

# Marquette County Senior Citizen News

ADRC OF MARQUETTE COUNTY  
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MONTELLO, WI 53949 • (855) 440-2372

## November & December 2021



Photo Submitted By: Claudine Anderson

### Inside This Issue

Medicare Celebrity Commercials. 2	
Continued from Page 2.....	3
Carbohydrates and Diabetes ...	4
Low-Carb Recipes .....	5
Articles from Social Security ...	6
Transportation .....	7
Recipe/Contest Winner .....	8
Nutritional Supplements and Tips & Tricks from the Kitchen .....	9
Open Enrollment .....	10
Open Enrollment Form .....	11
Open Enrollment Form .....	12
The Reverse Gift .....	13
Planning and Decision Making.	14
Food Share and Energy Assistance . . .	15
Food Bank Update .....	16
Health Dept. Clinics.....	17
November Menu .....	18
Dining Sites and Meals on the Go Menu .....	19
December Menu .....	20
Benefit Specialist/Health .....	21
Veteran Services.....	22
Special Events .....	23
ADRC Staff .....	Back Cover

**We're looking for photos of  
Marquette County for  
the cover of our newsletter!  
Submit your photos to Jan at  
[jkrueger@co.marquette.wi.us](mailto:jkrueger@co.marquette.wi.us)**

## Feeling Bombarded by Celebrity Commercials? *Here are a few things to know before you call...*

Ingrid Kundinger, Wisconsin Senior Medicare Patrol Project Manager



If you watch television, you have probably seen the commercials for Medicare insurance. Some of these commercials feature famous athletes delivering “important information if you are on Medicare”. Other commercials might make you feel like you are missing out on all sorts of benefits that you are entitled to. Are you nodding your head right now because you’ve seen these types of commercials?

These types of commercials are intensifying due to Medicare’s Open Enrollment Period which is October 15 – December 7, 2021. This is the time of year that Medicare health and drug plans can make changes each year – things like cost, coverage, and what providers and pharmacies are in their networks. October 15 – December 7 is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs. Television commercials will try to entice you with additional benefits or make you feel like you are missing out. Be careful and do your homework to make sure that you understand what benefits and plans are available to you where you live.

Here are a few important things to know before you make the decision to call the number on the TV screen:

While the commercials use the word Medicare, the red, white, and blue colors and images of a Medicare card, the telephone numbers that are displayed on these commercials are NOT Medicare, but rather a licensed insurance agent or broker. The fine print on the bottom of the TV screen, which is almost impossible to read, states that these plans are not affiliated with any government program or agency.

The benefits that are mentioned (eyeglasses, hearing aids, rides to appointments, etc.) are benefits that MAY be offered with certain Medicare Advantage plans. Medicare Advantage plans vary greatly from state to state, and even county to county, so it is important to do your homework. In some cases, there are additional costs associated with these benefits or eligibility guidelines that must be met to qualify. It is not a “one size fits all” type of option.

Some commercials mention that you may qualify for up to \$144 added back to your Social Security check every month. Be careful as there are conditions that apply to this statement. This rebate is something that you may be eligible for IF you purchase a Medicare Advantage plan AND live in a certain area of the country. It is important that you understand if you live in an eligible area of the country or zip code.

The commercials may also state that you may qualify for a zero-dollar premium or mention available benefits at no additional cost. Again, there is fine print for these types of situations that you need to be aware of. Zero-dollar premium plans may also have co-payments and coinsurance that can apply. And again, these types of plans may not be available where you live.

What’s the bottom line? By responding to the TV commercials, you may end up with a Medicare Advantage plan that is not available in your area, does not include your preferred health care provider, or has costs that you were not anticipating. And since the new plan doesn’t go into effect until January 1, 2022, you may not find out these things until it’s too late.

So, what can you do to make sure that you understand all your options?

Do your homework and become an informed consumer. Make sure that you understand the differences between Medicare Part A, B, C, and D and other plans available such as Medigap. Yes, it can be complicated, but there are available resources across the state of Wisconsin that provide unbiased information, at no cost to you.

### **Important Resources for Wisconsin Medicare Beneficiaries:**

- Benefit Specialists at local Aging and Disability Resource Centers (ADRCs) and aging units in every county and tribe offer benefits counseling. For contact information, visit <https://www.dhs.wisconsin.gov/benefit-specialists/index.htm> or call 608-266-2536.
- Contact Medicare directly by calling (800-633-4227) or visiting <https://www.medicare.gov/>.



***Continued- Important Resources for Wisconsin Medicare Beneficiaries:***

- The Medigap Helpline (800-242-1060) is a toll-free helpline operated by the Wisconsin Board on Aging and Long-Term Care that provides counseling for all Wisconsin Medicare beneficiaries on Medicare, Medicare supplement insurance, employer-based health insurance, Medicare Advantage plans, long term care insurance and related topics.
- The Wisconsin Medigap Part D and Prescription Drug Helpline (855-677-2783) is a toll-free helpline that answers questions from Wisconsin residents age 60 and over about Medicare Part D and other prescription drug coverage options.
- The Disability Drug Benefits Helpline (800-926-4862) is a toll-free helpline operated by Disability Rights Wisconsin that helps people who have Medicare due to a disability with questions about prescription drug coverage.
- Office for the Deaf and Hard of Hearing (video phone: 262-347-3045) provides outreach and individual counseling in American Sign Language.
- [Wisconsin Judicare, Inc. \(800-472-1638\)](https://www.wisconsinjudicare.com/) provides outreach and benefits counseling to Native American Medicare beneficiaries.
- The Wisconsin Senior Medicare Patrol (888-818-2611) is a toll-free helpline for Medicare beneficiaries and their families to call to report suspected Medicare fraud, errors, and abuse.
- The Senior Medicare Patrol (SMP) is ready to provide you with the information you need to **PROTECT** yourself from Medicare fraud, abuse, and errors; **DETECT** potential fraud, abuse, and errors; and to **REPORT** your concerns. SMP helps educate and empower Medicare beneficiaries in the fight against health care fraud. SMP can help you with your questions, concerns, or complaints about potential fraud and abuse issues. SMP can also provide information and educational presentations, virtually and in-person, when it is safe for everyone.
- The Wisconsin SMP is located at the Greater Wisconsin Agency on Aging Resources, Inc. (GWAAR). The Wisconsin SMP can be reached toll-free at (888) 818-2611, by email at [smp-wi@gwaar.org](mailto:smp-wi@gwaar.org), or online at <https://gwaar.org/senior-medicare-patrol>.

