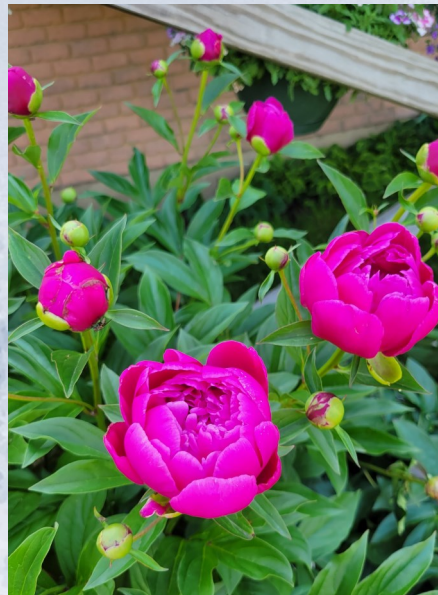


# Marquette County

ADRC NEWS...

**ADRC OF MARQUETTE COUNTY**  
428 UNDERWOOD AVE  
MONTELLO, WI 53949-9248 • 855-440-2372

## May & June 2024



### Inside This Issue

|  |            |
|--|------------|
| Older Americans Month...                                   | 2          |
| Continued from Page 2....                                  | 3          |
| Caregiver Support Group ..                                 | 4          |
| Social Security Honors Our<br>Military Heroes .....        | 5          |
| Transportation Program ..                                  | 6          |
| Save the Date.....   | 7          |
| National Stroke Awareness<br>Month .....                   | 8          |
| Nutrition Information.....                                 | 9          |
| Health Benefits of Fishing ...                             | 10         |
| Walk with Ease .....                                       | 11         |
| Benefits of Pulses Article..                               | 12         |
| Pulse Recipes .....  | 13         |
| Suggested Donation Increase<br>for Nutrition Program ..... | 14         |
| June Picnic in the Park... ..                              | 15         |
| Health Dept. Clinics .....                                 | 16         |
| Food Bank Update .....                                     | 17         |
| May Menu .....   | 18         |
| Nutrition Program Updates ..                               | 19         |
| June Menu .....  | 20         |
| Benefit Specialist .....                                   | 21         |
| Community Events .....                                     | 22         |
| ADRC Events.....   | 23         |
| ADRC Staff .....   | Back Cover |

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](mailto:mklebs@co.marquette.wi.us)

Photo Submitted By: Jessica Bittelman and Amelia Cisewski



## Celebrating Older Americans Month: Powered by Connection

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by a federal agency, the Administration for Community Living (ACL), OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.

This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have on the well-being and health of older adults — a relationship underscored by the [U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community](#).

### How can community groups, businesses, and organizations mark OAM?

- Spread the word about the mental, physical, and emotional health benefits of social connection through professional and personal networks.
- Encourage social media followers to share their thoughts and stories of connection using hashtag #PoweredByConnection to inspire and uplift.
- Promote opportunities to engage, like cultural activities, recreational programs, and interactive virtual events.
- Connect older adults with local services, such as counseling, that can help them overcome obstacles to meaningful relationships and access to support systems.
- Host connection-centric events or programs where older adults can serve as mentors to peers, younger adults, or youths.

### What can individuals do to connect?

- Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities in your community.
- Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring.
- Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors.

For more information, visit the official [OAM website](#) and follow ACL on [X](#), [Facebook](#), and [LinkedIn](#). Join the conversation on social media using the hashtag #OlderAmericansMonth.





Please join us for the Marquette County Senior Nutrition Program's

## **Older American Celebration**

**Wednesday, May 15, 2024**

**Endeavor Senior Dining Site**

**10:45am - Broadband & Technology Presentation  
with Shay from Marquette Adams Telephone Corporative**

**11:30am - Lunch Served**

**Music During Lunch**

**Bingo to Follow**

**We hope to see you there!**

**Suggested donation of \$3.00 for ages 60 and older and spouses regardless of age.**

**To RSVP call (608) 297-3146.**





# ARE YOU A CAREGIVER?

## Caregiver Support Group

In-person meetings will be held at the Health and Human Services Building (428 Underwood Ave., Montello) on the 2nd Tuesday of the month from 2pm-3:30pm

Virtual meetings will be held on the 4th Monday of the month from 6pm-7:30pm. Registration is required.

If you have any questions or would like to register please contact Melissa at 608-297-3148 or email: [mklebs@co.marquette.wi.us](mailto:mklebs@co.marquette.wi.us)

If you are not able to leave your loved one at home to attend group, please contact Melissa as there are programs that might be able to help.



