

2023



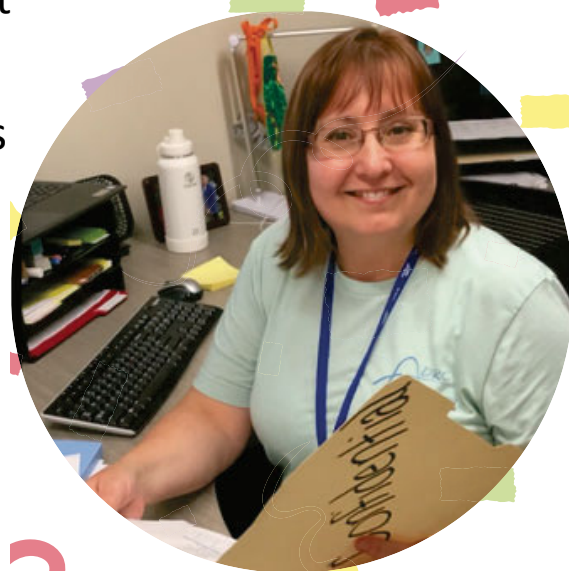
Aging & Disability Resource Center of
Eagle Country
Juneau County Office
200 S. Hickory St
Mauston, WI 53948
Ph: 608-847-9371
Email: jcadrc@co.juneau.wi.us

A newsletter for Juneau County Seniors & individuals living with disabilities

Ageless Newsletter July 2023

Best Wishes Ann June!

It is with great sadness that we announce that Ann June one of the ADRC's Resource Specialists will be retiring this month. Ann has been an influential and pivotal Social Worker working for Juneau County for 25 years. She has led with compassion and integrity supporting some of the county's most vulnerable community members. Ann spent a large portion of her career working in Adult Protective Services before transitioning to the ADRC in 2018 where she has been a great resource for the team sharing her wealth of knowledge, professionalism, expertise and experience. The ADRC would like to thank Ann for her years of service and dedication to Juneau County. Ann will be missed beyond measure, but we wish her all the best in her retirement.



Happy Retirement

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:

Ann June

Disability Benefit Specialist:

Tiara Hoffman

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



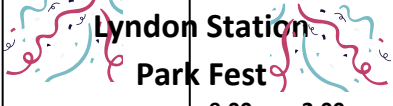
Mary Alice Laswell

Judy Zobal

July 2023

Calendar of Events

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

| | | | | | | |
|---|--|--|----|---|--|---|
| <p>Music in the Park- Every Monday at 6 PM July and August Riverside Park Mauston</p> | | | | | | <p>7:00am Fly-Inn @ Mauston New Lisbon Airport</p> <p>9:00am - 2:00pm Riverside Farmers Market @ Mauston Riverside Park 1</p> |
| <p>11:00am - 2:00pm The Camp Douglas Vendor & Farmers Market @ Camp Douglas Farmers Market 2</p> | <p>6:30pm - 8:30pm Bingo at the Moose Lodge @ Mauston Moose Lodge 3</p> | <p>Mauston 4th of July Celebration Veterans Park 4 p.m.  4</p> | 5 | <p>1:00pm - 2:00pm HEALTHIER LIVING WITH DIABETES @ Mauston Mile Bluff Medical Center 6</p> | <p> Wa Da Shuda Days 7</p> | <p>9:00am - 2:00pm Riverside Farmers Market @ Mauston Riverside Park 8</p> |
| <p>11:00am - 2:00pm The Camp Douglas Vendor & Farmers Market @ Camp Douglas Farmers Market 9</p> | <p>6:30pm - 8:30pm Bingo at the Moose Lodge @ Mauston Moose Lodge 10</p> | 11 | 12 | 13 | 14 | <p>9:00am - 2:00pm Riverside Farmers Market @ Mauston Riverside Park 15</p> |
| <p>11:00am - 2:00pm The Camp Douglas Vendor & Farmers Market @ Camp Douglas Farmers Market 23</p> | <p>6:30pm - 8:30pm Bingo at the Moose Lodge @ Mauston Moose Lodge 24</p> | <p>Men's Shed Event @ Mauston Outdoors Forever Club 10-12 25</p> | 26 | 27 | <p> Lyndon Station Park Fest 28</p> | <p>9:00am - 2:00pm Riverside Farmers Market @ Mauston Riverside Park 29</p> |
| <p>11:00am - 2:00pm The Camp Douglas Vendor & Farmers Market @ Camp Douglas Farmers Market 30</p> | <p>6:30pm - 8:30pm Bingo at the Moose Lodge @ Mauston Moose Lodge 31</p> | | | | | |

