

AUGUST
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



AARP Foundation Tax-Aide Sparta Looking for Volunteers

Do you like people and working with numbers? Interested in helping your neighbor? AARP Foundation Tax-Aide in Sparta is looking for volunteers to help prepare taxes for area seniors and those with low to moderate income.

They are looking for two types of volunteers. The first type is a tax counselor who prepares taxes. AARP Foundation provides free training that covers everything you need to know to complete tax returns for Wisconsin residents. Training starts in November. You must have a home computer and be very competent using it to allow you to train.

The second type of volunteer is a client facilitator. They greet taxpayers and check to make sure they have all the paperwork needed. Training for this also starts in November. You must

have a home computer and be very competent using it to allow you to train.

AARP Foundation Tax-Aide in Sparta works with people on Wednesdays and Fridays from early February until the first week of April.

If interested, please contact Alice Ackerman, Elder Benefit Specialist with the ADRC at 608-269-8693, email Alice.Ackerman@co.monroe.wi.us or Vicki Williams, Local Coordinator for AARP Foundation Tax-Aide in Sparta at birdin-hand10@gmail.com.

More information available at TaxAideWID10.com.



Alice Ackerman
Elder Benefit Specialist



The PALS class (Physical Activity for Lifelong Success) runs 3 times a week for 10 weeks and is held at the Sparta Barney Center. We will be completing this class the end of August but another class is coming soon. Please watch our ADRC newsletter for details on future classes.



For more information on PALS, or to get your name on a list for the next one please feel free to call Kellee Tourdot at 608-269-8655.

Center: Kellee Tourdot, PALS Leader; Front row: Marion Brown, Isabelle Baker, Beulah Hollmann, Violet Prihoda; Back row: Grace Hein, Peg O'Brien, Karen Wall, Kassie Hensersin and Katie Hauser. Missing: Barb Yahnke, Richard Smith and Betty Durec.

Vintage Vagabond September Trip Off to Winona to Explore Windows and Water!

Join us on September 19 to explore the ol' Mississippi River city of Winona, MN. Our first stop will be at the Associated Crafts & Willett Hauser House. Associated Crafts and Willett Hauser, is a world renowned stained glass window firm. On this one hour tour, you will observe crafts people design and restore stained glass windows.



Our lunch stop will be at River City Grill for their lunch buffet. After lunch enjoy a relaxing boat tour that allows you to see the Mississippi River up close. This 90 minute narrated Winona boat tour not only entertains but educates about the famed waterway and the history of Winona and its relation to the Mississippi River. Bring your camera and your binoculars to catch all the wildlife on this mesmerizing Mississippi River cruise in MN!



Cost is \$65 per person which includes transportation on a Lamers Deluxe Motorcoach, lunch including gratuity, and all admission/tour fees. Pick up times: Tomah Wal-Mart 8:30 a.m. and Sparta Wal-Mart 9:00 a.m. Pick up is in southeast corner of parking lots. Estimated return times: Sparta - 3:15 p.m. and Tomah- 3:45 p.m.

Please complete the form below and either mail or bring in person to the ADRC office. Cash or check must accompany your reservation. Make checks out to ADRC of Monroe County. If it has been more than a year since you traveled with us, we will also need you to complete a Medical Emergency Form which can be found at our website. <https://www.co.monroe.wi.us/departments/aging-and-disability-resource-center/senior-vintage-vagabond-trips>.

RESERVE YOUR SPOT TODAY! Deadline: August 12

Vintage Vagabond Trip: September 19 Winona- Stained Glass and Boat Tour

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

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

Address w/city: _____

Phone number: _____ Email: _____

Meal Choice: Buffet for this trip Payment: Total Enclosed \$ _____ Cash ____ or Check ____

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

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 Monday August 26 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

Sparta Free Library Events

Precision Oncology: Leveraging Research to Deliver Transformative Patient Care



Monday, July 29 at 5:30pm



The past decade has seen unprecedented improvement in our understanding of cancer biology. Critically, this research has enabled the development of the tools, diagnostics and treatments to deliver transformative advances in patient care. Dr. Kenny will highlight some of this progress and discuss his team's contributions to both research and patient care in this rapidly moving field.