# Carbohydrates and Diabetes

By Amelia Cisewski, RDN, CD

When you have diabetes, keeping your blood sugar in a healthy range can help you feel at your best and prevent complications in the future. We can keep our blood sugar under control by paying attention to how many carbohydrates we eat. Any carbohydrate that we eat is digested into glucose, which causes our blood glucose level to increase. Insulin binds to the blood glucose to be utilized in our bodies. For people with diabetes, that process doesn't work properly so insulin or medication is taken to assist. That is why it is also important to be mindful of carbohydrates. Eating some carbohydrates throughout the day is important because they play an important role in our diets by providing energy and essential nutrients for our bodies.

Just like watching how many carbohydrates we eat is important so is the type of carbohydrates we eat. Not all carbohydrates are the same. There are simple and complex carbohydrates.

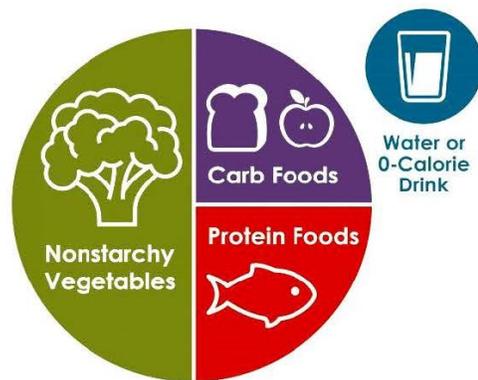
**Simple carbohydrates** are composed of easy-to-digest sugars. They occur naturally in fruit or milk while processed sugars are added to things like candy, cookies, and juice. Since simple carbs are quickly digested, they can cause a spike in blood sugar levels. However, simple carbohydrates aren't necessarily bad. Fruits and dairy products contain simple carbs but are different than from processed foods with refined sugar. Fruit contains fiber and essential nutrients. Dairy also contains healthy nutrients like calcium and protein. Protein helps slow the absorption of carbs into the bloodstream.

**Complex carbohydrates** like whole grains, legumes, and starchy vegetables contain longer chains of sugar molecules. They also contain fiber which slows down the absorption into the bloodstream. Focus on choosing carbohydrates from nutrient-rich, whole foods such as fruits, vegetables, beans, whole grains and dairy products like milk or yogurt. Choose whole grain bread, whole grain pasta, or brown rice instead of white (refined) varieties. Choose whole fruits and vegetables over fruit juice or sugary foods.

**Low calorie sweeteners** can decrease your carbohydrate intake by replacing low-calorie options with regular items like cookies. Add a packet of sugar substitute to your coffee or tea. Low-calorie sweeteners and artificial sweeteners have been studied and are not shown to be harmful. However like anything, it is important to keep moderation in mind when it comes to artificial sweeteners and not over do it.

## Diabetes Plate Method

Healthy eating is about more than just carbohydrates. It is important to eat balanced meals including fruits and vegetables, whole grains, lean protein sources, healthy fats and dairy. Protein foods (including meat, poultry, and fish) and fats do not directly affect blood sugars and can help us feel satisfied. Try the Diabetes Plate Method as a simple guide to plan your meals. With all the food we eat, remember that variety and portion control is important.



# Low- Carb Recipes

## Marinated Venison Steak with Mushrooms

**Prep Time:** 20 minutes      **Serves:** 4

### Ingredients

1 1/2 pounds venison steak	Black pepper
1 garlic clove	1 Tbsp. olive oil
1/2 tsp. oregano	1 pound fresh mushrooms, sliced
1 c fat-free Italian salad dressing	



### Directions

1. The night before cooking, place steak in a gallon-size resealable plastic bag. Add crushed garlic clove, oregano, and salad dressing. Shake well and refrigerate overnight.
2. Remove steak from the bag and discard the marinade. Grill the steak indoors or outdoors, seasoning with black pepper to taste and turning once. (Internal temp should reach 165°F).
3. While cooking steak, heat olive oil in a pan and sauté mushrooms in a medium skillet until desired tenderness.
4. Top venison with mushrooms and enjoy!

### Nutrition Facts: for 4 ounces

Calories	141	Saturated Fat	1g	Dietary Fiber	2g
Total Fat	3g	Carbohydrates	5g	Protein	26g

## 4-Ingredient Peanut Butter Cookies

**Prep Time:** 20 minutes      **Bake Time:** 10 minutes      **Serves:** 20

### Ingredients

- 1 c peanut butter
- 1 c Splenda granulated sweetener
- 1 large egg (beaten)
- 1 tsp. vanilla extract



### Directions

1. Preheat oven to 350°F. In a large bowl, mix together peanut butter, Splenda sweetener, egg, and vanilla extract. Chill mixture in the fridge for at least 10 minutes.
2. Spoon into 1 Tbsp. balls and place on an ungreased cookie sheet. Press lightly with the tines of a fork to create a crosshatch pattern and flatten each cookie slightly.
3. Bake for 8 minutes. Let cool on cookie sheet at least 5 minutes before transferring to a wire rack to finish cooling.

### Nutrition Facts: for 1 cookie

Calories	80	Saturated Fat	1g	Sodium	50mg
Total Fat	7g	Carbohydrates	3g	Protein	4g

## Understanding Social Security Spouses' Benefits

Did you know your spouse's benefit amount could be up to 50% of your spouse's full retirement age benefit amount? If you qualify for a retirement benefit from your own work history and a spouse's record, we always pay your own benefit first. You cannot receive spouse's benefits unless your spouse is receiving their retirement benefits (except for divorced spouses).

If you receive your retirement benefit before your full retirement age, while waiting for your spouse to reach full retirement age, your own retirement portion will be reduced. When you add your spouse's benefits later, the total retirement and spouse's benefit together will be no more than 50% of the worker's amount. You can find out more about this at [www.ssa.gov/benefits/retirement/planner/applying7.html](http://www.ssa.gov/benefits/retirement/planner/applying7.html).

