

APRIL
2024



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

April 16th is National Health Care Decision Day



Pam Weber
CSW, ADRC Manager

Life is unpredictable. Accidents happen. We cannot know the future so the best option we have is to be prepared for the worst, while not worrying about what could go wrong. A sudden change in our health, or the health of a loved one or friend, can catch us off guard at any time. When we are unable to make our own decisions, our family and loved ones may struggle to make the right healthcare decisions for us, so the best thing we can do for ourselves, and our loved ones, is to plan and be prepared for the future.

Picture yourself in this scenario. You are driving to the grocery store and out of the blue a vehicle crashes into you. You are injured and knocked unconscious. The ambulance rushes you to the hospital but you are unable to speak for yourself. You are unaware of what

is happening and unable to tell your doctor what medical care you want. Do you want to be kept on life support if needed? Do you want a feeding tube? Are you willing to be admitted to a nursing home without your knowledge?

This type of situation can happen to anyone. Fortunately, there are options to protect yourself. A Power of Attorney for Health Care (POA-HC) is relatively easy to complete. It is a document that you complete and sign, naming another person (agent) to make your health care decisions for you. Completing a POA-HC is a way for you to authorize someone else to make your health care decisions if you ever become temporarily or permanently unable to do so for yourself. It allows you to choose the person you want to make these decisions for you when you cannot make them for yourself. It also allows you to discuss with your agent, ahead of time, what you want those decisions to be.

If you do not complete a POA-HC but later are unable to make your own

health care decisions, there may be no one authorized to make the decisions for you. In Wisconsin, a family member is not automatically authorized to make health care decisions for you unless you complete a POA-HC document naming the family member as your agent.

A POA-HC document must be completed before the unthinkable happens. It is too late to complete one afterwards. If you don't have one the court may need to appoint a guardian of person for you. This process can be costly, time-consuming, difficult and emotionally draining for your loved ones. It may not result in the appointment of the person you would have chosen to be your guardian. Also, the person chosen may not know or care what you might or might not want.

There are several ways to complete a POA-HC. One way is to use the fill-in-the-blank form created by the state. Another way is to hire a lawyer to draft a document tailored to your specific needs. One may also purchase blank

forms. Some facilities like hospitals and clinics may distribute their own POA-HC forms.

Online, you can find the state document here <https://www.dhs.wisconsin.gov/forms/advdirectives/f00085.pdf>

If you don't have access to a computer you can contact the ADRC of Monroe County at 608-269-8690 and we will be able to give you one.

More information on how to choose an advocate who could speak for you and help you have a say in your healthcare can be found here <https://theconversationproject.org/wp-content/uploads/2020/12/ChooseAProxyGuide.pdf>



Do you want to learn about Technology?

Join Us for our
2024 Sip and Swipe Series.



Pam Weber
CSW, ADRC Manager

We will be hosting a Sip and Swipe Café in 2024 to help you learn about technology. Classes will be Wednesdays for five weeks (no class May 1st) from 10 am to 11 am. First class is April 17th and will be held at the Kupper Ratsch Senior Center, 1002 Superior Ave, Tomah. Join us for some fun, snacks and learning. For more information and to register please call Pam Weber at the ADRC of Monroe County at 608-269-8691.

Thank you to our gracious volunteers Sue Moser and Jeff Drew who make this opportunity possible as well as Pam Buchda for sharing the space at the senior center.

PLEASE NOTE: NO CLASS MAY 1st.
Classes held April 17th and 24th.
May 8th, 15th and 22nd.

Are you eating lunch all by yourself?



