

SEPTEMBER
2023



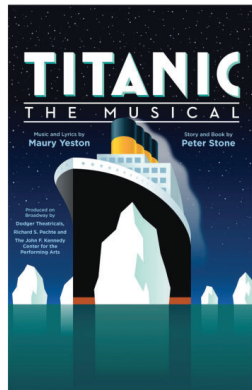
ADRC CONNECT

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 takes Voyage to Titanic (the Musical that is!)

Vintage Vagabonds travel to the Fireside Dinner Theatre in Ft. Atkinson, WI on October 5th to see Titanic- the Musical. Titanic. The very name signals one of the most enduring events of the Twentieth Century. TITANIC is the 1997 Broadway Musical that captured five Tony Awards including Best Musical. Soaring songs, grand staging, and a set awash in glorious costumes makes this historic musical a must-see event. It traces the lives of all the varied strata of people uniquely united on that fateful journey, with the central character being the Titanic herself. TITANIC is human drama that explores and reveals individual strength, love, faith, and especially the triumph of human dignity. Don't miss this musical as unforgettable as the historic event itself.



Cost for October Trip: \$110 includes transportation on Lamers Deluxe Motorcoach, meal (including gratuity), and 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 is August 31st.

We have a new process for registering for the trips this year. Please complete the form below. Then either mail or bring in person to the ADRC office your form and money. Cash or check must accompany your reservation. Make checks payable 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. <https://www.co.monroe.wi.us/departments/aging-and-disability-resource-center/senior-vintage-vagabond-trips>

RESERVE YOUR SPOT TODAY- Deadline: August 31
Vintage Vagabond Trip: October 5 Fireside Dinner Theatre
Titanic – The Musical Ft Atkinson
Number attending: _____ Pick up location: Tomah ____ or Sparta ____
Name(s) (Please print)
1. _____ X if age 60+ ____
2. _____ X if age 60+ ____
Address w/ city: _____
Phone number: _____ Email _____
Meal Choice: Chicken Waterford (lightly breaded and topped with Corned Beef, Caramelized Leeks, and Jarlsberg Swiss Cheese) ____ Vegetarian Medley ____
Sliced Pork Tenderloin ____ Breaded Shrimp ____
Payment: Total Enclosed \$ _____ Cash ____ or Check ____
Mail or bring in person to:
ADRC, 315 W. Oak St, Suite A, Sparta, WI 54656

Looking for a few good MEN...

WHO ARE INTERESTED IN FORMING A MEN'S GROUP

What do men need to be active, engaged, sharing skills, having fun, and making contributions?

What opportunities would you like to see in your community?

For more information and to get on a list contact:

ADRC Monroe
608-269-8690

ADRC La Crosse
608-785-5700

Veteran Community Partnership
608-372-3971 x66279 / 608-785-6203

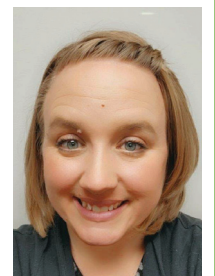


Senior Farmers Market Coupons

Coupon books valued at \$35 which can be used to buy fresh produce at designated Monroe County Farmer's Markets will be available at the front desk at the ADRC of Monroe County. Monday – Friday 8am-4:30pm. 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.

Distribution is first come, first served. Individuals who are unable to pick up on their own 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.



Stephanie Haas
Community Health Worker (CHW)

Forms and brochures are available in Spanish. This institution is an equal opportunity provider.

Flocks Guardians, Inc. will be taking early Energy Assistance applications for the up-coming heating season (October 1, 2023 – May 15, 2024).

Outreach intended for meal site participants, senior apartment residents, and participants of the senior centers. General public may call our office for application/appointment information, 608-487-9356.

