

July 2022



Newsletter

Toll Free: 866-743-5144

Office: 715-743-5166

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Senior Farmers' Market Vouchers

If you are age **60** or older (or age 55 if Native American) and enjoy fresh produce, please contact the Aging and Disability Resource Center of Clark County at 715-743-5166 for more information.

The Vouchers are in \$5.00 increments (\$25 value) and can be used to purchase locally grown fruits, vegetables, and herbs from certified farmers.



2022 Income Eligibility

Use Total Gross Income before Taxes

<u>Household Size</u>	<u>Yearly</u>	<u>Monthly</u>	<u>Weekly</u>
1	\$25,142	\$2,096	\$484
2	\$33,874	\$2,823	\$652
3	\$42,606	\$3,551	\$820
4	\$51,338	\$4,279	\$988

Keep Cool in Hot Weather

By the GWAAR Legal Services Team (for reprint)

Summer is here, and that means hot weather is on the way. Extreme heat can be dangerous for everyone, but it can be especially bad for older adults and people with chronic medical conditions. Our bodies must work extra hard to maintain a normal temperature in extreme heat, and heat-related illnesses can develop quickly. Learn how to stay cool and safe in hot weather.

Your body's ability to cool off during extremely hot weather is affected can be affected by many factors. When the humidity is high, sweat does not evaporate as quickly. In addition, age, dehydration, prescription drug use, alcohol use, sunburn, obesity, heart disease, and poor circulation can all affect how quickly you can cool off in hot weather. People who are 65 and older, children younger than two, and people with chronic medical conditions are at highest risk of heat-related illness. However, anyone can develop heat-related illness from participating in strenuous physical activities during hot weather.

Everyone should take the following steps to prevent heat-related illness or death:

- Stay in air-conditioned buildings as much as you can. If your home is not air-conditioned, reduce your risk of heat-related illness by using air conditioning in vehicles and spending time in public facilities that are air-conditioned. Contact your local health department to learn whether there is an air-conditioned shelter in your area.
- Don't rely on a fan as your only method of cooling off.
- Don't use the stove or oven to cook, because it will make you and your home hotter.
- Take cool showers or baths to cool down.
- Drink more water than usual, and don't wait until you're thirsty to drink. Muscle cramping may be an early sign of heat-related illness.
- Never leave children or pets in cars.
- Check on friends and neighbors and ask others to do the same for you.
- Limit your outdoor activity, especially in the middle of the day when the sun is hottest.
- If you play a sport that practices in hot weather, look out for your teammates. Schedule practices earlier or later in the day when the temperature is cooler.
- Start outdoor activities slowly and pick up the pace gradually.
- Wear sunscreen and reapply it as indicated on the package.
- Wear loose, lightweight, light-colored clothing.
- Seek medical attention right away if you or someone around you has symptoms of heat-related illness, like dizziness; nausea; confusion; high body temperature (over 103°F); hot, red, dry, or damp skin; fast, strong pulse, or losing consciousness (passing out).

Don't Miss Your IEP!

By the GWAAR Legal Services Team (for reprint)

Are you going to become eligible for Medicare soon? If so, do not miss your initial enrollment period (IEP)! Most people become eligible for Medicare the month they turn 65. Some people who are younger than 65 can qualify for Medicare, too, including people receiving Social Security Disability benefits and those with end-stage renal disease.

If you are receiving Social Security benefits, you will be automatically enrolled in Medicare Parts A and B when you are eligible. However, if you are turning 65 and not receiving Social Security benefits, you will have to sign up with the Social Security Administration (SSA) to get Parts A and B. You can apply online at <https://www.ssa.gov/benefits/medicare/> or call SSA at 1-800-772-1213. If you worked for a railroad, call the Railroad Retirement Board at 1-877-772-5772.

If you are becoming eligible for Medicare because you are turning 65, your seven-month IEP begins the three months before you turn 65, includes the month you turn 65, and ends three months after the month you turn 65. Please note that if your 65th birthday falls on the first of the month, you will actually be eligible for Medicare the month before you turn 65. This means that the IEP begins a month earlier for people with first-of-the-month birthdays.

If you sign up for Medicare Part A (Hospital Insurance) and/or Medicare Part B (Medical Insurance) during the first three months of your IEP, your coverage starts the first day of the month you turn 65. If you sign up during the last four months of your IEP, your coverage will begin as follows:

People who do not sign up for Medicare during their IEP have limited opportunities to sign up later. If you are eligible, you can sign up for premium-free Part A anytime after your IEP starts. However, unless you qualify for a Special Enrollment Period (SEP), once your IEP ends, you can only sign up for Part B and Part A with a premium during the General Enrollment Period (GEP). The GEP takes place each year from January 1 through March 31. If you enroll during the GEP, your coverage will start the following July 1. You may have to pay a late enrollment penalty.

