

Marquette County

ADRC NEWS...

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

November & December 2023

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ADRC Staff Back Cover



Photo Submitted By: Claudine Anderson

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

A decorative graphic at the top of the page features a red banner with the word "NEW" in white. Below the banner, the text "IN 2024" is written in red. The background is filled with various circles: a large blue circle, a smaller grey circle, a blue circle with a white outline, a blue circle with a white outline, a blue circle with a white outline, and a blue circle with a white outline.

NEW

IN 2024

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

A decorative graphic at the bottom of the page features a blue banner with the text "ADRC" in a stylized font. Below the banner, the text "Aging & Disability Resource Center of Marquette County" is written in blue. The phone number "855-440-ADRC" and the website "www.adrcmarquette.org" are also included. The address "428 Underwood Ave. • Montello, WI 53949" is at the bottom. The background is filled with various circles: a large blue circle, a smaller grey circle, a blue circle with a white outline, a blue circle with a white outline, a blue circle with a white outline, and a blue circle with a white outline.

ADRC
Aging & Disability Resource Center
of Marquette County
855-440-ADRC
www.adrcmarquette.org
428 Underwood Ave. • Montello, WI 53949

Social Security Is Thankful to Serve You



Thanksgiving is a time to reflect on the blessings we have in our lives and to share memories with our loved ones. We are thankful because we can provide you and your family with services, benefits, tools, and information to help you throughout life's journey.

Social Security is more than just a retirement program. We provide services that assist many families across this country. We are there for joyous moments like the birth of your child and issuing their first Social Security card. We are there during times of hardship and tragedy to provide disability and survivors benefits. And we're there to help you celebrate your retirement, too.

We're here to serve you online, by phone, and in person in our local offices. You can learn more on our website at www.ssa.gov.

Please share this information with those who need it. Happy holidays!

GETTING A GOOD NIGHT'S SLEEP

An ongoing **lack of sleep** or **poor-quality sleep** increases your risk of **health problems** such as cardiovascular disease, high blood pressure, diabetes, depression, and obesity.



They are also linked to **memory problems**, **forgetfulness**, and **more falls or accidents**.

Aim for
7-9 hours
of sleep each night.

HERE ARE SOME TIPS TO HELP:

Go to bed and wake up at the same time every day, even on weekends.



Find ways to relax before bedtime each night.



Avoid distractions such as cell phones, computers, and televisions in your bedroom.



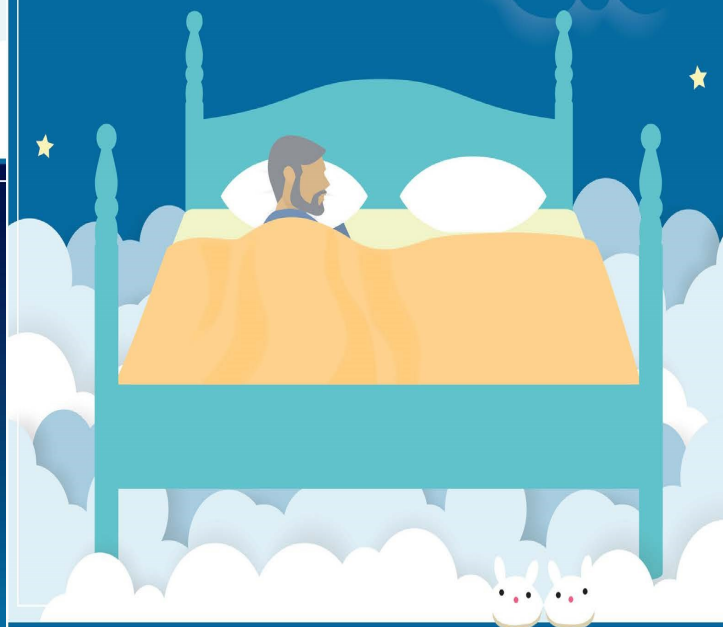
Don't eat large meals, or drink caffeine or alcohol late in the day.



Exercise at regular times each day, but not within 3 hours of your bedtime.



Avoid long naps (over 30 minutes) in the late afternoon or evening.



Visit <https://www.nia.nih.gov/health/good-nights-sleep> for more information about getting a good night's sleep.

Minimizing the Risk of Financial Abuse for People Living with Dementia



Financial crime against older Americans is a growing problem. People living with dementia are at an especially high risk of becoming victims. That's why we're committed to combatting fraud.