Knowing about these benefits can help you plan your financial future. Access a wealth of useful information on our retirement portal at [www.ssa.gov/benefits/retirement](http://www.ssa.gov/benefits/retirement).

## Veterans and Active Duty Military Members: Social Security Has Your Back!

Every year on Veterans Day, we honor the people who risk their lives to protect our country. Our disability program is part of our obligation to wounded warriors and their families. Social Security is an important resource for military members who return home with injuries. If you know a wounded veteran, please let them know about our Wounded Warriors web page, [www.ssa.gov/woundedwarriors](http://www.ssa.gov/woundedwarriors).

Our Wounded Warriors web page answers many questions commonly asked about Social Security, and shares useful information about disability benefits. On this page, you can learn how Social Security benefits are different from benefits available through the Department of Veterans Affairs and require a separate application. We also explain how veterans can expedite the processing of their Social Security disability claims if they become disabled while on active military service on or after October 1, 2001, regardless of where the disability occurs.

Active duty military service members who continue to receive pay while in a hospital or on medical leave should consider applying for disability benefits if they're unable to work due to a disabling condition. Active duty status and receipt of military pay doesn't necessarily prevent payment of Social Security disability benefits.

We honor veterans and active duty members of the military every day by giving them the respect they deserve. Please let these heroes know they can count on SSA when they need us most. They've earned these benefits! Our web pages are easy to share on social media and by email with your friends and family. Please consider passing this information along to someone who may need it.

# Transportation Programs

**Riders are required to wear a mask for the safety of others and our drivers.**

**If you need a RIDE to Medical Appointments**  
See chart for copays

The Aging and Disability Services Transportation Program will coordinate and provide transportation for **people 60+ or those disabled to and from medical appointments**. Copay amounts depend on the destination. Services are provided in a non-discriminatory manner, without regard to race, color, or national origin.

Reservation is required **48 hours** in advance. Call the Transportation Specialist at **(608)297-3104** for more info or to make a reservation.

**If you need a RIDE to Portage for shopping**  
This is a special project that has a copay of \$5.

The Aging and Disability Services Transportation Program will coordinate and provide transportation to residents of Westfield, Montello, Packwaukee, Oxford and Endeavor on the **4<sup>th</sup> Friday** of the month. Transportation will be provided to Portage for shopping (at approx. 9 am, and returning around 11am).

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

**Christmas Shopping Trip** to Plover will be December 17th. **There is a \$5 copay for this special trip.** Last pick up will be around 10am. Reservation is required **48 hours** in advance. Call the Transportation Specialist at **(608) 297-3104**.

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

## Are you interested in sponsoring a ride?

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

## Pumpkin Bars

### Cake:

2 c sugar	1/2 tsp. vanilla
4 eggs	2 tsp. baking soda
1 1/2 c vegetable oil	2 tsp. cinnamon
2 c flour	1 1/2 c pumpkin
1 tsp. salt	

Mix all together & pour into greased jelly roll pan.  
Bake at 350°F for 25-30 minutes. Cool.

### Frosting:

3 oz. cream cheese— softened	6 Tbsp. softened butter
2 c powder sugar	1-2 Tbsp. milk (if needed)

Blend well— I use a hand mixer.

**Note:** These freeze well. I cut them into serving sizes & freeze on a cookie sheet. When frozen, I place in a freezer container or Ziplock bag. Very Good!



Submitted by  
Sharon Potter from Westfield  
Pumpkin Recipe Contest Winner!

## Recipe Contest!

Do you have a recipe you enjoy around the holidays? Enter your holiday recipe into our contest! Your recipe could be chosen to be featured on our menu or featured in the next newsletter! All submissions will be entered in a drawing to win a prize! If you have a story or photo that you would like to share with your recipe, please include that as well.

Email your recipe to [acisewski@co.marquette.wi.us](mailto:acisewski@co.marquette.wi.us)

Or mail to: Amelia Cisewski  
Senior Nutrition Program  
PO Box 405  
Montello, WI 53949

Or send back to the office with the HDM driver

**Recipes must be submitted by November 30th.**

Have any questions? Call (608) 297-3146

Aging and Disability Resource Center of Marquette County  
 855-440-2372 [www.adrcmarquette.org](http://www.adrcmarquette.org)  
 Connecting you with support and services



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

## Nutritional Supplements

You can purchase cases of **Ensure® Plus** from the Marquette County Senior Nutrition Program. The cost is **\$28.00** per **24-pack case**. Flavors offered are: **Vanilla, Chocolate, or Strawberry**. **Glucerna** is also available upon request. The cost is **\$38.00** per **24-pack case**. Flavors available are: **Chocolate or Vanilla**. Allow at least 1 week for delivery.

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

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

### Tips and Tricks from the Kitchen:

Tips and tricks for juicer meats.

I know it doesn't sound right to most of us, but let your meat sit out. Take your thawed out meat, whether it be chicken, beef, pork, turkey or fish, and let it come to almost room temperature. It lets the meat relax and therefore lets the juices flow. There are some meats, like pork chops and steaks that are juicier too if you sear them first.

Another tip to try is when your roast, chicken or turkey are done cooking, let it rest before cutting into it. This also lets the juice redistribute thru the meat making it juicier.

Just remember to also use sanitary precautions when cooking, wash your hands properly and cook the meat to the correct temperature.

Try it out and hopefully it works for you!

## Medicare Part D Open Enrollment—An Opportunity to Save Money

Open enrollment for Medicare plans in 2022 is October 15 through December 7, 2021. This is an important time for people with Medicare to review their current Part D prescription drug plan, note any changes, and determine if it is still the best option for them. Since insurance companies can change their Part D plan premiums, deductibles, and co-pays each year, switching to a different plan could result in extra money in your pocket! The Marquette County Elder Benefit Specialist helped county residents save over \$112,000.00 dollars during last year's open enrollment.

