

Marquette County Senior Citizen News

ADRC OF MARQUETTE COUNTY
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January & February 2022



Photo Submitted By: Melissa Klebs

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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

Are You a Caregiver?

Need advice? Feeling burnt out? Looking for people who understand?

Caregiver Support Group In Person or Virtual/By Phone

Service Center Meeting Room in

The Service Center building (behind Human Services)

480 Underwood Ave, Montello, WI 53949

January 19	10AM	March 16	10AM
February 9	10AM	April 20	10AM

Call Colleen Sengbusch @ 608-297-3101 for more information or for virtual/phone in information.

Taking care of you... so you can take care of them.



WESTFIELD MEMORY CAFÉ

Wednesday, Jan. 5, 2022 & Wednesday, February 2, 2022

10:00 a.m. - 11:30 a.m.

Westfield Village Hall
129 E. 3rd St., Westfield

Note: If the Westfield School District is closed or delayed for any reason due to the weather, the Memory Café will be cancelled.

Questions-Contact Dementia Outreach Specialist, Janet Wiegel 608-697-2838 or janet.wiegel@alzwissc.org

Social Security Benefits to Increase 5.9% for 2022—Largest Increase in 40 Years

By the GWAAR Legal Services Team (for reprint)

The Social Security Administration (SSA) recently announced that the cost-of-living adjustment (COLA) for 2022 would be 5.9%, the largest increase since 1982. The average recipient will see a \$92 monthly increase from 2021. However, 2022 Medicare premiums are also expected to increase, reducing the impact of this COLA increase. Medicare premiums amounts for 2022 are expected to be released in November.

With the COLA for 2022, the average monthly Social Security benefit will increase from \$1,565 to \$1,657, and for individuals collecting Social Security Disability Insurance (SSDI), the average monthly benefit will increase from \$1,282 to \$1,358.

Additional Social Security Changes for 2022

- o Maximum earnings subject to the Social Security tax will increase from \$142,800 to \$147,000.
- o Maximum Social Security earnings before someone will see an early retirement work penalty will increase to \$19,560 per year or \$1,630 per month, unless the beneficiary reaches full retirement age (FRA) in that year, then the limit will increase to \$51,960 per year or \$4,330 per month.
- o In 2022 it will take \$1,510 to earn a Social Security quarter, up \$40 from 2021.

Things That Won't Change

- o Social Security tax rates remain the same for 2022: 6.2% on employees and 12.4% on the self-employed.
- o Individuals with earned income of more than \$200,000 (\$250,000 for married couples filing jointly) will continue to pay an additional 0.9% in Medicare taxes.

For more information see:

2022 COLA Fact Sheet: <https://www.ssa.gov/news/press/factsheets/colafacts2022.pdf>

Winter Weather Preparedness

Winter weather creates the possibility of closing the Senior Dining Sites and canceling Home-Delivered Meals. If Montello School is closed, then the dining sites will be closed and home-delivered meals will not be delivered. Listen to the following radio stations for information on closings due to bad weather.

WCWC Radio 96.1 FM

WDDC Radio 100 FM

WISS Radio 102.3 FM

WBKY 95.9 FM

There are other situations that may cause us to cancel meals. We will make the decision based on road conditions, weather forecast and the safety of drivers.

Be sure to be prepared to provide your own meals on cancelled days. Therefore, now is a great time to stock up with an "emergency food shelf" of shelf stable foods in case of winter weather closures and ready-to-eat foods in case of a winter weather related power outage.

Planning for situations when you may need an emergency food supply is a good idea. How much and which foods to store will depend on the members of your family household, your preferences, special health conditions, ability to use the food in an emergency, space for storage and how far you live from a grocery store.

A three-day emergency food supply should be enough for most situations. In addition to your short-term food supply, store water, personal hygiene items, flashlights, blankets, and other supplies for emergency use. The food supply needs to be nonperishable; select foods that require no refrigeration, minimal or no preparation or cooking, and little or no water. Try to select foods that are compact and lightweight.

Following are some suggested shelf stable food items:

- Juices- individual juice boxes (choose 100% juice)
- Canned fruit or individual fruit cups (in 100% juice)
- Dry cereal (cold or hot)
- Canned tuna or chicken
- Canned spaghetti, ravioli, etc.
- Canned soup or beans (choose low sodium)
- Peanut butter and jelly
- Canned vegetables (choose low sodium)
- Crackers (choose whole grain)
- Protein or fruit bars
- Cereal bars, granola bars
- Milk- powdered, canned, or shelf - stable milk
- Hot cocoa mix, tea, instant coffee
- Nuts, roasted soybeans
- Trail mix
- Smoked or dried meats, like beef jerky
- Dried fruits (raisins, Craisins, prunes, apricots, etc.)
- Pudding or gelatin cups
- Cheese or peanut butter crackers
- Carnation instant breakfast
- Bottled water



Social Security Survivors Benefits Explained



We are here for surviving family members when a worker dies. In the event of your death, certain members of your family may be eligible for survivors benefits. These include widows and widowers, divorced widows and widowers, children, and dependent parents.

