

# Marquette County

ADRC NEWS...

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

## May & June 2022



Photo Submitted By: Amelia Cisewski

### Inside This Issue

Memory Café/Caregiver Article	.... 2
Traveling with a loved one with dementia?..	3
Importance of Signing Up for Medicare During Your Initial Enrollment Period...	4
Restrict Unwanted Calls.....	5
Caregiver Support Group .....	6
Transportation .....	7
Dementia Caregivers Needed for Research Study.....	8
Nutrition .....	9
Wisconsin Help for Homeowners.	10
Recipe/Contest Winner .....	11
Nutrition for Eye Health Article.....	12
Eye Healthy Recipes.....	13
Fraud– Calls about SSA.....	14
Older Americans Month .....	15
Food Bank Update .....	16
Health Dept. Clinics .....	17
May Menu .....	18
Meal Site Updates .....	19
June Menu .....	20
Benefit Specialist .....	21
Special Events .....	22-23
ADRC Staff .....	Back Cover

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

Submit your photos to Jan at [jkrueger@co.marquette.wi.us](mailto:jkrueger@co.marquette.wi.us)

## Westfield Memory Café

**Date:** Wednesday, May 4<sup>th</sup>, 2022  
**Time:** 10:00am-11:30am  
**Address:** Westfield Village Hall  
 129 E. 3<sup>rd</sup> Street, Westfield



**Theme:** Happy Cinco de Mayo!

**Date:** Wednesday, June 1<sup>st</sup>, 2022  
**Time:** 10:00am-11:30am  
**Address:** Westfield Village Hall  
 129 E. 3<sup>rd</sup> Street, Westfield



**Theme:** Dad's are the Best!

**Questions? Contact Dementia Outreach Specialist, Janet Wiegel  
 608-697-2838 or janet.wiegel@alzisc.org**



**Statewide Family Caregiver Programs** By: <https://www.dhs.wisconsin.gov/aging/caregiver.htm>

### National Family Caregiver Support Program (NFCSP)

The NFCSP provides online and in-person services and supports that help family members and informal caregivers, such as a neighbor or friend, care for older adults at home. The program prioritizes services to low-income families and older adults with dementia, but one does not have to be low income or have dementia in order to participate. It is available to any person providing care to an adult age 60+, or any grandparents or other relatives age 55+ who are the primary caregivers for youth under the age of 19.

The program offers:

- Information about available services.
- Assistance with gaining access to services.
- Individual counseling to deal with depression and stress.
- Caregiver support groups.
- Training on providing safe and proper in-home care.
- Temporary respite services, such as help with bathing, home repairs, snow removal or emergency in-home care.
- Supplemental services, such as personal protective equipment (PPE) or help making minor home modifications or providing adaptive equipment that allows a person to remain living safely at home.

### Wisconsin Alzheimer's Family and Caregiver Support Program (AFSCP)

The AFSCP is similar to the NFCSP explained above, but only serves people with a diagnosis of Alzheimer's disease or dementia. To be eligible for AFSCP, the care receiver must meet three criteria:

1. Have a diagnosis of Alzheimer's Disease or other dementia
2. Reside in a community or home setting (not a facility)

Have an income of \$48,000 or less (person and spouse)

Typical goods and services that can be provided through the AFSCP include:

- Respite care or household services.
- Personal protective equipment (PPE).
- Emergency response and home safety/alarm systems.
- Home safety modification.
- Specialized clothing for people with dementia.
- Activities or hobby supplies.
- Legal expenses related to establishing guardianship.
- Counseling services.
- Caregiver education classes.
- Emergency housing and energy assistance.

**For help connecting to a caregiver program specialist in your area, contact your local aging and disability resource center at 855-440-ADRC (2372).**

## Traveling with a loved one with dementia? Planning ahead is important

As the weather improves you may have plans to travel more with a family member who has Alzheimer's disease or another form of dementia. Having dementia does not mean that it's necessary to stop participating in meaningful activities like visiting family and friends. It just requires a little planning ahead to ensure safety, comfort, and enjoyment for everyone.

Here are some tips to keep in mind to help create a positive traveling experience:

- Consider sticking to familiar destinations that require few changes in daily routine.
- Travel during the time of day that is best for the person with dementia.
- Have a bag of essentials that includes medications, your travel itinerary, a comfortable change of clothes, water, snacks, and activities.
- Carry a current picture and consider enrolling in MedicAlert® or other 24-hour nationwide emergency response service in case of wandering.
- Carry a "business" card stating "The person I am traveling with has Alzheimer's. Please be patient." Contact ADAW for cards or create your own.
- Avoid very loud restaurants and places with a lot of people especially if the person is overly tired.
- Watch for signs of anxiety and agitation and find a quiet place to rest if needed.
- Do not overload the person with many activities or too much information.
- Prepare family and friends by explaining dementia and any changes it may have caused.
- Do not hurry. Stay calm and provide plenty of time for travel and for any stops needed along the way.