Patti Abbot
Nutrition Program
Coordinator

Is it lunch time and once again you are sitting by yourself wondering what to eat and maybe not feeling like cooking something hot and tasty? Don't reach for that bowl of cereal or put that TV dinner in the microwave. Check out the menu in this newsletter and call and make a reservation for the next day at your local Senior Meal site. Maybe call a friend and invite them along and if you do not have someone to go with, you will meet new, friendly people that are already going

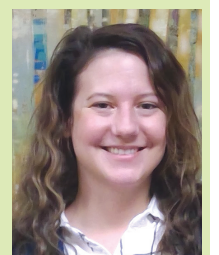
there to eat. You could even take a deck of cards along and get a game in before or after the meal. It is a nice friendly atmosphere and unlike going to a restaurant, where you may sit by yourself without someone to visit with, you will have people to talk to and share a meal. The suggested contribution is a bargain in today's higher prices and you will come away with more than a full belly! The coffee is always on as well!

Grief Support Group Meeting

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

April 9, 2024
12:00 - 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

SCAM ALERT

Watch out! Scammers target everyone.



Recognize scammers. They may:

- **PRETEND** to be from an agency or organization you know.
- Say there's a **PROBLEM** or promise a prize.
- **PRESSURE** you to act immediately.
- Tell you to **PAY** in a specific way.



Do not give scammers money or personal information – Ignore them!

How to avoid a scam:

- **Remain calm.** Talk to someone you trust.
- **Hang up or ignore** the message. **DO NOT** click on links or attachments.
- **Protect your money.** Criminals will insist that you pay in a hard-to-trace manner, such as with a gift card, prepaid debit card, cryptocurrency, wire transfer, money transfer, or by mailing cash.
- **Protect your personal information.** Be skeptical of a contact you didn't initiate.
- **Spread the word.** Share your knowledge of Social Security-related scams. Post on social media using the hashtag #SlamtheScam to share your experience and warn others. Visit ssa.gov/scam for more information. Please also share with your friends and family.

Social Security Administration
Publication No. 05-10597 | January 2024 (February 2023 edition may be used) | Produced at U.S. taxpayer expense



Update on Fraudulent Covid-19 Test Kits from the Wisconsin Senior Medical Patrol



Alice Ackerman
Elder Benefit Specialist

Unified Program Integrity Contractor (UPIC) that we want to share. But first, let's unjumble the alphabet soup.

CMS is the federal agency that provides health coverage to more than 160 million people through Medicare, Medicaid, the Children's Health Insurance Program, and the Health Insurance Marketplace. CMS works in partnership with the entire health care community to improve quality, equity, and outcomes in the health care system.

The role of the UPIC is to detect fraud, waste, and abuse in Medicare Parts A, B, Durable Medical Equipment, Home Health, Hospice, and

We've received an important update from CoventBridge Group, the Centers for Medicare and Medicaid Services (CMS)

Medicaid. CoventBridge Group is the name of the organization that serves in this capacity for several states, including Wisconsin. When we submit cases of suspected fraud for possible investigation, CoventBridge Group is notified, as they are part of the fraud-fighting team for Medicare.

Here's what we learned and wanted to share:

- Many of the same beneficiaries who received unwanted COVID-19 test kits now have suspect claims for in-person COVID-19 tests, durable medical equipment, catheters, and glucose monitors.
- The bad actors are expanding to other services/supplies and/or brokering the Medicare information they have available to them.
- Medicare beneficiaries need to be very vigilant about checking their Medicare Summary Notices for fraudulent charges for other types of services/supplies they didn't receive.
- Evidence shows that the suspected scammers are making

phone calls and getting people to say "yes" at any time during the call. Once the person responds "yes" to any of the questions asked, the phone call recording can be altered to make it sound like the product was wanted or requested.

What's the Scoop? It is critical that we just say "no" and hang up when we receive these types of calls. It is best to avoid saying "yes" to anything when on the phone with unknown callers. And better yet? If you don't recognize the phone number calling you, don't answer it!

Here's a Double Scoop: Please review your Medicare statements regularly to make sure all claims filed with your information are accurate. If something doesn't seem right, say something. If you see a suspicious claim, call their toll-free helpline at (888)-818-2611 or contact Alice Ackerman, Elder Benefit Specialist with the ADRC at 608-269-8693 or Alice.Ackerman@co.monroe.wi.us.