If you are covered under a group health plan based on current employment, you may qualify for a SEP. You can sign up for Part A and/or Part B at any time as long as:

- You or your spouse is working, and

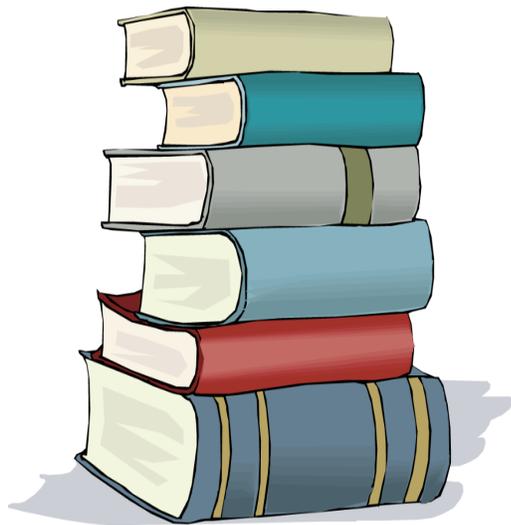
- You are covered by a group health plan through the employer or union based on that work.

You will also have an eight-month period to sign up for Part A and/or Part B that starts the month after the employment ends, or the month after group health insurance based on current employment ends, whichever comes first. In general, if you sign up during a SEP, you will not pay a late enrollment penalty. Please note that you will only qualify for a SEP if you are covered under employer group health insurance. You will not qualify for a SEP if you are covered by a different type of health insurance, like Medicaid or a Marketplace plan.

If you would like more information about Medicare enrollment, please contact your local Aging and Disability Resource Center at 715-743-5166.

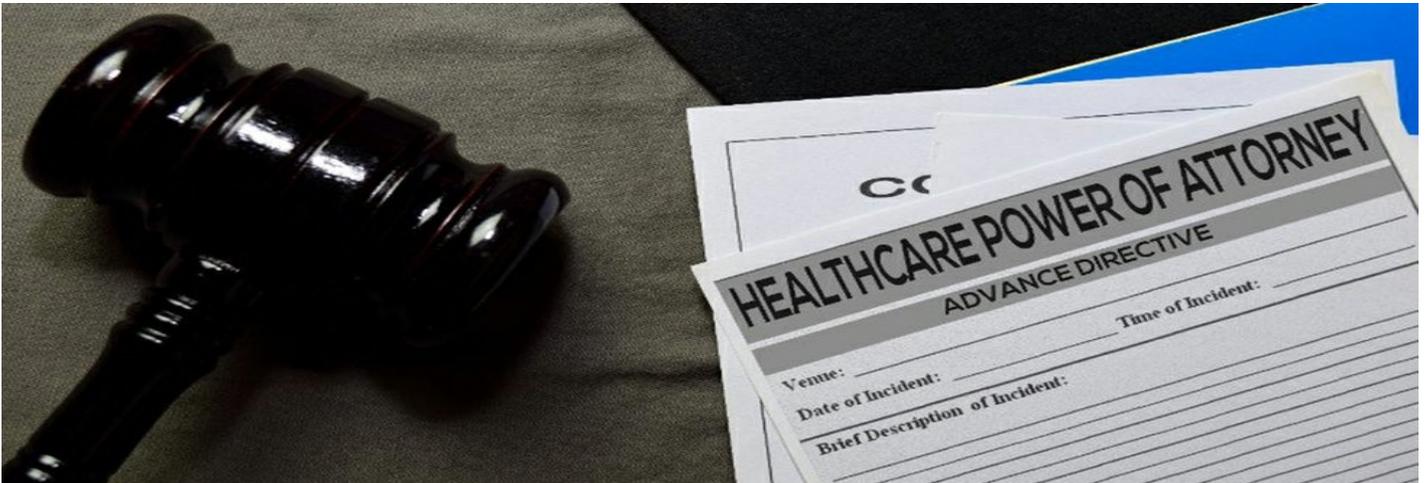
Ask us about the.....

ADRC LENDING LIBRARY



Caregiver Rights to Health Data

by [Marc Mar-Yohana](#)



When we start caring for a loved one, we instantly become the chief administrator of all their health information. We need to collect and organize records of past diagnoses, vitals, test results, lab results, medications, and much more. Very quickly records become folders. Folders become binders. Binder become files cabinets, computer hard drives, and flash drives.