**Energy Assistance Outreach
September 2023**

Monday September 11, 2023 – 9:30am-11:00am
Senior Center/Tomah Meal Site
Kupper-Ratsch Senior Center, 1002 Superior Ave,
Tomah, WI 54660

Tuesday September 12, 2023 – 11:00am-12:00pm
Eastwood I
711 Wisconsin Avenue, Tomah, WI 54660

Tuesday September 12, 2023 – 1:00pm-2:00pm
Eastwood II
612 E Brownell Street, Tomah, WI 54660

Thursday September 14, 2023 – 11:00am-12:30pm
Sparta Arms
106 N L St, Sparta, WI 54656

Friday September 15, 2023 – v10:30am-11:30am
Senior Center/Sparta Meal Site
Sparta Community Center,
1000 E Montgomery Street, Sparta, WI 54656

Friday September 15, 2023 – 1:00pm-2:00pm
Westwood Manor
1108 W Wisconsin Street, Sparta, WI 54656

Monday September 18, 2023 – 11:00am-12:00pm
Hilltop Apartments
405 Market Street, Warrens, WI 54666

Monday September 18, 2023 – 1:00pm-2:00pm
Oakdale Manor
131 Tara Drive, Tomah, WI 54660

Tuesday September 19, 2023 – 11:00am-12:00pm
Cashton Meal Site
812 Main Street, Cashton, WI 54619

Tuesday September 19, 2023 – 1:00pm-2:00pm
Hillcrest Manor
300 Trescher Ave, Cashton, WI 54619

Thursday September 21, 2023 – 11:30am-12:30pm
Norwalk Meal Site
Norcrest Senior Housing, 206 West Center Street,
Norwalk, WI 54648

Thursday September 21, 2023 – 1:00pm-2:00pm
Wilcrest I
500 Cemetery Road, Wilton, WI 54670

Friday September 22, 2023 – 11:00am-12:30pm
Kendall Meal Site
Kenview Manor, 412 Spring Street,
Kendall, WI 54638

**You Fought for It – You Earned It
Now Use it
Sept. 14, 6:00 PM Kendall American Legion**

Are you a veteran or the spouse of a veteran with questions about health care when you retire?

Monroe County employees Charles Weaver, County Veteran Service Officer and Alice Ackerman, Elder Benefit Specialist with the Aging and Disability Resource Center will be hosting a special meeting on Wednesday, Sept. 14 at 6:00 at the Kendall American Legion, 414 Medbury St. Kendall. They will be going over VA Disability benefits offered by the VA for military veterans and or their families and how they coordinate with Medicare. In addition, they will discuss how Medicare works for veterans who retired from the military.

Topics will include the differences in benefits for the veterans and their spouses as well as what costs TRICARE or CHAMPVA may pay for vs Medicare and if you need to have all parts of Medicare to receive health care.

For more information, please contact the Veterans Services office at 608-269-8618 or Alice Ackerman at 608-269-8693 or toll free at 1-888-339-7854. Reservations are requested but not required.



Alice Ackerman
Elder Benefit Specialist



On the first Sunday after Labor Day we celebrate National Grandparents Day. This year the date falls on September 10. Like Mother's day and Father's day we also have a whole day dedicated to our grandparents. Grandparents and children have a special connection that is proven to both make grandparents live longer, and also make children more emotionally resilient. Grandparents Day is an opportunity to treasure that connection and spend some quality family time together.

Caring Better & Braver
A conference for family caregivers
October 28, 2023
10AM-3PM
Black River Beach Neighborhood Center
La Crosse, WI 54601

Lunch included

Register by Oct 13, 2023

Call: 608-785-5700
Email: adrc@lacrossecounty.org
Find us on Eventbrite

\$10 suggested donation*



Conference Schedule
10:00am: Welcome
10:15am: Bust the Burnout
11:00am: Assistive Technology
11:40am: Lunch
- Chair Chi activity
- Guided meditation
12:40pm: The Techy Caregiver
1:20pm: Laugh for the Health of It
2:15pm: Open connection & resource tables

Respite options may be available!
Please indicate if you have this need when you register.





*Payment options available upon registration

Celebrating Lives Well Lived



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(800) 338-0928

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Unpaid Medical Bills and Older Adults

By the GWAAR Legal Services Team

The Consumer Financial Protection Bureau's (CFPB's) Office for Older Americans recently released a report on medical billing and collections that showed that even though most older adults have insurance coverage, many of them have unpaid medical bills and are in collections. According to the report, these bills are often due to improper billing practices. Unfortunately, these unpaid bills can have significant negative emotional and financial effects.

