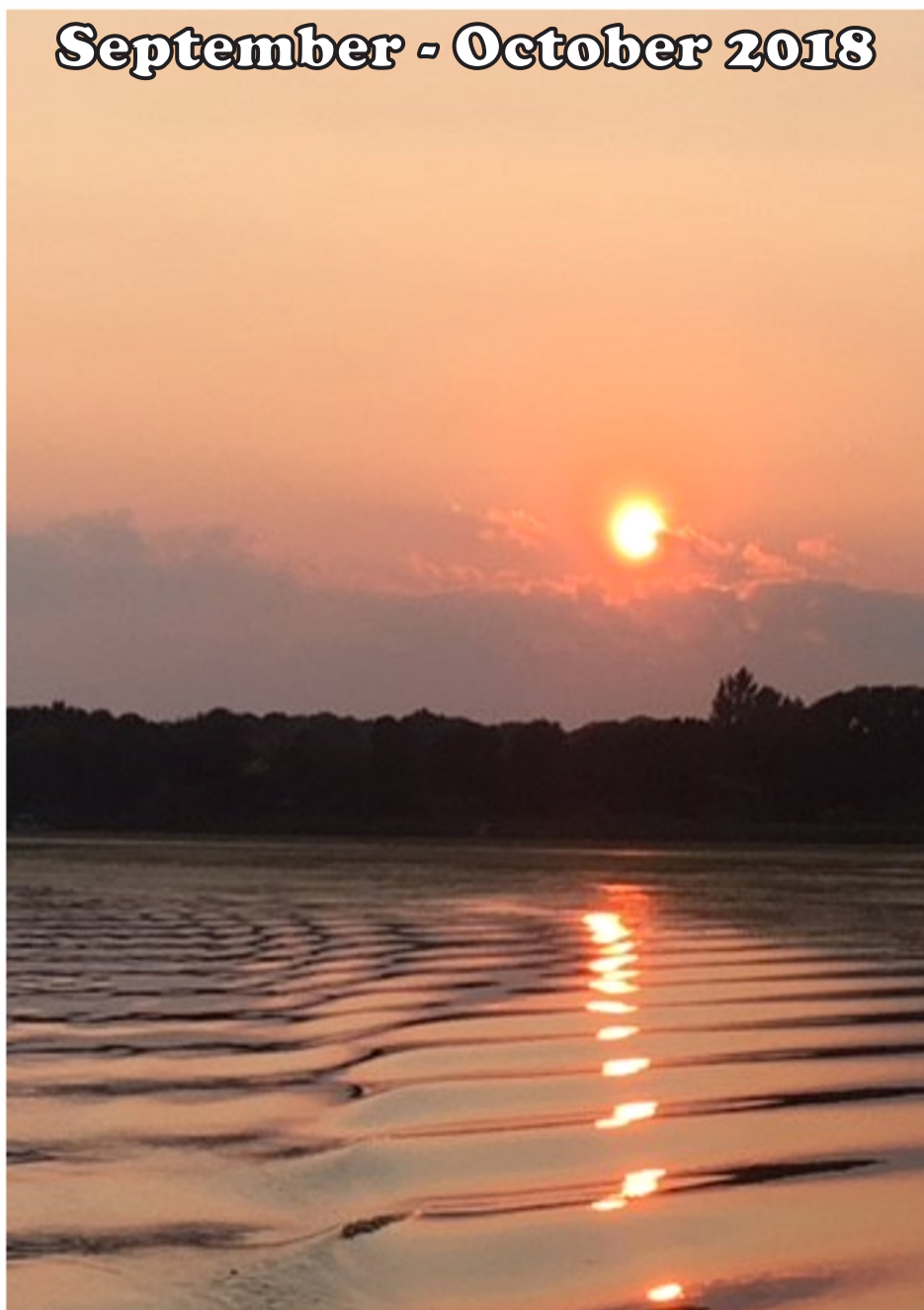


# Marquette County Senior Citizen News

## ADRC OF MARQUETTE COUNTY

PO BOX 405 • 428 UNDERWOOD AVE  
MONTELLO, WI 53949 • (608) 297-3124

**September - October 2018**



**Sundrops on Buffalo Lake. Photo submitted by Jelena Kivimurd.**

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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)**

# Drug Company Coupons & Assistance Programs

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

These days, a common way for people to pay for costly prescription drugs is to utilize drug manufacturers' coupons and assistance programs. For many individuals, this may be the only way to access expensive cancer, anti-rejection, and HIV drugs, among others. In addition, these benefits are valuable when the prescribing doctor believes the brand name drug will work better than the generic version, but the brand name drug is too expensive under the person's current health plan.

The first thing to consider is whether the drug manufacturer offers a discount for your particular prescription. For drug coupons, you need to contact the manufacturer directly. For assistance programs, you can use [www.needymeds.org](http://www.needymeds.org) or Medicare's searchable list of drugs at <https://www.medicare.gov/pharmaceutical-assistance-program/>. Here, you can click on the first letter of the drug's name to see if any programs are available for the drugs you are taking. If your drug is on the list, you can then click on "details" for detailed information about the program. You may learn that you need to prove that you are at a certain stage in your disease, or that you have a financial need to be eligible for the assistance program.

