

Marquette County Senior Citizen News

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

September & October 2021



Photo Submitted By: Colleen Sengbusch

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**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**

How family dynamics impacts dementia caregiving

Family dynamics can have a significant impact on the dementia journey and a number of factors can affect quality of care. It is important to find ways to improve family communication, recognize and accept each person's strengths and weaknesses, and stay focused on providing the best care possible for your loved one with dementia.

It would be ideal if communication within the family was always open and positive. However, we know that this is not the case in many circumstances. A person's position in the family can have a significant impact on caregiver roles. Add to that the variations in today's family make-up - blended families, second spouses, unmarried partners or same-sex partners- plus individual beliefs, personalities and family history and you have a recipe for a communication disaster if you're not all on the same page.

Attend "Family Dynamics in the Dementia Journey" on October 5 from 1:00-2:30 PM on our zoom platform to learn more about ways dementia impacts families and how to recognize each person's strengths and weaknesses. Contact Alzheimer's & Dementia Alliance of Wisconsin's Outreach Specialist Janet Wiegel, 608.697-2838, to learn more.

This program supported by funds raised through ADAW's annual Alzheimer's Walk. Step Forward and Give Hope to individuals and families impacted by dementia in your community by joining the Columbia/Marquette County Alzheimer's Walk Sunday, September 12 at Pauquette Park in Portage. Visit www.alzswisc.org for details.

The number one thing you can do to keep your brain healthy is socialize! Memory Cafes are designed for people with a cognitive impairment and their carepartners (or anyone who wants to keep their brain healthy) to come and join together to socialize, have snacks, and to engage in a group activity that might spark some memories! We share, laugh, do activities, and challenge our brains through socialization in a comfortable, relaxed atmosphere.

Virtual Memory Café

3rd Friday of every month • 10:00am-12pm

For more information contact

RKearney@alzswisc.org

Westfield Memory Café

1st Wednesday of every month * 10:00- 11:30 AM

Westfield Village Hall, 129 E. 3rd St.

For more information contact

Janet. Wiegel @alzswisc.org or 608-697-2838

Portage Memory Café

4th Thursday of every month • 1:00-3:00pm

at Portage Public Library 253 W Edgewater St.

For more information contact

Janet.Wiegel@alzswisc.org

Sauk City Memory Café

3rd Thursday of every month • 9:30-11:00am

at Sauk Prairie Community Center 730 Monroe St

For more information contact

Janet.Wiegel@alzswisc.org

Richland Center Memory Café

4th Thursday of every month • 10:00-11:30am

Woodman Senior Center 1050 N. Orange St.

For more information contact

Heather.Moore@alzswisc.org

Reedsburg Memory Café

2nd Friday of every month * 10:00am-12:00 PM

Fusch Community Center, 2090 Ridgeview Drive

For more information contact Janet. Wiegel

@alzswisc.org or 608-697-2838

Marquette County Caregiver Support Group

Taking care of you... so you can keep taking care of them.

The Marquette County Caregiver Support Group meets the
3rd Wednesday of each month.

Call Colleen at 608-297-3101 for more information



TOP FIVE FRAUD AND SCAM PREVENTION TOOLS

By: Social Security Administration

Knowledge is power and having the right tools to fight fraud can make a huge difference. Knowledge can also help those you love and want to protect. We put together a list of the five most important resources about Social Security scams you should know about:

- Read and share our fact sheet *Beware of Social Security Phone Scams* to learn how to spot fake calls and emails at www.ssa.gov/fraud/assets/materials/EN-05-10535.pdf.
- Visit our Office of the Inspector General's Scam Awareness page at oig.ssa.gov/scam for information on phone scams — and how to report them.
- Read our blog post at blog.ssa.gov/protecting-your-social-security-number-from-identity-theft to learn how to protect your Social Security number from identity theft.
- Create your own personal *my Social Security* account at www.ssa.gov/myaccount to help you keep track of your records and identify any suspicious activity.
- Visit our Fraud Prevention and Reporting page at www.ssa.gov/fraud to understand how we combat fraud.

Please share these resources about scams with your friends and family — and help us spread the word on social media. If you have any questions please contact the Social Security Administration at 877-445-0834 or the ADRC at (855) 440-2372.