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608.374.0250

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
April 19th, 2024

Emily Reitz
DCS

humor generosity support love connections thanks family
caregiving help home hope strength

What to Do When a Family Member Uses Your Credit Card Unauthorized

By Dan Miller · October 17, 2022
adapted from www.sofi.com

One of the main advantages of using a credit card for purchases is that, in most cases, you're not liable for fraudulent charges. If your card is lost or stolen, usually all it takes is a quick chat with your credit card issuer to resolve the issue.

Where this gets a bit murkier is when it's a family member or friend who uses your credit card without your permission.

While you're still not liable, the process of dealing with unauthorized credit card charges by family members or friends can get more complicated. Your credit card issuer may want you to file a police report and even take legal action against the person who made the charges. You'll have to decide whether it's worth potentially damaging your relationship with your family member or friend.

Authorized vs Unauthorized Credit Card Charges

While you are legally responsible for paying back any authorized credit card charges, in most cases, you will not need to cover any unauthorized credit card charges.

Most credit cards come with a 0% liability guarantee, meaning that you're not liable for any unauthorized or fraudulent charges that were made with your credit card or account information. This can help protect you against credit card scams and other fraudulent activity, as well as charges made to your card without your permission.

Legal Protection against Unauthorized Use of Credit Cards

There are two main federal laws that help to protect you against unauthorized use of your credit card or account information:

- **Fair Credit Billing Act (FCBA):** This law limits your liability for unauthorized credit card charges to \$50, though many card issuers lower your liability to \$0 for all unauthorized charges.
- **Electronic Fund Transfer Act (EFTA):** Sometimes referred to as Reg E, this law limits liability for ATM transactions or debit card charges, among other types of transactions, if it's reported within 60 days.

Tips for Handling Accidental Possession of Credit Cards

One of the best things you can do to help avoid unauthorized use of your credit card by a third party is to keep it in your possession. Make sure you know where your credit cards are at all times, especially if you have teens or other adults living in your home.

It's also a great idea to regularly monitor your bank and credit card accounts. That way, you can spot any unauthorized charges quickly.

Tips for Handling Unauthorized Credit Card Charges

If unauthorized charges were made to your credit card, here are some tips for how to handle the situation.

Contact Your Credit Card Issuer

The first thing you'll want to do if you spot an unauthorized credit card charge on your account is to contact your credit card issuer. You can do this by calling the number printed on the back of your credit card or contacting your issuer through your online account.

Request a Refund

As the refund process may vary slightly by issuer, the customer service representative you talk with can help you figure out how to request one. A refund is also sometimes referred to as a credit card chargeback. In many cases, the bank will provisionally credit your account within 24-48 hours while they investigate the fraudulent charges.

File a Police Report

In some cases, your bank or Credit Card Company may request you to fill out a police report. In other cases, the card issuer may file a police report themselves. This can make the situation complicated if it's a friend or family member who made the unauthorized charges.

Disputing Credit Card Charges

Disputing credit card charges is another term for reporting unauthorized or fraudulent activity on your account. When you dispute a credit card charge, you're letting the card issuer know that you believe you should not be responsible for paying that particular charge. It's important to dispute any fraudulent charges as soon as possible.

Reporting Unauthorized Credit Card Use

It's good financial practice to regularly review your bank and credit card accounts for a number of reasons. One reason is to report any unauthorized credit card use as soon as you see it. The best way of handling fraudulent charges is to report them immediately and then let your bank or credit card company investigate them.

Tips for Avoiding Credit Card Fraud and Unauthorized Use

There are two things that you'll want to do to avoid unauthorized use on your credit card:

- First, make sure that you keep track of your cards and don't leave them where someone else might use them.
- Second, regularly monitor your bank and credit card accounts. That way, you can report any unauthorized use to avoid being liable for any credit card purchase interest charges that may accrue otherwise.

The Takeaway

Federal law limits consumer's liability for fraudulent or unauthorized charges, and most credit cards have a \$0 fraud liability policy. So if you do have any unauthorized or fraudulent charges, make sure to report them to your credit card issuer right away.

