



ADRC CONNECT

AGING & DISABILITY RESOURCE CENTER OF MONROE COUNTY

315 West Oak Street, Suite A • Sparta, WI 54656 • 1-888-339-7854 • FAX (608) 269-8688
www.co.monroe.wi.us/services/aging-and-disability-resource-center-copy

Vintage Vagabond Trips are Appreciated and Enjoyed!



Susan Robinson
Vagabond Trip Coordinator

Last year the ADRC of Monroe County resumed our Vintage Vagabond Senior Trips after pausing the trips during the pandemic. Since that time we've traveled near and far to explore all the area has to offer. We enjoyed a trip to Brownsville to view the Tundra Swan migration, took in the White Christmas musical at the Fireside Dinner Theatre and enjoyed the Clauson Family Country Music Legends Show in

Coloma. This month we will be headed to Beaver Dam for their annual Wisconsin Arts and Peony Festival and next month takes us to Chanhassen for the Jersey Boys musical! Transportation for all of our trips are on a deluxe motorcoach and generally include a meal!

We are fortunate to have a volunteer, Susan Robinson, facilitate all of our trips. Susan works tirelessly to research, plan and coordinate events everyone is sure to enjoy. She works hard to keep our costs to a minimum and ensures a good time is had by all!

Here is what some travelers have shared about the trips. "When we arrived at the Brownsville Overlook, the sun came out and the viewing was quite pleasant. The wildlife naturalist gave a great presentation! The noon luncheon hit the spot. Special thanks to guide/chaperon/hostess Susan! On her maiden tour, she was cordial and did a really nice job!" One rider, Nona Justinger, really appreciates the luxury bus ride that she describes as "very relaxing". Nona feels it is nice to not have to worry about driving and she

especially enjoyed the trip to Coloma, describing it as "excellent"!

If this sounds like something you might enjoy please consider grabbing a few friends and joining us. What have you got to lose?!

More information can be found at our website <https://www.co.monroe.wi.us/departments/aging-and-disability-resource-center/senior-vintage-vagabond-trips> or call the ADRC at 608-269-8690. See page 8 for information on our next event. We look forward to seeing you on the bus!

Do you have a Medical or Dental Appointment that you need to go to?

**Unsure of how you are going to get there?
Call the ADRC of Monroe County at 608-269-8690!**



Julie Leis
ADRC Transportation Coordinator

The Aging & Disability Resource Center of Monroe County provides affordable transportation options to medical and dental appointments for the elderly and disabled citizens of Monroe County. We offer a Mini-Bus Transport for

individuals with wheelchairs and a Volunteer Driver Transport that can take you door to door.

When calling to arrange a ride please be prepared with the following information:

- Your name, date of birth, pick up address and a phone number where you can be reached.

- Appointment date and time, doctor's name, clinic, department and the approximate length of appointment.
- Information regarding special circumstances that our driver should be aware of. This includes but not limited to, extra rider that may escort you and any adaptive aids used (wheelchair, walker or cane)

If you have questions regarding our transportation program, please contact

Julie Leis, ADRC Transportation Coordinator at 608-269-8689.



Tomah Meal Site Opening



Patti Abbot
Nutrition Program Coordinator

A knock at the door might not seem like a big deal to many of us. But, to a homebound senior, it could signal the arrival of the only person they might see all day or all

week long. It brings hope. It brings health. It brings the nutrition and care that will completely make their day. A knock from a home delivery meal provider can even save lives.

The ADRC of Monroe County is seeking a part time (daily) meal driver and also a substitute/fill in driver for our Tomah route. Why would someone want to do this? Maybe you are thinking, what's in it for me? Maybe it is time to get out of the house and get more active for a few hours. You can connect with others, have an opportunity to give back and cure your own loneliness as well as the participants you are delivering to. It would help to increase your daily activity level which would improve your quality of life. Maybe you need to get out of the house while the kids are at school. Maybe you go to night school and need

something to fill in the gap for a few hours each day.

"I don't want to work full time" The hours are weekdays, ranging from 2 - 3 hours per day with no holidays or weekends. Mileage is reimbursed and we even have a team of 2 that share a route so they do not come in every day if you want to share with a friend. An hourly wage is also paid.

Hear what some drivers say about the opportunity to deliver:

"It makes me feel good and the reason I drive is because I have been blessed and I want to pay it forward. I enjoy working with my wife because I feel closest to her when we're doing stuff like this. It is a win win."

"It's fun. We get the opportunity to help other people, to make a contact with them, to help make sure they're safe. They're good, friendly people and we build a relationship, a connection with them."