Tuesday, September 14, 2021

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

Schedule of Events

10:30am– 11:00 - Cooking for 1 or 2 Presentation

by Amelia Cisewski, RDN

11:00am—12:00 - Bingo

12:00pm- Meals on the Go pick-up



**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



Get Ready for the Medicare Annual Open Enrollment Period

By the GWAAR Medicare Outreach Team (For Reprint)

The Medicare annual open enrollment period is just around the corner and now is a good time to start thinking about your options. Do you have a Medicare Prescription Drug (Part D) plan? Each year these plans can change the list of prescription medications they will cover. The plans' premiums, deductibles, and co-pays can also change each year. That means even if you are taking the same medications, the amount you pay for your medications may change in 2022!

What can people do about this? Anyone with a Medicare Part D Plan should check their coverage each year during Medicare's annual open enrollment period which runs **October 15 through December 7**. This is the time of year to find out if your current plan will cost you more, or less than other Part D plans in 2022. If it is no longer the best plan for your medications, this is the time to make a switch to a Part D plan that will suit you better.

Make sure you will have appropriate prescription drug coverage in the new year. You can compare plans on the official Medicare website at Medicare.gov. Medicare beneficiaries in Marquette County can also receive free, unbiased assistance with plan comparisons from the Benefit Specialists at the **Aging and Disability Resource Center**.

Don't let this opportunity pass you by! Go to Medicare.gov to find and compare plans online or for local assistance call the **ADRC of Marquette County at 855-440-2372**.

Assistance is also available through the following resources:

- 1-800-MEDICARE or www.medicare.gov
- Medigap helpline 1-800-242-1060
- Disability Drug Helpline 1-800-926-4862 (if under age 60)
- Wisconsin Medigap Prescription Drug Helpline 1-855-677-2783

DO YOU KNOW THESE SOCIAL SECURITY TERMS?

By: Social Security



Some of the terms and acronyms people use when they talk about Social Security can be a little confusing. We're here to help you understand.

We strive to explain your benefits using easy-to-understand, plain language. The Plain Writing Act of 2010 requires federal agencies to communicate information clearly in a way "the public can understand and use." This can be particularly challenging when talking about complicated programs like Social Security, Supplemental Security Income, and Medicare. If there's a technical term or acronym that you don't know, you can find the meaning in our online glossary at www.ssa.gov/agency/glossary.

Here are a few examples. If you're considering retirement, you may want to know your FRA (full retirement age) and your PIA (primary insurance amount). These terms determine your benefit amount based on when you when you start getting requirement benefits. The PIA is the amount payable for a retired worker who starts his or her benefits at full retirement age. If you start your retirement benefits at your FRA, you'll receive the full PIA. Most years, your benefit amount will get a COLA (Cost-of-Living Adjustment), which usually means extra money in your monthly benefit.

What about DRCs (delayed retirement credits)? DRCs are the gradual increases to your PIA that occur the longer you delay taking retirement benefits after your full retirement age. Every month you delay taking benefits, up to age 70, your monthly benefit will increase.

If one of these terms or acronyms comes up in conversation, you can be the one to help clarify the meaning, using our online glossary. Learning the terminology can deepen your understanding of how Social Security programs work for you.

Caregiver of the Year Nominations

Millions of Americans care for aging or ill loved ones each year. Many caregivers live and work right here in Marquette County. They may be family members, friends or neighbors. They may be hired professional help in homes or facilities. They may be volunteers.

Caregivers may provide medical care and guidance. They may provide housekeeping services, shopping and meal preparation. They may also provide transportation or friendly visits. Three out of four care recipients rely exclusively on unpaid assistance from family and friends.

All these caregivers have a special attitude toward caring and sharing with others. Marquette County National Family Caregiver Support program is looking for these very special people. One of these caregivers will be awarded the Caregiver of the Year Award.

If you know a very special caregiver, then please complete the form below, or write a short letter about that person, why they serve as a role model in caregiving, and what makes them special to you.

Winners will be honored in November. **All nominations due by September 20, 2021.**

Caregiver of the Year Nomination

Please fill in as completely as possible. Mail this form (or a letter with the same info) to:

Family Caregiver Support
PO Box 405, Montello, WI 53949

or submit by e-mail to: jkrueger@co.marquette.wi.us

Name of Nominee: _____ Phone: _____

Address: _____

Why does this person deserve to be recognized as Caregiver of the Year?