If you have had changes in your medications this past year it seems obvious that reviewing your plan and comparing it to other plans is a good idea. But even if you have not had medication changes, a new pricing structure for the plan could mean that the costs for your same drugs will increase next year. Likewise, a different company may now offer better coverage for those same medications. Some people have saved hundreds of dollars in a year by switching to a different Part D plan. The only way to find the lowest cost plan for next year is to review your plan and compare it to other Part D plans.

In addition to changing the list of medications that they cover (known as their "formulary") and how they cover them, Part D plans can also impose drug restrictions on covered medications. When you are reviewing your plan or comparing it to other plans, be sure to note any drug restrictions for your specific medications. In some cases, you may need to get prior authorization before your medication is covered. Another type of restriction, step therapy, means that the insurance company will have you try an alternative drug before they pay for the one your doctor has chosen for you. And if quantity limits are in place, you are limited to a certain number of pills each month. These are more reasons it is important to carefully review your Part D plan each year.

People on SeniorCare, Wisconsin's prescription drug assistance program, are not affected by this open enrollment period. They only need to renew their enrollment every 12 months. A renewal notice will be sent in the mail to the beneficiary. If you are on SeniorCare and have had medication changes, you might want to check on the cost of a part D plan to see if SeniorCare is still the best option for you.

### **Assistance with plan comparisons is available through the following resources:**

Marquette County Elder Benefit Specialist, Meg Wandrey, 608-297-3103,  
[mwanrey@co.marquette.wi.us](mailto:mwanrey@co.marquette.wi.us)

1-800-MEDICARE or [www.medicare.gov](http://www.medicare.gov)

Medigap helpline 1-800-242-1060

Disability Drug Helpline 1-800-926-4862 (if under age 60)

Wisconsin Medigap Prescription Drug Helpline 1-855-67 PART D (1-855-677-2783)

## Medicare Part D Disclaimer and Information Sheet

**BOTH SIDES of this form must be fully completed, signed by the customer, and returned to the ADRC at 428 Underwood Ave. PO Box 405, Montello in order for us to assist you with your drug plan review.**

**\*One sheet per person\***

### **\*NOTICE TO CUSTOMERS OF ADRC OPEN ENROLLMENT REVIEWS\***

The ADRC will assist you in exploring your drug plan options by using the plan finder tool on Medicare's website, [www.medicare.gov](http://www.medicare.gov). If you have worked with a benefit specialist in the past, we may have your mymedicare account information. We can help you create an account if you are new and would like a mymedicare account.

The ADRC's role is to provide you with assistance, information, and guidance so that you can choose the plan you feel is best for you. **The ADRC cannot and will not choose a plan for you.**

Accuracy of results depends upon information provided by the Part D plans on Medicare's website and information provided by you on this form. The Medicare website is subject to revision and/or error. The drug prices are approximate and total year costs are estimates.

If, after reviewing your drug plan options, you wish to enroll into a new plan for next year, the ADRC will complete the enrollment process for you, provided you have given consent. Enrollment can happen in person, over the phone or using Microsoft Teams.

A signature below indicates that you have read, understand, and agree to the information in this disclaimer, and you are requesting that the ADRC provide you with assistance to review your Medicare Part D Plan:

Signature \_\_\_\_\_ Date \_\_\_\_\_

### **PLEASE FLIP FORM OVER!**

Please fill out the back of this form as completely as possible and return it to the ADRC office at **428 Underwood Avenue PO Box 405, Montello**. Once received, the ADRC will contact you to assist you with your drug plan review. You may return your form by mail or in person.

\*For your safety and convenience, you may utilize the 'drop box' located outside the office. Just put your form in a sealed envelope labeled 'ADRC' and drop it in the box. Staff will check the box daily and get your form to our ADRC office the following business day.



To receive more copies of the Medicare Part D Disclaimer and Information Sheet you can call the ADRC at 855-440-2372 or go to [www.adrcmarquette.org](http://www.adrcmarquette.org)

## The Reverse Gift List

This year as the holidays approach there is one more thing to add to your "to-do" list. It is called the Reverse Gift List and it's an exercise in which you think not about giving but getting. It goes against all you've been taught, but when you are caring for someone else, it is vitally important to also care for yourself! The Reverse Gift List will help you get started!

To write a Reverse Gift List you need a sheet of paper, a pen or pencil and some ideas. Make two columns on your paper and label the first one "People I Trust". Label the second column "Things They Can Do". Now think of all the special people in your life who love you and care about you; neighbors, family (siblings, children, grandchildren, cousins), clergy and friends. Now write down some things they may enjoy doing that would be helpful to you; cook a meal a week, pick up groceries or medications, vacuum or dust, stop for a visit or sit with your loved one while you do something on your own. The possibilities are endless.

The idea is to think of things that are easy or enjoyable for them to do. Not everyone likes to cook, but your sister may really enjoy it! Your daughter may not be thrilled to clean your house for you but may find it easy to pick up your groceries while she's at the store anyway. Your cousin might enjoy doing your laundry or sweeping some floors while catching up on the latest news. Your pastor or priest might not want to mow your lawn but could schedule regular visits, so you have someone else to talk to. Your grandchild would likely enjoy stopping over after school for a snack and a visit each week.

Once you have written your Reverse Gift List, you can ask someone who is close to you to help you distribute the list, or you can talk to the people on the list and tell them your ideas. At this time of year your friends and family will be wondering what they can give you for Christmas. This is the perfect time to have a list of practical and helpful things you need.

The truth is most people enjoy helping. Allowing the people that care about you to help is actually giving them a gift. It is giving them the gift of giving! And just so it doesn't feel lopsided, remember all the nice things you've done for other people, and all the things you will do again once your life isn't consumed with being a caregiver. There is a time for everything, and now is the time for you to be the receiver of gifts. Your time for giving has happened and will happen again. Just sit back, write your Reverse Gift List and let others take care of you for a change! Happy Holidays!

If you have any questions about caregiving, local support groups or resources please call the **ADRC of Marquette County at 1-855-440-2372**.