CAREGIVER CONNECTION SUPPORT GROUP

BEYOND THE DAILY GRIND

241 E STATE ST

MAUSTON, WI 53948

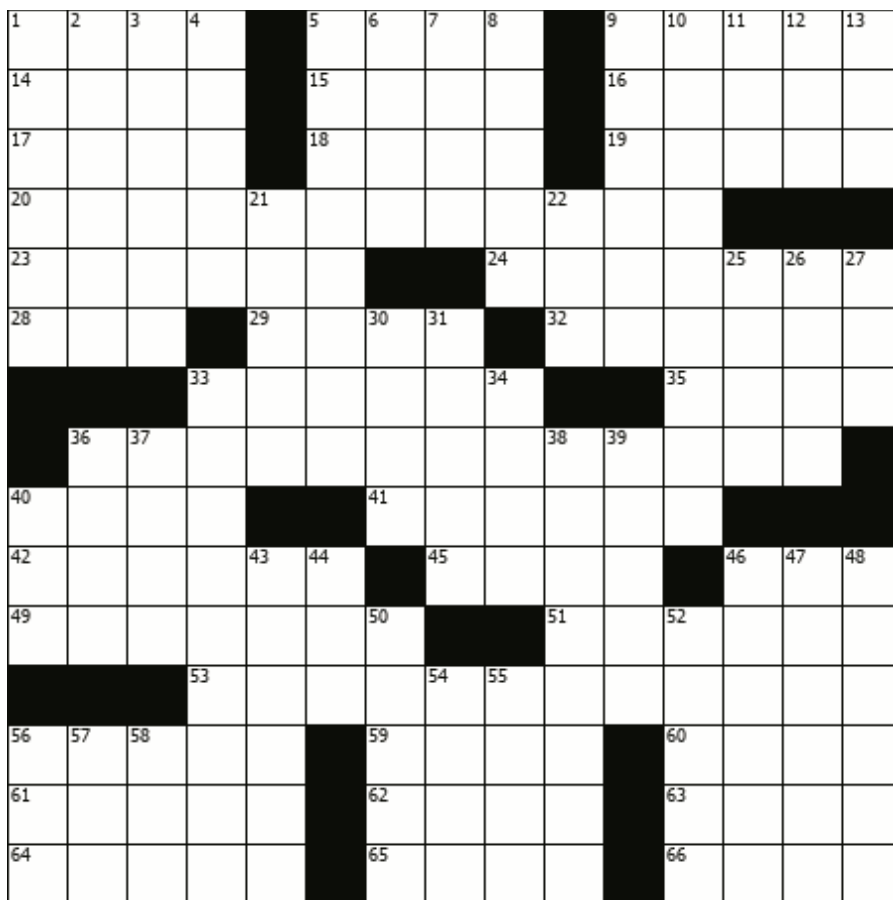


Join us for discussion and refreshments and connect about your caregiving journey, daily struggles and joys that happen when caring for a loved one. All caregivers are welcome to attend.

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



Across

1. Aggravate
5. 100 centavos
9. "Talk turkey," e.g.
14. Cubemeister Rubik
15. Ball game spoiler
16. ___prosequi (court-record entry)
17. Treaty signed by 23 nations in 1947
18. Highland tongue
19. Arcade coin
20. Noted fairy tale object
23. It turns litmus blue
24. Frankenstein creation
28. Look over
29. Took too much of a drug, briefly
32. North American capital
33. Evening engagement
35. Gen. Robt. ___
36. Frugal shopper
40. Apple that's translucent
41. "You're right after all"
42. Web-based business
45. Blacksmith's implement
46. Stern view?
49. Provides coverage for
51. Historic Harlem theater
53. Seven stars in Ursa Minor
56. Arabian nation since 1990
59. It, in Rome
60. Old Soviet news agency
61. In the class of
62. Boss Tweed cartoonist
63. Sonic remnant
64. Finishes a hole
65. Nebraska county named for a tribe
66. Fortnite's fourteen

Down

1. Bob Marley's genre
2. How many medicines are given
3. Outflow's opposite
4. "___ luck!"
5. 1988 Connery film (with "The")
6. Viscount's superior
7. Enthusiastic reply in Mexico
8. Latish lunch hr.
9. Purpose
10. Thresholds
11. Type
12. Olsen of "Hellzapoppin"
13. Certain door sign
21. One-masted vehicle
22. Nanki-___ ("Mikado" role)
25. Narrative
26. Fancy pitcher
27. Actress ___ Dawn Chong
30. Sea eagles
31. Interior designer's concern
33. Juicy
34. Charles Lamb's nom de plume
36. "Let's get crackin'!"
37. Mare's meal
38. "You're on!"
39. Longstocking of children's books
40. Despot Amin
43. Rubber gaskets
44. Mike Piazza, for one
46. South American wool source
47. Having a firm pulp
48. Upper bodies
50. Court employee
52. Made a pick
54. Exam for future attys.
55. Old gas name
56. Talk incessantly
57. Down Under bird
58. Bon ___ (witticism)



FARMER'S MARKET VOUCHERS



Vouchers are still
available at the ADRC
Office. If you would like a
voucher, please contact
us at 608-847-9371.