Your Name (will remain confidential): _____

Phone Number (we may call for more information): _____

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 **4th 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.

Driving Retirement

Being able to drive is more than just getting where you want to go. It is a symbol of freedom, independence and self-sufficiency. But it is important to consider what happens when declining vision, medication side-effects or a degenerative condition means your loved one is no longer safe to drive. Transitioning from driver to non-driver is a difficult decision. Planning ahead can alleviate some anxiety.

Just like people plan for retirement when they leave the workforce, **Driving Retirement** is planning for a time when driving is no longer safe. It is a proactive move that gives a person control over how to live life outside the driver's seat and avoids having to take away their keys.

Discussing driving retirement with the person you are (or will be) caring for while the person still drives will make the transition from driver to rider easier. Consider the following points as you help your loved one map out a driving retirement.

Start by learning what transportation options are available by talking to friends, health care providers and ADRC of Marquette County. Find details about how to utilize them.

Make a list of the person's transportation needs and alternative ways to meet those needs. In addition to public transportation options they might be able to order things through the mail, use a delivery service, walk, bike or ask family or friends for rides. Include family members and friends in the conversation as you develop the plan and don't forget to include social activities.

Once the transportation plan is in place, encourage your loved one to start trying out new transportation methods right away. Go with them as they ride the bus, help them make an online order or walk with them to a nearby store. This will help to reduce stress and increase confidence.

The next step is to determine when it is time to stop driving. The following are some warning signs of unsafe driving.

- Abrupt lane changes, braking or accelerating
- Confusion at exits or turns
- Delayed responses to unexpected situations
- Lack of attention to traffic signs or pedestrians
- Increased agitation or irritation while driving
- Vehicle crashes or near misses

There is usually not a specific day when you know it is time to stop driving. Decisions should be based on driving behavior over a period of time, not just a single incident. Because timing can be unclear, have agreed upon measures in place – a driving contract, regular review by family, completion of a driving assessment, or a discussion with a physician – to help determine the balance between a person's desire to drive with the need for safety.

When it is time to put the driving retirement plan into action be positive and optimistic. Review the transportation plan and make adjustments as needed. Even when change is unwanted, people have the ability to adapt and thrive. Plan to visit them frequently and be sure that transportation is available to meet their social needs as well.

Get the conversation started about planning a driving retirement to prevent a more difficult scenario in the future. Utilize the Driving Retirement Brochure & Workbook and other resources found at ARDC of Marquette County or online at gwaar.org/transportation to help you find the balance between maintaining independence and ensuring safety, for you, your family and your community.

Aging and Disability Resource Center of Marquette County
855-440-2372 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:

This time for a tip or trick, I will tell you an easy way to cut a pepper. Works great for bell peppers and smaller hot peppers also.

After you have washed your peppers, take it and lay it on its side. Using a nice sharp knife, cut the top part off just past the bottom part of the stem, then cut the butt part off. Slice the pepper down one side to open it up. Lay it out flat and then take your knife and go across the inside and cut out the seeds and other innards. You should then have a nice clean pepper, slice it into strips, you can then dice it or just use the strips.



Do this with different kinds of peppers or just different color peppers, put them in freezer bags or seal tight bags and freeze for later or use them in your favorite dish.

Hope you try it and it works for you!



WE ALL FORGET: WHAT IS NORMAL AGING AND WHEN SHOULD I BE CONCERNED?

Learn what is normal for our brains as we age, how our memories work, and what we can do if we are concerned for ourselves or others.

Tuesday, September 21

1:00 - 2:30 p.m.

**Marquette County
Senior Center**

140 Lake Ave.
Montello, WI 53949

For questions contact:

Janet Wiegel, PAC, CDS
Dementia Outreach Specialist
janet.wiegel@alzwissc.org
608-697-2838



Overnight Salad

1 lb. 13 oz. can fruit cocktail, drained
 2 cups mini marshmallows
 1 cup sour cream

1. Combine the fruit cocktail, marshmallows, and sour cream.
2. Cover and chill overnight.
3. Enjoy!



Submitted by
 Gladys Mike from West-
 field
 Picnic Recipe Contest
 Winner!

Recipe Contest!

