

THE

ADVOCATE

AGING AND DISABILITY RESOURCE CENTER • MARCH 2021

Division of Adams County
Health & Human Services



ADRC

(877) 883-5378
ADRC Manager
Donna Richards
608-339-4251
Resource Specialists
Sara Peterson
Lakisha Stemper
1-877-883-5378
Nutrition Coordinator
Emma Calaway
608-339-4251
Home Delivered Meals
608-339-4251
Elder Benefits Specialist
Ellen Venne
608-339-4369
Disability Benefits Specialist
Oana Celmer
(877) 883-5378
Transportation Coordinator
Bonnie Billington
608-339-4251



March is also National Nutrition Month

From the Desk of
Donna Richards
ADRC Manager



Everyone should eat a variety of Vegetables, Fruits, whole grains, protein and dairy products every day. However, filling half your plate with a variety of fruits and vegetables at each meal is one of the healthiest habits you can have. Eat something from the five veggie groups every day: Dark green!! Red and Orange!! Peas and Beans!! A diet rich in vegetables helps reduce your risk of heart disease, stroke, diabetes, and certain cancers. Vary your veggies!

Also, put on your plate whole fruits as often as possible; if you drink juice, limit the quantity and choose 100% fruit juice. Try a variety of different fruits every day like Berries! Melons! Apples! and so many more!! Fruits are an excellent source of fiber, water, vitamins, and phytochemicals (these are natural plant chemicals that are good for you). Most fruits are low in sodium, fat, and calories, and all of them have no cholesterol whatsoever.

Filling half your plate with Veggies and Fruits is a great way to get the 4-5 cups you need everyday. Visit ChooseMyPlate.gov for more info and fun facts.

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In Adams, we do not know when we can open up our dining sites. We are looking forward to serving some new menu items, having summer salads again, and meeting everyone in the Park! We will start up Meals for Pick-up in April and look forward to seeing everyone again.

Look for more information in upcoming Advocates and listen to updates on WI 106.1 on the first Tuesday of every month at 8:30am.





Questions about COVID-19?

Call our Warmline
at 608-339-4559

*Due to high call volumes, please
give us at least 48 hours to
respond before calling back.*



Adams County Drive-Through COVID-19 Vaccine Clinics- Frequently Asked Questions

- **Do I have to pay or bring my insurance cards to the clinic?**
 - No. The vaccine will be administered free of charge to anyone that comes. We will not be billing insurances at this time.
- **Do I have to be a Wisconsin resident? What if I have a secondary home here?**
 - You do not need to be a Wisconsin resident to receive the vaccine. We, however, recommend that you receive your second dose at the same place. If you are planning to leave Wisconsin before you get your second dose, you may want to receive your first dose at your primary residence.
- **Do I have to make an appointment?**
 - Yes. We will be making appointments for these clinics. Information on how to make an appointment will be shared on the clinic flyer.
- **Can I put my name on a waitlist to be notified when it's my turn to get the vaccine?**
 - No. Adams County Public Health is not keeping a waitlist. Frequently check our Facebook page to find information on upcoming clinics.



[Facebook.com/adamscountypublichealth](https://www.facebook.com/adamscountypublichealth)



Medicare Covers the COVID-19 Vaccine

By the GWAAR Legal Services Team

Pharmaceutical manufacturers are distributing the vaccine to federally and state-approved locations to start the vaccination of priority groups. Each state has its own plan for deciding who they'll vaccinate first and how residents can get vaccines. [Contact your local health department](#) for more information on COVID-19 vaccines in your area. [Learn more about COVID-19 vaccine progress.](#) Medicare covers the vaccine at no cost to you. Be sure to bring your Medicare card so your health care provider or pharmacy can bill Medicare.

Be alert for scammers trying to steal your Medicare Number. Medicare covers the vaccine at no cost to you, so if anyone asks you for your Medicare Number to get early access to the vaccine, you can bet it's a scam.

Here's what to know:

- You can't pay to put your name on a list to get the vaccine.
- You can't pay to get early access to a vaccine.
- Don't share your personal or financial information if someone calls, texts, or emails you promising access to the vaccine for a fee.

For more information, visit <https://www.medicare.gov/medicare-coronavirus>



**Have you had
your flu shot yet
this year?**

It's not too late!



