

March 2021



Newsletter

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Medicare Covers the COVID-19 Vaccine

By the GWAAR Legal Services Team (for reprint)

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

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

Here's what to know:

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

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

Lines from Lynne

Hot chocolate and a handmade quilt snuggling by the wood stove reading the ADRC newsletter. It is that time of year!

We know that being cooped up at home for a year now has taken its toll on many. Follow us on our Facebook page or give us a call to learn about events and activities that you may find of interest.

In March the focus is on Brain Health in the *Eat Well Age Well Series*. Taylor Meyer our Nutrition Coordinator, has a lot of Brain Food topics to share and some really yummy recipes for us to try! Spoiler alert, the Baked Salmon was delicious.

Many don't realize that March 3rd is National *I Want You to be Happy Day*. A Day to promote unity to share forward little acts of kindness or spread an infectious smile. But what we really want is for your "everyday" to be A Happy Day. So please help us!

Starting now, the ADRC's across the state are preparing for our planning of the future. Every three years we take a deeper dive into our communities to set goals that work for YOU. What makes your life meaningful and how can we support that through our Nutrition Programs, Information & Assistance, Health Education, Caregiving Support or Direct Service. Your opinion matters to us and whether it be through our future planning process or any day along the way. If you would take a moment please, when you see our survey come out in the upcoming weeks, to share what is important to you.

Thank you for letting us serve you and our community!

Lynne

Disability Benefit Specialist

WELCOME AMY DESMET

My name is Amy DeSmet and I am from Marshfield. I have spent most of my career working for the Marshfield School District as an interpreter for the Deaf and Hard-of-Hearing. In addition to interpreting, I also worked with other students with a variety of disabilities at the K – 12 level. While employed with the school district I completed my Bachelor degree in Human Services. I am excited about my new position as a Disability Benefit Specialist and look forward to working for the Aging and Disability Resource Center.

In my free time I enjoy spending time with family, reading, and a variety of outdoor activities such as walking, biking, and snow shoeing.

How Can a Disability Benefit Specialist Help You?

- Provide accurate information on public and private benefits and programs;
- Help determine which benefits and programs you may be entitled to;
- Help you to fill out applications for benefits, programs and services;
- Talk with you about your choices and the programs or services that might best meet your needs;
- Provide assistance in obtaining or retaining benefits and services;
- Provide referrals, assistance and support on other matters including disability rights and the impact of earnings on financial eligibility for public benefits;
- In some cases, you may receive representation in formal appeals related to denials of eligibility, termination of benefits or overpayment of public and private benefits.

What Programs Can a Disability Benefit Specialist Help With?

Here are some areas and programs the disability benefit specialist can help you with:

- Medicaid (Medical Assistance)
- Social Security Disability (SSDI)
- Supplemental Security Income (SSI)
- Medicare, including Part D
- Prescription Drug Assistance
- FoodShare
- Low-Income Tax Credits
- Insurance Issues
- Housing and Utility Issues

March is Brain Injury Awareness Month.

In the United States, someone sustains a brain injury every 9 seconds meaning approximately 3.5 million brain injuries are reported annually. These statistics are only for those injuries reported! Many never seek medical attention. Brain injuries can impact your vision.

Typical causes of acquired brain injury (ABI) include:

- Tumor
- Stroke
- Toxic Exposure
- Infectious Disease
- Trauma (TBI)



The leading causes for a (TBI) - brain injury caused by trauma are:

- Falls (40.5%)
- Being struck (15.5%)
- Motor vehicle accidents (14.3%)
- Assaults (10.7%)
- Unknown Cause (19%)

Whenever a person suffers a brain injury, a thorough eye examination is important to include in their medical care, to diagnose or detect any change in vision and ocular function. Some of the most common types of associated vision problems include

- Blurred vision, especially with seeing up close
- Double vision
- Decreased peripheral vision

Many of the visual problems after TBI can make it more difficult for you to read or do activities up close.

You may feel irritable in places with a lot of patterns or motion (visual overload) or find yourself bothered by light or glare.