To qualify participants must:

- 1) Be a resident of Juneau county.*
- 2) Be age 60 or older, or if Native American age 55 years or older.*
- 3) Have a monthly household income that meets program eligibility guidelines.*



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

DHS Approved 4/22/2021



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Aging & Disability Resource Center, Mauston, WI

A 4C 01-1367

CAREGIVER ASSISTANCE NEWS

"CARING FOR YOU ... CARING FOR OTHERS "

Staying Safe in Extreme Temperatures–Dehydration

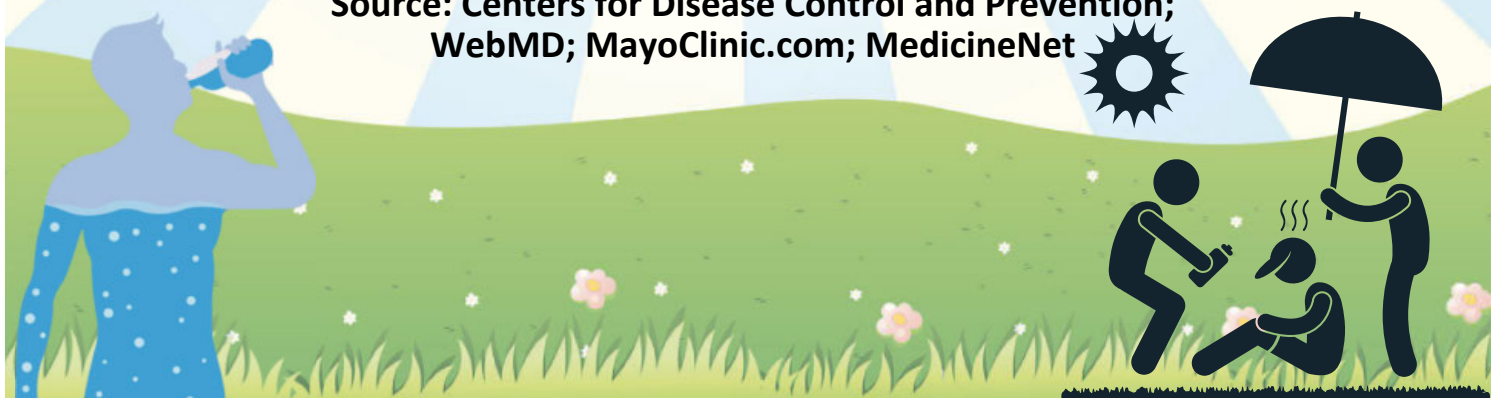
People in the U.S. are noticing hotter summers which impact all of our lives. Most especially, seniors are in danger of dehydration leading to heat exhaustion and heat stroke. dehydration occurs when you use or lose more fluid than you take in, and your body doesn't have enough water and other fluids to carry out its normal functions. If you don't replace lost fluids, you will get dehydrated. This can happen either when a person doesn't drink enough, or when he or she loses large amounts of fluid through diarrhea, vomiting, sweating, or exercise. A severely dehydrated body no longer has enough fluid to get blood to vital organs. This can cause shock, a life-threatening condition. Because elderly people don't feel thirst as much, make a special effort to provide the person in your care with enough fluids. A person's fluid balance can be affected by medication, emotional, stress, exercise, nourishment, general health, and weather. Dehydration, especially in the elderly, can increase confusion and muscle weakness and cause nausea. Nausea, in turn, will prevent him or her from eating or drinking, causing more dehydration. Older adults can also become dehydrated because they may:

- Have kidneys that do not work well. Choose not to drink because of incontinence.

Have physical problems that make it hard to drink or hold a glass, find it painful or exhausting to walk to the bathroom, or difficult to communicate.

- Take medicines that increase urine output.
- Have minor illnesses such as influenza, bronchitis or bladder infections. Make sure the person in your care drinks extra fluids when they are not feeling well. Stay Hydrated, Stay Safe Drinking plenty of water is key to staying healthy in the heat. During hot weather, drink more liquid than your thirst indicates. Increase fluid intake, regardless of activity level. Avoid drinks containing alcohol, caffeine and sugar because they actually cause you to lose more fluid. If a doctor limits fluid intake, ask how much fluid to offer.
- ✓ Keep drinks cool, not cold, which causes stomach cramps.
- ✓ Wear loose clothing which helps air to circulate around your skin, allowing sweat to evaporate and cool your body.
- ✓ Stay out of the sun.
- ✓ Wear a hat, sunglasses and sunscreen. Sunburned skin hampers your body's ability to cool off.