**ADRC**  
Aging & Disability Resource Center  
of Marquette County  
**855-440-ADRC**  
[www.adrcmarquette.org](http://www.adrcmarquette.org)  
428 Underwood Ave. • Montello, WI 53949

# Social Security Honors Our Military Heroes



On Memorial Day, our nation honors military service members who have given their lives to preserve our freedoms. Families, friends, and communities come together to remember the great sacrifices of military members and ensure their legacies live on.

The benefits we provide can help the families of deceased military service members. For example, surviving spouses and dependent children may be eligible for Social Security survivors benefits. You can learn more about those benefits at [www.ssa.gov/benefits/survivors](http://www.ssa.gov/benefits/survivors).

We also offer support to wounded warriors. Social Security benefits protect veterans when injuries prevent them from returning to active duty or performing other work. Both the U.S. Department of Veterans Affairs and Social Security have disability programs. You may qualify for disability benefits through one or both programs. Read our fact sheet, "*Social Security Disability and Veterans Affairs Disability — How Do They Compare?*" at [www.ssa.gov/pubs/EN-64-125.pdf](http://www.ssa.gov/pubs/EN-64-125.pdf). Depending on your situation, some members of your family, including your dependent children or spouse, may be eligible to receive Social Security benefits.

Wounded military service members can receive quicker processing of their Social Security disability claims. If you are a veteran with a 100% Permanent & Total compensation rating from Veterans Affairs, we'll expedite your disability claim.

Thinking about retirement or know a veteran who is? Military service members can receive Social Security benefits in addition to their military retirement benefits. For details, visit our webpage for veterans, available at [www.ssa.gov/people/veterans](http://www.ssa.gov/people/veterans).

Please share this information with the military families you know. We honor and thank the veterans who bravely served and died for our country and the military service members who serve today.

# ADRC Transportation Program

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

## Need a RIDE for a Medical Appointment?

The Transportation Program will coordinate and provide transportation for **people 60+, people with disabilities or veterans to and from medical appointments.**

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

**Call (608) 297-3104 to make your reservations.**

Participants with Medical Assistance (Medicaid) are **not eligible** for this service. You need to use the state NEMT system.

## 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 **4<sup>th</sup> Friday** of the month. Transportation will be provided to Portage for shopping. Copay to **Portage is \$25**. Times vary depending on ridership. Please call to reserve your spot.

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](mailto: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 [www.adrcmarquette.org](http://www.adrcmarquette.org)

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, 5<sup>th</sup> 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            | \$30                    |
| Appleton           | \$30                    |
| Oshkosh            | \$30                    |
| Fond du Lac        | \$30                    |
| Tomah              | \$30                    |
| Baraboo            | \$25                    |
| Berlin             | \$25                    |
| Portage            | \$25                    |
| Wautoma            | \$25                    |
| Ripon              | \$25                    |
| Adams              | \$25                    |
| Green Lake         | \$25                    |
| Wisconsin Dells    | \$25                    |
| Markesan           | \$25                    |
| Local              | \$15                    |

## 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 **(608) 297-3104** to make a donation.

**SENIOR  
NUTRITION  
PICNIC  
IN THE  
PARK**

Thursday, June 13th  
Monday, August 19th  
Tuesday, September 10th

**SAVE  
THE  
DATES**

## May is National Stroke Awareness Month

By the GWAAR Legal Services Team



Strokes can happen to anyone, regardless of age. If you've had one stroke, you're at higher risk of having another one. Read on to learn more about the warning signs of a stroke. Recognizing the warning signs of a stroke and calling 911 immediately may affect whether someone recovers from a stroke or faces long-term disability or even death.

When you spot a stroke warning sign, act F.A.S.T.!

- F = Face Drooping. Does one side of the person's face droop, or is it numb? Ask the person to smile – is the smile uneven?
- A = Arm Weakness. Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- S = Speech Difficulty. Is the person's speech slurred?
- T = Time to call 911! Stroke is an emergency. Call 911 immediately, and keep track of the time when any symptoms first appeared.

Other stroke symptoms may include sudden:

- Numbness or weakness of the face, arm, or leg, especially on one side of the body;
- Confusion, including trouble speaking or understanding speech;
- Trouble seeing in one or both eyes;
- Trouble walking, dizziness, loss of balance or coordination; and
- Severe headache with no known cause.