According to the CFPB report, most adults over the age of 65 have health insurance, like Medicare, Medicaid, or coverage through the Veterans Administration (VA). However, nearly four million older adults had medical bills they were unable to pay in full in 2020. Those with unpaid medical bills were more likely to be people of color, to have multiple medical conditions, to have other debts, and/or to have incomes between 100 and 200% of the federal poverty level.

While thirteen percent of older adults with unpaid medical bills had no health insurance, almost 70% of those with unpaid medical bills did have coverage from more than one source, like Medicare, Medicaid, Medigap, employer group health coverage, or Tricare. In fact, older adults with both Medicare and Medicaid are more likely to report unpaid medical bills than the general older adult population. In addition, they report that they owe higher dollar amounts toward these bills than older adults who are not enrolled in both Medicare and Medicaid. Individuals who are dually eligible for these programs should have little to no out-of-pocket costs for Medicare-covered care because federal and state laws prohibit providers from billing them more than a nominal co-pay for these services. Therefore, it appears that providers may be billing dually eligible older adults improperly.

According to the CFPB report, many of these unpaid bills are due to inaccurate billing. This may be because older adults are more likely to have multiple chronic health conditions requiring complex care. Some of this care requires providers to use "higher-intensity" medical billing codes, which in turn require more detailed documentation. Claims using these codes face more scrutiny from insurance providers because of concerns about overuse. As a result, this can lead to billing errors and subsequent claim denials.

Moreover, older adults are more likely to have multiple forms of insurance coverage for their medical care than adults under the age of 65. Unfortunately, having more than one insurer makes the billing process more complex.

In fact, CFPB debt collection complaints involving Medicare show that inaccurate billing is a common issue for individuals with more than one insurer. In 53% of these complaints, people with Medicare reported that the underlying debt was inaccurate. However, 61% of people with more than one insurer reported that the underlying debt was inaccurate. Billing complexities associated with multiple chronic health conditions or more than one form of insurance coverage can lead to delays in payment, errors in who is billed for services, and providers inappropriately seeking reimbursement directly from patients.

If you need assistance in sorting through medical bills, contact Alice Ackerman, Elder Benefit Specialist with the ADRC at 608-269-8693 or email Alice.Ackerman@co.monroe.wi.us.

To read the full CFPB report, please see: <https://www.consumerfinance.gov/data-research/research-reports/issue-spotlight-medical-billing-and-collections-among-older-americans/full-report/>.



Alice Ackerman
Elder Benefit Specialist

Malnutrition vs Food Insecurity Are you Hungry for the Details?

Contributed by Lynn Lawler, RDN, CD

Food insecurity is defined as a household-level economic and social condition of limited or uncertain access to adequate food. In 2020, 13.8 million households were food insecure at some time during the year. Food insecurity does not necessarily cause hunger, but hunger is a possible outcome of food insecurity. Adults who are food insecure may be at an increased risk for a variety of negative health outcomes and health disparities. Healthy People 2030 provides additional information on Food insecurity at: <https://health.gov/healthypeople/priority-areas/social-determinants-health/literature-summaries/food-insecurity>

Malnutrition can mean undernutrition or overnutrition. It can also mean an imbalance of macronutrients (proteins, carbohydrates, fats) or micronutrients (vitamins and minerals). Undernutrition is what most people think of when they think of malnutrition. Undernutrition is a deficiency of nutrients. Simply put, it is a mismatch between the nutrients you need and the nutrients you get.

Senior hunger is a pressing issue in the United States. 5.5 million seniors (60 and up) and 3.8 million older adults (50-59) experienced food insecurity in 2021. For additional information published April 26, 2023 please visit: <https://www.feedingamerica.org/sites/default/files/2023-04/State%20of%20Senior%20Hunger%20in%202021.pdf>

Malnutrition Awareness Week is an annual, multi-organizational campaign to raise awareness about malnutrition. In 2023, the dates are September 18-22. The focus is to educate health care professionals on the early detection, prevention, and treatment of malnutrition and for consumers to discuss their nutritional status with healthcare professionals.