Go to www.co.monroe.wi.us/departments/personnel/ to find the application. For more job information contact the ADRC of Monroe County at 608-269-8691.

If you are looking for something rewarding to fill your time, this is it!



June 21, 2023 12 PM - 4 PM

FREE

Film showing followed by Q&A plus other resources
It Snows All the Time is a film about a family's struggles in their journey to understand and best support their father who is showing signs of early onset dementia. Please join us to watch this movie and have a Question & Answer session afterward.

Q&A after film - *It Snows All the Time*
 Join us for lunch, popcorn, and ice cream!
 Celebrate The Longest Day and learn more about research updates and local resources.
 Registration required.

SPARTA UNITED METHODIST CHURCH
 210 N Court St., Sparta, WI 54656
 For Questions or to Register - Call or Email
 608-387-9250 emily.reitz@co.monroe.wi.us

Advice for Older Consumers about Bankruptcy

Jeremiah Battle, National Consumer Law Center

Emerging from the pandemic, an increasing number of older consumers are experiencing problems with debt. The poverty rate for individuals over 65 has increased dramatically over the last year.¹ Equally alarming, 35% of people over 65 report experiencing difficulty paying for regular household expenses such as rent, food, and healthcare expenses.² Many of these older consumers are turning to credit cards and other forms of debt to survive. Older consumers overwhelmed with debt may want to consider whether bankruptcy is a viable option.

A Fresh Start

One of the most important purposes of bankruptcy is that of a fresh start. The fresh start concept allows individuals to free themselves from the overwhelming burden of debt and engage in productive lives unencumbered by past financial problems. Bankruptcy also allows the older consumer to exempt or keep certain retirement funds such as those from individual retirement accounts (including Roth IRAs), deferred compensation plans of state and local governments, tax-exempt organizations, and certain trusts.

Is Bankruptcy the Right Option?

Bankruptcy can be the right choice if the older consumer has no better way to deal with debts. Older consumers with debt problems may want to file bankruptcy primarily to stop collection harassment.

However, the simplest way to stop collection harassment is to write the debt collector a cease letter. Federal law requires collection agencies to stop their

collection efforts after they receive a written request to stop.

Additionally, for some older consumers, simply becoming aware that they are “collection proof” may reduce their stress and desire to file bankruptcy. An older consumer is “collection proof” if all of their assets and income are protected by law from a creditor trying to collect on a debt.

Older adults should seek advice from a bankruptcy professional prior to filing for bankruptcy. Filing for bankruptcy may make it possible for the older consumer to:

- **Eliminate the legal obligation to pay most or all debts.** This benefit comes from the bankruptcy “discharge” that a consumer gets for successfully completing a bankruptcy case.
- **Stop almost all creditors from taking any steps against the consumer except through the bankruptcy process.** This is provided by the “automatic stay” that goes into effect as soon as the consumer files the necessary paperwork at the beginning of a bankruptcy case.
- **Catch up on missed payments** on home mortgages, property taxes, auto loans, and other debts secured by property the older consumer wishes to keep.
- **Stop debt collection harassment,** wage garnishment, and similar creditor actions to collect a debt.
- **Prevent termination of utility service** or restore service if it has already been terminated.

1 Older Adults and Debt: A Storm on the Horizon? Christian Weller, Forbes November 11, 2022. 2 Id 2.

Bankruptcy cannot, however, cure every financial problem. Nor is it the right option for every individual. In bankruptcy, it is usually not possible to:

- **Eliminate certain rights of “secured” creditors.** A creditor is “secured” if it has taken a mortgage or other lien on property as collateral for a loan. A consumer generally cannot keep secured property unless they continue to pay the debt.
- **Discharge types of debts singled out by the bankruptcy law for special treatment,** such as child support, alimony, court restitution orders, criminal fines, and most taxes.
- **Discharge debts that arise after bankruptcy has been filed.** Because of this, older consumers may wish to delay a bankruptcy filing until they are reasonably sure that they will not incur new major debts.

Most consumers file bankruptcy only as a last resort after carefully considering other alternatives. Older consumers struggling with unmanageable debt should weigh these alternatives in relation to the hardships that may be avoided by obtaining bankruptcy relief. In some cases, bankruptcy may be the only way to eliminate debt and preserve income and property needed to maintain a healthy lifestyle.

This Practice Tip was supported by contract with the National Center on Law and Elder Rights, contract number HHS75P00121C00033, from the U.S. Administration on Community Living, Department of Health and Human Services, Washington, D.C. 20201.

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Marketplace Creates Special Enrollment Period for Individuals who Lose Medicaid during the Unwinding

The Marketplace has created a Special Enrollment Period for individuals who lose Medicaid during the Unwinding.