The amount of benefits your survivors receive depends on your lifetime earnings. The higher your earnings, the higher their benefits. That's why it's important to make sure your earnings history is correct in our records. That starts with creating a *my Social Security* account at www.ssa.gov/myaccount. A *my Social Security* account is secure and gives you immediate access to your earnings records, Social Security benefit estimates, and a printable *Social Security Statement*. The *Statement* will let you see an estimate of the survivors benefits we could pay your family.

You may also want to visit our Benefits Planner for Survivors to help you better understand Social Security protections for you and your family as you plan for your financial future at www.ssa.gov/planners/survivors.

Please visit www.ssa.gov or read our publication Survivors Benefits at www.ssa.gov/pubs/EN-05-10084.pdf for more information. You can also help us spread the word by sharing this information with your family and friends.

Social Security Can Help You Start Or Return To Work

If you rely on Supplemental Security Income (SSI) payments or Social Security Disability Insurance (SSDI) benefits and want to start or return to work, we can help.

Ticket to Work (Ticket) is a program that supports career development for SSDI beneficiaries and SSI recipients who want to work and progress toward financial independence. The Ticket program is free and voluntary. Learn more about the Ticket to Work program at www.ssa.gov/work or call the Ticket to Work Help Line at 1-866-968-7842 or 1-866-833-2967 (TTY) Monday through Friday, 8 a.m. to 8 p.m. ET.

In addition to the Ticket to Work program, the Plan for Achieving Self-Support (PASS) program also helps people with disabilities return to work. A PASS allows you to set aside resources and other income besides your SSI for a specified period. With a PASS you can pursue a work goal that will reduce or eliminate your need for SSI or SSDI benefits.

How does a PASS help someone return to work?

We base SSI eligibility and payment amounts on income and resources (items of value that the person owns). PASS lets a person with a disability set aside money and items they own to pay for items or services needed to achieve a specific work goal.

The objective of the PASS is to help people with disabilities find employment that reduces or eliminates the need for SSI or SSDI benefits.

You can read all about the PASS program at www.ssa.gov/pubs/EN-05-11017.pdf.

The PASS must be in writing and we must approve the plan. To start, contact your local [PASS Cadre](#) or [local Social Security office](#), 877-445-0834 for an application (Form SSA-545-BK). You can also access the form at www.ssa.gov/forms/ssa-545.html. Ticket to Work service providers, vocational counselors, or a representative or relative can help you write a PASS.

For more information about PASS, read The Red Book - A Guide to Work Incentives at www.ssa.gov/redbook. Your job isn't just a source of income — it can be a vehicle to independence or the beginning step to fulfilling your dreams. Let our Ticket to Work program or PASS program help you achieve your goals.

Snow Removal Safety Tips

By the GWAAR Legal Services Team (for reprint)

As we approach the beginning of this very long Wisconsin winter, it is important to remember some tips to keep you safe when shoveling or using a snowblower to remove snow. During winter, there is always a risk of slipping and falling on ice. It is especially dangerous when that ice is hidden underneath freshly fallen snow. Shoveling heavy snow can also cause back, shoulder, knee and other orthopedic injuries.

Additionally, shoveling or pushing a snow blower can cause a sudden increase in blood pressure and heart rate, and the cold air can cause constriction of the blood vessels and decrease oxygen to the heart. These conditions cause the heart to work harder, which can trigger a potentially fatal heart attack.

Safety tips to help prevent falls & orthopedic injuries:

- See what you are shoveling/snow blowing. Make sure that your hat or scarf does not block your vision. Watch for ice patches and uneven surfaces. Avoid falls by wearing shoes or boots that have slip resistant soles. Watch for black ice and ice under freshly fallen snow, and “walk like a penguin” until you are sure that the surface where you are walking is not icy.
- Use a shovel that is comfortable for your height and strength. Do not use a shovel that is too heavy or too long for you. Consider buying a shovel that is specially designed to prevent too much stooping. Space your hands on the handle to increase your leverage.
- Warm up your muscles. Shoveling can be a vigorous activity. Before you begin, warm up your muscles for 10 minutes with light exercise.
- When possible, push the snow instead of lifting it. If you must lift, take small amounts of snow, and lift it with your legs: squat with your legs apart, knees bent and back straight. Lift by straightening your legs, without bending at the waist. Then walk to where you want to dump the snow; holding a shovelful of snow with your arms outstretched puts too much weight on your spine.
- Do not throw the snow over your shoulder or to the side. This requires a twisting motion that stresses your back.

