

2023



Aging & Disability Resource Center of
Eagle Country
Juneau County Office
200 S. Hickory St
Mauston, WI 53948
Ph: 608-847-9371
Email: jcadrc@co.juneau.wi.us

A newsletter for Juneau County Seniors & individuals living with disabilities

Ageless Newsletter August 2023

SAVE THE DATE MEDICARE ABC'S EVENT



Learn the basics of Medicare including the
coverage that is provided and have your
questions answered!

For registration and questions, contact the
ADRC Elder Benefit Specialist at 608-847-9371.

Tuesday
SEPTEMBER 12
10 a.m. - 12 p.m.

OR

Friday
SEPTEMBER 15
1 p.m. - 3 p.m.

ADRC OFFICE
200 HICKORY ST
MAUSTON, WI

**REGISTRATION IS
REQUIRED**

Staff Directory

***Aging & Disability Resource Center of Eagle Country
Juneau County Office***



The ADRC can connect you to resources about:

- In-home personal care and nursing
- Housing resources and options
- Housekeeping and chore services
- Home modifications
- Adaptive equipment
- Transportation
- Health, Wellness and Prevention
- Senior Dining opportunities
- Home Delivered Meals
- Medicare, Medicaid, and Social Security
- Caregiver supports and respite
- Support for persons living with dementia and their caregivers
- Disability Resources & Assistance

ADRC Director:
Gina Laack

Aging Program Specialist:
Chelsey Turpin

Secretary/Transportation:
Sue Riley

OAA Support Coordinator:
Angela Pokorney

Information & Assistance:
Lead ADRC Specialist:

Nickie Preuss

ADRC Specialist:

Jessica Hoehn

ADRC Specialist:

Tiara Hoffman

Disability Benefit Specialist:
Rebecca Ladd

Elder Benefit Specialist:
Amy Goodman

Dementia Care Specialist:
Abby Heckman

ADRC Driver:
Jim Migach

Food Transporters:
Julia Ritchart
Christine Mawbey

Mauston/Lyndon Sation
Meal Site:

Site Manager: Darlene Fish
Mauston American Legion
1055 E. State Street
Mauston, WI 53948
Phone: 608-547-2802
or 608-547-4715

Bluffs Meal Site:

Site Manager: Nancy Nelsen
Camp Douglas Village Hall
304 Center St
Camp Douglas, WI 54618
Phone: 608-547-2213

Elroy Meal Site:

Site Manager: Karen Nelson
Grace Lutheran Church
226 Erickson St.
Elroy, WI 53929
Phone: 608-462-5175

Wonewoc Meal Site:

Site Manager: Cathy Durkee
R & S Spirits & Lounge
229 Center St.
Wonewoc, WI 53968
Phone: 608-847-9371

Committee on Aging and Disability Board Members

Jack Jasinski (Chair)

Tim Miller

Kathy Kucher

Crystal Clark

Howard Fischer

Marcy Krogh

Iny Emery

Cynthia Peterson

Kim Strompolis

Bill Riley

Mary Alice Laswell

Judy Zobal

AUGUST 2023

Calendar of Events

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|-----------|----------|--------|----------|
| 11:00am - 2:00pm Camp Douglas Vendor & Farmers Market | | National Night Out Lions Park Necedah 4-8pm | | | | |
| 1:00pm - 4:00pm Juneau County Historic Society Open House Weekend @ The Historic Boorman House | 6:30pm - 8:30pm Bingo at the Moose Lodge @ Mauston Moose Lodge | | | | | |
| 11:00am - 2:00pm Camp Douglas Vendor & Farmers Market | 6:30pm - 8:30pm Bingo at the Moose Lodge @ Mauston Moose Lodge | | | | | |
| Juneau County Fair | | | | | | |
| 11:00am - 2:00pm Camp Douglas Vendor & Farmers Market | 6:30pm - 8:30pm Bingo at the Moose Lodge @ Mauston Moose Lodge | Men's Shed Event @ Mauston Outdoors Forever Club 10-12 | | | | |
| 11:00am - 2:00pm Camp Douglas Vendor & Farmers Market | 6:30pm - 8:30pm Bingo at the Moose Lodge @ Mauston Moose Lodge | | | | | |
| Music in the Park- Every Monday at 6 PM in August at Riverside Park Mauston | | | | | | |

CAREGIVER CONNECTION SUPPORT GROUP

BEYOND THE DAILY GRIND

241 E STATE ST

MAUSTON, WI 53948



Join us for discussion and refreshments and connect about your caregiving journey, daily struggles and joys that happen when caring for a loved one. All caregivers are welcome to attend.

Sponsored and facilitated by the ADRC of Eagle Country - Juneau County Office

EVERY 2ND TUESDAY
OF THE MONTH
9:30 AM - 10:30 AM
REFRESHMENTS PROVIDED

To Join please call:
608-847-9371

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DOWNSIZE & DECLUTTER

YOU CAN'T TAKE IT WITH YOU!

AUGUST 14 @ 1PM

DO YOU HAVE TOO MUCH STUFF?

Having too much "stuff" can be a barrier to relocating or having health care into your home. In this presentation from Gaylord Opegard, of AARP Wisconsin, learn why "stuff" is important, hear easy-to-follow steps for organizing and getting started and get practical tips for clearing clutter!



www.hatchpubliclibrary.org



My Choice Wisconsin is a managed care organization that serves government-funded programs to seniors and adults with disabilities in over 50 Wisconsin counties.

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1-800-963-0035

For more information on your long-term care options, contact your local ADRC.

