NOVEMBER
2023

ADRC CONNECT

AGING & DISABILITY RESOURCE CENTER OF MONROE COUNTY

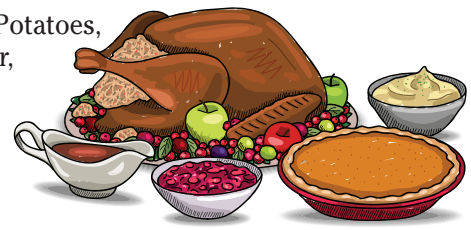
315 West Oak Street, Suite A • Sparta, WI 54656 • 1-888-339-7854 • FAX (608) 269-8688
www.co.monroe.wi.us/services/aging-and-disability-resource-center-copy

COMMUNITY THANKSGIVING DINNER

Thursday, November 23, 2023 | 11:00 a.m. to 1:00 p.m.

Everyone is Welcome! Come as a Family…

Sparta American Legion Post 100, 1116 Angelo Road, Sparta



Roast turkey, savory dressing and whipped potatoes w/ Gravy; Sweet Potatoes, Sweetened Corn, Green Beans, Cranberry Sauce, Dinner Rolls w/ butter, Apple and Pumpkin Pies, Beverages

The meal is free, a free will donation will be accepted.

CARRY OUTS WILL NOT BE AVAILABLE FROM THE LEGION

For meal delivery to shut-ins and the elderly

Please call 608-269-3894 between 9 AM and 5 PM. Deadline for delivered meals is November 20th

Free cab service for in town customers will be limited to driver availability.

Please call Sparta Cabs 608-269-2222

Sponsored by the Sparta Ministerial Association with donations from many Monroe County businesses.
Donations will help benefit the Sparta Ministerial Associations ongoing work in our community.

NATIVE AMERICAN HERITAGE MONTH

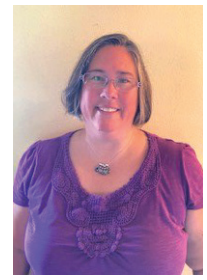
November marks a time of reflection and celebration as the United States observes Native American Heritage Month. This month-long observance is an opportunity to recognize and honor the rich history, diverse cultures, and enduring contributions of Native American peoples to our nation. It provides a platform to delve into the past, acknowledge the present, and embrace the future of Native American heritage.

The origins of Native American Heritage Month can be traced back to the early 20th century. Native American advocate Dr. Arthur C. Parker, of Seneca heritage, had a vision to celebrate and promote the awareness of Native American culture and heritage. In 1915, he successfully lobbied for the establishment of the second Saturday in May as "American Indian Day." Over the years, the movement grew, and in 1990, President George H.W. Bush signed a joint resolution designating November as "National American Indian Heritage Month." Since then, every U.S. president has issued a proclamation for this significant observance.

As we celebrate Native American Heritage Month, it is essential to remember that the heritage and culture of Native American peoples are not confined to a single month. True understanding and appreciation require ongoing efforts to learn, engage, and respect the traditions and contributions of indigenous communities throughout the year.

Welcome our new Social Worker

The ADRC of Monroe County is excited to announce we have hired a new Social Worker to fill the vacancy left by Samantha Nicklay. Our new Social Worker is Rhonda Greeno and she started with the ADRC on October 4th. Rhonda shared a little information about herself:



Rhonda Greeno
Social Worker and Options Counselor

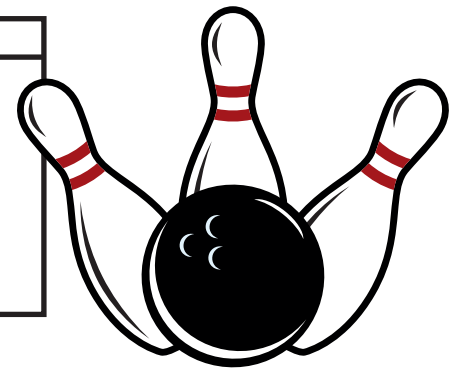
My name is Rhonda Greeno and I am a Social Worker and Options Counselor at the ADRC of Monroe County. I started my career in Social Work, working as Director of Social Services and Admissions in a couple nursing facilities. I then moved to the County System and worked with Portage County when they began their transition to Family Care through the pilot program. Life changes included a move to the Sparta area 20 years ago where I was hired by Monroe County Human Services to work in the long-term care program. In 2009, my position transitioned to Family Care where I worked for 15 years as a Social Worker. I am excited to be back at Monroe County and continuing to build relationships with providers and members of the community that I have been working with for many years. In my free time, I enjoy spending time with my family. We enjoy attending sporting events, camping and being involved in our community.

As a Social Worker, with the ADRC, Rhonda will provide information and assistance to both the Elderly and Disabled populations, including benefits and program eligibility and resources and services available for private pay options. Please join us in welcoming Rhonda to the ADRC of Monroe County.

Please contact the ADRC at 608-269-8690 if you would like to discuss options or are in need of any services. We can work together to determine the best fit for your needs.