*Jane Mahoney, Older American's Act Consultant, Greater Wisconsin Agency on Aging Resources*

## Planning and Decision Making

Excerpt taken from the Wisconsin Department of Health Services; the complete guide can be found at:

[www.dhs.wisconsin.gov/guide/end-of-life-planning.htm](http://www.dhs.wisconsin.gov/guide/end-of-life-planning.htm)

**Advance Directives:** [www.dhs.wisconsin.gov/publications/p6/p62025.pdf](http://www.dhs.wisconsin.gov/publications/p6/p62025.pdf)

An advance directive describes, in writing, your choices about the treatments you want or do not want or about how health care decisions should be made for you if you become incapacitated and cannot express your wishes. Anyone who is of sound mind and age 18 or older may complete these forms. Wisconsin laws created two forms of advance directives for health care – the living will and the power of attorney for health care.

- A **living will** allows you to select the kind of life-sustaining care you would want if injury or illness leaves you in a terminal condition (dying) or a persistent vegetative state with no hope of recovery.
- A **health care power of attorney**, you appoint someone to be your “agent” to make all health care decisions – not just those involving life support – for you if you lose the ability to make decisions for yourself.
- A **Power of Attorney for Finances and Property**, allows you to appoint someone to handle your financial matters.

**Do-Not-Resuscitate (DNR) Information:** <https://www.dhs.wisconsin.gov/ems/dnr.htm>

Under Subchapter III of Wis. Stat. Chapter 154, an attending physician may issue a do-not-resuscitate order for a "qualified patient," as defined in Wis. Stat. s. 154.17 (4).

As defined in Wis. Stat. s. 154.17 (2), a do-not-resuscitate order directs emergency medical technicians, first responders and emergency health care facilities personnel not to attempt cardiopulmonary resuscitation on the person for whom the order is issued if that person suffers cardiac or respiratory arrest. The purpose of a do-not-resuscitate order is to ensure that medical care provided in the emergency department and out-of-hospital settings is consistent with the patient's desire and the attending physician's authorization.

Visit the DNR webpage for more information on:

- Issuing a DNR order (attending physician responsibilities)
- Revoking a DNR order
- DNR identification bracelets
- Ordering materials

**Organ Donation:** [www.dhs.wisconsin.gov/donatelife/index.htm](http://www.dhs.wisconsin.gov/donatelife/index.htm)

The Wisconsin Donor Registry allows a person to legally authorize the gift of their organs, tissues and eyes upon their death. This decision can save and improve lives through transplantation, therapy, research, and education.

Visit the website for more information on the Organ Donation Program registry and:

- Forms related to organ, tissue, and eye recovery
- Donor designation data
- Donation events
- Donation organizations

**Access to and Privacy of Health Information:**

Federal and state laws govern your right to get, read and, in some cases, change the information in your medical records. They also protect the privacy of your medical records and other types of health information. These laws have been interpreted in different ways by different health care providers, but some general information on your rights and protections under these laws is available from the following sources.

- [www.hhs.gov/hipaa/for-individuals/guidance-materials-for-consumers/index.html](http://www.hhs.gov/hipaa/for-individuals/guidance-materials-for-consumers/index.html), includes information on how the privacy rule of the Health Insurance Portability and Accountability Act (HIPAA) may allow you to access your medical records while at the same time protect the privacy of your health information.
- <https://www.dhs.wisconsin.gov/hipaa/consguide.htm>: A guide to health information privacy that takes into account HIPAA and laws specific to Wisconsin.

### Legal Help

If you need legal help, the website, [www.wisbar.org](http://www.wisbar.org) provides general information on finding a lawyer. The website [www.lsc.gov/](http://www.lsc.gov/) is a private, non-profit corporation that can provide a list of local legal aid programs.

## FoodShare Annual Income Changes

By the GWAAR Legal Services Team (for reprint)

Household Size	Gross income limit (Categorical eligibility) <b>200% FPL</b>	Gross income limit (Change reporting required if household member(s) have earnings) <b>130% FPL</b>	Maximum Benefit per month
1	\$2,148	\$1,396	\$250
2	\$2,904	\$1,888	\$459

Household Size	Net Income Limit <b>100% FPL</b>	Household Asset Limit	Maximum Benefit per month
1	\$1,074	\$3,500	\$250
2	\$1,452	\$3,500	\$459

**Income limit:** Gross income is less than or equal to 200% FPL or, if gross income exceeds 200% of FPL, the net income of the EBD household is less than or equal to 100% of the FPL.

**Asset limit:** There is NO ASSET LIMIT for households with gross income less than or equal to 200% FPL; for households qualifying via net income, there is a household asset limit of \$3,500.

If an elder (age 60+) or disabled household cannot purchase and prepare food separately, they can apply as a separate household if the combined gross monthly income of persons living with the elder/disabled person and his/her spouse does not exceed 165% FPL (\$1,771/\$2,396). Do not count the income of the elder/disabled person and his/her spouse in this calculation.

## Energy Assistance

Residents can apply for energy assistance through the Department of Human Services at (608) 297-3124 or online at <https://energybenefit.wi.gov/>.

More information about the Home Energy Plus program is available at [homeenergyplus.wi.gov](http://homeenergyplus.wi.gov).

Income Guidelines for 2021-2022 Program Year		
Household Size	One Month	Annual Income
1	\$2,591.92	\$31,103
2	\$3,389.42	\$40,673
3	\$4,186.92	\$50,243
4	\$4,984.42	\$59,813

16

**Open**  
**1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>**  
**Thursday 1-3pm**

(no longer open the 5<sup>th</sup> Thursday)

&

**1<sup>st</sup> & 3<sup>rd</sup>**

**Tuesday 4:30-6pm**

**You can come once a month.**

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

**Please call with any questions:**  
**608-369-1059**



## **Quarter for a Cause**

December 5th the Quarter Auction at the Harrisville Sportsman's Club will benefit the Care & Share Food Bank of Marquette County.

Doors open at 11:30!!

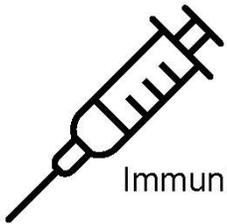




Happy **Veteran's** Day!!!