Safety tips to help prevent heart attacks:

- Check with your doctor. Because this activity places high stress on the heart, speak with your physician first. If you have a medical condition or do not exercise regularly, consider hiring someone to remove the snow.
- Dress appropriately. Light, layered, water-repellent clothing provides both ventilation and insulation. It is also important to wear the appropriate head coverings, as well as mittens or gloves and thick, warm socks. Cover your mouth to help prevent breathing cold air. Take a break if you feel yourself getting too hot or too cold.
- Clear snow early and often. Begin when a light covering of snow is on the ground to avoid trying to clear packed, heavy snow. However, avoid shoveling immediately after you awaken as most heart attacks occur early in the morning when blood is more prone to clotting. Wait for at least 30 minutes and warm up your muscles before starting by walking for a few minutes or marching in place.
- Pace yourself. Take frequent breaks and replenish fluids to prevent dehydration. If you experience chest pain, shortness of breath or other signs of a heart attack, seek emergency care.
- Do not eat a heavy meal before or soon after shoveling because blood gets diverted from the heart to the stomach and can put extra strain on the heart.
- Do not drink coffee or smoke for at least one hour before or one hour after shoveling or during breaks. These are stimulants and elevate your blood pressure and heart rate.
- Do not drink alcohol before or immediately after shoveling. Alcohol can increase a person's sensation of warmth and may cause you to underestimate the extra strain your body is under in the cold.
- Watch for warning signs of a heart attack: lightheadedness, dizziness, being short of breath, or if you have tightness or burning in your chest, neck, arms or back. If you think you are having a heart attack, call 911.

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 **4th 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**.

<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.

Caregiver Guilt

We've all felt it. That nagging feeling like we've done something wrong; failed. It keeps prodding at you. You could have done more, done better; and now you've let someone down. Guilt.

The person you've failed or let down the most is probably you! You have an image of the "perfect you" - the way you believe you should be and the way you want to be. This image is based on your values and beliefs of how things ought to be - in a perfect world. When the things you do are different than the way the "perfect you" would have done them, you feel guilty. You've let yourself down.

For example, the "perfect you" has unending patience, but after answering the same question ten times in 5 minutes, you raise your voice in irritation. Guilt. The "perfect you" makes sure your spouse is happy, but when you have lunch with a friend on Saturday, your husband eats alone. Guilt. The "perfect you" believes your father should live with you when he is no longer able to live alone, but realistically, your job and family make that impossible. Guilt.

These feelings of guilt are common among caregivers and can actually help guide you into making good decisions. However, if your image of the "perfect you" is misaligned from what you realistically can do, these emotions can make you feel bad about yourself. If you are prone to guilt, learn to manage your guilt and use it to help you make realistic decisions. Here are some helpful tips for managing caregiver guilt.

Recognize when you feel guilt. In order to handle guilt properly, you must first be able to name it. When you get that nagging guilt feeling, own it and manage it before it gets you down.

Figure out where the guilt is coming from. What is the discrepancy between the real you and the "perfect you?" Are your expectations of yourself or your loved one too high? Do you have needs that are not being met? Do you need a break?

Give yourself a break. There is no certain way a caregiver should feel. Some days are better than others. Allow yourself to feel any emotion - anger, sadness, joy - and remember that emotions don't control your actions.

Look for ways to change how you do things. If you believe you should be more patient, find ways to deal with repetitive questioning. If your husband doesn't like to eat alone, find a friend or volunteer to eat with him while you have lunch with a friend. Let your guilt guide you into new solutions that works for both of you.

Recreate your image of a "perfect you". You may have created the image of who you should be when life was simpler. The idea of having dad move in with you was great at the time, but it may not be possible now. Committing to have him visit every Saturday may be a more realistic expectation. Promising to be your spouse's only caregiver when he just needed a little help was okay, but with the amount of care he needs now, having someone come in to help is a must.

Ask for help. Your guilt may be caused by not being able to do everything you think needs to be done; so, listen to your guilt and get some help. Ask friends or family for help, or call [the Aging and Disability Resource Center of Marquette County](#). There is no shame in asking for help. No one can do it all alone.

Always keep in mind that when you take care of yourself first you are a healthier caregiver, both physically and emotionally. Make sure your own needs are being met, and when that nagging feeling creeps into your thoughts, don't let it overtake you. Let it guide you to be the best caregiver you can be today.

Jane Mahoney
Caregiver Support Specialist
Greater Wisconsin Agency on Aging Resources

Aging and Disability Resource Center of Marquette County
 855-440-2372 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.

Kitchen Tips and Tricks

For crispy bacon, line a baking sheet with foil. Then place a cooling rack on top of the foil and spray with non-stick spray. Lay the bacon on top and place in the oven. Bake at 400 degrees for 15-20 minutes or until crisp. The oven does not need to be pre-heated.



Another tip for the new year....hire someone to do all the housework 😊

Will I Lose My Wisconsin Benefits in January?

By the GWAAR Legal Services Team (for reprint)

The short answer: No.

The long answer: If you were already eligible for or became eligible for Wisconsin benefits (SeniorCare, Medicaid, Medicare Savings Programs, or FoodShare) after March 2020, your benefits have been extended throughout the Federal Public Health Emergency – which remains ongoing. This means that even if you became ineligible for any of these programs after March 2020, your benefits have continued.

Many people are concerned that their benefits will be terminated at the end of 2021, or later without warning. This is not the case. Once the PHE has ended, which it has not yet, you will receive notice in the mail and be given time to complete a renewal before there is even a possibility of loss of benefits.

