



# 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](http://www.co.monroe.wi.us/services/aging-and-disability-resource-center-copy)

## ABOUT AGRABILITY OF WISCONSIN

Since 1991, AgrAbility of Wisconsin has been promoting success in agriculture for farmers and their families living with a farm injury, disability, or limitation. AgrAbility of Wisconsin is a partnership between the UW-Madison Division of Extension and Easter Seals Wisconsin. AgrAbility of Wisconsin has created a significant impact on Wisconsin agriculture by providing assistance to 2,500 farmers and farm families who have been able to continue farming or return to the farm worksite through AAW intervention. A strong partnership between Easter Seals and Extension has been key to making Wisconsin's project one of the most successful of its kind in the country.

### Disabilities in Agriculture

Over 4,000 injuries occur on Wisconsin farms each year, many resulting in permanent disabilities. In the entire United States, agricultural production is one of the most hazardous occupations with the highest disabling injury rate of any industry.

AgrAbility services are available to those individuals and their families who are engaged in farming or farm-related occupations and are coping with the effects of a disability. Services provided at the home or farm are confidential.

### How We Can Help

AgrAbility estimates that there are 38,740 Wisconsin farmers with some type of limitation or disability. AgrAbility staff design a customized assistance plan based on the type of agribusiness, type of disability and the needs of the individual with the disability and his or her family.

### This plan could include:

- Assistive Technology
  - Farm job restructuring
  - Identification of funding sources
  - Stress management
  - Peer support involvement
  - Farm safety
  - Community and health care coordination
- To enroll in the AgrAbility program or learn more, call 608-262-9336.



A Modified Steering Wheel is an option for farmers who have difficulties controlling traditional steering wheels on farm equipment.



Shoveling can be a serious strain on the back. With the added handle, the stress is reduced.



A calf cart like this one is easy to use and can be a big help in moving calves around the farm.

## Reducing Malnutrition through Senior Meal Programs

How ACL's Senior Nutrition Program helps address malnutrition among older adults



Older adults are at high risk for malnutrition. Malnutrition occurs when a person is not eating enough food or meeting their nutritional needs. As we age, changes occur in how our brain and body work. These changes can affect body weight, increase risk of health conditions and disease, and lead to use of medications that impact the way we absorb nutrients - all of which put us at higher risk of malnutrition.



**Patti Abbot**  
Nutrition Program  
Coordinator

ACL's Senior Nutrition Program works to address malnutrition among older adults by providing access to nutritious food through local home-delivered and congregate meal programs.

**These programs make an impact!** A systematic review of 20 studies by the Community Preventative Services Task Force recommended home-delivered and congregate meal services to reduce malnutrition among older adults living independently.

Evidence also showed that senior nutrition meal services like the Senior Nutrition Program are likely to:

- Reduce food insecurity among participants.
- Increased the percentage of participants who met the recommended daily allowances for energy intake.
- Improve intake of protein, fiber, vitamins, and minerals.
- Improve Health Related Quality of Life (HRQoL) and well-being.

Home-delivered meal participants were **15.5%** less likely to be malnourished.

Congregate meal participants were **9%** less likely to be malnourished.

To learn more about the Senior Nutrition Program and its impact on older adults, visit [aci.gov/snp](http://aci.gov/snp)

# Medicare Common Open Enrollment Notices

You can make changes to your Medicare coverage each year during Medicare's Open Enrollment, which runs October 15 to December 7. Around September, you will start to receive notices with information about any changes to your coverage for the coming year. Read these notices so you can decide if your coverage will continue to meet your needs or if you should change it.

## Annual Notice of Change (ANOC) and Evidence of Coverage (EOC)

- Sent to people who have a Medicare Advantage Plan or Part D plan
- Notices include any changes to your plan in 2025
- Look for any changes to the plans:

If you are unhappy with any changes to your plan, you



Provider network



Costs

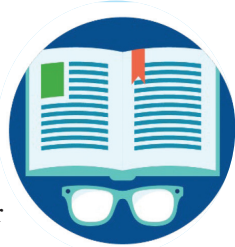


Formulary (list of drugs)

can enroll in a different plan for 2025.

## Medicare & You Handbook

- Sent to everyone enrolled in Medicare
- Includes information about Medicare-covered services
- Lists Medicare Advantage Plans and Part D plans in your area
- If you did not receive a Medicare & You handbook, you can call



1-800-MEDICARE to request that your region's copy be sent to you

## Other notices you may receive

### Plan Non-Renewal Notice

You receive this notice in October if you are enrolled in a plan that is leaving the Medicare program in the coming year. You should enroll in a new plan during Open Enrollment. If you do not enroll in a new plan at this time, you will also have until the last day in February to enroll in a new plan.

### Consistent Poor Performance Notice

You receive this notice in late October if you are enrolled in a plan that has received a low rating for three or more years in a row. A low rating is three stars or fewer out of five. Plans are rated on their quality and performance, such as how well they handle appeals.

This notice encourages you to look at other plan options in your area.

## Medicare marketing violations

Beginning in October, you will likely start receiving mail from different insurance companies about the plans they offer. You can use this marketing information to compare your options. Although companies can send you mailings, you should know that they must follow certain rules when marketing their plans.