DHS Approved 4/22/2021



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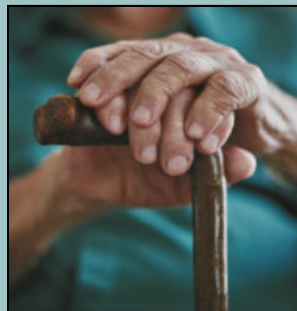
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Aging & Disability Resource Center, Mauston, WI

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Caregiving in
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Caregiver Assistance News

"CARING FOR YOU... CARING FOR OTHERS"

Storms - Stay Safe When the Power Goes Out

According to the Centers for Disease Control and Prevention (CDC) more than 400 people die from *carbon monoxide poisoning* each year, with some fatalities having occurred during severe weather when people use substitute or improvised sources of power. But the CDC says carbon monoxide poisoning is "entirely preventable."

Install a battery-operated carbon monoxide detector on each level of the home. Carbon monoxide, which is odorless and colorless, is produced by appliances that burn gas, oil, kerosene, wood or wood products. Early symptoms of poisoning include headache, weakness, dizziness and nausea, but it can go undetected if you're asleep. The C.D.C. recommends checking batteries on your devices each spring and fall.

Use a generator only outdoors, more than 20 feet away from your home. *Never* use a generator, gasoline-powered engine, camp stove or charcoal-burning device in a confined or semi-confined space, such as your home, basement or garage. Remember that opening doors and windows, and using fans, will *not* prevent carbon monoxide from building up.

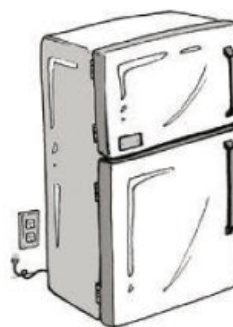
Disconnect appliances and electronics to avoid damage from electrical surges or spikes when power returns. Keep refrigerators and freezers closed — refrigerators will keep food cold for about four hours, and freezers will keep food cold for about 48 hours. If power is out for

more than a day, throw out any medication that requires refrigeration.

After An Emergency

Do not call 911 to ask about a power outage. In case of a power outage, use battery-operated equipment to listen to news and radio stations for updates. During and after an emergency, it is important to stay calm. Even after an event, there may still be many dangers. Stay tuned to your local emergency station and follow the advice of trained professionals. Unless told to evacuate, avoid roads to allow emergency vehicles access. What you do next can save your life and the lives of others.

- Assist the person in your care who may be vulnerable if exposed to extreme heat or cold.
- Locate a flashlight with batteries to use until power comes back on. *Do not* use candles—this can cause a fire.
- Keep your refrigerator and freezer doors closed as much as possible to keep in cold.
- *Do not use the kitchen stove to heat your home*—this can cause a fire or fatal gas leak.
- Use extreme caution when driving. If traffic signals are out, treat each signal as a stop sign—come to a complete stop at every intersection and look before you proceed.



Establishing a Personal Support Network

The best way to prepare is to establish a *personal support network*. A personal support network is made up of individuals who will check with the person in your care in an emergency to ensure he or she is fine and to give assistance if needed. As a caregiver, you could be responsible for food supplies and preparation and ensuring she has the supplies on hand that are needed.

The **elderly** and **persons with disabilities** need the same planning as everyone else, and sometimes a little more, to be prepared for an emergency.

You can help the person in your care to:

- Plan how you will evacuate or signal for help.
- Plan emergency procedures with home care agencies or workers.
- Tell others where you keep your emergency supplies.
- Teach others how to operate necessary equipment.
- Label equipment like wheelchairs, canes or walkers.

Emergency Supplies

- ✓ List of prescription **medications** including dosage in the supply kit; include any allergies.
- ✓ Extra **eyeglasses** and hearing-aid batteries.
- ✓ Extra **wheelchair batteries** or other special equipment.
- ✓ A list of the style and **serial numbers of medical devices** such as pacemakers.
- ✓ Copies of medical **insurance and Medicare cards**.
- ✓ **List of doctors and emergency contacts**.
- ✓ Flashlight, battery-operated radio, fresh batteries, extra blankets, a manual can opener.



✓ **Water**

One gallon of water per person per day, for drinking and sanitation. If you live in a warm weather climate more water may be necessary. Keep at least a three-day supply of water per person.

Store water tightly in clean plastic containers such as soft drink bottles.

✓ **Food**

Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking and little or no water such as ready-to-eat canned meats, fruits and vegetables.

Pack a manual can opener and eating utensils.

NOTE Ready.gov has a guide in several languages on how to make a plan for disasters.

Parent Cafe's

The Juneau County Health Department along with partners from Renewal Unlimited and Birth to 3 are now offering parent cafés in the Juneau/Adams county area. Cafes are physically and emotionally safe spaces where people talk and listen to each other on topics that matter to them. These events are open to Parents and Grandparents in the area who are navigating life with children. We will offer future cafes in person and virtually in different locations around Juneau County to ensure everyone has access. For more details, feel free to contact the Juneau County Health Department at (608) 847-9373 or check them out on Facebook.