The Centers for Disease Control & Prevention (CDC) recommends that EVERYONE six months and older should get a flu shot EVERY year. Especially if you're older!

Last year, older people accounted for 42% of flu-related hospitalizations and 84% of flu-related deaths (but were only 17.5% of Wisconsin's population). So this year — with COVID-19 raging — reduce your risk of the flu and a hospitalization by getting your flu shot.



Upcoming Online Health Programs

The Aging & Disability Resource Center (ADRC) offers a variety of evidence-based health programs for Adams, Green Lake, and Waushara Counties. These programs provide the tools needed towards preventative health and well-being. By engaging in one or more of these programs, individuals will learn different ways to exercise, eat healthy, relax, build self-management skills, participate in medication education, improve balance and prevent falls and much more. There is a suggested donation of \$20 but is not required. Below is a list of all upcoming online health promotion programs being offered this Spring:

- **Stand Up Move More** is a 4-week workshop that talks about strategies and benefits to sitting less. The workshop will be held on Wednesdays starting March 31 through April 28 from either 9-11 am or 1-3 pm.
- **Healthy Living with Chronic Pain** is a 6-week program that helps you set goals and put problem-solving skills to work to help you take control of your pain. This workshop will be held every Tuesday starting March 23 through April 27 from 9-11:30 am.
- **Living Well** is a 6-week program that will help you better manage your ongoing health conditions. The workshop will be held every Tuesday starting March 23 through April 27 from 1-3:30 pm.
- **Healthy Living with Diabetes** is a 6-week workshop that helps those with pre-diabetes, type 2 diabetes, or those caregiving for someone with diabetes. The workshop will be held every Monday beginning on April 12 through May 17 from 9:30 am -12 pm.
- **Stepping On** is a 7-week workshop that gives you the tools you need to prevent future falls. This workshop will be held every Monday beginning on April 12 through May 24 from 2-4pm.

Space is limited. For more information on any of these or to register for a program, **call Amanda, Health Promotions Coordinator** for the ADRC at **(920) 787-6666 or toll-free at 1-877-883-5378.**

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acnightmarket.com



Rome Farmers Market
Fridays 8am - 1pm
Alpine Village Square
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Romefarmersmarket.com

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Adult Programming: Supportive Home Care/Personal Care – Adult Day Care – Swimming – Transportation – Supported Employment

Youth Programming: Autism Resources – Family Fun Nights – Respite – Sensory Friendly Movies and outings – Cooking programs – Safe Gaming, and more.



For more info, contact:
Lisa West, Executive Director
Lwestnstar@gmail.com • 608.339.7600



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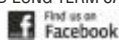
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Spring Forward one hour on Sunday March 14 at 2:00am

Did you know that daylight savings time was invented to make the best use of daylight hours. Benjamin Franklin created the concept of daylight saving time, according to NASA, and it has been used throughout much of the U.S., Canada and Europe since World War I. In 1966, former President Lyndon Johnson signed a law stating that daylight saving time begins on the last Sunday of April and ends on the last Sunday in October of each year, according to NASA. The law was amended in 1986, and daylight saving time officially began on the first Sunday in April, but the end date remained the same. Former President George W. Bush signed an energy policy bill in 2005 that would extend Daylight Saving Time by four weeks, beginning on the second Sunday of March, according to NASA, and it went into effect in 2007.

And now you know!

St Patricks Day Word Search

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

CELEBRATE
CELTIC
CLOVER
COINS
EMERALD
GOLD
GREEN
IRELAND
IRISH
LEPRECHAUN
LUCK
MAGICAL
MARCH
PATRICK
POTATO
RAINBOW
SAINT
SEVENTEENTH
SHAMROCK
TRADITION



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Aging & Disability Resource Center, Adams, WI B 4C 01-1361



2021 Eligibility Quick Check

Medicare Savings Programs, Extra Help and SeniorCare Level 1



SINGLE:	MSP	Extra Help	SeniorCare Level 1
Income*	\$1,449	\$1,610	\$1,717
Assets	\$7,970	\$13,290	none

COUPLE:	MSP	Extra Help	SeniorCare Level 1
Income*	\$1,959	\$2,177.50	\$2,322
Assets	\$11,960	\$26,520	none

*Income limits based on 2021 federal poverty guidelines.