Where it can get complicated is if it's a friend or family member who made the unauthorized charge. In the case of unauthorized use of a credit card by a family member or friend, you'll need to decide whether to try and get the money back directly from that individual or report the charge to your card issuer, which may mean filing a police report.

FAQ

Who is liable for unauthorized credit card charges?

Federal law limits a consumer's liability for unauthorized credit card charges and credit card fees stemming from unauthorized use. If you see a charge on your credit card account that you don't recognize, make sure to report it to your card issuer as soon as possible.

How do credit cards investigate unauthorized charges?

Credit card companies have a variety of different ways that they investigate



unauthorized charges. They may contact the merchant, review video from the purchase, or check online activity. In some cases, they may work with local law enforcement and/or pursue criminal charges.

Should you report a family member for unauthorized credit card use?

Whether or not you report a family member for unauthorized credit card use depends on the situation. Keep in mind that reporting a family member for unauthorized credit card use may lead to the card issuer pressing charges against them for fraud. So, depending on your relationship, you may not want to report your family member to the card issuer and instead try to get the money back directly from them.

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Monroe County Medication Drop Boxes

Sparta Police Department
711 Pine St, Sparta, WI
Mon-Fri: 7:30 am-4:30 pm

Tomah Police Department
805 Superior Ave, Tomah, WI
Mon-Fri: 8 am-6 pm

Norwalk Village Hall
208 S Church St, Norwalk, WI
Mon-Wed, Fri: 8 am-4 pm

Wilton Community Center
400 East St, Wilton, WI
Mon-Fri: 8 am-4 pm



Monroe Co. Sheriff's Office Lobby
112 S Court St, Sparta, WI
Mon-Fri: 7:30 am-4:30 pm

Scenic Bluffs Community Health Centers
238 Front St, Cashton, WI
Mon-Thurs: 7 am-6 pm, Fri: 7 am-5:30 pm



*All locations closed Saturday, Sunday, & Legal Holidays

LUNCH BUNCH MEMORY CAFÉ

Food and drink provided by Congregate Meal Site-

When: April 1, 2024
Time: 11:00 AM - 12:30PM
Location: Sparta Barney Center
1000 E. Montgomery St.
Sparta WI 54656
RSVP: (608) 387-9250

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

Polska Kielbasa, Ketchup Packet, Creamy Kale & Pasta Bake, Roasted Carrots, Bread & Butter, Peaches, 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 of \$4-\$7.

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.



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Contact Kari O'Rourke at (608) 269-3168 to schedule a tour!

Offer ends April 1, 2024. Contact Morrow Home Housing for full offer details.

Take the Mystery Out of Medicare

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, C & 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 2024.

The meeting will be on Wednesday April 17 from 4:00 – 5:30 pm at the Kupper – Ratsch Senior Center 1002 Superior Ave, Tomah. For more information or to make a reservation please contact Alice at 608-269-8693 or email at Alice.Ackerman@co.monroe.wi.us.



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.