What you can do now:

Report changes. If there have been any changes to your household status, income, or other changes since March 2020, you should contact your local Income Maintenance Consortium and provide these updates. This will make it easier to complete renewals when the PHE does ultimately end.

Update your address. Make sure your Income Maintenance Consortium has your updated address. If you have moved residences at all since March 2020, you may miss your notice of renewal or benefits termination if it ends up being sent to a different address.

Watch your mail. Make sure to open all of your mail and carefully read any notices about Medicaid or other Public benefits. Respond timely if requested.

East Central Income Maintenance for Marquette County: 1-888-264-4563 or online at www.access.wi.gov

Avoid Coronavirus Scams

By the GWAAR Legal Services Team (for reprint)

The Federal Trade Commission (FTC) recently released consumer advice on avoiding scams related to COVID-19 and vaccines.

- COVID-19 vaccines are free. If anyone charges you for help signing up or the shot itself, it's a scam.
- You can't buy the COVID-19 vaccine anywhere. It's only available at federal and state-approved locations.
- Always talk with your doctor or healthcare professional before you try any product claiming to treat, prevent, or cure COVID-19.
- Don't post your vaccination card to your social media account. Someone could use the information for identity theft.
- Right now, there are no official plans to create a national vaccine verification app, certificate, or passport.
- If someone asks you for personal information or money to get a national vaccine certificate or passport, that's a scam.
- Contact your state government about its vaccine verification plans and requirements.
- Check with airlines, cruise lines, and event venues about their vaccine verification or negative testing requirements.

When you're looking for pandemic-related help, start with sites like coronavirus.gov and usa.gov/coronavirus.

From the Federal Trade Commission (FTC): <https://www.ftc.gov/coronavirus/scams-consumer-advice>

No Bake Layer Instant Pumpkin Spice Pie

Ingredients:

- 1 ready-to-use Graham Cracker Crust
- 2 small boxes pumpkin spice instant pudding mix
- 3 cups milk
- 1/2 tsp. cinnamon
- 8 oz. cream cheese, softened
- 1 8oz. Cool whip, thawed



Submitted by
Phyllis Mabie of Montello
Holiday Recipe Contest Winner!

Directions:

1. Combine 1 box dry pudding mix, 1 cup of milk, and 1/2 tsp. ground cinnamon. Mix until blended and slightly thickened. Pour into pie crust and spread evenly. Put in refrigerator to set firm.
2. Mix softened 8 oz. cream cheese and 1/2 c milk until smooth. Mix the other box of pumpkin spice pudding mix with 1 1/2 cup milk. Beat 1 minute, then add to the cream cheese mixture. Blend until well mixed. Pour this mixture on top of the previous pie mixture.
3. Once it is set, cover with whipped cream.

Note: You could also make it in a square pan and make your own graham cracker crust.

Recipe Contest!

Do you have a recipe you enjoy around St. Patrick's Day or Easter? Enter your St. Patrick's Day or Easter 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

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 January 31st.

Are You Getting Enough Vitamin D This Winter?



By Amelia Cisewski, RDN, CD

Vitamin D is a nutrient essential for bone health. It helps our bodies absorb calcium and phosphorus and regulates how much is in our blood to keep our bones and teeth strong as well as helps prevent osteoporosis and fractures. Vitamin D also keeps our muscles and nerves working well. The immune system uses vitamin D to help fight off invading viruses and bacteria.

Sources of Vitamin D

- The body makes Vitamin D when skin is directly exposed to sunlight. This is the body's most efficient way of getting vitamin D.
- Very few foods naturally contain vitamin D. Fatty fish such as salmon, tuna or mackerel are some of the best food sources. Cod liver oil is also a good source. Beef liver, egg yolks, and mushrooms (grown under UV lights) contain vitamin D as well.
- Fortified foods provide the most vitamin D in our diets. Milk is fortified as well as many cereals, orange juice, cheese and yogurt.



How much Vitamin D do you need?

The Recommended Dietary Allowance (RDA) for individuals 1- 70 years is 600 IU (International Unit) or 15 mcg each day and for those 71 years or older is 800 IU or 20mcg each day. Intake should not exceed 4000 IU.

Older adults tend to be at greater risk of not get enough vitamin D because they tend to get less sun exposure and their skin does not make vitamin D with sun exposure as effectively as when they were young. Also their kidneys are less able to convert vitamin D to its active form.

Vitamin D Supplementation

If an individual is not getting enough Vitamin D through sunlight and diet, it is recommended to supplement. According to the National Institute on Health, supplements of Vitamin D₃ (700-800 IU/day) and calcium (500-1,200mg/day) have been shown to reduce the risk of bone loss and fractures in older adults aged 62-85 years. However, it is important to discuss vitamin D supplementation with your primary care provider because it may interact with some medications.

Vitamin D and Inflammation

Vitamin D has recently been proven to increase anti-inflammatory cytokines (small proteins) and decrease proinflammatory cytokines in the body. This can lead to reduced inflammation and pain. Individuals with chronic inflammatory diseases, such as arthritis and asthma, may benefit from vitamin D supplementation if they are currently vitamin D deficient.