Some signs of malnutrition can include:

- Always being angry or irritated
- Being depressed
- Cold, papery, and thin skin
- Complaints of feeling cold
- Constantly tired
- Hair easily falls out
- Having a hard time focusing
- Lethargic throughout the day
- No appetite for food
- Slow recovery from an illness or surgery



Aging plays a role not only physiologically and psychosocial but other changes can decrease the sense of taste and smell that leads to reduced appetite. Dental problems and poor oral health, medication side-effects, decreased mobility and not being able to prepare meals are contributing factors as well. Add depression, isolation, loneliness, poor finances, and dementia which can all trigger malnutrition.

Malnutrition affects billions of people globally. Malnutrition does not discriminate. Malnutrition Awareness Week is important as the organizers state that "Sharing useful information about malnutrition to the public in a dedicated week may encourage everyone to pay more attention to how nutrition plays a role in their general well-being. This in turn will lead to a healthier way of life for all, especially if we find out ways to contribute to others' well-being." The more people are aware, the fewer cases of undiagnosed conditions will happen. This week provides a chance for people to recognize how harmful malnutrition can be. It also encourages people to pay attention to their nutrition and care more about getting help for people who need it.

Older Adult Malnutrition is a Critical Health & Public Safety Issue -Up to 50% of older adults are either at risk of, or are, malnourished. There are several community-based food and nutrition programs available to older adults intended to improve their dietary intake and food security. These programs are an essential part of the community-based social and health care systems intended to allow community-residing older adults to remain independent.

Find more information about the ADRC of Monroe County Senior Dining program here: <https://www.co.monroe.wi.us/services/aging-and-disability-resource-center/nutrition> or contact Patti Abbott, Nutrition Program Coordinator, 608-269-8692, patti.abbott@co.monroe.wi.us



Patti Abbot
Nutrition Program Coordinator

Fruit Puzzle

T B O Y S E N B E R R Y K Y
 E Z X J Z T P L U M K I G A
 L W N E C T A R I N E W V Y
 P S E P A R G C V M X I N P
 P R A S P B E R R Y A K Q A
 A B L U E B E R R Y M N M P
 Y R R E B W A R T S K X G P
 W D C T K A P R I C O T Q O
 X X T P E A R M E N U R P K
 X V G M G T A N G E R I N E
 C X P I N E A P P L E C X W
 V D B Y R R E B L E K C U H
 O R A N G E N I S I A R L P
 R Z V N R A N A N A B G N N

apple
 apricot
 banana
 blueberry
 boysenberry
 grapes
 huckleberry
 kiwi
 mango
 nectarine

orange
 papaya
 pear
 pineapple
 plum
 prune
 raisin
 raspberry
 strawberry
 tangerine

SEPTEMBER IS NATIONAL FRUITS & VEGGIES MONTH

Fruit & Veggie

BINGO CHALLENGE



Name: _____ Email: _____

Phone Number (to contact if you win): _____

Directions: Complete the challenges to get a 5 in a row Bingo. Then, email a picture of your bingo card to moco.health@co.monroe.wi.us by September 30, 2023 to be entered to win prizes!

Make sure your picture includes the contact information section above.

Try grilling or sautéing vegetables on the grill or stove	Try a lettuce wrap	Make a cauliflower pizza crust	Look up how many fruit servings are in 1 medium apple & write your answer below _____ serving(s)	Make a fruit pizza
Encourage a friend to complete the Bingo Challenge	Eat a vegetable at dinner	Eat a dessert with fruit in it	Make a veggie omelet	Grill fruit like peaches or pineapple
Visit the farmer's market	Eat a vegetable at breakfast	Tell someone that September is National Fruit & Veggies Month	Try roasting vegetables in the oven	Try frozen grapes
Try a new vegetable today	Make 1/2 your plate fruits & veggies	Try a fruit like grapes or pears with cheese	Eat a salad	Grill veggie kebabs
Try a new fruit or veggie recipe from foodhero.org	Experiment with veggie noodles such as zucchini	Make a fruit smoothie	Make 1/2 your plate fruits & veggies	Try a new fruit

Brought to you by the Monroe County Nutrition Coalition

HAPPY LABOR DAY

Your hard work is much appreciated.