At some point we realize that we may not have the full picture and our loved one may not be able to help. We need to call current and past medical providers and clinics to get the full picture. We may even need to contact the health insurance company or Medicare/Medicaid.

Right to access your records

First and foremost, we all have the right to get free access to our health information. This right is afforded us by the Health Insurance Portability and Accountability Act (HIPAA). Our records must be provided in an electronic (or other portable format) at no charge. This includes radiology images, test reports, and any documentation that may be used for continuity of care. You can learn more about HIPAA and these rights on the Health and Human Services (HHS) website, [Individuals' Right under HIPAA to Access their Health Information |](#)

Right to access your loved one's records

As a caregiver, you will need unfettered access to your loved one's healthcare information. Your right of access is based on your loved one authorizing you to act on their behalf. The best way to become authorized is by having your loved-one sign a Medical Power of Attorney (MPOA). This document can specify your role, the

actions you are authorized to take, and the amount of time that the MPOA is valid. Every state has different rules on what needs to be in this document and how it needs to be executed. You can do a web search by state to find the right form. Most major clinics or hospitals will have a properly formatted MPOA for their jurisdiction and will usually help you execute it.

Exercising your loved one's rights

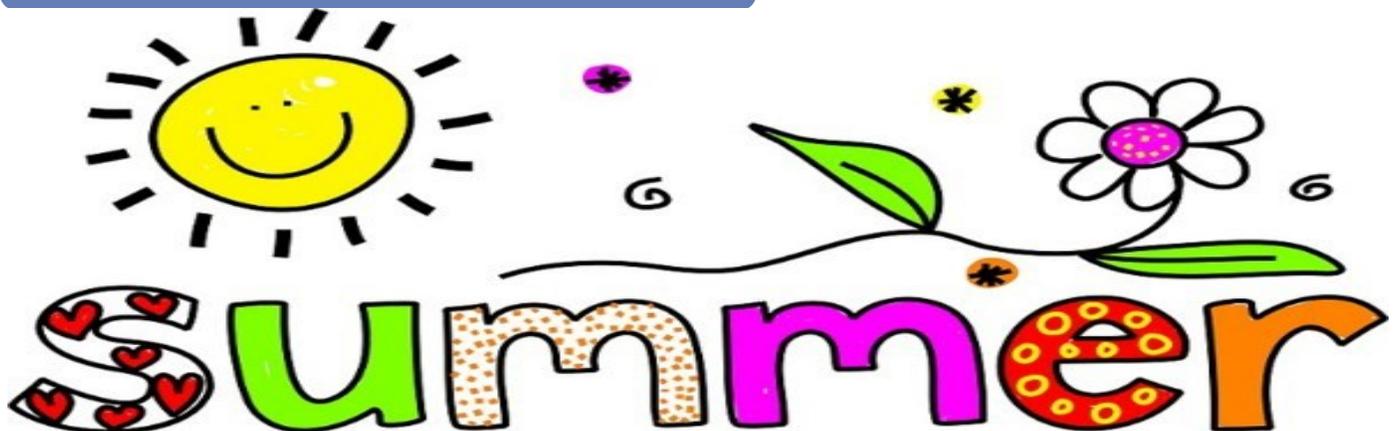
Once you have an executed MPOA, make lots of copies and be sure to file them with each of your loved one's healthcare providers, pharmacies, and their insurers. It will be helpful to keep a scanned copy on your cell phone, so you may present it on demand. You may also request access to the patient portal at your loved one's provider and insurer. Alternatively, you and your loved-one have the right to use your own health record application to access these medical records. This right is provided by the 21st Century Cures Act and the Office of the National Coordinator (ONC) Final Rule which states that you have the right to use the application of your choice to retrieve and manage your health records. You may learn about this right by visiting the ONC website: [What ONC's Cures Act Final Rule Means for Patients \(healthit.gov\)](http://www.healthit.gov)

Having an executed MPOA is also helpful to providers. It will allow them to discuss their concerns with you openly, allow you to schedule appointments, to retrieve healthcare information from other providers, and help with insurance claims and pre-authorizations. In short, with the MPOA you are now a contributing member of the care team.



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

Aging & Disability Resource Center of Clark County



WHAT TO DO if you get bitten by a dog or cat

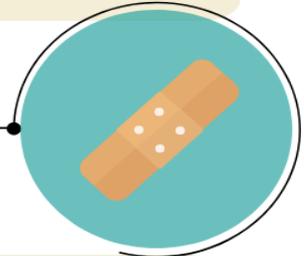


Exchange Contact Information

This will help you communicate with the dog or cat's owner if further action needs to be taken to prevent rabies.