Some examples of marketing violations include:

- A plan cannot use language that suggests their plan is preferred by Medicare
- A plan cannot call or email you if you did not ask them to do so
- A plan cannot leave information like flyers or door hangers on your car or at your home if they came from a company that did not have an appointment with you

If you think you have experienced marketing violations, you should report it. Keep any documented proof, such as an agent's business card, marketing materials, emails, or phone call records. You can report marketing violations to 1-800-MEDICARE or your local SHIP or SMP. Your local SHIP or SMP can explain the government's marketing rules, help you review the incident, and report it to the correct authorities, if needed. Contact information for your SHIP and SMP is on the final page of this document.

## Read your Medicare statements

It's important to read your Medicare statements especially during Open Enrollment as you may be switching plans.

You should receive Medicare Summary Notices (MSNs) if you have Original Medicare (You can also review your MSNs on your online Medicare.gov account).

You should receive Explanation of Benefits (EOBs) if you have a Medicare Advantage Plan or Part D plan.

MSNs and EOBs provide a summary of the services and items you have received and how much you may be billed for them. Remember that MSNs and EOBs are not bills. If you need help reviewing your Medicare statements, you can contact your local SHIP or SMP (contact information on the last page).

Reading your MSNs and EOBs is an important strategy for detecting potential Medicare fraud, errors, or abuse. Keep the following tips in mind:

- Review yours or your loved one's Medicare statements as soon as they arrive.

- Keep notes of your medical appointments and compare these to your statements to ensure that your MSN or EOB is accurate.
- Confirm that everything listed on the statement is accurate—in other words, that you actually received all listed services or items.
- Contact your health care provider or plan if you have any questions or notice any mistakes on your MSNs or EOBs.
- Contact the SMP for a My Health Care Tracker (helps you keep track of your appointments) or to receive assistance on how to read your Medicare statements.

If you find any mistakes on your statements and your provider will not fix them, you can contact your SMP. SMPs help Medicare beneficiaries, their families, and caregivers prevent, detect, and report potential Medicare fraud, errors, and abuse.

## Where can I go for more help?

State Health Insurance Assistance Program (SHIP): Contact your SHIP if you have questions about any notices you receive. SHIP counselors can help you understand the notices you receive in advance of the fall Open Enrollment Period. When you contact your local SHIP, a certified Medicare counselor will give you one-on-one guidance based on your unique situation and needs.

Senior Medicare Patrol (SMP): Contact your local SMP if you receive any notices or Medicare statement charges that seem suspicious. SMP representatives can teach you how to spot and protect yourself from potential Medicare fraud, errors, or abuse.

**SHIP toll-free: 888-339-7854**

**SHIP email: [Alice.Ackerman@co.monroe.us](mailto:Alice.Ackerman@co.monroe.us)**

**SHIP website: <https://www.co.monroe.wi.us/services/aging-and-disability-resource-center-copy>**

**To find a SHIP in another state:**

**Call 877-839-2675 (and say**

**"Medicare"**

**when prompted) or visit [www.shiphelp.org](http://www.shiphelp.org)**

**SMP toll-free: 888-818-2611**

**SMP email: [smp-wi@gwaar.org](mailto:smp-wi@gwaar.org)**

**SMP website: <https://www.smpwi.org/>**

**To find an SMP in another state:**

**Call 877-808-2468 or visit**

**[www.smpresource.org](http://www.smpresource.org)**



Alice Ackerman  
Elder Benefit Specialist

# Energy Assistance Applications

Flocks Guardians, Inc. will be taking early Energy Assistance applications for the up-coming heating season (October 1, 2024 – May 15, 2025). Outreach intended for meal site participants, senior apartment residents, and participants of the senior centers. General public may call our office for application/appointment information, 608-487-9356.

## Energy Assistance Outreach September 2024

**Monday September 9, 2024 – 11:00am-12:00pm**

Norwalk Meal Site | Norcrest Senior Housing, 206 West Center Street, Norwalk, WI 54648

**Monday September 9, 2024 – 1:00pm-2:00pm**

Wilcrest | 500 Cemetery Road, Wilton, WI 54670

**Tuesday September 10, 2024 – 11:00am-12:00pm**

Hilltop Apartments | 405 Market Street, Warrens, WI 54666

**Tuesday September 10, 2024 – 1:00pm-2:00pm**

Oakdale Manor | 131 Tara Drive, Tomah, WI 54660

**Thursday September 12, 2024 – 9:30am-11:00am**

Senior Center/Tomah Meal Site | Kupper-Ratsch Senior Center, 1002 Superior Ave, Tomah, WI 54660

**Friday September 13, 2024 – 10:30am-11:30am**

Senior Center/Sparta Meal Site | Sparta Community Center, 1000 E Montgomery Street, Sparta, WI 54656