Sparta Special Recreation provides activities for people age 4 to 100 regardless of disABILITY

Sundays	Program	Program Cost
Nov. 5 Nov. 12 Nov. 19 Nov. 26 3:00pm	BOWLING LOCATED AT STRIKE ZONE IN TOMAH REGISTRATION FEE INCLUDES TWO GAMES OF BOWLING AND SHOES ON ALL SUNDAYS	$35.00 per person Register by WEDNESDAY, NOV. 1ST



PARTICIPANT NAME AND AGE _____

PARENT OR GUARDIAN AUTHORIZATION, WAIVER, & RELEASE OF LIABILITY

I hereby give my permission for the above named individual to participate in programs offered by the Sparta Parks & Recreation Department. I also certify that the above named individual is in normal health capable of participating safely in the program he/she is registered in. I recognize and acknowledge that there are certain risks involved in these programs including but not limited to, property damage, personal injury, or death. I am voluntarily placing this individual in these activities with the knowledge of the danger involved and hereby agree to accept all risks of participation. I agree to indemnify and hold harmless the City of Sparta, its agents and employees, the Sparta School District, its agents and employees, and the sponsors of the program offered by the Sparta Parks & Recreation Department from and against all liability, damage or claims by any person (s) of whatever nature arising from participation in the programs for which he/she has registered. I further certify that I am of legal age and freely sign this agreement. I also certify that I have read this agreement and fully understand its terms. In the event of an emergency, I authorize the recreation staff to obtain treatment for my son or daughter.

THE SIGNATURE OF A PARENT OR LEGAL GUARDIAN IS REQUIRED FOR YOUTH REGISTRANTS

Signature _____Date _____

REGISTER ANY OF THESE WAYS

-CALLING SPARTA PARKS & REC OFFICE AT 608-269-6322
-GOING ONLINE AT SPARTAPARKS.COM
-RETURNING THIS FORM WITH PAYMENT TO THE SPARTA PARKS & REC OFFICE IN PERSON
-PLACING THIS FORM WITH PAYMENT IN DROP BOX OUTSIDE OF OFFICE HOURS AT SPARTA PARKS & REC OFFICE LOCATED AT 1000 E. MONTGOMERY ST IN THE SPARTA BARNEY CENTER

2023 DAYLIGHT SAVING TIME ENDS

Fall Back November 5 2:00AM

This means that not only do you get an extra hour of sleep, but it will also become darker earlier in the afternoon. Brace yourself, winter is coming.

HOLIDAY CLOSINGS

November 23th - Thanksgiving

November 24th - CLOSED

December 25th - Christmas Day

December 26th - CLOSED

January 1st - New Year's Day

Medicare Part D/ Advantage Plan Open Enrollment

Open enrollment for Medicare plans in 2023 is October 15 through December 7, 2023. This is an important time for people with Medicare to review their current Part D prescription drug plan or Advantage Plan, note any changes, and determine if it is still the best option for them. Since insurance companies can change their plan premiums, deductibles, co-pays and maximum out of pocket each year, switching to a different plan could result in extra money in your pocket!

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

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

Please contact Alice Ackerman, Elder Benefit Specialist with the ADRC at 608-269-8693 or email her at Alice.Ackerman@co.monroe.wi.us. Our toll free number is 888-339-7854.

Alice Ackerman
Elder Benefit Specialist

Additional resources with plan comparisons is available through:

- 1-800-MEDICARE or www.medicare.gov
- Medigap helpline 1-800-242-1060
- Disability Drug Helpline 1-800-926-4862 (if under age 60)
- Wisconsin Medigap Prescription Drug Helpline 1-855-67 PART D (1-855-677-2783)

DANCE

SPARTA BARNEY CENTER
SATURDAY NOVEMBER 4
6:00-8:00PM

No fee or registration required
Hosted by Sparta Special Recreation
Please email sosparta@hotmail.com with any questions

Who do I contact - Social Security or Medicare?

Social Security offers retirement, disability and survivors benefits. Medicare provides health insurance. Because these services are often related, you may not know which agency to contact for help. The chart below can help you quickly figure out where to go. Please share this chart with family and friends.