Contact Marquette County Outreach Specialist Janet Wiegel, Alzheimer's & Dementia Alliance of Wisconsin (ADAW), at 608-697-2838 or [janet.wiegel@alzwisc.org](mailto:janet.wiegel@alzwisc.org), for more information. Visit [alzwisc.org](http://alzwisc.org) for details on support groups, and programs.

## The Importance of Signing Up for Medicare During Your Initial Enrollment Period

*By the GWAAR Legal Services Team*

Your Initial Enrollment Period (IEP) is the 7-month window for you to sign up for Medicare when you first become eligible. Typically, this is when you turn 65 or after you've collected Social Security Disability (SSDI) for at least 24 months.

If you qualify for premium-free Part A, your Part A coverage starts the month you turn 65. (If your birthday is on the first of the month, coverage starts the month before you turn 65.)

Part B (and premium-Part A) coverage starts based on the month you sign up:

If you sign up:	Coverage starts:
Before the month you turn 65	The month you turn 65
The month you turn 65	The next month
1 month after you turn 65	2 months after you sign up
2 or 3 months after you turn 65	3 months after you sign up

If you qualify for premium-free Part A, you can sign up any time after you turn 65. Your Part A coverage will start 6 months back from when you sign up or when you apply for benefits from Social Security (or the Railroad Retirement Board). Coverage can't start earlier than the month you turned 65.

If you do not sign up for Part B (and/or premium-Part A) during your IEP, you may not be able to sign up until the General Enrollment Period every year between January 1<sup>st</sup> and March 31<sup>st</sup>. **You will likely also have lifetime late enrollment penalties added onto your monthly premium.**

There are very limited circumstances where you may not face these negative consequences for not signing up for Part B (and/or premium Part A) during your IEP. If you have employer group health insurance from the *active* employment of either yourself or your spouse, you may sign up for Part B (and/or premium Part A) at any time.

You also get an 8-month Special Enrollment Period (SEP) to sign up after you or your spouse (or your family member if you're disabled) stop working or you lose group health plan coverage (whichever happens first). This 8-month Special Enrollment Period starts when you or your spouse stop working, even if you choose COBRA, retiree health insurance, or other coverage that's not Medicare.

Keep in mind, however, that even if you have active employer health coverage and you will qualify for an SEP to enroll in Parts A & B later, you may still want to enroll in Medicare upon turning age 65. If your employer has fewer than 20 full-time employees (100 if you're Medicare-eligible due to disability), your employer group health insurance would likely be secondary to Medicare. This means, that insurance coverage would expect Medicare to be your primary insurance, whether you are enrolled in Medicare or not, and that insurance will pay as if it were secondary. In short, you will want to verify with your employer and your employer's group health plan *before* deciding to delay Medicare enrollment.

Some common example situations that do not qualify for a Special Enrollment Period:

- Your COBRA coverage or retiree coverage ends. If you miss your 8-month window when you stopped working, you'll have to wait until the next General Enrollment Period to sign up. The SEP is only when you lose employer coverage based on active employment.
- You have or lose your Marketplace coverage.
- You have or lose Medicaid coverage.
- You are released from jail or prison.

If you have questions about your enrollment timeframe, the different Medicare health coverage options, or are worried about paying for Medicare, there are programs that can help. For free and unbiased information about Medicare, you can contact the [State Health Insurance Assistance Program \(SHIP\)](#), which does not sell anything and is not affiliated with any company or plan, at any of the following resources:

- Wisconsin's Medigap Helpline: 800-242-1060
- 1-800-Medicare
- Aging and Disability Resource Center (ADRC) of Marquette County at 855-440-2372

## **End-User Customer Notifications**

\*\*\*\*Restrict Unwanted Telephone Solicitations\*\*\*\*

Has your evening or weekend been disrupted by a call from a telemarketer? If so, you're not alone. The Federal Communications Commission (FCC) has been receiving complaints in increasing numbers from consumers throughout the nation about unwanted and uninvited calls to their homes from telemarketers.

Pursuant to its authority under the Telephone Consumer Protection Act (TCPA), the FCC established, together with the Federal Trade Commission (FTC), a national Do-Not-Call Registry. The registry is nationwide in scope, applies to all telemarketers (with the exception of certain non-profit organizations), and covers both interstate and intrastate telemarketing calls. Commercial telemarketers are not allowed to call you if your number is on the registry, subject to certain exceptions. As a result, consumers can, if they choose, reduce the number of unwanted phone calls to their homes.