## Nutritional Supplements

You can purchase cases of **Ensure® Plus** from the Marquette County Senior Nutrition Program. The cost is **\$33.00** per **24-pack case**. Flavors offered are: **Vanilla, Chocolate, or Strawberry.**

**Boost Plus** and **Glucerna** are 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:

It's grilling time!!! Grill with a pie pan. To create a makeshift smoker, place damp wood chips in a pie tin and set it over the hot coals.



## The Health Benefits of Fishing

By the GWAAR Legal Services Team



Opening day for fishing in Wisconsin is traditionally the first Saturday in May – May 4th for 2024. However, season dates can vary depending on what kind of fish you are fishing for and in which body of water you are fishing. You can refer to [The Guide To Hook And Line Fishing Season Dates, 2024-2025](#), for specifics of where you plan to fish and what you plan to fish for.

There are many physical and mental health benefits of fishing, not just for older adults, but for everyone. Below are just a few examples of the many benefits of fishing:

- Fishing helps reduce stress. Fishing can be very relaxing and help people connect with nature. It is shown to be an excellent stress-reliever.
- Fishing helps increase socialization and reduce isolation and loneliness. There are many social connections to be made by fishing, from meeting others at the nearby fishing hole, to connecting with folks at the local bait shop. Fishing gives folks an opportunity to share and connect with others.
- Fishing helps improve balance, coordination, and lowers the risk of falling. Fishing, and the act of casting the pole, reeling in the fish, and other related activities are excellent ways to improve balance and coordination. Regular fishing has been shown to be an excellent way to help prevent falls in older adults. Fishing also helps maintain hand-eye coordination and manual dexterity through activities like tying the line to the hook, baiting the hook, and reeling in the fish.
- Fishing is great, low-impact exercise. Whether you walk to find your favorite fishing hole, row your boat in the lake, or just cast your pole, you're getting a great, low-impact, full-body workout.
- Fishing is shown to help improve mental stimulation and cognition. Enjoying a hobby is a great way to keep your mind sharp and active. Fishing, in particular, is wonderful for building patience and concentration.

You don't even need to have a boat to fish. There are countless shore fishing spots in Wisconsin that provide great fishing opportunities. There are also many accessible fishing spots for individuals with disabilities. These accessible fishing piers are designed to accommodate wheelchairs, are wider to offer enough room for turning around, and have lower railings and fishing rod holders. For more information about accessible fishing in Wisconsin, visit: <https://dnr.wisconsin.gov/topic/OpenOutdoors/AccessFish> And for a map of these sites, visit: [https://dnr.wisconsin.gov/sites/default/files/topic/Fishing/AnglerEd\\_AccessibleShoreFishingSites.pdf](https://dnr.wisconsin.gov/sites/default/files/topic/Fishing/AnglerEd_AccessibleShoreFishingSites.pdf)

Finally, a reminder that a license is required to fish in Wisconsin except for children under 16 years of age and those born before 1927. Everyone else must purchase a fishing license. An annual fishing license is \$20, but for adults over 65, there is a discounted license available for \$7. You can purchase fishing licenses at certain retailers, DNR service stations, or at [gowild.wi.gov](http://gowild.wi.gov). For more information about fishing licenses, visit: <https://dnr.wisconsin.gov/topic/Fishing/outreach/FishingLicenses>

# Walk With Ease?

## You can do it — we can help.



Arthritis Foundation  
**Certified.**  
Doctor **Recommended.**

Space is limited. Sign up today!

May 13 – June 24, 2024

Mondays, Wednesdays, Fridays

9:30 – 11:30am

Health & Human Services Building

Room 106

428 Underwood Ave. Montello, WI

Suggested Donation: \$15

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

### Why Walk With Ease?

Looking for relief from arthritis pain? Just want to be active? The Arthritis Foundation's **Walk With Ease** program can teach you how to safely make physical activity part of your everyday life.

Walk With Ease is designed to help people living with arthritis better manage their pain, but it's also ideal for people without arthritis who want to make walking a regular habit. If you can be on your feet for 10 minutes without increased pain, Walk With Ease may be for you. Classes are one-hour each, three times per week for six weeks.

### Program Benefits

- Reduce the pain and discomfort of arthritis
- Increase your balance, strength and walking pace
- Build confidence in your ability to be physically active
- Improve your overall health

**Join us and learn to  
Walk With Ease!**



# Benefits of Pulses

By Amelia Cisewski, RDN, CD

Pulses are the dry, edible seeds in the legume family which include dry beans and peas, chickpeas, and lentils. They are packed full of nutrients, easy to prepare, versatile, affordable, and delicious. Since they are so full of nutrients, the USDA considers them to be part of both the vegetable and protein group.