As with any benefit, there are cautions. One thing to understand is that the drug coupons and assistance programs are just that – discounts that can be offered and taken away at any time. This means a person using a drug manufacturer's coupon or assistance program must have a back-up plan if the benefit expires or is discontinued. It is common for benefits to be available for one year only. Drug coupons and assistance programs do not count as creditable coverage for Medicare Part D. That means late-enrollment penalties will accumulate if a person is not enrolled in creditable drug coverage.

There is also the issue of using coupons while receiving Medicaid, TRICARE, or a Medicare Part D plan. Currently, CMS prohibits drug manufacturers from offering coupons for drugs paid for by a Federal health plan – of which Medicaid, TRICARE, and Medicare apply. This does not mean that you can't ask for and use a manufacturer's discount, but it does mean that the manufacturer cannot try to persuade you to use the coupon or assistance program if it knows you receive health benefits from Medicaid, TRICARE, or Medicare Part D. A final caution is that if you have Medicare Part D plan and are also using a manufacturer's discount, you will need to notify your pharmacy so it knows to apply the discount first, and bill Medicare second. If you do not notify your pharmacy, it is required to automatically bill your Medicare Part D plan.

## Lennox' Feel the Love Program

Lennox' **Feel The Love** program is expanding to 22 States and Territories , bringing much needed heating and cooling equipment to deserving families across the U.S. and Canada who need a helping hand. Lennox donates the HVAC equipment, participating Lennox dealers donate installation materials and time, and the family that receives the donation pays NOTHING!

**HELP US HELP YOUR COMMUNITY: NOMINATE YOUR NEIGHBORS IN NEED!** Nominees are selected to receive donated HVAC equipment based on a range of criteria, including (but not limited to) type of hardship or challenge, military service, and involvement in the community. Essentially, if you think someone needs and/or deserves it, send us your nomination and tell us their story.

For more details on the **Feel The Love** program & to nominate someone you know, visit: [www.feelthelove.com](http://www.feelthelove.com). The deadline for nominations is **Sept. 5**, so nominate someone today!





## Upcoming Bus Trips

### Portage Farmers' Market

Thursday, September 20<sup>th</sup>

Noon-5pm

Cost: **\$5.00 transportation fee**

### Maggie Mae's Country Christmas

at the Crystal Grand Music Theatre

in Wisconsin Dells

Sunday, December 2<sup>nd</sup>

Show begins at 3:00pm

Cost: **\$5.00 transportation fee plus cost of ticket**

**Call Adam Sengbusch, Transportation Coordinator, at 608-297-3101**

for more information and to reserve your spot.

### Did you know...

Miller Park has a wall dedicated to the people who built the stadium.

One of the participants on the senior trip to Miller Park was able to find his name on the wall and visit a building he helped to build.



On behalf of the Alzheimer's & Dementia Alliance of Wisconsin (ADAW) and the Marquette County Department of Human Services Walk Team, we invite you to step forward for the **Columbia/Marquette County Alzheimer's Walk**. Your support gives hope for thousands and allows us to continue to provide services to people impacted by Alzheimer's disease or other forms of dementia in our community.

Sunday, September 9<sup>th</sup> at Riverside Park in Portage  
Registration begins at 1:00pm, event starts at 2pm  
If you are unable to walk please join us for the food, entertainment, silent auction and other festivities.



Contact **Colleen at 608-297-3101** with any questions about the walk or how to donate.

## Reports of Trustees of the Social Security & Medicare Trust Funds

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

Each year the Trustees of the Social Security and Medicare trust funds report the financial status of the two programs. In June, the Social Security and Medicare Boards of Trustees issued the 2018 Annual Reports for Social Security and Medicare. The reports once again found that Social Security and Medicare face long-term financing shortfalls under currently scheduled benefits and financing.

The reports recommended that substantial steps are needed to address the long-term financial shortfalls. The reports once more recommended that lawmakers act sooner rather than later to fix this problem. The cost of procrastinating on changes comes with a high price because delaying changes means that even more aggressive action will be necessary. The reports pointed out that earlier action would enable the public time to prepare for the changes. It would also enable elected officials to minimize adverse impacts on vulnerable populations, including lower-income workers and people already dependent on program benefits.

The Medicare trust fund report raised some concerns. The report found that current policies will deplete the hospital-care trust fund in 2026, three years earlier than last year's report found. According to the report, three factors caused the trustees to project an earlier depletion of the hospital-care trust fund. First, less money will be flowing into the hospital-care trust fund because the government will collect less in income taxes as a result of the tax law passed this year. Second, lower wages last year will translate into lower payroll taxes. Moreover, Congress reduced the penalties for failure to have health insurance to 0. Third, this means that fewer people will obtain insurance, and more uninsured means that Medicare will increase its uncompensated care payments.

