

# Marquette County

ADRC NEWS...

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

## September & October 2022



Submitted by: Adam Sengbusch

### Inside This Issue

6 Steps to Prevent a Fall..	2
Top Five Fraud and Scan Prevention Tools.....	3
Fall Pictures .....	4
Ordering Diabetes Testing Supplies— Medicare Part B ...	5
Caregiver Nomination Form ..	6
Transportation .....	7
Understanding Medicare Supplement Enrollment.....	8
Nutrition .....	9
Coping with Caregiver Fatigue	10
Recipe/Contest Winner ..	11
Malnutrition Awareness Article....	12
Quick Meal & Snack Ideas ..	13
Importance of POA Paperwork.....	14
Continue from Page 14..	15
Food Bank Update .....	16
Health Dept. Clinics .....	17
September Menu .....	18
Nutrition Program Updates	19
October 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 Melissa at [mklebs@co.marquette.wi.us](mailto:mklebs@co.marquette.wi.us)

# Take Control of Your Health:

## 6 Steps to Prevent a Fall

Every **11 seconds**, an older adult is seen in an emergency department for a fall-related injury. **Many falls are preventable.**  
**Stay safe with these tips!**

 <p><b>1</b>  <b>Find a good balance and exercise program</b>            Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.</p>	 <p><b>2</b>  <b>Talk to your health care provider</b>            Ask for an assessment of your risk of falling. Share your history of recent falls.</p>
 <p><b>3</b>  <b>Regularly review your medications with your doctor or pharmacist</b>            Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.</p>	 <p><b>4</b>  <b>Get your vision and hearing checked annually and update your eyeglasses</b>            Your eyes and ears are key to keeping you on your feet.</p>
 <p><b>5</b>  <b>Keep your home safe</b>            Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.</p>	 <p><b>6</b>  <b>Talk to your family members</b>            Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.</p>

To learn more, visit [ncoa.org/FallsPrevention](https://ncoa.org/FallsPrevention).



## Top Five Fraud and Scam Prevention Tools

Reprint from Social Security



With the right anti-fraud information, you can help protect those you love. Here are the five most important resources about Social Security scams that you should know about:

- ◆ Find out how to spot fake calls and emails and what to do if you get one on our Protect Yourself from Social Security Scams page at [www.ssa.gov/scam](http://www.ssa.gov/scam).
- ◆ Learn about phone scams and how to report them on our Office of the Inspector General's Scam Awareness page at [oig.ssa.gov/scam](http://oig.ssa.gov/scam).
- ◆ Read about protecting your Social Security number from identity theft at [blog.ssa.gov/protecting-your-social-security-number-from-identity-theft](http://blog.ssa.gov/protecting-your-social-security-number-from-identity-theft).
- ◆ Create your personal *my* Social Security account at [www.ssa.gov/myaccount](http://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](http://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.

## NEED HELP WITH MEDICARE & PRESCRIPTION COSTS?

**Wisconsin's Medicare Savings Programs** may help reduce Medicare costs. They are for those who have limited income and assets. If you are eligible for one of the programs, some or all of your out-of-pocket costs for either Medicare Part A (hospital-related costs) and B (physician-related costs) may be covered.

**What is Extra Help?** Extra Help, is a program through Medicare and Social Security, and is for those with limited income and resources to get help with their Medicare prescription costs. Extra Help may help reduce monthly premiums, annual deductibles, and prescription co-payments related to a Medicare prescription drug plan. Extra Help is estimated to be worth \$4,900 per year.  
**Many people qualify for these important savings and don't even know it.**

**To find out if you qualify for these programs or for more information, call your Elder Benefit Specialist, Meg Wandrey at 608-297-3103.**

## WE'RE HIRING

### AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community
- Paid Training
- Some Travel

Contact us at: [careers@4lpi.com](mailto:careers@4lpi.com) | [www.4lpi.com/careers](http://www.4lpi.com/careers)

## APARTMENTS FOR RENT

1-877-377-1434

[www.capservices.org/rentals](http://www.capservices.org/rentals)  
[rentals@capmail.org](mailto:rentals@capmail.org)

## QUALITY INDEPENDENT LIVING FOR SENIORS 55+

Heat | Water | Sewer | Lawn/Snow/Trash Svc. Included

14 Affordable Locations Including:  
 MONTELLO  
 Berlin & Mauston

 Transforming People and Communities



INCOME RESTRICTIONS MAY APPLY  
 CAP SERVICES IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.