Clean and Bandage the Wound

Use a mild soap, and run water over it for 5 to 10 minutes. Use antibiotic ointment and cover with bandages.



Contact Your Doctor

Call your doctor's office to determine if additional treatment is needed. **If the bite is severe, seek medical care immediately.**

Call the Health Department

Report the bite to the health department for further instruction to prevent rabies.



Help Prevent Tickborne Diseases



3 Common Diseases:

- Lyme
- Anaplasmosis
- Ehrlichiosis

April 7, 2022.



Wear insect repellent



Wear appropriate clothing



Do daily checks

#FightTheBite

COVID Funeral Funds Still Available

By the GWAAR Legal Services Team (for reprint)

In early April of 2021, the Federal Emergency Management Agency (FEMA) began accepting applications for funeral assistance related to COVID-19 fatalities. As of this month, FEMA has distributed more than \$2 billion in funeral assistance, but funding continues to be available and the program remains widely underused by eligible beneficiaries.

The FEMA funeral assistance program will pay up to \$9,000 for qualifying funeral expenses with the average payment standing at around \$6,500. There is no income eligibility limit to qualify for reimbursement and there is currently no deadline to apply for reimbursement, but applicants can expect to have to provide documentation to support the amount requested.

First, applicants are required to provide a death certificate that attributes the death directly or indirectly to COVID-19. That can be an obstacle due to inconsistencies in how causes of death are reported on death certificates. As an alternative, FEMA will also accept a letter from a coroner or medical examiner that identifies COVID-19 as a contributing factor.

Second, applicants will need to provide documentation of actual funeral costs, such as receipts or funeral home contracts, showing that the applicant accepted financial responsibility for those costs and that the expenses were incurred on or after January 20, 2020. Applicants will also need to be prepared to identify any burial or funeral insurance policies and any other sources of burial assistance already received. Burial expenses that were pre-paid prior to January 20, 2020, are not eligible for reimbursement.

The only way to apply for FEMA funeral assistance is by telephone (844-684-6333) so applicants should prepare before calling to provide all necessary information including the Social Security Number, date of birth, and last address of the deceased person along with their own address and telephone number.

You can now receive our newsletter in digital form. If you are interested please contact us a 715-743-5166.



TAP Hearing Aid Assistance

By the GWAAR Legal Services Team (for reprint)

Recently, the Wisconsin Department of Health Services (DHS) announced an increase in hearing aid assistance (HAA) funding through the Telecommunications Assistance Program (TAP). TAP HAA provides funding toward the purchase of new and refurbished hearing aids and cochlear implant external processors to increase the efficiency and use of telecommunications devices for distance communications. HAA can provide up to \$1,500 towards the cost of a telecoil or Bluetooth-enabled hearing aid or cochlear implant external processor. HAA is available to eligible applicants with an out-of-pocket expense and can be combined with additional benefits or discounts available through applicant insurance or supplemental plans.

Funding is limited and is on a first-come first-served basis. Applicants must meet the TAP program eligibility requirements. Specifically, applicants must:

- Be a Wisconsin resident;
- Meet income eligibility guidelines;
- Not be applying for TEPA, Copay, or TAP+;
- Purchase equipment through a certified audiologist or licensed hearing aid provider;
- Submit a quote for a hearing aid or cochlear implant external processor (must have a telecoil or Bluetooth program enabled and specified on quote);
- Submit a current completed hearing loss certification form, F-22554, signed by a certified audiologist or licensed hearing aid provider within the past six months (available at: <https://www.dhs.wisconsin.gov/library/f-22554.htm>); and
- Not be receiving Medical Assistance, like BadgerCare Plus or Medicaid.

The online application is available here: <https://www.surveygizmo.com/s3/6068207/e39f48a4ce15>. Applicants may also use the printable application form, F-02743, available here: <https://www.dhs.wisconsin.gov/forms/f02743.pdf>. As noted above, applicants must also submit a completed current hearing loss certification form, F-22554, and a quote noting that a T-coil or Bluetooth program is included and enabled.

HAA vouchers will be mailed to the applicant or the applicant's legal representative to be redeemed with an approved vendor. These vouchers will serve as a credit towards the total purchase price.

HAA funding is not intended to cover costs associated with hearing exams, other clinical or office expenses, medical expenses, or past purchase amounts. In addition, the following items are not covered: over-the-counter (OTC) hearing aids, mail-order hearing aids, personal sound amplification products (PSAP) like pocket talkers, online testing documentation, battery replacements, hearing aid or external processor repairs, non-certified or unlicensed providers, and providers not approved or active as a vendor in DHS's accounts payable system.