**Monday September 16, 2024 – 11:00am-12:00pm**

Eastwood I | 711 Wisconsin Avenue, Tomah, WI 54660

**Monday September 16, 2024 – 1:00pm-2:00pm**

Eastwood II | 612 E Brownell Street, Tomah, WI 54660

**Tuesday September 17, 2024 – 1:00pm-2:00pm**

Westwood Manor | 1108 W Wisconsin Street, Sparta, WI 54656

**Thursday September 19, 2024 – 11:00am-12:00pm**

Cashton Meal Site | 812 Main Street, Cashton, WI 54619

**Thursday September 19, 2024 – 1:00pm-2:00pm**

Hillcrest Manor | 300 Trescher Ave, Cashton, WI 54619

**Friday September 20, 2024 – 11:00am-12:00pm**

Kendall Meal Site | Kenview Manor, 412 Spring Street, Kendall, WI 54638





## HOME REPAIR GRANT PROGRAM

If you are in need of critical home repair and are in one of these categories we may be able to help with a one time grand up to \$500.00

- If you are a VET
- If you are disabled
- If you are 55 or older
- If you live in a Manufactured home

We DO NOT pay the applicant(s) directly; any approved proceeds go to the contractor or approved vender directly. Cosmetic only repairs are not eligible.

- Must have verifiable income

### Application Guidelines

- Must have income or proof of potential income - this includes unemployment, child support or other sources.
- This program is able to serve the whole state of WI
- Applicants must be under the 50% County Median Income.
- Applications are typically processed within 10 business days. Apply at the following website <https://www.wisconsinruralhousing.org/home-repair-apply-online> Or call 608-238-3448 or toll free at 888-400-5974. Or Email [wrrh@wisconsinruralhousing.org](mailto:wrrh@wisconsinruralhousing.org)

## GRIEF SUPPORT GROUP MEETING

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

Sept. 10th • 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](mailto:emily.reitz@co.monroe.wi.us)

# Time to Review Your Medicare Plan Prepare Early This Year!

Do you have a Medicare Prescription Drug (Part D) plan? Every year Medicare Part D plans can change the list of prescription medications they will cover. That means even if you are taking the same medications, the amount you pay for your medications may change in 2022! The plans' premiums, deductibles, and co-pays can also change each year.



**Alice Ackerman**  
Elder Benefit Specialist

What can people do about this? All Medicare beneficiaries should check their Part D coverage each year during Medicare's annual open enrollment

period which runs October 15 through December 7th. This is the time of year to find out if your current plan will cost you more, or less than other Part D plans in 2022. If it is no longer the best plan for your medications, this is the time to make a switch to a Part D plan that will suit you better.

Make sure you will have appropriate prescription drug coverage in the new year. You can compare plans on the official Medicare website at [Medicare.gov](https://www.medicare.gov). Medicare beneficiaries in Monroe County can also receive free, unbiased assistance with plan comparisons from the Elder Benefit Specialists at the Aging & Disability Resource Center of Monroe County.

Start preparing early this year. The Aging & Disability Resource Center

of Monroe County has a form with instructions to help you get organized. Don't let this opportunity pass you by! Go to [Medicare.gov](https://www.medicare.gov) to compare plans online or for local assistance call the Aging & Disability Resource Center of Monroe County at 608-269-8690 and ask to speak with Alice Ackerman, Elder Benefit Specialist.

Assistance is also available through the following resources:

- 1-800-MEDICARE or [www.medicare.gov](https://www.medicare.gov)
- Medigap helpline 1-800-242-1060
- Disability Rights Wisconsin Medicare Part D Helpline 1-800-926-4862 (if under age 60)
- Wisconsin Medigap Prescription Drug Helpline 1-855-677-2783

## Home Improvement Loans & Grants Are Available for Low-Income Rural Homeowners

By the GWAAR Legal Services Team

USDA Rural Development (RD) provides low-income and senior rural homeowners the ability to apply for loans and grants to make health and safety improvements and/or to modernize their homes. The USDA offers these programs because it believes that helping individuals to stay in their homes and to maintain their homes in good repair strengthens families and helps them to build savings and wealth over time. This, in turn, helps to support and develop strong communities and local economies.

Here is what to know if you would like to apply for a USDA RD loan or grant:

### Eligibility Criteria

To qualify for the programs, you must:

- Own and occupy your home
- Be unable to obtain affordable credit elsewhere
- Meet certain income thresholds for your county
- Be at least age 18 for a loan and age 62 for a grant
- Live in a qualifying rural area. You can utilize the <https://eligibility.sc.egov.usda.gov/eligibility/welcomeAction.do?pageAction=sfpd> to enter your specific address to see if you qualify



**Alice Ackerman**  
Elder Benefit Specialist

<https://eligibility.sc.egov.usda.gov/eligibility/welcomeAction.do?pageAction=sfpd> to enter your specific address to see if you qualify

### Loan Information

- The maximum loan amount for which an owner can qualify is \$40,000
- Loans must be used to repair, improve, or modernize homes or to remove health and safety hazards
- Loans have a term of 20 years
- Loan interest rate is fixed at 1%
- Full title service is required if the total outstanding balance on the loan exceeds \$25,000

### Grant Information

- The maximum lifetime grant amount is \$10,000
- Grants must be used to remove health and safety hazards
- Grants must be repaid if the property is sold in less than 3 years

Loans and grants can be combined for up to \$50,000 in assistance. Applications for the program are accepted through your local Rural Development office year-round. Approval times depend on funding availability in your area. You can speak with a local USDA home loan specialist for help with the application.