TOPIC	SOCIAL SECURITY	MEDICARE	RESOURCES
How do I report a death?	X		Contact your local Social Security Office or call 1-800-772-1213 (TTY 1-800-325-0778)
How can I check Medicare eligiblity?	X		ssa.gov/medicare
What does Medicare cover?		X	medicare.gov/what-medicare-covers
How do I sign up for Hospital Insurance (Part A)	X		ssa.gov/medicare
How do I sign up for Medical Insurance (Part B)	X		ssa.gov/medicare
How do I apply for Extra Help with Medicare Prescription drug coverage? (Part D)	X		ssa.gov/benefits/medicare/prescriptionhelp
How can I check the status of a Medicare Part A or B claims?		X	medicare.gov/account/login
Where do I find forms for filing a Medicare appeal or let someone speak with Medicare on my behalf?		X	medicare.gov/claims-appeals/how-do-i-file-an-appeal
How to appeal an income-related monthly adjustment amount decision? for people who pay a higher Part B or D premium, if their income is over a certain amount	X		ssa.gov/benefits/medicare/medicare-premiums/html
How can I request a replacement Medicare card online?	X		ssa.gov/myaccount
If I already get benefits or have Medicare, how do I report a change of address or phone number?	X		ssa.gov/myaccount
What do Medicare health and prescription drug plans in my area cost, and what services do they offer?	X		medicare.gov/plan-compare
Which doctors, health care providers, and suppliers participate in Medicare?	X		medicare.gov/care-compare/
Where do I find publications about Medicare?	X	X	ssa.gov/pubs/?topic=Medicare medicare.gov/publications
Where can I found out more about a Medicare prescription drug plan (Part D) and enroll?		X	medicare.gov/drug-coverage-part-d/how-to-get-prescription-drug-coverage
Where can I find a Medicare Supplement Insurance (Medigap) policy in my area?		X	medicare.gov/medigap-supplemental-insurance-plans

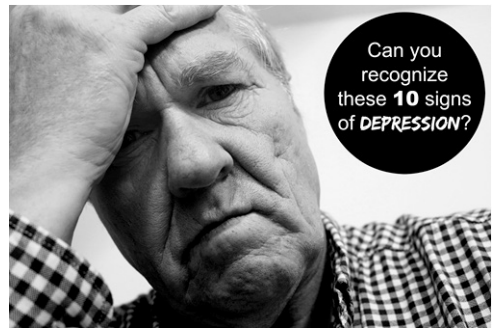
Securing today and tomorrow

SSA.gov

Social Security Administration
Publication No. 05-10500

Healthy IDEAS

Identifying Depression, Empowering Activites for Seniors



"Improving Quality of Life"

Healthy IDEAS Improves Quality of Life By:

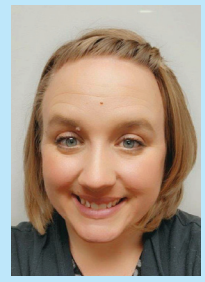
- Screening for symptoms of depression and assessing severity.
- Educating older adults and caregivers about depression, effective treatment and self-care.
- Referring and linking clients to treatment and follow-up with primary care and mental/behaviorly health providers.
- Empowing older adults to manage their symptoms of depressions though a behavioral activation approach that encourages involvement in meaningful activities.
- Assessing clients' progress, supporting their efforts, and encourating clients to continue self-managing their mood, using a behavior change approach.

608-269-8636 or 608-219-1710
Monroe County ADRC
315 W. Oak Street, Suite A
Sparta, WI 54656

Signs and Symptoms of Depressions in Older Adults

- Sadness
- Unexplained aches and pains
- Loss of interest in socializing or hobbies
- Feelings of hopelessness and helplessness
- Sleep disturbances
- Loss of self-worth
- Slowed movement or speech
- Memory problems
- Neglecting personal care
- Thoughts of death or suicide, or suicide attempts

Contact Stephanie Haas, Healthy IDEAS Certified Leader & Community Health Worker for more information



Stephanie Haas
Community Health Worker (CHW)

Cranberries are The Harvest of the Month!

Add cranberries to your favorite family meals:

- Toss cranberries on oatmeal or cold cereal.
- Mix dried cranberries, raisins, cereal, and nuts for a healthy snack mix.
- Add cranberries to salads for a refreshing punch of tartness.

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

Select – Cranberries are available fresh, frozen, canned, dried, and as 100% juice. If selecting fresh, choose plump, firm berries with a deep red color.

Store – Refrigerate cranberries for up to 2 months or freeze for up to 9 months.

Prepare – Sort and discard bruised cranberries. Do not thaw frozen cranberries. Simply rinse the frozen berry and add to your favorite muffin or stuffing recipe.

Did you Know?

Cranberries are the state fruit of Wisconsin! 62% of the cranberries grown in the United States come from Wisconsin.

wisconsin harvest of the month

Nutritious, Delicious, Wisconsin!
#WIHarvestoftheMonth

FOOD WISE Healthy choices, healthy lives.
UW-MADISON EXTENSION

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. Funding for this publication was made possible by the U.S. Department of Agriculture's (USDA) Agricultural Marketing Service through grant AM200100XXXXG060. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.

November Senior Dining site news

Starting in November, we will be going to our Fall/Winter menu. This is a change from the spring/summer menu and you will see some changes including some soups and those comfort type, warm dishes you associate with colder weather. Here is a listing of some new items you will be noticing:

Loaded Baked potato soup - A rich broth filled with baked potato toppings.

Waldorf salad – Gala apples, green grapes, red grapes, celery, walnuts, salt and pepper with Greek Yogurt, sugar and lemon juice

Reuben Casserole – Rye bread, sauerkraut, corned beef, Russian-style dressing, Swiss cheese

Red Cabbage Salad – Cabbage, blue cheese, slivered almonds, olive oil, pepper, sugar, celery salt, cider vinegar, onion

Creamy Kale and Pasta Bake Recipe – Fresh kale, milk, butter, flour, Monterey jack cheese, hot sauce, pepper, pasta, panko and olive oil

Tater Tot Casserole – Ground beef, corn, black beans, onion, garlic, taco seasoning mix, Mexican cheese bend, potato nuggets, enchilada sauce.