**November 11th**

Photo from: <https://williambowers.org/veteransday2018/>



## **Immunizations with Marquette County Health Department**

Immunization Clinics INCLUDING FLU SHOTS (High Dose and Standard Dose)

**November 8<sup>th</sup> and 22<sup>nd</sup>**

**December 13<sup>th</sup> and 27<sup>th</sup>**

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

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

If you are interested in a COVID-19 vaccine, you can check for appointments on the website [www.co.marquette.wi.us](http://www.co.marquette.wi.us) and clicking on "COVID-19 Information." If you do not have access to the internet, please call our office at 608-297-3135. If you, or someone you know, wants the COVID-19 vaccine but are struggling to find a provider due to being homebound or other functional/access needs, call us, we would love to help!

# November 2021

Note: All meals include milk and bread (if not listed on the day). Meals are for those 60+ years old. Exemptions apply, but need to be approved. Please call the Nutrition Coordinator for more information. 608-297-3146

## HOME DELIVERED MEAL MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1 Cinnamon Day Baked Chicken</b> Potatoes O'Brien Cheesy Cauliflower Carrot Sticks & Dip Cinnamon Twist		<b>3 Meatballs and Sauce</b> Chickpea Pasta Corn with Onions & Peppers Sharon Potter's Pumpkin Bars -Recipe contest winner		<b>5 Pork Chops</b> Mashed Potatoes Wilted Spinach Fruited Yogurt
<b>8 Soft Beef Taco</b> Lettuce, Tomatoes & Cheese Mexican Rice Black Beans and Corn Sweet Potato Bars		<b>10 Turkey &amp; Gravy</b> Mashed Potatoes Asparagus and Carrots Apple Slices & Caramel Dip	 <b>Veteran's Day</b>	<b>12 Tomato Rice Soup</b> Tuna Sandwich with lettuce Potato Chips Mixed Fruit
<b>15 Swedish Meatballs</b> Chickpea Pasta Stewed Tomatoes Tapioca Pudding & Cherries		<b>17 Homemade Bread Day Ham Spinach Bake</b> Hash Browns Warm Apples Zucchini Bread Blueberries & Cream		<b>19 Polish Sausage &amp; Sauerkraut</b> Seasoned Potatoes Broccoli Beet Cake
<b>22 Meatloaf</b> Mashed Potatoes Mixed Veggies Celery with Peanut Butter Cupcake		<b>24 BBQ Chicken</b> Baked Potato Collard Greens Peach Cup	<b>Happy Thanksgiving!</b>	<b>26 Closed- No Meal Delivery</b>
<b>29 Sunshine Salad</b> Lettuce, Spinach, Ham, Eggs, Garbanzo Beans, Peas, Cheese Grapes Cookie				



## Marquette County Senior Nutrition Program Meals on the Go & Dining Sites

**Tuesdays and Thursdays**



**Pick up Locations** from 11:30am-12:30pm:  
Montello Senior Citizens Dome or  
Endeavor Civic Center (Tuesdays Only)

**Dine In Locations:**  
Packwaukee Town Hall Starting Nov. 2nd at 11:45am  
Westfield Municipal Building Starting Nov. 2nd at Noon  
Oxford Village Hall Starting Dec. 7th at Noon

November Meals		December Meals	
<b>2 Pork Stir Fry</b> Brown Rice & Veggies Sugar Snap Peas Asian Salad Cranberry Jell-O	<b>4 Pepper Steak</b> Diced Potatoes Edamame Succotash Craisins Baked Custard		<b>2 Chopped Steak &amp; Mushroom Gravy</b> Zucchini Noodles Corn & Carrots Ambrosia
<b>9 Apricot Glazed Ham</b> Potato Medley Green & Wax Beans Pear Cake	<b>11 Closed</b>  <b>Veteran's Day</b>	<b>7 Deviled Pork Chop</b> Roasted Potatoes Creamed Mixed Veggies Frosted Zucchini Brownies	<b>9 Fruit Turnover Day</b> <b>Baked Potato</b> With Cheesy Ham, Broccoli, and Sour Cream Berry Cup Fruit Turnover
<b>16 Shredded Turkey &amp; Gravy Over Stuffing</b> Squash Cranberry Sauce Pumpkin Pie	<b>18 Beef Goulash</b> Beets Carrots Cranberry Fluff	<b>14 White Chicken Chili</b> Everything But Lettuce Salad Apple Slices Cake	<b>16 Lobster Mac &amp; Cheese</b> Bean Medley Rutabagas & Carrots Luscious Almond Cheesecake
<b>23 Baked Pollock</b> Calico Beans Sliced Carrots Apple Slices	<b>25 Closed</b>  <b>Thanksgiving</b>	<b>21 Italian Sausage &amp; Veggie Sauce</b> Chickpea Pasta Cauliflower & Red Peppers Citrus Cup	
<b>30 Mousse Day!</b> <b>Cheese Ravioli &amp; Meat Sauce</b> Roasted Vegetables Peppers & Dip Pumpkin Mousse		<b>28 Hamburger</b> Lettuce, Tomato, Pickle Sweet Potato Puffs Green Beans Cheesecake w/ Fruit	

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

For those 60 & older, meals are available on a donation basis with a suggested donation of \$3.00. There are no income guidelines. For more information about the Senior Nutrition Program Meals on the Go or Dining Sites, please call **608-297-3146**.



# December 2021

Note: All meals include milk and bread (if not listed on the day). Meals are for those 60+ years old. Exemptions apply, but need to be approved. Please call the Nutrition Coordinator for more information. 608-297-3146