Recipes High In Vitamin D

Mushroom and Veggie Crustless Quiche

Ingredients:

- | | |
|------------------------|-------------------------------------|
| 1 Tbsp. butter | 1 c milk |
| 1 large onion, sliced | 1 c cheddar or other cheese, grated |
| 1 c sliced mushrooms | 1 tsp. salt |
| 2 c chopped vegetables | 1/2 tsp. black pepper |
| 8 eggs | |



Directions:

1. Set oven to 400°F.
2. Melt the butter in a skillet over medium heat. Add onion slices and sprinkle a bit of salt and pepper over them. Cook the onions until they are golden brown and starting to caramelize.
3. Spread onions in a buttered pie plate. Spread mushrooms and chopped vegetables evenly over the onions. The dish or pan should look fairly full.
4. In a bowl, use a fork to lightly beat the eggs with the milk, cheese, salt, and pepper, just enough to break up the yolks and whites. Pour the egg mixture over the vegetables and onions.
5. Bake the quiche in the oven for 1 hour. Once the surface is lightly brown all the way across, it's fully cooked.
6. Let the quiche cool for about 20 minutes. Then slice into wedges and enjoy!

Yield: 4 servings

Tater Tot Tuna Bake

Ingredients:

- | | |
|-----------------------|--|
| 14 oz. spiral pasta | 1 c grated cheese |
| 1 Tbsp. oil | 15 oz. can tuna |
| 2 Tbsp. butter | 12 oz. mixed frozen veggies |
| 1 onion, finely diced | 17.6 oz bag of tater tots or potato gems |
| 3 Tbsp. flour | Pinch of salt and pepper to taste |
| 3 c milk | |



Directions:

1. Cook pasta according to package instructions. Drain and set aside.
2. Preheat oven to 400°F. Grease a large casserole dish.
3. Heat oil and butter in a large saucepan. Add onion and cook over medium heat for 4 minutes until soft. Stir in flour and allow to cook for 1 minute. Gradually add milk, whisking to create a smooth sauce. Simmer for 2-3 minutes to thicken slightly. Season with salt and pepper, then stir in cheese. Add tuna, cooked pasta and mixed veggies and stir to combine.
4. Pour pasta mix into prepared casserole dish. Top with tater tots and sprinkle over a little extra cheese.
5. Bake for 20 minutes or until tater tots are golden and crispy.

Yield: 6 servings



Find help with the cost of medicine

NeedyMeds Fact Sheet

NeedyMeds is a national non-profit organization that maintains a website of free information on programs that help people who can't afford medications and healthcare costs. More than 1.3 million patients, family members, healthcare professionals, social workers and patient advocates use the NeedyMeds website each year. We also publish information about resources for specific diseases. All our information is accessible online, at no charge and without registration.

Facts

- More than 20,000,000 homepage hits since our inception
- 15,000-17,000 unique visitors to the website most workdays
- More than 5,000 people each year helped on the telephone
- More than 100,000 NeedyMeds brochures mailed annually
- Listing of more than 4,000 drug/formulations/dosages available through programs

Our Information: We offer the most complete and up-to-date information on a wide variety of different programs that provide financial assistance to uninsured and underinsured Americans.

- **Pharmaceutical Patient Assistance Programs** (Over 340 Listed) – Pharmaceutical companies that offer their drugs for free or low cost to those in need and who meet eligibility requirements.
- **Diagnosis-Based Assistance** (Over 1,300 Listed)– Programs that help with the costs associated with specific diagnoses.
- **Free/Low-Cost/Sliding-Scale Clinics** (Over 13,000 Listed) – Free or low cost clinics with a sliding scale based on income.
- **Help with Paperwork - Application Assistance** (Over 800 Listed) – Organizations and programs that assist patients with completing PAP applications for free or a small fee.
- **Coupons, Rebates & More** (Over 1,500 Listed)– Manufacturer coupons that may offer a rebate, discount or even free trial size of a medication.
- **Diagnosis-based Camps and Retreats** (Over 1,200 Listed) -A list of camps and retreats that are available based on a specific diagnosis.
- **Diagnosis-Based Scholarships** (Over 200 Listed) – A list of scholarships that are available based on a specific diagnosis.
- **Disease Information Pages** (Over 50 Listed) – Pages designed in a “one-stop shopping” concept developed to save time for those with specific diseases or conditions. They include links to nonprofit patient-oriented groups that offer education, research, support and advocacy.
- **Government Programs** – (Over 700 Listed) Programs that are created, sponsored, and/or funded (all or in part) by state, county or local governments to assist low-income residents with medical care, prescription assistance, health insurance, etc.
- **NeedyMeds Drug Discount Card** – Free card that may be used by anyone without insurance or instead of insurance to receive up to an 80% savings on the cost of prescription medications.

