

# Marquette County Senior Citizen News

MARQUETTE COUNTY DEPT. OF HUMAN SERVICES

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MONTELLO, WI 53949 • (608) 297-3124

## July - August 2018



Gate on the hillside. 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 Alex at  
[atruell@co.marquette.wi.us](mailto:atruell@co.marquette.wi.us)

## The Call is Not Coming from Inside the House

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

Are you getting calls from your own phone number? Or, maybe from a number that looks like it could be a neighbor, a local business, or even a government agency, but when you answer it's a telemarketer or collection agency?

Scammers know that when your phone rings and it looks like a local call or a government agency, you may be more likely to answer. They can easily fake the number that shows up on your caller ID, which is called "caller ID spoofing." This also lets them get around call-blocking services and the National Do Not Call Registry.

Even government agencies' phone numbers have been spoofed. Last year, a woman in Jacksonville, Florida, received a call that looked like it was coming from the Department of Health and Human Services Office of Inspector General (OIG). The caller told her that she had won a \$9,000 grant from the federal government and all she had to do was either wire \$250 to him through Western Union or give him the confirmation code for a \$250 iTunes gift card. The man also wanted her to confirm her name, address and some other personal facts. She became suspicious and eventually ended the call.

Although the woman didn't send money, she was scammed into confirming & giving out personal information that could be used to steal money from her bank account or other fraudulent activity. She wasn't the only one who received a phone call like this. The OIG hotline phone number for reporting fraud 1-800-HHS-TIPS (1-800-447-8477) had been spoofed. Thousands of calls using the spoofed number were made to people across the nation.

**Just a reminder: The federal government will not call you unless you called them first.** If the Internal Revenue Service, Social Security Administration, Centers for Medicare and Medicaid Services, or any other agency needs to reach you, they will contact you by mail.

If you see a number that you're not sure about on your caller ID, remember that it could be faked. Letting calls go to voicemail is one option. If you do pick up and don't recognize the caller — hang up. Don't be fooled by a caller's knowledge of your name or other personal information. Never give out or confirm personal financial or other sensitive information like your bank account, credit card, or Social Security number unless you know the company or person with whom you are speaking. Scammers can use your information to commit identity theft.

You can report unwanted calls to the Federal Trade Commission at <https://complaints.donotcall.gov/complaint/complaintcheck.aspx>. Reporting these calls helps phone companies that are working on ways to block these calls. Your report will also help law enforcement identify scammers making these calls.



# Cooling Sites in Marquette County

Having trouble staying cool on these hot summer days? Drop by any of these cooling sites for a reprieve from the heat:

## **Endeavor:**

Ada & Melvin Donner Civic Center  
400 Church Street, 608-587-2486  
Mon-Thurs 8am-4:30pm  
Call anytime in an emergency

Endeavor Public Library  
400 Church Street, 608-587-2902  
Mon 10am-7pm, Tues & Thurs 2-7pm,  
Wed 11am-6pm, Fri 11am-4pm, Sat 9am-1pm

## **Montello:**

Montello Senior Center Dome  
140 Lake Court, 608-297-7815  
Mon-Fri 10am-2pm

Montello Public Library  
128 Lake Court, 608-297-7544  
Mon-Thurs 10am-6pm, Fri 9am-5pm,  
Sat 9am-1pm

## **Neshkoro:**

Neshkoro Public Library  
132 S. Main Street, 920-293-4026  
Mon-Thurs Noon-5:30pm

## **Oxford:**

Oxford Public Library  
129 S. Franklin Avenue, 608-586-4458  
Mon 10am-6pm, Wed-Fri 10am-5pm

## **Packwaukee:**

Packwaukee Public Library  
N3511 State Street, 608-589-5202  
Mon & Thurs Noon-7pm,  
Tues, Wed, & Fri Noon-5pm, Sat 10am-2pm

## **Westfield:**

Village of Westfield Municipal Building  
129 E. 3rd Street, 608-296-2363  
Mon-Fri 8am-4:30pm

Ethel Everhard Memorial Library  
117 E. 3rd Street, 608-296-2544  
Mon-Thurs 9am-6pm, Fri-Sat 9am-noon

**\*Additionally, local churches may be an option in extreme heat emergencies.**



A crowd floated into **Packwaukee's Dining Site** for their Fishing themed Evening Meal. They had music and entertainment along with many games and door prizes.



## Photo ID for Voting

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

The 2018 partisan primary is coming up on August 14, 2018. Offices on the ballot include Governor, U.S. Senator, U.S. Representatives, odd-numbered Wisconsin State Senate seats, and all Wisconsin Assembly seats. Now is the time to make sure you have a valid ID for voting. Most people already have the right kind of photo ID for voting, such as a driver's license, Wisconsin Department of Transportation (DOT)-issued ID card, a U.S. military ID card, a U.S. passport, a tribal ID card, or a student ID card issued by a Wisconsin accredited university or college. These types of identification are valid for voting if they are unexpired or if they expired after the date of the most recent general election on November 8, 2016.

The following types of ID cards can be used for voting if they are unexpired: a veteran's photo ID card issued by the Veterans Health Administration of the federal Department of Veterans Affairs, a certificate of naturalization that was issued no more than two years before the date of the election, a driving receipt issued by the Wisconsin DOT, an identification card receipt issued by the WI DOT, a temporary identification card receipt issued by the WI DOT through the Identification Petition Process, & a citation or notice of intent to revoke or suspend a WI DOT-issued driver's license that the DOT issued within 60 days of the election.