Source: Centers for Disease Control and Prevention;
WebMD; MayoClinic.com; MedicineNet



Wisconsin Medicaid Members Keep Your Health Benefits



If you get Wisconsin health care benefits (such as BadgerCare Plus, Medicaid, or MAPP), you must **renew your enrollment once a year.**

What to Expect at Renewal Time

1



We'll send you a packet about two weeks before your renewal month. For example, if your renewal is due in October, we'll mail you a notice in mid-September. Renew as soon as you get your packet to avoid a gap in coverage.

2



You may need to update the information we have on file. This may include your household details, income, and insurance. You may be asked to submit proof later.

3



Your local agency will review your renewal and follow up if they need more information. Then, you will get a letter that tells you if your benefits are changing.

Completing your renewal

- The quickest way to renew is online through your ACCESS account. Log in or set up an account at access.wi.gov.
- To renew by mail, complete and return your renewal packet.
- You can renew by phone or in person through your local agency. Find your agency at dhs.wi.gov/forwardhealth/imagency/index.htm.
- Visit dhs.wi.gov/forwardhealth/renewals.htm for more information.



If you do not complete your renewal on time, your benefits will end. Free, expert help for completing your renewal or getting other benefits is available at WisCovered.com. Or, call **211** to find a local navigator.

2023-2024 Renewal Questions and Answers

What is a renewal?

When you first applied for benefits, you gave the state details about things like your household, income, and insurance. To see if you can keep your benefits, you need to update that information every year. This process is called a renewal.

When do I renew?

Each member has been assigned a renewal date between June 2023 and May 2024. To find yours:

- Check the letter mailed to you in March from the Wisconsin Department of Health Services.
- Log in to your ACCESS account at access.wi.gov or use the MyACCESS app. If you don't have an account, create one at access.wi.gov to see your benefits anytime, anywhere.



What happens next?

About two weeks before your renewal month, we'll send you a renewal packet in the mail. This packet will tell you what information you need to confirm or update so we can see if you still qualify for your program. A digital version of the packet will also be in your ACCESS account.



Renew as soon as you get your renewal packet but not before.

Under federal guidelines, you can keep your benefits until your next renewal. Once you get your packet in the mail or in your ACCESS account, complete your renewal right away to avoid delays or a gap in coverage.

What if I don't renew on time?

In some situations, you may be able to do a late renewal up to three months after your renewal month. Check with your local agency to see if that's possible. If not, call **211** or visit [WisCovered.com](https://www.wiscovered.com) to get help finding other coverage.

What else do I need to know?

Don't delay medical care! While your program membership continues, use your benefits. For example, if you have BadgerCare Plus, you can get vaccines, medical check-ups, and prescription refills. You can use mental health services, too.

Spoil your grandkids, not scammers!

Beware of scammers pretending to be your grandchild, relative, or friend.

Often they claim to be in trouble—usually in jail or stranded in a foreign country, and ask you to send money.



They may ask you to send cash by mail or buy gift cards. They often beg you keep it a secret and act fast before you start to question.

Is it really your loved one or an imposter?

- Don't panic! Take a deep breath and get the facts.
- Don't send money unless you're sure it's the real person who contacted you. Hang up and call your grandchild or friend's phone number to see if the story checks out. You could also call a different friend or relative.
- Is the person asking for gift cards? If someone is really in need, gift cards won't help.

Report grandparent scams to the Federal Trade Commission at [ftc.gov/complaint](https://www.ftc.gov/complaint) or by calling 1-877-FTC-HELP.



An official publication of the U.S. Government

Donald Root
Insurance Planning for Seniors

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- Advance Funeral Planning

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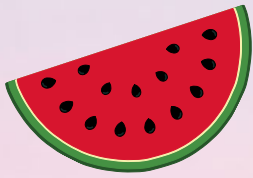
With five area locations, our expert pharmacy team is here to care for you and your loved ones. You do not need to be a Mile Bluff patient to take advantage of our pharmacy services.

Prescription Dispensing Centers are located in Elroy, Mauston, Necedah, and New Lisbon.