During the Covid Public Health Emergency, Wisconsin could not terminate individuals from Medicaid unless they died, move out-of-state, or requested termination. Beginning April 1, 2023, Wisconsin can start terminating individuals from Medicaid who no longer meet the regular enrollment requirements. Wisconsin will have up to 12 months to initiate, and 14 months to complete, a renewal for all individuals enrolled in Medicaid, in a process commonly referred to as "Unwinding."

Individuals who lose their Medicaid between March 31, 2023 and July 31, 2024 will be able to use a Special Enrollment Period (SEP) to enroll in a Marketplace plan. In order to use this SEP, individuals should:

(1) Submit an application to the Marketplace and answer "Yes" to the application question asking if their

Medicaid or CHIP coverage recently ended or will end soon; and

(2) Attest to a last date of Medicaid or CHIP coverage between March 31, 2023 and July 31, 2024.

Individuals will not be required to provide documentation to verify their eligibility for the Unwinding SEP.

Individuals who are eligible for the Unwinding SEP will have 60 days after they submit the application to select a Marketplace plan with coverage that will start the first day of the month after they select a plan.

Finally, individuals do not have to wait for their Medicaid coverage to end before submitting an application Marketplace coverage. Instead, they may report their loss of Medicaid coverage up to 60 days before their last day of Medicaid coverage.

The Marketplace's guidance on the Unwinding SEP can be found here: www.cms.gov/technical-assistance-resources/temp-sep-unwinding-faq.pdf.

AI Automates Insurance Claim Denials

By the GWAAR Legal Services Team

A recent article by Pro Publica illustrates yet another way that computerized algorithms are having a growing impact on healthcare payment decisions. The article investigates Cigna's use of an automated system to deny hundreds of thousands of insurance claims without individualized medical review.

Cigna's claim processing system, known as "PXDX" or "prescription-to-diagnosis", uses a list of procedures that are considered "approved" for certain diagnosis codes. Claims for procedures that are not considered approved for a particular diagnosis code are automatically rejected and sent to doctors in bulk. A doctor employed by the company then electronically signs off on the entire set of denied claims without ever reviewing individual patient records. According to one doctor interviewed for the article, the system allows Cigna medical

reviewers to deny 50 claims at a time in a matter of seconds. Cigna records showed that certain doctors rejected between 30,000 and 60,000 claims per month using the automated system.

Both Medicare and Medicaid have systems in place to reject claims that are not coded properly but, unlike Cigna's system, those determinations are not based on inherent assumptions about the medical necessity of particular tests or procedures. While proponents of systems like Cigna's PXDX program assert that automated claim processing ultimately saves money for consumers by reducing administrative costs that would otherwise result from individual review of inappropriate claims, critics worry that it removes medical judgment from the claim determination process and may run afoul of state insurance laws requiring objective medical review of each case.

Lunch Bunch MEMORY CAFE



Emily Reitz
DCS

The Memory Café is a place to meet with others living with Mild Cognitive Impairment (MCI), Alzheimer's or other related dementia and their Care Partner in a relaxed and friendly atmosphere. Once a month, this group offers a chance for everyone to have some fun and share a positive experience in a supportive environment. It's a place to talk with others and to learn, "You are not alone." Art, music, health and wellness topics will be featured at each café.

THE FIRST MONDAY OF EACH MONTH

- When: Monday, June 5, 2023
- Time: 11:00 AM - 12:30 PM
- Location: Tomah Perkins-1015 E McCoy Blvd., Tomah, WI
- RSVP: (608) 387-9250 by Friday, June 2nd
- Topic: Do you enjoy watching birds outside your windows? Do you have a favorite? Come tell us your favorite story about those birds or bring some interesting facts!



Resources: Community resource information will be available each month. Staff from the Aging & Disability Resource Center will be available to answer questions and visit with Care Partners during the café.



Lunch & Beverage provided at a suggested contribution of \$4.00 per person



Are you a caregiver?

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

Caregiver Support Group In-person or Virtual

Conference Room A in the ADRC Building

ADRC building (old Gundersen Clinic)
315 W Oak St, Suite A, Sparta, WI 54656

Call Emily Reitz @ 608-387-9250 for more information or for virtual/phone in information.