More information about the USDA RD loan and grant programs can be found on the USDA RD's website <https://www.rd.usda.gov/programs-services/single-family-housing-programs/single-family-housing-repair-loans-grants/wi>.

[family-housing-repair-loans-grants/wi](https://www.rd.usda.gov/programs-services/single-family-housing-programs/single-family-housing-repair-loans-grants/wi).

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Lives  
Well Lived*



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online form**

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Visit Us Online at  
[TorcelsonFuneralHome.com](https://www.torcelsonfuneralhome.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**

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**  
**September 20th, 2024**

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



Emily Reitz  
DCS

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

# APPLES



Apples are in season from August through October.

### Tips for selecting apples

Some of the most common varieties of Wisconsin apples include Cortland, Golden Delicious, Jonathan, McIntosh, Red Delicious, Rome Beauty, and Wealthy. Apples should be firm and have skins that are smooth and free of bruises. Smaller apples are often available in bulk. An apple that is 2½ inches in diameter is adequate for most uses. Do not pick apples that are soft or mealy-fleshed or that have tan or brown areas. Do not eat apples off the ground.

### Storage

Apples should be stored in a solid plastic bag in the refrigerator to slow the loss of crispness and flavor. Apple slices and applesauce can be frozen—contact your county Extension office ([counties.extension.wisc.edu](http://counties.extension.wisc.edu)) for information.

### Preparation

Wash apples carefully in cold water. Core or quarter the apple and remove seeds. Slice into desired size. To prevent browning, sprinkle cut apples with lemon juice.

### Key nutrients

- Carbohydrates for energy
- Fiber to prevent constipation

### Uses for popular apple varieties

- Cortland—Eating, applesauce
- Golden Delicious—Eating, baking, salad
- Jonathan—Eating
- Red Delicious—Eating, salad
- Rome Beauty—Baking
- McIntosh—Eating
- Wealthy—Applesauce

### Recipes

- Apple bake**
- 2 large apples, cut into small pieces
- ¼ cup apple juice
- ¼ cup water
- ¼ teaspoon ground cinnamon
- Dash of ground nutmeg
- ¼ teaspoon vanilla extract

Combine juice, water, and spices. Put apples in a loaf pan and pour liquid over apples. Bake at 350°F for 35 to 45 minutes or microwave on high for 6 to 8 minutes. If microwaving, stir every 3 minutes. Serves 2; 140 Cal; less than 1 g fat.

### Baked cinnamon apples

Cut out stem and remove core and seeds from baking apples and cut a 1-inch strip of peel around the middle of each apple to prevent splitting. Place apples upright in ungreased baking dish. Place 1 tablespoon brown sugar and ½ teaspoon cinnamon in the center of each apple. Pour water into baking dish until ¼-inch deep. Bake uncovered in 375°F oven until tender, about 30 minutes.

To microwave: Use a microwave safe dish. Prepare apples as directed except do not put water in the dish. Microwave uncovered until tender, about 6 to 8 minutes for 4 apples; 120 Cal each.



## COMPASSIONATE HOSPICE & PALLIATIVE CARE

**Close to Home**  
Serving a five county area.




**Tomah Health**  
HOSPICE TOUCH & PALLIATIVE CARE

[TomahHealth.org](http://TomahHealth.org)  
608.374.0250



Would you like to help future health care professionals understand the needs and perspectives of older adults? Please volunteer with the University of Wisconsin–Madison School of Nursing this fall!

### Who can volunteer?



#### People who are:

- age 65 or older
- live independently
- willing to talk with nursing students about health topics

### Why volunteer?

You can help bridge the age and social divides and help nursing students provide better care to older adults.

### What would you do?


You would meet one-on-one with a student via phone or video call twice between September and October 2024.



### Have questions? Interested?

Please contact us to learn more and sign up!

 [CAREeson.wisc.edu](mailto:CAREeson.wisc.edu)

 **608-265-4330**





# LUNCH BUNCH MEMORY CAFE

There will be no Memory Café in September due to the Labor Day holiday. We will have our next Memory Café October 7th, 2024.



Emily Reitz  
DCS



For more information on the Memory Café contact Emily Reitz (608) 387-9250



## CELL PHONE & INTERNET BILL ASSISTANCE

- One time assistance for cell phone or internet assistance to avoid disconnection of services up to \$200 per eligible household member.
- Must be past due on your phone or internet bill.
- Submit Proof of Income and Phone or Internet Bill with application.

### More Affordable Options

- Up to \$500 per eligible household member. This fee potentially could including buying out the terms of an existing contract to get into a more affordable contract.

- Submit proof of Income and Phone bill with application.

### Application Guidelines

- Must have income or proof of potential income - this includes unemployment, child support or other sources.
- If you do not have the ability to pay your phone/internet expenses going forward your application will be denied.
- We serve 69 counties in Wisconsin. We do not have funding for Dane, Racine and Milwaukee Counties.
- Applicants must be under the 50% County Median Income.