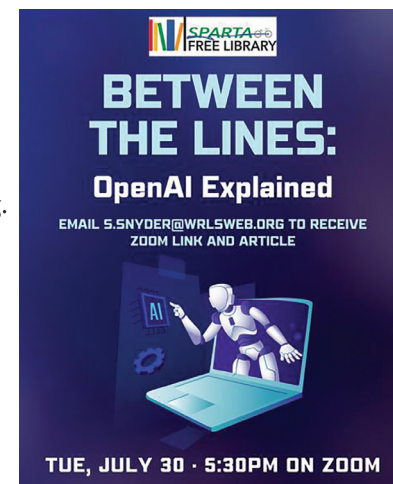
Dr. Paraic Kenny is the Director of the Kabara Cancer Research Institute of the Gunderson Medical Foundation, and is a Clinical Adjunct Associate Professor of Medicine at the University of Wisconsin School of Medicine and Public Health in Madison and an

Adjunct Associate Professor of Biology at the University of Wisconsin - La Crosse. The KCRI also houses the CAP-accredited Gunderson Cancer Biobank with more than 25,000 solid tumor specimens.

Short on time? Join Sparta Free Library's Between the Lines Club on Zoom! This month, we'll read about the current controversies surrounding OpenAI and AI in general. Registration required in order to receive Zoom link. Sign up by calling 608-269-2010 or email spartalibrary@wrlsweb.org.

Have you ever wanted to safely forage for your own mushrooms, but you're not sure where to start? Join the library for a beginner's mushroom foraging class with professional mycologist, Andi Bruce. In this beginner-level introduction to mushroom foraging, we'll begin with a crash course in mycology. We'll dip our toes into some fungal biology, explore the diversity of mushrooms found in our area, hone in on key identifying characteristics, and dive into foraging tips and tricks. Confidently identifying mushrooms takes practice, but this talk will jump start your journey and arm you with tools and resources to support you on your way. This class will last for 2 hours and is intended for those 18 and better. Registration not required.


Andi is a mycologist, wild food forager, and ancestral skills enthusiast. She holds a bachelor's degree in environmental studies and a master's degree in biology. Her master's thesis represents the first published study examining the spread of naturalized golden oyster mushrooms in the U.S. After spending 4 years in biotech developing techniques for growing fungi aurally to be applied as a mycelium-based leather alternative, the Wisconsin woods called her home. Her current focus is on the transfer of cultural knowledge and traditional skills for the development of more resilient and sustainable communities in sync with nature's cycles.



BETWEEN THE LINES: OpenAI Explained

EMAIL S.SNYDER@WRLSWEB.ORG TO RECEIVE ZOOM LINK AND ARTICLE

TUE, JULY 30 · 5:30PM ON ZOOM




THURSDAY, AUGUST 1 FROM 5PM-7PM

Mushroom

FORAGING IN WISCONSIN

with Professional Mycologist, Andi Bruce

- Beginner-level introduction
- Fungal biology and key identifying characteristics
- Foraging tips and tricks




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Tomah Health
HOSPICE TOUCH & PALLIATIVE CARE

TomahHealth.org
608.374.0250

What is Elder Abuse?

According to the World Health Organization, Edler Abuse is “a single, or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person.”

Individuals who suspect that they are a victim of elder abuse or know someone who may be experiencing abuse are encouraged to learn more about the signs at www.ReportElderAbuseWI.org and make a report through Wisconsin Elder Abuse Hotline at 1-833-586-0107

REPORT ABUSE
1-833-586-0107

Dementia Friendly Now Healthy Brain Coalition

Submitted by Michael Bonello, Chair, Healthy Brain Coalition of Monroe County

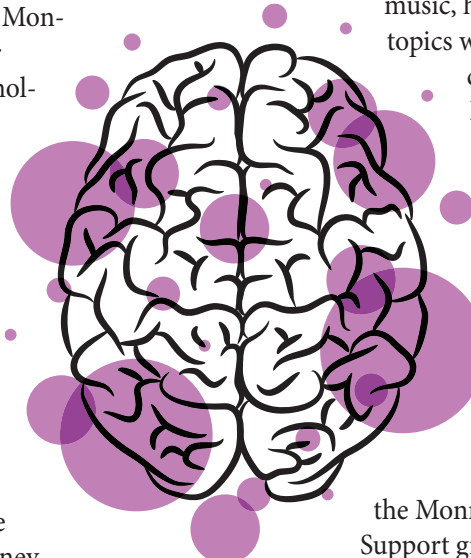
The Dementia Friendly Coalition of Monroe County is now the Healthy Brain Coalition of Monroe County. This change was made to expand their mission to include more information and action to improve brain health. The stated mission is: "Support communities through collaborative partnerships, raising awareness of dementia and brain health, providing education, and encouraging community engagement to enhance quality of life."