Medicare Savings Plans: Covers the cost of Medicare Part B premium and possibly co-pays and deductible, depending on income. Enrollment in a Medicare Savings Program will automatically qualify you for Part D Extra Help.

Extra Help: Lowers the premium, deductible and copays for Medicare Part D plans.

SeniorCare: A Wisconsin program designed to help seniors with their prescription drug costs. (Must be 65 or older to enroll.)

**Elder Benefits
Specialist**

Ellen Venne
608-339-4369



LOCAL HELP FOR PEOPLE WITH MEDICARE



Ride to Care – Find Your Own Driver and We help Reimburse for Mileage!!

If there is someone you know, like a neighbor or friend who can drive you to your healthcare appointment, Ride to Care will reimburse you for their mileage when they use their own vehicle.

To find out more about the newest TRANSPORTATION program in Adams County call Bonnie Billington, Adams County Transportation Coordinator, at (608)339-4251 to see if you and your driver qualify!!



WANTED: *Seniors to be Pen Pals with Middle School Kids! If you're interested in sharing about yourself and learning from the youth of our community, please let us know. Submit your name and phone number to Pen Pals, 569 N. Cedar Street, Adams, WI 53936 or give us a call at 608-339-4251.*





Two Types of Additional Benefits for FoodShare Recipients

By the GWAAR Legal Services Team

1. 15% Increase in FoodShare Benefits January-June 2021. If you are enrolled in FoodShare, you will get about 15% more money than you usually get starting in January and ending in June. You will get this extra money because of a law passed by the federal government in December to help people during the COVID-19 pandemic. ***You do not need to do anything to get this extra money.*** This extra benefit should have appeared automatically on your QUEST card on January 24, 2021. You should receive a letter telling you how much extra money you received in January.

2. Maximum Allotment. You may also continue to get the maximum amount of benefits you can get for your family size. These benefits are provided if Wisconsin has declared a public health emergency and the federal government approves the benefits. For January, if you get both the 15% increase and the maximum allotment, both will be listed in the same letter.

DHS will be checking in March that all households eligible for the January benefits received them. As a result, some new applicants or households reestablishing eligibility for January may receive the additional January benefits on March 7, 2021. Issuance of these benefits for months after January depends on the length of Wisconsin's public health emergency* and approval from the U.S. Department of Agriculture's Food and Nutrition Service.

* As of the date this article was printed, Wisconsin's public health emergency order remains in effect.

You can always check the balance of your QUEST card through the ebtEDGE website, the ebtEDGE mobile app, or by calling QUEST Card Service at 877-415-5164.

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C 4C 01-1361



Be Active: Consequences of Inactivity

We all know that being active is good for you, but did you know that being INACTIVE has its own set of consequences? That means that for someone who doesn't do physical activity, not only do they not get the benefits of being active, but they ALSO get the consequences of being inactive. Those consequences include increased risk of:

- all-cause mortality
- heart disease
- chronic diseases
- certain types of cancers
- muscle and bone loss
- disability
- depression
- dementia and Alzheimer's disease



So go out and Be Active! Even just a few minutes every day helps!

Find more tips or learn more about the Physical Activity for Lifelong Success (PALS) program at wihealthyaging.org/PALS

●●● PALS: Physical Activity for Lifelong Success | WIHA

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Wisconsin Institute
for Healthy Aging

**Feeling Alone?
Thoughts of suicide?
Need help for a friend?
Reach out!**

prevent suicide
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Prevention
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OOPS, I GOOFED

Occasionally there may be an error in days, times, registration dates or fees in the newsletter. I may even misspell a word or miss a comma or two. When such errors occur, we will do everything possible to correct the situation promptly. We thank you for your patience and understanding when these situations arise.