The 2018 Annual Report for Social Security contained good news: things have not worsened since last year's report. However, the Social Security program's costs will exceed its income this year for the first time since 1982, forcing the program to dip into its trust fund to cover benefits. The trustees estimate that current policies will cause the trust fund to be depleted by 2034.

Federal law only permits Social Security to spend more than it takes in until federal policy depletes its trust funds. When that happens, government policy will automatically cut Social Security payouts to the amount the programs will receive in revenues, regardless of benefits due at that time. The programs will only pay out 79% of scheduled benefits, based on payroll and other Social Security tax revenues projected at that time. What this means for beneficiaries is that in the absence of congressional action, the Social Security Administration could delay or indiscriminately cut benefits by 21% starting in the year 2034.



# Memory Café

A Memory Café is a social gathering place for persons with memory loss, mild cognitive impairment, early Alzheimer's, or other dementias, their family and friends. No need to register, just drop-in.

**First Wednesday of each month**

**10:00 a.m. - 12:00 p.m.**

**Westfield Village Hall**

**124 E. 3rd St., Westfield**

Call Dementia Outreach Specialist  
Kristine Biesenthal, 920.294.4100,  
for more information.



**Wednesday, September 5th: *What does your nose know?*** We'll explore our sense of smell & discover what memories are triggered when we sniff certain scents. We think you'll be surprised!



**Wednesday, October 3rd: *What's more October than Oktoberfest?***  
Come and join us for all things German, watch some traditional German dances, grab a mug, and taste some great German food! Bring German things to share! Hope to see you there!

## Preparation Pays Off

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

During the years I worked as a Caregiver Coordinator I talked with caregivers about home safety, caregiver burnout, self-care for the caregiver and also ways to prepare for the future. Throughout that time, I also watched my father's health decline, and in turn watched my mother become a full-time caregiver.

As I visited with my mother about various things related to caregiving I slowly realized that I too had become a caregiver. Once I accepted this role I decided it was time to start paying attention to the many things I had encouraged other caregivers to do, mainly getting legal paperwork in order. I had never actually talked to my parents about their healthcare wishes, whether they have a will or powers of attorney, where they stand financially in case someone needs nursing home care or what type of insurance they have. I decided to start addressing these issues with my mom whenever we would visit my parents in South Dakota.

When I was only a "daughter", a trip to visit my parents was like a mini-vacation. Mom would have a pan of caramel rolls waiting along with other favorite foods. I would kick back on the couch and let the grandparents play with my kids and just enjoy the visit. When I added "caregiver" to my role, the visits began to have more of a purpose than just a relaxing time. I began to talk with my mother about the not-so-fun topics of estate planning, advance directives and long-term care. I discovered that it is a lot easier to encourage other people to do these things than to do them yourself. I returned from these visits tired, frustrated and a bit sad. Caregiving truly is a stressful thing.

During that year I learned a lot about my parents. I learned that they have POA papers in place. I learned the names and locations of all their insurance policies. I understood their feelings regarding healthcare and end-of-life issues and I helped them start inquiring about financial assistance in case there is a need for long term care. Discussing these topics was not fun and there were many times I wondered if I was making a big deal out of nothing. I thought it might be easier to just wait and see if we would really need that information and if so, figure things out at that time.

And then I got that dreaded call - my dad was admitted to the hospital with pneumonia and chronic heart failure. I made an emergency trip to South Dakota to help my worried mother. As I drove across southern Minnesota I thought about the things we would need - POA papers, insurance policies and answers to questions about resuscitation. I was so relieved that I had taken the time and effort to go over these things earlier with my parents. Dealing with the decisions and emotions of Dad's current situation was stressful enough by itself. I could not imagine the added stress of having to fumble through files searching for legal documents or not knowing anything about how to finance a nursing home placement.

As it turned out, all those unpleasant conversations and planning for the future really did pay off! Regardless of how uncomfortable it was to talk to my mom about advance directives, end-of-life decisions and personal finances, I was glad I was bold enough to do so before the crisis literally hit home.

My dad survived the pneumonia but was too weak to return home to mom. We placed him in a nursing home for rehabilitation with hopes of moving back home. Watching my mom say goodbye that first night was hard, but my dad adjusted beautifully to life in the local nursing home and my mother fought her struggles with loneliness and guilt with dignity and continued to move forward. Ahh, the life of a caregiver.

# 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**.

**This is a special project that has a copay of \$5.**

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 Caregiver Support Group***

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

**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**



# Caregiver of the Year Nominations Sought

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 the Marquette County Caregiver Luncheon held on Friday, November 2, 2018. **All nominations due by September 21, 2018.**

## 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, Attn: Alex Truell

PO Box 405, Montello, WI 53949

or submit by e-mail to: [atruell@co.marquette.wi.us](mailto:atruell@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): \_\_\_\_\_



# Time to Review Your Medicare Plan

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

Medicare's Annual Open Enrollment Period is coming soon. Be sure to add this to your fall checklist if you have a Medicare Part D plan or a Medicare Advantage Plan.