Apply at the following website <https://www.wisconsinruralhousing.org/usf-online-application>  
Or call 608-238-3448 or toll free at 888-400-5974. Or Email [wrh@wisconsinruralhousing.org](mailto:wrh@wisconsinruralhousing.org)

## ADRC of Monroe County Meal Program/Senior Dining Sites Cashton, Kendall, Norwalk, Sparta, Tomah & Wilton SEPTEMBER 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
2	3	4	5	6
<b>CLOSED</b>	3 oz Beef Roast 2 oz Gravy 1/2c Mashed Potatoes 1/2c Candied Carrots 1ea Seasonal Hand Fruit 1ea Whole Grain Bread/Butter 1 Garbanzo Bean Cake	3oz Cold Ham & Cheese on 2sl Whole Green Bread 1/2c Italian Pasta Salad 1svg Whole Grain Sun Chips 1ea Mayo, Mustard packet 1/2c Fresh Fruit Mix 1svg Rhub/Straw Upside Down Cake	1c Turkey Tetrizzini 1/2c Buttered Peas 1c Mixed Green Salad (w/cucumbers & tomato) 1 Dressing packet 1/2c Peaches 1ea Whole Grain Bread/Butter	3oz Cheeseburger 1 Whole Grain Bun 3sl/1sl Tomato/Red Onion Slices 1/2c Potato Salad 1/2c Italian Style Baked Beans 1ea Ketchup & Mustard Packet 1svg Apple Slices
9	10	11	12	13
3oz Swedish Meatballs 2oz Gravy 1/2c Hearty Mashed Potatoes 1/2c Roasted Beets 1/2c Creamy Cucumber Salad 1ea Rye Bread/Butter 1 Fruit Bar	3oz/1 Beef Hot Dog/WG Bun 2T/2T/1T Chili, Cheese, Onion 1/2c Steakhouse Potato Salad 4oz Tomato Juice 1/2c Baked Beans 1ea Ketchup, Mustard 1 Plums (Hand Fruit)	3oz Shredded Beef on 1 Whole Grain Bun 1/2c Potatoes O'Brien 1/2c 3 Bean Salad 1/2c Fresh Fruit Mix 1 Sugar Cookie	3oz Turkey Open Faced S/W 2oz Gravy 1 sl Whole Grain Bread 1/2c Mashed Potatoes 1c/1 Mixed Garden Salad/Dressing 1/2c Pears	3oz2oz Beef Tips in Pesto Cream Sce 1/2c Buttered Noodles 1/2c Fresh Corn 1/2c/1 Baby Carrots/Dip 1 Seasonal Hand Fruit 1ea Whole Grain Bread 1 Beetroot Chocolate Cake
16	17	18	19	20
3oz Breaded Pork w/ 1 oz Brandy Apple Glaze 1/2c Mashed Sweet Potatoes 1/2c Asparagus 1/2c Tropical Fruit Mix 1 WG Rice Krispie Treat	3oz Chicken Ala Rosa 1/2c Seasoned Rice Pilaf 1/2c Seasoned Carrots 1/2c Broccoli-Raisin Salad 1 pc. Fresh Hand Fruit 1 ea Whole Grain Bread/Butter	3oz Lemon Pepper Haddock 1/2c Cheesy Scalloped Potatoes 1/2c Roasted Zucchini 1/2c Mediterranean Bean Salad 1/2c Applesauce 1ea Rye Bread/Butter	3oz Swissed Cube Steak w/ Mushrooms & Onions 1/2c Mashed Baby Red Potatoes 1 Oven Roasted Cauliflower 1/2c Cottage Cheese 1/2c Peaches 1ea Whole Grain Bread/Butter	5oz Chicken Stuffed w Broccoli & Cheese 1/2c Rice Pilaf 1/2c Squash 1/2c Coleslaw 1ea Whole Grain Bread/Butter 1 Lemon Bar
23	24	25	26	27
1/2c Italian Cheese Tortellini 3oz w/Smoked Sausage 1/2c Mixed Vegetables 1/2c Festive Bean Salad 1ea Whole Grain Bread/Butter 1/2c Apricots	1/1 Pizza Burger on WG Bun 1oz Provolone 1/2c Potato Wedges 1/2c Carrots 1pk Ketchup 1pc Fresh Hand Fruit 1 Oatmeal Raisin Cookie	3oz Orange Chicken 1/2c Rice 1/2c Asian Vegetables 1 Spring Roll 1 Sweet & Sour Sauce 1 Vanilla Mango Muffin 1svg Apple Slices	1c Tater Tot Casserole 1/2c WK Corn 3 Sliced Tomatoes 1c Spinach Salad w/ Mandarin Oranges 1pk Sesame Dressing 1ea Whole Grain Bread/Butter	3oz Chicken Marsala 1/2c Herbed Buttered Noodles 1/2c Normandy Blend Vegetables 1c Caesar Salad 1pkt w/Dressing 1ea Whole Grain Bread/Butter 1/2c Pears

30

- 3oz/2oz Pork Tips in Gravy
- 1/2c Roasted Potatoes
- 1/2c Tomato Juice
- 1 WG Baking Powder Biscuit
- 1/2c Fruit Cocktail
- 1 Black Bean Choc. Cookie

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

8 oz. 1% Milk Served with every meal

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



# Age With Confidence, Prevent Falls

## Visit Falls Free® Wisconsin Today!

Chances are you or someone you know has experienced a fall. If you have, you're not alone. According to the Centers for Disease Control and Prevention (CDC), more than 1 in 4 older adults (ages 65+) have a fall each year and 1 out of every 10 falls causes an injury. The good news is that falls are preventable!