The Healthy Brain Coalition of Monroe County meets monthly on the 1st Thursday at 3pm at the ADRC building located at 315 W Oak St. in Sparta. The coalition consists of healthcare professionals, community members, and advocates for senior health and wellness who support Wisconsin's statewide efforts to improve the lives of those living in our communities who suffer from dementia related illnesses. Brain Health should be proactive,

not reactive. More members are always welcome.

Current activities include evaluating the Purple Tube and the Monroe County Lifesaver Program. New technologies are available to help improve these important programs.

Ongoing activities include Lunch Bunch Memory Café, held on the first Monday of each month at the Monroe County Congregate Meal Site located at Sparta Barney Community Center from 11:00am - 12:30pm. 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. 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.

Please call Emily Reitz at the ADRC of Monroe County to sign up. Emily can be reached at 608-269-8968

Monroe County Caregivers Support Group meets on the 3rd Friday of the month from 1:00 - 2:00 pm at the Monroe County ADRC.

Support groups provide a safe, confidential and supportive environment. We offer peer- or professionally led groups for caregivers or individuals living with Alzheimer's and other dementias. All support groups are facilitated by trained individuals. Please call Emily Reitz at the

ADRC of Monroe County to sign up. Emily can be reached at 608-269-8968

Upcoming events include The Greatest Gift You Will Ever Receive. This is a collaborative event with the ADRC of Monroe County, the Monroe County Health Department and Tomah Health. The focus is to provide information to the public regarding Advanced Planning. The program titled Boost your Brain and Memory (8-week program) is still in planning stages, with no established start date yet.

For more information on these programs, contact Emily Reitz, Dementia Care Specialist, at 608-387-9250 or email her at Emily.reitz@co.monroe.wi.us. Please also visit our website www.healthy-braincoalition.org



Emily Reitz
DCS

Eligibility For Social Security Spouse's Benefits



Social Security helps you secure today and tomorrow with financial benefits, information, and tools that support you through life's journey. If you don't have enough Social Security credits to get benefits on your own record, you may be able to receive benefits as a spouse. Your spouse must be receiving benefits for you to get benefits on their record. If your spouse does not receive retirement or disability, you'll have to wait to apply on your spouse's record.

In addition, to be eligible for spouse's benefits, you must be one of the following:

- 62 years of age or older.
- Any age if you have a child who is younger than 16 in your care or has a disability and is entitled to benefits on your spouse's record.

If you wait until you reach full retirement age to receive benefits, you'll receive your full spouse's benefit amount, which is up to one-half the amount your spouse receives. You'll also get your full spouse's benefit if you are under full retirement age, but care for a child and one of the following applies:

- The child is younger than age 16.
- The child has a disability and is entitled to benefits on your spouse's record.

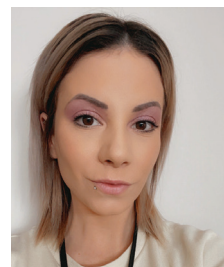
If you receive retirement on your own record, Social Security will pay that amount first. If your benefits as a spouse are higher than your own benefit, you will get a combination of benefits that equals the higher spouse's benefit.

Consider this example: Sandy is eligible for a monthly retirement benefit of \$1,000 and a spouse's benefit of \$1,250. If she waits for Social Security until her full retirement age, she will receive her own \$1,000 retirement benefit. SSA will add \$250 from her spouse's benefit, for a total of \$1,250 a month. Sandy only gets an additional spouse's benefit because her own benefit is less than half her spouse's full retirement age benefit.

Want to apply for either your retirement or your spouse's benefits or both? Are you at least 61 years and 9 months old? If you answer yes to both, visit www.ssa.gov/benefits/retirement to get started today.

Are you divorced from a marriage that lasted at least 10 years? You may be able to get benefits on your former spouse's record. For more information, please visit the Social Security website at www.ssa.gov/planners/retire/divspouse.html or contact La Crosse Social Security at 866-770-2345.

For further questions, please feel free to reach out to Kirsten Armour, Disability Benefit Specialist at the ADRC if you are between the ages of 18 and 59. For those age 60+ you may reach out to Alice Ackerman, Elder Benefit Specialist. The general ADRC phone number is 608-269-8902.



Kirsten Armour
DBS



Alice Ackerman
Elder Benefit Specialist

*Celebrating
Lives
Well Lived*



**FUNERAL
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in-person
or with our
online form**

(800) 338-0928

Visit Us Online at
TorkelsonFuneralHome.com

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
August 16th, 2024



Emily Reitz
DCS

humor generosity support love connections thanks care giving help home hope strength family

LUNCH BUNCH MEMORY CAFÉ



Please Bring a Sack Lunch

When: August 5, 2024

Time: 11:00 AM - 1:00PM

Location: Monroe County Local History Museum
200 W Main St,
Sparta, WI 54656

We will be meeting at the Monroe County Local History Museum to do some genealogy and family history searches! With the help of your own family history and our local historians, we hope to find out even more about the history of us all! **If you have any questions and to register call Emily Reitz at (608) 387-9250**



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.