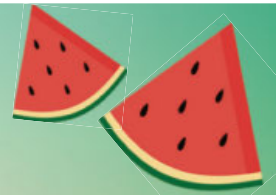




608-547-2213



July Menu Wonewoc Area



Serving Times: 11:30-12:30

Meal Site Manager:

Meal Site Location: R&S Spirits Wonewoc

Cathy Durkee

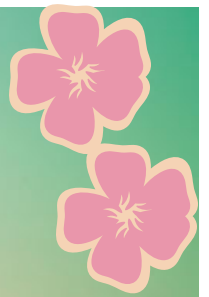
My Meal My Way Menu Options available upon dining in

608-847-9371

| MON | TUE | WED | THU | FRI |
|---------------------|---|---|---|--|
| Closed 3 | Closed 4 | Goulash Ham/Cheese Pea Salad Fruit 5 | Meat & Cheese Ravioli Bun Carrots Fruit 6 | Turkey Mashed Potatoes Cranberry Dressing Pumpkin Pie 7 |
| Closed 10 | Cheesy Cauliflower/ Broccoli Soup Bun Side Salad w/ cucumbers/ tomatoes 11 | Chicken Mushroom Gravy Over Noodles Copper Penny Salad 12 | Mini Tacos Side Salad Melon 13 |  Fish Fry Baked Potato 3 Bean Salad Bun 14 |
| Closed 17 | Hamburger Gravy over Mashed Cauliflower Bun 18 | Chicken & Cheesy Hashbrowns Broccoli Fruit 19 | Chicken Ala King Cherry Bake 20 | Lasagna Bake Garlic Bread Fruit 21 |
| Closed 24 | BBQ Sandwich Bread/Butter Pickles Potato Salad 25 | Double Pork Hashbrowns Beans Fruit Bun 26 | Salmon Loaf Mashed Potatoes Cucumber Salad Fruit 27 | Shrimp Tater Tots 3 Bean Salad Bun 28 |
| Closed 31 | <div> <p><i>Please call ahead to reserve your meal.</i></p> <p><i>Suggested donation of 4.25 per meal.</i></p> <p><i>Menu subject to change.</i></p> <p><i>All meals served with bread and milk.</i></p>  </div> | | | |



July Menu Elroy Area




Serving Times: 11:30-12:30

Meal Site Manager:

Meal Site Location: Grace Lutheran Church Elroy

Karen Nelson

608-462-5175

| MON | TUE | WED | THU | FRI |
|---|--|-------------------------|--|--|
| Quiche Ham Oven Fried Potatoes Fresh Fruit Salad Apple Strudel Muffin Chocolate Sheet Cake 3 | Closed 4 | Closed 5 | Beef Tips over Noodles Squash Oven Roasted Asparagus Peaches WW Dinner Roll Bananas "n" Cream Squares 6 | Tator Tot Casserole Carrots Green Bean Salad Mandarin Oranges WW Dinner Roll 7 |
| Sweet & Sour Chicken W/Red Peppers Red Onions over Rice Oriental Salad Pears WW Dinner Roll Almond Joy Cookies 10 | Bar B Que Ribs Baked Potato Green Beans Jell-O W/ Fruit Cocktail WW Dinner Roll Zucchini Bars 11 | Closed 12 |  Liver & Onions Cheesy Hash Browns Stewed Tomatoes Mandarin Oranges WW Dinner Roll Pumpkin Pecan Slab Pie 13 | Fish - Fried or Baked German Potato Salad Baked Beans Peaches WW Dinner Roll Rhubarb Pudding Cake 14 |
| Ham Boiled Dinner W/Potatoes, Carrots, Rutabaga & Cabbage Kidney Bean Salad Cottage Cheese Mandarin Oranges WW Dinner Roll Butterscotch Blondies 17 | Salisbury Steak Mashed Potatoes Green Beans Pears WW Dinner Roll Molasses Cookies 18 | Closed 19 | Ribs & Kraut Baked Potato Cauliflower W/Cheese Peaches Corn Bread Blueberry Torte 20 | LaFarge Bologne Roasted Sweet Potatoes Creamed Peas Apricots WW Dinner Roll 21 |
| Chicken Noodle Soup Ham Salad/Croissant 3-Bean Salad Applesauce Chocolate Marshmallow Bars 24 | Christmas in July Dinner Roast Turkey Mashed Potatoes/Gravy Carrot Casserole Cranberry Salad WW Dinner Roll Pecan Tarts 25 | Closed 26 | Breaded Pork Chops Baked Potato Spinach Pears WW Dinner Roll Hawaiian Pineapple Poke Cake 27 | Tuna or Chicken Casserole Green Beans Peaches WW Dinner Roll 28 |
| Baked Mostaccioli W/Meat Sauce Corn Tossed Salad Spiced Apple Rings Garlic Bread Chocolate Chip Cookies 31 | <p><i>Please call ahead to reserve your meal.</i></p> <p><i>Suggested donation of 4.25 per meal.</i></p> <p><i>Menu subject to change.</i></p> <p><i>All meals served with bread and milk.</i></p> | | |  |

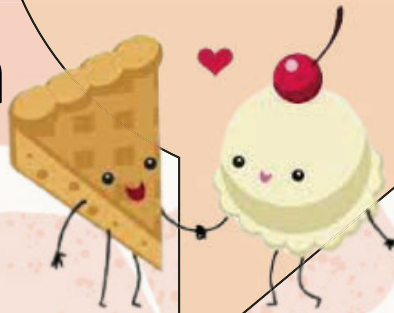
PIE & ICE CREAM SOCIAL

Join us at one
of our Meal
Sites for a pie
and ice cream
social in July.