Photo Submitted By: Teresa Zacharias



Photo Submitted By: April McConnell

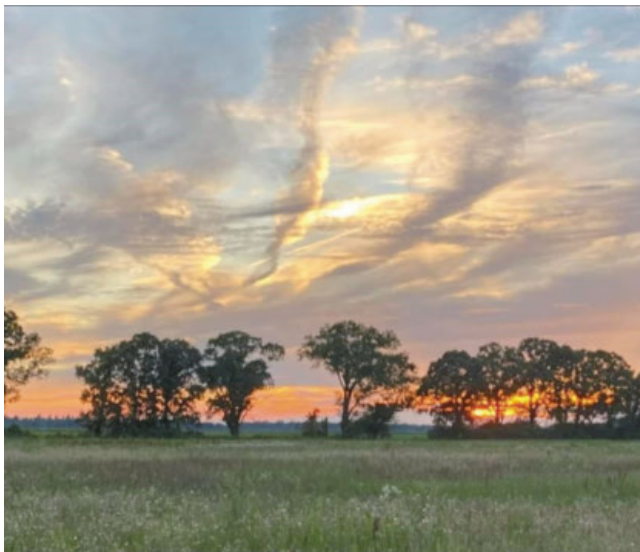


Photo Submitted By: Teresa Zacharias

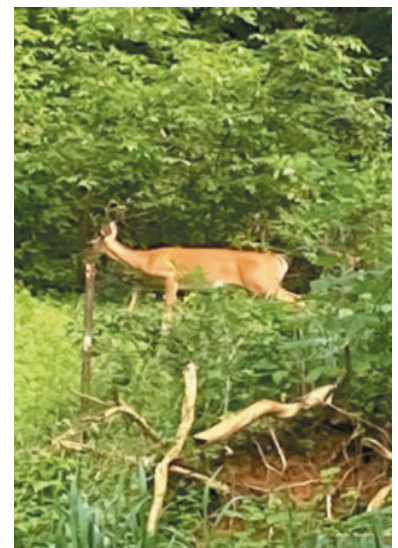


Photo Submitted By: Bob



Submitted by: Adam Sengbusch

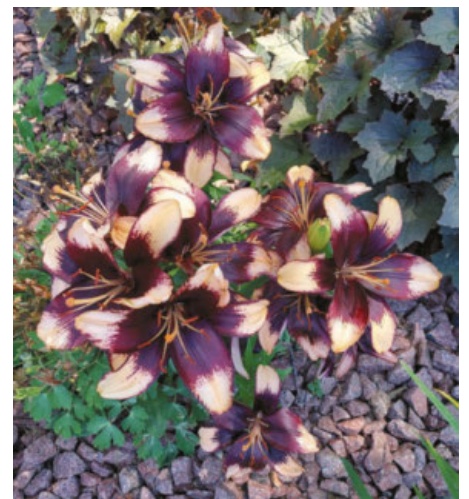


Photo Submitted By: April McConnell



## Ordering Diabetes Testing Supplies—Medicare Part B

*By the GWAAR Legal Services*

If you have Original Medicare, you may have diabetes testing supplies delivered to your home. You will have to use a national mail-order contract supplier. If you do not want diabetes testing supplies delivered to your home, you can go to any local store (pharmacy or storefront supplier) that's enrolled with Medicare and get your diabetes testing supplies there.

National mail-order contract suppliers cannot charge you more than any unmet deductible and 20% coinsurance. Local stores also can't charge more than any unmet deductible and 20% coinsurance if they accept assignment, which means they accept the Medicare-approved amount as payment in full. Local stores that don't accept Medicare assignment may charge you more than 20% coinsurance and any unmet deductible. If you get your diabetes testing supplies from a local store, check with the store to find out how much you'll pay.

You have certain protections when using a national mail-order contract supplier. National mail-order contract suppliers must:

- Make the same items and services available to people with Medicare that they make available to people without Medicare.
- Make sure you get a particular brand of diabetes testing supplies when a doctor or other health care provider prescribes a particular brand to avoid an adverse medical outcome.
- Never influence or try to convince you to switch your current glucose monitor and testing supplies brand to another brand.

Finding a contract supplier:

To find a list of national mail-order contract suppliers online, visit <https://Medicare.gov/supplier>, enter your ZIP code, and then select "Blood Glucose Monitors and Supplies."

You can also get a list of national mail-order contract suppliers by calling 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048.

EQUIPMENT (optional)

Search

**Popular Items**

- Walkers
- Continuous Positive Airway Pressure (CPAP) Devices
- Blood Glucose Monitors and Supplies (Non-Mail Order)
- Electric Hospital Beds and Accessories
- Blood Glucose Monitors and Supplies (Mail Order)
- Standard Manual Wheelchairs

[Browse equipment and supplies A-Z](#)

## 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 at a caregiver event on November 4, 2022.

**All nominations due by September 23, 2022.**

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

Name of Nominee: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

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

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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 **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**.

Destination	Copay Round Trip
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.