If you do not have a valid form of identification, and the documents you need to apply for an ID card are not easily available or would cost too much money for you to obtain them, you can use the voter ID petition process. This petition process is available for applicants unable to provide proof of name and date of birth, United States citizenship, identity, or other required documentation. The process is free and will allow you to obtain a receipt that you can use to vote while you obtain the remaining documents.

You should go to your local DMV office to apply for your photo ID receipt. If they are available, you should bring:

- Proof of your name and date of birth (such as your birth certificate);
- Proof of your identity (such as your Social Security card, Medicaid card, Medicare card, etc.);
- Proof of Wisconsin residency (such as a utility bill, government mail, lease, etc.);
- Proof of U.S. Citizenship (such as your U.S. birth certificate or citizenship paperwork); and
- Social Security Number.

If you don't have all of these documents, bring what you have to the DMV. At the DMV, you will fill out two forms. Then, you will receive a receipt in the mail that you can use for voting. Learn what the receipt will look like by going to the following link: <http://wisconsindot.gov/Documents/dmv/shared/idpp-takeaway.pdf>. This receipt will be valid for 180 days, and it will be renewed automatically unless the DOT cancels it. You will receive additional receipts as long as you are making reasonable efforts to obtain the documents you need to apply for an ID card.

Remember that if you already have an unexpired Wisconsin driver's license or identification card, or if you have a Wisconsin driver's license or identification card that has expired since November 8, 2016, you already have valid identification for voting.

Please note that there is no separate "voter ID" card. If you are unsure whether your identification meets the requirements, you should visit the Wisconsin Elections Commission website at <http://elections.wi.gov/> to check. The Wisconsin Elections Commission also has information on its website about voter eligibility, poll locations, voter registration information or other election information. If you have questions, you can call the Department of Motor Vehicles (DMV) Voter ID hotline at 844-588-1069.

## The Westfield Memory Café is Going to the Animals!



When: **Wednesday, August 1st, 2018**

Where: **SoL Criations Farm Sanctuary  
N1924 Rizer Road, Endeavor**

Time: **10am-11:30am**

**Lunch at the Endeavor Senior Dining Site at Noon**

There will be transportation on the Marquette County bus available to the first 14 people who **RSVP to Kristine at 920-294-4100 by July 30th at 9am.** (Please leave your name and phone number when calling.) Pickup at Westfield Village Hall at 9:15am. There will be a cost of \$5 per person for round-trip transportation.

If you are meeting the group at the Farm and want to have lunch at the Endeavor Dining Site, you will need to **make a reservation by July 31st by calling 608-297-3146.** Those riding the bus do not need to make a reservation– Kristine will make reservations for you.

**If there is inclement weather** as of July 31st at 9am, the trip will be cancelled but the Memory Café will still be held at the Westfield Village Hall from 10-noon on August 1st. Those signed up for the bus will have their meal reservation sent to the Westfield Dining Site by Kristine.

Call Kristine with questions at **920-294-4100** or **920-765-3359.**

**NOTE: Due to the holiday, there will be no Memory Café in July!**



**Alzheimer's &  
Dementia Alliance**  
OF WISCONSIN

## Find Support in Your Caregiving Role

*By Jane Mahoney, GWAAR Caregiver Specialist (for reprint)*

Talk to someone who provides care for their aging loved one and they will tell you what a difficult and stressful job caregiving can be. The American Medical Association states that the role of caregiving places demands on the caregiver which leaves them at risk for health problems including serious illness and depression. And according to the American Journal of Public Health, middle-aged and older women caring for their spouses are six times more likely to suffer from depression or anxiety disorders than their non-caregiving counterparts. The result of this decline in health by the caregiver not only affects the person giving the care, but it may also compromise the care they are providing their loved one.

Reading information like this can make caregiving sound bleak and discouraging. But we also know that caregiving can be a very rewarding job. The key difference between a caregiver who is barely hanging on and one who is happy and at ease is having proper support in their role as a caregiver. Healthy and content caregivers receive help with tasks like providing personal cares and housekeeping and they take regular breaks from caregiving. But most importantly, they also have found an emotional support network.

The American Medical Association suggests to physicians that "a referral to a support group should be recommended for all caregivers." Oftentimes, people hear the words "support group" and immediately tune out. They are uncomfortable with the idea of sharing their feelings. Or they think of a support group as a bunch of people sitting around whining about their lives. But support groups are much more than that and the benefits they offer are valuable.

Here are some of the benefits of attending support group meetings.

- They provide valuable information that will increase your knowledge of caregiving. One of the best resources for caregivers is other caregivers!
- They teach coping skills. The information and advice that the group provides can assist in problem solving the many different challenging situations you may be experiencing.
- They are a place to share common concerns and joys. Others in similar situations can then offer encouragement and support.
- They provide emotional support and are a safe place to identify and express stressful feelings. Having this support can improve your mood and decrease feelings of distress. They provide affirmation and advocacy. The group serves as a source of validation and can offer avenues to local resources.

The benefits of attending support group meetings can help you feel less alone, give you new strategies to cope with day-to-day stressors and help you feel affirmed in your work as a caregiver. The result will be a healthier, happier you which in turn means better care for your loved one. By taking time to care for your physical and emotional needs, you will discover you can feel more joy and contentment in your caregiving role.

### ***Marquette County Caregiver Support Group***

**3<sup>rd</sup> Wed. of Every Month ■ Noon – 2pm ■ St. John the Baptist Catholic Church  
277 E. Montello Street, Montello, WI 53949**

**Call Alex at 608-297-3102 for more information**



# Transportation Programs

## If you need a RIDE to Medical Appointments

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.

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

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> Thursday** of the month.

Transportation will be provided to Portage for shopping (at approx. 1pm, and returning around 3:30-4pm).

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

**NO copay required**

Destination	Copay
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.