## Nutrients Found in Pulses

Pulses are naturally low in calories, sodium, and fat, and they are great sources of many essential nutrients including:

- **Dietary fiber** from pulses or other foods may help reduce blood cholesterol levels and may lower the risk of heart disease, obesity, and type 2 diabetes. Fiber is important for bowel function. It helps reduce constipation and diverticulosis. Fiber-containing foods such as pulses help provide a feeling of fullness. If your stomach feels full for a longer period of time, it can help you eat less and consume fewer calories, which can help with weight management. Pulses are an excellent source of fiber and one serving (half cup) provides 20% or more of the Daily Value.
- **Folate (folic acid)**, a B vitamin, helps the body form red blood cells and helps iron function in the body. It also plays a role in preventing or slowing some of the cognitive decline that occurs with age. One serving of pulses provides 23– 45% of the Daily Value.
- **Iron** is used to carry oxygen in the blood. Pulses are a major source of non-heme iron in our diets. Eating iron-containing foods with foods rich in vitamin C, can improve the absorption of non-heme iron in our bodies.
- **Protein** helps maintain your muscles, keep fluids in balance, heal wounds and fight infections. It also helps carry fats, nutrients, and oxygen around the body.
- Pulses are good sources of **magnesium** and **selenium**. Magnesium is an important mineral used in maintaining bone strength as well as nerve and muscle function. Selenium helps to protect our cells from damage. Both are important for a healthy immune system.
- **Potassium** helps to control high blood pressure.

## Ways in Add Pulses to Your Diet

- Add pulses to meat to save money. Add black beans to ground beef in tacos or mix lentils with chicken in a casserole or soup.
- Substitute wheat flour with pulse flours like chickpea flour for protein– dense baking.
- Try pulse pastas like lentil, bean, pea, or chickpea pasta.
- Snack on seasoned roasted pulses for a fiber-rich snack or add to a salad instead of croutons.



The 2020-2025 Dietary Guidelines for Americans recommend consuming 1 1/2 cups of cooked pulses per week.

# Pulse Recipes

## Minestrone Soup

### Ingredients

- 2 large carrots, diced
- 2 celery ribs, chopped
- 1 medium onion, chopped
- 1 Tbsp. olive oil
- 1 Tbsp. butter
- 2 garlic cloves, minced
- 2 cans (14.5 oz each) reduced- sodium chicken broth
- 2 cans (8 oz. each) no salt added tomato sauce
- 1 can (16 oz.) kidney beans, rinsed and drained
- 1 can (16 oz.) chickpeas, rinsed and drained
- 1 can (14.5 oz.) diced tomatoes, undrained
- 1 ½ cups shredded cabbage
- 1 Tbsp. basil
- 1 ½ tsp. parsley
- 1 tsp. oregano
- ½ tsp. pepper
- 1 cup uncooked whole wheat elbow macaroni
- 1 1/2 tsp. grated Parmesan cheese

### Directions

- In a large saucepan, sauté the carrots, celery, and onion in oil and butter until tender. Add garlic, cook 1 minute longer. Stir in the broth, tomato sauce, beans, chickpeas, tomatoes, cabbage, basil, parsley, oregano, and pepper. Bring to a boil. Reduce heat; cover and simmer for 15 minutes. Add macaroni; cook, uncovered, 6-8 minutes or until macaroni and vegetables are tender. Ladle soup into bowls. Sprinkle with cheese.



## Texas Caviar Salsa

### Ingredients

- 1/2 onion, chopped
- 1 green bell pepper, chopped
- 1 bunch green onions, chopped
- 1 Tbsp. minced garlic
- 1 pint cherry tomatoes, quartered
- 1 (8 oz.) bottle zesty Italian dressing
- 1 (15 oz.) can black beans, drained
- 1 (15 oz.) can black-eyed peas, drained
- 1/2 tsp. ground coriander
- 1 bunch fresh cilantro, chopped

### Directions

- In a large bowl, mix together ingredients, except cilantro. Cover and chill in the refrigerator about 2 hours. Toss with fresh cilantro to serve.





## **Marquette County Senior Nutrition Program Suggested Donation Increase on July 1<sup>st</sup>, 2024.**

Beginning July 1<sup>st</sup>, 2024, the suggested contribution for Dining Site meals will increase to \$4.00 per meal. The suggested contribution for Home-Delivered Meals will increase to \$4.50 per meal.

