



## Newsletter

**Serving  
Oneida County residents  
age 60 and older,  
adults with disabilities  
ages 18-59  
and their families**

100 W. Keenan St.  
Rhineland, WI 54501

**715-369-6170**  
Toll Free 800-379-7499

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In tough times, communities find strength in people—and people find strength in their communities. In the past year, we've seen this time and again in Oneida County as friends, neighbors, and businesses have found new ways to support each other.

In our community, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger too.

Each May, the Administration for Community Living leads the celebration of Older Americans Month (OAM). This year's theme is *Communities of Strength*, recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

Strength is built and shown not only by bold acts, but also small ones of day-to-day life—a conversation shared with a friend, working in the garden, trying a new recipe, or taking time for a cup of tea on a busy day. And when we share these activities with others—even virtually or by telling about the experience later—we help them build resilience too.

This year, the ADRC of Oneida County will celebrate OAM by encouraging community members to share their experiences. Together, we can find strength—and create a stronger future.

Here are some ways to share and connect:

**Look for joy in the everyday:** Celebrate small moments and ordinary pleasures by taking time to recognize them. Start a gratitude journal and share it with others via social media, or call a friend or family member to share a happy moment or to say thank you.

**Reach out to neighbors:** Even if you can't get together in person right now, you can still connect with your neighbors. Leave a small gift on their doorstep, offer to help with outdoor chores, or deliver a homecooked meal.

**Build new skills:** Learning something new allows us to practice overcoming challenges. Take an art course online or try a socially distanced outdoor movement class to enjoy learning with others in your community. Have a skill to share? Find an opportunity to teach someone, even casually.

**Share your story:** There's a reason storytelling is a time-honored activity. Hearing how others experience the world helps us grow. Interviewing family, friends, and neighbors can open up new conversations and strengthen our connections.

When people of different ages, backgrounds, abilities, and talents share experiences—through action, story, or service—we help build strong communities. And that's something to celebrate!

# WHO'S WHO

## ADRC STAFF

ADRC Manager, Joel Gottsacker  
 ADRC Specialists, Laura Javenkoski , Jennifer Sackett  
 Traci Caswell , Anne Sponable  
 Disability Benefit Specialist, Elizabeth Erickson  
 Elder Benefit Specialist, Kris Schiek  
 Account Clerk, Maria Cox  
 RSVP Coordinator Dawn Johnson  
 Nutrition & Volunteer Coordinator, Heather Beach  
 Receptionist, Shelley Steingraeber

## Senior Dining Site Managers

Cassian, Jeanne Merwin  
 Lake Tomahawk, Elaine Carpenter  
 Nokomis, Debbie Jelinek  
 Rhinelander, Richard Eades  
 Sugar Camp, Eleanor Yeager  
 Three Lakes, Ken Huebner  
 Woodruff, Herbert Hackworthy

# WHO TO CALL

## ADRC COMMITTEE

Chair, Steven Schreier  
 Vice Chair, Vacant

Ted Cushing  
 Russ Fisher  
 Rita Mahner  
 Joan Hauer

Robert Thome Jr.  
 Nancy Watry  
 Monica Pritchard



**CALL: 715-369-6170 OR**  
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# DEPARTMENT NEWS



## From the Director's Desk

ADRC Manager, Joel Gottsacker

Oneida County is doing extraordinarily well in distributing the COVID 19 vaccine. Currently, over 80% of adults over the age of 65 have received the vaccine!

If you need assistance getting to a vaccine clinic because you lack transportation, please give us a call — we can help you get that arranged.

May has been the month in which we have held Alive to Life. Not so this year, unfortunately. We are considering holding the event later in the year, assuming we can find the space and speakers. Watch the newsletter for more information.

We are also developing our “reopening” plan. We will be taking a phased-in approach to group activities — keeping things small and limiting the number of people in the building. With time, by Fall we hope, things will be back to something relatively normal. Meanwhile, if you need to come to the ADRC, please call ahead first.