As their memory and other thinking skills decline, people with dementia may struggle to make financial decisions. They may not remember or report the abuse – or understand that someone is taking advantage of them. This abuse can occur anywhere – including at home or in care settings.

Victims of fraud who are 80 years and older lose an average of \$39,200 every year. Studies show that financial exploitation is the most common form of elder abuse. However, only a small fraction of these incidents are reported.

You can help protect others by learning to recognize common signs of financial exploitation and abuse, including:

- Unopened bills.
- Unusual or large purchases.
- Utilities being shut off due to unpaid bills.
- Money given to telemarketers or soliciting companies.
- Unexplained withdrawals from the person's bank account.

There are also many simple things that caregivers can do to reduce the risk of financial abuse for people with dementia and similar conditions, like Alzheimer's. Do your best to make sure they're involved in deciding which safety measures to put into place.

Some options include:

- Agreeing to spending limits on credit cards.
- Signing up for the "Do Not Call" list at [DoNotCall.gov](https://www.donotcall.gov).
- Setting up auto-pay for bills instead of paying them by check.
- Signing up to receive automatic notifications for withdrawals from bank accounts or large charges to credit cards.
- Requesting electronic bank and credit card statements and watching for unusual purchases or changes in how the person typically spends money.
- Asking credit card companies to stop sending balance transfer checks and opting out of future solicitations.
- Creating a separate account where you can keep a small, agreed-upon amount of money that the person can use for recreational activities, meals with friends, etc.

To learn more about combating elder abuse, visit our blog at <https://blog.ssa.gov/world-elder-abuse-awareness-day-combating-injustice/>.

Please share this with those who may need it.

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 **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.

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

Open Enrollment is here!!!!

Beware of Medicare Scam!!! These items are not coming from Marquette County Disability Benefit Specialist or Elder Benefit Specialist.

IMPORTANT INFORMATION FOR MEDICARE RECIPIENTS

You may be eligible for an all-in-one Medicare Advantage plan in your area that may cover your doctors, may save you money on Rx drugs, and may also include extra benefits like:

- Keep Your Doctors
- \$0 monthly plan premiums
- Coverage for shots and vaccinations
- Dental coverage
- Lower your Part B premium
- More

DON'T DELAY: Call 855-867-0225 TTY 711 to speak to a licensed insurance agent with eHealth to determine your eligibility with no obligation to enroll.

Marquette, WI
855-867-0225 (TTY 711)
CALL NOW FREE INFORMATION

Benefits may not be available in every Medicare Advantage plan. There may be no plan in your service area that includes all listed benefits. Eligibility may require a Special or Initial Enrollment Period. \$0 premium plans are not available in all areas. You must continue to pay your Part B Premium. Availability of benefits and plans varies by carrier and location. Deductibles, copay, and coinsurance may apply. This ad is not from the government. It's from eHealth, an insurance agency selling plans from many insurance companies. Top plans based on KFF's 2022 Update and Key Trends report; analysis of 2022 CMS Medicare Advantage enrollment by firm. The Medicare plans represented are PDP, HMO, PPO or PFFS plans with a Medicare contract. Enrollment in plans depends on contract renewal. We do not offer every plan available in your area. Currently we represent 7 organizations which offer 24 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options. Benefits shown are for the 2023 plan year. Benefits may vary in 2024. Limitations and exclusions may apply. Insurance Ad - No Government Affiliation

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EHEALTHINSURANCE SVCS, INC.

2024 MEDICARE ADVANTAGE PLAN INFORMATION FOR

PSIRT STD
U.S. POSTAGE
PAID
CHANHASSEN, MN
PERMIT NO. 523

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eHealth is your Independent Medicare Advisor.

You may be eligible for plans available in Marquette County offered by: Aetna Medicare, Anthem Blue Cross and Blue Shield, Humana Insurance Company, Humana WisconsinHealth Organization Insurance Corp, Molina Healthcare of Wisconsin, Quartz Medicare Advantage, UnitedHealthcare

Insurance Ad - No Government Affiliation.

Call 855-867-0225 TTY 711 to speak to a licensed insurance agent who is paid the same no matter which Medicare Advantage plan you choose.

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MAR2020235

IMPORTANT NOTIFICATION REGARDING YOUR RECENT MOVE

COUNTY	ST FIPS	COU FIPS
MARQUETTE	55	55077
SENDER: EHEALTHINSURANCE SVCS, INC.		