Do you have a great pumpkin recipe? Enter your pumpkin 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

Or mail to: Amelia Cisewski

Senior Nutrition Program

PO Box 405

Montello, WI 53949

Or send back to the office with the HDM driver

Recipes must be submitted by October 1st.

Have any questions? Call (608) 297-3146



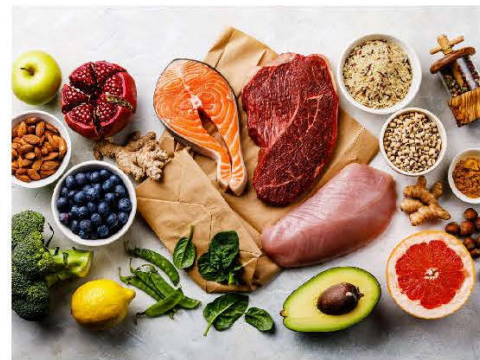
Power Up with Protein

By Amelia Cisewski, RDN, CD

Protein is a nutrient made up of amino acids—the building blocks of many body structures including muscle, bone, skin and hair. Protein helps maintain your muscles, keep fluids in balance, heal wounds and fight infections. It also helps carry fats, nutrients, and oxygen around your body. If you don't eat enough protein it can result in loss of skeletal muscle mass, impaired physical function, and delay wound healing.

How much protein do you need?

The amount of protein you need depends on a few factors including age, sex, health status and activity level. It is important to eat protein throughout the day. The Academy of Nutrition and Dietetics recommends older adults split their protein intake to 20-30 grams protein per meal on average. This is because studies suggest that 30 grams is the upper limit on how much protein our bodies can use at one time. Each person has different needs, but this is a good starting point.



Protein Amounts in Protein-Packed Foods

Beef (3 oz)= 26 g	Sunflower Seeds (1/2 c)= 12 g
Chicken (3oz)= 25 g	Edamame (1/2 c)= 9 g
Turkey (3 oz)= 24 g	Beans (1/2 c)= 8 g
Pork (3 oz)= 22 g	Chickpeas (1/2 c)= 7 g
Fish (3oz) = 19 g	Peanut Butter (2 Tbsp)= 7 g
Greek Yogurt (6 oz.)= 17 g	Soy Milk (1 cup)= 7 g
Cottage Cheese (1/2 c)= 14 g	Tofu (1/4 c)= 6 g
Regular Yogurt (6 oz)= 9 g	Almonds (20)= 5 g
Milk (1 cup)= 8 g	Walnuts (1/4 c)= 5 g
Cheese (1 oz)= 6 g	Hummus (1/4 c)= 5 g
Eggs (1 large)= 6 g	High Protein Oats (1/2 c)= 5 g

Sources of Protein

Protein can be found in both animal and plant-based foods. Animal protein, found in meat, eggs, and dairy, is considered 'high quality' protein because it has good amounts of all the essential amino acids. On the other hand, most plant proteins are missing one or two essential amino acids, but you can get enough of all these amino acids by eating a variety of whole plant foods. There are a few plant foods like soy and quinoa that are complete proteins because they have all of the essential amino acids.

Plant Proteins

Many plant proteins including beans, lentils, and soy are packed with beneficial nutrients like fiber, vitamins, minerals, healthy fat, and antioxidants. They contain very little saturated fat, sodium, and no cholesterol. It is important to get a variety of protein sources.

Protein Packed Autumn Recipes

Greek Yogurt Oatmeal

Ingredients

- 1/2 c old fashioned oats
- 1/2 banana, sliced (optional)
- 1 1/4 c water or milk or blend
- Pinch of salt + 1/2 tsp. cinnamon + 1/2 tsp. vanilla, optional
- 1/4 c Greek yogurt



- 1. Add oats, banana slices and salt to a pot. Add water/milk and stir to combine. Add cinnamon and vanilla, if using. Heat over medium-high heat for 8-10 minutes or until all the liquid has been absorbed, stir often.
- 2. Remove oats from the heat and stir in Greek yogurt. Start with 1/4 c and add more if you'd like. Transfer oats to a bowl and top with banana slices if you'd like.
- 3. Yield: 1 serving

Nutrition Facts:

Calories	267	Total Fat	5g	Carbohydrates	45g	Protein	10g
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Stuffed Peppers