Southern Turkey & Rice Hot Dish – Turkey, rice, cream of chicken soup, spices

Our menus are on a 7 week rotation and follow the guidelines set up by our state oversite agency to meet all of the nutritional guidelines required for the Senior Nutrition Program. Surveys went out this fall to all current participants including both congregate diners and the Home Delivery recipients. If you have not completed the survey yet please do so and return to the meal site. Your comments and opinions matter to us.

We will again be offering a free meal to all Monroe County Veterans over 60 years old. Please make your reservation a day ahead of time and let the dining site manager know you are a veteran for a free meal voucher. If you are new to our program you will be asked to fill out a registration form when you come in.

If you are new to the county or haven't been to one of our local meal sites in a while, take a look at the menu and considering joining your friends and neighbors for a nutritious meal and conversation. Remember to call a day ahead to make a reservation. For dining site phone numbers please see our menu on page 5.

Attention All Monroe County Veterans Age 60 or Older:

In honor of your service, the ADRC of Monroe County Senior Nutrition Program would like to offer you a voucher for a free meal at your local senior dining site.
If you would like to reserve a meal, please call your local dining site one day ahead, and the site manager will give you a voucher. The voucher is good for a meal on day of your choosing in November.
If you are one of our home delivered meal participants, and are also a veteran, please let your driver or meal site manager know, so that we can provide you with a voucher for a complimentary home delivered meal in November.

DINING SITES:
SPARTA 608-269-6778, TOMAH 608-372-7291, CASHTON 608-377-3831, KENDALL 608-463-7622, WILTON 608-487-6130, NORWALK 608-343-3158

ADRC of Monroe County Meal Program/Senior Dining Sites
Cashton, Kendall, Norwalk, Sparta, Tomah & Wilton
NOVEMBER 2023

There is a suggested contribution of $4.00 - $7.00 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 3oz Chicken Chimichanga 1/2c Black Bns w/Red & Grn Pep 1/2c Spanish Rice 1ea Sour Cream/Salsa 1c Fresh Fruit Mix 1 Sugar Cookie 8oz 1% Milk	2 3oz Turkey Open Faced Sand 1 WG Bread 2oz Gravy 1/2c Mashed Potatoes 1cup/1 Mixed Green Salad/Drsg 1/2c Pears 8oz 1% Milk	3 3oz Beef Tips in Pesto Crm Sauce 1/2c Buttered Noodles 1/2c Fresh Corn 1/2c Fresh Fruit Mix 1 Beetroot Chocolate Cake 8oz 1% Milk
6 3oz Polska Kielbasa 1/2c Creamy Kale & Pasta Bake 1/2c Roasted Carrots 1/2c Peaches 1ea WG Bread & Butter 1 Ketchup Packet 8oz 1% Milk	7 3oz Glazed Chicken 1/2c Potato Wedges 1cup Mixed Green Garden Salad 1 Dressing 1/2c Applesauce 1ea Pumpernickel Roll/Butter 1 Yogurt Cup 8oz 1% Milk	8 3oz/1 Cheeseburger w/WG Bun 3/1 Tomato Slices/Red Onion 1ea Ketchup & Mustard Packet 1/2c Potato Salad 1/2c Cowboy Beans 1/2c Tropical Fruit 8oz 1% Milk	9 8oz White Bean & Kale Soup 2 Saltines 3oz Turkey/Cheese Cold Sand 2sl Whole Grain Bread 1/2c Raw Broccoli 1/2c Fresh Fruit Mix 1/2c Butterscotch Pudding 8oz 1% Milk	10 3oz Beef Tips 2oz Mushroom Gravy 1/2c Hearty Mashed Potatoes 1 Seasoned Corn 1ea Seasonal Hand Fruit 1 WG Bread & Butter 1 Oatmeal Raisin Cookie 8oz 1% Milk
13 1cup Spaghetti Bake w/Mt Sce 1/2c Broccoli 1 Garlic Bread 1 Parmesan Cheese Pkt 1/2c Pears 1 Black Bean Cookie 8oz 1% Milk	14 3oz/1 Pulled Pork Sandwich on 1ea Whole Grain Bun/BBQ Pkt. 1/2c Winter Squash 1/2c Coleslaw 1 Whole Grain Sun Chips 1/2c Applesauce 8oz 1% Milk	15 1c Taco Tot Casserole 1/2c Spanish Rice 1cup Fresh Fruit Mix 1ea WG Bread & Butter 1 Taco Sauce Packet 1 Churro Cookie 8oz 1% Milk	16 3oz Herbed Chicken Breast 1/2c Cheese Tortellini 1/2c California Medley 1/2c/1 Mashed Sweet Pot/Butter 1 Seasonal Hand Fruit 1 WG Rice Krispy Treat 8oz 1% Milk	17 3oz Fish Sandwich w/Cheese 1ea WG Bun/Tartar Sauce 1/2c Seasoned Potato Cubes 1cup Mixed Garden Salad 1 Dressing Packet 1/2c Pineapple 8oz 1% Milk
20 3oz Chicken Parmesan 1/2c Buttered Noodles 1/2c Green Beans 1 Breadstick 1/2c Applesauce 1 Pumpkin Bar 8oz 1% Milk	21 3oz Pork Fritter 2oz Country Gravy 1/2c Au Gratin Potatoes 1/2c Roasted Carrots 1/2c Fruit Cocktail 1 Spiced Garbanzo Bean Cake 8oz 1% Milk	22 3oz Turkey 1/2c Stuffing 1/2c Mash Potatoes/2oz Gravy 2TB Cranberry Relish 1ea WG Bread & Butter 1 Pumpkin Pie 8oz 1% Milk	23 CLOSED *Happy Thanksgiving*	24 CLOSED
27 3oz Pork Loin ala Florentine 1/2c Baby Baked Potato 1ea Butter & Sour Cream 1/2c Carrots 1ea WG Bread & Butter 1ea Sliced Apples/PB Cup 8oz 1% Milk	28 1cup Southern Turkey & Rice 1/2c Roasted Butternut Squash 1/2c Peas 1/2c Peaches 1ea Pumpernickel Bun/Butter 1 Carrot Cake 8oz 1% Milk	29 3oz Chicken Marsala 1/2c Herbed Buttered Noodles 1/2c Normandy Blend Veg 1cup Caesar Salad w/Dressing 1/2c Pears 1ea Whole Grain Bread/Butter 8oz 1% Milk	30 3oz/1 Beef Hot Dog on WG Bun 2TBea Chili & Cheese 1TB Diced Onions 1/2c Potato Salad 1/2c Baked Beans 1 Seasonal Hand Fruit 1ea Ketchup/Mustard 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