- Telephone solicitation calls to your home before 8 am or after 9 pm are prohibited.
- Anyone making a telephone solicitation call to your home must provide his/her name, the name of the entity on whose behalf the call is being made, and a telephone number or address at which you must contact that entity.
- Company-specific do-not-call lists are available to consumers who wish to avoid telemarketing calls only from specific companies.

For more information go to <http://www.fcc.gov/cgb/comsumerfacts/tcpa.html>



### **Do-Not-Call Registry**

You can register your phone numbers for free, and they will remain on the list until you remove them or discontinue service—there is no need to re-register numbers.

The Do-Not-Call registry does not prevent all unwanted calls. It does not cover the following:

- Calls from organizations with which you have established a business relationship;
- Calls for which you have given prior written permission;
- Calls which are not commercial or do not include unsolicited advertisements;
- Calls by or on behalf of tax-exempt non-profit organizations.

### **How to Register**

#### **For Consumers:**

Subscribers may register their residential telephone number, *including wireless numbers*, on the national Do-Not-Call registry by telephone or by Internet at no cost.

Consumers can register on-line for the national do-not-call registry by going to [www.donotcall.gov](http://www.donotcall.gov). To register by telephone, consumers may call 1-888-382-1222; for TTY call 1-866-290-4236. You must call from the phone number you wish to register.



# Are You a Caregiver?

Need advice? Feeling burnt out? Looking for people who understand?

## Caregiver Support Group In Person or Virtual/By Phone

**Service Center Meeting Room** in

The Service Center building (behind Human Services)

480 Underwood Ave, Montello, WI 53949

Call Melissa Klebs @ 608-297-3148 for more information  
or for virtual/phone in information.

		<b>May 18</b>	<b>10AM</b>
<b>June 15</b>	<b>10AM</b>	<b>July 20</b>	<b>10AM</b>
<b>August 17</b>	<b>10AM</b>	<b>Sept. 21</b>	<b>10AM</b>
<b>October 19</b>	<b>10AM</b>	<b>Nov 16</b>	<b>10AM</b>

*Taking care of you... so you can take care of them.*

humor  
generosity  
support  
life  
connections  
thanks  
selfless

**Caregiving**  
help  
home  
hope  
strength  
**family**

# Transportation Programs

**Riders are required to wear a mask for the safety of others and our drivers.**

**If you need a RIDE to Medical Appointments**  
See chart for copays

The Aging and Disability Services Transportation Program will coordinate and provide transportation for people 60+ or those disabled to and from medical appointments. Copay amounts depend on the destination. Services are provided in a non-discriminatory manner, without regard to race, color, or national origin.

Reservation is required **48 hours** in advance. Call the Transportation Specialist at **(608) 297-3104** for more info or to make a reservation.

**If you need a RIDE to Portage for shopping**  
This is a special project that has a copay of \$5.

The Aging and Disability Services 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 (at approx. 9 am, and returning around 11am).

Reservation is required **48 hours** in advance. Call the Transportation Specialist at **(608) 297-3104**.

<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.

## Dementia Caregivers Needed for Research Study



Help Build a Legal & Financial Education System For All Dementia Caregivers

The legal and financial responsibilities associated with caring for someone with dementia can be very challenging. You can help other caregivers by answering a set of questions related to your current caregiving role.

### You May Qualify If You

- You are 18 or older
- You are providing care or support to a relative, partner or friend who has cognitive impairment due to Alzheimer's or another form of dementia
- You live in the United States

### Potential Benefits

Participating in this study may improve your understanding of legal and financial tasks related to dementia caregiving.

[cognitofrms.com/mybraintest1/wipartners](https://cognitofrms.com/mybraintest1/wipartners)



### Participation Involves

- Completing an online questionnaire on legal and financial topics related to dementia caregiving
- Questionnaire will take 15-20 minutes
- Participants will be compensated with an Amazon electronic gift card



### FOR MORE INFORMATION

Please contact Dr. Nicole Werner, tel 608-890-2578, email [wernerlab@engr.wisc.edu](mailto:wernerlab@engr.wisc.edu)



Aging and Disability Resource Center of Marquette County  
 855-440-2372 [www.adrcmarquette.org](http://www.adrcmarquette.org)  
 Connecting you with support and services



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.