Ingredients

- 4 large bell peppers
- 15 oz. can tomato sauce
- 1/2 lb. ground beef
- 1/3 c chopped onion
- 1 c cooked brown rice
- 1/8 tsp. salt
- 1/8 tsp. black pepper
- 1/8 tsp. garlic powder
- 1/4 c shredded cheese



Directions

- 1. Cut the tops off the peppers and remove the seeds. Place the peppers in a large saucepan and cover with water. Bring to a simmer and cook for 3 minutes, just until the peppers are slightly soft. Drain and rinse with cool water. Set aside on paper towels to drain.
- 2. In a skillet, heat the ground beef and onion until cooked. Drain
- 3. Add salt, pepper, rice, garlic powder, and half the tomato sauce.
- 4. Stir well and spoon mixture into peppers. Top with other half of tomato sauce.
- 5. Bake in an ungreased dish at 350 for 25-30 minutes. Put shredded cheese on top of peppers for the last 5 minutes. Enjoy!

Yield: 2 servings

Nutrition Facts: for 2 peppers

Calories	256	Saturated Fat	1g	Sodium	535g
Total Fat	4.5g	Carbohydrates	11g	Protein	34g

Income Maintenance Agencies to Resume Requesting Required Verifications Starting July 19

DHS Program Update (for reprint)

During the COVID-19 pandemic, Wisconsin made many adjustments to state program operations, including not requiring most members to submit verification related to their eligibility, such as documentation to confirm gross income. In most cases, we have been able to use what members told us as the best available information. With many businesses and agencies closed to the public during the pandemic, we did not want members to experience risks to their health or their household's benefits because of challenges in obtaining verification related to the pandemic.

While this change was put in place to benefit our members, errors can occur when we do not receive verification. For example, we use gross income to determine eligibility for our programs, but a member asked about their income may report their take-home pay. This can result in issues for the member if there is a significant difference between what they tell us and what their actual circumstances were. Resuming verification requirements will avoid these sorts of errors to the benefit of our members.

Wisconsin will resume requests for verification July 19

As part of our transition back to normal operations, starting July 19, 2021, Wisconsin's income maintenance and tribal agencies will once again be requesting required verifications from applicants and members when verification is needed to determine eligibility for FoodShare, Badger-Care Plus, and Medicaid.

Due to federal guidance, the significance of this change is different for FoodShare members than for members of our health care programs.

What does this mean for **FoodShare** applicants and members?

If a FoodShare applicant or member has trouble obtaining requested verification, they should contact their agency as soon as possible. Agencies will attempt to help them get the required verification. If verification is unavailable, the agency can still use the member's statement as the best available information at this time. However, efforts will be made to collect verification before member-provided information is used.

If the member does not contact their agency and does not provide the requested verification by their due date, that person's eligibility for FoodShare may end or be denied.

What does this mean for applicants or members of one of Wisconsin's **health care programs**?

If a health care program applicant or member has trouble obtaining requested verification, they should contact their agency as soon as possible. Agencies will attempt to help them get their verification. If verification is unavailable, the agency can still use the member's statement as the best available information at this time. However, efforts will be made to collect verification before member-provided information is used.

Current members of our health care programs will continue to get benefits until the end of the public health emergency, even if they are unable to provide the requested verification. The public health emergency is expected to last until at least December 31, 2021.

If you have any questions contact the East Central Call Center at (888) 256-4563.

Participants Needed

For a Study Investigating Privacy and Security in Smart Medical Devices

Researchers in Gerontology and Computer Science are seeking older Wisconsinites who are willing to participate in an interview about their use of smart medical devices, such as a smart glucose monitor or a smart watch.



University of Wisconsin
Whitewater



Conducted under the direction of
Jeannine Rowe, PhD
Email: rowej@uww.edu
Phone: 262-472-1162

Who do we
need?

Wisconsin residents age
60+ who

- Use **two or more** smart medical devices
- Speak and read English
- Are in good health

Interested?

To confirm eligibility

- Please complete a **4 minute survey** at this link:
<https://tinyurl.com/4sv73ae2>
- Or call us at:
262-472-1162

Other Info

Researchers conducting
interviews **August-
December 2021**

- Flexible dates and times
- Phone/virtual interviews are **60-90 minutes**
- Interview participants get a **\$25 gift card**



You can help improve access to services and change lives. Volunteering offers opportunities for you to use your talent and skills, to help those who are most in need.