Presorted
First-Class
US Postage
Paid
Chanhasseen, MN
Permit #523

Medicare Advantage Plan Information

If you recently moved, you may qualify for a new Medicare Advantage plan at no cost to you. Call now for details and to speak with a licensed insurance agent toll free (844) 604-5114 TTY 711.

See reverse for more details.

000002



Call now. Time is limited.

INSURANCE AD - NO MEDICARE AFFILIATION

0000356d

ATTENTION: MEDICARE ENROLLEES

Marquette, Wisconsin

Records show you may have recently moved. If you have, your prior Medicare Advantage plan may no longer be available. You may be eligible for a limited time to enroll in a new Medicare Advantage plan in County Marquette, Wisconsin that could have **Hospital, Doctor, and RX Drug** coverage, and may also include:

- \$0 monthly premiums
- \$0 copays for many services
- Dental care & dentures
- Telehealth access
- Eyeglasses & hearing aids
- Rides to the doctor

RESPOND NOW: Call (844) 604-5114 TTY 711 to speak with a licensed insurance agent to determine your eligibility with no obligation to enroll.

CALL FOR FREE INFORMATION

(844) 604-5114 TTY 711

INSURANCE ADVERTISEMENT - NO MEDICARE AFFILIATION. CALLS ANSWERED 24/7.

Not all plans offer all benefits mentioned. Eligibility may require a Special Election or Initial Coverage Period. You must continue to pay your Part B Premium. Availability of benefits and plans varies by carrier and location. Deductibles, copay, and coinsurance may apply. This ad is not from the government. It's from eHealth, an insurance agency selling plans from many insurance companies. The Medicare plans represented are PDP, HMO, PPO or PFFS plans with a Medicare contract. Enrollment in plans depends on contract renewal. \$0 premium plans are not available in all areas. (We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE (TTY users should call 1-877-486-2048) 24 hours a day/7 days a week to get information on all of your options. MULTIPLAN_EH_2021_12142_M 16150001-001-00003566-dmq23756000 NM-PC-1.23

Dental Coverage Options: Dental Insurance vs. Dental Savings Plans

By the GWAAR Legal Services Team

If you or someone you love is looking to save money on the high cost of dental care, two options that are available include dental insurance and dental savings plans. These may sound similar, but they offer different types of benefits and have different limitations; there are pros and cons of each. It is important to know the difference between the two and choose a plan that is right for your individual dental care needs.



Dental Insurance

Dental Insurance is like health insurance. You pay premiums to the company, and then, the dental insurance company pays the dental provider on your behalf. These insurance plans will typically require copays and deductibles. Another way they are similar to health insurance is that they will oftentimes have a provider network that works much like an HMO or PPO health insurance plan.

However, a way in which dental insurance differs from (Affordable Care Act compliant) health insurance is that some dental insurance plans have an annual maximum amount that they will pay on your behalf (sometimes referred to as a “benefit cap.”) Sometimes, this maximum amount will be around \$1,000 or \$1,500. If you need a lot of dental work in a one-year period, this could mean your insurance benefits are used up rather quickly. It may also mean that more expensive items or services may not be fully covered. However, some plans do have negotiated discounted prices that you pay the provider after you reach your annual benefit cap.

Another drawback to dental insurance is that they sometimes require a waiting period before a particular service is covered, but one benefit to dental insurance is that sometimes they will cover preventative care with no co-pays. Most importantly, keep in mind that each plan is different and compare the plans to choose the right one for your needs.

Dental Savings Plans

Dental savings plans are not insurance (although sometimes they may be administered by insurance companies such as Aetna.) With a dental savings plan, you pay the provider directly, but those charges are discounted in accordance with your plan. Also, you must choose a dentist who participates in the plan.

With a dental savings plan, there are generally no deductibles, no waiting periods and no annual maximums. However, most often, the discounted price you pay for these services is higher than the copay amount you would pay with dental insurance. Although, considering the annual benefit caps with most dental insurance, if you need extensive dental work during a one-year period, you may end up paying less overall through a dental savings plan. Additionally, some services that are not typically covered by dental insurance, such as cosmetic services, may be discounted through a dental savings plan.

It is often possible to have both a dental insurance plan and a dental savings plan. For example, if you reach your annual benefit cap with your dental insurance plan, you can then start paying discounted rates through the dental savings plan, or you can pay discounted rates for items or services that dental insurance does not cover. If you choose this option, you will want to make sure your dentist is in-network for the insurance plan and participates in the savings plan.