**GROW YOUR BUSINESS  
BY PLACING AN AD HERE!**

Contact Ruth Schlitz  
to place an ad today!  
rschlitz@lpicommunities.com  
or (800) 950-9952 x2671

**CONTACT US!**



## Understanding Medicare Supplement Enrollment

*By the GWAAR Legal Services Team (for reprint)*

If you want to buy a Medicare supplement policy, also known as Medigap, it is important to understand the best times to enroll. When you enroll can affect your monthly premium costs, coverage for preexisting conditions, and whether you can buy a policy at all.

### Open enrollment period

In general, the best time to enroll in a supplement is during your open enrollment period. In Wisconsin, your open enrollment period begins the month your Part B coverage starts and continues for six months. If you are under age 65 and enrolled in Medicare due to disability or end-stage renal disease, you are entitled to another six-month open enrollment period when you turn 65.

During your open enrollment period, insurance companies cannot deny you coverage. They must sell you a policy at the best available rate regardless of your health status. The best available rate will depend on factors like your age and gender. If you enroll during your open enrollment period, companies may not charge you an increased premium amount because of your use of tobacco. Some policies may require waiting periods before they will cover preexisting medical conditions.

### Guaranteed Issue

If you miss your open enrollment period, you can also buy a supplement when you have a guaranteed issue right because your other health insurance ended. In Wisconsin, an insurance company must sell you a supplement if:

- Your Medicare Advantage or Medicare Cost plan stops participating in Medicare or providing care in your service area; or
- You move outside the plan's geographic service area; or
- You leave the health plan because it did not meet its contractual obligations to you; or
- Your employer group health plan ends some or all of your coverage; or
- You leave your employer group plan to join a Medicare Advantage plan but leave the Medicare Advantage plan within 12 months of enrollment; or
- Your insurance company ends your Medicare supplement or Medicare SELECT policy and you are not at fault; or
- You drop your supplement to join a Medicare Advantage plan, a Medicare Cost plan, or buy a Medicare SELECT policy for the first time, and then leave the plan or policy within one year after joining. You may return to your former plan or to any available supplement if your former plan is unavailable; or
- You join a Medicare Advantage plan or Medicare Cost plan when you first become eligible for Medicare Parts A and B at age 65 and within one year of joining you decide to leave the health plan; or
- You have Medicare Parts A and B and Medicaid, and you lose eligibility for Medicaid; or
- Your employer group plan increases your cost from one 12-month period to the next by more than 25% and the new payment for the employer-sponsored coverage is greater than the premium charged under the supplement plan for which you are applying.

If you have a guaranteed issue right, you must apply for a new supplement policy within 63 calendar days of when your old health plan or policy ends. During this time, an insurance company:

- Cannot deny insurance coverage or require a waiting period for coverage,
- Must cover you for all preexisting conditions, and
- Cannot charge you more for a policy because of any preexisting conditions.

If your old plan ended, that insurance company must send you a notice explaining your guaranteed issue rights. You will need this notice or other evidence that your coverage ended when you apply for a new supplement.

### Enrolling in a Supplement at Other Times

If you try to enroll in a supplement outside of your open enrollment period or when you have a guaranteed issue right, you may run into problems. Insurance companies may refuse to sell you a policy, or they may require a waiting period before the policy will cover any preexisting medical conditions. In addition, the company may charge you a higher monthly premium.





## Nutritional Supplements

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

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

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

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

## Tips and Tricks from the Kitchen:

Rather than trying to cut dough for bread freehand, use a pizza cutter and ruler!

You can also use pizza cutters for cutting other food items like deli meats, bananas, and dessert bars.

Give it a try and see how it works!



## Concerned about Medicare fraud? Give us a call...



**PROTECT** your personal information

**DETECT** suspected fraud, abuse, or errors

**REPORT** suspicious claims or activities

**Toll-free Helpline:**  
**888-818-2611**

**www.smpwi.org**

 WisconsinSeniorMedicarePatrol

This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



## Coping with Caregiver Fatigue

Caring for a loved one with a chronic illness is physically, emotionally, and spiritually exhausting, well beyond what most people can imagine. The daily routine may begin very early in the morning and end late at night, and sleep is often disrupted.

Caregiving consumes a large part of the day, and fatigue often seems unavoidable. There may be little time to rest during the day while juggling the demands of the household, personal care, and medical appointments. Daybreak often seems to come too quickly, and the exhausting routine begins again.



Family caregivers are at a greater risk of physical and emotional problems while caring for a loved one, and chronic lack of sleep is not the only factor to cause this increased risk. Eating well, exercising, and relaxation techniques such as meditation or prayer can help you sleep better and be a better caregiver to your loved one.

Consider changing your caregiving situation if you try these and other ideas to help with fatigue and aren't finding any relief. Maybe it's time to hire additional help or look at a different living arrangement. It would be best if you had the opportunity to step back, focus on yourself, and get recharged. Both you and your loved one will benefit!

ADAW (Alzheimer's and Dementia Alliance of Wisconsin) is happy to chat anytime, with questions, support, or just a listening ear. Please don't hesitate to reach out to Janet Wiegel, Dementia Outreach Specialist in Marquette/Columbia and Sauk Co.'s at 608-697-2838.