And last, but not least, Virginia Peterson is the winner of the free lunch gift certificate for finding at least one spelling error in our April newsletter. If YOU find a spelling error in this May issue, call or stop by (before May 14th) and your name will be entered in the drawing for a free lunch too!

## There are many ways to get this Newsletter

The ADRC newsletter is published monthly to keep you informed of programs and activities important to older adults, adults with disabilities and their families. You can receive this newsletter FREE each month by:

1. Read on-line at <https://ourseniorcenter.com/find/adrc-aging-disability-resource-center-of-oneida-county>
2. **Send us your email to [adrc@co.oneida.wi.us](mailto:adrc@co.oneida.wi.us) and we will sign you up to receive it by email every month.**
3. Picking up a copy at one of our seven (7) Senior Dining Sites (for locations see bottom of menu on page 9)
4. All Home Delivered Meal participants will receive an issue with his or her meal each month.
5. Stopping by one of the community distribution locations listed here:

IN RHINELANDER: ADRC, Rhinelander District Library, Rhinelander Chiropractic, Grace Lodge, Milestone, YMCA, Days Inn, Country Terrace, Rennes, and Friendly Village.

IN MINOCQUA/WOODRUFF: Lakeland Senior Center/Hiawatha Clubhouse, One Penny Place, Country Terrace, Lake Shore Assisted Living, Milestone, Minocqua Public Library

IN THREE LAKES: Reiter Center, Demmer Memorial Library

IN PELICAN LAKE: Musky Mart

OR paying \$1 per month to have this newsletter mailed to you (complete and return the form below)

**Sign up to have this newsletter mailed to you each month!**



Name \_\_\_\_\_ Phone \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

You have the May newsletter in your hand. The next seven issues (June—December 2021) can be mailed to you for \$1 per month, for a total of **\$7 dollars.**

Just complete this form and return with your check payable to the ADRC of Oneida County  
To : “Newsletter Subscription”, 100 W. Keenan St., Rhinelander, WI 54501

## CHECK IT OUT



We can never thank our volunteers too much or too often! Our programs and services would not be possible without our dedicated volunteers who make sure that meals on wheels get delivered and older adults and persons with disabilities can get transportation to doctors appointments and grocery shopping.

### GENTLE FITNESS

**FREE AND AVAILABLE ONLINE!**

This award winning low-impact exercise regimen is now available via YouTube.

1. In your internet browser, go to YouTube.com.
2. Enter Gentle Fitness level in the search bar.
3. Click on the video to get started.

A big thanks to Catherine Joppa for making Gentle Fitness available in an online format!



## SENIOR FARMERS MARKET NUTRITION PROGRAM VOUCHERS

It's that time of year again! The Senior Farmer's Market Nutrition Program (SFMNP) is ramping up to begin in June. The ADRC has \$25 vouchers available to eligible households. At least one member of the household must be 60 years or older (55 years for Native Americans) and have income at or below 185% of the Federal Poverty Level. That's \$1,986 per month for a household of one and \$2,868 for a household of two.

Eligible residents may contact the ADRC at 715-369-6170 on **May 17, 2021 or after** to request vouchers. You may request an application by mail or request an appointment to come to the ADRC to complete the application. Please do not "walk in" for vouchers and do not call before May 17.

# TORNADO PREPAREDNESS

## TORNADO SAFETY



**Tornado Watch** - Tornadoes are possible in the area you live in. Listen to the radio or watch the television for updates. Be prepared to move to safety.

**Tornado Warning** - A tornado has either been spotted by Doppler radar or one is on the ground. You should find shelter immediately!