Our goal is always to find ways to reduce or maintain our costs without lowering the quality or nutritional value of our meals. Volunteers have continued to give their time helping our nutrition program, and we work hard to keep costs down as much as possible. Contributions from participants and Federal, State, and Local funds support the nutrition program. Contributions from participants aid in the ability to serve the increasing senior population within Marquette County. Our average cost to prepare, serve, package, and deliver is about \$17.00 per meal.

Our meals are partially funded through federal legislation called the Older Americans Act. This is very important legislation that specifically says we cannot charge adults over the age of 60 for their meals and must offer older adults an opportunity to contribute toward the cost of their meals.

All contributions are voluntary and are kept confidential regardless of the amount. Eligible participants will not be denied meals if they are unable to contribute. You may contribute more or less than the suggested amount. You may continue to contribute the same amount you have been. Families may purchase gift meals or dining certificates to help a loved one. Contributions are one portion of the nutrition program revenues, so they are very important to the sustainability of this program.

For more information about senior dining, home-delivered meals, or the suggested contributions, please contact the Nutrition Program at 608-297-3146. Thank you for your support and understanding.



## **At Pioneer Memorial Park**

**316 E. Pioneer Park Road, Westfield**

**Thursday, June 13, 2024**

**11:30am– Presentation on Elder Abuse Awareness**

**With Hope House**

**Noon– Lunch Served**

**Bag Toss Tournament Following Lunch**

**On the Menu:**

**Taco Salad**

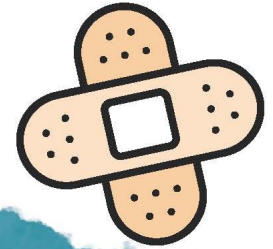
**(Lettuce, Ground Beef, Beans, Veggies, Cheese)**

**Ice Cream Bar**

We hope to see you there! Suggested donation of \$3.00 for ages 60 and older and spouses regardless of age. To RSVP call (608) 297– 3146.



## MARQUETTE COUNTY HEALTH DEPARTMENT 2024 IMMUNIZATION SCHEDULE



|             |          |
|-------------|----------|
| JANUARY 8   | APRIL 8  |
| JANUARY 22  | APRIL 22 |
| JANUARY 25  | APRIL 25 |
| FEBRUARY 12 | MAY 13   |
| FEBRUARY 22 | MAY 23   |
| FEBRUARY 26 |          |
| MARCH 11    | JUNE 10  |
| MARCH 25    | JUNE 24  |
| MARCH 28    | JUNE 27  |

**LOCATION OF CLINICS:**  
**MARQUETTE COUNTY HEALTH & HUMAN  
 SERVICES BUILDING**  
**428 UNDERWOOD AVE, MONTELLO, WI**

**CLINIC TIMES: 8:30AM-4:00PM**

**FOR CHILDREN:** If your child is insured and vaccines are FULLY covered – please make an appointment with your primary care provider for vaccinations. If your child is Vaccines for Children (VFC) eligible, you can visit the local health department for vaccinations.

**WHO IS VFC ELIGIBLE?** Children through 18 years of age who are:  
 -Medicaid Eligible    -Uninsured  
 -American Indian or Alaska Native  
 -Underinsured (has health insurance but the coverage may NOT include all vaccines)

FOR FURTHER INFORMATION – (608) 297-3135

### 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:

May 1st, 2nd, 7th, 8th, 14th, 23rd & 29th  
 June 4th, 5th, 11th, 12th & 27th

**\*Call for an Appointment or if you have  
 any questions!**  
 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 and 3rd Tuesday of the month 4:30-6 pm  
\*1st, 2nd, 3rd, and 4th Thursday of the month from  
1-3 pm

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

| Household Size | Combined Household Gross Monthly Income |
|----------------|---|
| 1 Person       | \$2,430                                 |
| 2 Person       | \$3,287                                 |
| 3 Person       | \$4,143                                 |
| 4 Person       | \$5,000                                 |
| 5 Person       | \$5,857                                 |
| 6 Person       | \$6,713                                 |
| 7 Person       | \$7,570                                 |

### Contact Us:

☎ Phone: ( 608) 369-1059

✉ Email: [foodbank@co.marquette.wi.us](mailto:foodbank@co.marquette.wi.us)

📘 Facebook: [Care & Share Food Bank of Marquette County](#)



Note: All meals include milk and bread (if not listed on the day). Meals are for those 60+ years old. Exemptions apply, but need to be approved. Please call the Nutrition Coordinator for more information. 608-297-3146