The group meets on the
3rd Friday of each month from 1pm - 2pm
June 16th, 2023




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



Emily Reitz
DCS

humor generosity caregiving support in love home help hope family

Medicare Coverage of Mental Health and Addiction Treatment

 <p>Outpatient care</p>	 <p>Prescription drugs</p>	 <p>Inpatient care</p>
<p>Medicare Part B covers outpatient mental health care, including but not limited to:</p> <ul style="list-style-type: none"> ✓ Individual and group therapy ✓ Substance use treatment ✓ Activity therapies, like art or dance therapy ✓ Annual depression screening ✓ Opioid treatment program (OTP) services <p>If you have Original Medicare, you usually owe a 20% coinsurance. If you have a Medicare Advantage Plan, contact your plan for costs.</p>	<p>Medicare Part D covers prescription drugs needed for mental health treatment, through either a:</p> <ul style="list-style-type: none"> ✓ Stand-alone Part D plan ✓ Medicare Advantage Plan <p>Before joining a plan, make sure that it covers your medications.</p> <p>Part D plans are required to cover many drugs used to treat mental health conditions. This includes all antidepressant, anticonvulsant, and antipsychotic medications, with limited exceptions.</p>	<p>Medicare Part A covers inpatient mental health care in:</p> <ul style="list-style-type: none"> ✓ General hospitals ✓ Psychiatric hospitals <p>General and psychiatric hospitals have the same out-of-pocket costs, which include the Part A deductible and daily coinsurances after 60 days of inpatient care. Contact your Medicare Advantage Plan for exact costs and rules.</p> <p>Medicare only covers up to 190 days of inpatient care at a psychiatric hospital in your lifetime. This limit does not apply to general hospitals.</p>



Kirsten Armour
DBS

What is mental health care?

Mental health care refers to services and programs intended to help diagnose and treat mental health and illnesses. A mental illness or mental

health condition affects your thinking, feeling, or mood. Some examples include depression, anxiety, and schizophrenia. Some also consider addiction, like opioid use disorder and alcoholism, to be mental health conditions. Mental health conditions are typically not the result of any single event or circumstance. Rather, they are complicated conditions involving multiples factors. More than 50% of people will be diagnosed with a mental health condition at some point in their life.

Will Medicare cover the cost of any mental health care provider?

Consider these factors about providers to limit your out-of-pocket costs for mental health care:

- ✓ Make sure your provider accepts Medicare assignment. This means that they accept Medicare's approved amount as full payment for a service. Psychiatrists are more likely to have opted out of Medicare, meaning they do not accept Medicare payment at all.
- ✓ Check that any non-medical providers, like psychologists or clinical social workers, are Medicare-certified. Medicare will only pay for the services of these providers if they are Medicare-certified and take assignment. Medicare does not allow some types of providers to become Medicare-certified, so you will have to pay the full cost. Examples include Licensed Mental Health Counselors and Credentialed Alcoholism and Substance Abuse Counselors.
- ✓ Choose partial-hospitalization programs or Opioid Treatment Programs (OTPs) that accept Medicare.
- ✓ If you have a Medicare Advantage Plan, make sure that any provider you see is in your plan's network.

What should I do if I experience Medicare fraud or abuse?

Anyone can experience Medicare fraud and abuse, and it unfortunately can increase health care costs for everyone. Medicare fraud and abuse is when someone intentionally gives incorrect information to Medicare or Medicare beneficiaries in order to get payment.

For example, you may be experiencing fraud if you and other beneficiaries are bused to a nice meal, and then your Medicare is billed for a psychiatric evaluation. Or perhaps you spend the day at a facility watching TV or playing games, and then your Medicare is billed for group psychotherapy.

Always read your Medicare notices to catch any suspicious charges like these.

If you believe you have experienced Medicare fraud or abuse, contact your local **Senior Medicare Patrol (SMP)** for help in reporting the incident. Contact information for your local SMP is on the final page of this document.

Note that fraud and abuse are different from errors. Health care providers and their billing offices sometimes make honest mistakes. If you think your doctor or their billing office made a mistake, contact them directly first so that they can correct the billing error. A pattern of errors by a doctor or other health care provider could be considered a red flag for potential fraud or abuse. If you cannot resolve the issue with your provider, or if you notice a pattern of errors, contact your local SMP.

Who should I contact if I need help related to my mental health care?

- **Your doctor:** Talk to your doctor about your mental health challenges and what care is best for you. Your doctor may be able to recommend mental health specialists to you.
- **988 Suicide and Crisis Lifeline:** Call or text 988 for 24/7 support. Counselors can help when you are in crisis, as well as provide resources for you.
- **Medicare:** If you have Original Medicare, you can call 1-800-MEDICARE (633-4227) or go to Medicare.gov to find mental health care providers in your area.
- **Medicare Advantage Plan:** If you have a Medicare Advantage Plan, contact the plan directly to find providers who are in network and learn about costs or restrictions.
- **Part D plan:** Contact your plan to see if your prescription drugs are covered. If they are not, you and your doctor can request an exception or file an appeal.
- **State Health Insurance Assistance Program (SHIP):** Contact your SHIP (Kirsten Armour, Monroe County ADRC at 608-269-8902 for ages 18-59 or Alice Ackerman, Monroe County ADRC at 608-269-8693 for ages 60+) for individualized assistance with your Medicare coverage and costs.