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Helping our Seniors with:
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ST. PATRICK'S DAY WORD SEARCH

c	i	r	e	l	a	n	d	s	i	p
j	s	w	e	u	m	a	r	c	h	t
p	f	p	a	c	u	h	s	d	a	r
f	a	o	i	k	a	c	p	s	r	a
a	o	t	u	y	h	e	a	h	t	i
l	e	p	r	r	e	c	h	a	u	n
u	m	a	a	i	t	r	r	m	w	b
i	e	r	r	o	c	e	s	r	x	o
r	r	a	s	d	l	k	p	o	t	w
i	a	d	g	g	o	l	d	c	h	n
s	l	e	a	r	v	l	l	k	t	d
h	d	s	c	h	e	s	a	i	n	t
k	w	e	e	r	r	e	f	r	i	e
h	c	g	o	h	o	l	n	t	f	k

Irish
Emerald
Clover
Lucky'
Ireland

Parade
Leprechaun
Patrick
Gold
Rainbow

Pot
Shamrock
Green
Saint
March

Senior Dining Menu March 2021

Suggested donation for 60 & over :
\$4.00 Home Delivered Meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Serving Home Delivered Meals Only at this Time

If you find you are needing food please call us at 608-339-4251

1 TUNA CASSEROLE PEAS ROLLS FRUIT	2 HONEY MUSTARD CHICKEN WILD RICE SQUASH PUDDING	3 POTATO SOUP SANDWICH FRESH FRUIT	4 BEEF STIR FRY RICE JAPANESE VEGETABLES ROLL/ PEACHES	<p>Freezer Meals Available for Fridays, Saturdays, and Sundays just Call 608-339-4251</p> 
8 SWEDISH MEATBALLS NOODLES MIXED VEGETABLES BERRY MIX	9 LEMON BAKED CHICKEN STUFFING GREEN BEANS FRUIT	10 SLICED PORK MASHED POTATOES ITALIAN VEGETABLES ICE CREAM	11 COD FILET TATOR TOTS BRUSSEL SPROUTS PINEAPPLE	
15 COUNTRY CHICKEN EGG NOODLES CARROTS PEARS	16 RING BOLOGNA PARSLEY POTATOES SAUERKRAUT FRUIT COCKTAIL	17 ST. PAT'S DAY CORN BEEF/CABBAGE POTATOES/CARROTS RYE BREAD PISTACHIO PUDDING	18 MOSTACCIOLI BROCCOLI BREADSTICK ICE CREAM	
22 BRAT WITH FIXINS SWEET POTATO PUFFS CORN RICE KRISPIE BAR	23 BEEF STROGANOFF SQUASH BREAD MANDARIN ORANGES	24 UNSTUFFED PEPPER SOUP CHEESE BITES CRACKERS TROPICAL FRUIT	25 BAKED FISH CHEESY HASHBROWNS CALIFORNIA BLEND APRICOTS	
29 BBQ RIB POTATO MEDLEY BAKED BEANS APPLESAUCE	30 SLOPPY JOES POTATO WEDGES PICKLED BEETS COOKIE	31 CRUNCHY CHICKEN BABY RED POTATOES HARVEST MOON VEG ORANGE		

Meals are subject to change
without notice

Milk is served with every meal



Corned Beef and Irish Stew are among the most popular recipes to celebrate St. Patrick's Day.

However, not everyone has the time or patience to cook an elaborate stew or a traditional corned beef dinner, especially on a weeknight.

The good news is there are plenty of ways to have a taste of Ireland without any of the fuss.

Simple Slow Cooker Irish Stew

Pure comfort food for a chilly day for the slow cooker!

2 tablespoons vegetable oil, or as needed
2 pounds cubed beef stew meat
6 potatoes, peeled and diced
4 medium yellow onions, sliced
1 ½ cups water
2 beef bouillon cubes
salt and ground black pepper to taste



Heat a skillet over medium heat and add oil. Cook stew meat until browned on all side, 5 to 10 minutes.

Transfer browned meat to the insert of a slow cooker. Add potatoes, onion, water, bouillon cubes, salt, and pepper.

Cover and cook on Low power for 8 hours.

A good Irish meal always includes the perfect Irish sides!

Cranberry **Irish** Soda Bread. ...

Champ Potatoes. ...

Cabbage and Potato Slaw. ...

Sweet and Sour **Irish** Cabbage. ...

Fried Cabbage. ...

Irish Potatoes.

Look for more information on <https://www.allrecipes.com/gallery/easy-irish-recipes/>

4		1	2	9			7	5
2			3			8		
	7			8				6
			1		3		6	2
1		5				4		3
7	3		6		8			
6				2			3	
		7			1			4
8	9			6	5	1		7



"Any plastic ones? She's recovering from cosmetic surgery."