## Senior Nutrition Menu

| Monday  | Tuesday   | Wednesday   | Thursday   | Friday  |
|---|---|---|--|---|
| <b>6 Beef Stroganoff</b><br>Chickpea Pasta<br>Edamame Succotash<br>Warm Apples<br>Cookie                  | <b>7 Chicken Spaghetti</b><br>Brussel Sprouts<br>Mixed Fruit<br>Cake                        | <b>8 Beef &amp; Bean Burrito</b><br>Spanish Rice<br>Calico Corn<br>V8 Juice<br>Coconut Cream Pie                        | <b>9 Deviled Pork Chop</b><br>Rosemary Potatoes<br>Sugar Snap Peas<br>Grapes                               | <b>10 Shrimp &amp; Sausage Gumbo</b><br>Collard Greens<br>Carrots<br>Kiwi   |
| <b>13 Shredded Beef Sandwich</b><br>Potato Wedges<br>Peppers & Hummus<br>Apple Pie                        | <b>14 Beef Tips &amp; Mushroom Gravy</b><br>Veggies & Rice<br>Asparagus<br>Apricots         | <b>15 Older American Celebration at Endeavor</b><br><b>No Home Delivered Meals or Dining Sites</b><br>***See menu above | <b>16 Br Chicken Sandwich</b><br>Sweet Potato Tots<br>Country Vegetables<br>Pickle<br>Orange               | <b>17 Chicken Walnut Salad</b><br>Spinach, Lettuce, Chicken,<br>Blueberries, Craisins, Walnuts,<br>Cheese<br>Cherry Cobbler |
| <b>20 Baked Ham</b><br>Sweet Potatoes<br>Cauliflower<br>Craisins<br>Jell-O                                | <b>21 Meatballs and Gravy</b><br>Mashed Potatoes<br>Stewed Tomatoes<br>Strawberries & Cream | <b>22 Breaded Fish</b><br>Baked Beans<br>Mixed Veggies<br>Pineapple   | <b>23 Chicken Parmesan</b><br>Pea Pasta<br>Broccoli & Carrots<br>Fresh Fruit<br>Beet Brownies              | <b>24 Chili Dog</b><br>Tater Tots<br>Asparagus<br>Mixed Fruit   |
| <b>27 Closed</b><br> | <b>28 Veggie Deluxe Hamburger</b><br>Sweet Potato Fries<br>Bean Medley<br>Brownie           | <b>29 Chicken Alfredo Lasagna</b><br>Corn & Squash Bake<br>Collard Greens<br>Fruit Compote                              | <b>30 Turkey Apple Salad</b><br>Mixed Greens, Turkey, Apples,<br>Pecans, Carrots, Cheese<br>Baker's Choice | <b>31 Unstuffed Cabbage Casserole</b><br>California Veggies<br>Pea Salad<br>Macarons  |



## Marquette County Senior Nutrition Program

### Senior Dining Sites

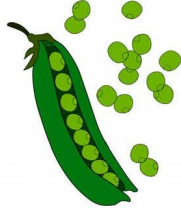
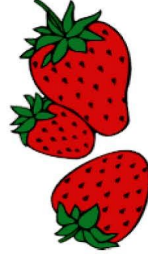

|  |  |
|--|--|
| <p><b><u>Endeavor Civic Center</u></b><br/>400 Church St, Endeavor<br/>Meal Served: <b>Wednesdays at 11:30</b></p>               | <p><b><u>Oxford Village Hall</u></b><br/>129 S. Franklin St, Oxford<br/>Meal Served: <b>Tues &amp; Thurs at Noon</b></p>     |
| <p><b><u>Montello Senior Center (Dome)</u></b><br/>140 Lake Court, Montello<br/>Meal Served: <b>Mon, Wed, Fri at Noon</b></p>    | <p><b><u>Packwaukee Town Hall</u></b><br/>N3511 State St, Packwaukee<br/>Meal Served: <b>Tues &amp; Thurs at Noon</b></p>    |
| <p><b><u>Neshkoro Area Community Center</u></b><br/>114 E Park St, Neshkoro<br/>Meal Served: <b>Tues &amp; Thurs at Noon</b></p> | <p><b><u>Westfield Municipal Building</u></b><br/>129 E. 3rd St, Westfield<br/>Meal Served: <b>Mon, Wed, Fri at Noon</b></p> |

