

Marquette County Senior Citizen News

ADRC OF MARQUETTE COUNTY
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Inside This Issue

NEW ADRC Website	2
Bus Trip / Caregiver Luncheon .3	
Alzheimer's Awareness	4
Memory Café	5
Caregiver Month	6
Transportation Programs.....	7
How to Find a Lawyer	8-9
Holiday Food Safety	10
Healthy Holiday Recipes.....	11
Voter ID Requirements 12-13	
Income Inequality	14
SS Cost of Living Increase .15	
Medicare Open Enrollment...16	
Care & Share Food Bank..17	
Nov. Dining Site Menu.....	18
Nutrition Program.....	19
Dec. Dining Site Menu	20
Elderly Benefits Specialist..21	
Activity Calendars	22-23

November - December 2018



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

The Montello Legion, Westfield Legion, and VFW Honor Guard. Submitted by Niki Russos.

Have you checked out our new website?

www.adrcmarquette.org



Get information and resources 24/7 by accessing our ADRC website or call and speak to a Resource Specialist M-F, 8 -4:30.

Things you can find on the website...

- Marquette County Senior Citizen Newsletter
- Information on Health Promotion Classes
- Nutrition and Dining
- Transportation
- Caregiver Support Information
- Agencies providing resources like home health, hospice, low income housing
- Benefit information for seniors and Adults with Disabilities
- Information on Publicly-Funded, Long-Term Care Programming



YOU HAVE QUESTIONS....WE HAVE ANSWERS

Connecting you with Supports and Services.

855-440-ADRC (2372)

www.adrcmarquette.org

Bus Trip to Maggie Mae's Country Christmas



Maggie Mae's Country Christmas at the Crystal Grand Music Theatre in Wisconsin Dells

Sunday, December 2nd

Show begins at 3:00pm

\$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.

Eat Together for Advocacy/Caregiver Luncheon

Friday, November 2nd, 2018 • 11am-2pm

St. John the Baptist Catholic Church, 277 E. Montello St, Montello, WI

Resource Fair with providers serving the Marquette County area and beyond
Music by Pat "the Geezer" Kaping

Guest Speaker Keri Olson, Author of "Find Your Heart, Follow Your Heart"

Speaker appears courtesy of the Alzheimer's and Dementia Alliance of WI

Awards and recognition of caregivers will be presented. The award recipients are family or friends that have been nominated by the community. Everyone is invited to attend the event and support and express thanks to the many caregivers who make a significant difference in the lives of so many. Everyone who has someone who helps them or takes care of them are asked to invite them to this luncheon and treat them to a meal and entertainment.

RSVPs are not required, but are appreciated.

You can RSVP with Amelia.

E-mail: acisewski@co.marquette.wi.us

Phone: (608) 297-3146



Alzheimer's Awareness Month

by the Alzheimer's and Dementia Alliance of WI

November is National Alzheimer's Awareness and National Family Caregiver month. The two are undeniably connected. The majority of individuals with Alzheimer's or other dementias have one or more family caregivers during the course of the disease. It is necessary to raise awareness as an estimated 110,000 people in have been diagnosed in Wisconsin alone. That number is only expected to grow as the population ages. Alzheimer's is often incorrectly seen as a normal part of aging. Though there is no known cure at this time, the disease can be treated increasing the overall quality of life. Living with a memory or cognitive impairment such as Alzheimer's or other dementia can be a journey of worry, frustration and fear of the future. However, with planning and support, you can live each day to its fullest.

Helpful tips for planning and support:

Get a diagnosis based on a thorough memory evaluation as early as possible

At the first signs of memory difficulties, talk to your doctor about your concerns. You may also want to consult a geriatric specialist or memory assessment clinic to get a thorough cognitive evaluation. A thorough evaluation is important so you understand the course of the illness and appropriate treatment options.

Educate yourself and others

Learning about your diagnosis and how to maintain your abilities and manage symptoms can help you make informed decisions, prepare for the future, and enhance your quality of life.

Stay active and involved in daily life

Continue your usual routine as much as possible and stay involved with your interests, friends, and community. If you make adaptations to accommodate your changing needs and to provide a safe and supportive environment, you should be able to continue your favorite activities.