Our Support: Access to our information is completely free. We don't charge for any help we provide. Financial support comes from individual donations, corporate donations and grants, supporters who advertise on the website, syndication of our information, fees for assisting pharmaceutical manufacturers in running their patient assistance programs, our drug discount card, and from the use of PAPTracker™, our software that helps clinics and other organizations simplify the program application process.

FoodShare Annual Income Changes

By the GWAAR Legal Services Team (for reprint)

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

Household Size	Net Income Limit 100% FPL	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.

To apply for FoodShare call East Central Income Maintenance at 1-888-256-4563 or apply online at www.access.wi.gov

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.

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



care & share
FOOD BANK
of Marquette County

608-369-1059

PO BOX 821 N2975 HWY 22
MONTELLO, WI 53949

Hours:

1st, 2nd, 3rd and 4th Thursday of the month from 1-3pm

1st and 3rd Tuesday of the month 4:30-6pm

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

Contact Us:

Phone: (608) 369-1059

Email: foodbank@co.marquette.wi.us

Facebook: Care & Share Food Bank of Marquette County

Household Size	Combined Household Monthly Income
1 Person	\$3,190
2 People	\$4,310
3 People	\$5,430
4 People	\$6,550
5 People	\$7,670
6 People	\$8,790
7 People	\$9,910



Senior Mobile Food Pantry Must be 55 or older

February 4, 2022 @ 428 Underwood Ave Montello 10am-11am

Please do not arrive earlier than 15 minutes before the event.

This mobile food Pantry is for any Marquette County resident over the age of 55.

You will need an ID with your name and date of birth on it.

If you are carpooling, please make sure each person has their ID with them otherwise the person with the ID will be the only one to receive a box.

If you have any questions, please call

608-369-1059



Immunizations with Marquette County Health Department

Immunization Clinics

January 10th, 24th, 27th

February 14th, 24th, 28th

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

These walk-in clinic days do not include COVID-19 vaccines! Please see below for how to schedule a COVID-19 vaccine.

If you 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 and clicking on "COVID-19 Information." If you do not have access to the internet, please call our office at 608-297-3135. If you, or someone you know, wants the COVID-19 vaccine but are struggling to find a provider due to being homebound or other functional/access needs, call us, we would love to see what we can do to help!

Marquette County Health Department Foot Care Clinic Update!

At this time the Marquette County Health Department had to put Foot Care Clinics on hold again. We have not forgotten about our clients, and we can't wait to see you! Unfortunately, COVID-19 cases continue to increase, and our nurse's time is concentrating on our COVID-19 follow up. If you are a current client, we will contact you when things are back up and running.

January 2022

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
3 BBQ Country Style Ribs Sweet Potatoes Cauliflower Peaches & Cream	5 Lasagna Beets Warm Peaches Carrots and Dip Cake	7 Potato Crusted Fish Calico Baked Beans Broccoli Fruit Oreo Pudding Dessert		
10 Swiss Steak Baby Bakers Brussel Sprouts Carrots Coconut Cream Pie	12 Turkey and Gravy Stuffing & Cranberry Sauce Edamame Melon Cookie	14 Ham with Cherry Pie Filling Mashed Sweet Potatoes Collard Greens Fruit Crisp		
17 Chicken & Vegetables Chickpea Pasta Stewed Tomatoes Kiwi Bread Pudding	19 Unstuffed Cabbage Casserole Roasted Zucchini Apricots Ice Cream Cookie Sandwich	21 New England Clam Chowder Veggie Wrap Fruit Cup Strawberry Corncake		
24 Meatballs and Gravy Mashed Potatoes Peas & Carrots Peaches Peanut Butter Mousse	26 Chicken Breast Maple Sweet Potatoes Stewed Tomatoes Banana Cream Pie	28 German Reuben Casserole Beets Kale Salad No Bake Bar		
31 Think Spring Salad Lettuce, Spinach, Chicken, Ham, Pineapple Cinnamon Raisin Rice Pudding				



Marquette County Senior Nutrition Program

Meals on the Go & Dining Sites

Tuesdays and Thursdays

Pick up Locations:

Montello Senior Citizens Dome
from 11:45am-12:30pm
Endeavor Civic Center (Tuesdays Only)
from 11:30am– 12:30pm

Dine In Locations:

Oxford Village Hall at Noon
Packwaukee Town Hall at 11:45am
Westfield Municipal Building at Noon

January Meals	
4 Spaghetti & Meat Sauce Corn & Black Beans Applesauce Pecan Bar	6 Cr. Potato Bacon Soup Egg Salad Sandwich Shortbread Cookie Fruited Jell-O
11 Meatloaf Mashed Potatoes California Blend Veggies Pumpkin Spice Pie— Recipe Winner: Phyllis Mabie	13 Baked Chicken Thighs Potato Medley Green Beans Craisins Butter Rum Muffin
18 Pork Stew over Mashed Potatoes/Apples Collard Greens Cottage Cheese/Pineapple Blueberry Bar	20 Cheeseburger Sweet Potato Fries Broccoli and Dip Ambrosia Buttercrunch Bar
25 Baked Salmon Garden Blend Rice/ Veggies Edamame Succotash Coleslaw Melon Balls	27 Chicken Tenders Tater Tots Asparagus Dried Fruit Chocolate Cake