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Take the Mystery out of Medicare



Alice Ackerman
Elder Benefit Specialist

Turning 65 soon? Have questions about what the different parts of Medicare are and what each one provides? Already on Medicare and have questions about a specific coverage issue.

Alice Ackerman, Elder Benefit Specialist with the Aging and Disability Resource Center will be giving a presentation on the different

sections of Medicare – Parts A, B & D. It will include what each part covers as well as what deductibles and copays may apply.

Other topics discussed will include the difference between public and private Medicare options to cover the 20% that Medicare doesn't cover as well as any new features for 2023.

The meeting will be on Tuesday, June 20 from 6:00 -7:30 pm in the Monroe County Board Assembly Room, 112 S. Court St Room 1200. Please use the South Side/Oak Street entrance. For more information or to make a reservation please contact Alice at 608-269-8693 or email at Alice.Ackerman@co.monroe.wi.us.

ADRC of Monroe County Meal Program/Senior Dining Sites Cashton, Kendall, Norwalk, Sparta, Tomah & Wilton

JUNE 2023

There is a suggested contribution of \$4.00 for each congregate meal or each home delivered meal.

The menu is subject to change. There may be a substitution due to shortage in supply or other reason beyond our control. No additional salt added.

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<p>Food allergies or intolerances are unable to be accommodated. ADRC Nutrition Program Main Number is (608) 269-8692 Please call by NOON 1 day before to reserve your meal. Cashton 377-3831 • Kendall 463-7622 • Norwalk 343-3158 Sparta 269-6778 • Tomah 372-7291 • Wilton 487-6130</p>				
5	6	7	8	9
3oz Cabbage Rolls 1/2c Colcannon (Irish Ms Pot) 1/2c Roasted Beets 1ea Rye Bread/Butter 1/2c Creamy Cucumber Salad 8oz 1% Milk	1ea Beef Hot dog on WG Bun 1tb ea Chili & Cheese/1tb Onions 1/2c Steakhouse Potato Salad 1/2c Stewed Tomatoes 1/2c Baked Beans 1ea Ketchup/Mustard Packet 1 serv Fresh Plums 8oz 1% Milk	1serv Chicken Chimichanga 1/2c Black Bns w/Red & Green Pepper 1/2c Spanish Rice 1ea Sour Cream/Salsa 1/2c Fresh Fruit Mix 1 Sugar Cookie 8oz 1% Milk	3oz Turkey Open Faced Sand 1/2oz WG Bread/Gravy 1/2c Mashed Potatoes 1c Mixed Garden Salad 1 Dressing Packet 1/2c Pears 8oz 1% Milk	3oz Cheeseburger on 1 Whole Grain Bun 3/1 Tomato Slices/Red Onion Slc 1/2c Potato Salad 1/2c Italian Style Baked Beans 1ea Ketchup/Mustard packet 1 Apple 8oz 1% Milk
12	13	14	15	16
3oz Chicken Piccata 1/2c Seasoned Rice Pilaf 1/2c Broccoli 1/2c Rainbow Chard w/Lemon Vinaigrette Dressing 1ea WG Bread/Butter 1/2c Tropical Fruit 8oz 1% Milk	3oz Breaded Pork w/Brandy Apple Glaze 1/2c Mashed Sweet Potatoes 1/2c Asparagus 1/2c Fresh Fruit Mix 1 WG Rice Krispy Treat 1 Butter 8oz 1% Milk	3oz Swiss Cube Steak with Mushrooms & Onions 1/2c Cheesy Scalloped Potatoes 1/2c Oven Roasted Cauliflower 1ea WG Bread and Butter 1 Apple 8oz 1% Milk	3oz Lemon Pepper Haddock 1/2c Roasted Zucchini 1/2c Rice Pilaf 1/2c Mediterranean Bean Salad 1ea Rye Bread/Butter 1/2c Applesauce 8oz 1% Milk	3oz Chicken Stuffed with Broccoli & Cheese 1/2c Mashed Baby Red Potatoes 1/2c Roasted Brussels Sprouts 1ea WG Bread & Butter 1/2c Fresh Fruit Mix 1ea Lemon Bar 8oz 1% Milk
19	20	21	22	23
1c Italian Cheese Tortellini w/Smoked Sausage 1c Kale Salad w/ Apples. Pecans/Raspberry Dressg 1/2c Diced Potatoes 1ea WG Bread & Butter 1/2c Peaches 8oz 1% Milk	1 Pizza Burger on WG Bun 1 Provolone Cheese 1/2c Potato Wedges 1/2c Carrots 1/2c Fresh Fruit Mix 1 Ketchup 1 Oatmeal Raisin Cookie 8oz 1% Milk	1c Pork Lo Mein 1/2c Asian Vegetables 1 Vegetable Spring Roll 1 Vanilla & Mango Muffin 1 Apple 1 Sweet & Sour Sauce 8oz 1% Milk	1 Chicken Marsala 1/2c Herbed Buttered Noodles 1/2c Normandy Blend Veg 1 WG Bread 1 Butter 1c Caesar Salad/Dressing Pkt 1/2c Pears 8oz 1% Milk	1c Tater Tot Casserole 1/2c Mixed Vegetables 3 Sliced Tomatoes 1ea WG Bread/Butter 1c Spinach Salad w/Mandarin Oranges & Sesame Dressing 8oz 1% Milk
26	27	28	29	30
1c/1 Spaghetti Pasta Bake with Meat/Parmesan Packet 1c Garden Salad/Dressing 1 Garlic Breadstick 1/2c Pears 1 Black Bean Choc. Cake 8oz 1% Milk	1c Breakfast Sausage Cass. 1/2c Seasoned Potatoes 1/2c Tomato Juice 1ea Blueberry Muffin/Butter 1/2c Fresh Fruit Mix 8oz 1% Milk	3oz Glazed Chicken 1/2c Potato Wedges 1/2c Glazed Carrots 1ea WG Bread/Butter 1/2c Applesauce 8oz 1% Milk	3oz Beef Tips w/Onions & Mushrooms 1/2c Cavatappi Noodles 1/2c Broccoli 1cup Fresh Fruit Mix 8oz 1% Milk	1ea Brat on a WG Bun 1/4c Sauerkraut 1/2c Homemade Potato Salad 1/2c Three Bean Salad 1ea Ketchup/Mustard 1 Raspberry Pie Bar 8oz 1% Milk