Other visual concerns can affect posture, balance, moving through space, or your brain's ability to take in and understand visual information (visual cognition).

If you think you or a loved one may have experienced a brain injury, be sure to seek professional help immediately.



Dr. Mathew Mergenthaler is an optometrist with HealthView Eye Care Centers. For more information on Brain Injuries and the impact on vision you may contact him at 715.748.2020 or 715.223.4003.

Information contained in this article was taken from the Brain Injury Association Facts and Statistics and the MSKTC is a national center that researches Spinal Cord Injury, Traumatic Brain Injury and Burn Injury.

Facts about the Flu Vaccine and COVID-19

The race toward a vaccine for [COVID-19](#) continues as many clinical trials are in the end stages of testing. While the wait for the COVID-19 vaccine continues, experts the Centers for Disease Control and Prevention (CDC) and Mayo Clinic are urging people to get vaccinated for another infectious disease: [influenza](#), or as it is most commonly known - the flu. These experts point out that while there have been questions about whether the flu vaccine could affect the effectiveness of a potential COVID-19 vaccine, [Dr. Gregory Poland](#), a Mayo Clinic vaccine expert, says that there is absolutely no scientific evidence this would happen. Instead, he points out that we do have evidence that the flu alone *sickens* tens of millions of people in the U.S. every year, *hospitalizes* hundreds of thousands and *kills* tens of thousands. Two studies of more than 20,000 people conclude that being infected with COVID and the flu at the same time doubled the death rate. So, getting your flu vaccine is important on many levels. Dr. Poland says that getting the flu shot appears to lower – not increase – the death rate of people who get simultaneously infected. It decreases symptoms. It decreases the demand on the medical system. It decreases the anxiety somebody is naturally going to have in the midst of this pandemic.

Some individuals incorrectly believe that the flu vaccine can actually give a person the flu or COVID-19. Absolutely not. The flu vaccine can't give a person the flu. It also doesn't increase your risk of getting COVID-19. While the flu vaccine does not protect people from getting COVID-19, it is especially important to get the flu vaccine this year because the flu and COVID-19 cause similar symptoms. Flu vaccination could reduce symptoms that might be confused with those caused by COVID-19. Preventing the flu and reducing the severity of flu illness and hospitalizations could also reduce the number of people needing to stay in the hospital.

Doctors agree: getting vaccinated for the flu and getting vaccinated as early as possible is an important, safe and effective thing everybody can and should do. The CDC recommends that everyone over the age of 6 months get vaccinated for the flu each year and older adults are an extremely important target group.

For a listing of where flu shots are available in our community, please contact ADRC of Clark County at 715-743-5166

NO FLU for you
Protect Yourself. Protect Others. Get a Flu Shot.

ELDER BENEFIT SPECIALISTS



*"All the insurance and **Medicare** choices are confusing. Is there anyone who can help?"*

"It is difficult for me to pay all my bills and still afford my health care and prescription drugs. Are there programs that can help?"

"I was denied a benefit I believe I am entitled to. What can I do now?"

Need answers to questions like these? Looking for assistance with applications, renewals or appeals?

Elder Benefit Specialists are trained to help people 60 and older who are having a problem with private or government benefits, by cutting through the "red tape" of the various federal, state, and county systems. They help older adults determine the benefits that they are entitled to and explain and/or assist with applications. There is no charge for Elder Benefit Services.

Benefit Specialists can also assist with other issues including:

- Health Insurance and Access
- Income Support
- Housing/Utilities
- Consumer/Finance (Debt collection practices, unfair sales practices or fraud)
- Elder Rights
- Other legal and benefit problems, benefit check-up and budget review



For additional information or assistance please contact:

Aging Disability Resource Center of Clark County
503 Court Street, Room 201
Neillsville, WI 54456
715-743-5146



LOCAL HELP FOR PEOPLE WITH MEDICARE

This project is supported in whole or in part by grant numbers 1701WIMSH, 1701WIMAA and 1701WIMDR from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking this project with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not necessarily represent official ACL. May 2019

What are your Transportation Options?