February Meals	
1 Meatballs and Sauce Chickpea Pasta Mixed Vegetables Peach & Raspberry Trifle	3 Corned Beef Diced Potatoes Cabbage, Carrots, Rutabagas Trail Mix Carrot Cake
8 Asian Chicken Wrap Vegetable Wild Rice Soup Graham Crackers & Chocolate Chip Dip	10 Salisbury Steak & Gravy Mashed Potatoes Green and Wax Beans Mixed Berry Cup Cream Cheese Brownie
15 Beef Stew Biscuit Kale Salad Cottage Cheese & Peaches Ice Cream Bar	17 Baked Pollock Calico Beans Broccoli and Cauliflower Blueberries & Cream
22 BBQ Pineapple Chicken Vegetable Fried Rice Pickled Beets Watermelon	24 Chili Corn Muffin Medium Veggie Salad Tropical Fruit

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

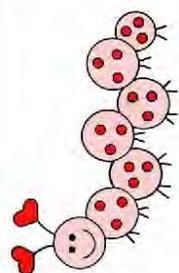
For those 60 & older, meals are available on a donation basis with a suggested donation of \$3.00. There are no income guidelines. For more information about the Senior Nutrition Program Meals on the Go or Dining Sites, please call **608-297-3146**.



February 2022

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
 7 Chicken Alfredo with Squash Noodles Broccoli Berry Crunch Parfait		2 Ground Beef and Green Bean Casserole Tater Tots Apples Layered Cake		4 Shredded Turkey/Gravy Mashed Potatoes Brussel Sprouts Copper Penny Salad Rice Krispies Treat
7 Chicken Alfredo with Squash Noodles Broccoli Berry Crunch Parfait		9 Breakfast Pizza Potatoes O'Brien Warm Country Apples Orange Juice Vanilla Ice Cream		11 Pork Burrito Lettuce & Tomatoes Spanish Rice Corn w/ Peppers & Onions Chocolate Banana Pudding
14 Beef Steak & Gravy Baked Potato California Blend Veggies Pineapple Angel Lush		16 Pork Chop Rosemary Roasted Potatoes Caramelized Carrots Veggie Tortellini Salad Almond Joy Dessert		18 Chicken Parmesan Chickpea Pasta Corn and Black Beans Citrus Sorbet Pie
21 Closed 		23 Chicken Sandwich with Lettuce Leaf Sweet Potato Fries Sugar Snap Peas Snicker Apple Salad		25 Clam Chowder Lettuce, Tomato, Cucumber Sandwich Marinated Vegetables Craisins/Cupcake
28 Shredded Pork & Gravy Mashed Potatoes Corn and Carrots Lemon Blueberry Dessert				
				

Elderly Benefits Specialist Program

SENIORCARE

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

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



How to get VA hearing aids

I get many requests from veterans of all ages who require hearing aids. Going out and purchasing these from the local hearing aid store can get quite costly. Hearing aids are available from the VA through a couple of different avenues: For those veterans who have a **service connected disability of hearing loss**, the VA will provide hearing aids at no cost to the veteran. These veterans may be service connected for hearing anywhere between the 0% and the 100% rate; it doesn't matter. The VA will determine if a hearing aid is called for based upon the amount of hearing loss in each ear. If the veteran has hearing loss at or exceeding this "threshold" level at certain frequencies, that veteran would be eligible for a hearing aid(s). Veterans who are not service connected for hearing loss still have a way to get set up with hearing aids. For a veteran enrolled in VA Health Care, the primary caregiver will refer the veteran to audiology if there is an obvious hearing issue.

Once a veteran makes it to audiology, the audiologist will administer a hearing exam. Those results will determine whether a hearing aid is called for. The veteran will be advised on which different type of hearing aid would be most appropriate for them, and then the VA audiologist will order it. The veteran will have to return to pick up the hearing aid(s), and the audiologist will adjust it for proper operation.

I assist veterans in submitting claims to the VA for disability compensation and many of these claims are for hearing loss or tinnitus. In order for hearing loss to be a service connected condition the veteran must currently have hearing loss that is at least 30 decibels average in an ear (hearing loss is rated separately by ear. A veteran can have left ear hearing loss, right ear hearing loss, or bilateral hearing loss – where the veteran is affected in both ears). This hearing loss must have stemmed from some noise exposure while in the service. The VA will check the veteran's service treatment records and compare induction and discharge physicals to see if there was a "threshold shift" in the veteran's hearing. There are many military occupational specialties which are accompanied by noise exposure – from infantry to aviation. I once had an admin clerk file for hearing loss. That veteran served during wartime, and although he was a clerk, he was called to the front for combat duty. A statement included in his claim describing him being called to combat was enough proof for the VA to grant the disability. Not every claim is successful. Tinnitus is a ringing or static in the ear(s). It may be in one ear or both ears, and it may come and go. Recurrent Tinnitus, if service connected, is a 10% rating. If granted, there is no other percentage for Recurrent Tinnitus. A claim for disability compensation will take months to complete, but will be of benefit to the veteran if the claim is successful.