Every year insurance companies can change their list of covered drugs and their pricing structure, known as the plan formulary. This means that even if you are taking the same medications, the amount you pay for your medications may change next year. The plans' premiums, deductibles, and copays can also change each year.

What can people do about this? All Medicare beneficiaries should review their current coverage during Medicare's annual Open Enrollment Period, which runs October 15 through December 7th. Find out what your plan's costs and coverage will be next year and compare it with other options based on **your** prescription medications and other needs or preferences. You may decide you're happy with your plan's costs and coverage details for 2019. In that case, you won't need to do anything. Or, you may find a plan that is better suited to your needs and your budget.

Shopping around to find what's best for you is always a good idea, but you don't have to do it alone. Free, unbiased assistance with plan comparisons is available from the Elder Benefit Specialists at the **ADRC of Marquette County**. Don't let this opportunity pass you by! The Elder Benefit Specialists can also check to see if you are eligible for any programs or benefits that can save you money. For further information and assistance call Colleen at 608-297-3101.

**OUTREACH WILL BE HELD AT THE FOLLOWING LOCATIONS & DATES  
(APPOINTMENTS ARE PREFERRED BUT WALK-INS ARE WELCOME.  
BE SURE TO BRING A LIST OF YOUR MEDICATIONS.)**

## **ENDEAVOR ADD LIFE CENTER**

Wednesday, October 10<sup>th</sup> 12:30pm-3:30pm  
Wednesday, November 14<sup>th</sup> 12:30-3:30pm

## **OXFORD ADD LIFE CENTER**

Thursday, October 18<sup>th</sup> Noon-4pm  
Tuesday, November 20<sup>th</sup> Noon-4pm

## **PACKWAUKEE ADD LIFE CENTER**

Monday, October 22<sup>nd</sup> Noon-2pm  
Monday, November 26<sup>th</sup> Noon-2pm

## **NESHKORO ADD LIFE CENTER**

Wednesday, October 29<sup>th</sup> 12:30pm-3pm  
Wednesday, November 19<sup>th</sup> 12:30pm-3pm

## **WESTFIELD ADD LIFE CENTER**

Tuesday, October 23<sup>rd</sup> 1pm-4pm  
Tuesday, November 27<sup>th</sup> 1pm-4pm



# Weatherization Assistance

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

Did you know that you can get weatherization assistance for your home or apartment at any time during the year? The Wisconsin Home Energy Assistance Program (WHEAP) offers several benefits, but the program limits most of them to emergencies. In Wisconsin, most energy emergencies occur during the cold winter months.

However, there is one benefit – weatherization – that is available year-round. The purpose of the weatherization benefit is to reduce your home heating bills, save energy, and make your home warmer in the winter and cooler in the summer.

The weatherization benefit involves a one-time visit by an energy auditor who will look at your home and see what can be done to make it more energy efficient. Weatherization services for each home are different, and depend on how it was built and its condition.

Some common weatherization services include:

- Insulating attics, walls and floors;
- Insulating or replacing water heaters;
- Installing energy-efficient lighting;
- Reducing air leakage;
- Repairing or replacing furnaces;
- Testing and/or replacing refrigerators;
- Performing general health and safety inspections; and
- Providing information about maintenance and energy conservation.

## How It Works

The Division of Energy Services contracts with various agencies throughout the state to provide weatherization services to eligible households. Agencies include community action agencies, housing authorities, local governments, and other non-profit organizations.

The weatherization agency for your area receives a list of eligible applicants from WHEAP and determines service priority and the eligibility for your home. The program targets households with an excessive energy burden, especially ones that are made up of individuals who are elderly, handicapped and/or children under six years old.

Local weatherization agencies contact the highest priority households to evaluate the home or apartment and decide what weatherization services are needed. Agency crews and subcontractors complete appropriate weatherization services. If you rent your home or apartment, you may need to work with your landlord to make sure your lease permits the weatherization services.

## You may be eligible for weatherization services if:

- You received benefits from Wisconsin's Home Energy Assistance Program (WHEAP) or your gross income for the last three months is equal to or less than 60% of Wisconsin's state median income (SMI) for your family size;
- Your household meets certain priorities that may include a high energy burden or use, an elderly or disabled member or a child under six; and
- The program did not weatherize your dwelling/apartment before. (If a previous owner or tenant received weatherization services before you moved in, your dwelling will not be eligible for the benefit).

### Income Guidelines (2017-2018) - 60% of State Median Income (SMI)

HOUSEHOLD- SIZE	MONTHLY INCOME	ANNUAL INCOME
1	\$6,650.15	\$26,601
2	\$8,696.35	\$34,785
3	\$10,742.55	\$42,970
4	\$12,788.75	\$51,155
5	\$14,834.95	\$59,340
6	\$16,881.15	\$67,525
7	\$17,264.81	\$69,059
8	\$17,648.48	\$70,594

The weatherization program uses a previous three-month income test, which is annualized to determine program income eligibility.

#### How Do I Apply?

You can apply for weatherization assistance at your local Wisconsin Heating Energy Assistance agency, or you can contact your ADRC for information. You can also visit [homeenergyplus.wi.gov/](http://homeenergyplus.wi.gov/), click on the "Where to Apply" tab, & select your county or tribe.