THE FIRST MONDAY OF EACH MONTH

Meal site menu:
Polish Kielbasa
Creamy Kale & Pasta Bake
Roasted Carrots
Peaches
Bread & Butter
Ketchup Packet
1% Milk

When: Monday, November 27, 2023
Time: 11:00 AM - 12:30PM
Location: Sparta Barney Center
1000 E. Montgomery St.
Sparta WI 54656
RSVP: **(608) 387-9250**
by Friday, October 27th

Let us know if you plan to eat when you register.

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 of $4.

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.

ADRC
Aging & Disability Resource Center of Monroe County

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.

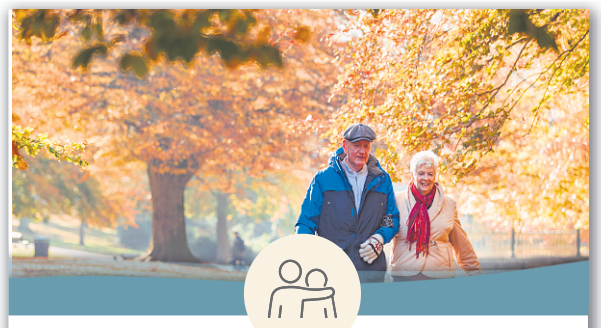
The group meets on the
3rd Friday of each month from 1pm - 2pm
November 17th, 2023