Quick Corn Pudding



- 1/2 cup unsalted butter, melted
- 1 lb. canned creamed corn
- 1 lb. canned whole kernel corn, half of juice drained
- 2 eggs, beaten
- 1-1/2 cups cornbread mix

Preheat oven to 350° F. Combine all ingredients in a bowl and pour into a greased 8x8 inch casserole dish. Bake 35-40 minutes. Serve hot. Scoop out with an ice cream scoop, if desired.

This recipe serves 8 people.

Take the Mystery out of Medicare



Know someone who is turning 65 and has questions on Medicare? Have you been on Medicare for several years and have questions on coverage or insurance co-pays? Want to know the difference between public and private Medicare?

Alice Ackerman, Elder Benefit Specialist with the ADRC will be giving a presentation on Medicare benefits and the enrollment process on September 13 from 4:00 – 5:30 pm at the Kupper Ratsch Senior Center 1002 Superior Ave, Tomah.

Learn what services are covered under Medicare, different options for covering prescription medications and the differences between traditional supplement or “Medigap” policies and Advantage plans. Reservations are appreciated but not required. For more information, contact the ADRC office at 608-269-8690 or 888-339-7854 or on our website <https://www.co.monroe.wi.us/services/aging-and-disability-resource-center-copy>.



Alice Ackerman
Elder Benefit Specialist

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

There is a suggested contribution of \$4.00 - \$7.00 for each congregate meal or each home delivered meal.

SEPTEMBER 2023

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
				3oz Pork Fritters 2oz Country Gravy 1/2c Cowboy Beans 1/2c Baby Carrots 1ea WG Bread & Butter 1serv Seasonal Fruit 1serv Spiced Garbanzo Bean Cake 8oz 1% Milk
4	5	6	7	8
CLOSED FOR HOLIDAY	3oz Beef Roast 2oz Gravy 1/2c Oven Roasted Potatoes 1/2c Candied Sweet Potatoes 1serv Fresh Seasonal Fruit 1serv Blueberry Coffee Cake 1 Butter 8oz 1% Milk	3oz Cold Ham & Cheese Sand 2slices WG Bread 1/2c Italian Pasta Salad 1oz WG Sun Chips 1cup Fresh Fruit Mix 1ea Mayo/Mustard Packet 1 Rhub/Straw Upside Down Cake 8oz 1% Milk	1cup Turkey & Rice Casserole 1/2c Buttered Peas 1cup Mixed Green Garden Salad 1 Dressing Packet 1ea WG Bread & Butter 1 Fresh Peach 8oz 1% Milk	3oz/1 Cheeseburger on WG Bun 3sl/1sl Tomato/Red Onion 1/2c Potato Salad 1/2c Italian Style Baked Beans 1ea Ketchup/Mustard Packet 1 Fresh Apple 8oz 1% Milk
11	12	13	14	15
3oz Cabbage Rolls 1/2c Colcannon (Irish Ms Pot) 1/2c Roasted Beets 1/2c Creamy Cucumber Salad 1ea Rye Bread/Butter 8oz 1% Milk	1/1 Beef Hot Dog on WG Bun 2TB/1TB Chili&Cheese/Diced Onions 1/2c Steakhouse Potato Salad 1/2c Stewed Tomatoes 1/2c Baked Beans 1ea Ketchup/Mustard 1 Fresh Plums 8oz 1% Milk	1serv Chicken Chimichanga 1/2c Black Beans with Red & Green Peppers 1/2c Spanish Rice 1cup Fresh Fruit Mix Sugar Cookie 1ea Sour Crem/Salsa 8oz 1% Milk	3oz Turkey Open Faced Sand 1 W/G Bread 2oz Gravy 1/2c Mashed Potatoes 1cup/1 Mixed Green Garden Salad/Dressing 1/2c Pears 8oz 1% Milk	3oz Beef Tips in Pesto Cream Sce 1/2c Buttered Noodles 1/2c Fresh Corn 1 Seasonal Fruit 1serv Beetroot Chocolate Cake 8oz 1% Milk
18	19	20	21	22
3oz Chicken Piccata 1/2c Seasoned Rice Pilaf 1/2c Broccoli 1cup 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 & 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 1 Tartar Sauce 8oz 1% Milk	3oz Chicken Stuffed with Broccoli & Cheese 1/2c Mashed Baby Red Potatoes 1/2c Roasted Brussels Sprouts 1ea Bread & Butter 1serv Fresh Seasonal Fruit 1 Lemon Bar 8oz 1% Milk
25	26	27	28	29
1cup Italian Cheese Tortellini w/Smoked Sausage 1cup Kale Salad w/Apples, Pecans & Raspberry Drsg 1/2c Diced Potatoes 1ea WG Bread & Butter 1/2c Peaches 8oz 1% Milk	3oz/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	1cup Pork Lo Mein 1/2c Asian Vegetables 1 Vegetable Spring Roll 1 Vanilla & Mango Muffin 1 Apple 1 Sweet & Sour Sauce 8oz 1% Milk	3oz Chicken Marsala 1/2c Herbed Buttered Noodles 1/2c Normandy Blend Veg 1ea WG Bread & Butter 1cup Caesar Salad/Dressing Pkt 1/2c Pears 8oz 1% Milk	1cup Tater Tot Casserole 1/2c Mixed Vegetables 3 Sliced Tomatoes 1ea WG Bread & Butter 1cup Spinach Salad w/Mandarin Oranges & Sesame Dressing 8oz 1% Milk