Finally, and most importantly, when choosing a dental insurance plan, dental savings plan, or both, you should weigh the pros, cons, and total costs of each option. To do this, it is helpful if you have an idea of your expected dental needs. Then, you can estimate what your total dental care cost will be under each plan considering copays, deductibles, benefit caps, covered services, and discounts.



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:



Measuring something sticky?
Spray or wipe your measuring cup with oil first.
Honey and peanut butter slide right out after
measuring!



Caregiving in Wisconsin



Extension
UNIVERSITY OF WISCONSIN-MADISON

19% of Wisconsinites provided caregiving to a friend or family member who has a health problem or disability

Caregivers are diverse

36% of caregivers are taking care of their parents/in-laws

18% of caregivers are taking care of their spouse

10% of caregivers are taking care of a child

57% of caregivers are female

43% of caregivers are male

Caregiving is time-consuming



The average caregiver provides an average of **19** hours per week

The average age of caregivers in Wisconsin is **60**

Caregivers provide skilled labor

76% of caregivers reported managing household tasks

40% of caregivers reported assisting with personal care tasks

In the next 2 years, **13%** of Wisconsinites expect to become a caregiver

Caregivers help with a variety of needs



Helping with daily needs such as eating, bathing, and dressing



Managing medications and care



Assisting with mobility needs



Managing money

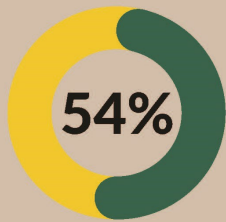


Helping care for home

Caregiving in Wisconsin



Extension
UNIVERSITY OF WISCONSIN-MADISON



54% of caregivers are in the workforce



26% of caregivers have children under 18 in the household

Many caregivers are **informal caregivers** - they are not paid to take care of their care recipient

Caregivers may have jobs, young children, or other responsibilities. They must balance these roles with caregiving.

Help Support Caregivers

Guide caregivers to national, state, and local support services and organizations such as:

- Their local Aging and Disability Resource Center
- Extension's educational programs for caregivers, families, and individuals across the lifespan
- The Wisconsin Family Caregiver Support Alliance

Learn about other actions you can take to support caregivers from the US Recognize, Assist, Include Support, and Engage (RAISE) Act Family Caregiving Advisory Council

Scan this QR Code for links to these caregiver resources:



Smart Ways to Save Money on Food During the Holidays



By Amelia Cisewski, RDN, CD

Around the holidays, we tend to have more expenses. We buy gifts, decorations and have travel expenses. There is always plenty of food to buy whether it's for guests, a holiday meal, or decorating cookies with family. To help save money during the holidays, here are some tips to shop smart at the grocery store.

Make a Plan and Stick to a List

Deciding on meals and snacks before you shop will save you time and money. Make a shopping list for all the items you need. Write down a list on paper or keep a running list on your phone or refrigerator. Review any recipes you will use and add to your list any ingredients you may need. When you're at the store, do your best to buy only what is on your list. Also try to avoid shopping when you are hungry since we tend to buy more when we are hungry.

Determine Where to Shop and Compare Brands

Check the local newspaper, online, and at the store for sales and coupons, especially when it comes to more expensive items like meat or seafood. While at the store compare brands. Store brands can be less expensive than some of the brand names and compare them for better prices. Try the store brands to see if they have the same quality. Sometimes the store brands foods are just as good if not better quality than the brand name items.

Stock Up on Sales

Certain baking and cooking ingredients can be costlier this time of year (due to increase in demand) so try and stock up on certain items like butter, sugar, or flour in advance when they are on sale. Purchasing foods in bulk is usually cheaper, so buy when there is a sale and store or freeze. For example, buy a family pack of meat on sale, individually wrap it and freeze for later use.

Shop for Foods in Season

Fresh fruits and vegetables that are in season are usually easier to get, may be less expensive, and will have a higher quality. Frozen and canned fruit and vegetables are also good options and may be more affordable at certain times of the year. Look for fruit that is canned in 100% juice or water and canned vegetables that are low sodium or have no salt added.

Focus on Nutritious, Low-Cost Foods

Certain food items tend to be less expensive, so you can make the most of your food dollars by finding recipes that use the following ingredients: beans, peas, sweet or white potatoes, eggs, peanut butter, canned salmon or tuna, grains, or frozen and canned fruits and vegetables.