There are things you can do to reduce your risk and age with confidence. The Wisconsin Institute for Healthy Aging (WIHA), in partnership with the Falls Free Wisconsin Coalition, has just the thing for you – FallsFreeWI.org – an interactive website that gives you the information and tools to prevent falls.

### What You'll Find at FallsFreeWI.org:

- Take the Falls Free CheckUp and find out your risk of falling and what increases your risk.
- Learn simple balance and strength exercises that you can do from the comfort of your own home.
- Go through our interactive Home Safety Challenge and identify hazards and helpful tips to make your home safer.
- Find information about falls prevention programs, such as Stepping On (which has been proven to reduce older adult falls by 31%) near you. The ADRC of Monroe County also offers Physical Activity for Lifelong Success (PALS), Bingocize and Strong Bodies (in Wilton). Contact us at 608-269-8690 for more information.

- See how medications, footwear, vision, and hearing can affect your risk of falling.

With videos, interactive quizzes, printable handouts, helpful links and more, Falls Free Wisconsin provides you with the steps, tools, and resources to help you stay safe.

Falls prevention is for everyone and you have a big role to play in reducing your risk of a fall.

Falls Free Wisconsin can help. WIHA and The ADRC of Monroe County encourages you to visit FallsFreeWI.org today! Age with confidence, prevent falls.

### Take the Falls Free CheckUp listed below to assess your risk of falls.

#### Stay healthy and independent by checking your risk for a fall.

Falls are not a natural part of aging. Even if you're healthy or have talked with your health care provider, it's important to check your risk. There are many steps you can take to prevent a fall.

#### Answer 12 simple questions to get your falls risk score and resources to prevent falls.

1. I have fallen in the past year. YES (2) / NO (0)  
People who have fallen once are more likely to fall again.
2. I use or have been advised to use a cane or walker to get around safely. YES (2) / NO (0)  
People who have been advised to use a cane or walker may already be more likely to fall.
3. Sometimes I feel unsteady when I am walking. YES (1) / NO (0)  
Unsteadiness or needing support while walking are signs of poor balance.
4. I steady myself by holding onto furniture when walking at home. YES (1) / NO (0)  
The need to steady yourself is a sign of poor balance.
5. I am worried about falling. YES (1) / NO (0)  
People who are worried about falling are more likely to fall.
6. I need to push with my hands to stand up from a chair. YES (1) / NO (0)  
Using your arms to help stand is a sign of weak leg muscles, a major reason for falling.
7. I have some trouble stepping up onto a curb. YES (1) / NO (0)  
Trouble stepping onto a curb is a sign of weak leg muscles.
8. I often have to rush to the toilet. YES (1) / NO (0)  
Rushing to the bathroom, especially at night, increases your chance of falling.
9. I have lost some feeling in my feet. YES (1) / NO (0)  
Numbness in your feet can cause stumbles and lead to falls.
10. I take medicine that sometimes makes me feel light-headed or more tired than usual. YES (1) / NO (0)  
Side effects from medicines can sometimes increase your chance of falling.
11. I take medicine to help me sleep or improve my mood. YES (1) / NO (0)  
Side effects from mood or sleep medicines can sometimes increase your chance of falling.
12. I often feel sad or depressed. YES (1) / NO (0)  
Symptoms of depression such as not feeling well or feeling slowed down, are linked to falls.

Add up your score (using the numbers next to yes / no). If you scored a four or more, you may be at higher risk of falling. Visit FallsFreeWI.org for tips to reduce your risk of falling. Age with confidence, prevent falls!

## AGING MASTERY PROGRAM SERIES



All sessions at Sparta Free Library except September 18 and November 6. 9/18 & 11/6 will be at UW-Extension 206 S. K St.

Sep. 4 - Nov. 6:  
Wednesdays at 2:30pm

The gift of time, what will you do with it? Modest lifestyle changes as you age can produce big results, leading to improved health, stronger economic security, and overall well-being. This program is free and open to those 55 and better.

**\*Registration Required\***  
Call 608-269-2010 to register

Sessions include: Financial Fitness, Advance Planning, Healthy Relationships, Falls Prevention, Community Engagement, Exercise and You, Healthy Eating & Hydration, Medication Management, Sleep, and Navigating Longer Lives



Live well. Do well. Age well.