VOLUNTEER OPPORTUNITIES

Care & Share Food Bank: Help make food bags, stock shelves, sort food, distribute food, and clean

Community Garden: help with planting, pulling weeds, watering, harvesting, and other tasks relating to the gardens

Dining Site Assistant: help with activities, cleaning, registration, and serving

Health Promotions Leader: be trained in a healthy promotions program and lead Marquette County residents to better living

Transportation Driver: Drive Marquette County residents to appointments and back home

Home Delivered Meal Driver: Help deliver meals to Marquette County residents

Step 1: Complete a Volunteer Application To ensure the safety of our residents, staff, and volunteers, everyone must complete the Human Services application process before beginning a volunteer assignment. The application includes a criminal background check. We welcome individuals and group volunteers. Children under 16 must be accompanied by an adult.

To find the application:

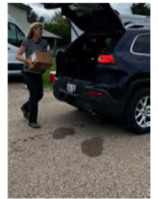
(1) visit:

www.co.marquette.wi.us

(2) call: (608) 297-3124

(3) email: food-bank@co.marquette.wi.us

Step 2: Return the completed application to:
Volunteer Coordinator 428 Underwood Ave. PO Box 405 Montello, WI 53949



Step 3: Expect to be contacted by Marquette County Human Service staff once your application is approved.

New Hours Starting July

1st, 2nd, 3rd, 4th

Thursday 1-3pm

(no longer open the 5th Thursday) &

1st & 3rd

Tuesday 4:30-6pm

You can come once a month.

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

Please call with any questions:

608-369-1059





Foot Clinic is fully back up and running! Also, Taking New Clients!

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:
September 7th, 14th
October 5th, 12th, 19th, 26th
*Call for an Appointment or if
you have any questions!
(608) 297-3135

Immunizations with Marquette County Health Department



Immunization Clinics

September 13th, 23rd, 27th

October 11th, 25th, 28th

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

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

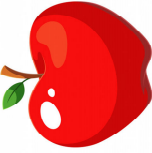
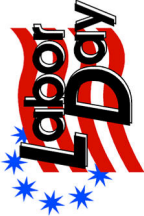
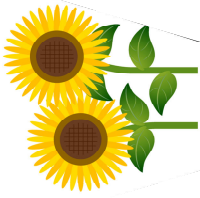
If you are interested in a COVID-19 vaccine, you can check for appointments on the website

www.co.marquette.wi.us 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 help!

September 2021

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
		1 Pork Roast & Gravy Mashed Potatoes Country Blend Veggies V8 Juice Cake and Ice Cream		3 Fried Steak and Gravy Hashbrowns Corn & Squash Bake Fresh Fruit Tapioca Pudding
6 Closed 		8 Meatballs and Gravy Yellow Pea Pasta Caramelized Carrots Melon Cookie		10 Salmon Patty with Pea Sauce Sweet Potatoes Puffs Asparagus Fruit Pie
13 Pulled Pork & Gravy Mashed Potatoes Peas Fruited Yogurt		15 Linguine Day Chicken Florentine Alfredo w/ Linguine Pasta Stew Tomatoes & Red Beans		17 Beef Stew Cheesy Cauliflower Cottage Cheese Carrots & Dip Peanut Butter Cup Dessert
20 Baked Chicken Maple Glazed Sweet Potatoes Bean Medley Watermelon		22 Sloppy Joes Potato Wedges California Blend Veggies Pineapple Cup Butterscotch Pudding		24 Garden Veggie Salad Lettuce, Kale, Assorted Veggies, Cheese Layered Cake
27 Cheese Tortellini & Meat Sauce/ Edamame Succotash Warm Spiced Pears Cucumbers and Dip Magic Bars		29 Turkey & Gravy Mashed Potatoes Green Beans Cranberry Sauce Pistachio Dessert		



Marquette County Senior Nutrition Program

Meals on the Go

Tuesdays and Thursdays

Pick up Locations: Montello Senior Citizens Dome

Pioneer Memorial Park (In Westfield)