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.



Morrow Home Community ADULT LIVING SERVICES



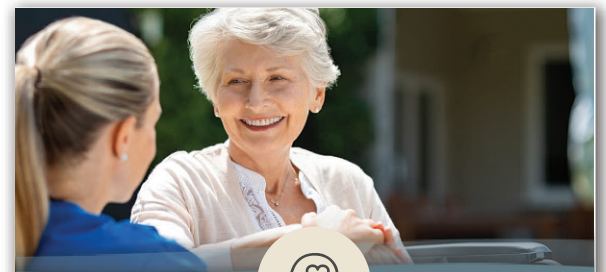
Independent Living

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

MEAL SITE STAFF APPRECIATION!!

For the participants of the ADRC of Monroe County Senior Nutrition Program: You may not have met all of the staff who work behind the scenes to get that meal to the table or to your home but we have a great group of dedicated people who make the meals, coordinate the menus, pick up the food, manage the dining sites, pack and serve the food and deliver it to your doors. Without the staff and volunteers and substitute drivers we would not be able to function. They go above and beyond to make our program work. I am proud to be a part of this group of people who care so much to make this program available. They work hard every day to get a nutritious meal out to folks along with a friendly hello. You may not be aware but part of our home delivered meal program is also a safety check on our participants to make sure they are doing well. Thank you to the Nutrition Staff of Monroe County Senior Dining Program, you are so appreciated!!

Patti Abbott, Nutrition Program Coordinator



Patti Abbott
Nutrition Program
Coordinator

GRIEF SUPPORT GROUP MEETING

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

August 13 • 12:00 - 1:00 pm

**ADRC Building
315 W Oak St, Suite A, Sparta
Conference Room A**

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



Emily Reitz
DCS

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.

AUGUST 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	
<i>8 oz. 1% Milk Served with every meal</i>									
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									
5		6		7		8		9	
1 cup Italian Cheese Tortellini w/ Smoked Sausage 1/2c Mixed Vegetables 1/2c Festive Bean Salad 1sl/1 WG Bread/Butter 1/2c Peaches		1/1 Pizza Burger on WG Bun 1 oz Provolone Cheese 1/2c Potato Wedges 1/2c Carrots 1/2c Fresh Fruit Mix 1 Ketchup Packet 1 Oatmeal Raisin Cookie		3 oz Orange Chicken 1/2c Rice 1/2c Asian Vegetable 1 Spring Roll 1 Sweet & Sour Sauce 1 Vanilla Mango Muffin 1 svg Apple Slices		3 oz Lemon Pepper Haddock 1/2c Roasted Zucchini 1/2c Rice Pilaf 1/2c Mediterranean Bean Salad 1/2c Applesauce 1sl/1 Rye Bread/Butter 1 Tartar Sauce		5 oz Chicken Stuffed with Broccoli and Cheese 1/2c Mashed Baby Red Potatoes 1/2c Roasted Brussels Sprouts 1/2c Fresh Seasonal Hand Fruit 1sl/1 WG Bread & Butter 1 Lemon Bar	
12		13		14		15		16	
3 oz/2 oz Pork Tips in Gravy 1/2c Roasted Potatoes 4 oz Tomato Juice 1 WG Bkg Powder Biscuit 1 Butter 1/2c Fruit Cocktail 1 Black Bean Choc. Cookie		1 cup Spaghetti Pasta Bake w/ meat 1 c Garden Salad 1 pk Dressing 1 Garlic Breadstick 1 Parmesan Packet 1/2c Fresh Fruit Mix		3 oz Glazed Chicken 1/2c Potato Wedges 1/2c Glazed Carrots 1/2c Applesauce 1 sl/1 WG Bread & Butter		3 oz Beef Tips w/ Mushroom & Onion Gravy 1/2c Cavatappi Noodles 1/2c Broccoli 1/2c Creamy Cucumbers 1 sl/1 WG Bread, Butter 1/2c Seasonal Fruit Mix		3 oz/1 Brat on a Whole Grain Bun 1/4c Sauerkraut 1/2c Homestyle Potato Salad 1/2c Three Bean Salad 1 ea Ketchup & Mustard 1 Raspberry Pie Bar	
19		20		21		22		23	
3 oz/1 3-inch Italian Sub on WG 3 Sliced Tomatoes 1/2c Pasta Salad 1/2c Pea & Cheese Salad 1 Mayo Packet 1/2c Pineapple		1 cup Chicken Rice Casserole 1/2c Mixed Vegetables 1 c/1 Mixed Green Salad /Drsg 1 sl/1 WG Bread Butter 1 svg Seasonal Hand Fruit 1 Raspberry Princess Bar (walnut & coconut)		3 oz Pork Loin 1 Baby Baked Potato with 1 ea Butter & Sour Cream 1/2c Carrots 1 sl/1 WG Bread / Butter 1 Banana		3 oz Roasted Turkey 1/2c Parsnips/Squash 1/2c Oven Roasted Potatoes 1 sl/1 WG Bread & Butter 1/2c Fresh Fruit Mix 1 Chocolate Chip Cookie		3 oz Meatloaf 1/2c Mashed Potato 2 oz Gravy 1/2c Baked Beans 1 sl/1 WG Bread & Butter 1 svg Apple Pie	
26		27		28		29		30	
1/2c/2sl Egg Salad/WG Bread 1/2c Cowboy Caviar 1 oz/ 1Tortilla Corn Chips/Salsa 1 Salt Caramel Oat Cookie 1/2c Applesauce		3 oz Glazed Ham 1/2c Scalloped Potatoes 1/2c Green Beans 1 sl/1 WG Bread & Butter 1/2c Pineapple		1/2c /1 Sloppy Joes on WG Bun 1/2c Macaroni & Cheese 1c Mixed Green Salad w/ 1 Dried Fruit&Drsg Packet 1 svg Fresh Hand Fruit		1 cup Chicken ala King over 1 Biscuit 1/2c Mixed Vegetables 1/2c Fresh Seasonal Fruit Mix 1 Lemon Pound Cake		3 oz/2 oz Beef Fritter w/ Country Grvy 1/2c Cowboy Beans 1/2c Baby Carrots 1 Fresh Hand Fruit 1/1 Blueberry Coffee Cake/ Butter	