## Marquette County Fair Transportation

Marquette County's Aging and Disability Services will be providing Transportation for those 60 or older or those with a disability to and from the Marquette County Fair for the main event held in the grandstand on Friday. We will also be providing transportation to and from the fair throughout the day on Thursday and Friday. The fee for the ride will be \$5 per rider. Come out and see some of the locally raised animals, check out the crafts and enjoy some great food!

**Call Adam Sengbusch, Transportation Specialist, at 608-297-3104 to reserve your ride!**

**Thursday, July 5<sup>th</sup> -Transportation all day (10am-5pm)**

**Friday, July 6<sup>th</sup>-Transportation all day (10am-5pm), Bull Riding-8pm**

## Older American Months Celebration in Pictures

Everyone had a wonderful time at the Older Americans Celebration at Westfield AddLIFE Center on Tuesday, May 15<sup>th</sup>. There was great food, music, door prizes, Wii Bowling, and fun. Shannon Meyers from the Wisconsin Institute on Healthy Aging (WIHA) spoke about health promotion programs in the community. During lunch there was musical entertainment from Mark's DJ Service. Afterwards we had the Wii Bowling Tournament and Westfield took home the trophy. We hope all of you that joined us had a great time!



## Computer Literacy Workshops for Seniors At Montello Public Library

*Sponsored by Literacy Volunteers of Marquette County*

**Presenter: Anne Oelke**

**Montello Public Library, 128 Lake Court, Montello, WI 53949**

**Pre-registration required; pre-register at the library's front desk.**

**Maximum of 8 participants at each workshop.**

**One desktop computer will be available to use. Sign-up for it will be first-come, first-serve.**

**Wednesday, Sept. 5, 1:30-2:30pm**

**Intro to Computers - aka "How do I turn this thing on?!"**

Bring your laptop and get a very basic intro to using a computer!



**Wednesday, Sept. 12, 1:30-2:30pm**

**Internet Basics - aka "Google it!"**

Bring your laptop or tablet and learn how to look things up on your computer on the internet.

**Wednesday, Oct. 5, 1:30-2:30pm**

**Computer Q&A - aka "How do I . . .?"**

Do you have specific issues or questions that keep coming up when you use your computer? Bring your list of problems and frustrations and get the help you need or learn a new shortcut to doing everyday tasks.



# Older Adults, Dementia, & Guns

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

A popular topic being debated in America is gun ownership. In Wisconsin, guns are often handed down from generation to generation. Learning to shoot and hunt is a rite of passage in many families. Hunting and shooting are cultural traditions, and guns are often seen as valuable collectibles or family heirlooms. Nationally, roughly 1 in 3 adults over age 65 own a gun, and about 1 in 8 adults live with someone who owns a gun.

That said, as with driving and living independently (and even operating power tools), considerations must be made when a diagnosis of dementia causes an older person's memory to falter and cognitive skills to fade. In these cases, what should happen to firearms that have long been a source of pride and a mark of responsible adulthood?

As with any gun debate, the main concern is safety. Not only is safety a concern for others in the household and the general public, but for the person with the mental decline as well.

Close to two-thirds of the U.S.'s roughly 34,000 shooting fatalities are suicides.

Currently, no federal law prohibits a person with dementia from purchasing or possessing firearms. **(There is a federal law that prohibits people under a guardianship from owning or possessing a firearm.)** However, physicians are beginning to broach the topic of gun ownership and accessibility when a person is first diagnosed with dementia. Often, dementia creates a slow cognitive decline, which allows the older person and concerned family and friends to consider preventative measures.

Most doctors are not suggesting getting rid of the guns entirely. Possible recommendations include locking up guns, disabling them, or entrusting them with someone else outside of the home. Some physicians are even considering an "Agreement With My Family" – an advanced directive of sorts for firearms.

Obviously, each case will be unique to the person, the reason for gun ownership, personal limitations and mental decline, as well as concerns by treating doctors and family members. That said, if you are a gun owner or know someone who is, it is good to have a discussion about wishes regarding gun ownership should it become no longer safe to use them.

*This article is adapted from Healy, Melissa, "As More Older American Struggle with Dementia, What Happens to Their Guns?" (May 11, 2018). More information available at <http://www.latimes.com/science/sciencenow/la-sci-sn-dementia-guns-access-20180511-story.html>. (last visited May 22, 2018). r*

# Myth Busters - FoodShare

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

FoodShare Wisconsin was created to help stop hunger and to improve nutrition and health. FoodShare helps people with limited money buy the food they need for good health. Each month, people across Wisconsin get help from FoodShare. They are people of all ages who have a job but have low incomes, are living on small or fixed income, have lost their job, and are retired or disabled and not able to work.

FoodShare policies are frequently talked about in the news. The purpose of this article is to provide facts about some common misconceptions.

**Myth:** If I take FoodShare, I'm taking money away from hungry families and children.

**Fact:** FoodShare is underutilized by many eligible people in Wisconsin. This means that there are far more people who are eligible for FoodShare than those who use it. Currently, only 30% of people over age 60 who are FoodShare eligible take it. Even if every single person over age 60 eligible for FoodShare took the maximum benefit, there would still be money left over for all families with children who are also eligible.

**Myth:** FoodShare is a welfare program.

**Fact:** FoodShare is actually a federal entitlement program, which means anyone who is eligible can receive the benefits. It is not cash assistance, and the amount you receive is based on your household size and income.

**Myth:** Everyone will know I'm on FoodShare.

**Fact:** If you receive FoodShare benefits, you will receive a plastic card called an "EBT" or "Quest" card that is swiped at any store with a credit card/debit card reader. The FoodShare program no longer uses paper stamps, which were previously called "food stamps."