# Save The Date

## Be The Light

EST 2024

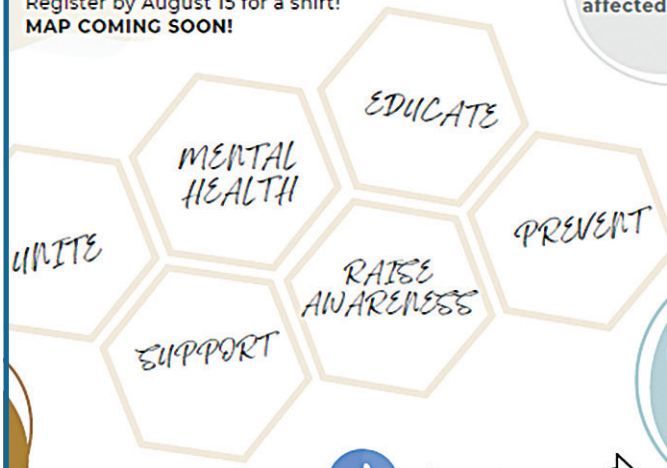
In recognition of National Suicide Prevention Month, the Monroe County Suicide Prevention Task Force will be hosting our first annual "Be the Light Run/Walk" on Saturday, September 7th at 10:00 a.m. at Winnebago Park in Tomah. The purpose of this event is to raise awareness about suicide prevention and mental health and to let people know they're not alone by promoting a sense of community as family, friends, neighbors, and community members run/walk alongside each other.

**Date:** Saturday, September 7, 2024  
**Location:** Winnebago Park  
1020 Brandon St Tomah, WI 54660  
**Time:** 10:00 am  
Day of Event Registration: 8:30 am - 9:30 am  
**Cost:** \$30 Registration Fee - Register by August 15 for a shirt!  
**MAP COMING SOON!**

Unite the community-support those affected by suicide

Community & Business Participation is encouraged!

Network & Participate in a cause to break down the stigma associated with mental health & suicide



To Volunteer or Learn more about Be The Light Run Walk email MCSPTF@co.monroe.wi.us





SEPTEMBER IS NATIONAL FRUITS & VEGGIES MONTH!



Eat More Color

BINGO CHALLENGE



Name: \_\_\_\_\_ Email: \_\_\_\_\_

Phone Number (to contact if you win): \_\_\_\_\_

**Directions:** Check off each box as you eat the fruits or veggies listed. Get 5 in a row to make a Bingo (horizontal, vertical, or diagonal). Then, email a picture of your bingo card to [moco.health@co.monroe.wi.us](mailto:moco.health@co.monroe.wi.us) by September 30, 2024 to be entered to win prizes! Make sure your picture includes the contact information section above. Winners will be contacted on October 1st.

Blueberries	Beets	Carrots	Artichokes	Kiwis
Avocados	Corn	Bananas	Dates	Cranberries
Cauliflower	Cucumbers	Red Potatoes	Pineapples	Purple Grapes
Red Apples	Raisins	Broccoli	Mushrooms	Sweet Potatoes
Peaches	Parsnips	Eggplants	Tomatoes	Spinach

Brought to you by the Monroe County Nutrition Coalition

BLUE & PURPLE

- blackberries
- blueberries
- black currants
- dotes
- eggplants
- grapes
- plums
- prunes
- purple figs
- raisins

RED & PINK

- beets
- cherries
- cranberries
- pink grapefruit
- pomegranates
- radicchio
- red radishes
- red apples
- red grapes
- red peppers
- red potatoes
- rhubarbs
- strawberries
- tomatoes
- watermelons



The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. Add color to your plate each day with the five main color groups.

GREEN

- artichokes
- asparagus
- avocados
- bok choy
- broccoli
- Brussels sprouts
- celery
- collard greens
- cucumbers
- green beans
- green cabbage
- green grapes
- green onions
- greenpeppers
- kale
- kiwis
- leeks
- limes
- mustard greens
- okra
- pears
- peas
- romaine lettuce
- snow peas
- spinach
- sugar snap peas
- watercress
- zucchini

WHITE

- bananas
- cauliflower
- garlic
- Jerusalem artichokes
- mushrooms
- onions
- potatoes
- parsnip
- shallots

ORANGE & YELLOW

- acorn squash
- butternut squash
- apricots
- cantaloupes
- carrots
- corn
- grapefruit
- lemons
- mangoes
- nectarines
- oranges
- orange peppers
- papayas
- peaches
- pineapples
- pumpkins
- summer squash
- sweet potatoes
- tangerines
- yams
- yellow apples
- yellow peppers
- yellow squash

# Protect Your Older Loved Ones from Becoming Malnourished



Patti Abbot  
Nutrition Program Coordinator



## 1. Know the causes

- Changes in appetite
- Little interest in cooking
- Living alone
- Medication side-effects
- Limited mobility
- Trouble chewing and swallowing
- Loneliness and/or depression

## 2. Know the signs

- Frequently ill
- Slow healing wounds
- Unintentional weight loss
- Muscle weakness/falls
- Lack of energy
- Out of date food
- Not enough nutritious food at home

## 3. Know how to get help

- Check the pantry and fridge
- Encourage healthy snacking
- Buy and prepare foods
- Request a nutrition assessment with a Registered Dietitian
- Make mealtime social
- Ask questions sensitively
- Get nutrition assistance e.g. Meals on Wheels, food banks

For more information on nutrition resources in your community visit:

[www.mass.gov/nutrition-program-for-seniors](http://www.mass.gov/nutrition-program-for-seniors)



Malnutrition Prevention in the Elderly Commission

# ASK ABOUT YOUR NUTRITION

Good Nutrition Can Help You Prevent Infections, Heal Faster, Feel Stronger



ARE YOU OR YOUR LOVED ONE EXPERIENCING ANY OF THESE?