Even though applying for weatherization assistance is not a guarantee of benefits, you never know if your situation will take priority. Agencies consider many factors, and there is no harm or cost to applying!

#### Addressing Safety at Home with Dementia



Safety is a particularly important issue for anyone living with dementia. Safety means creating environments that are easy to understand; less intimidating; and more likely to result in success.

Recognizing the unique challenges that accompany dementia can create an environment that is supportive for the person living with dementia while reducing potentially dangerous situations. When addressing safety issues at home consider the following:

- People with dementia might not be able to distinguish right from wrong, appropriate from inappropriate, or safe from unsafe.
- It is not reliable for people with dementia to use good sense and good judgment.
- Safety steps must be individually tailored to the cognitive stage and physical skills of the person with dementia.
- With a progressive dementia such as Alzheimer's, the person's abilities will continue to decline over time. Conditions will change, sometimes slowly and at other times remarkably fast. Caregivers should consistently watch for changes and act accordingly.

Contact Dementia Outreach Specialist Kristine Biesenthal, Alzheimer's & Dementia Alliance of Wisconsin, for a checklist of issues to watch for and things to evaluate at home. Call **920-294-4100** or **Kristine.biesenthal@alzwisc.org**.



# Benefits of Fish

By Amelia Cisewski, RDN, CD

**Fish** offers a significant amount of nutritional benefits. It's low in saturated fat and cholesterol and is a high-quality protein source with a variety of vitamins and minerals. It has a high concentration of **omega-3**

**fatty acids**, which are essential in our diet because our bodies cannot produce them.



Fish contains two important omega-3 fatty acids: **EPA** (eicosapentaenoic acid) and **DHA** (docosahexaenoic acid). Research studies have shown that in patients with heart disease, high blood levels of DHA and EPA are associated with a reduced risk in heart arrhythmias (irregular heartbeats) which can lead to sudden death. Omega-3 fatty acids also decrease cholesterol levels, slow the growth of plaque in arteries, and slightly lower blood pressure. Omega-3 fatty acids are also important for brain health, they can lower the risk of Alzheimer's disease and joint stiffness (rheumatoid arthritis) with it's anti-inflammatory properties.

The USDA Dietary Guidelines and American Heart Association recommend eating at least **2 servings** of fish per week. Each serving is 3.5 ounces cooked fish or 3/4 cup of flaked fish. Fatty fish like salmon and herring are higher in omega-3 fatty acids compared to white-fleshed fish like tilapia or perch. Also some fish may contain high levels of mercury, PCBs (polychlorinated biphenyls), dioxins, and other environmental contaminants. Levels of these substances are generally highest in older, larger, predatory fish and marine mammals. For older men and women the benefits of fish consumption far outweigh the potential risks when the amount of fish are eaten within recommendations. Eating a variety of fish will help minimize any potentially adverse effects due to environmental pollutants. Five of the most commonly eaten fish or shellfish that are low in mercury are shrimp, canned light tuna, salmon, pollock, and catfish.

Type of Fish	Amount of Omega-3 Fatty Acid (mg)
Salmon	1921
Herring	1885
Sardines	1507
Trout	1165
Bass	861
White Tuna	808
Walleye	395
Perch	319
Tilapia	204
Sunfish	165
Pike	155



**Feel better.  
Be in control.  
Do the things  
you want to do.**

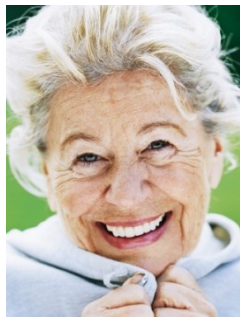
**Join Us**

**Tuesdays**

**Oct 23 - Nov 27, 2018  
1:00-3:30pm**

**Westfield Municipal Building/  
Westfield AddLIFE Center  
129 E 3<sup>rd</sup> St  
Westfield, WI 53964**

**Suggested Donation: \$15**



*"The workshops put me  
back in charge of my life,  
and I feel great. I only wish I  
had done this sooner."*

# Put Life Back in Your Life

**Are you an adult with an ongoing health condition?**

In this ***Living Well with Chronic Conditions*** Workshop you will:

- Get the support you need.
- Find practical ways to deal with pain and fatigue.
- Discover better nutrition and exercise choices.
- Understand new treatment choices.
- Learn better ways to talk with your doctor and family about your health.

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or anxiety, the ***Living Well*** Workshop can help you take charge of your life.



**To Register Call:**

**Aging & Disability Resource Center  
at 885-440-2372**

## Upcoming Immunization Clinic Dates

**Westfield Municipal Building**

Sept. 10 & 24 (12:30-4:30)

Oct. 1 & 15 (12:30-4:30)

**Marquette County Health Dept.**

Sept. 17 & 27 (8:30-4)

Oct. 8 & 25 (8:30-4)

**Endeavor Civic Center**

Oct. 4 (11-3:30)



**Public Health**  
Prevent. Promote. Protect.

# Walk With Ease?

## You can do it — we can help.



Arthritis Foundation  
**Certified.**

Doctor **Recommended.**

Space is limited. Sign up today!