**Myth:** The government can tell me what to eat if I'm on FoodShare.

**Fact:** There are some rules on what can and cannot be purchased with a FoodShare card. For example, you cannot buy pet food, medications or vitamins, toiletries, paper products, cleaning supplies, alcohol or tobacco. You cannot buy already prepared hot food to be consumed in the store, but if it's been chilled you can use your FoodShare card. Other than those restrictions, FoodShare benefits can be used for all other food products. FoodShare benefits can also be used at participating Farmers' Markets, and to buy seeds to grow your own food.

**Myth:** Wisconsin is in so much debt, I don't want to add to it by taking FoodShare.

**Fact:** FoodShare benefits are federal benefits. Wisconsin only pays for the administration of the program. The actual money you receive on your FoodShare card is federal money that has been distributed to each state to use for eligible participants. The U.S.D.A. estimates that every \$5 spent in FoodShare generates \$9 in local economic activity.

**Myth:** If I take FoodShare, I have to try to go back to work.

**Fact:** The current FoodShare work requirements only apply to people age 18-49. If you are 50 or older, there is no requirement to apply for jobs to receive FoodShare benefits.

**Myth:** I'll get tested for drugs if I take FoodShare.

**Fact:** Even though there has been a lot of talk about drug testing for FoodShare recipients, it is not a law yet. Even if it were to be enacted into law, the purpose behind the drug testing is to help younger adults get back into the workforce. Therefore, it is unlikely it would be applied to people age 50 and over.

The purpose of FoodShare is to make sure the people of Wisconsin are healthy, which means they have access to enough food. You may only need an extra \$15 per month, but that amount may keep you from making tough decisions. You can also collect monthly benefits on your card up to one year, so some people make one trip per year to stock up on nonperishable foods. If you'd like to learn more about FoodShare for you or someone else, contact your ADRC or visit <https://access.wisconsin.gov>.

### Understanding Alzheimer's & Dementia - Addressing Cognitive Changes

Have you noticed cognitive changes in yourself or a loved one? Are you or a loved one having difficulty remembering or are struggling to do daily tasks that once came easily. It is important to know there are many conditions that can cause cognitive impairment, some of which are reversible and treatable, like depression, infections, vitamin deficiencies, or other health conditions.

Don't delay being evaluated, the sooner you will know what is causing the memory loss or other symptoms, the sooner you can take advantage of any potential treatment options.

Join Outreach Specialist Kristine Biesenthal, Alzheimer's & Dementia Alliance of Wisconsin, for a one-hour program to learn more about memory loss, what the difference is between Alzheimer's disease and dementia plus receive practical things you can do, whether you are concerned about yourself or a loved one. Free-no registration necessary.

Contact Kristine Biesenthal at 920-294-4100 for more information on upcoming programs and available support services.



*Monday, July 9th from 1:30-2:30pm  
Montello Public Library, 124 Lake Ct, Montello*



# Benefits of Eating the Rainbow

By Amelia Cisewski, RDN, CD

Fruits and vegetables contain a variety of important vitamins, minerals, and phytochemicals. Phytochemicals occur naturally only in plants and may provide health benefits beyond those that essential nutrients provide. Phytochemicals may act as antioxidants, protect and regenerate essential nutrients, and work to deactivate cancer-causing substances. Including a rainbow of colored foods in your diet ensures a variety of these nutrients and phytochemicals.

Color, such as what makes blueberries blue, can indicate some phytochemicals which are thought to work together with vitamins, minerals, and fiber in whole foods to promote good health and lower disease risk.

## RED

Red fruits and vegetables are colored by a natural plant pigment called lycopene. Lycopene is a powerful antioxidant that can help reduce the risk of cancer and protect against heart attacks. They also contain flavonoids, an antioxidant that helps to reduce inflammation. In addition most red fruits and vegetables are sources of vitamin C and folate.

## Orange/Yellow

Carotenoids give orange and yellow fruits and vegetables their vibrant color. A well-known carotenoid called Beta-carotene is converted in our bodies to Vitamin A, which helps maintain healthy eyes as well as immune function. Another carotenoid called lutein is stored in the eye and is found to prevent cataracts and age-related macular degeneration. Many in this group contain high levels of Vitamin C as well.

## Green

The natural plant pigment chlorophyll colors green fruits and vegetables. They contain a range of phytochemicals including carotenoids, saponins, and indoles which all have anticancer properties. In addition green vegetables are an excellent source of Vitamin K, Folate, and Potassium.

### **Grandparents Raising Grandchildren** **We are looking for YOU!!**

*If you are interested in knowing more about it, please contact Dave Peppler, elementary school counselor in the school district of Westfield, for more details.*

**1-920-299-6725**

**pepplerd@westfield.k12.wi.us**



### Blue/Purple

The blue and purple color in fruits and vegetables are due to their anthocyanin content. Anthocyanin has antioxidant properties that protect cells from damage and can help reduce the risk of cancer. In addition they may help support healthy blood pressure and ward off heart disease by preventing clot formation.

### White/Brown

White fruits and vegetables contain a range of health-promoting phytochemicals such as allicin (found in garlic) which contains antiviral and antibacterial properties. Other members of the group, such as bananas and potatoes, are a great source of potassium.

Fruits and vegetables contain hundreds of phytochemicals that work together with nutrients to promote health and prevent disease. Fill half your plate with colorful vegetables at each meal and get additional phytochemicals and nutrients from whole grains and nuts.