<p>Unplanned Weight Loss</p>	<p>Loss of Appetite</p>	<p>Not Able to Eat or Only Able to Eat Small Amounts</p>	<p>Feeling Weak or Tired</p>	<p>Swelling or Fluid Accumulation</p>
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TALK TO YOUR HEALTHCARE PROVIDER





# ¿Usted califica para recibir Seguridad de Ingreso Suplementario (SSI)?

## Puede ser que califique para recibir pagos mensuales de SSI

Seguridad de Ingreso Suplementario (SSI, por sus siglas en inglés) es un programa que provee pagos mensuales a adultos y niños que tienen ingresos y recursos limitados, y que son ciegos o tienen incapacidades. El programa de SSI también provee pagos mensuales a personas de 65 años o más que tienen ingresos y recursos limitados.

## ¿Cómo el programa de SSI puede ayudarle?

Si califica para recibir SSI, puede recibir pagos mensuales que podrían hacer una diferencia significativa en su vida. No todos reciben la misma cantidad mensual. Es posible que reciba más si vive en un estado que agrega dinero al pago federal de SSI. Si tiene otros ingresos como salarios, pensiones o beneficios del Seguro Social, es posible que reciba menos.

## ¿Quién califica para SSI?

Puede calificar para SSI si:

- Tiene 65 años o más, o si es ciego o tiene una incapacidad.
- Tiene ingresos limitados (salarios, pensiones, etc.).

- Tiene recursos limitados (las cosas que posee).
- Es ciudadano de los EE. UU. u originario de los EE. UU. (algunos que no son ciudadanos podrían calificar).
- Vive en uno de los 50 estados, el Distrito de Columbia (Washington D. C.) o las Islas Marianas del Norte (no se incluyen Puerto Rico, Guam ni las Islas Vírgenes de los EE. UU.).

## ¿Qué significa ingresos y recursos limitados?

Para recibir SSI, debe tener ingresos y recursos limitados. El lugar donde vive afecta la cantidad de ingresos que puede recibir cada mes y aun así recibir SSI. Cada estado tiene sus propias reglas. Analizamos los 3 factores siguientes para ver si califica para recibir pagos mensuales:

- Salarios o ingresos de trabajo por cuenta propia.
- Ingresos por pensiones, Seguro Social, donaciones, etc.
- Recursos (las cosas que posee)

La siguiente tabla provee información sobre las limitaciones de ingresos y recursos para 2024.



**Alice Ackerman**  
Elder Benefit Specialist

	Salarios o ingresos de trabajo por cuenta propia	Ingresos por pensiones, Seguro Social, donaciones, etc.	Recursos (las cosas que posee)
Por individuo	Menos de \$1,971 por mes	Menos de \$963 por mes	Menos de \$2,000 en total
Por pareja	Menor de \$2,915 por mes	Menor de \$1,435 por mes	Menor de \$3,000 en total

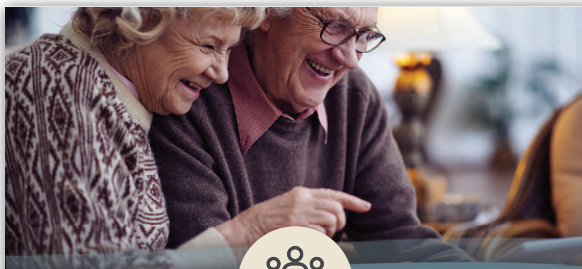
*Nota aclaratoria: Es posible que se apliquen exclusiones a los límites de ingresos y recursos enumerados anteriormente. En el caso de los recursos, no contamos todo lo que posee al decidir si puede recibir SSI. No contamos una casa si usted es el dueño y vive en ella y, por lo general, no contamos su vehículo. Contamos dinero en efectivo, cuentas bancarias, acciones y bonos.*

Verifique si califica para SSI

Es fácil de comenzar. Vaya a [www.segurosocial.gov/ssi](http://www.segurosocial.gov/ssi) para saber si califica para SSI. Puede informarnos que desea presentar su solicitud para que podamos programar una cita o comenzar su solicitud. Si no puede visitar [www.segurosocial.gov/ssi](http://www.segurosocial.gov/ssi), llame al 1-800-772-1213 y oprima el 7 para español para programar una cita y hacer su solicitud por teléfono. (Si es sordo o tiene problemas de audición, puede comunicarse con nuestro número TTY/TDD al 1-800-325-0778).



**Morrow Home Community**  
ADULT LIVING SERVICES



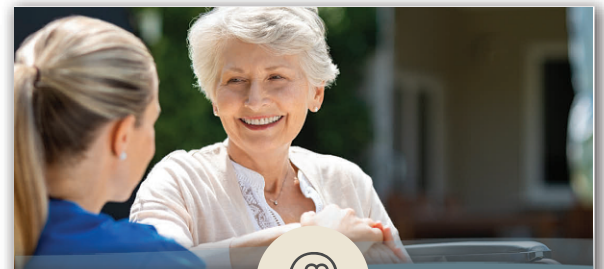
### Independent Living

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, 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](mailto:housing@morrowhome.org) | [www.morrowhome.org](http://www.morrowhome.org)  
331 S Water St Sparta, WI 54656