July 10th - Mauston/ Lyndon Meal Site
July 10th - Camp Douglas (Bluffs) Meal Site
July 13th - Elroy Meal Site
July 14th - Wonewoc Meal Site



This emblem on the meal site menu indicates
dates for the pie and ice cream social!



Please call to
reserve a spot

Perfect Together

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- ☒ cleaning out gutters
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Aging & Disability Resource Center, Mauston, WI

C 4C 01-1367

Medicaid Members

Are you age 65 or older or an adult with a disability?

Since March 2020, Medicaid has been keeping everyone enrolled. Normal enrollment rules will start again soon. Your health insurance could end if you no longer meet the rules for Medicaid.

If you lose your Medicaid benefits, you may be able to get Medicare if you:

- Are age 65 or older
- Have a qualifying disability
- Have been getting Social Security disability benefits for two years

If you qualify, you have six months to enroll in Medicare.

To get started:



Call Social Security at
800-772-1213
(TTY 800-325-0778)

or



Find your local Social Security
Office at [ssa.gov/locator](https://www.ssa.gov/locator)

Free, expert help is available.

If you have questions about Medicare, a benefits counselor can help. Visit the **State Health Insurance Assistance Program (SHIP)** at dhs.wi.gov/medicare-help or call:

- Wisconsin's Medigap Helpline: 800-242-1060
- Disability Rights Wisconsin Part D Helpline: 800-926-4862
- Your local aging and disability resource center (ADRC). Find your county's phone number at [FindmyADRC.org](https://www.findmyadrc.org).



WISCONSIN DEPARTMENT
of HEALTH SERVICES

P-03440 (05/2023)

BUS TRIPS WITH JIM

July 14, 2023

Olbrich's Gardens

and a stop for Lunch



Olbrich's outdoor gardens feature 16 acres of stunning landscapes and Midwest-hardy plants walk around to enjoy the tranquility - Free Admission

If you wish to do so visit the tropical Bolz Conservatory, filled with exotic plants, orchids, birds, and a waterfall - \$6 admission

Please call the ADRC Office at 608-847-9371 to reserve your spot. \$10 cost per person per shopping and bus trip. (Lunch not included).

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REPORT suspicious claims
or activities



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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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For ad info. call 1-800-950-9952 • www.lpicomunities.com

Aging & Disability Resource Center, Mauston, WI

D 4C 01-1367

10 WAYS TO LOVE YOUR BRAIN



START NOW. It's never too late or too early to incorporate healthy habits.



HIT THE BOOKS

Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.



BUTT OUT

Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.



FOLLOW YOUR HEART

Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.



BREAK A SWEAT

Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.



STUMP YOURSELF

Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.

HEADS UP!

Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.



BUDDY UP

Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.



TAKE CARE OF YOUR MENTAL HEALTH

Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.



CATCH SOME ZZZ'S

Not getting enough sleep may result in problems with memory and thinking.



FUEL UP RIGHT

Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.



Visit alz.org/10ways to learn more.

alzheimer's  association®

THE BRAINS BEHIND SAVING YOURS®

Summer Vegetable Spaghetti

This lively vegetarian pasta dish contains no added fat or oil, is low in cholesterol, and is good hot or cold so make the full amount and enjoy as leftovers. If you want to make a smaller batch, just cut the amounts in half. What a yummy way to enjoy fresh summer produce.

Ingredients

- 2 C yellow onions, peeled and cut into eighths
- 2 C chopped, peeled, ripe tomatoes
- 2 C thinly sliced yellow and green summer squash
- 1½ C fresh green beans, trimmed
- ¾ C water
- 2 Tbsp minced fresh parsley
- 1 clove garlic, minced
- ½ tsp chili powder
- ¼ tsp salt and Ground black pepper, to taste
- 1 can (6 oz) no-salt-added tomato paste
- 1 lb. uncooked spaghetti
- ½ C grated parmesan cheese

Directions

1. Combine the first 10 ingredients in a large saucepan; cook for 10 minutes, then stir in the tomato paste. Cover and cook gently for 15 minutes, stirring occasionally, until vegetables are tender.
2. Cook spaghetti in unsalted water according to package directions. Drain well.
3. Serve sauce over spaghetti. Sprinkle parmesan cheese on top.