Get support and use available resources

Trying to deal with cognitive changes all by yourself can be exhausting and could have a negative impact on your health and well-being. The support of family and friends and your involvement with outside resources can be an enormous help. Ask for and accept help from friends, family, neighbors, and your faith community. Use community services such as in-home care, adult day services, and financial assistance.

Take care of yourself and find ways to enjoy each day

Maintaining your health and well-being may improve your ability to function. Stay physically active and find ways to manage your stress. Try to focus on what you are doing well. Include fun, laughter and opportunities to learn new things and socialize with others each day.

For more information on Alzheimer's disease and other dementias, local resources and programs in your community contact Dementia Outreach Specialist Kristine Biesenthal, with the Alzheimer's & Dementia Alliance of Wisconsin's outreach office serving Green Lake, Marquette and Waushara counties, at **920-294-4100** or visit **www.alzwisc.org**.

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.




 Alzheimer's &
 Dementia Alliance
OF WISCONSIN
alzwisc.org

November 7th - The Westfield Memory Café is going back in time!

10:15am at the Marquette County Historical Society & Museum
125 Lawrence Street, Westfield, WI 53964

The Tour will begin at 10:30. Join us when you can!

We will meet directly at the Historical Society. No cost, and no RSVP!

December 5th - Christmas Memories, Old and New

Join us for friendly conversation, Christmas cookies, and fun! We'll make an ornament, listen to holiday music, & reminisce about our favorite Christmas memories!

National Caregiver Month

by Jane Mahoney with GWAAR

November is National Family Caregiver Month, a time to recognize and thank the many hard working and devoted people who make it their mission to keep a loved one happy and safe. You work hard and deserve to be recognized and celebrated!

Caregivers come from all walks of life and care for people with an array of needs. Reasons for providing care differ from situation to situation. Daily tasks that caregivers perform also vary greatly. But there are some things that all caregivers have in common; dedication, love, commitment, a sense of selfless-ness and most likely, a good sense of humor.

Wisconsin's theme for Family Caregiver Month is, "You Might Be A Caregiver If...." We chose this theme because it gives a real-life view of what caregiving is like. It encourages humor rather than promoting burden and recognizes the valued role and dedication of our state's caregivers. And it gives caregivers a fun way to connect with each other as they add their own ending to the phrase.

In hopes of bringing some smiles and perhaps a chuckle to your day, here are some ways that might mean you are a caregiver.

You might be a caregiver if...

- You were up at 3:00 this morning helping someone to the bathroom
- Your house has more pill bottles than wine bottles
- You can pronounce medications with more than 10 letters in the name
- You know your way around the hospital better than the mall

You can maneuver a wheelchair through Walmart with ease

What does caregiving mean to you? How would you end the phrase, "You might be a caregiver if...?" What have you learned as a result of caring for someone? What are some things you do regularly, that you didn't do before? What is different about your life now, that someone else wouldn't understand unless they, too, were a caregiver?

As you ponder these questions, remember that you are valued, respected and appreciated. Thank you for all that you do to help another person enjoy life to the fullest!

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 **4th 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.

<i>Destination</i>	<i>Copay</i>
Madison	\$20
Appleton	\$20
Oshkosh	\$20
Fond du Lac	\$20
Tomah	\$20
Baraboo	\$15
Berlin	\$15
Portage	\$15
Wautoma	\$15
Ripon	\$15
Adams	\$15
Green Lake	\$15
Wisconsin Dells	\$15
Markesan	\$15
Local	\$5

Are you interested in sponsoring a ride?

Some residents in Marquette County struggle to afford their Transportation Copays. If you are interested in sponsoring rides, contact Adam at **(608)297-3104** to make a donation.

Marquette County Caregiver Support Group

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

3rd 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

How to Find a Lawyer in Wisconsin

by the GWAAR Legal Services Team (for reprint)

Aging & Disability Resource Centers (ADRCs) and Aging Units are a wealth of information; these organizations can assist with most issues related to health insurance, Medicare, Medicaid, Social Security, and many other public benefits and housing issues. In some cases, however, issues fall outside the areas in which a Benefit Specialist can assist. If this happens to you, you may be encouraged to seek assistance from an attorney who charges a fee (often called a “private attorney”).