SENIOR FARMERS MARKET COUPON DISTRIBUTION ADRC of Monroe County Summer 2023

Coupon books valued at \$35 which can be used to buy fresh produce at designated Monroe County Farmer's Markets will be distributed at the dates and times noted. **To qualify you must be a Monroe County Resident, age 60 or older, or Native American aged 55 or older.** Your household income must be below 185% of the federal poverty guidelines below:

- \$2,248 per month for a household of one.
- \$3,041 per month for a household of two.
- \$3,833 per month for a household of three.
- \$4,625 per month for a household of four.



Stephanie Haas
Community Health Worker (CHW)

Distribution is first come, first served at each site. Individuals who are unable to attend any of the sessions noted may designate an authorized representative to complete the application form. Please send a dated, signed, written permission slip with the person you are authorizing to represent you. **All coupons must be picked up by you or your authorized representative, in person.** Coupon books can be used until October 31, 2023. Anyone needing special accommodations can call Stephanie Haas, Community Health Worker 608-269-8636.

Forms and brochures are available in Spanish.

"This institution is an equal opportunity provider."

Wednesday June 7th	10:00-11:00	Brookside Apartments 307 N. Court St., Sparta
Monday June 12th	11:00-12:00	Norwalk Dining Site 206 West Center St
Tuesday June 13th	10:30-11:30	Wilton Dining Site 806 Railroad Street
TBA	TBA	Courtyard at Willow Woods 1500 Lincoln Ave, Tomah
Wednesday June 14th	11:30-12:30	Tomah Manor 901 McLean Ave, Tomah
Friday June 16th	10:30-11:30	Sparta Dining Site Barney Center 1000 E Montgomery St
Monday June 19th	10:30-11:30	Cashton Dining Site 812 Main Street
Tuesday June 20th	11:00-12:00	Kendall Dining Site Kenview Manor 412 Spring St.
Wednesday June 21st	9:00-10:00	Heritage Haven 622 S. Court St, Sparta
Thursday June 22nd	9:00-10:00	Hilltop Apartments 405 Market St., Warrens
Thursday June 22nd	11:00-12:00	Tomah Dining Site Kupper-Ratsch Sr Center, 1002 Superior Ave

CALL FOR SENIORS



FARMERS MARKET

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FARM FRESH

Are you:

- Interested in free fresh fruits and vegetables from your local farmers market or farmstand?
- Sixty or older (55 if Native American)?
- Making income at or below 185% of the federal poverty level?