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   |
|---|--|--|---|--|
| <b>3 Veggie Egg Bake</b><br>Hash Browns<br>Warm Apples & Cranberries<br>Orange Juice                            | <b>4 Chicken &amp; Zucchini</b><br>Pea Pasta<br>Oriental Vegetables<br>Celery and Peanut Butter<br>Blueberry Torte | <b>5 BBQ Meatballs</b><br>Sunrise Potatoes<br>Squash<br>Pineapple Cup<br>Cake & Ice Cream                | <b>6 Swiss Steak &amp; Gravy</b><br>Mashed Potatoes<br>Green Beans & Red Peppers<br>Mixed Fruit                   | <b>7 Ground Turkey Skillet Over Wild Rice</b><br>Caramelized Carrots<br>Pear Cup<br>Chocolate Ice Cream          |
| <b>10 Quesadilla Casserole</b><br>Spanish Rice<br>Peppers & Taco Dip<br>Berry Parfait                           | <b>11 Pork Chop &amp; Gravy</b><br>Sweet Potato Medley<br>Kale<br>Plum<br>German Chocolate Cake                    | <b>12 Roast Beef &amp; Gravy</b><br>Mashed Potatoes w/ Beans<br>Beets<br>Raisins<br>Peanut Butter Cookie | <b>13 Picnic in Park at Westfield Pioneer Park</b><br>No Home Delivered Meals or Dining Sites<br>**See menu below | <b>14 Potato Bacon Chowder</b><br>Egg Salad Sandwich w/ Lettuce<br>Strawberry Shortcake                          |
| <b>17 Spaghetti &amp; Meat Sauce</b><br>Corn and Black Beans<br>Tomato & Cucumber Salad<br>Apple Strudel        | <b>18 Baked Potato</b><br>Diced Ham<br>Cheesy Broccoli<br>Blueberry Cup  | <b>19 Chicken Stir Fry</b><br>Garden Rice<br>Sugar Snap Peas<br>Banana                                   | <b>20 Breaded Fish</b><br>Calico Beans<br>Asian Salad<br>Apple Slices & Dip                                       | <b>21 Polish Sausage &amp; Sauerkraut</b><br>Diced Red Potatoes<br>Rutabagas & Carrots<br>Peaches and Cream      |
| <b>24 Salisbury Steak &amp; Gravy</b><br>Mashed Potatoes w/ Beans<br>Peas and Pearl Onions<br>Mixed Berry Fluff | <b>25 Shredded Turkey &amp; Gravy</b><br>Over Mixed Veggies<br>Bok Choy<br>Strawberry Parfait                      | <b>26 Tuna Casserole</b><br>Edamame Succotash<br>Warm Peaches<br>V8 Juice<br>Chocolate Pudding           | <b>27 Meatball SW Stew</b><br>Broccoli and Cauliflower<br>Cottage Cheese<br>Dried Fruit<br>Oatmeal Cookie         | <b>28 Chicken Raspberry Salad</b><br>Lettuce, Chicken, Raspberries, Pecans, Cheese<br>Cheesecake w/ Fruit        |
|                            |                               |  |                                | <b>**Taco Salad</b><br>Lettuce, Ground Beef, Red Beans, Tomatoes, Peppers, Black Olives, Cheese<br>Ice Cream Bar |

# Elder Benefit Specialist Program

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 Colleen at **608-297-3101**.

