequate meals on their own. . Please call for complete eligibility qualifications. Meals are delivered to participant's homes Monday thru Friday. Frozen meals are also available. The suggested donation of \$3.25 per meal. No one will be denied a meal due to their inability to contribute. For more information, call **608-297-3146**.

Senior Nutrition Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Beef Patty & Mushroom Gravy Mashed Potatoes Stewed Tomatoes Peaches	4 Chicken Cordon Bleu Chickpea Pasta Baby Carrots Strawberries & Cream	5 Shredded Beef Sandwich –Recipe winner Sweet Potatoes/Red Cabbage Pea Salad Spice Cake	6 Poor Man's Lobster Baked Beans Oriental Veggies Kale Slaw Fruit Bar	7 Closed Good Friday
10 Tortellini/ Meat Sauce Italian Vegetables Garlic Bread Mixed Fruit & Dip	11 Cheesy Veggie Soup Half Turkey Wrap Cauliflower Salad Mixed Berry Buckle	12 Chicken Parmesan Yellow Pea Pasta Zucchini & Yellow Squash Fruited Yogurt	13 Turkey Burger Mashed Potatoes & Greens Turmeric Cauliflower Fruit Grain Salad Peach Cobbler	14 Deviled Pork Chop Sweet Potatoes Broccoli Apple Slices & Dip
17 Baked Ham Scalloped Potatoes Asparagus Cranberry Fluff Lemon Blueberry Pound Cake	18 Swiss Steak Mashed Potatoes Peas & Carrots Blueberry and Apples	19 Hawaiian Meatballs Rice and Vegetables Green Beans & Red Peppers Banana	20 Baked Potato Chicken Casserole Black-Eyed Peas Pineapple Ice Cream	21 Turkey & Apple Salad Lettuce, Turkey, Apples, Carrots, Tomatoes, Walnuts Layered Cake & Fruit
24 Mini Corn Dogs Sunrise Potatoes California Veggies Applesauce	25 Spaghetti & Meatballs Italian Green Beans Cucumber & Radish Salad Peaches n Cream	26 Turkey and Gravy Mashed Potatoes Pulse Mèlange Vegetables Cherry Tomatoes Raspberry Ricotta Cake	27 Beef Steak & Gravy Pea Pasta Moon Blend Veggies Trail Mix Coconut Crème Pie	28 Confetti Kielbasa Skillet Cabbage, Carrots, Rutabagas Kale Wheat Berry Salad Blueberry Pie



Elder Benefit Specialist Program

SENIORCARE

SeniorCare helps Wisconsin Residents age 65 or older cover the cost of their prescription drugs. It is a program that works alone or with Medicare Part D to minimize your out-of-pocket drug costs. You can join anytime for \$30 a year, and if you have SeniorCare you won't pay a penalty for not enrolling in Part D. Is SeniorCare a good option for you? To find out call your Elder Benefit Specialist!

Elder Benefit Specialists counsel persons about public and private benefits. They provide information, advocate and represent people 60+ on public and private benefit issues. Assistance with applying for a wide range of benefits. Elder Benefit Specialists can help with Medicare, Medical Assistance, Senior Care, Social Security Retirement and Disability, Housing and Utility Issues, Appealing Denials of Benefits and a wide range of other topics.

Please contact the Elder Benefit Specialist, **Meg Wandrey**, at **608-297-3103**.

Dining site visits with the Benefit Specialist

Packwaukee— 1st Tuesday of the month
Endeavor— 1st Wednesday of the month

Neshkoro— 2nd Tuesday of the month
Westfield— 2nd Wednesday of the month

Oxford— 3rd Tuesday of the month
Montello— 3rd Wednesday of the month



Marquette County Senior Citizens, Inc.

Senior Dome
140 Lake Ct.
Montello, WI 53949

Senior Citizens, Inc is an organization of senior citizens 50 years of age and above in Marquette County. We provide a comfortable place for all Senior Citizens to meet, become informed, enjoy programs and partake in activities that keep them active, promoting living.

Any donations we receive will be greatly appreciated and will help us keep up with our operating cost.

Following are the membership events at the Dome.

- Sunday:** Card playing 12:30
Potluck meal every third Sunday of the month
- Monday:** Chair exercise 10:00 to 11:00
Card Playing 12:30
- Tuesday:** Euchre 1:00
- Wednesday:** Chair aerobics and weights 10:00 to 11:00
Card Playing 12:30
- Thursday:** Fife 1:00
- Friday:** Chair Yoga 10:00 to 11:00
Card Playing 12:30



Birthday Club: We go out to eat third Wednesday of the month to celebrate the members Birthdays that occur that month. It is Dutch Treat and we car pool. Call Phyllis at (920) 979-7027 if interested.

For more info. About membership or events please call (608) 297-7815.



Our home delivered meal program received quilts donated from the Seventh Day Adventist Church in Oxford

Calendar of Events - 2023



March 2023

- ◆ **March 1st**- Memory Café- Westfield Village Hall 10am
- ◆ **March 8th**- Endeavor Sharing Supper- Endeavor Elementary School - 5pm
- ◆ **March 15th**- Caregiver Support Group- Montello- 10am
- ◆ **March 21st-April 11th**- Stand up and Move More- Oxford Village Hall- Tuesdays from 1:30pm-3:30pm
- ◆ **March 29th**- Stepping up Your Nutrition- Health & Human Services Building Room 106- 1:30-3:30pm. Please call Amelia at 608-297-3146 for more information or to register.