The VA is using discretionary funding to supply hearing aids to veterans who are not service connected to correct a "quality of life" issue. The non-service connected veteran will still receive the same high quality hearing aids at a reasonable cost. The cost involved would only be the two \$50 co-pays for visits to a VA specialty clinic. That's a pretty good deal for hearing aids that would cost thousands of dollars if purchased anywhere else!

If you are a veteran or know a veteran contact Kris Bergh or Susan Kohn at the Marquette County Veterans Service Office 608-297-3182 or 3187. We will take the time to explain to you the many benefits that are available to veterans within our county.

Special Events - 2022

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

Westfield and Packwaukee dining sites are open starting on Tuesday's and Thursday's. Westfield will be serving at noon and Packwaukee will be serving at 11:45. Oxford dining site is open and serving at noon.

Elder Benefit Specialist will tentatively be at the Packwaukee site on 01/04 and 02/01, Westfield site on 01/11 and 02/15, and the Oxford site on 01/18 and 02/24.

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 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 2nd 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 20th 9-3:00pm we are looking for vendors call Judy at 414-313-4369 or 608-818-2032.
- * **Thanksgiving:** November 25th at 12:00pm registration no later than the 22nd. Come in and sign up or call Phyllis at 920-979-7027.
- * **Christmas:** December 16th cost \$12.00 eat at 12:00pm sign up before the 9th. 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 9th 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.

Nutrition Program Cooks: Prepares and cooks family-style meals for the Elderly Nutrition Program in Marquette County. Cooks foods in quantities according to approved menus by a Registered Dietitian/Nutritionist and state/federal guidelines, using standardized recipes on standard portion size. Ensuring the compliance with Federal, State and County rules and regulations concerning the Elderly Nutrition Program are met.

1. *Where's the next place on your travel bucket list and why?* There are a couple of places. Canada with my husband and whatever children want to come with. My husband vacationed there before with our one son, his brother, brother-in-law, he really enjoyed it and wants to go back with me. Bora Bora or some tropical place. We always talked about going just the two of us for one of our anniversaries. South Korea with our oldest son and older daughter. Just a country we talked about going to.
2. *What's your favorite season and why?* It used to be spring, but as I've gotten older, I like fall more because of the colors.
3. *If you could have a superpower, what would it be?* The power to heal.
4. *What's your go-to midnight snack?* Popcorn or chips
5. *If you could eat only one type of food for a year — breakfast, lunch, and dinner — what would you choose?* Lunch
6. *If you were in a pageant, what would your talent be?* Comedian- I like to make people smile and laugh.
7. *Which one of Snow White's seven dwarfs best describes you (bashful, doc, dopey, grumpy, happy, sleepy or sneezy)?* Sneezy-lol- for sure! A few other things, I like to read or paint in my spare time. Love to spend time with my husband and kids. Enjoy watching our daughter play volleyball. And we all enjoy going to Badger Games!! Go Big Red!!



Claudine Anderson



April McConnell

1. *Where's the next place on your travel bucket list and why?* Tropical bungalow/the views are breath taking.
2. *What's your favorite season and why?* Spring/Summer is when the flowers start blooming and I love gardening.
3. *If you could have a superpower, what would it be?* Mary Poppins
4. *What's your go-to midnight snack?* Popcorn
5. *If you could eat only one type of food for a year — breakfast, lunch, and dinner — what would you choose?* Dinner
6. *If you were in a pageant, what would your talent be?* Singing
7. *Which one of Snow White's seven dwarfs best describes you (bashful, doc, dopey, grumpy, happy, sleepy or sneezy)?* Bashful, grumpy, happy- Sorry couldn't just pick one. lol

Nutrition Coordinator: The Nutrition Coordinator is responsible for coordinating the elderly nutrition and home-delivered meal programs. Performs assessments to determine eligibility for homebound meal program. Provides nutritional counseling and education to both meal site and home delivered meal participants. Collaborates with kitchen staff on the development of menus and approves menus following program requirements. Evaluates the elderly nutrition program to insure there are no barriers to participation.

1. *Where's the next place on your travel bucket list and why?* I don't have a travel bucket list but think Wisconsin is the best place to be!
2. *What's your favorite season and why?* Spring because everything turns green again, flowers bloom, and it gets warmer.
3. *If you could have a superpower, what would it be?* Get everything done at once!
4. *What's your go-to midnight snack?* I don't snack at midnight, and I wouldn't recommend it.
5. *If you could eat only one type of food for a year — breakfast, lunch, and dinner — what would you choose?* Baked Potato loaded with meat and veggies and a glass of milk- I would be pretty well set nutritionally.
6. *If you were in a pageant, what would your talent be?* Play the saxophone.
7. *Which one of Snow White's seven dwarfs best describes you (bashful, doc, dopey, grumpy, happy, sleepy or sneezy)?* Happy



Amelia Cisewski