You Fought For It You Earned It Now Use it

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 **Tuesday, August 20 at the Sparta American Legion starting at 3:00 pm.** 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

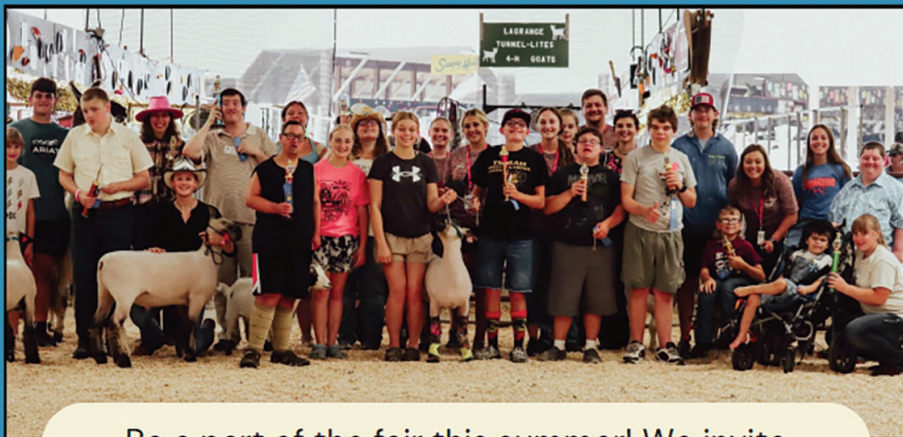
well as what costs TRICARE or CHAMPVA may pay for vs Medicare and if you need to have all parts of Medicare to receive health care.

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

MONROE COUNTY FAIR ALL ABILITIES CLASSIC



Be a part of the fair this summer! We invite people of **ALL** abilities to participate in our All Abilities Classic livestock show!

Saturday, July 27th, 2024

Starting at 1:00 PM

Monroe County Fairgrounds

Questions? Call (608) 372-2081 or email mail@tomahtractorpull.com or mcjuniorfairboard@gmail.com

Scan the QR code to sign-up!



SCAN ME



Did You Know...

Red bell peppers are the sweetest because they've had the most time to ripen.

Tomatoes aren't always red; they can be yellow, pink, purple, black, and white.