SAFETY TIPS— Gas Leaks

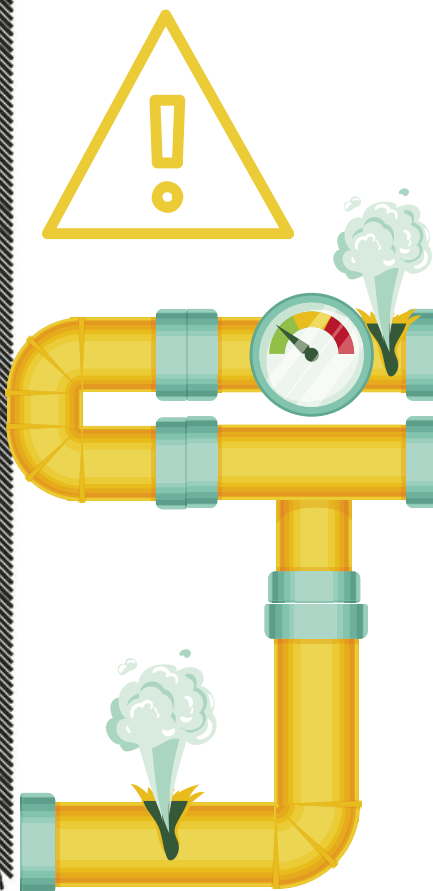
Natural Gas Natural gas leaks and explosions are responsible for a significant number of fires following disasters. **It is vital that all household members know how to shut off natural gas.** Because there are different gas shut-off procedures for different gas meter configurations, it is important to contact your local gas company for guidance on preparation and response regarding gas appliances and gas service to your home.

When you learn the proper shut-off procedure for your meter, share the information with everyone in your household. Be sure *not* to actually turn off the gas when practicing the proper gas shut-off procedure.

If you smell gas or hear a blowing or hissing noise, open a window and get everyone out quickly. Turn off the gas, using the outside main valve if you can, and call the gas company from a neighbor's home.

CAUTION – If you turn off the gas for any reason, a **qualified professional must turn it back on.** NEVER attempt to turn the gas back on yourself.

Source: www.ready.gov/safety-skills



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August Menu

Mauston, New Lisbon, Bluffs, Necedah
and Lyndon Station Areas

Meal Site Managers:

Nancy Nelsen- Bluffs

608-547-2213

Darlene Fish- Mauston/Lyndon Station

608-547-4715

Serving Times: 11:30-12:30

Meal Site Locations:

Mauston American Legion,

Camp Douglas

Community Center



| MON | TUE | WED | THU | FRI |
|---|--|---|--|-----------------------------|
| <p>Please call ahead to reserve your meal. Suggested donation of \$4.25 per meal. Menu subject to change. All meals served with bread and milk.</p> | <p>SALISBURY STEAK MASHED POTATOES CORN WHEAT BREAD FRUIT CUP MARGARINE 1 % MILK 1</p> | <p>BAKED PORK CHOP W/MUSHROOM SAUCE DICED POTATOES BROCCOLI WHEAT BREAD MARGARINE 1% MILK FRUIT JELLO 2</p> | <p>BBQ BEEF SANDWICH POTATO WEDGE MIXED VEGETABLE WHEAT BUN FRUIT CUP 1 % MILK 3</p> | <p>Closed 4</p> |
| <p>BAKED CHICKEN / 2 LEGS CHEESY RICE PEAS & CARROTS WHEAT BREAD MARGARINE FRUIT CUP 1 % MILK 7</p> | <p>HONEY GLAZED PORK CHOP WHIPPED SWEET POTATOES GREEN BEANS APPLESAUCE WHEAT BREAD MARGARINE 1 % MILK 8</p> | <p>SAUSAGE LINK BAKED BEANS MIXED VEGETABLES FRUIT FLUFF WHEAT BUN 1 % MILK KETCHUP & MUSTARD 9</p> | <p>SLICED ROAST TURKEY STUFFING GRAVY PEAS FRUIT CUP WHEAT ROLL MARGARINE 1% MILK 10</p> | <p>Closed 11</p> |
| <p>BEEFY CHEESY MAC W/TOMATO SAUCE ITALIAN BLEND VEGGIES GARLIC BREAD STICK FRUIT JELLO 1 % MILK 14</p> | <p>CHICKEN BREAST NEAPOLITAN PASTA GREEN BEANS WHEAT BREAD MANDARIN ORANGES MARGARINE 1 % MILK 15</p> | <p>SWEDISH MEATBALLS MASHED POTATOES GRAVY BABY CARROTS FRUIT FLUFF WHEAT BREAD MARGARINE 1% MILK 16</p> | <p>BAKED HAM AU GRATIN POTATO CALIFORNIA BLEND APPLE CRISP WHEAT BREAD MARGARINE 1 % MILK 17</p> | <p>Closed 18</p> |
| <p>SPAGHETTI & MEATBALLS SPINACH GARLIC BREAD-STICK FRUIT PUDDING 1 % MILK 21</p> | <p>TURKEY A LA KING RICE BROCCOLI BISCUIT FRUIT CUP 1 % MILK 22</p> | <p>BAKED FISH / SCAMPI DICED POTATOES RYE BREAD MIXED VEGETABLES FRUIT JELLO MARGARINE 1% MILK 23</p> | <p>CHICKEN SALAD CROISSANT PICKLED BEETS VEGETABLE SOUP CRACKERS PEACHES 1 % MILK 24</p> | <p>Closed 25</p> |
| <p>BREADED PORK TENDERLOIN STUFFING LS GRAVY CAULIFLOWER FRUIT CUP 1 % MILK 28</p> | <p>CHICKEN PARMESAN PASTA MARINARA PEAS WHEAT BREAD FRUIT CUP 1% MILK 29</p> | <p>HAMBURGER CASSEROLE CORN FRESH FRUIT WHEAT BREAD STICK 1% MILK 30</p> | <p>SWEDISH MEATBALLS MASHED POTATOES GRAVY CORN FRUIT FLUFF WHEAT BREAD MARGARINE 1% MILK 31</p> | |