Red	Purple/Blue	Orange/Yellow	Green	Brown/White
Tomato Red capsicum Radishes Strawberries Rhubarb Cherries Red grapes Raspberries Watermelon Red apples	Beetroot Red cabbage Eggplant Purple asparagus Blackberries Blueberries Purple grapes Plums	Carrots Rockmelon Lemons Sweet potato Pumpkin Pineapples Mangoes Corn Oranges Squash Peaches Nectarines Apricots Grapefruit	Spinach Asparagus Avocados Broccoli Peas Green apples Green grapes Limes Kiwifruit Green beans Lettuce Cabbage Celery Cucumber Green capsicum	Cauliflower Brown pears Mushrooms White peaches Garlic Bananas Potatoes Dates Onions Ginger Parsnips Turnip



## Upcoming Immunization Clinic Dates

### Westfield Municipal Building

July 2 & 16 (12:30-4:30)

August 6 & 20 (12:30-4:30)

### Marquette County Health Dept.

July 9 & 26 (8:30-4)

August 13 & 23 (8:30-4)

### Endeavor Civic Center

July 5 (11-3:30)

MCHD



Public Health  
Prevent. Promote. Protect.

## New Medicare Cards Present Opportunity for Scammers

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

Federal law required the Center for Medicare and Medicaid Services (CMS) to create a new Medicare card design. Unlike the current Medicare cards, these new ones will not include the beneficiary's Social Security number. Social Security numbers are a vital piece of information that scammers use as part of broader identity theft operations. Removal of Social Security numbers from Medicare cards is a big step in fighting both Medicare-specific fraud and broader financial identity theft.

Instead of Social Security numbers, the new card will have a Medicare Beneficiary Identifier with 11 characters. This should limit any consequences of a senior losing their new Medicare card. Scammers may still use the Medicare Beneficiary Identifier for Medicare-specific fraud related to healthcare and benefit information, however, this is far better than when scammers could use the Medicare card for the potential theft of credit cards, banking services, and other wider-ranging financial identity theft.

The new cards will be sent to Medicare recipients automatically. New Medicare recipients will get the cards first, and some are already starting to receive them.

Even though the new Medicare card will prevent many future scams, scam artists have already tried the following:

- a) Calling a senior to ask for a credit card number to pay a \$25 processing fee for the new card, along with requesting bank information and other personal details for the payment.
- b) Selling a senior a "temporary" Medicare card for \$5 to \$50, in addition to requesting bank information and other personal details for the payment.
- c) Urging a senior to provide bank account information so that the crook, posing as a federal employee, can "credit" the senior's account for a bogus balance on her old card.
- d) Claiming that a senior must confirm her Social Security number to receive her new card.

Because Medicare never contacts anyone by phone, any phone call a senior gets claiming to be from Medicare is a scam. Don't even talk to the person; **just hang up the phone** without providing any personal or financial information.

In addition, the new Medicare card is just as important as any other primary identification, so seniors should be careful with it. If it's lost or stolen, a senior should report it immediately, just as with any other form of ID.



## MEDICARE SAVINGS PROGRAM

If you are a Medicare beneficiary there are Medical Assistance cost-sharing programs that provide assistance with Medicare co-pays, deductibles and premiums to low-income Medicare beneficiaries.

**QMB:** Pays for your Part B premium, Part A & B Medicare deductibles and co-pays.

**SLMB/SLMB+:** Pays **only** for the Part B premium.

Please contact **Colleen at (608) 297-3101** for either of these programs.

## Food Share Program

Food stamps are issued to ensure an adequate and nutritious diet to low-income households. Non-financial eligibility requirements for the Food SHARE Program include WI Citizenship and a Social Security number for each household member. If you are over age 60, you do not have to register for employment. If under the 200% Federal Poverty Level, there is NO asset test. You would contact the East Central Income Maintenance Partnership at 1-888-256-4563 or the Elderly Benefit Specialist if you are over 60 for more information.

<u>Gross Income Limits/Month</u>	<u>130% FPL</u>	<u>200% FPL</u>
Single	\$1,287	\$1,980
Couple	\$1,736	\$2,670

## FUEL ASSISTANCE - to apply call 608-297-3124

The Energy Assistance Program was established to help low-income households pay for home heating costs. Grant amounts and payments are determined based on energy costs, household size, income dwelling type, etc. To qualify for Energy Assistance your household **GROSS** income for the 3 months prior to your application must be at or below the amounts listed:

<b>1</b> IN HOUSEHOLD	<b>\$6,650.25</b>
<b>2</b> IN HOUSEHOLD	<b>\$8,696.25</b>
<b>3</b> IN HOUSEHOLD	<b>\$10,742.50</b>
<b>4</b> IN HOUSEHOLD	<b>\$12,788.75</b>

(NOTE: Income limits increased at the start of 2018!)





Wednesday, July 25, 2018 10am-noon  
Wednesday, Sept. 26, 2018 4pm-6pm

**Mobile Food Pantry - Care & Share Food Bank**  
N2973 HWY 22, Montello, WI 53949

### Senior Mobile Markets (55 or older)

Feeding America Eastern Wisconsin's Senior Mobile Market Program works to assist seniors age 55 and over by providing healthy and nutritious foods in a farmers market-style distribution. Senior Mobile Markets are open to the public and provide individuals the choice to select from available foods that meet their dietary and personal needs, **FREE OF CHARGE**. While there, seniors can be connected to additional local community resources.

Quantities are limited and will be given away on a first come, first served basis. Limit one bag per household.