### During a Tornado -

- Go to a basement
- If there is no basement, go to a room in the center of the building, on the lowest floor, with no windows. (A bathroom or closet if possible.)
- Get under the sturdiest piece of furniture if you can.
- If you are in a mobile home, GET OUT! (There is little protection there.)
- Do NOT try to outrun a tornado in a car. It is safer to get out of it and leave it to seek shelter.
- If you are outside, go to a low lying area, like a ditch, and lie down flat.
- Do NOT go near fallen power lines or damaged areas from the tornado.



# CAREGIVER CORNER

## Fitting in Fitness

One of the simplest, most affordable ways to keep yourself healthy, both physically and mentally, is to make exercise a regular part of your life. As a caregiver you are probably physically active—lifting, moving, walking. But exercise refers to a planned/purposeful activity that is of greater intensity and duration. Exercise increases your heart-rate and works muscles with repeated movement. Regular exercise can reduce stress, increase energy, improve sleep and ward off depression and other health conditions. It can also aid in weight loss, lower blood pressure and improve balance, decreasing your risk for falls.

The most common reason people give for not exercising is, “I don’t have time.” While time constraints are a real concern for caregivers, I believe that you can “fit in fitness” if you make it a priority and are creative in your scheduling. If you can’t devote a full hour to exercise, that’s okay! Several 10-15 minute segments of exercise spaced throughout your busy day can give you the same benefits as a longer workout.

Start out by fitting in fitness for just 10 minutes at a time, two to four times a day. Try a variety of activities until you find what you enjoy the most. Here are some ideas to get you started.

- Sneak out for a brisk, 10 minute walk before each meal. (Be sure your loved one is safe to leave alone for 10 minutes.)
- Do 10 minutes of stretching while talking on the phone (use speaker phone) or reading the paper or visiting with your loved one.
- Place a stationary bike or treadmill in front of the television and exercise while watching your favorite show, or while your loved one watches his/her favorite show!
- If you don’t have a treadmill or stationary bike, find a path inside the house or around the yard to walk for 10 minutes while still keeping watch on your loved one. If you are able, incorporate walking up and down a flight of steps for extra cardiovascular and muscle training.
- Check your ADRC or local library for books or manuals on simple stretching, strengthening and balance

exercises that can be done at home.

- Use simple, household items for strength training such as cans of soup, milk jugs or water bottles filled with water or sand.
- Use an exercise video. Many different types are available for all fitness levels and time restraints. Borrow one from the library or ADRC before purchasing one.



- Plan ahead for the type of exercise you hope to do. That way, when you get the chance to exercise, you know just what you will do.
- Once a week, find someone to sit with your loved one so you can exercise away from the house, without interruption, and perhaps in a more social setting.
- Find a neighbor or friend to meet for a quick walk at a scheduled time of each week. Exercising with a friend not only makes it more fun, but also holds you accountable to following through with your fitness plan.
- Consider meeting with a personal trainer or physical therapist once or twice to develop a routine that is right for your personal ability, goals and time restrictions.
- Keep a log of the exercise you do. It is a great way of noting progress and also can be motivating to make your log full!

As a caregiver, you have already become a genius at multitasking. Add “exercise” to your list of things to do each day and then be creative at fitting in fitness. You will find the many benefits to be rewarding!

*Jane Mahoney  
Older Americans Act Consultant  
Greater Wisconsin Agency on Aging Resources*

# TELL YOUR FRIENDS

The Rhinelander Area Food Pantry distributes boxes of food to ANY household in need of food — there are no income requirements at this time. If you would like to receive a box of food at the next distribution but are unable to get to the site to pick up a box, let us know and we'll arrange for you to get one!

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# NUTRITION NEWS

## WEEKLY CHALLENGES

Replace soda with water or another sugar free drink this week.

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Enjoy fruit as a dessert two times this week.

---

Top your cereal or oatmeal with fruit.

---

Look for added sugars in condiments such as ketchup or barbecue sauce.