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

LUNCH BUNCH MEMORY CAFÉ

MEETING CHANGED TO 2ND MONDAY DUE TO HOLIDAY!

We will be moving the meeting to the second Monday due to Labor Day!

When: Monday, September 11, 2023

Time: 11:00 AM - 1:00 PM

Location: Sparta Barney Center
1000 E. Montgomery St.
Sparta WI 54656

RSVP: (608) 387-9250

Menu: Cabbage Rolls, Colcannon (Irish Ms. Pot), Roasted beets, creamy cucumber salad, Rye bread/ butter, 1% milk



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.

Suggested contribution range of \$4 to \$7.



DO YOU OR SOMEONE YOU KNOW NEED A RIDE TO AN APPOINTMENT?

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.



Julie Leis
ADRC Transportation Coordinator

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-  24/7 CALL PENDANT
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-  WHIRLPOOL SPA
-  SOCIAL & RELIGIOUS ACTIVITIES

(608) 269-3168 | morrowhome.org
housing@morrowhome.org

Offer ends 6/30/23. Contact Morrow Home Housing for full offer details.

Caregiver Burnout: Signs, Symptoms, Self-Care

Emily Reitz, Dementia Care Specialist

Caregiving can be a rewarding way to show a loved one that you care about them. However, it can also be incredibly stressful, taking an emotional and even physical toll. These tolls can cause what is called “caregiver burnout” in those providing care. Caregiver burnout is “a state of physical, emotional, and mental exhaustion” which can lead to difficulty relating to, or feeling compassion and empathy for others.

Caregivers are often so busy providing care to loved ones that they tend to neglect their own physical, social, emotional, and spiritual health. The demanding nature caregiving has on one’s body, mind, and emotions can lead to feeling overwhelmed, fatigued, and hopeless. These are signs that you may be feeling burnout.

Mayoclinic.org reports that some symptoms of burnout noted in caregivers are: withdrawal from other loved ones, loss of interest in activities they previously enjoyed, irritability, feelings of hopelessness, appetite and/or weight changes, difficulty maintaining a typical sleep cycle or routine, feelings and thoughts of self-harm, frequent sickness, and feeling helpless. These are just a few things that might happen when a person experiences caregiver burnout or compassion fatigue. (Different name, same thing) Every person may experience it in different and very personal ways.

According to Caringbridge.org, there are steps you can take to prevent caregiver burnout.