Endeavor Civic Center (Tuesdays Only)

from 11:30am-12:30pm

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

* Sept 14th- meals only available for pick-up in Westfield at the park at noon

September Meals	
	2 Asian Shrimp Salad Lettuce, Shrimp, Veggies, Oranges, Seeds Tiramisu
7 Creamy Potato Bacon Soup Egg Salad Sandwich Broccoli & Dip Orange Cup	9 Weiner Schnitzel Day Beef Weiner Schnitzel Spudsters California Blend Veggies Grapes
14 * Activity in the Park Turkey & Cheese Sandwich Potato Salad Broccoli Cauliflower Salad Brownie Trifle	16 Swiss Steak Mashed Potatoes Carrots Cranberry Orange Jell-O
21 Baked Pollock Loin Potato Pancake Mixed Veggies	23 Chicken Tenders Broccoli Cauliflower Potato Salad Lemon Pudding Fruit Salad
28 Liver & Onions Sweet Potatoes Red Cabbage Homemade Trail Mix	30 Shredded Beef Burrito Spanish Rice Corn & Black Beans Snicker Apple Salad




October Meals	
5 Stuffed Peppers Yellow Squash Potato Medley Banana Cream Pie	7 Country Style Ribs Mashed Potatoes Garden Vegetable Fresh Fruit Chocolate Oatmeal Bars
12 Gumbo Day Shrimp & Chicken Gumbo Medium Spinach Salad Berry Charlottes	14 Ground Beef Pasta Primavera Rutabagas/ Craisins Mini Cheesecake Cups
19 Cranberry Meatballs Garden Blend Rice Fall Vegetables Dried Fruit Monster Cookie	21 Cheese Tortellini Soup with Veggies Ham & Cheese Sandwich w/ Lettuce & Tomato Pineapple Pretzel Dessert
26 Taco Salad Lettuce, Beef, Beans, Veggies, Cheese Mexican Coleslaw Impossible Pumpkin Pie	28 Chicken Lasagna Broccoli Blueberry Carrot Salad Cream Puff

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, 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
 4 Baked Potato Chicken Bacon Casserole Roasted Brussel Sprouts Applesauce Scone	 Tuesday	6 Minestrone Soup Philly Steak Sandwich Pear Upside Down Cake	 Thursday	1 Breaded Fish Sandwich with Lettuce Leaf Baked Beans Beets Fruited Jell-O
11 Ground Beef & Gravy Mashed Potatoes Asparagus and Carrots Fruit Impossible Coconut Pie		13 Brat with Onions Calico Beans Peppers and Dip Spiced Apples		8 Turkey Pot Pie Sweet and Sour Cabbage Homemade Fruit Popsicle Lemon Bar
18 Chocolate Cupcake Day Turkey Wild Rice Skillet Scalloped Corn Blueberries Chocolate Cupcake		20 Beef Patty with Mushroom Gravy Mashed Potatoes Stewed Tomatoes Strawberry Corncake		15 Ham & Pineapple Au Gratin Potatoes Italian Green Beans Blondie Cookies
25 Meatball Stew Cabbage and Carrots Cottage Cheese & Pineapple Real Cool Cookie		27 Chicken Breast & Gravy Mashed Sweet Potatoes Green Beans Overnight Fruit Salad		22 Lemon & Herb Salmon Vegetables & Brown Rice Black-Eyed Pea Salad Applesauce
				29 Pineapple Shrimp Stir Fry Vegetable Fried Rice Oriental Blend Carrot Cake

Elderly Benefits 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. Outreach dates will be set once the Dining Sites open back up.

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

Remember – You Can Use FoodShare Benefits Online!

By the GWAAR Legal Services Team (for reprint)

Woodman's Markets is the latest retailer to offer FoodShare members the ability to use their Quest cards online. Currently, you can use your EBT card at the following online retailers:

- ALDI
- Amazon*
- Walmart
- Woodman's Markets

*EBT cardholders are also eligible for Amazon Prime for \$5.99 per month (regularly \$12.99 per month). As a reminder, FoodShare dollars can only be used to purchase food; delivery fees and other associated charges will not be paid through the Quest card. Also, the use of your EBT card online will still require your unique personal-identification-number (PIN).

More retailers are expected to join this growing list in the next several months.