August Menu Wonewoc Area

Serving Times: 11:30-12:30

Meal Site Manager:

Meal Site Location: R&S Spirits Wonewoc

Cathy Durkee

My Meal My Way menu options available
upon dining in

608-847-9371



| MON | TUE | WED | THU | FRI |
|---|---|--|---|--|
| <p>Please call ahead to reserve your meal. Suggested donation of \$4.25 per meal. Menu subject to change. All meals served with bread and milk.</p> | <p>Cheesy Cauliflower Broccoli soup Crackers Fruit Bun</p> <p>1</p> | <p>Meatloaf Mashed Potatoes Broccoli Fruit</p> <p>2</p> | <p>Spaghetti bake Garlic bread Fruit</p> <p>3</p> | <p>Chicken and biscuits Mixed Vegetables Fruit</p> <p>4</p> |
| <p>Closed</p> <p>7</p> | <p>Hot dogs on a bun, Beans Fruit cup</p> <p>8</p> | <p>Beef tips over noodles Corn Fruit</p> <p>9</p> | <p>Baked chicken Mashed potatoes, Wax beans Fruit Bun</p> <p>10</p> | <p>Salmon Pattie's Cheesy potatoes Green beans Fruit</p> <p>11</p> |
| <p>Closed</p> <p>14</p> | <p>Cheesy macaroni w/ burger Baked beans Fruit</p> <p>15</p> | <p>Meatball sub w/ cheese Chips Fruit Pickle</p> <p>16</p> | <p>Tuna casserole Fruit Bun</p> <p>17</p> | <p>Shrimp Tator tots Brussel sprouts Fruit cup</p> <p>18</p> |
| <p>Closed</p> <p>21</p> | <p>Chicken noodle bake w/ mixed veggies Fruit Bun</p> <p>22</p> | <p>Pork Mashed potatoes Peas Fruit Bread</p> <p>23</p> | <p>Hamburger gravy over noodles Green beans Fruit Bun</p> <p>24</p> | <p>Fish Tator tots Coleslaw Bun Fruit</p> <p>25</p> |
| <p>Closed</p> <p>28</p> | <p>Chicken w/ snap pea pasta Fruit Bread</p> <p>29</p> | <p>Pizza (ham & sausage) Fruit cup Dessert</p> <p>30</p> | <p>Ravioli & spinach bake Garlic bread Fruit cup</p> <p>31</p> | |

August Menu Elroy Area

Serving Times: 11:30-12:30

Meal Site Location:

Grace Lutheran Church Elroy

Meal Site Manager:

Karen Nelson

608-462-5175



| MON | TUE | WED | THU | FRI |
|---|--|------------------|---|---|
| <p>Please call ahead to reserve your meal. Suggested donation of \$4.25 per meal. Menu subject to change. All meals served with bread and milk.</p> | <p>Pork Steak Mashed Potatoes/Gravy Green Beans Applesauce WW Dinner Roll 1</p> | <p>Closed 2</p> | <p>Beef Stroganoff over Noodles Glazed Carrots Pears WW Dinner Roll Chocolate Peanut Butter Lush 3</p> | <p>Chicken Dressing Casserole Broccoli Oriental Salad Peaches WW Dinner Roll 4</p> |
| <p>Unstuffed Pepper Soup Ham/Cheese Slider Kidney Bean Salad Spiced Apples Boston Cream Puffs 7</p> | <p>Pork Roast Mashed Potato /Gravy Scalloped Corn Pears Corn Bread 8</p> | <p>Closed 9</p> | <p>Chicken Alfredo over Spaghetti Cucumber Salad Green Beans Peaches Garlic Parmesan Dinner Roll Oatmeal Raisin Cookies 10</p> | <p>Smoked Sausage W/Potatoes, Carrots, Onions, Red Peppers & Zucchini Cottage Cheese Mandarin Oranges WW Dinner Roll 11</p> |
| <p>Ham Salad on Crescent 7-Layer Salad Corn Peaches Apple Dessert 14</p> | <p>Baked Chicken Mashed Potatoes/Gravy Green Beans Cranberries WW Dinner Roll 15</p> | <p>Closed 16</p> | <p>Beef Stew W/Pt., Carrots & Peas Parmesan Rice Pilaf Bean Salad Jell-O W/Fruit Cocktail WW Dinner Roll Lemon Poppy Seed Cake 17</p> | <p>Salmon Patties Mashed Potatoes Creamed Peas Pears WW Dinner Roll 18</p> |
| <p>Sausage Gravy over Biscuit Scrambled Eggs Hash Browns Watermelon Cranberry Muffins 21</p> | <p>Porcupine Meatballs Mashed Potato Green Beans Peaches WW Dinner Roll 22</p> | <p>Closed 23</p> | <p>Bar B Que Ribs Mashed Potatoes/Gravy Beets Applesauce Corn Bread Peach Swirl Cake 24</p> | <p>Creamed Chicken W/Peas & Carrots over Biscuit Peas Cottage Cheese Pears 25</p> |
| <p>Hamburger on a Bun Baked Beans Summer Spaghetti Salad Pickles Apricots Mississippi Mud Cake 28</p> | <p>Smothered Pork Chop Mashed Potatoes/Gravy Stewed Tomatoes Pears WW Dinner Roll 29</p> | <p>Closed 30</p> | <p>Spaghetti W/Meat Sauce Corn Romaine Lettuce Salad Mandarin Oranges Garlic Bread Potato Chip Cookies 31</p> | |

BOOST YOUR BRAIN & MEMORY CLASS

LOOKING FOR WAYS TO PROMOTE BRAIN HEALTH AS YOU AGE?