Recipe adapted from: <https://healthyeating.nhlbi.nih.gov/RecipeList>



Check out more Healthy Recipes at:

<https://healthyeating.nhlbi.nih.gov/>

Healthy Recipes Designed for 1-2 People:

<https://foodhero.org/recipes/category/5766>



Image courtesy of Pixabay.com

Did you Know...

- Nearly half of all adults in the United States have high blood pressure. (60% of adults 65+ in WI)!
- Only about 1 in 4 adults (24%) with hypertension have their condition under control.
- High blood pressure was a primary or contributing cause of death in 2017 for more than 472,000 people in the United States. That's nearly 1,300 deaths each day.
(Source: heart.org)

EAT WELL, AGE WELL. July- High Blood Pressure

You probably know that you should limit salt and sodium intake to help control your blood pressure. But do you realize there are many foods you **CAN EAT** that are delicious and affordable that can help lower your blood pressure?

The DASH Eating Plan "Dietary Approaches to Stop Hypertension." Features foods that are low in saturated fat, total fat, and cholesterol, and high in fruits, vegetables, and low-fat dairy foods. The DASH eating plan includes whole grains, poultry, fish, and nuts, and has low amounts of fats, red meats, sweets, and sugared beverages. It is also high in potassium, calcium, and magnesium, as well as protein and fiber. Learn more at <https://www.nhlbi.nih.gov/education/dash-eating-plan>

Many of you monitor your blood pressure at home, which is wonderful! Good for you to take control of your health.

There are some tips on how to monitor it correctly, such as:

- Don't smoke, exercise, or drink caffeinated beverages or alcohol within 30 minutes of checking your blood pressure.
- Sit calmly in a chair, with both feet flat on the floor and your back straight, and don't talk for at least 5 minutes before checking it.
 - Think of your last doctor's visit, did they give you time to sit calmly and not talk for 5 minutes before they checked your blood pressure?

Find more tips at <https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings/monitoring-your-blood-pressure-at-home>

Learn more at [Heart.org/hbp](https://www.heart.org/hbp)

Medicare Beneficiaries and the Public Health Emergency Wind-down

The COVID-19 public health emergency (PHE) ended May 11, 2023. This means that:

- Some of the waivers and flexibilities that changed Medicare coverage during the emergency are no longer in place
- Some Medicare coverage and cost rules are returning to what they were before 2020

In addition, beneficiaries with both Medicare and Medicaid (dually eligible individuals) need to be re-evaluated for Medicaid eligibility.

COVID-19 testing

Original Medicare continues to cover COVID-19 PCR tests (which identify genetic material) and antigen tests (which are often referred to as rapid tests) with no cost-sharing (no deductible, coinsurance, or copayment) when the test is ordered by a physician or other health care practitioner. Original Medicare does not cover over-the-counter (OTC) at-home tests as of May 11, 2023.

Medicare Advantage Plans must continue to cover COVID-19 PCR and antigen tests, but cost-sharing may apply. A beneficiary should contact their plan to learn more about costs. Medicare Advantage Plans may also continue to cover OTC at-home tests. A beneficiary should contact their plan to learn if this supplemental benefit is offered, and what rules, restrictions, or costs may apply.

COVID-19 vaccine

Coverage for COVID-19 vaccines stays the same after the PHE ends. The federal government has paid for the cost of the vaccine for all people, and Original Medicare Part B covers administration of the vaccine for Medicare beneficiaries, regardless of whether a beneficiary has Original Medicare or a Medicare Advantage Plan. The beneficiary will owe no cost-sharing (deductibles, copayments, or coinsurance). Beneficiaries should bring their red, white, and blue Medicare card to their vaccination appointment, even if they have a Medicare Advantage Plan. If they do not bring their card, their provider may ask for their Social Security number in order to look up their Medicare number and bill Medicare.

Medicare covers COVID-19 booster shots with zero cost-sharing. Refer to the [Centers for Disease Control and Prevention \(CDC\) website](https://www.cdc.gov) for more information about COVID-19 vaccines and boosters.

People should receive COVID-19 vaccine and booster shots for maximum protection against the virus. Health officials recommend that older adults receive timely booster shots, especially as new variants emerge. Beneficiaries should speak with their doctor if they have questions or concerns.

COVID-19 treatments

Monoclonal antibody treatment

Medicare covers certain monoclonal antibodies to prevent COVID-19 in certain patients with compromised immune systems. Beneficiaries will owe no cost-sharing (deductible, coinsurance, or copayment) for these covered treatments.