For updates, visit: <https://www.fns.usda.gov/snap/online-purchasing-pilot>

Special Events - 2021

The senior dining locations remain closed.
 We are unable to determine when we will reopen.
 Please check www.adrcmarquette.org for information on services.

Marquette County Senior Citizens, Inc., Senior Dome, 140 Lake Ct., Montello, WI. Marquette County

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 healthy living. It's membership renewal time again. Membership dues are \$15 per person per year. New members should call 608-297-7815.

Due to COVID conditions we are unable to have fundraisers so any donations we receive will be greatly appreciated and will help us keep up with our operating costs.

Following are the events at the Dome:

Chair Exercises at the Senior Dome, 10am-11am: Monday Stretch & Strength, Wednesday Aerobics and weights, Thursday dance yoga, and Friday yoga.

Card playing Tuesday: 12:30 pm open to various games open to at 1:00pm to Euchre players

Card playing Wednesday: 1:00 pm open to Sheepshead players

Card playing Thursday: 12:30pm open to various games
1:00pm Fifer (bidding Euchre).

Card playing Sunday: 12:30pm 31, Sheepshead, and open to Euchre, Fifer, other games are welcome.

Pot Luck: Every 2nd Sunday of the month at 12:30 pm.

Birthday club: We go out to eat the third Wednesday of the month to celebrate the member's birthday's that occur in that month. It is Dutch treat and we car pool. Call Phyllis at (920) 979-7027 for more information.

The Membership Picnic September 19th weather permitting otherwise September 26th at 12:30pm. Meat provided, sign-up sheet at the Dome.

September 21st will be the second presentation on the brain. This is open to the public.

Notices of our 2021 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 adrcmarquette.org/news/events.

Special Events - 2021



UNDERSTANDING & RESPONDING TO BEHAVIOR CHANGES

This program is for those caring for an individual with Alzheimer's or other dementia and having difficulties with behavior changes. Understand reasons why behavior changes occur and get problem-solving tips to help prevent and cope with them.

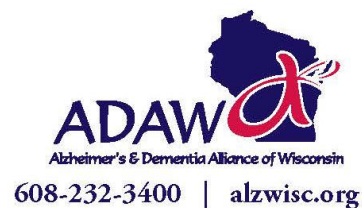
Friday, October 1st

1:00 pm - 2:30 pm

ADRC of Marquette County
428 Underwood Ave. Room 205
Montello, WI 53949

**For more information contact
Dementia Outreach Specialist:**

Janet Wiegel
608-697-2838
janet.wiegel@alzwissc.org



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.



1. Where's the next place on your travel bucket list and why? I would love to go to Greece. Views of the Mediterranean Sea, architecture, and Food.
2. What's your favorite season and why? Spring. The weather is warming up and things are starting to grow. Love bright new flowers and budding trees.
3. If you could have a superpower, what would it be? Super Speed. So many places I want to see, and I could get there super-fast. Umm – like in a Flash.
4. What's your go-to midnight snack? I could eat popcorn anytime day or night.
5. If you could eat only one type of food for a year — breakfast, lunch, and dinner — what would you choose? Pizza. Love pizza and so many different toppings to try.
6. If you were in a pageant, what would your talent be? To get all the contestants on stage without falling apart. I am better at making the show run than occupying the spotlight.
7. Which one of Snow White's seven dwarfs best describes you (bashful, doc, dopey, grumpy, happy, sleepy or sneezy)? Sneezy – I love spring but need allergy medications to manage it.



Melissa Klebs, 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 ½. 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).

1. Where's the next place on your travel bucket list and why? New York. I would like to be able to go see the 9/11 memorial and museum.
2. What's your favorite season and why? Spring is my favorite season. Everything is starting to bloom, and the weather is getting nice again.
3. If you could have a superpower, what would it be? If I had a superpower it would be Super Speed.
4. What's your go-to midnight snack? My midnight go-to snack is normally either fruit or something with chocolate.
5. If you could eat only one type of food for a year — breakfast, lunch, and dinner — what would you choose? It's hard to only choose one type of food. I think I would be okay with fruit for every meal.
6. If you were in a pageant, what would your talent be? I'm not sure what my talent would be.
7. Which one of Snow White's seven dwarfs best describes you (bashful, doc, dopey, grumpy, happy, sleepy or sneezy)? Sneezy- I have very loud sneezes and wonderful allergies.