			4	6	8			9
	4		9					6
			7	3		2		4
			6		5	3		2
6		5	1		9			
1		8		7	3			
3					6		1	
9			8	1	4			

A Special *Thank You* to Arthur S. Koehn for donating \$200.00 to our Aging Programs in the Memory of Beverly M. Koehn. This donation will help support Home Delivered Meals, Caregiving Programs, Elder Benefits Specialists Programs, and other activities like this newsletter, The Advocate. **THANK YOU!!!**



Dementia Care Specialist Webinar Series



In partnership with statewide dementia care specialists, the Wisconsin Department of Health Services will be hosting monthly webinars throughout 2021 for people with dementia and their family caregivers. Each presentation will cover a different topic and include practical tools and resources for families.

Webinar Date	Topic
January 13	Social Isolation
February 10	Intimacy and Relationship Changes
March 10	Incontinence Management
April 14	Care Transitions
May 12	Building a Support Network
June 9	Safety Planning
July 14	Driving
August 11	Grief
September 8	Palliative Care
October 13	Family Conflict and Changes in Social Support
November 10	Non-Pharmacological Approaches: Part 1
December 8	Non-Pharmacological Approaches: Part 2

Register Here

All webinars will take place live from 12 to 1 p.m. on the second Wednesday of the month.

Visit the [registration page](#) to sign up for any of the monthly webinars.

If you are unable to attend live, all webinars will be recorded and posted on the Department of Health Services website at a later date.



Sponsored by:



**WISCONSIN DEPARTMENT
of HEALTH SERVICES**



The local news station was interviewing an 80-year-old lady because she had just gotten married for the fourth time. The interviewer asked her questions about her life, about what it felt like to be marrying again at 80, and then about her new husband's occupation.

"He's a funeral director," she answered.

"Interesting," the newsman thought... He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living.

She paused for a few moments, needing time to reflect on all those years. After a short time, a smile came to her face and she answered proudly, explaining that she had first married a banker when she was in her 20's, then a circus ringmaster when in her 40's, and a preacher when in her 60's, and now – in her 80's – a funeral director.

The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers.

"I married one for the money, two for the show, three to get ready, and four to go."





Color Yourself Calm with the Adult Coloring Club
Adams County Library
608-339-4250



This story begins with a cop pulling over an old lady after she catches her driving too slowly...



Sitting on the side of the highway waiting to catch speeding drivers, a State Police Officer sees a car pattering along at 22 MPH. He thinks to himself, "This driver is just as dangerous as a speeder!" So he turns on his lights and pulls the driver over. Approaching the car, he notices that there are five old ladies – two in the front seat and three in the back – eyes wide and white as ghosts. The driver, obviously confused, says to him, "Officer, I don't understand, I was doing exactly the speed limit! What seems to be the problem?"

"Ma'am," the officer replies, "You weren't speeding, but you should know that driving slower than the speed limit can also be a danger to other drivers."

"Slower than the speed limit?" she asked. No sir, I was doing the speed limit exactly... Twenty-Two miles an hour!" the old woman says a bit proudly. The State Police officer, trying to contain a chuckle explains to her that "22" was the route number, not the speed limit. A bit embarrassed, the woman grinned and thanked the officer for pointing out her error. "But before I let you go, Ma'am, I have to ask... Is everyone in this car ok? These women seem awfully shaken and they haven't muttered a single peep this whole time." the officer asks.



"Oh, they'll be alright in a minute officer. We just got off Route 119."



If you would like to make a contribution to the Aging & Disability Resource Center and Older Americans Act programs. Please add my donation to the following program(s):

I have included a donation in the amount of \$_____ for programs/services listed below.

(Checks please, not cash, payable to Aging & Disability Resource Center. Receipt sent upon request.)

Please designate this donation in Memory or Honor of: _____

_____ Nutrition Dining Centers _____ Home Delivered Meals _____ Transportation

_____ Newsletter-Advocate _____ Caregiver Program _____ Any/All Dept. Programs

_____ Benefit Specialist Program

It is okay to acknowledge my donation in the Department's "Thank You" column of The Advocate or other local publications: _____ Yes _____ No, keep anonymous.

Name: _____

Address: _____

Phone: _____

Please return to: ADRC, 569 North Cedar St., Adams WI 53910