APRIL 2024

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	3	4	5
3 oz Polska Kielbasa 1 Ketchup pkt 1/2c Creamy Kale & Pasta Bake 1/2c Roasted Carrots 1 ea WG Bread/ Butter 1/2c Peaches	3 oz Glazed Chicken 1/2c /1 Potato Wedges/Ketchup 1c/1 pk Mixed Green Salad/Drge 1/1pkt Pumpernickel Roll/Butter 1/2c Applesauce 1 Yogurt cup	3 oz /1Cheeseburger on WG Bun 1 es Ketchup / Mustard 3/1 Tomato Slices/Onion Slice 1/2c Potato Salad 1/2c Cowboy Beans 1/2c Tropical Fruit	8 oz White Bean & Kale Soup 3 oz Cold Turkey/Cheese 2 sl Sdwch on WG Bread 1pk ea Crackers/Mayo/Mustard 1/2c /1 Raw Broccoli/ Ranch Dip 1/2c Fresh Fruit Mix 1/2c Butterscotch Pudding	5 oz Beef Tips w/Mushroom Grvy 1/2c Hearty Mashed Potatoes 1/2c Seasoned Corn 1 Seasonal Hand Fruit 1 ea Whole Grain Bread / Butter 1 / 1oz Apple Sliced w/ cubed Cheese
8	9	10	11	12
1 c Spaghetti Bake w/ Meat 1 Parmesan Cheese Packet 1/2c Broccoli 1 ea Garlic Bread 1/2c Pears 1 Black Bean Cookies	3 oz Pulled Pork Sandwich 1/ 1 WG Bun/ BBQ Paket 1/2c Winter Squash 1/2c Coleslaw 1 oz WG Sun Chips 1/2c Applesauce	1 cup Taco Tot Casserole w/Black 1/2c Beans & Corn/ Taco Sauce 1/2c Spanish Rice 1 cup Fresh Fruit Mix 1 ea WG Bread / Butter 1 Churro Cookie	3 oz Herbed Chicken Breast 1/2c Cheese Tortellini 1/2c California Medley 1/2c /1 Sweet Potatoes/ Butter 1 Seasonal Hand Fruit 1 WG Rice Krispie Treat	3 oz Fish Sandwich w/ Cheese 1/1 WG Bun/ Tartar Sauce 1/2c Seasoned Potato Cubes 1 cup Mixed Green Salad 1 Dressing Packet 1/2c Pineapple
15	16	17	18	19
3 oz Chicken Parmesan 1/2c Buttered Noodles 1/2c Green Beans 1 Breadstick 1/2c Applesauce 1 Pumpkin Bar	3 oz Country Fried Beef Steak 2 oz Country Gravy 1/2c Au Gratin Potatoes 1/2c Roasted Carrots 1 Spiced Garbanzo Bean Cake 1/2c Fruit Cocktail	3 oz Beef Roast 1/2c Candied Sweet Potatoes 1 ea WG Bread/Butter 1 cup Fresh Fruit Mix 1 Coffee Cake	3 oz Creamy Tuscan Chicken w Cherry Tomato & Spinach 1/2c Wild Rice Blend 1/2c Garlic Roasted Parsnips 1 Handheld Cherry Pie 1 Seasonal Hand Fruit	3 oz /1 Breaded Fish/ Tartar Sc 1/2c Cheesy Potatoes 1/2c Winter Blend Vegetables 1/2c Tabbouleh Salad 1 svg Pretzels /w Hummus 1/2c Fresh fruit Mix
22	23	24	25	26
3 oz Pork Loin Ala Florentine 1 Baby Baked Potato 1 ea Butter / Sour Cream 1/2c Carrots 1 ea WG Bread/ Butter 1 ea Slice Apples w/ PB cups	1 cup Southern Turkey & Rice Casserole 1/2c Roasted Butternut Squash 1/2c Peas 1 ea Pumpernickel Bun/Butter 1/2c Peaches 1 Carrot Cake	3 oz Chicken Marsala 1/2c Herb Buttered Noodles 1/2c Normandy Blend Veg 1 ea WG Bread / Butter 1 c Caesar Salad w/ Drsg 1/2c Pears	3 oz /1 Beef Hot Dog/WG Bun 1 ea Ketchup & Mustard 2 tbs Chili & Cheese/ 1 TB onion 1/2c Potato Wedges 1/2c Baked Beans 1 ea Seasonal Hand Fruit	1 cup Pizza Casserole w/ WG pasta 1 Garlic Breadstick 1/2c Mixed Green Salad 1 Dressing Packet 1 ea WG Bread/Butter 1/2c Fresh Fruit Mix
29	30	<p>8 oz. 1% Milk Served with every meal</p> <p>Food allergies or intolerances are unable to be accommodated. ADRC Nutrition Program Main Number is (608) 269-8692</p> <p>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>		

Diet Review: MIND Diet

Adapted from the Harvard School of Public Health Website
hsph.harvard.edu/nutritionsource/healthy-weight/diet-reviews/mind-diet/



What Is It?