September 10- October 19, 2018

Mondays, Wednesdays, Fridays

1:00-2:30pm

Westfield High School

Multipurpose Building (Across from football Field)

N7046 Country Rd M, Westfield, WI 53964

Suggested Donation: \$15

To Register call: Aging & Disability Resource Center at 855-440-2372

### Why Walk With Ease?

Looking for relief from arthritis pain? Just want to be active? The Arthritis Foundation's **Walk With Ease** program can teach you how to safely make physical activity part of your everyday life.

Walk With Ease is designed to help people living with arthritis better manage their pain, but it's also ideal for people without arthritis who want to make walking a regular habit. If you can be on your feet for 10 minutes without increased pain, Walk With Ease may be for you. Classes are one-hour each, three times per week for six weeks.

### Program Benefits

- Reduce the pain and discomfort of arthritis
- Increase your balance, strength and walking pace
- Build confidence in your ability to be physically active
- Improve your overall health

**Join us and learn to  
Walk With Ease!**





## 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

## ENERGY 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 IN HOUSEHOLD</b>	<b>\$6,870.00</b>
<b>2 IN HOUSEHOLD</b>	<b>\$8,983.75</b>
<b>3 IN HOUSEHOLD</b>	<b>\$11,097.75</b>
<b>4 IN HOUSEHOLD</b>	<b>\$13,211.50</b>

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





## Senior Nutrition Program

# Annual Senior Picnic

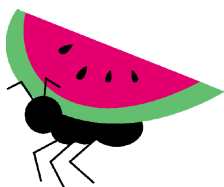
## Thursday, September 6, 2018

At Pioneer Memorial Park

316 E. Pioneer Park Road, Westfield

### Schedule of Events

- 10:30am Registration begins
- 11:00 Colorguard and County Veteran Service Presentation
- 11:30 AARP: 'Know the Power of Your Vote'
- 12:00 Lunch & Music by Prairie Sands Band
- 1:00 Bag Toss/ 'Minute to Win It' games
- 2:00 Bingo



### On the Menu:

**Chicken Breast**  
Baked Beans  
Cauliflower Potato Salad  
Strawberry Shortcake

We hope to see you there! Suggested donation of \$3.00 for ages 60 and older.  
To RSVP call (608) 297-3146 or sign up at an Add LIFE Dining site



Wednesday, Sept. 26, 2018 4pm-6pm

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



### Upcoming Foot Clinic Dates

September 4, 12, & 19  
October 2, 10, 23, & 30

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.

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

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



# September 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>3</b> <b>Labor Day</b> <b>Closed</b> <b>No home Delivered Meals</b>	<b>4 Summer Turkey Salad</b> Lettuce, Turkey, Tomato, Carrots, Onion, Avocado, Cheese Lemon Coconut Bar	<b>5 Beef, Spinach, Zucchini Noodle Lo Mein</b> Napa Cabbage Salad Banana Cake	<b>6 Senior Picnic (Menu Below Calendar)</b> <b>No home Delivered Meals</b>	<b>7 Lemon Garlic Salmon</b> Asparagus Roasted Sweet Potatoes Orzo Cheesecake Fruit Salad Fudge Bar
<b>10 Creamy Chicken &amp; Wild Rice Soup</b> Salad Mixed Fruit Cake	<b>11 Swiss Steak</b> Edamame Succotash Garden Blend Vegetables Sparkling Berry Dessert	<b>12 Pork Chop</b> Mashed Potatoes Colorful Quinoa Salad Orange Cup	<b>13 Peanut &amp; Roasted Tomato Chicken</b> Baby Bakers Collard Greens Key Lime Pie	<b>14 Southwestern Steak Salad</b> Mango Salsa W/ Chips Berry Squares
<b>17 Ham &amp; Turkey Wrap</b> Corn Chowder Pineapple Yogurt	<b>18 Beef Quesadilla Casserole</b> Broccoli Mexican Coleslaw Frosted Grapes	<b>19 Apricot-Glazed Chicken</b> Baked Potato Country Blend Vegetables Sour Cream Cranberry Jell-O	<b>20 Red Lentil Stew</b> Egg Salad Sandwich Salami Pasta Salad Fruit Cup Cake	<b>21 Ground Beef &amp; Pasta Primavera</b> Festival Blend Vegetables Cottage Cheese With Chives Bakers Choice
<b>24 BBQ Chicken</b> Sweet Corn Italian Blend Vegetables Black-Eyed Pea Salad Choc Chip Dip w/Graham Crackers	<b>25 Meatloaf</b> Hashbrowns w/ Red Quinoa W/ Blend Vegetables V8 Juice Tropical Sunshine Fluff	<b>26 Closed</b> Nutrition Staff Training	<b>27 Tilapia Filet</b> Cheesy Scalloped Potatoes Spinach Bake Peaches Mint Chocolate Bars	<b>28 Kielbasa &amp; Sauerkraut</b> Diced Red Potatoes Carrots Strawberry Pasta Salad Rice Krispy Bar

**Senior Picnic Menu:** Chicken Breast, Baked Beans, Cauliflower Potato Salad, & Strawberry Short Cake.

## 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 EVENTS:**

We will again be participating in the **Montello Holiday Trail, Nov. 17, 2018.**

Call and leave a message for Judy Scaggs if you are interested in a space for your crafts.