## Italian Pasta Salad

### Ingredients:

Cooked Spiral Noodles (cold)	Diced Celery
Sliced Black Olives	Canned Cannellini Beans
Chopped Red Pepper	Parmesan Cheese
Diced Tomatoes	Spoonful of Pesto Sauce
Diced Red Onion	Italian Salad Dressing
Chopped Hard Salami or Pepperoni	Mayonnaise

Toss all in a salad bowl. Chill and serve with garlic toast and pepperoncini's.



Submitted by  
Anne Davis of Packwaukee  
Summer Salad Recipe  
Contest Winner!

## Recipe Contest!

Do you have a salad recipe you enjoy in the fall? Enter your fall 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 September 30th.

Have any questions? Call (608) 297-3146

# Malnutrition Awareness

By Amelia Cisewski, RDN, CD

When your body does not get the right amount of energy and nutrients it needs, it may become malnourished. Malnutrition may threaten your health and your ability to fight sickness and injuries. Sometimes it is not always easy to see malnutrition, so it is important to watch out for signs you may be malnourished.

## The majors signs of malnutrition are:

- Sudden, unexpected weight loss or loss of appetite
- Frequent nausea, vomiting, or diarrhea or getting sick often
- Slow-healing wounds or swelling in your ankles, legs, or belly
- Feeling tired or fatigued or muscle weakness

## Malnutrition can have dangerous consequences on your health. The effects of malnutrition include:

- Higher risk of falls and broken bones
- Higher stress levels
- Longer and more frequent hospital stays
- Less independence
- Higher risk of infections and higher death risk

## What Can You Do?

Malnutrition can be prevented and treated through a nutrient dense diet and healthy lifestyle. Here are some tips to help you stay healthy and meet your nutritional needs.

1. **Buy foods that are easy to prepare, rich in calories and protein, and foods that you enjoy.** Some examples of high-protein foods include meat, eggs, cottage cheese, beans, and peanut butter. Try adding different herbs and spices to your food to make it more interesting.
2. **Make your meals social.** At least once a week, ask your family or friends to eat a meal with you. You can eat in or go out to a favorite restaurant.
3. **Eat 5-6 small meals per day** especially if you have a decreased appetite. Eating smaller more frequent meals throughout the day may feel less daunting than eating 3 larger meals.
4. **Build muscle and strength.** Maintain your muscle by lifting weights or using objects you have around the house like soup cans or water bottles. Take walks throughout the day or try resistance bands.
5. **Find an oral nutritional supplement that you like.** Oral nutritional supplements are an easy way to get in calories, protein, and other essential nutrients that your body needs. Look for an oral supplement that has at least 150 calories and 15 grams protein per 8 ounces. Drink between meals and not as a meal replacement.





# Quick Meal and Snack Ideas

## Healthy meals and snacks can be easy to prepare.

Choose vegetables and fruits, whole grain foods, and protein for a well-rounded meal. Enjoy at least 1 cup of fluid at each meal like water, milk, coffee, or tea.

### Breakfast Ideas:

- 3/4 cup regular or Greek yogurt with 1/4 cup All Bran and 1 sliced orange
- 1 slice multigrain toast with 1 Tablespoon peanut butter and a banana
- 1/2 cup cooked whole oats with 1/4 cup strawberries or other fruit
- Scrambled egg with 1/2 cup vegetables and a piece of fruit



### Hot Meal Ideas:

- 1 can low-sodium soup with 1 1/2 ounce of grated cheese and whole grain crackers
- 3 ounces meat and 1/2 cup cooked vegetables over 1/2 cup cooked brown rice
- 1/2 cup cooked veggies, 3 ounces meat and whole grain tortilla
- 1 cup of baked beans with 1 slice of multigrain toast and fruit



### Cold Meal Ideas:

- 1 whole wheat roll with a slice of meat, cheese, and tomato
- Egg salad on whole wheat bread with 2 lettuce leaves
- 3 ounce lower sodium canned tuna, whole grain crackers, and 1/2 cup chopped vegetables
- 1 cup spinach, 1 cup meat or canned black beans, whole wheat croutons, and dressing

### High Protein, Nutrient Dense Snack Ideas:

- Hard-boiled egg
- Peanut butter and apples
- Veggies and hummus
- Mixed Nuts
- Cottage Cheese and peaches or other fruit
- Tuna or Cheese and Crackers
- Protein Bars or Shakes
- Milk with Protein Powder Added
- Nutritional Supplements like Ensure or Boost



## The Importance of Power of Attorney Documents

Who will make decisions for you if you're unable to communicate for yourself? What do you want for end-of-life care? How will you make sure bills are paid if you're in the hospital or away from home? What happens if you don't have any advance directives, or you or a family member are unable to make them?