Clark County Taxi

Clark County Taxi provides demand-response shared ride taxi service within Clark County which includes the Villages of Chili, Curtiss, Dorchester, Granton, Humbird, Unity, Willard, Withee and the Cities of Abbotsford, Colby, Greenwood, Loyal, Neillsville, Owen, Thorp and the Municipality of Stanley.

Contact Abby Vans Inc. at (715) 743-3364 or Toll Free (800) 236-8438 to arrange transportation for the Clark County Taxi.

Neillsville Taxi

City of Neillsville Taxi provides demand-response shared ride taxi service within the City of Neillsville, and a one-way five (5) mile radius of the city. Service is provided outside the five (5) mile radius for an additional per mile charge, as long as the trip originates or ends in Neillsville Taxi service area.

Contact Abby Vans Inc. at (715) 745-4600 to arrange transportation for the Neillsville Taxi.

<i>City of Neillsville</i>		<i>Clark County Taxi</i>	
<i>Fares</i>		<i>Fares</i>	
<i>Adult</i>	<i>\$3.50</i>	<i>Adult</i>	<i>\$5.00</i>
<i>Senior Citizen (60+)</i>	<i>\$1.75</i>	<i>Senior Citizen (60+)</i>	<i>\$3.00</i>
<i>Disabled</i>	<i>\$1.75</i>	<i>Disabled</i>	<i>\$3.00</i>
<i>Child (under 18)</i>	<i>\$1.75</i>	<i>Child (1st child under 18 free)</i>	<i>\$3.00</i>
<i>Extra Territorial</i>	<i>\$1.50</i>	<i>Additional Stop</i>	<i>\$2.00</i>
<i>Parcel Delivery</i>	<i>\$3.50</i>	<i>Parcel Delivery</i>	<i>\$5.00</i>
<i>Hours of Service</i>		<i>Hours of Service</i>	
<i>Monday – Friday</i>	<i>6AM – 10PM</i>	<i>Monday – Friday</i>	<i>7AM – 5PM</i>
<i>Saturday</i>	<i>7AM – 10PM</i>		
<i>Sunday</i>	<i>7AM – 6PM</i>		

Volunteer Transportation Program

Clark County Department of Social Services provides medical transportation for persons 60 years of age or older and persons with disabilities. Transportation is provided by area volunteers on a first come, first serve basis. Their responsibility is to transport the client to the designated facility and back.

Services are requested through Clark County Department of Social Services and managed by the Transportation Coordinator. A person requesting services would submit an initial application or a coordinating agency would submit a referral for services to the Clark County Department of

Social Services. If found eligible for services, it is determined if or if not the client will be responsible for a co-payment based on their financial ability.

The Volunteer Transportation Program also recruits volunteer drivers to help transport clients to their appointments. There is an application packet that is required to be filled out in order to determine driver eligibility.

If you have questions regarding the Volunteer Transportation Program or to arrange medical transportation, please call Clark County Department of Social Services at (715) 743-5233 or toll free at 866-743-5233.

MTM, Inc.

MTM, Inc. provides non-emergency medical transportation or mileage reimbursement for most members enrolled in the following programs who do not have other ways of getting to their covered appointments:

- Wisconsin Medicaid (including IRIS)
- The BadgerCare Plus Standard Plan
- The BadgerCare Plus Benchmark Plan
- The BadgerCare Plus Express Enrollment for Pregnant Women
- Tuberculosis-Related Services-Only Benefit
- Family Planning Only Services

To scheduled services or to find out if you can get rides through MTM, Inc., call 866-907-1493.

Using Ensure or Other Nutritional Supplements?

Ask us about our Senior Nutrition Supplement Program available to persons 60 and older.

- Nutritional Supplements at reduced cost
- No other insurance or Long Term care program coverage
- Must Provide a Medical Professional's Prescription in order to participate

Call and ask to see if you are eligible at 715-743-5166

Marketplace Special Enrollment Period for COVID-19 Public Health Emergency

By the GWAAR Legal Services Team (for reprint)

In response to the COVID-19 Public Health Emergency, the Department of Health and Human Services recently announced a Special Enrollment Period (SEP) for 2021 Marketplace coverage. This SEP will run from February 15, 2021 through May 15, 2021.