## ADDED SUGARS — EVERYTHING YOU NEED TO KNOW

News about added sugars has been circling the media. While it's good to stay informed, it's also important to make sure the source is credible! Added sugars are sugars that are added to food during processing to increase its sweetness. While you can safely assume added sugars are found in treats like ice cream, candy, and cookies, they are also hiding in places you might not expect. Condiments are a great example of hidden added sugars. Did you know that one tablespoon of ketchup can contain up to four grams of added sugars?



As of 2018, the FDA has required that added sugars be listed on the nutrition facts label. This ensures that you can easily identify how much added sugar is in your foods. Check out the label next time you buy something, you may find added sugars in places you would never expect!

### Sweeteners and Sugars Added to Processed Foods

Erythritol	Anhydrous Dextrose	Lactose
Agave Juice/Nectar/ Syrup	Isoglucose	Alitame
Treacle	Isomaltulose	Isomalt
Sugar Beet	Malt (Syrup)	Aspartame
Barley Malt Syrup	Sorghum	Dri-Mol
Saccharin	Cucanat	Lactitol
Caramel	Sucrose	Maltitol
Clintose	Sucrovert	Cyclamate
Cane Juice	Agave Sap	Luo Han Guo
Corn Sweetener	Xylitol	Fruit Extracts
Dextrose	Trehalose	Mannitol
Edible Lactose	Trusweet	Galactase
Sorbitol	Yacon Syrup	Neotame
Fructose	Acesulfame Potassi- um	Polyclycitol
Gomme	Muscovado	Phenylalanine
High Fructose Corn Syrup	Advantame	Stevia
Honey	Hydrogenated Starch	Rebaudioside
		Pilocillo
		Tagatose

### Healthy Mind Salad

- Dark, leafy greens
- Blueberries, raspberries, or strawberries — fresh or thawed frozen
- Nuts — walnuts, almonds, or pecans
- Red wine vinaigrette dressing

#### Directions

1. Add desired amount of the greens to a bowl or plate.
2. Top the greens with desired amount of berries and nuts.
3. Drizzle a light amount of red wine vinaigrette.