WHEN:

Class will be held on Monday:
September 11, 18, 25
October 2, 9, 16, 23, 30
10 a.m. - 11 a.m.

WHERE:

NEW LISBON MEMORIAL LIBRARY
115 WEST PARK ST.
NEW LISBON, WI 53950

CALL TO REGISTER:

CONTACT THE AGING AND
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608-847-9371 FOR REGISTRATION
AND QUESTIONS. REGISTRATION IS
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ABOUT THE TRAINING

BOOST YOUR BRAIN & MEMORY IS AN 8
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PROGRAM DESIGNED TO FOCUS ON
MEMORY STRATEGIES THAT CAN
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WHOLE-PERSON APPROACH TO BRAIN
FITNESS. YOU WILL LEARN PRACTICES
THAT CAN HELP YOU LIVE A HEALTHIER
LIFESTYLE, REMEMBER THINGS BETTER, BE
MORE ORGANIZED, PAY CLOSER
ATTENTION, AND REGULATE YOUR
EMOTIONS.



TOPICS DISCUSSED

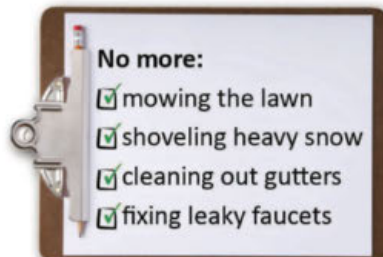
Class 1: Orientation to class &
Introduction
Class 2: Physical Activity
Class 3: Emotional Health
Class 4: Cognitive Activity
Class 5: Nutrition
Class 6: Spiritual Activity
Class 7: Social Engagement
Class 8: Review and
Summary

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How to Avoid Moving Scams

By Tiffany Schultz, BBB SW WI Regional Director

Spring into summer marks the busiest time throughout the country for moving. With the amount of moving activity during the summer months, the potential of being a victim of a moving scam increases. The Better Business Bureau receives reports every year of the following versions of moving scams:

- Consumers receive a quote and pay a deposit, but the movers never show up.
- The moving company provides a quote based on expected weight and, after loading the truck, the company informs the consumer that the load is over the expected weight and an additional fee will apply. Most of the time the additional fee is significantly more expensive per pound, sometimes as much as double the original estimate.
- The move appears to go well but the truck fails to arrive at its destination. Either the belongings have disappeared, or the company holds them hostage until the consumer pays an additional fee for delivery.

Tips to Help Avoid Moving Scams

Watch out for warning signs. If a company website doesn't include an address, or information about a mover's registration or insurance, it's a sign that it may not possess the proper policies to protect a consumer's belongings. Additionally, if the mover uses a rented truck or offers an estimate over the phone prior to conducting an on-site inspection, it may not be a legitimate business.

Be wary of unusual requests. If a mover asks for a large down payment or full payment in advance, it may be an indication of a fraudulent business. If an individual's possessions are being held hostage for additional payment that was not agreed upon when the contract was signed, contact the Better Business Bureau or law enforcement for help.

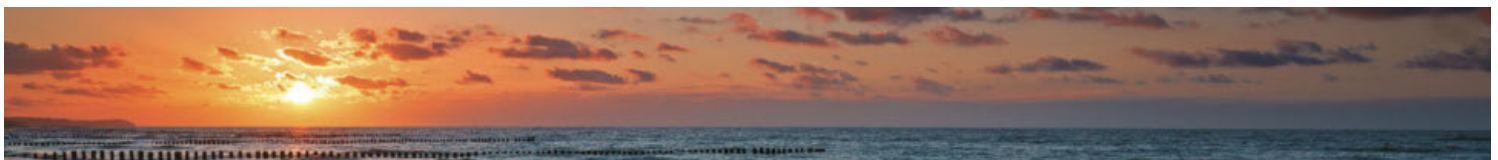


Get everything in writing. When moving between states, [check licensing](#) with the US Department of Transportation. An identification number issued by the [Federal Motor Carrier Safety Administration](#) (FMCSA) is required of all interstate moving companies. Make sure to carefully read the terms and conditions of the contract, as well as the limits of liability and any disclaimers. The pickup and expected delivery date should be easily identified.

Keep inventory of your belongings. Having an inventory sheet is one of the best ways to keep track of your possessions. BBB recommends consumers who are moving label the boxes with a list of what is in each box. In general, movers are not liable for lost or damaged contents in customer-packed boxes unless there is provable negligence on the part of the mover. Taking photos of the contents prior to packing is a great way to prove if damages were incurred during the moving process.

Ask questions. Don't be afraid to ask questions about anything you don't understand. If the moving company either can't or won't answer, look for another company.

Report it. If you've experienced a scam, regardless if you lost money or personal information, report it to [BBB.org/ScamTracker](https://www.bbb.org/ScamTracker). Your report helps to warn others of the scams taking place in the marketplace.



Smoked-Paprika Salmon

This recipe can be enjoyed hot or cold on a salad.