You can always ask friends, family, or co-workers for recommendations for a private attorney, or search online. If you still don't know where to start, here are a few places to consider:

Lawyer Referral and Information Services (also called LRIS) – A legal assistant will help you locate the best source of help, which may mean you need to hire an attorney. If so, the assistant will refer you to an attorney near you who is familiar with the laws pertaining to your legal situation. Attorneys with LRIS agree to charge no more than \$20 for the first consultation, up to one half hour. In some cases, you will resolve your legal issue at the first meeting. If your problem requires work beyond the first half hour, you will be charged the lawyer's regular fees.

Phone: (800) 362-9082, or (608) 257-4666 (in Dane County and outside of Wisconsin).

Online: <https://www.wisbar.org/forPublic/INeedaLawyer/Pages/Lawyer-Referral-Request.aspx>

Wisconsin State Bar Modest Means Panel - The Modest Means Program of the State Bar of Wisconsin is designed to assist people whose income is too high to qualify for free legal services, but too low to pay a lawyer's standard rate. The Modest Means Program is run by the LRIS (see above). Qualifying for services through the Modest Means Program is based on your income level and area of legal need. To determine if you may qualify for the Modest Means Program, you can fill in and submit a questionnaire available on its website.

Phone: 1-888-529-7599

Online: <https://www.wisbar.org/forPublic/INeedaLawyer/Pages/Modest-Means.aspx>

Wisconsin Judicare - Wisconsin Judicare serves 33 northern counties and 11 tribes. It specializes in providing legal representation to low-income individuals. This organization has expertise in many areas, including Bankruptcy, Employment, Family Law, Indian Tribal Law, Wills/Estates, and Tax Law. To see if you are eligible, you can apply in the following ways:

Phone: (715) 842-1681 or (800) 472-1638 - Toll Free

Online: http://www.judicare.org/Judicare_Application.cfm

Legal Action – Legal Action serves 39 southern counties. Offices are located in Green Bay, La Crosse, Madison, Milwaukee, Oshkosh, and Racine. This organization focuses on family law, license revocations and suspensions (drivers licenses and occupational licenses), and inaccurate criminal background records and arrest records.

Phone: 855-947-2529

Online: <http://www.legalaction.org/contact-us>

Elder Rights Project – This program is specific to elder financial and physical abuse. Contact this program if you are a victim of elder abuse or know someone who is.

Phone: 1-844-614-5468

Online (email): nmz@legalaction.org

Wisconsin State Public Defender Program – This program is dedicated to providing attorneys for criminal cases. In most cases, applicants must meet financial guidelines to qualify for appointment of an attorney. Applicants may apply at the local office that serves the county in which their case will be heard. A staff member will assist the applicant by completing the financial eligibility form. You can locate your county's public defender office here:

Phone: 608-266-0087

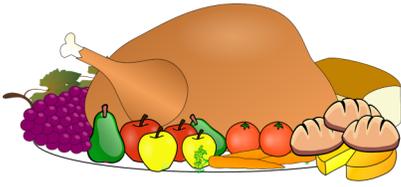
Online: <http://wispd.org/>

National Academy of Elder Law Attorneys (NAELA) – This national organization focuses on elder law, which means planning for incapacity and long-term care, Medicaid and Medicare coverage, health and long-term care insurance, and health care decision-making. It also includes drafting of special needs and other trusts, the selection of long-term care providers, home care and nursing home problem solving, retiree health and income benefits, retirement housing, and fiduciary services or representation. If you visit its website, you can click "Find a Lawyer" to locate an attorney in your area.

Online only: <https://www.naela.org/>

If you are unsure whether a Benefit Specialist can assist you or if you need a private attorney, you can always contact your ADRC or Aging Unit. Make sure if you have a deadline, you reach out for help well before that deadline so whomever is able to assist you has plenty of time to help.