## Nutritional Supplements

You can purchase cases of **Ensure® Plus** from the Marquette County Senior Nutrition Program. The cost is **\$28.00** per **24-pack case**. Flavors offered are: **Vanilla, Chocolate, or Strawberry.**

**Glucerna** is also available upon request. The cost is **\$38.00** per **24-pack case**. Flavors available are: **Chocolate or Vanilla.** Allow at least 1 week for delivery.

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 information, call Amelia Cisewski, Registered Dietitian at (608) 297-3146.

### Tips and Tricks from the Kitchen:



When baking chocolate recipes, dust the pan with cocoa instead of flour. The cocoa enhances the chocolate flavor and eliminates the flour dust.

## Wisconsin Help for Homeowners

By the GWAAR Legal Services Team



Wisconsin homeowners who need assistance with mortgage, utility, or other household bills as a result of the pandemic may be eligible for financial relief. A new statewide program, Wisconsin Help for Homeowners (WHH), is open to individuals and families who live in Wisconsin, have overdue housing-related bills, meet income and other eligibility requirements, and have experienced a qualified economic hardship since January 21, 2020.

WHH is funded by the Homeowners Assistance Fund established under the American Rescue Plan Act of 2021.

Eligible individuals must be Wisconsin homeowners living in a single-family home, duplex, condo, or factory-built home. The property must be their primary residence. In addition, the homeowner must have experienced a financial hardship since January 21, 2020. A financial hardship is a reduction in income or increase in living expenses due to the coronavirus pandemic that has created or increased a risk of mortgage delinquency, mortgage default, foreclosure, loss of utilities or home energy services, or displacement for the homeowner. Finally, eligible individuals must have household income at or below 100% of the county median. For more information about income limits, please see: [https://www.huduser.gov/portal/datasets/il/il2021/select\\_Geography\\_haf.odn](https://www.huduser.gov/portal/datasets/il/il2021/select_Geography_haf.odn).

Eligible homeowners may be awarded up to \$40,000. Assistance below \$10,000 will be provided as a grant. Assistance over \$10,000 will be structured as a one-year, non-interest bearing, non-amortizing forgivable loan. If the homeowner remains in the home and does not sell or transfer the home or refinance a mortgage within one year, the loan will be forgiven. Any funding received from the program will go directly to financial institutions, local treasurers, utility companies, or other entities to pay for overdue bills.

For more information and to access the online application, please see the WHH website at: <https://doa.wi.gov/Pages/LocalGovtsGrants/Homeowner-Assistance.aspx>. The online application is available in English, Spanish, Hmong, and Somali. You can also call 1-855-2-HOME-WI (855-246-6394) for more information or to find out how to apply in person.

## Blueberry Salad

### Ingredients:

- 2 packages (3 oz.) grape Jell-O
- 2 cups boiling water
- 1 can (20 oz.) blueberry pie filling
- 1 can (20 oz.) crushed pineapple (undrained)

### Topping:

- 8 oz. sour cream
- 8 oz. cream cheese
- 1 tsp. vanilla and sugar to taste

Chill until almost set. I use a 11x9 pan.

After Jell-O is set, spread topping on top. Nuts can be sprinkled on top if you want.

Keep Chilled.



Submitted by  
Gail Hernstine of Westfield  
Salad/Dessert  
Recipe Contest Winner!

## Recipe Contest!

Do you have a recipe you enjoy in the summer? Enter your summer recipe into our contest! Your recipe could be chosen to be featured on our menu or featured in the next newsletter! All submissions will be entered in a drawing to win a prize! If you have a story or photo that you would like to share with your recipe, please include that as well.

Email your recipe to [acisewski@co.marquette.wi.us](mailto:acisewski@co.marquette.wi.us)

Or mail to: Amelia Cisewski  
Senior Nutrition Program  
PO Box 405  
Montello, WI 53949

Or send back to the office.

Recipes must be submitted by May 31st.

Have any questions? Call (608) 297-3146

# Nutrition for Eye Health

By Amelia Cisewski, RDN, CD

Maintaining eye health is important at all stages in your life especially as we get older. Eating foods rich in vitamin C, vitamin E, zinc, lutein, zeaxanthin, and omega-3 fatty acids may help reduce the risk of age-related macular degeneration (AMD), cataracts, and dry eye.



## Nutrients for Eye Health

**Beta-carotene** gives veggies like carrots their orange color. Our bodies convert beta-carotene to **Vitamin A**, which helps prevent night blindness and helps prevent dry eyes. It also may help reduce risk of age-related macular degeneration (AMD). Beta-carotene is found in orange vegetables like carrots, squash, and sweet potatoes as well as green leafy vegetables, broccoli, bell peppers, and cantaloupe. Liver, milk, and eggs are also sources of vitamin A.