During the SEP, individuals may apply for new coverage or update an existing application. There are several ways to apply for Marketplace coverage:

- Online at www.healthcare.gov,
- By phone at 1-800-318-2596,
- With in-person help from local enrollment assisters or insurance agents or brokers (you can search for local help here: <https://localhelp.healthcare.gov/#/>), or
- With a paper application, available at: <https://marketplace.cms.gov/applications-and-forms/marketplace-application-for-family.pdf>.

For people who apply using this SEP, coverage will begin the first day of the month following the date they select a plan.

Please note that Marketplace plans are not for people who have job-based health insurance, Medicare, Medicaid, or VA coverage. If you already have this type of coverage or are eligible for it, you will not be eligible for premium tax credits. In addition, if you have Medicare, it is illegal for an insurance company to sell you a Marketplace plan. Medicare and the Marketplace are two completely different programs. □



Check us out on our new Facebook page for updates, tips and more information provided especially for you.

**Aging & Disability Resource Center
of Clark County**

Two Types of Additional Benefits for FoodShare Recipients

By the GWAAR Legal Services Team (for reprint)



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

2021. You should receive a letter telling you how much extra money you received in January.

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

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

- As of the date this article was printed, Wisconsin's public health emergency order remains in effect. You can always check the balance of your QUEST card through the ebtEDGE website, the ebtEDGE mobile app, or by calling QUEST Card Service at 877-415-5164. □

HOMESTEAD TAX CREDIT VOULUNTEER

CALL THE ADRC TO SET UP A HOMESTEAD TAX CREDIT APPOINTMENT FOR MARCH

715-743-5166



2021 Eligibility Quick Check

Medicare Savings Programs, Extra Help and
SeniorCare Level 1



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

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

*Income limits based on 2021 federal poverty guidelines.

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

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

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

ADRC of Clark County (715) 743-5166



LOCAL HELP FOR PEOPLE WITH MEDICARE

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- With a paper application, available at: <https://marketplace.cms.gov/applications-and-forms/marketplace-application-for-family.pdf>.

For people who apply using this SEP, coverage will begin the first day of the month following the date they select a plan.

Please note that Marketplace plans are not for people who have job-based health insurance, Medicare, Medicaid, or VA coverage. If you already have this type of coverage or are eligible for it, you will not be eligible for premium tax credits. In addition, if you have Medicare, it is illegal for an insurance company to sell you a Marketplace plan. Medicare and the Marketplace are two completely different programs. □

Utility Disconnection and Scams

By the GWAAR Legal Services Team (for reprint)

Every year between November 1 and April 15, the State of Wisconsin prohibits utility companies from disconnecting residential electric, natural gas, or water service due to non-payment if these services are a necessary part of the heating system. Importantly, this rule applies to *residential* properties only (not business), and this rule does not apply to private utility cooperatives.

BEWARE: Scammers have been contacting residents through calls, texts, and emails, threatening that utilities will be shut off due to non-payment within 30 minutes if the person does not respond. The scam has been especially prevalent for MG&E customers. More information can be found here: [Scams - Madison Gas and Electric - Madison, Wisconsin \(mge.com\)](https://www.mge.com/scams) □

BadgerCare Plus and Medicaid Members Must Report Life Changes to Income Maintenance or Tribal Agency

By the GWAAR Legal Services Team (for reprint)

Members of BadgerCare Plus or Medicaid need to report changes in their lives to the State or they might miss out on new benefits or receiving other important information.