The Mediterranean-DASH Diet Intervention for Neurodegenerative Delay, or MIND diet, targets the health of the aging brain. Dementia is the sixth leading cause of death in the United States, driving many people to search for ways to prevent cognitive decline. In 2015, Dr. Martha Clare Morris and colleagues at Rush University Medical Center and the Harvard Chan School of Public Health published two papers introducing the MIND diet. [1,2] Both the Mediterranean and DASH diets had already been associated with preservation of cognitive function, presumably through their protective effects against cardiovascular disease, which in turn preserved brain health.

The research team followed a group of older adults for up to 10 years from the Rush Memory and Aging Project (MAP), a study of residents free of dementia at the time of enrollment. They were recruited from more than 40 retirement communities and senior public housing units in the Chicago area. More than 1,000 participants filled out annual dietary questionnaires for nine years and had two cognitive assessments. A MIND diet score was developed to identify foods and nutrients, along with daily serving sizes, related to protection against dementia and cognitive decline. The results of the study produced fifteen dietary components that were classified as either “brain healthy” or as unhealthy. Participants with the highest MIND diet scores had a significantly slower rate of cognitive decline compared with those with the lowest scores. [1] The effects of the MIND diet on cognition showed greater effects than either the Mediterranean or the DASH diet alone.

How It Works

The purpose of the research was to see if the MIND diet, partially based on the Mediterranean and DASH diets, could directly prevent the onset or slow the progression of dementia. All three diets highlight plant-based foods and limit the intake of animal and high saturated fat foods. The MIND diet recommends specific “brain healthy” foods to include, and five unhealthy food items to limit. [1] The healthy items the MIND diet guidelines* suggest include:

- 3+ servings a day of whole grains
- 1+ servings a day of vegetables (other than green leafy)

- 6+ servings a week of green leafy vegetables
 - 5+ servings a week of nuts
 - 4+ meals a week of beans
 - 2+ servings a week of berries
 - 2+ meals a week of poultry
 - 1+ meals a week of fish
 - Mainly olive oil if added fat is used
- The unhealthy items, which are higher in saturated and trans fat, include:
- Less than 5 servings a week of pastries and sweets
 - Less than 4 servings a week of red meat (including beef, pork, lamb, and products made from these meats)
 - Less than one serving a week of cheese and fried foods
 - Less than 1 tablespoon a day of butter/stick margarine
- *Note: modest variations in amounts of these foods have been used in subsequent studies. [9,10]

Is alcohol part of the MIND diet?

Wine was included as one of the 15 original dietary components in the MIND diet score, in which a moderate amount was found to be associated with cognitive health. [1] However, in subsequent MIND trials it was omitted for “safety” reasons. The effect of alcohol on an individual is complex, so that blanket recommendations about alcohol are not possible. Based on one’s unique personal and family history, alcohol offers each person a different spectrum of benefits

and risks. Whether or not to include alcohol is a personal decision that should be discussed with your healthcare provider. For more information, read Alcohol: Balancing Risks and Benefits.

The Research So Far

The MIND diet contains foods rich in certain vitamins, carotenoids, and flavonoids that are believed to protect the brain by reducing oxidative stress and inflammation. Although the aim of the MIND diet is on brain health, it may also benefit heart health, diabetes, and certain cancers because it includes components of the Mediterranean and DASH diets, which have been shown to lower the risk of these diseases.

Cohort studies

Researchers found a 53% lower rate of Alzheimer’s disease for those with the highest MIND diet scores (indicating a higher intake of foods on the MIND diet). Even those participants who had moderate MIND diet scores showed a 35% lower rate compared with those with the lowest MIND scores. [2] The results didn’t change after adjusting for factors associated with dementia including healthy lifestyle behaviors, cardiovascular-related conditions (e.g., high blood pressure, stroke, diabetes), depression, and obesity, supporting the conclusion that the MIND diet was associated with the preservation of cognitive function.