**Lutein and Zeaxanthin** are both found naturally in the retina (the light sensitive tissue in the back of the eye). They may help protect eye tissue from sunlight damage and reduce risk of eye changes related to aging. Lutein and Zeaxanthin are often found in foods together. Foods rich in these are green leafy vegetables like kale and spinach and fruits like raspberries, peaches, and mangoes.

**Zinc** brings Vitamin A from the liver to the retina in order to produce melanin, which is a pigment that protect the eyes. It helps with night visions and may aid in the prevention of cataracts. Red meat, shellfish, poultry, nuts, seeds, and beans are good sources of zinc.

**Vitamin E** helps protect our eyes from harmful free radical molecules and can reduce risk if developing cataracts. Vitamin E is found in nuts, seeds, avocados, dark green veggies, and some oils.

**Vitamin C** is an antioxidant that may help lower risk of cataracts and AMD. Foods high in vitamin C are oranges, strawberries, tomatoes, broccoli, and bell peppers.

**Omega-3 Fatty Acids** are important for maintaining eye function and can lower AMD risk. They help reduce inflammation and also enhance tear production which can reduce dry eye. Omega-3 fatty acids can be found in fatty fish like tuna, salmon, and herring as well as walnuts and ground flaxseed.

## Supplements for Vision and Healthy Eyes

For people at risk of some eye conditions like AMD, vision supplements may help slow or prevent the condition. However, some people should not take large doses of certain nutrients for medical reasons. It is important to talk with your doctor before taking any supplements to see if they are recommended for you.

## Other Tips to Protect our Eyes

Besides eating a diet rich in the nutrients for eye health, we can protect our eyes and keep them healthy by wearing sunglasses, wearing safety eye wear, minimizing screen time, and having regular eye exams.

# Eye Healthy Recipes

## Sweet Spinach Salad

### Ingredients

- 10 oz. fresh spinach
- 1/2 cup sliced strawberries
- 1/4 cup shredded carrots
- 2 Tbsp. golden raisins
- 1 Tbsp. walnuts
- 1 Tbsp. grated parmesan cheese
- 2 tsp. balsamic vinegar



### Directions

- 1. Place the spinach in a bowl, add the balsamic vinegar.
- 2. Add carrots, raisins, walnuts, strawberries, and parmesan cheese to the bowl.
- 3. Mix and enjoy!

■ **Yield:** 2 servings

## Strawberry Shortcake Muffins

### Ingredients

- 2 1/2 cup old-fashioned oats
- 1 cup plain low fat Greek yogurt
- 2 eggs
- 1/2 cup baking Stevia or 1 cup sweetener or choice
- 1 1/2 tsp. baking powder
- 1/2 tsp. baking soda
- 2 cups diced fresh strawberries, patted dry
- Optional: 1 tsp. lemon juice



### Directions

- 1. Preheat oven to 400°F.
- 2. Line 12 muffins cups with foil liners (Foil won't stick).
- 3. Place all ingredients (except strawberries) in a blender, blend until smooth.
- 4. Stir in 1 1/2 c strawberries.
- 5. Divide batter among cupcake liners, divide remaining 1/2 c strawberries over the top of each muffin.
- 6. Bake 20-25 minutes. Enjoy!

■ **Yield:** 12 muffins

## Fraud– Calls about Social Security

If there is a problem, Social Security will mail you a letter. Generally, Social Security will only contact you if you have requested a call or have ongoing business with them. The latest scam trick of using robocalls or live callers has increased. Fraudsters pretend to be government employees and claim there is identity theft or another problem with one's Social Security number (SSN), account, or benefits.

Scammers may threaten arrest or other legal action, or may offer to increase benefits, protect assets, or resolve identity theft. They often demand payment via retail gift cards, wire transfers, pre-paid debit cards, internet currency, or mailing cash.



Social Security employees will never threaten you for information or promise a benefit in exchange for personal information or money.

Social Security may call you in some situations, but will never:

- Threaten you.
- Suspend your SSN.
- Demand immediate payment from you.
- Require payment by cash, gift card, pre-paid debit card, internet currency, or wire transfer.
- Ask for gift card numbers over the phone or to wire or mail cash.
- Ask for personal details or banking information to give you a Cost-of-Living Adjustment (COLA).

Don't be fooled! You should look out for:

- A caller saying there is a problem with your SSN or account.
- Any call asking you to pay a fine or debt with retail gift cards, wire transfers, pre-paid debit cards, internet currency, or by mailing cash.
- Scammers pretending they're from Social Security or another government agency. Caller ID or documents sent by email may look official but they are not.

How to protect yourself and your family!