## HOME DELIVERED MEAL MENU

Monday	Tuesday	Wednesday	Thursday	Friday
 <b>6 Reuben Sandwich</b> Diced Red Potatoes Green Beans Frosted Grapes	 <b>1 Pie Day</b> <b>Sweet &amp; Sour Chicken</b> Vegetable Fried Rice Sugar Snap Peas/ Egg Rolls Fruit Pie	<b>8 Brownie Day</b> <b>Beef Stroganoff &amp; Pasta</b> California Blend Veggies Cinnamon Applesauce Brownie	<b>3 Roast Beef &amp; Gravy</b> Mashed Potatoes Broccoli and Carrots Trail Mix	<b>10 Chicken Dumping Soup</b> Veggie Wrap Fresh Fruit Cinnamon Roll
<b>13 Beef Patty &amp; Gravy</b> Mashed Potatoes Red Cabbage Apricots		<b>15 Baked Ham with Pineapple</b> Sweet Potatoes Green Beans Almondine Raisin Rice Pudding		<b>17 Baked Ziti</b> Italian Green Beans Spinach Bake Apple Slices and Dip
<b>20 Pork Roast</b> Maple Glazed Sweet Potatoes WI Blend Veggies Kiwi		<b>22 Chicken Tenders</b> Potato Wedges Diced Carrots Kale Salad Homemade Cookie Bar		<b>24 Closed— No Meal Delivery</b> 
<b>27 Chicken Cor Don Bleu</b> Pasta and Vegetables Squash Tapioca Pudding & Cherries		<b>29 Hawaiian Meatballs</b> Garden Blend Rice Broccoli Raspberry and Cream Cup		<b>31 Closed— No Meal Delivery</b> New Year's Eve

# Elderly Benefits Specialist Program

## SENIORCARE

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

Elder Benefit Specialists counsel persons about public and private benefits. They provide information, advocate and represent people 60+ on public and private benefit issues. Assistance with applying for a wide range of benefits. Elder Benefit Specialists can help with Medicare, Medical Assistance, Senior Care, Social Security Retirement and Disability, Housing and Utility Issues, Appealing Denials of Benefits and a wide range of other topics. Outreach dates will be set once the Dining Sites open back up. See page 23 for details. Please contact the Elder Benefit Specialist, **Meg Wandrey, at 608-297-3103.**

## Remember – You Can Use FoodShare Benefits Online!

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

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

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

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

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

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

# MARQUETTE COUNTY



## VETERANS CEMETERIES AND VA ISSUED GRAVE MARKERS

Whenever a Marquette County veteran passes away, we work with the Veteran's Next of Kin and their Funeral Director to process applications for Veterans Burial Benefits. Deceased Veterans whose service was *other than dishonorable* are eligible for interment in National or State Veterans Cemeteries. This eligibility extends to their spouse and any minor children. Read over these benefits available to the deceased Veterans and their families.

### State of Wisconsin Veterans Cemeteries

Veterans, their spouses and family members may be buried at state veterans' cemeteries, operated by the Wisconsin Department of Veterans Affairs. In addition to veterans with active-duty service, veterans of the National Guard or Reserves with at least 20 years of service (that qualify for military retirement) and their family members are eligible for burial in state veterans' cemeteries. WDVA operates 3 cemeteries: Union Grove (in Racine County), Spooner (in Washburn County), and at the Wisconsin Veterans Home at King. For the burial of eligible veterans, the cemeteries provide gravesites for casketed or cremated remains, engraved headstones or markers, opening and closing of the graves, and perpetual care free of charge. A fee is charged for interments of eligible veterans' spouses and family members. Although not necessary to do so, veterans *may* pre-register prior to death with the cemetery of their choice. The funeral director or County Veterans Service Office can assist in these arrangements.

### National Veterans Cemeteries

Although there are 7 National Cemeteries in the State of Wisconsin, all but one of them are closed to future interments. There is a new National Cemetery in Oneida County. It is the Northwoods National Cemetery in Harshaw, WI and it has open burial space.

### Burial at Sea

It is also possible for a deceased veteran's remains to be buried at sea. The Navy cannot accommodate a casket burial. The Navy handles the arrangements after being contacted by the Funeral Home.

### VA Issued Grave Markers

Any deceased Veteran who was discharged *under conditions other than dishonorable* is eligible for a Memorial Headstone or Grave Marker. You can request them from the County Veterans Service Office. These markers or headstones are supplied and shipped at no cost, but it is the family's financial responsibility to have them properly mounted/installed. There are four basic types of markers: **Upright Headstone** (light gray granite or white marble), 42 inches long, 13 inches wide, 4 inches thick, and 230 pounds; **Flat Stone Marker** (white marble or light gray granite), 24 inches long, 12 inches wide, 4 inches thick, and 130 pounds; **Flat Bronze Marker**, 24 inches long, 12 inches wide, with 3/4 inch rise; and the **Bronze Niche Marker**, 8 1/2 inches long, 5 1/2 inches wide, with 7/16 inch rise. The bronze markers are designed so that they can be used either individually or attached to an existing civilian headstone. These markers generally show the Veteran's name, branch of service, any valor awards, and dates of birth and death. There is also a provision for inclusion of an "emblem of belief", i.e., a cross or another religious device. There is usually room on the marker for other text, if so desired. The Bronze Niche Marker is also designed for use in a Columbarium for cremains. Grave markers will not be issued if there is no grave or plot.

### Bronze Flag Holder

Marquette County Veterans Service Office provides a bronze flag holder and supporting rod for each veteran grave in the county. This is the flag holder that you see the small flags proudly flying on Memorial Day.

### VA Burial Allowance

Burial allowances are partial reimbursements of an eligible veteran's plot expenses and/or funeral costs. The County Veterans Service office can assist with applying for this allowance. Eligible veterans are those who were receiving VA disability compensation or VA non-service-connected pension at the time of death, or those veterans who pass away at a VA Hospital. The person who paid the veteran's burial expenses may be reimbursed by the VA. These expenses are divided into 2 categories. The first category is funeral and burial expenses. The second category is a plot (interment) allowance. There are a few factors used to determine the reimbursable amount. For example, if the veteran had a service-related death on or after September 11, 2001, the VA may pay \$2,000.00 in burial expenses. Additionally, if this same veteran is interred in a national cemetery, some or all the transportation expenses may be paid. Most veterans however, do not have a service-related death. If the veteran was in receipt of VA Pension or VA Compensation, or if the veteran was hospitalized by the VA at the time of death, the VA may reimburse burial expenses up to \$796 toward burial and funeral expenses (if hospitalized by VA at time of death), or \$300 toward burial and funeral expenses (if not hospitalized by VA at time of death), and a \$796 plot-interment allowance (if not buried in a national cemetery). If the death happened while the Veteran was in a VA hospital or under VA contracted nursing home care, some or all the costs for transporting the Veteran's remains may be reimbursed.