EAT WELL, AGE WELL. August—Peppers and Tomatoes

Peppers come in a variety of colors, shapes, sizes, and flavors. Bell peppers (yellow, green, orange, red, and even purple) are great additions to salads, soups, and pasta dishes. Hot peppers (jalapeños, serranos, and habaneros) provide extra spice and heat to dishes. They contain varying amounts of capsaicinoids (phytochemicals) which are responsible for the spiciness in hot peppers. Peppers are rich in potassium and vitamins A, C, and K.

Storage: Peppers should be kept in a plastic bag inside the vegetable drawer of a refrigerator. Don't wash them before placing them in the refrigerator. They may also be canned, frozen, or pickled.

Preparation: Bell peppers may be steamed, grilled, stuffed, roasted, air-fried, or eaten raw. Hot peppers can be roasted, grilled, stuffed, or eaten raw. *Always use caution with handling hot peppers to avoid skin, mouth, and eye irritation.*

Tomatoes are a major source of lycopene, an antioxidant that has been correlated with improved health outcomes including reduced heart disease and cancer. Although they are generally eaten and prepared with vegetables, tomatoes are technically a fruit.

Storage: For more freshness, store stem-side down on paper towels in an open container. Ripe tomatoes can last a few days.

Preparation: Can roast, grill, pan-fry, and stew tomatoes.

Pico de Gallo

Ingredients

- 2 large tomatoes, diced
- ¼ onion, minced
- 1 serrano pepper, remove seeds and mince
- ¼ cup cilantro, chopped
- 2 tbsp lime juice
- ¼ tsp salt

Instructions

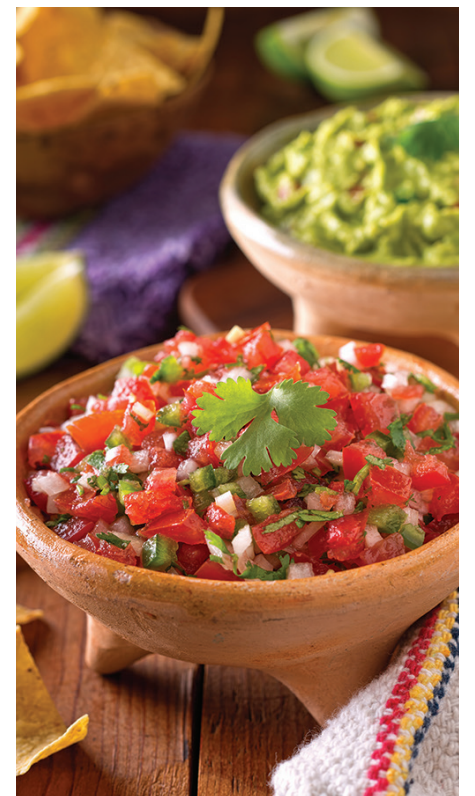
1. Wash hands with soap and water.
2. In a large bowl, combine all ingredients.
3. Serve immediately.
4. Store leftovers in the refrigerator within 2 hours of preparing.

Notes

If you're out of serrano peppers, jalapeño pepper or any other hot pepper may be a great substitute.

The leaves and stems of cilantro can be chopped to add more flavor to the dish.

Pico de Gallo can be added to rice or quinoa, eggs, soup, salad, pizza, and baked potatoes.



Check out more Recipes at: <https://foodhero.org/healthy-recipes-search>

Senior Farmers Market Coupons

Now Available at the ADRC Reception Desk

Coupon books valued at \$45 which can be used to buy fresh produce at designated Farmer's Markets are now available at the ADRC of Monroe County reception Desk during regular business hours. **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:

\$2,322 per month for a household of one.

\$3,152 per month for a household of two.

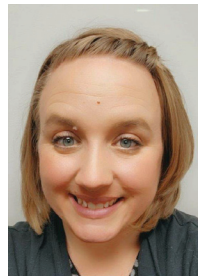
\$3,981 per month for a household of three.

\$4,810 per month for a household of four.

Coupons are available on a first come, first serve basis, while supplies last. Individuals who are unable to stop by the ADRC office may designate an authorized representative to complete the application form. Please send a written, dated and signed permission slip with the person you are authorizing to represent you. All coupons must be picked up by you or your authorized

representative, in person. Coupon books can be used until October 31, 2023. Anyone needing special accommodations can call Stephanie Haas, Community Health Worker 608-269-8636.

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



Stephanie Haas
Community Health Worker (CHW)

POTATOES



New red potatoes are in season from mid-June through August. White potatoes are in season from August through October.

Tips for selecting potatoes

Look for firm potatoes without sprouts growing from "eyes" Do not choose potatoes with soft spots, wrinkled skin, or shades of green on the skin.