Food Safety and Preparation During the Holidays



By Amelia Cisewski, RDN, CD

Enjoying food with family and friends is an exciting part of the holiday season. During this holiday season, keep food safety in mind including proper planning, cooking, and wrapping up leftovers.

Tips for Home Food Safety

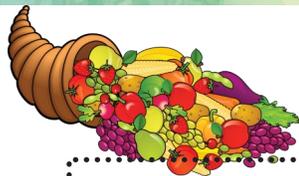
1. Wash hands before, during, and after food preparation. Wash hands when switching tasks, such as handling raw meat and then cutting vegetables.
2. Keep kitchen surfaces (countertops, cutting boards, and utensils) clean throughout meal prep with hot, soapy water.
3. Always use separate cutting boards for raw meat and for ready-to-eat foods such as fruits and vegetables.
4. Use separate spoons and forks to taste, stir, and serve food.
5. Use a food thermometer to ensure foods are cooked to proper temps.
6. Refrigerate food within 2 hours of serving to prevent the growth of harmful bacteria that can lead to food poisoning.
7. Don't thaw foods at room temperature, on the counter or in warm water. Defrost food in the refrigerator, cover raw meat and place it on the bottom shelf so juices won't drip onto other foods. You can defrost food in the microwave if you will be cooking it immediately afterwards.
8. If taking food to parties, make sure to follow the same food safety habits as when home—keep foods well-refrigerated and be sure to cook them to proper temperatures.
9. When baking, avoid eating foods containing raw eggs such as cookie dough or cake batter. Raw eggs may contain harmful bacteria that can lead to food poisoning.

Saving the Leftovers

After holiday meals, we often have leftovers. Follow these tips to make sure you don't get sick.

1. Store leftovers in shallow containers (2 inches deep or less)
2. Refrigerate or freeze leftovers within 2 hours of cooking the food
3. Remove turkey from the bone and store it separately from the stuffing and gravy.
4. Use the turkey within 3-4 days; use stuffing and gravy within 1-2 days.
5. Reheat leftovers to 165°F.

When in doubt, throw it out!



Healthy Holiday Recipes

Sweet Potato Bake

Prep time: 15 minutes **Bake Time:** 50 minutes **Serves:** 6

Ingredients

2 sweet potatoes, peeled, and cubed	2 tablespoons milk
¼ cup raisins	3 tablespoons maple syrup
¼ cup pecans	1 teaspoon cinnamon

1. Preheat oven to 400 degrees.
2. In a greased baking dish, spread potatoes and top with raisins and pecans.
3. In a small bowl, combine milk and maple syrup.
4. Pour mixture over the sweet potatoes and sprinkle with cinnamon.
5. Bake for 50 minutes or until tender.

Nutrition Facts

Calories	113	Saturated Fat	0.3g	Dietary Fiber	2g
Total Fat	3g	Carbohydrates	20g	Protein	1.5g

Apple Pumpkin Cake

Prep Time: 15 minutes **Bake Time:** 30 minutes **Serves:** 12

Ingredients

1 can (16 oz) country style baked beans, low-sodium
 1 package (16.25 oz) spice cake mix
 3 large eggs
 1/2 cup classic applesauce
 1 can (15 oz) pumpkin puree (not pumpkin pie mix)



1. Remove bacon from the can of Country Style Baked Beans. Pour the can of beans and sauce into a blender and puree.
2. Combine the cake mix, use 3/4 cup of the pureed beans and 3 eggs in a mixing bowl and mix well.
3. Add the applesauce and pumpkin and mix well till all ingredients are combined.
4. Spoon batter into sprayed 9x13 cake pan at 350°F for 30-35 minutes or till a wooden tooth pick inserted near the center comes out clean.
5. Cool in pan
6. Top with whip cream or cream cheese frosting.

Alternative: Use cupcake pans with paper liners. Fill 2/3 full. Bake at 350°F for 12-15min

Nutrition Facts

Calories	240	Saturated Fat	1.5g	Dietary Fiber	4g
Total Fat	6g	Carbohydrates	41g	Protein	6g

Acceptable Photo ID for Voting

by the GWAAR Legal Services Team (for reprint)

Wisconsin holds its next election on November 6, 2018. Eligible voters will have their chance to have their voices heard. Wisconsin passed a voter ID law in 2011. Wisconsin voters must show an acceptable photo ID when voting at the polls or by absentee ballot. If someone votes by absentee ballot, some situations do not require showing a photo ID. Information about some of these exceptions are at the end of this article.