Directions

1. Preheat the oven to broil. Set the rack 6 inches from the heat source. Line a broiler pan with foil.
2. In a small bowl, combine the mustard, maple syrup, and paprika; set aside.
3. Brush each salmon portion with olive oil. Sprinkle with salt and black pepper. Put the salmon fillets, skin side down, on the broiler pan and broil the salmon for 8 to 9 minutes. Brush on the mustard mixture and broil for 2 minutes

Ingredients

- Dijon mustard 1 tbsp
 - Maple syrup 2 tsp
 - Smoked paprika 1 tsp
 - Salmon (divided into 2 portions) 8 oz
 - Olive oil 1/2 tsp
 - Salt or Salt-Free Blend 1/4 tsp
 - Black pepper 1/4 tsp
- more. Watch carefully so the salmon does not burn



Recipe adapted from https://www.diabetesfoodhub.org/recipes/smoked-paprika-salmon.html?home-category_id=20

Concerned about Medicare fraud? Give us a call...

PROTECT your
personal information

DETECT suspected
fraud, abuse, or errors

REPORT suspicious claims
or activities



Preventing Medicare Fraud

Toll-free Helpline:
888-818-2611

www.smpwi.org

WisconsinSeniorMedicarePatrol



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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Aging & Disability Resource Center, Mauston, WI

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How We Protect You From Misleading Advertising and Communications

Social Security works with the Office of the Inspector General (OIG) to protect you from scams that use Social Security as bait. **Section 1140 of the Social Security Act** allows OIG to impose severe penalties against anyone who engages in misleading Social Security-related advertising or imposter communications. You can review Section 1140 at www.ssa.gov/OP_Home/ssact/title11/1140.htm.

For example, the OIG may impose a penalty against anyone who:

- Mails misleading solicitations that appear to be from or authorized by Social Security.
- Operates an imposter internet website or social media account designed to look like it belongs to or is authorized by Social Security.
- Sends emails or text messages or makes telephone calls claiming to be from Social Security.
- Sells Social Security's free forms, applications, and publications without our written approval.
- Charges a fee for a service that Social Security provides free of charge without providing a clearly visible notice that Social Security provides the service for free.

If you receive a misleading or suspicious Social Security-related advertisement or imposter communication, please let us know immediately. Try to capture as much information about the communication as you can.

Here's what you can do:

- For suspicious websites or social media accounts, please take a screenshot of the page. Please note the website address or social media link - and how you came across it.
- For emails and text messages, please capture the entire message and any message links.



- For U.S. mail solicitations, please retain the complete communication, including the outside envelope and all inserts.
- For telephone solicitations, please note the caller identification phone number and any company name or call back number that the caller or recorded message provides.

You can help us stop misleading advertising and communications. We encourage you to report potential scams to the OIG at oig.ssa.gov. You can also call our fraud hotline at 1-800-269-0271 or send an email to OIG.1140@ssa.gov.

This information will help OIG locate the source of the suspicious solicitation or communication. You can also check out our publication,

What You Need to Know About Misleading Advertising, at www.ssa.gov/pubs/EN-05-10005.pdf.

Please share this information with friends and family and help us spread the word on social media!





Eating Right for Older Adults

By Academy of Nutrition and Dietetics

Healthy eating is recommended throughout life, but as we age certain factors can affect our nutrient needs. Choosing a variety of foods from all the food groups (vegetables, fruits, grains, dairy, and protein foods) will help you build a healthy eating routine. The following tips can help you get started on your way to eating right.

Make half your plate fruits and vegetables. Eat a variety of different colored vegetables, including ones that are dark-green, red, and orange. Beans, peas, and lentils are also good choices. Fresh, frozen, and canned vegetables can all be healthful options. Look for reduced sodium or no-salt-added on the labels. Add fruit to meals, snacks, or as dessert. Choose fruits that are dried, frozen, or canned in water or 100% juice, as well as fresh fruits.

Make at least half your grains whole. Choose breads, cereals, crackers, and noodles made with 100% whole grains. Whole grain corn tortillas, brown rice, bulgur, millet, amaranth, and oats all count as whole grains. Also, look for fiber-rich cereals to help stay regular and cereals that are fortified with vitamin B12, which is a nutrient that decreases in absorption as we age or due to some medications.

Switch to fat-free or low-fat milk, yogurt, and cheese. Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

Vary your protein choices. Eat a variety of foods from the protein food group each week. In addition to lean meat, poultry, and eggs, choose seafood, nuts, beans, peas, and lentils when planning your meals. Spread your protein intake throughout the day by including a source with meals and snacks. Protein foods derived from animal sources also provide vitamin B12, and certain plant-based foods may be fortified. If you're at risk for low levels of vitamin B12, your doctor may also recommend a supplement.

Limit sodium, saturated fat, and added sugars. Look out for salt, or sodium, in foods you eat. Compare sodium in the foods you buy and choose those with lower amounts. Add spices or herbs to season food without adding salt. Switch from solid fats to oils when preparing foods. Make major sources of saturated fats occasional choices, not everyday foods. Examples of these include desserts, fried foods, pizza, and processed meats like sausages and hot dogs. Select fruit for dessert more often in place of treats with added sugars.

Stay well-hydrated. Drink plenty of water throughout the day to help prevent dehydration and promote good digestion. Other beverages that can help meet fluid needs include unsweetened beverages, like low-fat and fat-free milk, fortified soy beverages, and 100% fruit juices. Choose these more often in place of sugary drinks.

Enjoy your food but be mindful of portion sizes. Most older adults need fewer calories than in younger years. Avoid oversized portions. Try using smaller plates, bowls, and glasses.

Cook more often at home, where you are in control of what's in your food. When ordering out, look for dishes that include vegetables, fruits, and whole grains, along with a lean protein food. When portions are large, share a meal or save half for later.