- Talk with and verbally process your feelings and frustrations with a trusted individual. (e.g. a friend, family member, trusted co-worker, neighbor, or a therapist or counselor)
- Set goals - **ATTAINABLE AND REALISTIC GOALS** - the power of achieving, even what you may perceive as a tiny goal that doesn’t matter, is greater than we realize.
- Journaling about your feelings and frustrations. Try your best not to keep them bottled up inside of you waiting to erupt at an inappropriate moment.
- Attend a support group. We have one available at the ADRC!
- Know your limits and be honest with yourself about your personal situation.
- Understand that there is always room to learn something new. Just as diseases progress and change, so does the research and information about them. Keep updated on local research and resources.
- Take advantage of local resources such as respite care services. Respite care provides a temporary break for caregivers. You can receive assistance for a few hours in-home and potentially a short stay in a nursing home, assisted living facility, or community based residential facility (CBRF).
- Know that you can take care of yourself without neglecting the person for whom you provide care.
- **DO NOT FORGET ABOUT YOURSELF BECAUSE YOU ARE TOO BUSY CARING FOR OTHERS IN YOUR LIFE!** Self-care is a necessity, not a luxury. Set aside time for you so that you don’t lose yourself in your role as a caregiver.

Dear caregivers, please remember to take care of yourselves as you care for others in your life. You cannot provide the best care possible to others when you are not caring for yourself. You are needed. You are appreciated. You deserve time for yourself. You have permission to take care of yourself. In fact, I insist.

For more information regarding caregiver supports and resources please contact the ADRC of Monroe County at 608-269-8690.



Emily Reitz
DCS

The Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) Diet

The MIND Diet (Mediterranean-DASH Intervention for Neurodegenerative Delay) is an example of a diet that has recently been associated with brain health. MIND is a combination of the Mediterranean and DASH (Dietary Approaches to Stop Hypertension) Diets.

The MIND approach includes:

- Green leafy vegetables (at least 6 servings a week)
- Other vegetables (at least 1 a day)
- Nuts (5 servings a week)
- Berries (2 or more servings a week)
- Beans (at least 3 servings a week)
- Whole grains (3 or more servings a day)
- Fish (at least 1 serving a week)
- Poultry (2 servings a week)
- Olive oil (use as in cooking and dressings)
- Wine, especially red (1 glass a day)



The MIND approach avoids:

- Red meat (less than 4 servings a week)
- Butter and margarine (less than 1 tablespoon daily)
- Cheese (less than 1 serving a week)
- Pastries and sweets (less than 5 servings a week)
- Fried or fast food (less than 1 serving a week)

References: Morris MC, Tangney CC, Wang Y, Sacks FM, Bennett DA, Aggarwal NT, MIND diet associated with reduced incidence of Alzheimer’s disease. *Alzheimer’s and Dementia*. 2015; 9: 1007-1014. Rush University Medical Center, www.rush.edu/news/diet-may-help-prevent-alzheimers

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HISPANIC HERITAGE MONTH

TORTILLAS

Growing up, corn tortillas were a staple in our house. Our family went to a Mexican food store to buy a grocery bag of warm, freshly made tortillas. The aroma was beautiful and they froze well. Try visiting a local Mexican food store to find fresh tortillas. If you are lucky you might find just the dough and press your own tortillas.

CHORIZO EGGS

My dad was born in Mexico, and he loved chorizo. One of his favorite ways to use chorizo was to fry it with some scrambled eggs. He served the eggs in a toasted tortilla. Feel free to add vegetables and cilantro to your eggs!

SPICY BLACK BEANS WITH LIME AND HONEY

Beans are a staple in Hispanic cooking. This recipe uses many flavors to please our taste buds: spicy, sweet and sour. Another benefit is these beans can be served many ways; as a side dish, pureed into a dip, used in a taco, enchilada, omelet, tamale, burrito, quesadilla, as a topping for a salad, or as a base for soup.

CHARRED TORTILLAS

To toast tortillas, use the burner on your gas stove. Grab your tortilla with tongs or your fingers place over flame for about 30 seconds, flip and toast the other side for another 30 seconds. It will be ready to add great flavor and pilable to work with for use.

Watch the QR video to see how to char a tortilla



CHORIZO EGGS

Heat oil in a frying pan, add chorizo, and cook through, stirring for about 5 minutes. Add chopped onion, sautéing in chorizo for about 3 minutes, then add peppers and tomatoes as desired. Let veggies sauté for another 3 minutes. Add beaten raw eggs to the frying pan until cooked but still soft—about 4 minutes. Remove from pan and garnish with cilantro or cheese. Serve immediately.