Other COVID-19 treatments

Medications that are given while people are inpatients will be covered under Part A or a beneficiary's Medicare Advantage Plan. Some medications, like Remdesivir, are administered by providers as injections or infusions and will be covered under Part B or a person's Medicare Advantage Plan. Cost-sharing may apply.

For Paxlovid, which is available at pharmacies, there is no cost-sharing until the government-procured supply of the medication is exhausted. After the supply has been used, Part D plans must then cover the medication, either as a formulary drug or through the exceptions process. At that point, deductibles and copayments will apply.

Skilled nursing facility (SNF) care

During the PHE, there were two waivers related to SNF care. **After May 11, 2023, these two waivers will no longer apply:**

- **Three-day qualifying hospital stay.** Medicare Part A generally only covers skilled nursing facility (SNF) care if someone was a hospital inpatient for three days in a row before entering the SNF. This is known as the three-day qualifying hospital stay. During the PHE, Medicare removed the three-day qualifying hospital stay requirement for beneficiaries who experienced dislocations or were otherwise affected by the COVID-19 public health emergency. This waiver ended on May 11, 2023.
- **Benefit period.** Typically, Medicare Part A covers up to 100 days of SNF care each benefit period. A benefit period begins when a beneficiary is admitted to a hospital as an inpatient, or to a SNF, and it ends when they have been out of a SNF or hospital for at least 60 days in a row. The 100 days of covered SNF care resets at the beginning of a new benefit period. During the PHE, beneficiaries who were unable to start a new benefit period because of the public health emergency could get another 100 days of covered SNF care without having to begin a new benefit period. This waiver ended on May 11, 2023.

If a beneficiary has a Medicare Advantage Plan, they should contact their plan directly to learn how it covers SNF care.

Telehealth services

A telehealth service is a full visit with a provider using telephone or video technology. Before the PHE, Medicare telehealth coverage rules were limited. During the PHE, the situations in which Medicare would pay for telehealth-provided services expanded significantly. Services that can be provided through telehealth include, for example, hospital and doctors' office visits, mental health counseling, and preventive screenings.

Expanded coverage for telehealth will continue past the end of the PHE. Through December 31, 2024:

- Medicare covers telehealth services for beneficiaries in urban and rural areas
- Medicare covers telehealth services in health care settings and in a beneficiary's home

Standard cost-sharing may apply, but note that a provider can choose to waive cost-sharing charges. If a beneficiary has a Medicare Advantage Plan, they should contact their plan to learn about its costs and coverage rules for services received through telehealth.

Medicare Advantage Plans must cover all the telehealth benefits included in Original Medicare, but they may also cover additional telehealth benefits.

Telehealth and durable medical equipment (DME)

Medicare requires a face-to-face meeting for coverage of most DME. This face-to-face meeting can be met via telehealth if the appointment meets the requirements to be a covered telehealth visit. For example, through December 31, 2024, telehealth visits are covered for Original Medicare and Medicare beneficiaries in urban and rural areas in health care settings and in a beneficiary's home. After December 31, 2024, telehealth coverage may be more limited.

Telehealth and home health care

During the PHE, home health care agencies could provide services via telehealth if they were listed on the plan of care and not used in place of in-person services on the plan of care. The face-to-face visit required for recertification of home health care could also be met via telehealth.

After the end of the PHE, beneficiaries will continue to be able to receive covered home health care services and meet the face-to-face visit requirement via telehealth, as long as the services or visits meet the general telehealth requirements.

Home health care

During the PHE, nurse practitioners and physician assistants were authorized to prescribe home health care. This change has been made permanent and will continue after May 11, 2023. This means that doctors, nurse practitioners, and physician assistants can prescribe home health care.

Medicaid continuous coverage

During the PHE, states were given the flexibility to keep beneficiaries continuously enrolled in Medicaid coverage. As a result, dually eligible individuals had their Medicaid automatically extended. This continuous coverage flexibility ended March 31, 2023, meaning that states must start to process Medicaid renewal applications.

Beneficiaries should check with their local Medicaid office to learn about how the Medicaid renewal process is being handled in their state. They may also receive letters or other notifications from their state about the renewal process. Upon renewal, a beneficiary will either be found to still be eligible for Medicaid, or they may no longer be eligible and will lose the benefit.

Medicare beneficiaries who need help with Medicare costs but are found ineligible for Medicaid upon renewal should contact their [State Health Insurance Assistance Program \(SHIP\)](#) for benefit screening.

Resources for more information:

- [CMS PHE Fact Sheet](#)
- [CMS Waivers and Flexibilities FAQ](#)
- [CMS Current Emergencies](#)
- [Home Health Flexibilities](#)
- [Medicare Advantage and Part D Plan Flexibilities](#)
- [Medicaid Unwind Information and Guidance](#)



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!**