There is not a separate "Voter ID" card. There are several forms of photo ID, which you may already have, that you can use to vote. Anyone with a valid Wisconsin driver's license or Wisconsin state ID card already has the photo ID they need to vote. Some examples of acceptable photo IDs are in the box below:

Acceptable forms of ID a senior citizen is likely to have include:	
Wisconsin Driver's License	Driver's License must be unexpired or have not expired before November 8, 2016 (date of most recent general election). Valid even if driving privileges are revoked or suspended.
Wisconsin State ID Card	ID Card must be unexpired or have not expired before November 8, 2016.
U.S. Passport	U.S. Passport must be unexpired or have not expired before November 8, 2016.
Certificate of Naturalization	Certificate of Naturalization must have been issued within the last 2 years of voting day.
Wisconsin Tribal ID	For a Tribal ID card, you may use a current or expired ID.
Veterans Affairs Card	Veterans Affairs Card must be unexpired.

The ID does not need to have your current address. You only need to prove your address when you register to vote. For a full list of all acceptable documents to show your new address, go to <https://myvote.wi.gov/en-us/PhotoIDRequired>.

If you are a registered voter and you do not have an acceptable form of ID when you go to the polls, you should receive a provisional ballot. A provisional ballot will not be counted unless the voter provides the required information to the poll workers by 8:00 p.m. on Election Day or the municipal clerk by 4:00 p.m. of the Friday following the election.

In a few situations, Wisconsin permits a person to vote without a photo ID. These include individuals in the military, oversea electors, and a few other situations. Of those few other situations, ones that may commonly impact seniors include:

Voters Confined to their Homes – Voters may have a hard time getting to the polls due to age, physical illness, infirmity, or disability. These voters can request a ballot be sent to them. They should indicate on their application form that they are indefinitely confined. Indefinitely confined voters do not need to show a Photo ID when voting by absentee ballot. A witness must sign the certificate envelope to certify that the witness has verified the name and address of the voter.

Voters in special care facilities – can provide a witness signature on their absentee ballot certificate envelope in substitute for showing Photo ID. Special care facilities include nursing homes, qualified retirement homes, qualified community-based residential facilities (CBRF), qualified residential care apartment complexes, or qualified adult family homes.

Confidential electors – Electors who are victims of domestic abuse, sexual assault or stalking have the option to be listed confidentially on poll lists. The name and address of the protected individual is not disclosed on the poll list but instead the voter presents a voter identification card with a unique identification serial number given to him or her by the municipal clerk.

2019 Medicare Premiums and Deductibles

The Centers for Medicare and Medicaid Services (CMS) released the new Premiums and Deductibles for 2019. The monthly Part B premium will go from \$134 in 2018 to **\$135.50 in 2019**. The annual Part B premium will go from \$183 in 2018 to **\$185 in 2019**. The Part A (hospital) deductible will go from \$1340 in 2018 to **\$1364 in 2019**.



Mobile Food Pantry

Wed. Nov. 28th 4-6pm

Westfield Elementary School

329 Hawk Ln, Westfield, WI 53964

Upcoming Immunization Clinic Dates

Westfield Municipal Building

Nov. 5 & 19 (12:30-4:30)

Dec. 3 & 17 (12:30-4:30)

Marquette County Health Dept.

Nov. 13 (8:30-4)

Dec. 10 & 27 (8:30-4)



Public Health
Prevent. Promote. Protect.

Income Inequality Amongst Seniors

by the GWAAR Legal Services Team (for reprint)

A new Urban Institute report analyzed how rising wage inequality will shape the landscape of American retirement. The U.S. Department of Labor (DOL) funded this report. The report determined that if income inequality continues to grow, so too will the gap between wealthy and struggling retirees.