Life changes that need to be reported include:

- Change of address
- Someone moves into, or out of, the member's home
- Change in marital status
- The member or someone in the member's home has a new or ended pregnancy
- Someone in the member's home no longer has a tax-related deduction
- The member gets different health insurance coverage

Members can update their information by:

- Calling their income maintenance or tribal agency ([Contact info can be found here](#));
- Logging into their account on the [ACCESS website](#) and selecting "Report My Changes" on the side menu; or
- Completing and faxing or mailing the appropriate paper form below:

[BadgerCare Plus and Family Planning Only Services Change Report form, F-10183](#)

[Medicaid or Caretaker Supplement Change Report form, F-10137.](#) ☐

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ADAPTIVE EQUIPMENT

**The ADRC office has several pieces of DME equipment available in our
Loan Closet call for further details [715-743-5166](tel:715-743-5166)**

**We are also accepting donations of unused/unopened incontinence
garments and gently used adaptive equipment.**

How to Avoid Overmedication

By the GWAAR Legal Services Team (for reprint)

On average, people over age 65 take over 14 prescription medications per year, which does not include the many over-the-counter (OTC) drugs, vitamins or supplements an older person may take. The sheer number of medications alone puts older people at risk of negative drug side effects, not to mention that older bodies process medications differently. As a result, older individuals are at a higher risk of harmful drug reactions and hospitalizations. In fact, the CDC (Centers for Disease Control and Prevention) says people over age 65 are twice as likely to go to the emergency room due to a harmful drug reaction, and seven times more likely to be hospitalized. The good news is that many adverse drug reactions can be prevented.

Here are some tips for safely managing your medication intake:

Make a List. Always keep an updated list of all the medications you take, the doses, and when they're taken. Be sure to include any OTC drugs, vitamins, supplements, and herbal or other remedies. Keep a copy yourself and share the list and updates with all their doctors and caregivers. Take the list to all medical appointments and keep it on hand in case of emergencies.

Organize medications. Consider using a pill organizer, or ask the pharmacist for tips on keeping track of medications. If you have vision limitations, ask the pharmacist for large print labels on medication bottles.

Ask before taking over-the-counter medications. Always check with the doctor or pharmacist before taking any OTC drug, vitamin, or supplement because it could interact with prescription medications. OTC medications could also cause serious side effects in older adults or lead to accidental overdoses.

Review your medications. At least once or twice per year, ask your primary doctor to review the entire list of medications, supplements, and vitamins you take. Some may no longer be needed or the dose could be lowered, so ask if each one is still needed at the current dose. Often, if you've been hospitalized, there may be medications on the list for conditions that occurred in the hospital but are no longer present. The orders for drugs given in the hospital tend to carry over after discharge. You should ask whether these drugs are still needed because there is a strong tendency to continue anything prescribed at any time regardless of necessity going forward.

Ask questions. Unfortunately, our current state of drug pricing usually means the only question asked about medications is "how much will this cost me?" While paying for your

medications is important, you should also ask the following questions:

Whenever a new medication is prescribed or the dosage is changed, ask why.

Check new medications for potential drug interactions with existing medications, especially if you are taking more than five medications.

Ask about the purpose of the medication and how you will know if it's working.

Ask about what side effects to watch for.

Ask when and how the medication should be taken.

Ask about what to do if you miss a dose.

Ask whether it can affect any other medical conditions you have.

Follow directions. Be sure to take medicines exactly as your doctor has prescribed. Make sure you understand how, when, and for how long the medication should be taken. Fill prescriptions at the same pharmacy so it has a record of all the medications that are being taken. Let the pharmacy know if there were any bad reactions so they can keep that on file.

Report problems. If you develop new health problems after starting a new medication, it may be a negative reaction. Tell the doctor immediately. If the reaction causes a serious issue, like difficulty breathing or swelling in the throat, call 911 and go to the emergency room right away.



"The Aging and Disability Resource Center of Clark County provides a single source for information and assistance for older adults, adults with disabilities, and their caregivers while supporting self-sufficiency, quality of life, and dignity."

EAT WELL, AGE WELL.

Monthly Tracking Calendar - Brain Healthy Foods & Recipes

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: TRY ADDING BEANS INTO A SALAD OR PAIR THEM WITH RICE DISHES!

WEEK 2: TRY MAKING A SOUP OR STEW WITH SOFT VEGETABLES AND LENTILS

WEEK 3: MIX IT UP WITH A FRUIT SALAD WITH BERRIES AND OTHER FRUITS!

WEEK 4: TRY THREE DIFFERENT TEA BEVERAGES THIS WEEK

Complete the Weekly Challenges & you will feel better and be more in control of your health. You can do it!