Wisconsin starts from the assumption that all adults are competent to make their own decisions, including decisions that family, friends, or community might not agree with or approve of. But if an individual is unable to make or communicate their wishes, someone else must have legal authority to make decisions to see to that individual's welfare. And Wisconsin is not a "next of kin" or "family consent" state, which means that in most circumstances, if an adult is unable to make their own decisions, spouses and relatives don't automatically have the right to make decisions for them.

There are two ways another person may get authority to make decisions for someone – either the individual can grant that power to another person through an advance directive such as a power of attorney document, or the court may give the authority to make decisions to a guardian.

### **Power of Attorney for Finances (“Durable” Power of Attorney)**

A power of attorney for finances document authorizes another person (called the “agent” or “attorney-in-fact”) to handle financial matters for the person who signed the document (called the “principal”). The principal may delegate as much or as little authority to the individual as desired. The principal can also require a bond and/or an annual accounting. A financial POA does not give the agent any authority to make health care decisions. A financial POA is presumed to be “durable” unless the document states otherwise.

“Durable” means that the document will stay in effect during a period of incapacity. The financial POA can take effect immediately upon signing, on incapacity, or when some other condition is met (e.g., the principal has traveled out of the country). Wisconsin law does not require witnesses or a notary for the principal's signature to be valid, but it is strongly suggested to have it notarized, as many banks and other agencies will not accept it otherwise.

### **Power of Attorney for Health Care**

Like a financial power of attorney, a power of attorney for health care document authorizes an agent to handle health care matters for the principal. A health care POA only allows the agent to make health care decisions. A POA for health care typically takes effect on incapacity, as determined by two doctors, or one doctor and a psychologist, a nurse practitioner, or a physician assistant. Incapacity means that the individual is unable to receive or process information, and/or unable to communicate their medical decisions. The principal must be “of sound mind” while signing a health care POA, and their signature must be witnessed by two disinterested witnesses. “Disinterested” means that the witnesses are not related to the principal, financially responsible for the principal's health care, the principal's heirs, or the principal's health care providers (other than social workers or chaplains). The witnesses must see the principal sign the document and sign at the same time. Wisconsin law provides some limitations on an agent's authority.



An agent must follow the wishes of the principal where known. In addition, an agent must have specific authority to admit the principal to a facility for long-term care or to make end-of-life decisions. An agent cannot admit the principal to a facility for a mental health condition. Wisconsin generally recognizes POAs for health care from other states; however, the document must lay out the specific authority above (long-term care and end-of-life decisions) for the agent to make those decisions here.






## Guardianship

Guardianship may be necessary if an individual is unable to make their own decisions and they were never capable of doing advance planning, there is no advance planning, the advance planning is invalid or does not cover the specific issue that needs addressing, or they are the victim of neglect, abuse or financial exploitation and the health care/ financial agent is the abuser/exploiter/neglecter or cannot protect the individual from self-neglect, abuse, exploitation or neglect. Guardianship requires a determination by a court that the individual is "incompetent" – that the person has an impairment that is likely to be permanent and that as a result of that impairment, the individual is unable to receive or process information or communicate their wishes. An individual may have a guardian of the person, a guardian of the estate, or both, appointed by the court.

## Authority of Agent vs. Authority of Guardian

Under power of attorney documents, the principal may choose their own agents and alternates and specify what authority the agent has. An agent acting for the principal has a duty to follow the wishes of the principal where known, and to act in the principal's best interest if their wishes are unknown. A health care agent may only make health care decisions. A financial agent may only make decisions related to financial matters, to the extent authorized by the power of attorney document. A power of attorney document is essentially a contract between the principal and the agent and may be revoked at any time. In contrast, a guardian may or may not be the person the individual would have chosen to make their decisions. A guardian is appointed and given specific authority by a court. For decisions a guardian is authorized to make, they should take the wishes of the ward into consideration, but they are not obligated to follow those wishes. The guardian must act in the best interest of the ward. Only a court can end a guardianship.

\*\*\*Information taken from the GWAAR website

<p><b>GROW YOUR BUSINESS BY PLACING AN AD HERE!</b></p> <p>Contact Ruth Schlitz to place an ad today! rschlitz@lpicommunities.com or (800) 950-9952 x2671</p> <p><b>CONTACT US!</b></p> 		<p><b>"It's my life and they respect that."</b></p> <p>Local long-term care supports and services delivered with a focus on Life. Defined by you.</p>  <p>inclusa.org   877-376-6113</p>
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Come support the Care & Share Food Bank of Marquette County at Puckaway Pigfest September 9th and 10th.

On September 9, 2022, 4:30-9 P.M., Do you cook the best steak in your neighborhood? Are you the king of your cul-de-sac? Bring your backyard skills to the Puckaway Pigfest and compete for cash, trophies, and prizes at a one-day event. This year we are doing a SCA Steak cook-off; you bring the grill, and we will provide the steaks and fun. We will also be having a baked potato bar/steak dinner available for purchase, a 50/50 raffle, raffle baskets, and stein-holding contest.