#### Additions

Tuna or Shredded chicken  
Feta or Goat cheese  
Other fresh vegetables

# MAY 2021 MENU

## Oneida County Senior Dining

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p>Stuffed Green Pepper Casserole Carrots Raisin Bread Spice Cake</p>	<p><b>4</b></p> <p>Sloppy Joe on a Bun Roasted Potatoes Baked Beans Grape Salad</p>	<p><b>5</b></p> <p>Ham &amp; Scalloped Potato Casserole Pacific Veggie Blend Whole Wheat Roll Banana Cream Pie Bar</p>	<p><b>6</b></p> <p>Lemon Pepper Fish Baby Red Potatoes Peas Rye Bread Creamy Fruit Salad</p>	<p><b>7</b></p> <p>Loaded Broccoli Potato Cheddar Soup Chicken Breast Strips Mandarin Oranges Dinner Roll Strawberries Cookie</p>
<p><b>10</b></p> <p>Honey Mustard Pork Twice Baked Potatoes Coleslaw Rye Bread Melon</p>	<p><b>11</b></p> <p>Garlic Lime Chicken Diced Seasoned Potatoes Three Bean Salad Multi Grain Bread Pineapple Cake</p>	<p><b>12</b></p> <p>Swedish Meatballs Mashed Potatoes Gravy Broccoli &amp; Cauliflower Whole Wheat Bread Applesauce</p>	<p><b>13</b></p> <p>Meat Lasagna Wax Beans Romaine &amp; Spinach Salad Dressing Garlic Breadstick Blueberry Coffee Cake</p>	<p><b>14</b></p> <p>Chicken Salad on a Croissant w/ Romaine Leaf &amp; Tomato Slice Veggie Chicken Noodle Soup Crackers Sliced Peaches Cookie</p>
<p><b>17</b></p> <p>Seasoned Baked Chicken Mashed Potatoes Gravy Cold Pickled Beets Whole Wheat Bread Peaches &amp; Vanilla Pudding</p>	<p><b>18</b></p> <p>Peach-Glazed Pork Loin Baked Potato Coleslaw Rye Bread Grapes</p>	<p><b>19</b></p> <p>Brat on a Bun Grilled Onions Ketchup Potato Salad Calico Beans Angel Food Cake w/ Berries</p>	<p><b>20</b></p> <p>Turkey Chef Salad Tomato, Hard Boiled Egg, Cheese Dressing Fresh Roll Lentil Bean Soup Cookie</p>	<p><b>21</b></p> <p>Swiss Steak Parsley Buttered Potatoes Seasoned Broccoli Banana Pineapple Upside Down Cake</p>
<p><b>24</b></p> <p>Roast Turkey Mashed Potatoes Gravy Key West Veg Blend Whole Wheat Roll Raspberry Sherbet Jell-O</p>	<p><b>25</b></p> <p>Beef Chop Suey Whole Grain Rice Oriental Blend Veggies Egg Roll Sweet &amp; Sour Packet Mandarin Oranges Cookie</p>	<p><b>26</b></p> <p>Tuscan Bean Soup Egg Salad Sandwich On Marble Rye Romaine Leaf &amp; Tomato Mayo Grape Juice Peach Crisp</p>	<p><b>27</b></p> <p>Spaghetti &amp; Meat Sauce Broccoli Garlic Breadstick Diced Pears Rhubarb Cake</p>	<p><b>28</b></p> <p>Herb Baked Fish Tartar Sauce Parsley Buttered Potatoes Pea, Cheese, &amp; Onion Salad Sourdough Bread Pineapple</p>
<p><b>31</b></p> <p><b>Closed Memorial Day</b></p>	<p><i>Delicious Meals by Lynn's Catering</i></p>	<p>Chef salad a menu option every day <b>Take-out only</b> Request salad when you reserve your meal</p>	<p><b>Suggested Donation</b> <b>\$4.25 HDM</b> <b>\$3.50 for take-out (for adults over 60).</b> <b>\$8.15 if under 60</b></p>	

**Call your local meal site at least one day in advance to make or cancel your meal reservation.**

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# FUN & GAMES

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# CHECK IT OUT 2

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Northwest Star Journal  
and ADRC of Oneida County

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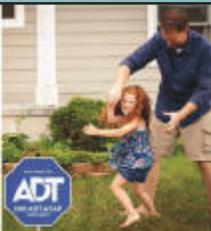
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# ELDER BENEFIT SPECIALIST



## Stay Healthy and Stop the Spread of Illness

Elder Benefit Specialist, Kris Schiek

### Questions and Answers about Medicare Savings Programs and Extra Help

Understanding Medicare can be challenging! But it is worth the effort to learn how to make the most of your Medicare options. It is also important to learn about the Medicare related benefit programs that can save you money if you qualify. The Medicare Savings Programs and Extra Help for Medicare Part D assist eligible people with their Medicare costs and Part D prescription drug costs. Read these frequently asked questions and answers to see if these programs could help you or someone you know.

*What are Medicare Savings Programs?* Medicare Savings Programs assist seniors with limited incomes and assets to pay for some or all of Medicare's premiums, deductibles and co-pays.

*What do Medicare Savings Programs help pay for?* Depending on your income, they will pay for the Part B premium and possibly Part A and B deductibles and co-payments.

*What is the Part B premium?* Unless you are already on a special program, most people with Medicare have the Part B premium automatically deducted from their Social Security checks each month. In 2021, the standard Part B premium is \$148.50.

*How low does my income need to be in order to qualify for Medicare Savings Programs?* The 2021 monthly income limit for an individual is \$1,449 per month or for a couple the limit is \$1,959 per month.

*What is counted as income?* All of your income is counted including social security, pensions, annuities, veteran's benefits, rental income, etc. Also, you must include the amount that is automatically withdrawn from your social security check to pay for the Medicare Part B premium as part of your income.