If you have any questions about Veterans programs or benefits or know of a veteran in need of assistance just call **Kris Bergh or Susan Kohn at the Marquette County Veterans Service Office 608-297-3182 or 3187.**

## Special Events - 2021

**Meals on the Go available at Montello and Endeavor. See page 19 for details and menu.**

**NEW: Westfield and Packwaukee dining sites will be open starting November 2nd on Tuesday's and Thursday's. Westfield will be serving at noon and Packwaukee will be serving at 11:45. Oxford dining site will be open starting December 7th.**

**Elder Benefit Specialist will be at the Packwaukee site on 11/16, Westfield site on 11/18 and 12/07, and the Oxford site on 12/09.**

**Meals are available on a donation basis with a suggested donation of \$3.00. We do require that you call the day before by 3:00pm (or 3:00pm on Friday for Monday) to reserve your place at the table. To make a reservation call 608-297-3146.**

Please check [www.adrcmarquette.org](http://www.adrcmarquette.org) for information on services.

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

Senior Citizens, Inc. is an organization of senior citizens 50 years of age and above in Marquette County. We provide a comfortable place for all Senior Citizens to meet, become informed, enjoy programs and partake in activities that keep them active, promoting healthy living.

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

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

#### Following are the membership events at the Dome:

- \* **Chair Exercises at the Senior Dome, 10am-11am: Monday** Stretch & Strength, **Wednesday** Aerobics and weights, **Thursday** dance yoga, and **Friday** yoga.
- \* **Card playing Tuesday: 12:30 pm** cards -- **1:00 pm Euchre**
- \* **Card playing Wednesday: 1:00 pm** open to Sheepshead players
- \* **Card playing Thursday: 12:30 pm** open to various games **1:00 pm** Fifer (bidding Euchre).
- \* **Card playing Sunday: 12:30 pm** 31, Sheepshead, and open to Euchre, Fifer, other games are welcome.
- \* **Pot Luck: Every 2<sup>nd</sup> Sunday of the month at 12:30 pm.**
- \* **Birthday club:** We go out to eat the third Wednesday of the month to celebrate the member's birthday's that occur in that month. It is Dutch treat and we car pool. Call Phyllis at (920) 979-7027 for more information.
- \* **Open to the Public Holiday Trails:** November 20<sup>th</sup> 9-3:00pm we are looking for vendors call Judy at 414-313-4369 or 608-818-2032.
- \* **Thanksgiving:** November 25<sup>th</sup> at 12:00pm registration no later than the 22<sup>nd</sup>. Come in and sign up or call Phyllis at 920-979-7027.
- \* **Christmas:** December 16<sup>th</sup> cost \$12.00 eat at 12:00pm sign up before the 9<sup>th</sup>. Catered by Mama's Café. Come in and sign up or call Phyllis at 920-979-7027. There will be entertainment.
- \* **New Year's Eve Day:** Bring a dish to pass and ham will be provided. We will be eating at 12:00pm Come in and sign up or call Phyllis at 920-979-7027. There will be entertainment.
- \* **Open to the Public Medicare Discussion:** November 9<sup>th</sup> at 12:00pm ADRC will be sending a representative to talk about the new things in Medicare and will be open to questions.



Notices of our 2021 activities can be found posted on the front door of the Senior Dome; in the Marquette County Senior Citizen Newsletter; the Marquette County Tribune; posters around town and now on Facebook listed as Marquette County Senior Citizens. For more info about membership or events, please call 608-297-7815. You can access the Senior Newsletter at [adrcmarquette.org/news/events](http://adrcmarquette.org/news/events).

## Meg Wandrey, *Elder Benefit Specialist*

Hi! I'm Margaret Wandrey. Here at the ADRC I go by Meg. As the Elder Benefit Specialist, I am here to help those over the age of 60 with public and private benefits. I can help with Medicare, Medical Assistance, SeniorCare, Extra help with Prescription Drug costs, FoodShare, SSI, Social Security, Medical Debt, Remediation, and Landlord/Tenant/ Eviction issues.



I've been with the ADRC for 7 years. I originally started as the Disability Benefit Specialist, and in 2019 I took over as the Elder Benefit Specialist.

I grew up in Rudolph, WI, on a dairy farm, went to college in Eau Claire and Colorado. I currently live near Coloma with my husband Evin and our 2 kids, Rhett – 2 1/2 years old, and Simone – 10 months old. I enjoy gardening, hunting, cooking, and spending time with friends and family.

1. *Where's the next place on your travel bucket list and why?* Alaska, I have always wanted to go.
2. *What's your favorite season and why?* My favorite season is Spring. I like to see all the plants sprout up and the return of all the birds. I love that everything seems to turn green and beautiful after one rainy weekend followed by a hot sunny day.
3. *If you could have a superpower, what would it be?* I would like to have the power to speak every language.
4. *What's your go-to midnight snack?* Cereal and milk
5. *If you could eat only one type of food for a year — breakfast, lunch, and dinner — what would you choose?* Pizza
6. *If you were in a pageant, what would your talent be?* Folding laundry
7. *Which one of Snow White's seven dwarfs best describes you (bashful, doc, dopey, grumpy, happy, sleepy or sneezy)?* While I think I have times that I can relate to all of the dwarfs, at this point in my life I can best be described as Sleepy (hard working, preceptive, laidback, relaxed, and trying to catch a few winks when I can).



## Adam Sengbusch, *Transportation Coordinator*

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

1. *Where's the next place on your travel bucket list and why?* Alaska-I would love to go up there to hunt, fish and trap.
2. *What's your favorite season and why?* Fall-Hunting and the temperature
3. *If you could have a superpower, what would it be?* To be able to go back in time
4. *What's your go-to midnight snack?* Really don't have one (I like popcorn)
5. *If you could eat only one type of food for a year — breakfast, lunch, and dinner — what would you choose?* Breakfast-Bacon. Lunch-Pizza. Supper-Steak.
6. *If you were in a pageant, what would your talent be?* Fishing. Idk
7. *Which one of Snow White's seven dwarfs best describes you (bashful, doc, dopey, grumpy, happy, sleepy or sneezy)?* Happy for the most part.