Make Your Own Healthy Snacks

Convenience costs money, so many snacks, even healthier options, usually cost more when they are sold individually. Try making some simple snacks. Purchase a larger container of yogurt or cottage cheese and divide them into smaller containers. Purchase nuts and dried fruit to make trail mix, and store small portions in an airtight container.

Quench Your Thirst with Water

Water from the tap is a low cost way to stay hydrated. Substituting plain water in place of sweetened beverages can not only save you money but also help you reduce extra calories from added sugars.

Budget–Friendly Holiday Recipes

Spaghetti Squash Casserole

Ingredients

- | | |
|-------------------------------|--|
| 1 spaghetti squash, cooked | 1 Tbsp. tomato paste |
| 1 lb. lean ground beef | 1 cup marinara sauce or pasta sauce |
| 1 onion, diced | 1 tsp. Italian seasoning |
| 2 cloves garlic, minced | 1 1/2 cups mozzarella cheese, shredded |
| 15 oz. diced tomatoes, canned | |



Directions

1. Cook squash until tender. Once cooked, use a fork to scrape the strands of spaghetti squash. Remove strands and set aside.
2. Preheat oven to 375°F.
3. In a medium saucepan, cook ground beef, onion, and garlic until no pink remains. Drain any fat.
4. Add diced tomatoes, tomato paste, pasta sauce, and seasoning. Simmer 5 minutes.
5. Stir in squash. Place in a casserole dish (or back into the squash halves) and top with cheese. Bake for 20 minutes or until golden and bubbly.

Yield: 6 servings

Nutrition Facts: for 1 cup

Calories	286	Saturated Fat	4g	Dietary Fiber	4g
Total Fat	12g	Carbohydrates	19g	Protein	25g

Recipe from spendwithpennies.com

Pumpkin (or Sweet Potato) Bread

Ingredients

- | | |
|-------------------------------|------------------------------------|
| 1 1/2 cups flour | 2 eggs |
| 1 tsp. baking soda | 1/2 cup oil or melted butter |
| 1/4 tsp. salt | 1/2 cup honey or maple syrup |
| 1 cup pumpkin or sweet potato | 1/2 tsp. cinnamon or pumpkin spice |



Directions

Preheat oven to 350°F. Combine the dry ingredients in a large mixing bowl. Add the wet ingredients to the bowl and stir well. Pour the batter into a greased loaf pan. Bake for 1 hour, until toothpick or knife inserted in the center comes out clean. Allow to cool thoroughly before serving.

Note: If you don't have enough squash, applesauce or mashed banana makes a great substitute.

Nutrition Facts: for 1 slice

Calories	332	Saturated Fat	2g	Dietary Fiber	1g
Total Fat	17g	Carbohydrates	42g	Protein	5g

Recipe from cheapskatecook.com

The Benefits of Playing Pickleball

By the GWAAR Legal Services Team

We all know that exercise is important, and as we age, physical activity becomes even more valuable for preserving physical and mental health. However, the prospect of getting regular exercise can be daunting when it isn't fun (for example, running countless loops around a track or climbing a stair stepper to nowhere).

This is where pickleball comes in! Pickleball is the fastest growing sport in America. It is a combination of tennis, ping-pong and badminton. Although pickleball was invented in 1965 just outside Seattle, it has gained increasing popularity in recent years, especially (but not exclusively) among Baby Boomers. According to the Sports & Fitness Industry Association, the number of pickleball players grew 14.8% between 2020 and 2021. In a 2022 report, the Sports & Fitness Industry Association noted that as of 2022, 4.8 million Americans played pickleball. And, of the 1.4 million "core" participants (those who played 8+ times per year), over half were 55+ years of age, and approximately one-third were 65 or older.