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

Emily Reitz
DCS

Morrow Home Community
ADULT LIVING SERVICES

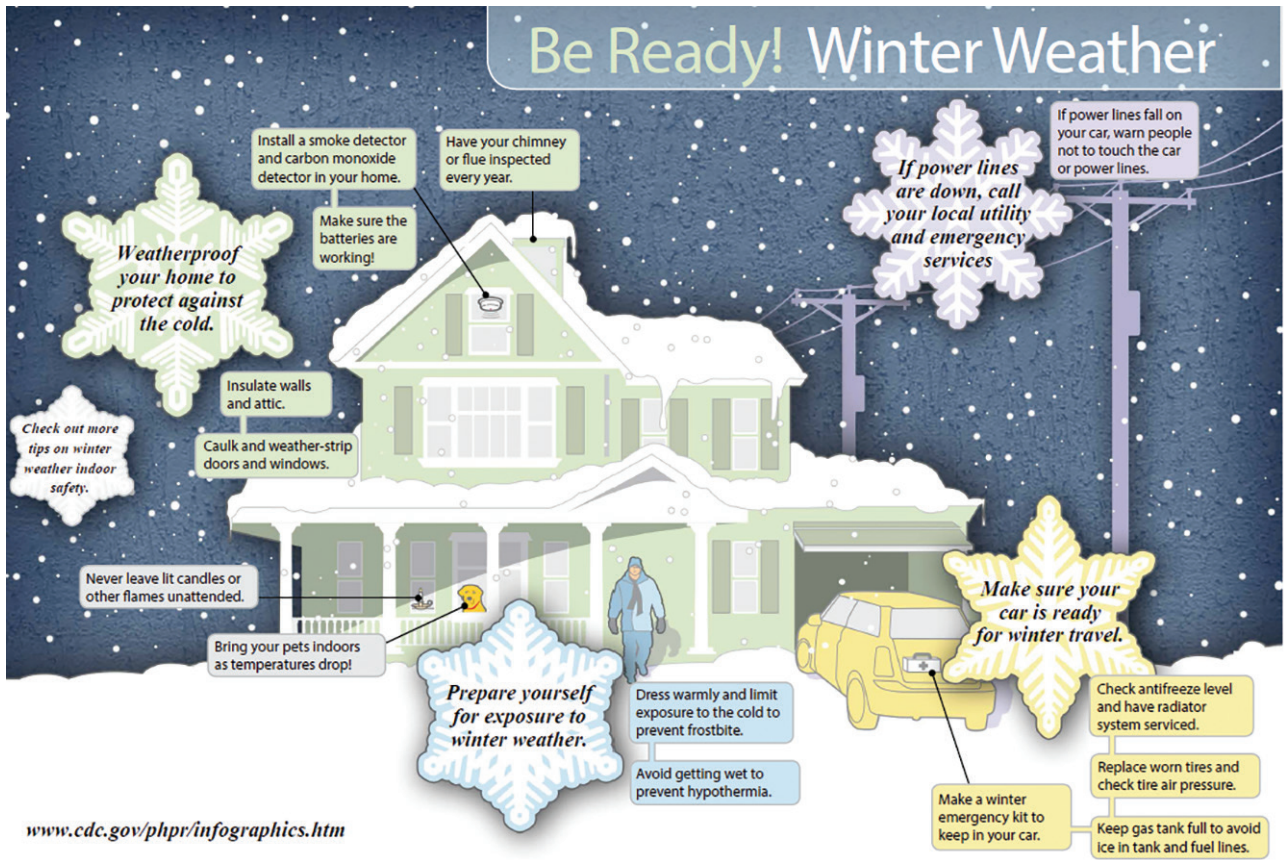
Independent Living
Enjoy a daily noon meal, weekly housekeeping services, free on-site laundry, religious and recreational activities, and on-site gardening. Choose from one or two bedroom apartments.



Assisted Living
Enjoy three meals per day, housekeeping services, activities, activities, and assistance with the daily needs of your choosing. Choose from one or two bedroom apartments in a variety of layouts.

Memory Care
Enjoy a private room and bathroom in a secured facility, three meals per day, housekeeping, and activities. We adjust to the needs of each resident and create individualized care plans.

(608) 269-3168 | housing@morrowhome.org | www.morrowhome.org | 331 S Water St Sparta, WI 54656



Medicare Health Care Coverage

To Navigate the Medicare Maze, Know Your Resources!

It is important to know the resources that are available to you. Below is a list of resources that can provide you with assistance and guidance on Medicare questions or that offer unbiased information about health insurance plans/benefits and counseling. Connect with these resources to ensure that you get your questions answered, get clarification on your options, and to obtain the coverage that is right for your circumstances.

The ***Aging and Disability Resource Center (ADRC)*** has trained Benefit Specialists at local ADRC offices and aging units in every county and for every tribe in the state. The Benefit Specialists offer unbiased in-person or over-the-phone counseling, along with assistance in signing up for health care coverage. These specialists can also help with complex issues such as coverage appeals.

- For general information and services provided, visit https://www.dhs.wisconsin.gov/adrc
- To locate an ADRC Benefit Specialist near you, visit https://www.dhs.wisconsin.gov/adrc/consumer/index.htm
- For Tribal ADRC services, visit https://www.dhs.wisconsin.gov/adrc/consumer/tribes.htm

The ***State Health Insurance Assistance Program (SHIP)*** (1-800-242-1060) provides eduction, counseling and enrollment assistance to Medicare beneficiaries. https://www.dhs.wisconsin.giv/benefit-specialists/medicare-counseling.htm

The ***Medigap Helpline*** (1-800-242-1060) is a toll-free helpline operated by the Wisconsin Board on Aging and Long-Term Care that provides counseling to all Wisconsin Medicare beneficiaries on Medicare, Medicare supplement insurance, employer-based health insurance, Medicare Advantage plans, long-term care insurance, and related topics. The helpfline handled almost 10,000 call in 2020 and works closely with the Office of the Commissioner of Insurance.

The ***Medigap Part D and Prescription Drug Helpline*** (1-855-677-2783) is a toll-free helpline operated by the Wisconsin Board on Aging and Long-Term Care that answers questions from Wisconsin residents aged 60 and over about Medicare Part D and other prescription drug coverage options.

The ***Disability Drug Benefits Helpline*** (1-800-926-4862) is a toll-free helpline, operated by Disability Rights Wisconsin that helps people who have Medicare due to a disability, with questions about prescription drug coverage.

Office for the Deaf and Hard of Hearing (video phone: 1-262-347-3045) provides outreach and individual counseling in American Sign Language.

Social Security Administration (1-800-772-1213). Use the toll-free number to find your local office, or go online at https://www.ssa.gov. You will need to contact Social Security to sign up for Medicare.