National Nutrition Month Jeopardy with Amelia Cisewski, RDN, CD

March 7th: Oxford
March 8: Endeavor
March 13: Westfield
March 14: Packwaukee
March 20: Montello
March 23: Neshkoro

April 2023

- ◆ **April 5th**- Memory Café- Westfield Village Hall 10am
- ◆ **April 10th-May 19th**-Walk with Ease- Marquette County Senior Citizens Dome (Montello) – Monday-Wednesday-Friday's 1-2:30pm
- ◆ **April 19th**- Caregiver Support Group- Montello- 10am
- * **May 5th- June 8th** (Thursdays) from 6-7:30pm Powerful Tools for Caregivers will be offered virtually. Please call Melissa at 608-297-3148 for more information or to register.
- * **May 10th-August 23rd** (Wednesdays) from 2-4pm a Grief and Loss Group will be offered virtually. Please call Melissa at 608-297-3148 for more information or to register.

For more information on these events please visit the ADRC website at www.adrcmarquette.org or call 855-440-2372

To sign up to receive the newsletter electronically go to:
<https://www.mycommunityonline.com/find/marquette-county-department-of-human-services>

ADRC Roles

Jan Krueger, ADRC Director

We serve any person aged 60 years of age or older. A person who is disabled and age 17 years 9 months or older. Individuals who are caring for a disabled or older adult. Those who are concerned, about the welfare of a disabled or older adult, are also encouraged to contact us. The resources, programs, and options available may have more specific qualifications in addition to the age requirements. Please contact us to discuss your specific areas of needs or interests.

Kay Martin and Sharon Alden, Resource Specialists

The Resource Specialist provides information and assistance to the general public, but particularly to adults who are elderly or have a disability, as well as to a wide range of community resources. The Resource Specialist helps inform and educate people about their options and assists in connecting and enrolling them into public and private programs and services.

They continually raise community awareness and promote the ADRC through marketing and outreach activities. A Resource Specialist also provides options to help prioritize services based on a customer's values. They give specifics on eligibility criteria and how to apply for services and resources.

Jessica Bittelman, Disability Benefit Specialist

The Disability Benefit Specialist (DBS) assists persons with disabilities between the ages of 18 and 59, as well as those transitioning into adulthood at 17 years 9 months. The DBS can provide information, assistance, advocacy, and in some cases representation. A DBS can assist with initial applications, denials of eligibility, termination of benefits, and overpayments of both public and private benefits. Some of the programs and issues a DBS can assist with or provide information on include: BadgerCare Plus, Disability through the Social Security Administration, Extra help with Prescription Drug Costs, Food Share, Landlord/Tenant/Evictions, Medical Assistance, Medicare, Railroad Disability Benefits, Supplemental Security Income (SSI), Social Security Disability Insurance (SSDI), Utility Assistance, and Wisconsin Works (W-2).

Melissa Klebs, Dementia Care Specialist

Dementia Care Specialist (DCS) works to increase the dementia capability of the Aging & Disability Resource Center (ADRC), promote dementia-friendly communities, support caregivers and increase opportunities for people with dementia to remain in their own homes as long as is appropriate. Coordination of the National Family Caregiver Support Program (NFCSP), Alzheimer's Family Caregiver Support Program (AFCSP) and Caregiver Support Group. In addition to dementia programming the DCS oversees coordination of the Stress-Busting Program and Powerful Tools for Caregivers Program.

Colleen Sengbusch, Social Worker

Social work with the elderly and adults with disabilities, involving adult protective services (APS), guardianship (GN), protective placements (PP) and case management that includes both access/intake and ongoing responsibilities.

Meg Wandrey, Elder Benefit Specialist

The Elder Benefit Specialist (EBS) assists persons 60 and older. The EBS can counsel persons about public and private benefits and help them apply for benefits. The EBS can sometimes assist people who have been denied a benefit that they think they are entitled to receive. An EBS can connect people to needed resources and can often advocate on a person's behalf. Benefit specialists can help with a variety of programs and issues, including: Medicare, Medical Assistance, SeniorCare, Extra help with Prescription Drug Costs, Food Share, SSI, Social Security, Landlord/Tenant/Evictions, Medical Debt Remediation, etc.

Adam Sengbusch, Transportation Coordinator

The Transportation Specialist/Dispatcher is responsible for the scheduling and transporting of clients for the ADRC of Marquette County in the most efficient manner to and from destinations. This person also ensures that the fleet of vehicles is maintained in good and safe operating condition. Transportation of clients to various locations including Senior Dining Sites, shopping, recreational activities, medical and other appointments.

Amelia Cisewski, Nutrition Coordinator

The Nutrition Coordinator is responsible for coordinating the elderly nutrition and home-delivered meal programs. Performs assessments to determine eligibility for homebound meal program. Provides nutritional counseling and education to both meal site and home delivered meal participants. Collaborates with kitchen staff on the development of menus and approves menus following program requirements. Evaluates the elderly nutrition program to insure there are no barriers to participation. The Nutrition Coordinator oversees the following programs Walk with Ease and Living Well with Chronic Conditions.

If you would like more information about services provided by the ADRC call 855-440-ADRC (2372) or email adrc@co.marquette.wi.us.