Ask your local senior agency about Farmers Market Nutrition Program benefits.



State of Wisconsin
Department of Health Services
Division of Public Health
P-03398 (03/2023)

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LEARN MORE

dhs.wisconsin.gov/wic/fmnp/senior.htm

Perfect Strawberry Smoothie

Ingredients

- 2 cups frozen strawberries
- 1 banana (room temperature)
- 1/4 cup Greek yogurt*
- 1 cup milk (or almond milk or oat milk)
- 1 1/2 tablespoons maple syrup, honey, or agave syrup
- 1/2 cup ice
- Optional add-ins: 1 tablespoon almond butter, 1/4 teaspoon vanilla, fresh mint leaves or basil leaves*

Instructions

Place all ingredients in a blender, breaking the banana into pieces. Blend until creamy and frothy, stopping and scraping down the sides as necessary. If desired, garnish with a frozen strawberry and mint sprig. Serve immediately or store in a covered jar in the refrigerator for 2 days.



From www.acouplecooks.com/perfect-strawberry-smoothie/

Grief Support Group June 13, 2023 1pm - 2pm

315 W Oak St., Suite A, Sparta, WI 54656



Emily Reitz
DCS

GRIEF COMES IN MANY FORMS

Please consider joining us as we support one another.

Grief can be caused by a multitude of life experiences. Join us if you are going through and/or are experiencing lasting effects of grief after any of these life altering scenarios:

- Loss of a loved one
 - Loss of health
 - Losing a loved one to chronic illness
 - Loss of personal relationships
- The purpose of this group is to provide information about the grief process; to share experiences; and to alleviate the feeling of isolation.

Please register with Emily Reitz at 608-387-9250

'Out of Sight' Low Vision Support Group Takes to the Water in June

The ADRC of Monroe County 'Out of Sight' Low Vision Support group will be enjoying their annual pontoon ride with the North American Squirrel Association (n.a.s.a.) on **Monday June 12th from 11 am to 1 pm. Space is limited so please call Evelyn Allen at 608-433-4031 to reserve your spot.**

Snack on Strawberries



- Select** – Choose firm, bright red berries with green caps (leaves) attached. Avoid berries with soft spots or mold.
- Store** – Wash strawberries when ready to eat. Refrigerate in a non-airtight container. Eat within 1-3 days.
- Prepare** – Rinse under cold water and remove green tops just before eating.



Strawberries are the Harvest of the Month! Add strawberries to your favorite family meals:

- Add strawberry slices to flavor your glass of water
- Blend strawberries into your favorite smoothie
- Top your salad greens with delicious strawberries

Make meals and memories together. It's a lesson kids will use for life.

Did you know?

The average strawberry has 200 seeds. Strawberries can be yellow, blue, purple, white, black, and red.



Harvest of the Month

Celebrating Lives Well Lived



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CUCUMBERS: QUICK & EASY

- Add sliced cucumber to water for a refreshing beverage
- Pair with tomatoes and feta cheese for a simple salad
- Use cucumber slices instead of crackers for dips and spreads



Extension
UNIVERSITY OF WISCONSIN-MADISON

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs.

MIND and Mediterranean diets linked to fewer signs of Alzheimer's brain pathology

The MIND and Mediterranean diets — both of which are rich in vegetables, fruits, whole grains, olive oil, beans, and fish — are associated with fewer signs of Alzheimer's disease in the brains of older adults. Green leafy vegetables in particular were associated with less Alzheimer's brain pathology. This NIA-funded study, published in *Neurology*, suggests these diets may help protect the brain from damage caused by Alzheimer's.



Primarily plant-based, the MIND (Mediterranean-DASH Intervention for Neurodegenerative Delay) and Mediterranean diets

are rich in nutrients important for brain health. The MIND diet features vegetables, especially green leafy vegetables such as spinach, romaine lettuce and kale; berries over other fruit; and beans, nuts, and one or more weekly servings of fish. The Mediterranean diet consists of vegetables, fruit, legumes, nuts, and at least three servings of fish each week. Both diets also include olive oil, whole grains, and small amounts of wine; and limit red meat.

Previous research has shown these diets may slow cognitive decline and reduce the risk for Alzheimer's. In this study, researchers at Rush University Medical Center examined the association of these diets with brain changes linked with Alzheimer's.

The study involved 581 participants who agreed to donate their brains at death for dementia research. On average, the participants began the study with a first dietary assessment at an average age of 84 years. Annually, for up to more than a decade, they completed questionnaires

about the food they ate in various categories. After the participants' deaths, the researchers examined the donated brains for amyloid plaques and tau tangles, two protein hallmarks of Alzheimer's.