#### **North Freedom Train-Fall Tour, Friday Oct. 12, 2018.**

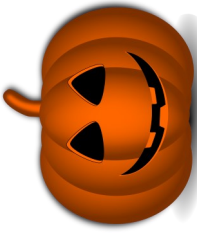
\$30 member fee, includes bus, train ride, lunch and tip. \$15. extra for non-members.

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

We are open to suggestions for future trips and activities for 2019.

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

## ADD LIFE SENIOR DINING MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1 Meatballs/Honey Mustard</b> Potatoes O' Brien Squash Tropical Fruit	<b>2 Open Faced Turkey Sandwich on Ciabatta Bread</b> Edamame Succotash Veggies and Dip/ Sliced Apples Butterscotch Blondies	<b>3 Pork Burrito</b> Spanish Rice Moon Blend Vegetables Fruit Juice Cake and Ice Cream	<b>4 Beef Steak and Gravy</b> Mashed Potatoes Asparagus Banana Orange Float	<b>5 Stuffed Chicken with Broccoli and cheese</b> Red Grain Couscous Salad Wax Beans Vanilla Pudding with Oranges
<b>8 Seafood Florentine Alf</b> Linguini Pasta Italian Blend Vegetables Corn and Tomato Salad Orange Cream Jell-O	<b>9 Salisbury Steak/ Gravy</b> Mashed Potatoes Sliced Carrots Melon Cup Cake	<b>10 Chicken Cordon Bleu</b> Pasta with vegetables Broccoli Chick Pea and Black Bean Salad Ice Cream Bar	<b>11 American Goulash</b> Green Beans Salad Cranberry Compote	<b>12 Cr of Broccoli Soup</b> Ham Salad Sandwich Chips Spiced Peaches Brownie
<b>15 Bacon Egg Bake</b> Hash brown Casserole Crepes with strawberries Cranberry juice Fruited Yogurt	<b>16 Pineapple BBQ Chicken</b> Korean Quinoa Blend California Blend Vegetables Fruit Trail Mix	<b>17 Potato Crunch Fish</b> Potato Wedges Diced Carrots Coleslaw Apple Crisp	<b>18 Beef &amp; Chicken Fajita Salad</b> Lettuce, Beans, Black Olives, Peppers, Tomatoes and Cheese Diced Pears Cake	<b>19 Lasagna</b> Roasted Cauliflower and Brussel Sprouts Pineapple Fluff Pie
<b>22 Mediterranean Quinoa Chicken</b> Bean Medley Grapes Scone	<b>23 Bacon wrapped Pork</b> Red Diced Potatoes Spinach Bake V-8 Juice Pumpkin Bar	<b>24 Roast Beef and Gravy</b> Mashed Potatoes Mixed Vegetables Fresh Fruit	<b>25 Baked Fish</b> Sweet Potato Puffs Brussel Sprouts Applesauce Raspberry Apple Mini Pies	<b>26 Liver and Onion Stew</b> Fried Rice with Vegetables Kale and Peach Salad Sweet Potato Cake
<b>29 County Style Ribs</b> Mashed Sweet Potatoes Italian Green Beans Cranberry Applesauce	<b>30 Taco Casserole</b> Scalloped Corn Graveyard Bean Dip With Tortilla Chips Blood Red Trifle Dessert	<b>31 White Chili</b> Warm Fruit & Granola Halloween Cemetery Dip Broccoli and Carrots Scary Dirt Cake		



# Elderly Benefits Specialist Program

## SENIORCARE

SeniorCare helps Wisconsin Residents age 65 or older cover the cost of their prescription drugs. It is a program that works alone or with Medicare Part D to minimize your out-of-pocket drug costs. You can join anytime for \$30 a year, and if you have SeniorCare you won't pay a penalty for not enrolling in Part D. Is SeniorCare a good option for you? To find out call your Elder Benefit Specialist!