Storage

Store new red potatoes at room temperature and use within a few days. Keep white potatoes such as Yukon Gold in a cool, dark, cupboard for several weeks or in a well-ventilated bag in the refrigerator for longer storage. Thick-skinned Idaho potatoes are best stored in a cool, dark cupboard. The green areas in some potatoes are bitter and should be peeled off before eating.

Preparation

New red potatoes

Wash potatoes lightly in warm water and leave whole. Do not peel.

White potatoes

Wash potatoes in arm water and scrub well. Cut off any sprouts. Avoid green potatoes.

Key nutrients

- Carbohydrates for energy
- Potassium to maintain normal blood pressure
- Vitamin C for healthy gums, skin and blood

Recipes

Oven wedge fries

2 large potatoes

1 teaspoon vegetable oil

Optional seasonings include 2 cloves of finely chopped garlic or 1/4 teaspoon garlic powder, 1/4 teaspoon onion salt or an Italian season mix.

Preheat oven to 400° F. Lightly grease baking sheet or spray with nonstick cooking spray. Wash and cut potatoes into quarters. Next, cut each quarter into wedges (the area with the skin) about 1/4 inch wide. Toss potatoes with oil and place on a cookie sheet. Place the cookie sheet on an oven rack about 7 inches from the bottom of the oven. Bake for 7 minutes or until brown. Flip wedges over and sprinkle seasoning over the top. Bake for another 7 minutes or until brown and cooked throughout.

Serves 4; 150 Cal; 1 g fat.

Chive potatoes

1 1/2 pounds (10 to 12 small) red potatoes

2 tablespoons margarine or butter

2 teaspoons chives, finely chopped

1/2 teaspoon salt

1/4 teaspoon pepper

Bring 1 inch of water to a boil in a large pot and add potatoes. Cover and return to a boil. Reduce heat and cook until tender, 15 to 20 minutes; drain and keep warm. Heat remaining ingredients just to boiling. Place hot potatoes onto a serving dish. Pour margarine or butter mixture over potatoes.

Serves 4; 200 Cal; 6 g fat.

SPINACH



Spinach is in season from May through June and August through September.

Tips for selecting spinach

Choose leaves that are crisp and are dark green. Avoid leaves that are limp, damaged or spotted.

Storage

After washing, thoroughly dry with a salad spinner or blot with paper towels. Wrap in dry paper towels and seal in a plastic bag for storage. Spinach is highly perishable and will not remain fresh for more than one week.

Preparation

One pound of fresh spinach equals about 1 cup of cooked spinach. Loose spinach can be very gritty straight from the garden, so it must be thoroughly rinsed. Spinach grows in sandy soil that clings to the leaves.

Key nutrients

Spinach is loaded with vitamins and minerals!

- Calcium for strong bones
- Fiber to prevent constipation
- Folate to help prevent birth defects and reduce the risk of heart disease
- Magnesium for overall health
- Potassium to maintain normal blood pressure
- Vitamin A for vision, healthy skin, and resistance to infection
- Vitamin C for healthy gums, skin, and blood

Recipes

Sauteed spinach leaves

3/4 pound fresh cleaned spinach leaves

1 tablespoon olive oil

1/4 teaspoon freshly grated nutmeg

Salt and black pepper to taste

Place a large nonstick pot over high heat and add oil, spinach, and nutmeg. Add salt and pepper, then cook and toss quickly until spinach is wilted. Drain and serve hot. Serves 2; 155 Cal; 14 g fat.

Skillet lasagna

1/2 pound ground beef, port, or turkey

1/2 cup chopped onion

1 15-ounce can tomato sauce

1 1/2 cups water

1/4 teaspoon garlic

1/2 teaspoon oregano and basil

3 cups uncooked noodles

1 pound fresh chopped spinach

1 cup cottage cheese

1/2 cup shredded mozzarella

Brown meat in a large skillet. Drain and rinse to remove some of the fat. Combine with onion, tomato sauce, water, and spices. Cover and bring to boil. Add noodles, then cover and simmer for 5 minutes. Stir in spinach and simmer another 5 minutes then stir. Spoon cottage cheese over the top and sprinkle with shredded mozzarella. Cover and simmer for another 10 minutes. If mixture gets too dry, add a little more water. Refrigerate leftovers.

Serves 4; 295 Cal; 12 g fat.



Helping the Elderly and Physically Challenged Enjoy the Outdoors

Contact us at:
www.nasasquirrel.org
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 (608)234-5988

The North American Squirrel Association was formed in 2003, nasa is a non-profit organization that grew out of a desire to provide the physically challenged and elderly members of our community with outdoor opportunities. Using donated funds and merchandise from generous individuals and businesses in the community, nasa has been able to provide a host of opportunities to those in need, **free of charge**. Here are some of the things they are doing.