*What are the asset guidelines to be eligible for the program?* Individuals must have assets or resources less than \$7,970 and couples must have assets below \$11,960.

*What exactly qualifies as an "asset?"* Your assets include money in checking accounts, savings accounts, CD's, stocks, bonds, mutual funds, IRA's, investments, cash and any real estate other than your home.

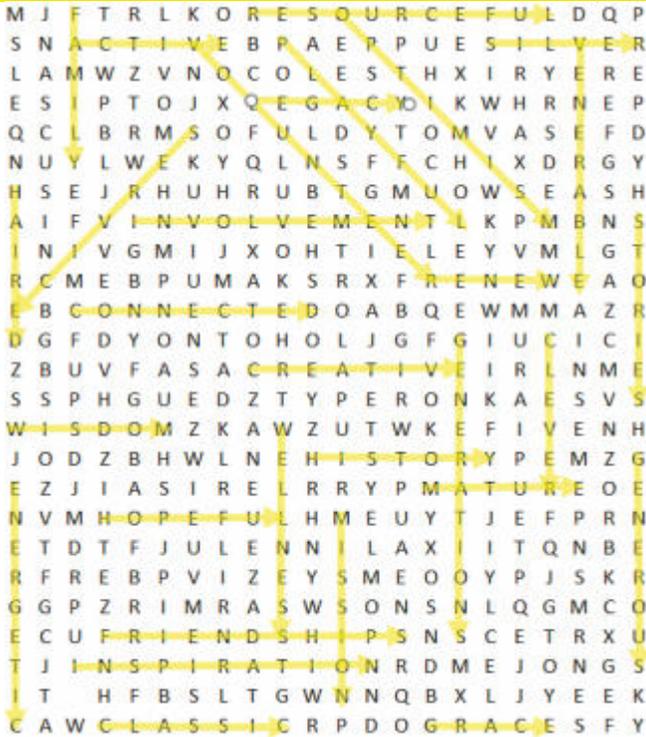
*Does my house or car count as an asset?* The house you are living in and your car are not counted as assets.

*What is "Extra Help" for Part D?* Extra Help – also known as Low Income Subsidy (LIS) - is a program that helps people with limited income and assets pay for the premiums, deductibles and co-pays for their Medicare Part D prescription drug insurance. Just like the Medicare Savings Programs, your income and assets are considered for determining how much help you can get.

*How much income can I have and still qualify for Extra Help?* Your income can be up to \$1,610/month for an individual or \$2,177/month for couples.

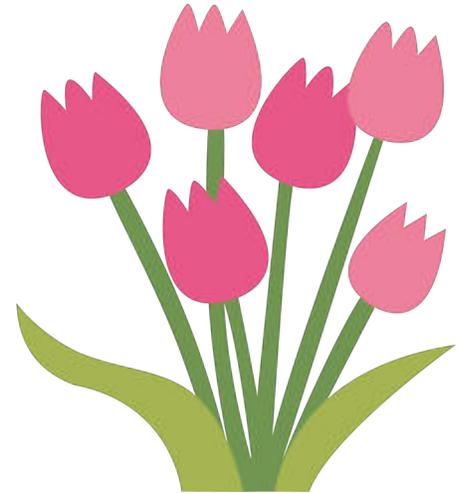
*Continued on page 16*

# FUN AND GAMES SOLUTIONS



Sunday, May 9, 2021

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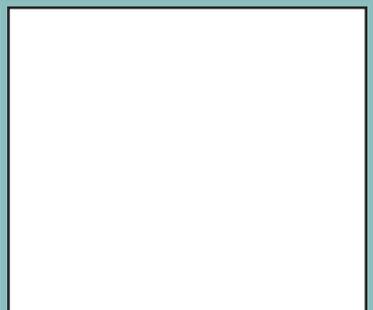
This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

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# MEMORY MATTERS

alzheimer's  **VIRTUAL**  
association **SUPPORT GROUPS**



## What is an Alzheimer's Association Support Group?

A support group is a safe place to learn, offer and receive helpful tips and meet others coping with Alzheimer's disease or other dementia. Meetings typically take place monthly, and are always free, and are open to the public. At this time all meetings are **virtual**.