- If you receive a questionable call, hang up, and report the call to our Office of the Inspector General, [oig.ssa.gov](http://oig.ssa.gov). The ADRC, Elder Benefit Specialist can also assist you in reporting a scam.
- Don't return unknown calls.
- Ask someone you trust for advice before making any large purchase or financial decision.
- Don't be embarrassed to report if you shared personal financial information or suffered a financial loss.
- Learn more at [oig.ssa.gov/scam](http://oig.ssa.gov/scam).
- Call the local Social Security Office to see if they did call you. 877-445-0834 (Oshkosh) or 888-875-1681 (Portage).
- Share this information with friends and family.

Learn more about fraud prevention and reporting at <https://www.ssa.gov/fraud/>.



## Older Americans Month

Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it – and there is no “right” way. That’s why the theme for Older Americans Month (OAM) 2022 is *Age My Way*.

Every May, the Administration for Community Living (ACL) leads the celebration of OAM. This year’s theme focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.

While *Age My Way* will look different for each person, here are common things everyone can consider:



**Planning:** Think about what you will need and want in the future, from home and community-based services to community activities that interest you.

**Engagement:** Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.

**Access:** Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.

**Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community.

Diverse communities are strong communities. Ensuring that older adults remain involved and included in our communities for as long as possible benefits everyone. Please join us in strengthening our community:

For more information, visit the official [OAM website](#), follow ACL on [Twitter](#) and [Facebook](#), and join the conversation using #OlderAmericansMonth.



**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	\$3,398
2 Person	\$4,578
3 Person	\$5,758
4 Person	\$6,938
5 Person	\$8,118
6 Person	\$9,298
7 Person	\$10,478

**Contact Us:**

☎ **Phone: ( 608) 369-1059**

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

**f Facebook: Care & Share Food Bank of Marquette County**





## Immunizations with Marquette County Health Department



Immunization Clinics  
**May 9<sup>th</sup>, 26<sup>th</sup>**  
**June 13<sup>th</sup>, 23<sup>rd</sup>, 27<sup>th</sup>**

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

If you are interested in a COVID-19 vaccine, you can check for appointments on the website [www.co.marquette.wi.us](http://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 2<sup>nd</sup> booster shots now for those that are age 50+ or those who are immunocompromised.**

## Foot Clinic is back up and running!



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 5<sup>th</sup>, 11<sup>th</sup>, 19<sup>th</sup>  
 June 1<sup>st</sup>, 14<sup>th</sup>, 22<sup>nd</sup>

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

608-297-3135

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>2 Cheesy Chicken Casserole</b> Moon Blend Veggies Edamame Succotash Boston Crème Pie	<b>3 Turkey and Vegetables</b> Diced Red Potatoes Pickled Beets Raspberry Popover	<b>4 Open Roast Beef Sandwich</b> Country Blend Vegetables Potato Wedges Craisins/Cake	<b>5 Club Hoagie Sandwich</b> w/ Lettuce & Tomato Potato Chips Broccoli Salad Apple Sauce	<b>6 Ham Boiled Dinner</b> Peas & Pearl Onions Peaches and Cream
<b>9 Cranberry Meatballs</b> Diced Potatoes Capri Blend Vegetables Pears	<b>10 Beef Stroganoff</b> Chickpea Pasta Bean Medley Blueberries & Pineapple	<b>11 Chicken Alfredo Lasagna</b> Corn & Squash Bake Swiss Chard Brownie w/ Strawberry Topping	<b>12 Breaded Fish</b> Potato Pancakes/Applesauce Mixed Vegetables Fruited Popsicle Funfetti Cake	<b>13 Baked Pineapple Ham</b> Sweet Potatoes Cauliflower Trail Mix Apple Pie
<b>16 Meatloaf</b> Mashed Potatoes Broccoli and Carrots Mixed Berry Buckle Squares	<b>17 Chicken Walnut Salad</b> Spinach, Lettuce, Chicken, Craisins, Walnuts, Blueberries, Cheese Grapes	<b>18 Cheeseburger</b> Sweet Potato Fries Stewed Tomatoes & Beans Layered Dip with Peppers Melon Cup	<b>19 Bacon Wrapped Pork</b> German Potato Salad Squash Apple Sauce Devil's Food Cake	<b>20 Spinach Quiche</b> Hash Browns/ Sausage Link Warm Apples Oranges Cream Puff Dessert
<b>23 Chicken Spaghetti</b> Scalloped Corn Brussel Sprouts Mango Salsa & Chips Coconut Dream Cupcakes	<b>24 Santa Fe Salad</b> Lettuce, Steak Fajita, Beans, Tomatoes, Black Olives, Peppers, Cheese Hummingbird Cake	<b>25 Turkey and Gravy</b> Mashed Potatoes Asparagus Fruit Peanut Butter Cup Dessert	<b>26 Pork Stir Fry</b> Vegetable Fried Rice Baby Corn & Red Peppers Carrot Sticks Blueberry Cheesecake Square	<b>27 Unstuffed Pepper Casserole</b> California Blend Veggies Pea Salad Fruit & Dip
<b>30 Closed</b> 	<b>31 Shredded Beef &amp; Gravy</b> Mashed Potatoes Zucchini & Diced Tomatoes Tropical Fruit Cup Macaroon Cookies			