What's on Your Table

Beef Barley Soup

This month's winning recipe comes from Delores Thiel.

- ◇ About 1 cup cooked roasted beef (chopped)
- ◇ 1/2 cup chopped carrots
- ◇ 1/2 cup chopped celery
- ◇ 1/2 cup chopped onion
- ◇ 1 tablespoon butter
- ◇ 1/2 teaspoon salt
- ◇ 1/2 teaspoon pepper
- ◇ 1/2 teaspoon oregano
- ◇ 1/2 teaspoon basil
- ◇ 4 cup beef broth
- ◇ 4 cup water
- ◇ 1 cup diced tomatoes
- ◇ 1 cup barley

Put all together and cook to a boil. Then cook for 20 minutes or until barley is cooked.

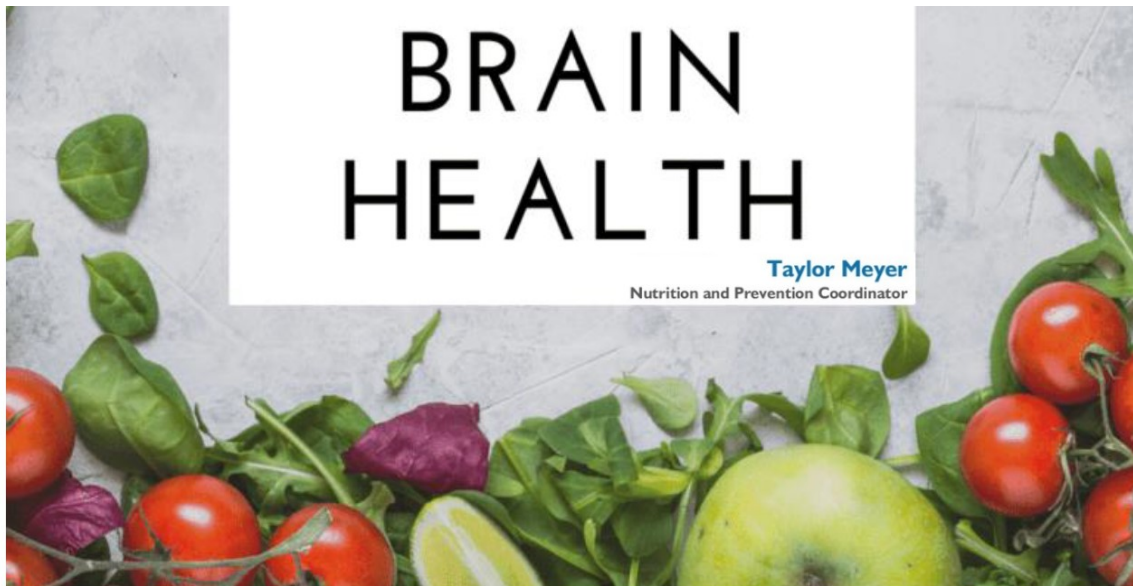
Thank you Delores for the great recipe!

Reminder to send in your favorite recipes for the next Newsletter!

ADRC of Clark County

517 Court Street Room 201

Neillsville, WI 54456



Brain-healthy foods are foods that encourage healthy brain function. These foods are usually rich in antioxidants and omega-3 fatty acids. Incorporating brain healthy foods into your diet can help improve memory & concentration.

There are many examples of delicious brain healthy foods, some of which are probably already included in your diet!

- **Salmon** • **Walnuts**
- **Blueberries** • **Eggs**
- **Turmeric** • **Dark chocolate**
- **Pumpkin seeds**



Did someone say Coffee?

Food is not the only thing that can improve overall brain-health, beverages such as coffee and green tea can do so too!

Coffee has caffeine and antioxidants which are great nutrients for your brain. Green tea is rich in an amino acid called L- theanine which has been shown to improve memory and reduce the risk of Alzheimer's so, drink up!