Wisconsin Judicare, Inc. (1-800-472-1638) provides outreach and benefits counseling to Native American Medicare beneficiaries.

Wisconsin Senior Medicare Patrol (1-888-818-2611) is a toll-free helpline that Medicare beneficiaries and their families can call to report suspected Medicare fraud, errors, and abuse.

Medicare (1-800-633-4227) or www.medicare.gov offers information regarding coverage, terms, and options. The site updates the Plan Finder annually. You can also set up an account on the site for personal information.

Winter weather and the ADRC transportation program

As you know, winter weather is upon us! Regarding the ADRC Transportation Program, every effort will be made to transport residents to their appointments.

If the transportation program is cancelled the Transportation Program Coordinator will contact area residents scheduled for a ride that day. All attempts will be made to contact each rider two hours prior to the scheduled pick up time. However, riders should also be consulting the radio and news stations listed below:

News Stations: WKBT Channel 8; WXOW Channel 19

Radio Stations: WCOW 97.1; WBOG-WUSK-WTMB; WWIS 99.7

The information should be posted to the news and radio stations and the website no later than 6:30 a.m.

In addition, I would like to take this opportunity to ask you to please make every effort to have your driveway/walk way clear of snow and ice prior to our driver's arrival. I appreciate your understanding as it is our goal to provide a safe and enjoyable ride for our passengers. If you have any questions regarding this, please call Julie Leis –ADRC Transportation Coordinator at 608-269-8689.

Julie Leis
ADRC Transportation Coordinator

GRIEF SUPPORT GROUP MEETING

Join us to share your grief and find comfort in others.

November 14th,
12:00 pm - 1:00 pm.
ADRC Building
315 W Oak St,
Suite A, Sparta
Conference Room A

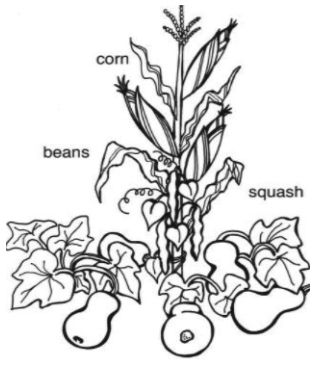
Emily Reitz
DCS

To register, please call Emily Reitz at 608-387-9250 or email emily.reitz@co.monroe.wi.us

November is Native American Heritage Month!

By: Crystal Meltz MS, RD, CD

This month I would like to share a bit of my Oneida culture with you and introduce you to the Three Sisters. The story of the three sisters begins in our creation story where they grew from the body of sky woman when she died giving birth to her twin sons. The three sisters were given to sustain life as food and also provided the people with life lessons.



The three sisters are grown together in a symbiotic relationship. The Three Sister became the main staple in the Oneida diet. The corn is the eldest sister, she stands tall in the center of the mound.

Sister Squash is the next sister. She grows over and around the mound,

Protecting her other sisters from weeds and her leaves shade the ground keeping it cool and moist. She also has prickly spines that grow from her vines which keep the animals from coming because those spines poked on their feet. Beans, the third sister she climbs through the squash and up the corn as she reaches for the sun, also helping to keep the corn strong and stable. Beans help keep the soil strong and fertile by using and storing nitrogen in the soil giving the plants what they need to grow.

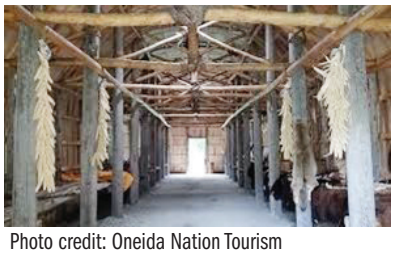


Photo credit: Oneida Nation Tourism

When it is harvested in October the corn is braided together and hung to dry. Today this usually happens in a barn, traditionally it would have been hung in the longhouse.

When the corn is dry, it can be made in to nutritious food like corn soup, corn bread, and corn mush. The white corn can be dehydrated, stored and used at another time.

Traditionally beans would be dried and stored in baskets or clay pots in the floor of the longhouse. Squash would be sliced and hung to dry similar to the white corn.

If you are interested in learning more about the Oneida culture, diet or to purchase corn products Ukwakhwa Inc., is a non-profit organization in Oneida, WI who is dedicated to educating the community about traditional agricultural practices. www.ukwakhwa.com

THANKSGIVING

Although there is record of earlier thanksgiving celebrations (most notably in 1619 at Berkeley Plantation, Virginia), Americans trace their traditional Thanksgiving holiday to one celebrated in 1621. This celebration was held at the Plymouth Colony, now in the state of Massachusetts. The English Pilgrims who had founded the colony marked the occasion by feasting with Native American guests—members of the Wampanoag tribe—who brought gifts of food as a gesture of goodwill. Although this event was an important part of American colonial history, there is no evidence that any of the participants thought of the feast as a thanksgiving celebration. Two years later, during a period of drought, a day of fasting and prayer was changed to one of thanksgiving because rains came during the prayers. Gradually the custom prevailed among New Englanders to annually celebrate Thanksgiving after the harvest.