Here are some reasons why pickleball is an ideal sport for seniors:

- It is a low-impact sport that is relatively easy on the joints. The smaller court size (44 by 20 feet) and lower net (compared to tennis) and plastic, whiffle-like ball make it easier on the hips, knees and shoulders, compared to other sports like tennis or basketball. To give you an idea of how small a pickleball court is, you could fit about four standard pickleball courts on a single tennis court! Pickleball entails less running and jumping than tennis, making it less likely to result in injuries. In addition, serving is underhand (not overhand, like in tennis), which makes the game easier to play and less taxing on arm muscles.
- It can improve health. Despite being a low-impact sport, it involves a lot of physical movement and can be fast-paced, making it an excellent form of cardio exercise. In a 2016 study published in *Medicine & Science in Sports & Exercise*, 12 middle-aged players burned 40% more calories playing pickleball for 30 minutes than by walking for the same amount of time. In addition, a 2018 study in the *International Journal of Research in Exercise Physiology* found that middle-aged and older adults who played one hour of pickleball three days per week for six weeks improved their blood pressure, cholesterol, and cardiorespiratory fitness levels. Maintaining a healthy blood pressure, cholesterol level and cardiovascular system can help prevent hypertension, stroke and heart attack.
- It provides opportunities to be social. Pickleball is often played as doubles, and often with complete strangers who just happen to also be at the same pickleball courts as you. This means that seniors can make new friends and/or stay connected with family and friends who also enjoy playing the game.
- It boosts mood and reduces the risk of depression by increasing endorphins and providing opportunities to socialize. A 2018 study published in *Leisure Studies* found that older adults who played in pickleball tournaments had a lower risk of depression.
- It improves physical coordination and balance. Pickleball requires the use of quick reflexes and eye-hand/eye-foot coordination. By playing the sport and improving balance and coordination, seniors can reduce their risk of falls and injuries.

- It provides mental stimulation. Playing pickleball requires focus, strategic thinking and quick decision-making. Studies have shown that mentally stimulating activities can help to improve cognitive function and reduce the risk of dementia in older adults.
- Pickleball is relatively easy to learn. The rules are fairly simple – points can only be earned by the side that is serving, and the winner is the first side to get to 11 points, win by 2 - and the game is played on a small court with a relatively slow-moving ball, making it a fun and engaging sport that can be picked up rather quickly by almost everyone, regardless of age, body type or athletic ability. It is a sport that can be played competitively or recreationally, and it provides players with skills to improve upon the more they play.
- It is a relatively inexpensive sport that can be played standing or in wheelchairs, year-round, both indoors and outdoors.

Local Pickleball Courts:

- Neshkoro Area Community Center has the Co-Ed Pickleball Tuesday and Thursday from 9-11am (contact is Bill Borzick 715-228-2847) and Mon, Wed, Fri from 9:30-11:30am (contact is Michelle Nummerdor 608-219-4881)
- Pine Meadow Park in Portage has three permanent pickleball courts.
- It is a game that can be played together by people of all ages. Currently, the average pickleball player's age is 38, so it is a sport that can be enjoyed together by individuals of different generations. Even kids can play the sport!



So, the next time you are thinking you should exercise more but wishing you could find a fun activity to make the exercise not feel so grueling, consider trying pickleball.



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 5-10 minutes)
- Toenails are trimmed
- Callouses are addressed
- Foot massage is given
- Home instructions are provided

Upcoming Foot Clinic Dates:

November 8th, 9th, 15th, 16th, 21st, 22nd
December 7th, 12th, 13th, 19th

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

608-297-3135

Immunizations with Marquette County Health Department

Upcoming Immunization Clinic Dates:

November	13th	and	17th
December	11th	and	28th

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



Please call our office at 608-297-3135 if the walk-in dates do not work, and we can schedule a day that does work!

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

Medicare Part B/Medicare, Medicare HMO, or Medical Assistance are accepted. Please bring your Medicare and HMO Card or Forward Card in for verification.

No Insurance: \$40.00- Adult Standard Flu Vaccine
\$78.00- Adult High Dose Flu Vaccine