**Marquette County Senior Nutrition Program**  
**Sites are staying the same May 2-13: Tuesdays and Thursdays**

**Pick up Locations:**

**Montello Senior Citizens Dome**  
from 12:00-12:15pm  
**Endeavor Civic Center (Tuesdays Only)**  
from 11:30- 11:45am

**Dine In Locations:**

**Oxford Village Hall** at Noon  
**Packwaukee Town Hall** at 11:45am  
**Westfield Municipal Building** at  
Noon

**Dining Site Dates are Changing**  
**Starting May 16th!**

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

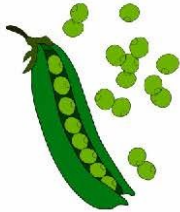

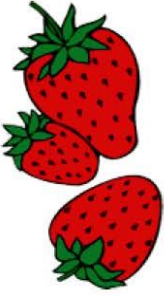
To make a reservation, call **608-297-3146** the day before by 3:00pm and indicate which location.

For those 60 & older, meals are available on a donation basis with a suggested donation of \$3.00. There are no income guidelines. For more information about the Senior Nutrition Program Meals on the Go or Dining Sites, please call **608-297-3146**.



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>1 Tuna Casserole</b> Edamame Succotash  Juice Cake	<b>2 BBQ Meatballs</b> Sunrise Potatoes Vegetable Mix Dried Fruit Rocky Road Bar	<b>3 Potato Bacon Chowder</b> Egg Salad Sandwich w/ Lettuce Veggie Pasta Salad Fruited Jell-O
<b>6 Quesadilla Casserole</b> Spanish Rice  Taco Dip with Peppers Apple	<b>7 Pork Chop &amp; Gravy</b> Sweet Potato Medley Collard Greens Veggie Quinoa Salad Banana	<b>8 Chicken Gordon Bleu Wrap</b> Butternut Squash Soup Berry Cup Ice Cream	<b>9 Corned Beef</b> Diced Red Potatoes Rutabagas and Carrots Corn Salad Strawberry Rhubarb Pie	<b>10 Chicken Stir Fry</b> Garden Rice Sugar Snap Peas Veggie Egg Roll <b>* Blueberry Salad</b>
<b>13 Pork Loin</b> Sweet Potatoes Red Cabbage  Orange	<b>14 Veggie Egg Bake</b> Sausage Link Potato O'Brien Brussel Sprouts Strawberry Shortcake	<b>15 Swiss Steak &amp; Gravy</b> Baby Bakers Bean Medley Mixed Fruit with Bee My Honey Fruit Dip	<b>16 Turkey and Dumplings</b> Over Mixed Veggies Broccoli  Apricots	<b>17 Seafood Salad</b> <b>Sandwich w/ Lettuce</b>  V8 Juice Cherry Torte
<b>20 Hawaiian Meatballs</b> Garden Blend Rice Green Beans & Red Onions  Ambrosia	<b>21 Chicken Raspberry Pecan Salad</b>  Creamed Cucumbers Peaches 'n Cream	<b>22 Potato Crusted Fish</b> Calico Beans Buttered Cabbage  Lemon Blueberry Dessert	<b>23 Roast Beef &amp; Gravy</b> Mashed Sweet Potatoes Beets Kale Salad Bakers Choice	<b>24 Baked Potato Chicken Casserole</b> Caramelized Carrots Dried Blueberries Coconut Dream Cupcakes
<b>27 Southwest Stew</b> Broccoli & Cauliflower Cottage Cheese Dried Fruit Frosted Brownie	<b>28 Salmon Patty with Louis Sauce</b> Potato Pancakes Pulse Mèlange Vegetables Fruit Popsicle/Cake	<b>29 Baked Chicken &amp; Zucchini</b> Yellow Pea Pasta Capri Blend Veggies Almond Buttercrunch	<b>30 Taco Salad</b> Lettuce, Ground Beef, Tomatoes, Peppers, Black Olives, Cheese Raspberry Popovers	<b>* Recipe Contest Winner</b> 

# 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**.

### How do you get a new Medicare card?

From Medicare.gov

My card is lost or damaged — Log into (or create) your Medicare account to print an official copy of your Medicare card. You can also call us at 1-800-MEDICARE (1-800-633-4227) to order a replacement card. TTY users can call 1-877-486-2048.