Colonial governments and, later, state governments took up the Puritan custom of designating thanksgiving days to commemorate various public events. Gradually the tradition of holding annual thanksgiving holidays spread throughout New England and into other states. During the American Revolution (1775-1783) the Continental Congress proclaimed a national day of thanksgiving following the American victory at the Battle of Saratoga in 1777. U.S. president George Washington proclaimed another day of thanksgiving in 1789 in honor of the ratification of the Constitution of the United States. In 1817 New York State adopted Thanksgiving Day as an annual custom, and many other states soon did the same. Most of the state celebrations were held in November, but not always on the same day.

In the mid-19th century Sarah Josepha Hale, editor of Godey's Ladies Book, led a movement to establish Thanksgiving as a national holiday. In 1863, during the American Civil War (1861-1865), President Abraham Lincoln proclaimed the last Thursday in November to be Thanksgiving Day in order to bolster the Union's morale. After the war, Congress established Thanksgiving as a national holiday, but widespread national observance caught on only gradually. Many Southerners saw the new holiday as an attempt to impose Northern customs on them. However, in the late 19th century Thanksgiving's emphasis on home and family appealed to many people throughout the United States. As a distinctly American holiday, Thanksgiving was also considered an introduction to American values for the millions of immigrants then entering the country.

During the 20th century, as the population of the United States became increasingly urban, new Thanksgiving traditions emerged that catered to city dwellers. The day after Thanksgiving gradually became known as the first day of the Christmas shopping season. To attract customers, large retailers such as Macy's in New York City and Gimbel's in Philadelphia, Pennsylvania, began to sponsor lavish parades. By 1934 the Macy's parade, featuring richly decorated floats and gigantic balloons, attracted more than one million spectators annually.

The custom of watching football games on Thanksgiving Day also evolved during the early decades of the 20th century. As football became increasingly popular in the 1920s and 1930s, many people began to enjoy the holiday at a football stadium. Teams in the National Football League eventually established the tradition of playing nationally televised games on Thanksgiving afternoon.

In 1939 U.S. president Franklin Roosevelt shifted the day of Thanksgiving from the last Thursday in November to one week earlier. Retail merchants had petitioned the president to make the change to allow for an extra week of shopping between Thanksgiving and Christmas. Many Americans objected to the change in their holiday customs and continued to celebrate Thanksgiving on the last Thursday of the month. Roosevelt's political opponents in Congress also opposed the break with tradition and dubbed the early holiday "Franksgiving." In May 1941 Roosevelt admitted that he had made a mistake and signed a bill that established the fourth Thursday of November as the national Thanksgiving holiday, which it has been ever since.

The New and Improved Nutrition Facts Label – Key Changes

In 2020, the U.S. Food and Drug Administration finalized a new Nutrition Facts label for packaged foods that made it easier for you to make informed food choices that support a healthy diet. The updated label has a fresh new design and reflects current scientific information, including the link between diet and chronic diseases.

1 **Servings:** The number of "servings per container" and the "Serving Size" declaration are in large and/or bold font. Serving sizes were updated to better reflect the amount people typically eat and drink.

There were also new requirements for certain size packages, such as those that are between one and two servings or are larger than a single serving but could be consumed in one or multiple sittings.

2 **Calories:** "Calories" is in large and bold font.

3 **Fat:** "Calories from Fat" was removed because research shows the type of fat consumed is more important than the amount.

4 **Added Sugars:** "Added Sugars" in grams and as a percent Daily Value (%DV) is required on the label. Added sugars include sugars that are added during the processing of foods (such as sucrose or dextrose), foods packaged as sweeteners (such as table sugar), sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices. Scientific data shows that it is difficult to meet nutrient needs while staying within calorie limits if you consume more than 10 percent of your total daily calories from added sugar.

Original Label

Nutrition Facts
Serving Size 2/3 cup (55g)
Servings Per Container 8

Amount Per Serving	
Calories 230	Calories from Fat 72
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 12g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

Current Label

Nutrition Facts
8 servings per container
Serving size 2/3 cup (55g)

Amount per serving	
Calories	**230**
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

5 **Nutrients:** The lists of nutrients that are required or permitted on the label were updated. Vitamin D and potassium are required on the label because Americans do not always get the recommended amounts.

Vitamins A and C are no longer required since deficiencies of these vitamins are rare today. The actual amount (in milligrams or micrograms) in addition to the %DV must be listed for vitamin D, calcium, iron, and potassium.

The Daily Values for nutrients were also updated based on newer scientific evidence. The Daily Values are reference amounts of nutrients to consume or not to exceed each day and are used to calculate the %DV.

6 **Footnote:** The footnote at the bottom of the label was changed to better explain the meaning of %DV. The %DV helps you understand the nutrition information in the context of a total daily diet.

Nutrition Facts Label
What's in it for you?

Learn more about the Nutrition Facts label at:
www.FDA.gov/NutritionFactsLabel

August 2023

FDA