## 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!

## Dining site visits with the ADRC

**Packwaukee**– 1st Tuesday of the month

**Westfield**– 1st Wednesday of the month

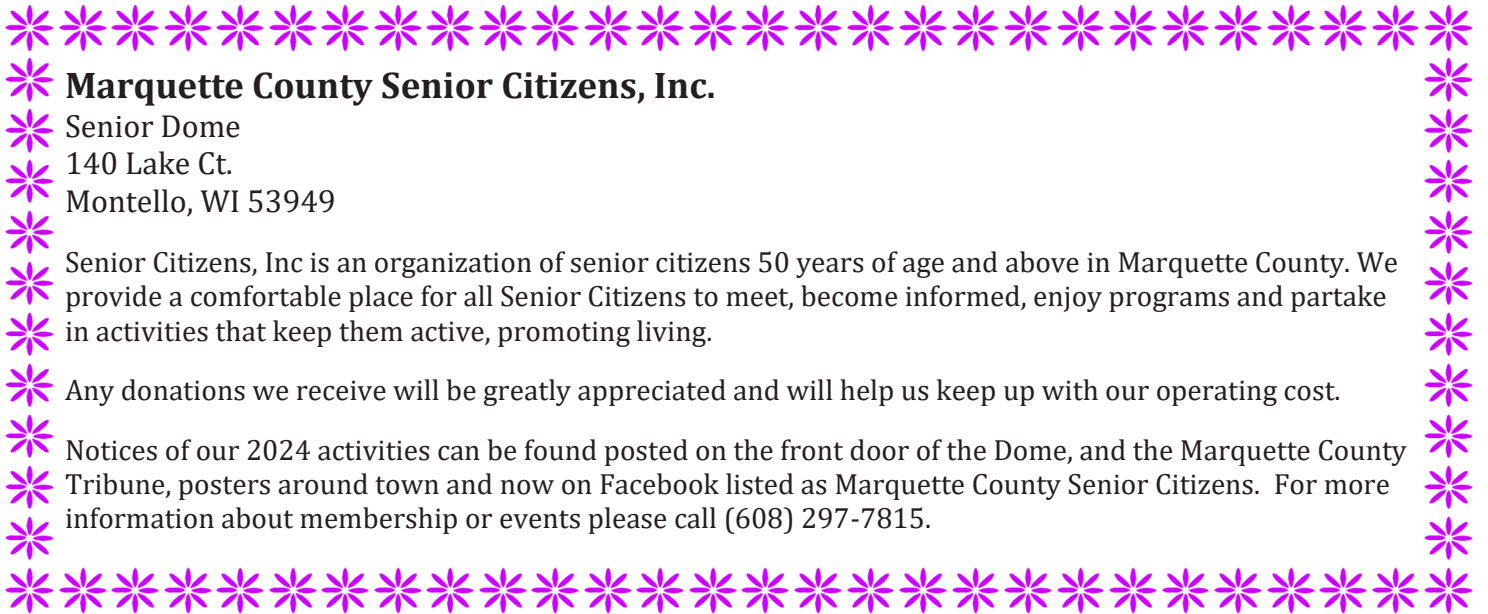
**Neshkoro**– 2nd Tuesday of the month

**Endeavor**– 2nd Wednesday of the month

**Oxford**– 3rd Tuesday of the month

**Montello**– 3rd Wednesday of the month

# Community Events - 2024



## 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.

Notices of our 2024 activities can be found posted on the front door of the Dome, and the Marquette County Tribune, posters around town and now on Facebook listed as Marquette County Senior Citizens. For more information about membership or events please call (608) 297-7815.

## Ruby's PANTRY

Ruby's Pantry is a non-profit organization working with manufacturers to distribute various food overages, surplus and bumper crops to communities throughout Wisconsin and Minnesota. For a \$25 donation you get an abundance of groceries.

Drive-thru pick up at:  
Montello Trinity United Methodist Church  
W3032 Fern Drive  
Montello WI 53949

4th Saturday of the month

8:00 am- 9:30 am

### \$25 CASH DONATION

#### 2024 DATES:

|                        |              |
|------------------------|--------------|
| <del>JANUARY 27</del>  | AUGUST 24    |
| <del>FEBRUARY 24</del> | SEPTEMBER 28 |
| <del>MARCH 23</del>    | OCTOBER 26   |
| <del>APRIL 27</del>    | NOVEMBER 23  |
| MAY 25                 | DECEMBER 28  |

[www.rubyspantry.org](http://www.rubyspantry.org)

## ADRC Events - 2024

### May

- \* **1st**- Memory Café- Westfield Village Hall 10am
- \* **3rd-5th**- Come visit our booth at Fish N' Fun!
- \* **13th-June 24th (Mondays-Wednesdays-Fridays)**- Walk with Ease- Montello- 9:30am-11:30am. To register contact Amelia at 608-297-3146
- \* **14th**- Caregiver Support Group- Montello- 2pm
- \* **15th**- Older American Celebration- Endeavor Dining Site- 10:45am

### June

- \* **5th**- Memory Café- Westfield Village Hall 10am
- \* **11th**- Caregiver Support Group- Montello- 2pm
- \* **13th**- Picnic in the Park- Pioneer Memorial Park, Westfield- 11:30am
- \* **24th**- Virtual Caregiver Support Group- Montello- 6pm- call Melissa to register at 608-297-3148

For more information on these events please visit the ADRC website at [www.adrcmarquette.org](http://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.

## ***Breanne Van Loo, Social Worker***

The Social Worker works 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.

## ***Colleen Sengbusch, 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.

## ***Steve Moore, 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, Stand Up for Your Health, Stepping On, 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](mailto:adrc@co.marquette.wi.us).**