The researchers also used the questionnaire information to score adherence to the two diets. Higher scores were given to participants who reported eating foods that each diet defined as healthy and reduced scores for unhealthy foods, such as red meat, and high-sugar and high-fat foods.

The brains of participants who had higher diet scores showed fewer signs of Alzheimer's. This was primarily due to lower levels of amyloid plaques. This trend was not influenced by other lifestyle factors, including physical activity and smoking, or vascular health. There was no correlation between the diet scores and the presence of tangles.

The study's participants were mostly White, non-Hispanic, and older. Future

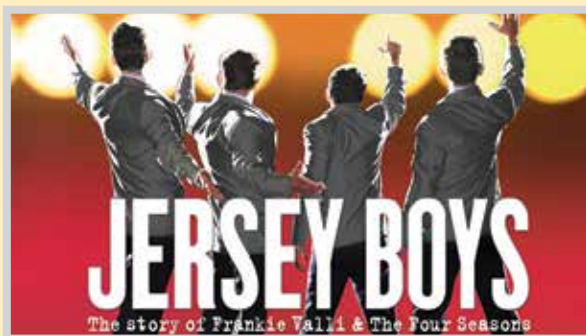
studies are needed with more diverse populations and to examine how different foods affect the brain and the cellular processes involved, such as inflammation. Nonetheless, the findings suggest that diet is an important lifestyle factor that needs further research as an Alzheimer's prevention strategy.

This research was supported by NIA grants AG054476, AG017917, and AG072559.

These activities relate to NIH's AD+ADRD Research Implementation Milestone 2.A, "Create new research programs that use data-driven, systems-based approaches to integrate the study of fundamental biology of aging with neurobiology of aging and research on neurodegeneration, AD and AD-related dementias to better understand the mechanism(s) of vulnerability and resilience in AD across all levels of biologic complexity (from cellular to population level) and to gain a deeper understanding of the complex biology and integrative physiology of healthy and pathologic brain aging."

Agarwal P, et al. Association of Mediterranean-DASH intervention for neurodegenerative delay and Mediterranean diets with Alzheimer disease pathology. Neurology. 2023. Epub March 8. doi: 10.1212/wnl.0000000000207176.

Calling All Frankie Valli and the Four Seasons Fans for July Vintage Vagabond Trip



Vintage Vagabond July trip on July 19 takes us to the Chanhassen Dinner Theatre in Chanhassen, MN to see the musical- Jersey Boys. With phenomenal music, memorable characters and great storytelling, Jersey Boys follows the fascinating evolution of four blue-



collar kids who became one of the greatest successes in pop-music history. Winner of Best Musical at both the Tony Awards® and Olivier Awards®, Jersey Boys takes you behind the music of Frankie Valli and The Four Seasons to discover the secret of a 40-year friendship as the foursome work their way from the streets of New Jersey to the heights of stardom.

Experience electrifying performances of chart-topping hits including "Sherry," "Big Girls Don't Cry," "Can't Take My Eyes Off You," "Dawn" and "My Eyes Adored You", which brought The Four Seasons the highest honor: induction into the Rock 'n' Roll Hall of Fame.

Cost for July Trip: \$110 includes transportation on Lamers Deluxe Motorcoach, meal including gratuity and the show. Pick up times: Sparta- 7:30 a.m.;

Tomah -8:00 a.m. at the Southeast corner of the Wal-Mart parking lots. Deadline for registering: June 14.

We have a new process for registering for trips this year. Please complete the form below and either mail, or bring it in person to the ADRC office, with your payment. We will also need you to complete an Emergency Form. Cash or check must accompany your reservation. Please make checks out to the ADRC of Monroe County. Keep checking the ADRC website for additional details for upcoming trips. Click on the Vintage Vagabond link on the left side of the page. Emergency forms can also be found on the website www.co.monroe.wi.us/departments/aging-and-disability-resource-center/senior-vintage-vagabond-trips. We hope to see you on the bus!

RESERVE YOUR SPOT TODAY! Deadline: June 14

Vintage Vagabond Trip: July 19 Jersey Boys - Chanhassen Dinner Theatre

Number attending: _____ (Please print) Pick up location: Tomah ____ or Sparta ____

Name(s) 1. _____ X if age 60+ ____ 2. _____ X if age 60+ ____

Address: _____

Phone number: _____ Email _____

Meal Choice: Cheeseburger____ or Pulled Pork Sandwich____ Payment: Total Enclosed \$ _____ Cash____ or Check____

Mail or bring in person to: ADRC, 315 W. Oak St, Suite A Sparta, WI 54656