On September 10, 2022, 11-A.M. – 2 P.M., This BBQ contest is sanctioned by the Kansas City Barbecue Society and is a state championship competition in Wisconsin! The Care & Share Food Bank of Marquette County will sell BBQ, ice cream, and Puckaway Pigfest T-shirts that you can tie dye! They'll also host raffle baskets, a silent auction, and 50/50 raffle.

For more information go to: <https://www.lakearrowheadcampground.com/puckaway-pigfest-bbq-competition>

**care & share  
FOOD BANK  
of Marquette County**

608-369-1059 | PO BOX 821 N2975 HWY 22  
MONTELO, WI 53949

1st, 2nd, 3rd, and 4th Thursday of the month from  
1-3 pm  
1st and 3rd Tuesday of the month 4:30-6 pm  
Please do not arrive earlier than 15 minutes before  
we open.

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

**Contact Us:**

☎ Phone: ( 608) 369-1059

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

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









# Marquette County Health Department

## Foot Clinic



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

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

**Upcoming Foot Clinic Dates:**  
 September 8<sup>th</sup>, 14<sup>th</sup>, 27<sup>th</sup>  
 October 6<sup>th</sup>, 12<sup>th</sup>, 20<sup>th</sup>, 26<sup>th</sup>  
 \*Call for an Appointment or if you have any questions!  
 608-297-3135



## Immunizations with Marquette County Health Department

Immunization Clinics  
 September 12<sup>th</sup>, 22<sup>nd</sup>, 26<sup>th</sup>  
 October 10<sup>th</sup>, 24<sup>th</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 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 for those that are age 50+ or those who are immunocompromised.**

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



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



My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

Visit us today:  
[mychoicewi.org/LPI](http://mychoicewi.org/LPI)

1-800-963-0035

For more information on your long-term care options, contact your local ADRC.




DHS Approved 4/22/2021



# September 2022

Note: All meals include milk and bread (if not listed on the day). Meals are for those 60+ years old. Exceptions 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>5 Closed</b> 	<b>6 Stuffed Peppers</b> California Blend Veggies Ice Cream Tropical Fruit	 <b>7 Spinach Tortellini</b> Acorn Squash Black Eyed Pea Salad Dried Fruit Cake	<b>1 Cheeseburger</b> Potato Wedges Red Cabbage Frosted Grapes	<b>2 Italian Chicken Breast</b> Yellow Pea Pasta & Sauce Broccoli Blueberry Popsicles
<b>12 Meatballs and Gravy</b> Hash Browns & Red Quinoa Sugar Snap Peas Chocolate Malt Fluff Melon & Lime Jell-O	<b>13 Picnic In the Park</b> <b>Turkey Wrap</b> Italian Pasta Salad Pineapple Berry Square	<b>14 Beef Patty and Gravy</b> Mashed Potatoes Country Vegetables Apple Creamed Filled Donut	<b>8 Turkey and Gravy</b> Mashed Potatoes Peas & Onions Date Bread w/ Nuts Pears and Raspberries	<b>9 Pork Schnitzel &amp; Gravy</b> Bratkartoffeln (potatoes) Carrots BLT Salad Ice Cream Sandwich
<b>19 Veggie Lasagna</b> Roasted Corn and Peppers Carrots & Hummus Butter Scotch Pudding	<b>20 Beef &amp; Broccoli</b> Vegetable Fried Rice Edamame Dessert Pizza	<b>21 Potato Crunch Fish</b> Baked Beans Buttered Cabbage Banana Trifle	<b>15 Chicken Alfredo</b> Linguine Pasta Broccoli & Red Peppers Medium Salad Peanut Butter Cake	<b>16 Beef Soft Taco</b> Mexican Brown Rice Refried Beans Guacamole & Veggies Star Crunch Bar
<b>26 Chicken and Gravy</b> Mashed Potatoes Stewed Tomatoes & Zucchini Raisins Key Lime Pie	<b>27 Corned Beef Hash</b> Scrambled Eggs w/ Onions & Peppers Warm Fruit Chia Pudding & Berries	<b>28 Ring Bologna &amp; Sauerkraut</b> Diced Potatoes Spinach Strawberry Cream Pie	<b>22 Ham &amp; Pineapple</b> Au Gratin Potatoes Beets Raspberry White Chocolate Mousse	<b>23 Turkey Pot Pie</b> Key Largo Vegetables Kale & Broccoli Slaw Applesauce
<b>26 Chicken and Gravy</b> Mashed Potatoes Stewed Tomatoes & Zucchini Raisins Key Lime Pie	<b>27 Corned Beef Hash</b> Scrambled Eggs w/ Onions & Peppers Warm Fruit Chia Pudding & Berries	<b>28 Ring Bologna &amp; Sauerkraut</b> Diced Potatoes Spinach Strawberry Cream Pie	<b>29 Citrus Glazed Salmon</b> Sweet Potatoes Greens Beans Cucumber Tom Pasta Salad Tiramisu	<b>30 Fall Salad</b> Lettuce, Spinach, Ham, Chickpeas, Carrots, Peppers, Brussel Sprouts, Cheese Baker's Choice