Over the past few decades, there has been an increasing disparity between the economically rich and poor in the United States. People who fall near the bottom of the income distribution, after factoring in inflation, have actually seen their wages decline over the past few decades, according to the Urban Institute. Meanwhile, the share of earnings going to the top 0.1 percent has swelled by more than 400 percent.

It is also a well-established economic reality that people who experience high wage inequality during their working years are likely to experience high retirement income inequality. The reason for this is twofold. First, federal law ties Social Security benefits to lifetime earnings. The impact of this is magnified by the fact that more than 40 percent of single adults receive more than 90 percent of their income from that check, according to the government. Second, people's ability to save for retirement depends on how much they earn.

The report found that the current projections of hourly wages will further magnify the high retirement inequality in the future. If the hourly wage gap between college and high school graduates continues to grow at its current rate, the DOL funded report found the following for people ages 67 to 75:

- Lifetime earnings in the top fifth of the distribution would rise 2% in 2045, 5% in 2065, and 8% in 2085. In comparison, in the bottom fifth of the distribution, lifetime earnings would fall 2% in 2045, 5% in 2065, and 9% in 2085.
- Annual retirement incomes in the top fifth of the lifetime earnings distribution would rise 3% in 2045, 5% in 2065, and 7% in 2085. In contrast, annual retirement incomes in the bottom fifth of the lifetime earnings distribution would fall 3% in 2045, 6% in 2065, and 13% in 2085.

This growing disparity is likely to make a situation that is already difficult even worse given that seniors are already experiencing high levels of debt. Debt among older people is on the rise. In 2016, the average debt in families in which the head of the household is age 75 or older was \$36,757. That is up from \$30,288 in 2010, according to a recent report by the nonprofit Employee Benefit Research Institute in Washington.

Social Security Announces COLA Raise for 2019

The 2.8 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 62 million Social Security beneficiaries in January 2019. Increased payments to more than 8 million SSI beneficiaries will begin on December 31, 2018. (Note: some people receive both Social Security and SSI benefits). The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Dept. of Labor's Bureau of Labor Statistics.

Social Security and SSI beneficiaries are normally notified by mail in early December about their new benefit amount. This year, for the first time, most people who receive Social Security payments will be able to view their COLA notice online through their my Social Security account. People may create or access their my Social Security account online at www.socialsecurity.gov/myaccount.

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.

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:

1 IN HOUSEHOLD	\$6,870.00
2 IN HOUSEHOLD	\$8,983.75
3 IN HOUSEHOLD	\$11,097.75
4 IN HOUSEHOLD	\$13,211.50

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



Open Enrollment for Medicare Part D & MA Plans

Why is it important to compare drug plans & Medicare Advantage plans each year?

- You may have changes to your medications
- Your insurance may have switched the way your medications are covered
- Your insurance may have you try an alternative drug before covering a current one
- There may now be quantity limits on your medication(s)
- Your medications may now require prior authorization
- You may **save money**!!!! Plans can change their premiums, deductibles and co-pays.
- Your plan may change which providers are covered and what is considered in and out of network

Last open enrollment, Marquette County residents who contacted the EBS saved over \$39,000 by switching plans

You can compare plans by going to www.medicare.gov or by contacting:

Colleen Sengbusch, Marquette County Elder Benefit Specialist, 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, November 14th 12:30-3:30pm

PACKWAUKEE ADD LIFE CENTER

Monday, November 26th Noon-2pm

WESTFIELD ADD LIFE CENTER

Tuesday, November 27th 1pm-4pm

OXFORD ADD LIFE CENTER

Tuesday, November 20th Noon-4pm

NESHKORO ADD LIFE CENTER

Wednesday, November 19th 12:30pm-3pm

From October 15 through December 7th you can add, drop or switch a Medicare Part D (drug) or Part C (Advantage) Plan. Changes will take effect January 1, 2019.

NEW FOR 2019:

From January 1-March 31 you can drop your Part C (Advantage) Plan and return to Original Medicare or switch between Part C plans.