DO YOU LIKE TO FISH?

If you do and have been missing out, nasa can help you get out and hook a big one. First and foremost is the nasa pontoon boat. Specially built for wheel chair accessibility, nasa provides the boat from May through September on Lake Onalaska. With a captain provided by nasa, there's no excuse not to get out on the water this summer.

If boating isn't your thing, then try one of the nasa fishing piers. Through a partnership with local government agencies and generous sponsors, nasa has placed wheelchair accessible fishing piers on Lake Onalaska and Lake Neshonoc in places sure to provide you with many hours of easy-access fishing. Each pier is equipped with benches and pole holders, so get out, enjoy the day, and land a big one. For those of you who like a little winter fishing, the nasa ice shanties are a sure bet. Located on Lakes Onalaska and Neshonoc, these ice shanties are designed with accessibility in mind. Turn on the heaters and you're set for a day of fishing out of the elements.

Finally nasa provides trout fishing opportunities at local private ponds for young and old alike. Attendees receive help from nasa members, personal aides, and other volunteers in catching, cleaning, cooking and eating their catch in what is sure to be a most memorable experience.

DO YOU LIKE TO HUNT?

Nasa has access to many acres of prime hunting land for use during the nine-day deer hunt for the disabled that the DNR runs each fall. During this special hunt we pair a person in need with an able-bodied assistant for safety and success, we also provide lunch and dinner.

If you'd rather hunt fowl than fur, then nasa has a couple of opportunities for you. First is our upland game experience. In a coordinated effort with two local game farms, physically challenged individuals can now hunt pheasant. With the use of the nasa ATV which has been specially designed for the disabled hunter, a trip into the field to shoot birds on the wing is now a possibility.

HUNTING BUDDY SYSTEM

A big part of our program is the nasa "Buddy" system. The nasa "Buddy" system pairs an able-bodied sportsperson with a sportsperson-in-need for a specific sporting opportunity and also helps nasa locate private lands and ponds for use on disabled hunting and fishing event, something very vital to the success of our program.

WHAT IF YOU DON'T HUNT OR FISH?

Don't let that stop you! As part of nasa's effort to grow and promote outdoor activities for the elderly and physically challenged, we now offer three unique opportunities. First is the disabled youth ski program. In a partnership with Mt.

LaCrosse and the YWCA, nasa provides equipment, training, and support for challenged youths to hit the slopes in specialized ski equipment.

Secondly is the nasa biking program. In a partnership with YWCA, nasa provides specially built recumbent bikes that allow most physically challenged biking enthusiasts to hit the road and regain some freedom.

Lastly, if you like to hit the links but just can't manage, nasa can help. Working with area golf courses, nasa is proud to introduce golf carts with the physically challenged in mind. Provided free of charge (except the for greens fees) these carts allow an individual to play from the tee to the pin.

ANNUAL EVENTS

Nasa holds two fundraisers each year to support its

projects. The first is the Squirrel Hunting Derby. Held on the last Saturday in January, this one day event pits hunters against squirrels in a bass tournament format. After check-in, the evening culminates with a dinner, prizes, awards, games of chance, raffles and a lot of camaraderie. Check your local sporting goods store in January for entry forms or visit www.nasasquirrel.org.

The second nasa fundraiser is our large banquet that is held the first Wednesday of April each year.

We hope you you will use our programs or become a part of nasa. Please visit www.nasasquirrel.org to gain more information on each of our programs.



PROJECT HEALING WATERS
 EST. 2005



Are you interested in learning a new skill?

Have you tried Fly Fishing?

Project Healing Waters and Tomah VAMC welcome you to join us to learn more about fly fishing.

Project Healing Waters is a national non-profit program. The group helps teach fly fishing basics, fly casting, fly tying, and rod building.

Join us on the:

First Thursday of each month at:

La Crosse Vet Center
 910 2nd Avenue North
 Onalaska, WI 54650

Third Tuesday of each month at:

Tomah VAMC
 500 E. Veterans Street, Building 455
 Tomah, WI 54660

1:00 p.m. - 2:30 p.m. (Closed on Federal Holidays)

For more information call
 1-800-872-8662

Heath Riniker, Ext. 66931 or
 David Meyer, Ext. 67709

Veterans and volunteers must register online before taking part in the group.

Veteran registration:
www.phwffparticipant.org

Volunteer registration:
www.phwffvolunteer.org