## Marquette County Senior Nutrition Program

### Senior Dining Sites

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

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

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






# SUPPORT OUR ADVERTISERS!





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>3 Cheese Ravioli &amp; Meat Sauce</b> Collard Greens Carrots Raisin Rice Pudding	<b>4 Chicken Soft Taco</b> Spanish Rice Roasted Corn & Black Beans Chips and Salsa Fried Ice Cream Dessert	<b>5 Roast Beef and Gravy</b> Mashed Potatoes Roasted Brussel Sprouts Trail Mix Apple Brown Betty	<b>6 Shepard's Pie</b> Cheesy Cauliflower Pumpkin Seeds & Dried fruit Sweet Potato Bars	<b>7 Creamy Chicken Broccoli Casserole</b> Squash and Corn Bake Veggie Salad Cranberry Fluff
<b>10 Country Style Ribs</b> Baby Bakers California Vegetables Angel Food Cake w/ Fruit	<b>11 Sausage Pizza</b> Baby Carrots Mixed Fruit Frosted Sugar Cookies	<b>12 Chick Sausage Gumbo</b> Seasoned Calico Beans Cornbread Salad Orange Cup Chocolate Cake	<b>13 Turkey &amp; Dumplings</b> Over Mixed Vegetables Bok Choy Coleslaw Yorkshire Pudding	<b>14 Pepper Steak</b> Diced Potatoes Broccoli Spiced Pears
<b>17 Chicken Cordon Bleu</b> Roasted Pasta & Veggies Stewed Tomatoes & Beans Grapes Coconut Cr Cheese Brownie	<b>18 Meatloaf and Gravy</b> Baked Potato Green Beans & Red Onions Fruit Chocolate Cupcake	<b>19 Seafood Bisque</b> Veggie Wrap Fruit Salsa & Chips Pear Cup	<b>20 Lasagna</b> Cauliflower and Carrots Spinach and Kale Salad Apple & Caramel Dip Blondies	<b>21 Bacon Wrapped Pork</b> Sweet Potatoes Rutabagas Applesauce Pumpkin Cheesecake
<b>24 Steak, Egg, &amp; Cheese Croissant</b> Potatoes O'Brien Orange Juice Cranberry Sauce	<b>25 Baked Cod</b> Sweet Potato Tots Spinach Bake Cherry Tomatoes Carmel Apple Dessert	<b>26 Meatballs and Gravy</b> Chickpea Pasta Caramelized Carrots Peach Cup Pumpkin Dip & Cookies	<b>27 Ham Boiled Dinner</b> Peppers & Bean Dip Fruit Cake	<b>28 Chicken Spaghetti</b> Mixed Vegetables Pineapple Chocolate Pudding Cup
<b>31 White Chili</b> Corn Bread Asparagus Spears Apple Cabbage Salad Yogurt & Black Berries				

# Elder Benefit Specialist Program

**Meg Wandrey, 608-297-3103, [mwandrey@co.marquette.wi.us](mailto:mwandrey@co.marquette.wi.us), Please Call Ahead for Appointments:** To continue to provide efficient and prompt service, we ask that you call to make an appointment before coming into the office to see Meg. Calling ahead will prevent anyone from having to wait if Meg is unavailable. Thank you.

**Medicare:** The Elder Benefit Specialist can provide one on one introduction to Medicare sessions. These sessions are designed to help anyone enrolling into Medicare for the first time better understand their available options. Topics covered will be the basic parts of Medicare ( A, B, C, D), how they work, how to enroll, when to enroll, the additional insurance options available, drug coverage requirements, along with the Extra Helps and Medicare Savings programs. Medicare Savings Programs (MSPs) are designed to help cover some of the costs for Medicare premiums. It's suggested that you attend one session three to four months prior to starting Medicare.

**Medicare Savings Programs:** What could you do with an \$2,041.20? That's what a years' worth of Medicare Part B premiums cost the average Medicare member. The state of Wisconsin has multiple Medicare Savings Programs available that can help you with your Medicare Premiums if you meet specific income and asset guidelines. The Elder Benefit Specialist can discuss these programs with you, screen you for eligibility, assist you with applying, and help you obtain verifications.

**Dining Site Visits with the Benefit Specialist:** Once a month the Benefit Specialist will visit each of the dining sites. These visits are intended to provide the community members with an opportunity to ask questions and get information on Medicare, Medicaid, Social Security, and other county benefits.