Consult a registered dietitian nutritionist if you have special dietary needs. A registered dietitian nutritionist can create a customized eating plan for you.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit www.eatright.org.





Medicare Coverage of Hospice Care

In this resource on hospice care, we speak directly to patients as if they are the ones taking these actions or making these decisions. However, discussions about hospice often involve caregivers and family members as well. If you are a caregiver, family member, or a patient's appointed representative, you may be leading these conversations or decisions, rather than the patient.

What is the Medicare hospice care benefit?

Hospice is a program of end-of-life pain management and comfort care for those with a terminal illness. Medicare's hospice benefit offers end-of-life palliative treatment, including support for your physical, emotional, and other needs. It is important to remember that the goal of hospice is to help you live comfortably, not to cure an illness.

To elect hospice, you must:

1. Be enrolled in Medicare Part A.
2. Be certified, by the hospice doctor and your doctor, if you have one, to have a terminal illness, meaning a life expectancy of six months or less if the illness takes its normal course.
3. Sign a statement electing to have Medicare pay for palliative care (pain management), rather than curative care (unless your provider is participating in a special demonstration program).
4. Receive care from a Medicare-certified hospice agency.

Once you choose hospice care, all of your hospice-related services are covered under Original Medicare, even if you are enrolled in a Medicare Advantage Plan, unless your plan is part of a special demonstration program. Your Medicare Advantage Plan will continue to pay for any care that is unrelated to your terminal



condition. Hospice care should also cover any prescription drugs you need for pain and symptom management for your terminal condition, while your Part D plan may cover medications that are unrelated to your terminal conditions.



Hospice generally takes place at home, with your hospice provider sending aides, nurses, and/or skilled therapists to provide the pain management services in your place of residence.



Hospice can sometimes take place at an inpatient facility, if your hospice provider determines inpatient care is necessary for you. If your hospice provider determines that you need inpatient care, they must be the one to make the arrangements. The cost of your inpatient stay is covered by the hospice benefit, but if you go to the hospital for hospice care and your hospice provider didn't make the arrangements, you might be responsible for the full cost of the stay.

How can I elect the hospice care benefit?

If you are interested in Medicare's hospice care benefit, ask your provider whether you meet the eligibility criteria for hospice care. If you do, ask your doctor for help to contact a Medicare-certified hospice on your behalf. There may be several Medicare-certified hospice agencies in your area.



Once you have found a Medicare-certified hospice of your choice, the hospice medical director or doctor (and your doctor, if you have one) will certify that you are eligible for hospice care. Afterwards, you must sign a statement electing hospice care and waiving curative treatments for your terminal illness. Your hospice team must consult you – and your primary care provider, if you wish – to develop a plan of care.

What services are covered under Medicare's hospice benefit?

If you qualify for the hospice benefit, Medicare covers:

- **Skilled nursing services:** services performed by or under the supervision of a licensed or certified nurse to treat your injury or illness.
- **Skilled therapy services:** physical, speech, and occupational therapy services that are reasonable and necessary to manage your symptoms or help maintain your ability to function and carry out activities of daily living (eating, dressing, toileting).
- **Hospice aides and homemaker services:** includes full coverage of a hospice aide to provide personal care services, including help with bathing, toileting, and dressing, as well as some homemaker services (changing the bed, light cleaning and laundry).
- **Medical supplies:** full coverage of certain medical supplies, such as wound dressings and catheters.
- **Durable medical equipment (DME):** including full coverage of equipment needed to relieve pain or manage your terminal medical condition.
- **Respite care:** short-term inpatient stays for you that allow your caregiver to rest. This coverage includes up to five consecutive inpatient days at a time.
- **Short-term inpatient care:** care at a hospital, SNF, or hospice inpatient facility if your medical condition calls for a short-term stay for pain control or acute or chronic symptom management. This is only covered if care cannot feasibly be provided in another setting.
- **Medical social services:** full coverage of services ordered by your doctor to help you with social and emotional concerns you have related to your illness. This may include counseling and/or help finding resources in your community.

- **Prescription drugs related to pain relief and symptom control.** You pay a \$5 copay.
- **Spiritual or religious counseling**
- **Nutrition and dietary counseling**

How can I recognize and report potential hospice fraud?

Hospice fraud occurs when Medicare is falsely billed for any level of hospice care or service.

Scammers may try to get beneficiaries to agree to hospice even though they do not qualify for the hospice care benefit. As a Medicare beneficiary, you should be on the lookout for suspicious behavior that might indicate Medicare fraud or abuse. Report potential hospice care fraud, errors, or abuse if:

- You were enrolled in hospice without your or your family's permission.
- You find out someone is falsely certifying or failing to obtain physician certification on plans of care.
- You were offered gifts or incentives to receive hospice services or to refer others for hospice services.
- You see on your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB) that you were billed for different hospice services than what you received or needed.
- You experienced high-pressure and unsolicited marketing tactics of hospice services, such as unsolicited home visits or phone calls from hospice providers.
- You know a hospice beneficiary being abused or neglected by a hospice worker.



If you suspect that a provider is committing potential hospice care fraud, you should contact your local Senior Medicare Patrol (SMP). Your SMP can help you identify potential fraud, errors, and abuse, and report your concerns.



You can stop hospice fraud by following a few guidelines.

- First, be sure a trusted doctor has assessed your condition and certified that you are terminally ill.
- Second, be wary of deals that seem too good to be true. For example, never accept gifts in return for hospice services.
- Third, report any potential fraud, errors, or abuse to your local Senior Medicare Patrol (SMP).