Several other large cohort studies have

shown that participants with higher MIND diet scores, compared with those with the lowest scores, had better cognitive functioning, larger total brain volume, higher memory scores, lower risk of dementia, and slower cognitive decline, even when including participants with Alzheimer’s disease and history of stroke. [3-8]

Clinical trials

A 2023 randomized controlled trial followed 604 adults aged 65 and older who at baseline were overweight (BMI greater than 25), ate a suboptimal diet, and did not have cognitive impairment but had a first-degree relative with dementia. [9] The intervention group was taught to follow a MIND diet, and the control group continued to consume their usual diet. Both groups were guided throughout the study by registered dietitians to follow their assigned diet and reduce their intake by 250 calories a day. The authors found that participants in both the MIND and control groups showed improved cognitive performance. Both groups also lost about 11 pounds, but the MIND diet group showed greater improvements in diet quality score. The authors examined changes in the brain using magnetic resonance imaging, but findings did not differ between groups. [10] Nutrition experts commenting on this study noted that both groups lost a similar amount of weight, as intended, but the control group

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likely improved their diet quality as well (they had been coached to eat their usual foods but were taught goal setting, calorie tracking, and mindful eating techniques), which could have prevented significant changes from being seen between groups. Furthermore, the duration of the study—3 years—may have been too short to show significant improvement in cognitive function. The results of this study showed that the MIND diet does not slow cognitive aging over a 3-year treatment period. Whether the MIND diet or other diets can slow cognitive aging over longer time periods remains a topic of intense interest.

Other factors

Research has found that greater poverty and less education are strongly associated with lower MIND diet scores and lower cognitive function. [11]

Potential Pitfalls

- The MIND diet is flexible in that it does not include rigid meal plans. However, this also means that people will need to create their own meal plans and recipes based on the foods recommended on the MIND diet. This may be challenging for those who do not cook. Those who eat out frequently may need to spend time reviewing restaurant menus.

- Although the diet plan specifies daily and weekly amounts of foods to include and not include, it does not restrict the diet to eating only these foods. It also does not provide meal plans or emphasize portion sizes or exercise.

Bottom Line

The MIND diet can be a healthful eating plan that incorporates dietary patterns from the Mediterranean and DASH, both of which have suggested benefits in preventing and improving cardiovascular disease and diabetes, and supporting healthy aging. When used in conjunction with a balanced plate guide, the diet may also promote healthy weight loss if desired. Whether or not following the MIND diet can slow cognitive aging over longer time periods remains an area of interest, and more research needs to be done to extend the MIND studies in other populations.





**GREENS:
QUICK & EASY**

- Add fresh spinach to your smoothie
- Use fresh or frozen spinach in lasagna, casseroles, or soups
- Saute Swiss chard with garlic and add to eggs or top a pizza



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.





Greens are the Harvest of the Month!

Add greens to your favorite family meals:

- Add fresh spinach to your smoothie.
- Use fresh or frozen spinach in lasagna, casseroles, or soups.
- Saute Swiss chard with garlic and add to eggs or top a pizza.

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

Did you know?

“Super green” refers to dark green vegetables that contain extra amounts of key nutrients like vitamins A and C, potassium, and dietary fiber. These dark green vegetables are important to eat often to grow and stay healthy. Try a variety of “super green” vegetables including spinach, Swiss chard, kale, collard greens, romaine lettuce, watercress, bok choy, and mustard greens.