My name changed — Your Medicare card shows the name you have on file with Social Security. Get details from Social Security if you legally changed your name.

### How do you get a new, replacement or corrected Social Security card?

From SSA.gov

You May Be Able to Apply for a Replacement Card Online — You can use a [my](#) Social Security account to apply for a replacement Social Security card online if you:

- Are a U.S. citizen age 18 or older with a U.S. mailing address (this includes APO, FPO, and DPO addresses);
- Are not requesting a name change or any other change to your card; and
- Have a driver's license or state-issued identification card

If you cannot apply for a card online, you will need to provide at least 2 of the required documents (Proof of citizenship, age, and identity). We need to see different documents depending on citizenship and the type of card you are requesting. You should fill out and print an Application for a Social Security Card and contact your local Social Security office: (877) 445-0834 (Oshkosh), (888) 875-1681 (Portage).

**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 costs.

Following are the membership events at the Dome:

**Card playing:** Tuesday 12:30 cards 1:00 Euchre

**Card playing:** Wednesday: open to Sheepshead players

**Card playing:** Thursday 12:30 open to various games. 1:00 Fife

**Card playing:** Sunday 12:30 open to card games.

**Pot Luck:** Every 3<sup>rd</sup> Sunday of the month at 12:30

**Birthday Club:** We go out to eat the 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.

Notices of our 2022 activities can be found posted on the front door of the Senior Dome; in the Marquette County Senior Citizen Newsletter; the Marquette County Tribune; posters around town and now on Facebook listed as Marquette County Senior Citizens. For more info about membership or events please call (608) 297-7815.

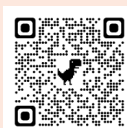
You can access the Senior Newsletter at [www.adrcmarquette.org/news/events](http://www.adrcmarquette.org/news/events)

**Marquette County Fair will be July 7-10, 2022**

There will be lots of fun events and things to see. Please check out our Facebook page Marquette County Fair



Or our website [www.marquettecountyfairwi.org/](http://www.marquettecountyfairwi.org/) to find the dates and times of events. We look forward to seeing you at the fair this year.



Check out the Marquette County Tribune as the date approaches for more details.

# Walk With Ease?

## You can do it — we can help.



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

Space is limited. Sign up today!

May 16 – June 24, 2022

Mondays, Wednesdays, Fridays

1:30- 3:00pm

Senior Citizens Dome

140 Lake Court, Montello, WI

Suggested Donation: \$15 (covers cost of book)

Call (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!**



Wisconsin Institute  
for Healthy Aging

# ADRC Team member who you might see

## Dining Site Manger

The Dining Site Facilitator is responsible for managing the dining site facilities for the Elderly Nutrition Program. This includes preparing reports for attendance and volunteer participation as well as being responsible for compliance with Federal, State and County rules and regulations concerning the Elderly Nutrition Program.



Diane Lefebvre

1. Where's the next place on your travel bucket list and why? **Santa Fe, New Mexico.** I love art and the Southwest- The colors, Georgia O'Keefe Museum- Native American Art and the weather
2. What's your favorite season and why? **Autumn-** the weather is cooler- great for camping- the color of the trees-orange-yellow-bright reds-greens- The harvest & the food
3. If you could have a superpower, what would it be?  
**To heal-** To help people with suffering from diseases and disabilities- sadness
4. What's your go-to midnight snack? **Nothing at Midnight-** I'm sleeping
5. If you could eat only one type of food for a year (breakfast, lunch, and dinner) what would you choose?  
**Vegetables**
6. If you were in a pageant, what would your talent be? **Artist- painting and comedian-** entertain
7. Which one of Snow White's seven dwarfs best describes you (bashful, doc, dopey, grumpy, happy, sleepy or sneezy)? **Grumpy-** rushing to aid Snow White of Danger- and leading the charge.



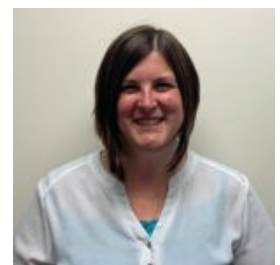
## Volunteer Transportation Drivers

Pictured are Ken Dagner and Wanda Jessmon at the Human Services Volunteer Appreciation gathering

## New Position to the ADRC Team

### 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.



Melissa Klebs