**Neshkoro Area Community Center**  
114 E. Park Street, Neshkoro, WI  
Wednesday, July 18th, 2018  
12:30pm-2pm

**Endeavor Village Hall**  
400 S. Church Street, Endeavor, WI  
Wednesday, August 1st, 2018  
12:30pm-2pm



### Upcoming Foot Clinic Dates

July 10, 25, & 31  
August 16 & 29

Call for an Appointment! 608-297-3135

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



# care & share FOOD BANK of Marquette County

608-369-1059

PO BOX 821 N2975 HWY 22  
MONTELLO, WI 53949

Food distributions take place from the Care & Share Food Bank of Marquette County, N2973 St. Hwy. 22, Montello on Thursdays from 1-4 PM. The following schedule is suggested:

Eligible Family Address	Distribution Schedule				
Montello, Neshkoro, Packwaukee, Dalton	1 <sup>st</sup> Thursday of Month 1-4 PM				
Westfield	2 <sup>nd</sup> Thursday of Month 1-4 PM				
Oxford, Endeavor, Briggsville	3 <sup>rd</sup> Thursday of Month 1-4 PM				
Household Size	1	2	3	4	5
Current Gross Monthly Income Less than:	\$1832	\$2470	\$3108	\$3746	\$4385
Household Size	6	7	8	9	10
Current Gross Monthly Income Less than:	\$5023	\$5663	\$6304	\$6945	\$7587

(For each additional household member over 10 add \$641 monthly)

If you have questions, call **(608) 369-1059**. This institution is an equal opportunity provider.

## Sharing Suppers in Endeavor



Sharing Supper began in Endeavor in January 2014. Each supper includes free blood pressure checks, Kids Corner with educational games and activities plus informational booths for guests to learn about services that are available to them in our community. Meals are free and everyone is invited. The Endeavor Sharing Suppers are held on the last

Wednesday of each month at the Endeavor Elementary School, 414 Church St, Endeavor, WI from 5:00-6:30pm. July's Sharing Supper will be in the school's park.

For more information regarding Endeavor's Sharing Supper, please email:

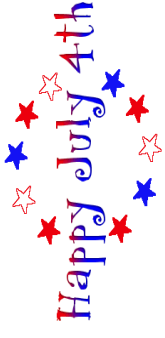

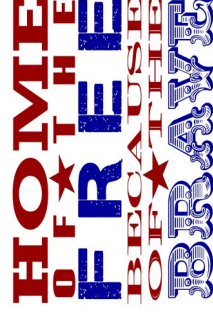

[endeavorsharingsupper@gmail.com](mailto:endeavorsharingsupper@gmail.com)



# July 2018

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

## ADD LIFE SENIOR DINING MENU

2 Irish Boiled Dinner Watermelon Arugula Salad Creamy Tropical Fruit	3 Taco Salad Lettuce, Taco Meat, Black Olives, Tomatoes, Peppers, Cheese Red, White, and Blue Cake	4 Closed 	5 Pepper Steak Spudsters California Blend Veggies Fruited Jell-O	6 Pollock/Butter Sauce Stewed tomatoes/zucchini Potato Pancakes Cole Slaw Corn Cake & Mixed Berries
9 Chicken and Dumplings Italian Blend Vegetables V-8 Juice Cake	10 Beef Stroganoff Egg Noodles Brussel Sprouts Banana Split Dessert	11 BBQ Shredded Pork Sandwich Sweet Potato Fries Green Beans Apple juice/ Donut Holes	12 Salmon Patty Peas and Onions Fried Rice & Vegetables Peaches	13 Roasted Tomato Soup Chicken Salad Sandwich Watermelon
16 Corned Beef Hash Boiled Egg Rutabagas Applesauce Cinnamon Roll	17 Chicken Tenders Tater Tots Sugar Snap Peas Orange Cup Root Beer Floats	18 Cheese Tortellini Meat Sauce Carrots Fresh Fruit Scone	19 Salisbury Steak/ Gravy Mashed Potatoes Edamame Succotash Asian Salad Cake	20 Harvest Ham Salad Broccoli & Dip Fruit Cup
23 Brat on a Bun Baked Beans Broccoli String Cheese Tapioca Pudding	24 Country Style Ribs Germany Blend Veggies Potato Salad Fruited Yogurt	25 Chef Salad Lettuce, Diced Ham, Diced Turkey, Chicken, Eggs, Peas Cheese Cookie	26 Chicken Taco Quinoa Skillet Cheesy Cauliflower Blueberries and Cream	27 Cooks Choice 3-bean Salad Ice Cream Bar
30 Beef Steak and Gravy Mashed Potatoes Mixed Vegetables Apples/Caramel Dip	31 Ham/pineapple slice Potatoes O'Brien Asparagus Muffin			

## Marquette County Nutrition Program

**MONTELLO: Marquette County Senior Center (Dome)**

140 Lake Ct. (next to Library)

Serving Mon.—Fri. at Noon

**OXFORD: (Village Hall)**

129 S. Franklin

Serving Tues. and Thurs. at 11:45 AM

**PACKWAUKEE: (Town Hall)**

N3511 State St.

Serving Mon. and Fri. at 11:30 AM

**WESTFIELD: (Municipal Bldg.)**

129 E. 3<sup>rd</sup> St.

Serving Mon.—Fri. at Noon

**NESHKORO: (Senior Center/Library)**

132 S. Main St.

Serving Mon., Wed., Fri. at Noon

**ENDEAVOR: (Civic Center)**

400 Church St.

Serving Wed. at Noon

**Call (608) 297-3146 or (877) 627-6767 Ext. 3146**

**for meal reservation one weekday in advance by 3 PM**

### Marquette County Senior Citizens, Inc.

Marquette County Senior Citizens, Inc. is an organization of senior citizens 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. Members enjoy state wide trips, card playing, and Wii bowling tournaments.

#### UPCOMING TRIP:

Maiden Voyage River Tours of the Mississippi River, Tuesday, July 24, 2018.