- Packwaukee-** 1<sup>st</sup> Monday of the Month
- Endeavor-** 1<sup>st</sup> Wednesday of the Month
- Neshkoro-** 2<sup>nd</sup> Tuesday of the Month
- Westfield-** 2<sup>nd</sup> Wednesday of the Month
- Oxford-** 3<sup>rd</sup> Tuesday of the Month
- Montello-** 3<sup>rd</sup> Wednesday of the Month



FoodShare benefits are available to many people in Wisconsin. To get FoodShare benefits, you need to know the amount of money each person in your household earns or receives each month before taxes and deductions. To apply call East Central Call Center at 1-888-256-4563 or call the ADRC at 855-440-2372.

Monthly income limits for FoodShare are:

Household Size	Income Limit	Maximum Allotment
1	\$2,148	\$250
2	\$2,904	\$459
3	\$3,660	\$658

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## Special Events - 2022

### Marquette County Senior Citizens, Inc.

Senior Dome  
140 Lake Ct.  
Montello, WI53949

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 with our operating cost.

Following are the membership events at the Dome.

**Sunday:** Card playing 12:30

Potluck meal every third Sunday of the month

**Monday:** Chair exercise 10:00 to 11:00

Card Playing 12:30

**Tuesday:** Euchre 1:00

**Wednesday:** Chair aerobics and weights 10:00 to 11:00

Card Playing 12:30

**Thursday:** Fife 1:00

**Friday:** Chair Yoga 10:00 to 11:00

Card Playing 12:30



**Birthday Club:** We go out to eat 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 if interested.

**Nominations:** Once again its time to nominate President and board members. Come to the Dome to vote, the ADRC picnics or the MCSC picnic September 18 at the Montello Park on Doty Street. You will also be voting on raising the yearly dues to \$20.00 a year. Up from \$15.00.

Notices of our 2022 activities can be found posted on the front door of the Dome, in the Marquette County Senior Citizens Newsletter 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

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



Packwaukee site promoting the Senior Nutrition Program at Packwaukee's Heritage Day Parade



## Special Events - 2022

### September

- \* **September 7<sup>th</sup>**- *Memory Café*- Westfield Village Hall -10am
- \* **September 9<sup>th</sup> and 10<sup>th</sup>**- *Puckaway Pigfest*—Lake Arrowhead Campground
- \* **September 11<sup>th</sup>**- *Alzheimer's and Dementia Alliance of WI Walk*-Riverside Park Portage- 1pm
- \* **September 13<sup>th</sup>** – *Senior Picnic*- Westfield- call Amelia at 608-297-3146 to register
- \* **September 14<sup>th</sup>**- *Endeavor Sharing Supper*- Endeavor Elementary School- 5pm
- \* **September 15<sup>th</sup>**- *Stress Busting for Dementia Caregivers*– Marquette County Clinic Services Building, Montello-10-11:30am (this is a 9 week course on Thursdays)- to register call Melissa at 608-297-3148
- \* **September 16<sup>th</sup> and 17<sup>th</sup>**– *Pioneer Fest*– Marquette County Fairgrounds
- \* **September 21<sup>st</sup>**- *Caregiver Support Group*- Marquette County Clinic Services Building, Montello- 10am

### October

- \* **October 4<sup>th</sup>**– *Living Well with Health Conditions Workshop*-Westfield Municipal Building, Westfield– 1:30-4pm (this is a 6 week course on Tuesdays)- call Amelia at 608-297-3146 to register
- \* **October 8<sup>th</sup>**– *Endeavor Fall Festival*– Endeavor Lions Park
- \* **October 12<sup>th</sup>**- *Power of Attorney Health Care Event*– Marquette County Human Services Building, Montello– 9:30am
- \* **October 12<sup>th</sup>**- *Endeavor Sharing Supper*- Endeavor Elementary School- 5pm
- \* **October 15<sup>th</sup>**- *Calico Capers Quilt Guild Scrap Happy Quilt Show*- Montello High School Gym- 8:30am-3:30pm
- \* **October 19<sup>th</sup>**- *Caregiver Support Group*- Marquette County Clinic Services Building, Montello- 10am

For more information on these events please visit the ADRC website at [www.adrcmarquette.org](http://www.adrcmarquette.org) or call 855-440-2372

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

# ADRC Roles

## ***Jan Krueger, ADRC Director***

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

## ***Kay Martin and Sharon Alden, Resource Specialists***

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

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

## ***Jessica Bittelman, Disability Benefit Specialist***

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

## ***Melissa Klebs, Dementia Care Specialist***

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

## ***Colleen Sengbusch, Social Worker***

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

## ***Meg Wandrey, Elder Benefit Specialist***

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

## ***Adam Sengbusch, Transportation Coordinator***

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

## ***Amelia Cisewski, Nutrition Coordinator***

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

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