**Register:** To register for a support group: **Contact the 24/7 Helpline 800.272.3900 or Visit [www.alz.org/crf](http://www.alz.org/crf)**

You will receive connection information after you register. For information on Support Groups in Spanish, contact 414.431.8811.

Statewide Virtual Support Groups		alzheimer's  association®
Support Group	Day	Time
For Persons Living with Mild Cognitive Impairment (MCI)	2 <sup>nd</sup> Wednesday	10:00-11:30 am
General Family Caregivers	Every other Tuesday	5:30-7:00 pm
Family Caregivers for a Loved One with Dementia Living at a Facility	Every Friday	10:00-11:30 am
Male Family Caregivers	3 <sup>rd</sup> Wednesday	5:30-6:30 pm
Family Caregivers for a Loved One with Dementia in the Early Stages	2 <sup>nd</sup> Tuesday 4 <sup>th</sup> Tuesday	9:30-11:00 am 10:00-11:30 am
Family Caregivers for a Loved One with Frontotemporal Degeneration (FTD)	3 <sup>rd</sup> Wednesday	6:00-7:30 pm
Grief & Bereavement Support Group	For persons who have experienced the death of their loved one affected by Alzheimer's disease or related dementia. Family members express they have grieved the loss of their loved one twice. Their initial grief often begins when the person experiencing the disease is no longer the individual that they were and the second time when death occurs. This Support Group will help provide bereaved individuals with a non-threatening atmosphere to explore feelings, emotions and needs. Call Shai Wise at 414.775.7578 for upcoming date and details	

[www.alz.org/wi](http://www.alz.org/wi)

24/7 Helpline 800.272.3900  
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# MEDICARE EXTRA ASSISTANCE, CONT.

*What is the asset limit to be eligible for Extra Help?* Individuals can have up to \$13,290 and couples can have up to \$26,520.

*If I don't qualify for Extra Help can I still get Part D drug coverage?* Yes. Whether or not you qualify for Extra Help does not affect your eligibility for a Part D plan.

*If my income is low enough but I am over the asset limit, are there any other programs I can qualify for?* Senior Care is a low-cost prescription drug program that considers only your income -- not your assets. You may want to check out this program if you are over the asset limit for Extra Help but still have limited income.

*I think I meet the qualifications! How do I apply for the program?* Contact the ADRC of Oneida County for more information about these programs. They will guide you through the application process.

*It looks like I am just a little over the income and asset limits. Does it pay to look into this further?* YES! The benefit specialists may be able to help identify some things that are not counted toward the limits, such as money set aside for a burial account. If you are close to the qualifying guidelines you should call the ADRC of Oneida County to ask specific questions or to make an appointment.

*I am part of a church or civic group that might be interested in receiving more information about these programs. How can I best get this information to my group?* Call for brochures, fliers/posters. The more people we can reach with this information, the better!

For more information about Medicare Savings Programs or Extra Help for Medicare Part D please call the ADRC of Oneida County at 715-369-6170 or 800-379-7499.



**Monday, May 31, 2021**

**HONORING OUR FALLEN  
SOLDIERS**

# THINGS TO GROW

When is the best time to start planting your garden? The Urban Farmer website provides the handy chart below to help you know when to plant which vegetables in your garden. Remember, we can get frost well into June in Wisconsin's North, so be prepared !