We always welcome new members- and to current members, please remember to renew

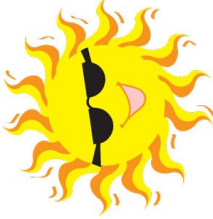
We are open to suggestions for future trips and activities for 2018

For more information about membership or events,  
please call (608) 297-7815 between 10:30 am and 1:00 pm.

# August 2018

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

## ADD LIFE SENIOR DINING MENU

Monday	Tuesday	Wednesday	Thursday	Friday
 <b>6 Bacon Cheeseburger Pasta Salad</b> Spinach & Strawberry Salad Cottage Cheese & Chives Sherbet	<b>7 Baked Tilapia</b> Green Bean, Brown Rice, Apple Blend Sweet Cider Cucumbers Peanut Butter Krispies	<b>1 Chicken Kiev</b> Pasta/Vegetables Beets Cake and Ice Cream	<b>2 Evening Meal Club Wraps</b> Coleslaw Macaroni Salad Cherry Cheesecake	<b>3 Turkey Shepard's Pie</b> Zucchini Muffin Warm Country Apples
<b>13 Pork Chop Suey</b> Garden Blend Rice Oriental Blend Veggies Cake	<b>14 Chicken Spaghetti</b> Squash Fruit Cocktail Donut	<b>8 Pulled Pork and Gravy</b> Mashed Potatoes Caramelized Carrots Creamy Tropical Fruit with Granola	<b>9 Hawaiian Meatballs</b> Rice with Vegetables Broccoli Cinnamon Raisin Rice Pudding	<b>10 Hot Dog on a Bun</b> Calico Beans Red Cabbage Blueberry Torte
<b>20 Cook's Choice Soup</b> Cashew Chicken Salad IZZE Sparkling Juice Chips Bakers Choice	<b>21 Sloppy Joes</b> Potato Wedges Winter Blend Veggies Vanilla Ice Cream with Hot Fudge	<b>15 Meatloaf</b> Baked Potato Pulse Mèlange Blend Raspberry Bar	<b>16 Corned Beef</b> Diced Red Potatoes Carrots and Rutabagas Pineapple Cup	<b>17 Summertime Salad</b> Lettuce, Spinach, Chicken, Strawberries, Blueberries Pineapple, Cheese Frosted Brownie
<b>27 Chicken Parmesan</b> Pasta with Vegetables Scalloped Corn Kiwi, Blueberries	<b>28 Beef Vegetable Soup</b> Salad Breadstick Mousse	<b>22 Turkey and Gravy</b> Stuffing with Cranberries Green Bean Casserole Kale Salad Strawberry Rhubarb Crisp	<b>23 Mushroom Ravioli</b> Diced Sweet Potatoes Root Mix Blend Veggies String Cheese Cake	<b>24 Beef Patty and Gravy</b> Mashed Potatoes French Style Green Beans with Red Onions Apricots
	<b>29 Herb Baked Cod</b> Potato Pancakes Moon Blend Veggies Fruit Cup Oatmeal Bar	<b>30 Hamburger Hot Dish with Dumplings</b> Cabbage and Carrots Spiced Pears	<b>31 Pork Roast</b> Creamed Potatoes & Peas Apple Walnut Salad French Silk Dessert	



# 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 over the age of 60 on public and private benefit issues. Assistance is provided with applying for a wide range of benefits. Elder Benefit Specialists can help with Medicare, Medical Assistance, Senior Care, Social Security Retirement and Disability, Housing and Utility Issues, Appealing Denials of Benefits and a wide range of other topics. Please feel free to contact the Elder Benefit Specialist, **Colleen Sengbusch, at 608-297-3101.**

### Outreach & Information Updates with Colleen (after lunch)

July 11 & August 8	Endeavor AddLIFE Center
July 30 & August 20	Neshkoro AddLIFE Center
July 26 & August 30	Oxford AddLIFE Center
July 27 & August 27	Packwaukee AddLIFE Center
July 24 & August 28	Westfield AddLIFE Center
July 25 & August 22	Montello AddLIFE Center

Outreach is also provided at the monthly Sharing Supper held at the Endeavor Elementary School on the last Wednesday of the month.