Elder Benefit Specialists counsel persons about public and private benefits. They provide information, advocate and represent people 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)

<b>September 12 &amp; October 10</b>	<b>Endeavor AddLIFE Center</b>
<b>September 17 &amp; October 29</b>	<b>Neshkoro AddLIFE Center</b>
<b>September 27 &amp; October 18</b>	<b>Oxford AddLIFE Center</b>
<b>September 21 &amp; October 22</b>	<b>Packwaukee AddLIFE Center</b>
<b>September 25 &amp; October 23</b>	<b>Westfield AddLIFE Center</b>
<b>September 24 &amp; October 24</b>	<b>Montello AddLIFE Center</b>

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

## Photos from Westfield's August Evening Meal



# Special Events Calendar - September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3 Labor Day</b> <b>Dining Sites Closed</b>  No Home Delivered Meals	<b>4</b> <b>M:</b> <b>O:</b> <b>W:</b>	<b>5</b> <b>E:</b> <b>M:</b> <b>N:</b> <b>W:</b>	<b>6</b> <b>M:</b> <b>O:</b> <b>W:</b>	<b>7</b> <b>M:</b> <b>N:</b> Butter Making (Christa- UW Ext.) <b>P:</b> <b>W:</b> Bingo
<b>10</b> <b>M:</b> <b>N:</b> <b>P:</b> Glycerin Soap Demo <b>W:</b>	<b>11</b> <b>M:</b> <b>O:</b> <b>W:</b> Telo Tones Chorus (Lois Zellmer)	<b>12</b> <b>E:</b> Updates w/Colleen <b>M:</b> <b>N:</b> A Tribute to Eleanor Roosevelt (Fedoras & Top Hats) <b>W:</b>	<b>13</b> <b>M:</b> <b>O:</b> <b>W:</b>	<b>14</b> <b>M:</b> <b>N:</b> <b>P:</b> <b>W:</b>
<b>17</b> <b>M:</b> <b>N:</b> Updates w/Colleen <b>P:</b> <b>W:</b>	<b>18</b> <b>M:</b> <b>O:</b> <b>W:</b>	<b>19</b> <b>E:</b> Qigong- Chinese Exercise <b>M:</b> <b>N:</b> Bingo (United Health Care) Neshkoro Senior Citizens Meeting <b>W:</b>	<b>20</b> <b>M:</b> <b>O:</b> Word Games (Linda Feller) <b>W:</b>	<b>21</b> <b>M:</b> <b>N:</b> <b>P:</b> <b>W:</b> Bingo
<b>24</b> <b>M:</b> Updates w/Colleen <b>N:</b> <b>P:</b> <b>W:</b>	<b>25</b> <b>M:</b> <b>O:</b> <b>W:</b> Updates w/Colleen	<b>26 Nutrition            Staff Training</b> <b>Dining Sites Closed</b>  No Home Delivered Meals	<b>27</b> <b>M:</b> <b>O:</b> Updates w/Colleen <b>W:</b>	<b>28</b> <b>M:</b> <b>N:</b> Music w/Rodger Krueger <b>P:</b> Updates w/Colleen <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. **Exercises for Seniors 9:30-10:30.**

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



# Special Events Calendar - October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>M:</b> <b>N:</b> <b>P:</b> <b>W:</b>	<b>2</b> <b>M:</b> <b>O:</b> <b>W:</b>	<b>3</b> <b>E:</b> <b>M:</b> <b>N:</b> <b>W:</b>	<b>4</b> <b>M:</b> <b>O:</b> <b>W:</b>	<b>5</b> <b>M:</b> <b>N:</b> <b>P:</b> <b>W:</b> Bingo
<b>8</b> <b>M:</b> <b>N:</b> <b>P:</b> <b>W:</b>	<b>9</b> <b>M:</b> <b>O:</b> <b>W:</b>	<b>10</b> <b>E:</b> Updates w/Colleen <b>M:</b> <b>N:</b> <b>W:</b>	<b>11</b> <b>M:</b> <b>O:</b> <b>W:</b>	<b>12</b> <b>M:</b> <b>N:</b> Falls: In Home & Away (Stephanie- EMS) <b>P:</b> Lefsa Demo <b>W:</b>
<b>15</b> <b>M:</b> <b>N:</b> <b>P:</b> Pumpkin Painting <b>W:</b>	<b>16</b> <b>M:</b> <b>O:</b> Pumpkin Painting <b>W:</b>	<b>17</b> <b>E:</b> Pumpkin Painting <b>M:</b> <b>N:</b> Neshkoro Senior Citizens Meeting <b>W:</b>	<b>18</b> <b>M:</b> <b>O:</b> Updates w/Colleen <b>W:</b>	<b>19</b> <b>M:</b> <b>N:</b> <b>P:</b> <b>W:</b> Bingo
<b>22</b> <b>M:</b> <b>N:</b> <b>P:</b> Updates w/Colleen <b>W:</b>	<b>23</b> <b>M:</b> <b>O:</b> <b>W:</b> Updates w/Colleen	<b>24</b> <b>E:</b> <b>M:</b> Updates w/Colleen <b>N:</b> <b>W:</b>	<b>25</b> <b>M:</b> <b>O:</b> <b>W:</b>	<b>26</b> <b>M:</b> <b>N:</b> Music w/Rodger Krueger <b>P:</b> <b>W:</b>
<b>29</b> <b>M:</b> <b>N:</b> Updates w/Colleen <b>P:</b> <b>W:</b>	<b>30</b> <b>M:</b> <b>O:</b> <b>W:</b>	<b>31</b> <b>E:</b> <b>M:</b> <b>N:</b> Halloween Party-- Dress in Costume! <b>W:</b>		

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