Upcoming Foot Clinic Dates

November 6, 14, 20, & 29

December 4, 18, & 27

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 st Thursday of Month 1-4 PM				
Westfield	2 nd Thursday of Month 1-4 PM				
Oxford, Endeavor, Briggsville	3 rd 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

November 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
** Caregiver Luncheon** Swiss Steak and Gravy 5 Grain Blend Asparagus Berries & Cream			1 Irish Boiled Dinner Fruit Juice Celery & Peanut Butter Butterscotch Pudding	2 Eat Together for Advocacy / Caregiver Luncheon Dining Sites Closed No Home Delivered Meals
5 Spaghetti and Meatballs Italian Blend Vegetables Side Salad Butter Crunch	6 Pepper Steak Hash Browns/ Red Quinoa French Style Green Beans Cinnamon Applesauce	7 Pork Chop Suey Fried Rice Sugar Snap Peas Juice Cake	8 BBQ Chicken Black Beans and Corn Stewed Tomatoes and Zucchini Jell-O/ fruit	9 Bean and Bacon Soup Oriental Chicken Wrap Creamed Cucumbers Fruit Cup
12 Closed  Veteran's Day	13 Sunshine Salad Lettuce, Spinach, Diced Ham, Diced Eggs, Peas and Cheese Corncake with Fruit	14 Turkey and Gravy Cheesy Mashed Potatoes Beets Ambrosia	15 Italian Sausage with Vegetables Penne Pasta Diced Carrots Peaches	16 Fish Sandwich Maple Glazed Sweet Potatoes Bean Medley Dried Fruit Pumpkin Bars
19 Lasagna Casserole Edamame Succotash Carrot raisin salad Apple slices	20 Chicken Tenders Spudsters Garden Blend Veggies Grapes	21 Bacon Cheeseburger On Bun, Lettuce, Tomato, Pickle Tater Tots Broccoli Cranberry Fluff	22 Closed  Happy Thanksgiving	23 Closed
26 Steak, Egg, Cheese Croissant Potatoes O'Brien Juice & Fresh Fruit Breakfast Rounds	27 Pork Roast Mashed Sweet Potatoes Country Blend Veggies V-8 Brownie	28 Tuna Casserole Squash Peppers/Dip Tapioca/Oranges	29 Baked Potato with Chili Brussel Sprouts Fruit mix Cake	30 Cashew Chicken Salad Lettuce, Spinach, Chicken, Cashews, Red Onion, Cheese Pear Coconut Cream

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. 3rd 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.**

Stop by to see the great crafts to purchase for gifts & yourself.

Lunch, bake sale, resale items, and raffles.

MEMBER HOLIDAY EVENTS (reservations required):

Thanksgiving Lunch Nov. 22 / **Christmas Party** Dec. 13 / **New Year's Lunch** Dec. 31

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.

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
3 Polish Sausage with Sauerkraut Diced Red Potatoes Beets Fruited yogurt	4 Veggie Lasagna Italian Green Beans Apple salad Orange Cup	5 Beef Stew V-8 Fruit Cocktail Cake	6 Beef Patty and Gravy Mashed Potatoes Carrots Frozen Juice Cup Cheese Cake w/ Raspberries	7 Vegetable Soup with Dumplings Club Wrap Dried Fruit Donut
10 Chicken Philly Mashed Sweet Potatoes Green Beans Potato Chips Cake	11 Deviled Pork Chop Mashed Potatoes Spinach Bake Pineapple	12 Cheese Tortellini with Tomato Zucchini Sauce California Blend Vegetables Creamed Tropical Fruit with Granola	13 Pizza Burger Potato Wedges Mixed Vegetables Cauliflower & Dip Pudding	14 Potato Crunch Fish Calico Beans Peas and Carrots Coleslaw Bread Pudding & Raisins
17 Corned Beef Cabbage and Rutabagas Rosemary Roasted Potatoes Baby Carrots Trail Mix	18 Southwest Meatball Stew Winter Blend Vegetables Cottage Cheese & Chives Peaches	19 Baked Ham/Pineapple Sweet Potatoes & Peaches Country Blend Vegetables Dried Cherries Muffin	20 Lime Cilantro Chicken Wild Rice Oriental Blend Vegetables Melon Blueberry Cake	21 Meatloaf Baby Bakers Asparagus and Carrots Fresh Fruit Cookies
24 Closed 	25 Closed 	26 Chicken Sandwich On Bun, Lettuce and Tomato Potato Wedges Blueberry Cup Root Beer Float	27 Lemon Butter Fish Pulse Mélange Blend Kale Salad Plums Almond Cherry Pepita Bar	28 Swedish Meatballs Roasted Pasta and Vegetables Green and Wax Beans Raisins Pistachio Dessert
31 Closed 				