**'Minute to Win It' at the Montello Evening Meal in June. Join us again on August 2nd!**



## Special Events Calendar - July 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>M:</b> <b>N:</b> July 4th Celebration Wear Red White& Blue <b>P:</b> <b>W:</b>	<b>3</b> <b>M:</b> <b>O:</b> <b>W:</b>	<b>4 Independence Day</b>  <b>Dining Sites Closed</b> <b>No Home Delivered Meals</b>	<b>5</b> <b>M:</b> <b>O:</b> <b>W:</b>	<b>6</b> <b>M:</b> <b>N:</b> <b>P:</b> <b>W:</b> Bingo
<b>9</b> <b>M:</b> <b>N:</b> <b>P:</b> Ann & Allison- Ticks <b>W:</b>	<b>10</b> <b>M:</b> Executive Board Meeting 9am <b>O:</b> <b>W:</b>	<b>11 E:</b> Ann & Allison Updates w/Colleen <b>M:</b> Marquette Senior Citizens Meeting <b>N:</b> <b>W:</b>	<b>12</b> <b>M:</b> <b>O:</b> Ann & Allison- Ticks <b>W:</b>	<b>13</b> <b>M:</b> <b>N:</b> Peggy Vandersande Living Anew Farms <b>P:</b> <b>W:</b>
<b>16</b> <b>M:</b> <b>N:</b> Crazy T-Shirt Day <b>P:</b> Updates w/Colleen EMS - Jarrad Jungenberg <b>W:</b> Hal Smith - Music	<b>17</b> <b>M:</b> <b>O:</b> EMS- Jarrad Jungenberg <b>W:</b>	<b>18 E:</b> EMS- Jarrad Jungenberg <b>M:</b> <b>N:</b> Neshkoro Senior Citizens Meeting Fact or Fiction (Cheryl) <b>W:</b>	<b>19</b> <b>M:</b> <b>O:</b> <b>W:</b> Book Club Trivia w/Aaron	<b>20</b> <b>M:</b> <b>N:</b> <b>P:</b> <b>W:</b> Bingo
<b>23</b> <b>M:</b> <b>N:</b> <b>P:</b> Det. Aaron Williams Code Red/Storm Prep <b>W:</b>	<b>24</b> <b>M:</b> <b>O:</b> Det. Aaron Williams Code Red/Storm Prep <b>W:</b> Updates w/Colleen	<b>25</b> <b>E:</b> Det. Aaron Williams Code Red/Storm Prep <b>M:</b> Updates w/Colleen <b>N:</b> <b>W:</b> Dr. James Gariti - Let's Talk About Pain Medications	<b>26</b> <b>M:</b> <b>O:</b> Updates w/Colleen <b>W:</b> New Life Therapy	<b>27</b> <b>M:</b> <b>N:</b> Guitar Music w/ Rodger Krueger <b>P:</b> Updates w/Colleen <b>W:</b>
<b>30</b> <b>M:</b> <b>N:</b> Updates w/Colleen <b>P:</b> <b>W:</b>	<b>31</b> <b>M:</b> <b>O:</b> <b>W:</b>			

### Regularly Scheduled Dining Site Activities

**Endeavor (E):** Open Wednesdays.

**Montello (M):** Open Mon-Fri. Stretch/Exercise Mon, Wed, & Fri 10-11. Wii Bowling Tue & Thu 1pm.

**Neshkoro (N):** Open Mon, Wed, & Fri. Wii Bowling 11-11:45am. Cards after lunch.

**Oxford (O):** Open Tue & Thu. Wii Bowling every Tuesday. Chair Exercises every Thursday.

**Packwaukee (P):** Open Mon & Fri. Trivia every Monday. Bingo every Friday.

**Westfield (W):** Open Mon-Fri. Wii Bowling Mon & Thu 10:30-11:30.

# Special Events Calendar - August 2018

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b>E:</b> <b>M:</b> <b>N:</b> <b>W:</b>	<b>2 Evening Meal</b> <b>M:</b> <b>O:</b> <b>W:</b> DJ and Bingo	<b>3</b> <b>M:</b> <b>N:</b> Joan & Norm Ingraham Marquette Co. Museum <b>P:</b> <b>W:</b>
<b>6</b> <b>M:</b> <b>N:</b> <b>P:</b> <b>W:</b>	<b>7</b> <b>M:</b> <b>O:</b> <b>W:</b>	<b>8</b> <b>E:</b> Updates w/Colleen <b>M:</b> <b>N:</b> <b>W:</b>	<b>9</b> <b>M:</b> <b>O:</b> <b>W:</b>	<b>10</b> <b>M:</b> <b>N:</b> Joni Wilson - Alaska <b>P:</b> <b>W:</b>
<b>13</b> <b>M:</b> <b>N:</b> <b>P:</b> <b>W:</b>	<b>14</b> <b>M:</b> <b>O:</b> <b>W:</b>	<b>15 E:</b> <b>M:</b> <b>N:</b> Neshkoro Senior Citizens Meeting Fact or Fiction (Cheryl) <b>W:</b>	<b>16</b> <b>M:</b> <b>O:</b> <b>W:</b>	<b>17</b> <b>M:</b> <b>N:</b> <b>P:</b> <b>W:</b> Bingo
<b>20</b> <b>M:</b> <b>N:</b> Updates w/Colleen <b>P:</b> <b>W:</b>	<b>21</b> <b>M:</b> Dr. Cindy Henry - Let's Talk About Pain Medications <b>O:</b> <b>W:</b>	<b>22</b> <b>E:</b> <b>M:</b> Updates w/Colleen <b>N:</b> <b>W:</b>	<b>23</b> <b>M:</b> <b>O:</b> <b>W:</b>	<b>24</b> <b>M:</b> <b>N:</b> Michael Yeska White River Taxidermy <b>P:</b> <b>W:</b>
<b>27</b> <b>M:</b> <b>N:</b> <b>P:</b> Updates w/Colleen <b>W:</b>	<b>28</b> <b>M:</b> <b>O:</b> <b>W:</b> Updates w/Colleen	<b>29</b> <b>E:</b> <b>M:</b> <b>N:</b> <b>W:</b>	<b>30</b> <b>M:</b> <b>O:</b> Updates w/Colleen <b>W:</b> Trivia w/Aaron Book Club	<b>31</b> <b>M:</b> <b>N:</b> Guitar Music w/ Rodger Krueger <b>P:</b> <b>W:</b> Bingo

## Regularly Scheduled Dining Site Activities

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**Westfield (W):** Open Mon-Fri. Wii Bowling Mon & Thu 10:30-11:30.



MARQUETTE COUNTY  
DEPT. OF HUMAN SERVICES  
PO BOX 405  
428 UNDERWOOD AVE  
MONTELLO, WI 53949

ADDRESS SERVICE REQUESTED



humor  
generosity  
support  
life  
connections  
thanks  
selfless  
sacrifice  
overwhelming  
sickness  
caregiving  
help  
stressful  
home  
caregiver  
difficult  
hope  
hospice  
strength  
dedication  
family