Nutritious, Delicious, Wisconsin!
#Witharvestofthemoth





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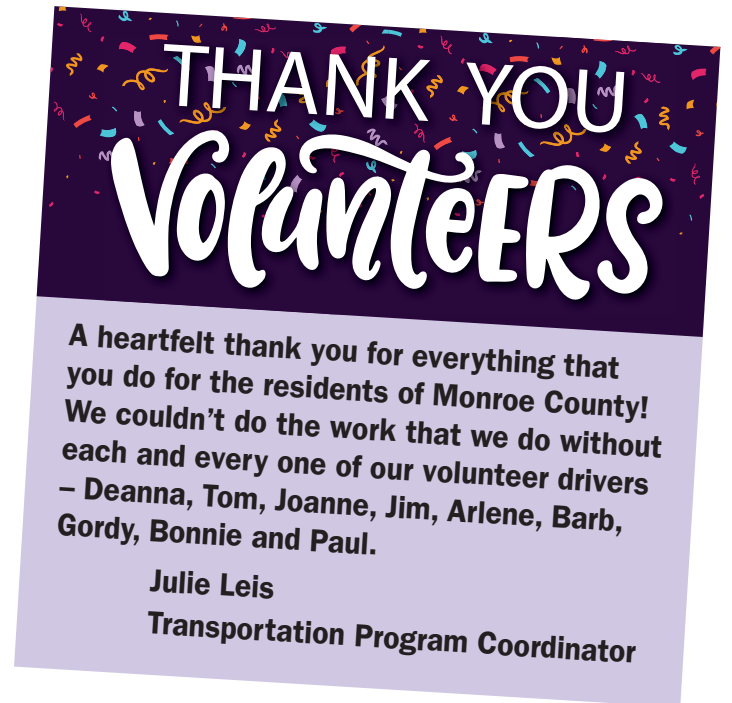
Dementia Live! Comes to Monroe County

What comes to mind when you hear the word 'dementia'? Many people immediately think of memory loss. Here is the truth of the matter; diseases that cause dementia symptoms impact far more than memory. That is one of the conclusions a person can come to while experiencing a dementia simulation. Dementia Live! is a program that utilizes

specialized tools which engage the participants in an experience that is designed to help them think beyond memory loss and allow them to gain insight into the many symptoms that people with dementia can experience in their everyday life. This greater understanding leads to more sensitivity and understanding in those who live with, work with, or love people

living with dementia. Monroe County ADRC now houses this simulation pack, allowing our trained coaches to take this valuable resource out into the community. Some ADRC of Monroe County staff recently participated in a Dementia Live! Experience. Pictured is Rhonda Greeno, SW completing the

experience while Emily Reitz and Stephanie Haas, trained coaches evaluate and Elizabeth Carney, SW observes. If you have any questions about upcoming events or would like to schedule an event, contact Emily Reitz, Dementia Care Specialist, at 608-269-8968.



☆☆☆

Scammers Impersonate the Government

You get a call, email, or text message...

- ▷ They say they're from the Social Security Administration and your benefits will end unless you pay.
- ▷ They say they're from the IRS and you owe taxes.
- ▷ They say you need to give your Medicare number to get a new card.



STOP!
These are all scams.

Government agencies won't call, email, or text you and ask for money or personal information. Only a scammer will do that.

Report the scam to the FTC at
ReportFraud.ftc.gov





Old TV Shows 1

Find and circle all of the old TV shows that are hidden in the grid. The remaining letters spell the name of an additional old TV show.

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

ALICE	FLYING NUN	L.A. LAW	ODD COUPLE
BEN CASEY	FUGITIVE	LASSIE	PEYTON PLACE
BEVERLY HILLBILLIES	GOMER PYLE	LOVE BOAT	RAWHIDE
CHIPS	GOOD TIMES	MAD ABOUT YOU	RIFLEMAN
CANNON	GREEN ACRES	MAUDE	RIN TIN TIN
CAPTAIN KANGAROO	GREEN HORNET	MEDICAL CENTER	SOAP
DOBIE GILLIS	HOWDY DOODY	MIAMI VICE	ST. ELSEWHERE
DONNA REED	I SPY	MOD SQUAD	TAXI
DR. KILDARE	IRONSIDE	MOONLIGHTING	THREE'S COMPANY
EMERGENCY	JETSONS	MURPHY BROWN	WALTONS
FLIPPER	KOJAK		