Senior Picnic Menu: Chicken Breast, Baked Beans, Cauliflower Potato Salad, & Strawberry Short 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)

November 14	Endeavor AddLIFE Center
November 19	Neshkoro AddLIFE Center
November 20	Oxford AddLIFE Center
November 26	Packwaukee AddLIFE Center
November 27	Westfield AddLIFE Center
November 28	Montello AddLIFE Center

(There will be no outreach dates in December.)

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

New Life Threads—Free Clothing

Saturday, November 3rd from 9am to 12:30pm

Faith United Methodist Church, 402 S. Main Street, Westfield, WI

We are offering a large selection of gently used Fall & Winter clothing for infants, children, teens, women, & men. Lots of sizes and they are organized! Everyone is welcome! Call Joni at 608-369-0625 with questions or to make a donation.

Special Events Calendar - November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 M: O: W:	2 Eat Together for Advocacy / Caregiver Luncheon Dining Sites Closed No Home Delivered Meals
5 M: N: P: Holiday Bird Feeder Making W:	6 M: ADRC Visit O: W:	7E: ADRC Visit Body Vibration (Karyn Niin Kitigade) M: N: W: Yoga w/Sheena	8 M: O: ADRC Visit W:	9 M: N: ADRC Visit Find Me If You Can P: W:
12 Veteran's Day Dining Sites Closed No Home Delivered Meals M: Marquette County Senior Citizens Board	13 M: O: Holiday Bird Feeder Making W: ADRC Visit	14 E: Updates w/Colleen M: General Meeting N: Nutrition Advisory Council Meeting W:	15 M: O: W: Aaron the Librarian	16 M: N: P: ADRC Visit W: Bingo
19 M: N: Packer/Viking Day Updates w/Colleen P: W:	20 M: O: Updates w/Colleen W:	21 E: M: N: Fact/Fiction with Librarian Cheryl W: Yoga w/Sheena	22 Thanksgiving Dining Sites Closed No Home Delivered Meals	23 Day after Thanksgiving Dining Sites Closed No Home Delivered Meals
26 M: N: P: Updates w/Colleen Christmas Card Making W:	27 M: O: W: Updates w/Colleen	28 E: M: Updates w/Colleen N: W:	29 M: O: W:	30M: N: Music w/Rodger Krueger P: W: Gospel Music Singalong

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 - December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 M: N: P: W:	4 M: O: W:	5 E: M: N: W: Yoga w/Sheena	6 M: O: W:	7 M: N: P: W: Bingo
10 M: N: P: Christmas Cookie Decorating W:	11 M: Marquette County Senior Citizens Board O: Financial Abuse & Fraud (Marcie Muellen) W:	12 E: Financial Abuse & Fraud (Marcie Muellen) M: General Meeting N: W:	13 M: O: W:	14 M: N: Christmas Traditions P: W:
17 M: N: P: W:	18 M: O: W:	19 E: M: N: Fact/Fiction with Librarian Cheryl W: Yoga w/Sheena	20 M: O: W: Aaron the Librarian	21 M: N: Christmas Party Ice Breaker Bingo P: W: Bingo Holiday Decorations
24 Christmas Eve Dining Sites Closed No Home Delivered Meals	25 Christmas Day Dining Sites Closed No Home Delivered Meals	26 E: M: N: W:	27 M: O: W:	28 M: N: Music w/Rodger Krueger P: W:
31 New Year's Eve Dining Sites Closed No Home Delivered Meals				

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.

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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
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thanks
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caregiving
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sacrifice
overwhelming
sickness
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difficult
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strength
dedication
family