Where should I go for help with the Medicare hospice benefit?

Your health care provider: If you are interested in electing hospice care, contact your provider to discuss your eligibility. They can contact a Medicare-certified hospice agency.

State Health Insurance Assistance Program (SHIP): Contact your local SHIP to learn more about the hospice benefit, find a Medicare-certified hospice

agency in your area, or to receive general Medicare counseling. Your SHIP contact information is at the bottom of this page.

Senior Medicare Patrol (SMP): Contact your SMP if you have concerns about potential Medicare fraud, errors, or abuse. Local SMP contact information is at the bottom of this page.

Medicare: Contact Medicare at 1-800-MEDICARE if you have hospice billing or coverage questions. 1-800-MEDICARE or Medicare.gov also have lists of Medicare-certified hospice agencies near you.

Your Medicare Advantage Plan or Part D plan: Contact your plan to learn more about how your coverage changes if you elect hospice, to address issues accessing care or medications unrelated to your terminal condition, or to find out if your plan participates in a demonstration program where your hospice benefit is provided by your plan instead of Original Medicare.

| Local SHIP contact information | Local SMP contact information |
|--|--|
| SHIP toll-free: (800) 242-1060 | SMP toll-free: (888) 818-2611 |
| SHIP website: SHIP: Medicare Counseling for Wisconsin Residents Wisconsin Department of Health Services | SMP website: www.smpwi.org |
| SHIP National Technical Assistance Center: 877-839-2675 www.shiphelp.org info@shiphelp.org SMP National Resource Center: 877-808-2468 www.smpresource.org info@smpresource.org © 2021 Medicare Rights Center www.medicareinteractive.org <i>The Medicare Rights Center is the author of portions of the content in these materials but is not responsible for any content not authored by the Medicare Rights Center. This document was supported, in part, by grant numbers 90SATC0002 and 90MPRC0002 from the Administration for Community Living (ACL), Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.</i> | |



OPEN HOUSE

August 5, 1-4 pm

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**Come celebrate the partnership between
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Planned activities:

- Learn about how to reserve, use, and transport these free* outdoor all-terrain wheelchairs.
- Test drive the wheelchairs
- Shoot some archery
- Practice outdoor survival skills + fire-starting
- Meet the Upham Woods turtles



*small deposit required which will be refunded or donated upon survey completion.




Taking Care of Yourself— Taking Care of You Helps Two

Appreciate Your Own Efforts Give yourself credit for what you are contributing to the life of the person in your care. Avoid unrealistic expectations of the person in your care, and friends and family who assist you.

Watch Your Physical Health Keep track of your own physical well-being. Get a minimum of six hours sleep. Eat nutritious food. Exercise a little everyday. Stop smoking and avoid using alcohol as an escape from boredom or stress. Get regular physical check-ups. Be sure your doctor knows about your caregiving responsibilities.

Relaxation and Stress Release Learn a quick relaxation and self-affirmation exercise. Try breathing and picturing yourself in a calm, peaceful place. Practice relaxing daily.




Donation Designation Form:

I want to help the Aging and Disability Resource Center of Eagle Country
Juneau County Office continue its dedication serving older adults,
individuals with disabilities, caregivers and their families.

In MEMORY/HONOR of: _____

Donation made by: _____

Address: _____

I want my donation to go to the following programs:

Caregiver Support Programs _____ Juneau County Men's Shed _____ Healthy Living Programs _____
Meals on Wheels _____ Congregate Dining Site _____ Other: _____

Would you like an acknowledgement in the Ageless Newsletter? Yes _____ No _____

Please send receipt to: _____

Address: _____

Know us before you need us!

The ADRC of Eagle Country Juneau County is a friendly, welcoming place where you can go for free unbiased information about aging or living with a disability. The ADRC provides information on a broad range of programs and services, including helping people understand the various long-term care options available to them, providing assistance with applying for programs and benefits, and serving as an access point for publicly funded long-term care. These services can be provided at the ADRC Office, by telephone, or through a home visit, whichever is most convenient to you. Whether you are looking for information for yourself, or are a concerned family member or friend, or a professional working with issues related to aging or disabilities, we are here to help!

The ADRC can connect you to resources about:

- In home personal care and nursing
- Housing options
- Housekeeping and chore services
- Home modifications
- Adaptive equipment
- Transportation services
- Health, nutrition, and home-delivered meal programs
- Assistance with Medicare, Medicaid, and Social Security
- Caregiver supports and respite

Connect with us at
200 S. Hickory St.
Mauston, WI 53948
Ph: 608-847-9371
Fax: 608-847-9442

Transportation Program

The ADRC of Eagle Country Juneau County Office provides transportation assistance for a low cost to Juneau County residents age 60 and over or to individuals living with a disability. Transportation services available include the ADRC handicap accessible van and bus, Volunteer Escort Drivers, Find Your Own Driver Program, and the Taxi Subsidy Program.



Non Emergency Transportation Services:

- Medical appointments
- Shopping & Personal business
- Nutrition
- Education & Employment
- Social and Recreational

To schedule transportation or to find out more about our services call 608-847-9371.

Hours of operation- 8:00-4:30 p.m.

Requests must be made at least 48 hours prior to appointment.

Check out the Ageless newsletter online at:
www.co.juneau.wi.gov/adrc1

Juneau County Office
 200 Hickory Street
 Mauston, WI 53948



Become a Volunteer Driver for
 the Juneau Co. ADRC.
 Call 608-847-9371 for more
 information!

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