GWAAR Nutrition Team member
Lori Fernandez

SPICY BLACK BEANS WITH LIME AND HONEY

2 Cups black beans (if canned, rinse and drain)
2 Tablespoons olive oil 1/2 Red onion, diced
1 colored pepper- diced
2 Cloves garlic, minced 1 Tablespoon cumin
1 Tablespoon chili powder & 1/4 Teaspoon red pepper flakes
1 Teaspoon garlic powder & 1 Teaspoon onion powder
1/2 Teaspoon pepper & 2 Teaspoons salt
1/4 Cup vegetable stock
3 Tablespoons honey & 2 Tablespoons fresh lime juice
2 Tablespoons minced cilantro

Preheat large frying pan to warm. Add olive oil until warm and sauté onions for 3 - 4 minutes. Add cumin and sauté until fragrant (about a minute). Next add peppers, garlic and zucchini if using, and sauté for another 4 minutes. Add beans, chili powder, onion powder, garlic powder, red pepper flakes, salt, pepper, honey and stock. At this time, add greens, cooked meat or tomatoes Simmer for 5 minutes. Finish by adding fresh lime juice and cilantro.

Optional Add-ins:

1/2 Cup diced zucchini 1 Cup diced tomatoes
1# Ground meat cooked (hamburger, sausage, and chorizo)
2 Cups greens (spinach, kale, etc.)

Reporting Wages When You Receive Supplemental Security Income (SSI)



The Supplemental Security Income (SSI) program provides monthly payments to adults and children who have a disability, are blind, or age 65 or older. The amount you can receive is based, in part, on your income and resources (the things you own). To make sure you get timely and accurate payments, you should participate in monthly wage reporting.

What is monthly wage reporting?

When you report wages to Social Security at the beginning of each month, we call it monthly wage reporting. The law requires you to report wages when you receive SSI. These wages may or may not affect your SSI payment.

Do I need to report other wages?

Sometimes you must report someone else's wages to us. You must let us know right away if your spouse, parents, or sponsors start or stop working, or if there's a change in their income. Here are a few examples:

- Your spouse works and lives with you.
- A child getting SSI payments, lives with a parent who has earnings.
- You are a noncitizen and have a sponsor, and your sponsor (or their spouse) has earnings (even if your sponsor doesn't live with you).

Who reports monthly wages:

You must report your wages and those of the people mentioned above. If you are the spouse, parent, or sponsor, or a person receiving SSI you need to report your wages monthly to us. If you are a representative payee, it is your responsibility to report the wages.

How do I report monthly wages?

You can report wages using one of the following automated or electronic options:

- SSI Telephone Wage Reporting system.
- SSA Mobile Wage Reporting applications.
- my Social Security account.

These tools save you time and allow certain recipients, their spouses, parents, beneficiaries, deemors, and representative payees to report wage information to us. These reporting options are convenient and provide access to our services without the need for you to call, visit, or write your local office.

When do I need to contact my local office to report?

You will need to contact us to find out which wage reporting option is best for you. We can help you choose the best wage reporting option and make sure you are set up to report wages electronically. You'll also need to contact us if you:

- Have self-employment earnings to report.
- Start, stop working, or change jobs.
- Are reporting wages outside of the reporting month.
- Start paying expenses for work because of your disability.

When do I report monthly wages:

You should report monthly wages as soon as you receive your last payment each month, but no later than the 10th day of the next month. For example, we must receive your monthly wage report for January no later than February 10.

Contacting Us

The most convenient way to do business with us is to visit www.ssa.gov to get information and use our online services. Or, you can call us toll-free at 1-800-772-1213 or at 1-800-325-0778 (TTY) if you're deaf or hard of hearing. We can answer your call from 8 a.m. to 7 p.m., weekdays. We provide free interpreter services upon request. We are less busy later in the week (Wednesday to Friday) and later in the month.

The best place to call to reach a Social Security agent is our local agency, La Crosse Social Security. They can be reached at 886-770-2345.