Start Seeds Indoors			Plant Seed/Transplant						Harvest		
JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
					Beans						
			Beets			Beets					
			Broccoli			Broccoli					
			Brussel Sprouts								
			Cabbage								
			Carrots			Carrots					
			Cauliflower								
					Corn						
					Cucumber						
			Kale			Kale					
			Lettuce			Lettuce					
			Onions								
			Peas								
			Peppers								
			Spinach			Spinach					
					Squash						
					Tomato						

# FIGHT SCAMS

## How to Spot, Stop, & Report Government Imposter Scams

Consumers reported more than 498,000 imposter scams to the Federal Trade Commission in 2020.

- Nearly 1 in 5 people reported losing money
- Overall, reported losses were nearly \$1.2 billion
- The median loss was \$850
- Almost one-third of the imposter scams reported involved someone posing as a government representative



### How to Spot the Scam

Scammers will call, email, text, or direct message you on social media.

- Scammers say you did not appear for jury duty and must pay a fine or you will be arrested.
- Scammers say you will be fined, arrested, or deported if you do not pay taxes or some other debt right away.
- Scammers say your Social Security or Medicare benefits have been suspended because of COVID-19-related office closures.
- Scammers say you can get a free COVID-19 test kit from Medicare in exchange for giving personal or financial information.
- Scammers say you owe back taxes, there is a problem with your return, or please verify your information.

**STOP.**

**These are all scams!**



### How to Stop & Report the Scam

1. **Don't give information or money to anyone who calls, texts, emails, or direct messages you on social media.** Keep your Social Security, bank account, debit and credit card numbers to yourself.
2. **Never make a payment to someone you don't know,** especially by gift card, mobile payment apps, money transfer, or cryptocurrency. Only scammers will demand you pay that way. They know these payments are hard to reverse.
3. **When in doubt, check it out.** If you're concerned about the request, contact the agency directly. Look up the government agency's real number on the agency's site and call to get the story.
4. **Report the scam to the FTC at [ReportFraud.ftc.gov](https://www.ftc.gov/report-fraud).** Tell your bank, and be sure to share these tips with your friends and family.

Learn more at [ftc.gov/imposters](https://www.ftc.gov/imposters) and [aba.com/consumers](https://www.aba.com/consumers)



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# THIS 'N THAT



## Be Active: Intensity Type

What are the different intensity levels of physical activity?

- **Vigorous Intensity**- increases the breathing and heart rate. You may need to take a breath mid-sentence during a conversation. You will likely feel warm and you may break a sweat. Self-described as “Hard” or “Very Hard” activity. Examples: hiking uphill, running, aerobic dancing, heavy yardwork (digging or hoeing), tennis (singles), or biking over 10 mph.
- **Moderate Intensity**- increases the breathing and heart rate some, but not as much as vigorous. You are still able to hold a conversation. Self-described as “Somewhat Hard” activity. Examples: brisk walking, water aerobics, dancing, gardening, yoga, shoveling snow, or biking slower than 10 mph.
- **Light Intensity**- breathing and heart rate increase very little, if at all. This activity requires minimal work from you and includes most sitting activities. Examples: casual walking, stretching, sitting, playing fetch, light yard or housework, fishing, or golf (with cart).

Remember, the Physical Activity Guidelines for Americans state 150-300 mins of moderate-intensity, or 75-150 minutes of vigorous-intensity activity per week!

Find more tips or learn more about the Physical Activity for Lifelong Success (PALS) program at [wihealthyaging.org/PALS](http://wihealthyaging.org/PALS)  
●●● PALS: Physical Activity for Lifelong Success | WIHA



### SURVEY

Are you interested in joining a support group? The ADRC of Oneida County is considering hosting some support groups and would like to know if you would be interested in joining any of the following:

\_\_\_\_\_ Caregiver Support Group

\_\_\_\_\_ Chronic Conditions Support Group

\_\_\_\_\_ (Other) \_\_\_\_\_

\_\_\_\_\_ Youth in Transition (entering adult services world)

Please return to : ADRC of Oneida County  
100 W. Keenan St.  
Rhinelander WI 54501



Name \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_



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SEE PAGE 3**



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