GWAAR Nutrition Team in Collaboration with UW-Stout Dietetic Students

Avocados



Avocados may support the brain as a source of healthy unsaturated fat. Eating monounsaturated fats may reduce blood pressure. Thus, by reducing high blood pressure, the unsaturated fats in avocados may lower the risk of cognitive decline. Other sources of healthy unsaturated fats include almonds, cashews, peanuts, fish, and walnuts.

Incorporate avocado into your diet by eating it on your toast for breakfast with an egg.



Try incorporating more berries into your diet.

For example, put them in a smoothie.

Berries



Many berries are high in flavonoid antioxidants, making them good food for the brain. Antioxidants help by reducing inflammation and oxidative stress. Antioxidant compounds in berries have many positive effects on the brain including improving communication between brain cells, reducing inflammation throughout the body, and increasing plasticity.



Broccoli



Broccoli can be good for the brain as it is rich in compounds called glucosinolates. When the body breaks these down, they produce isothiocyanates. These reduce oxidative stress and lower the risk of neurodegenerative diseases. Other cruciferous vegetables that contain glucosinolates include Brussel sprouts, cabbage, turnips, and kale.

Increase your consumption of cruciferous vegetables by roasting Brussel sprouts.





Call us for a Home Delivered Meal

If this is your **1st time** please call 715-743-5166 to complete an intake form.

Please call 24 hours in advance to reserve or cancel a meal

Colby Nutrition Center

310 Lieders St.
Colby, WI 54421
(715)-223-4195

Greenwood Nutrition Center

312 N. Reese St.
Greenwood, WI 54437
(866)-743-5144

Owen Nutrition Center

112 E. 5TH St.
Owen, WI 54460
(715)-229-4567

Loyal Nutrition Center

500 N. Division St.
Loyal, WI 54446
(866)-743-5144

Neillsville Nutrition Center

602 Oak St.
Neillsville, WI 54456
(715)-743-3177

Thorp Nutrition Center

116 N. Washington St.
Thorp, WI 54771
(715)-669-5566



Suggested Meal Contribution \$4.00

9 Interesting St. Patrick's Day Facts



Happy St. Patrick's Day!

Every March 17, countries around the world celebrate St. Patrick's Day in observance of the death of St. Patrick, the patron saint of [Ireland](#) credited for bringing [Christianity to the country](#). Initially a religious feast day in the 17th century, St. Patrick's Day has evolved into a day of celebrating Irish culture with parades, music, dancing, special foods, and of course, a lot of green.

In honor of St. Patrick's Day, here are a few interesting St. Patrick's Day facts!

- Saint Patrick didn't wear green. His color was "Saint Patrick's blue." The color green became associated with St. Patrick's Day after it was linked to the Irish independence movement in the late 18th century.

Despite his Irish notoriety, Saint Patrick was British. He was born to Roman parents in [Scotland](#) or Wales in the late fourth century.

- According to Irish legend, Saint Patrick used the shamrock as a metaphor for the Holy Trinity when he was first introducing Christianity to Ireland.

- Saint Patrick is credited for driving the snakes out of Ireland, but according to the fossil record, Ireland has never been home to snakes as it was too cold to host reptiles during the Ice Age. The surrounding seas have kept snakes out since.

- There isn't any corn in the traditional St. Patrick's Day meal of corned beef and cabbage. The name is a reference to the large grains of salt historically used to cure meats, which were also known as "corns."

- Saint Patrick was born "Maewyn Succat" but changed his name to "Patricius" after becoming a priest.

Irish immigrants began observing St. Patrick's Day in [Boston](#) in 1737 and the first St. Patrick's Day parade in America was held in [New York City](#) in 1766.

In [Chicago](#), the Plumbers Local 110 union dyes the river Kelly green. The dye lasts for around five hours.

- On or around St. Patrick's Day, the Irish taoiseach, or prime minister, presents the U.S. president with a crystal bowl of live shamrocks as a symbol of the close ties between the two countries.

Cookie Jar

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

ALMOND
COCONUT

CUT-OUT

GINGERBREAD

GINGERSNAP

HAZELNUT

LEMON

MACADAMIA

MERINGUE

MINT

MOLASSES

NO-BAKE

OATMEAL

PUMPKIN

SUGAR





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