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





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



November 2023

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
				
6 Chicken Alfredo Pea Pasta Country Veggies Pumpkin Crunch Parfaits	7 Beef Taco with Lettuce & Tomatoes Refried Beans Calico Corn Apple	1 Turkey Vegetable Soup Half Veggie Wrap Pumpkin Delight	2 BBQ Chicken Rice with Veggies Broccoli Raisins Black Forest Cake	3 Caregiver Luncheon Swiss Steak & Gravy Mashed Potatoes w/ Beans California Vegetables Apple Cranberry Dessert
6 Chicken Alfredo Pea Pasta Country Veggies Pumpkin Crunch Parfaits	7 Beef Taco with Lettuce & Tomatoes Refried Beans Calico Corn Apple	8 Baked Salmon Sweet Potatoes Kale Blend Dried Fruit Rocky Road Pie	9 German Reuben Casserole Peas and Pearl Onions Carrots Pear	10 Closed 
13 Meatballs and Gravy Potato Medley Stewed Tomatoes & Red Beans Pineapple Juice Fig Newton	14 Tuna Casserole Beets Fruit Salad	15 Turkey & Gravy Stuffing/Mashed Potatoes Peas and Carrots Cranberry Sauce Pumpkin Pie	16 Pepperoni Pizza Key Largo Vegetables Collard Greens Sweet Potato Cake	17 White Bean Chicken Chili Red Cabbage Peppers & Guacamole Pumpkin Mousse
20 Fall Salad Lettuce, Spinach, Ham, Chickpeas, Carrots, Peppers, Brussel Sprouts, Cheese Orange	21 Glazed Pork Loin Irish Potatoes w/ Spinach California Blend Veggies Peach Cup	22 Pepper Steak Rosemary Roasted Potatoes Green Beans Cranberry Applesauce	23 Closed 	24 Closed 
27 Veggie Lasagna Asparagus Cottage Cheese Peaches n Cream	28 Baked Potato Chicken & Gravy Broccoli Pineapple with Tropical Fruit Dip	29 Philly Cheesesteak Casserole with Diced Potatoes Corn & Black Beans Mixed Melon	30 Corned Beef Hash Scrambled Eggs & Veggies Warm Peaches Fruit Juice Pumpkin Brownies	

Marquette County Senior Nutrition Program

Senior Dining Sites

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

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
 4 Baked Chicken Spudsters Zucchini & Summer Squash Fruit Popsicle Butterscotch Bars	 5 Chili Mexican Corn Salad Pear	6 Baked Fish Baked Beans Carrots Trail Mix Cranberry Cake	7 Turkey and Gravy Maple Sweet Potatoes Bok Choy & Red Peppers Honey Lime Fruit Cup	1 Pork and Gravy Mashed Potatoes with Beans Squash Apple Slices & Dip
11 Beef Chop Suey Veggie Fried Rice Broccoli V8 Juice Yogurt	12 Creamy Chicken over Pea Pasta Country Veggies Carrots Cake	13 Glazed Ham & Pineapple Cranberry Sweet Potatoes Green Bean Almondine Apple Blueberry Crisp	14 Meatloaf Baby Bakers Peas and Pearl Onions Orange	15 Meatball Stew Squash Hummus & Pretzels Strawberry Shortcake
18 Lasagna Mixed Vegetables Winter Fresh Fruit Salad	19 Country Style Ribs Rosemary Roast Potatoes Corn & Black Beans Applesauce	20 Veggie Rice Soup Chicken Salad Sandwich Celery & Peanut Butter Tropical Fruit	21 Brat with Onions Potato Medley Baby Carrots Cherry Torte	22 Closed 
25 Closed 	26 Gyro Sandwich Potato Wedges Edamame Succotash Pears	27 Beef Primavera Over Noodles Caramelized Carrots Orange Cup	28 Ham Omelet Hash Browns Warm Apples Grapes	29 Closed 

Elderly 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, **Meg Wandrey, at 608-297-3103.**

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 EBS

Endeavor– November 1st and November 15th

Oxford– November 7th and November 21st

Westfield– November 8th and November 29th

Packwaukee– November 14th

Neshkoro– November 28th

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 2023 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.

Thank you Lieutenant Governor Sara Rodriguez for visiting the ADRC recently!!



Special Events - 2023

November is National Family Caregiver Month! Thank you to those who are caregivers.

NATIONAL
FAMILY CAREGIVERS
MONTH!

November

- * **1st**- Memory Café- Westfield Village Hall 10am
- * **3rd**- Caregiver Appreciation Event- Harrisville- Call Amelia to register at 608-297-3146- No Dining Sites
- * **10th**- ADRC Closed- No Home Delivered Meals or Dining Sites
- * **15th**- Caregiver Support Group- Montello- 10am
- * **23th & 24th**- ADRC Closed- No Home Delivered Meals or Dining Sites

December

- * **6th**- Memory Café- Westfield Village Hall 10am
- * **20th**- Caregiver Support Group- Montello- 10am
- * **22nd**- ADRC Closed- No Home Delivered Meals or Dining Sites
- * **25th**- ADRC Closed- No Home Delivered Meals or Dining Sites
- * **29th**- ADRC Closed at Noon- No Home Delivered Meals or Dining Sites

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.

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, 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.