To search for a hearing aid provider, please see <https://www.healthyhearing.com/hearing-aids/WI-Wisconsin> and <https://npino.com/audiologists/wi/>.

If you have any questions or need assistance, please contact the TAP Program Coordinator via email at dhstap@dhs.wisconsin.gov or call 608-267-7195.

ADAPTIVE EQUIPMENT

The ADRC office has several pieces of DME equipment available in our Loan Closet call for further details 715-743-5166

We are also accepting donations of unused/unopened incontinence garments.



July is National Grilling Month

By the GWAAR Legal Services Team (for reprint)



Make the most of the summer weather by cooking your food outside! However, it's important to keep food safety in mind in order to prevent harmful bacteria from making you sick. Follow these simple food safety guidelines to keep food poisoning from ruining your cookout.

Keep Everything Clean

Be sure there are plenty of clean utensils and platters. If you will be grilling away from home, find out if there is a source of clean water. If not, bring water for preparing food and cleaning, and pack clean cloths for cleaning hands and surfaces.

Separate Raw and Cooked Foods

Do not use the same platter, cutting board, or utensils for raw and cooked foods. Harmful bacteria that may be present in raw meat and poultry and their juices can contaminate cooked food.

Marinate food in the refrigerator, not on the counter or outdoors. If you plan to use the marinade as a sauce on the cooked food, set some of the marinade aside before adding the rest to raw meat or poultry. Don't reuse marinade from raw meat unless you boil it to 165°F to destroy any bacteria.

Keep Cold Food Cold

Keep meat and poultry refrigerated until you are ready to cook it. Only take out what you will immediately cook. If you are using a cooler, keep it in the shade and out of

Cook Food Thoroughly

Thaw meat completely in the refrigerator so it cooks evenly on the grill. Then, cook it until it reaches a safe minimum internal temperature in order to destroy harmful bacteria. Meat and poultry cooked on a grill will brown quickly on the outside, so always use a food thermometer to make sure the food has reached a safe internal temperature. NEVER partially grill meat or poultry and finish cooking later.

Cook all raw beef, pork, lamb and veal steaks, chops, and roasts to a minimum internal temperature of 145°F.

Allow meat to rest for at least 3 minutes before carving or consuming. All raw ground beef, pork, lamb, and veal should be cooked to an internal temperature of 160°F. Poultry should be cooked to a minimum internal temperature of 165°F.

Smoking takes much longer than grilling and involves cooking food indirectly in the presence of a fire. Meat can be smoked in a smoker or in a covered grill with a pan of water placed beneath the meat. The temperature in the smoker should be kept at 250 to 300°F. Again, use a food thermometer to be sure the food has reached a safe internal temperature.

Pit roasting involves cooking meat over burning coals in a large hole dug in the ground. Cooking may take 10 to 12 hours or more. Cooking time will depend on outdoor temperature, the size and thickness of the meat or poultry being cooked, and how fast the coals are heated. You must use a food thermometer to determine when the meat or poultry is done.

Keep Hot Food Hot

After cooking meat and poultry, keep it hot (140°F or warmer) until served. Keep cooked meats hot by placing them to the side of the grill rack instead of directly over the coals where they will continue to cook. At home, you can keep cooked meat hot in an oven set at approximately 200°F, in a chafing dish, in a slow cooker, or on a warming tray.

Leftovers and Reheating

Refrigerate any leftovers immediately. Throw out any food that has been left out for more than 2 hours (1 hour if temperature outside is above 90°F). When reheating fully cooked meats like hot dogs or hamburgers, cook them until they reach 165°F.

NEWSLETTER POSTAGE DONATIONS

Thank you for your continued support of our Clark County ADRC Newsletter. We sincerely appreciate the support that our readers have shown by making donations towards the cost of postage. If you would like to make a newsletter donation please make a check payable to:

ADRC Newsletter and mail it to:

ADRC of Clark County

517 Court Street, Room 201

Neillsville, WI 54456

If you do not already receive this newsletter in the mail and if you would like to start, just include your name and address with your check and a note stating that you would like to start receiving it.

Save Money and Eat Well

Created by Grace Johnson,
Dietetic Intern, April 2018

- Prepare regular sized recipes and freeze the leftovers
- Buy in bulk and portion into smaller quantities
- Stock up your freezer with fruits and vegetables
- Label and date any leftovers in your refrigerator or freezer
- Utilize your grocery store's salad bar



Tips for Reducing a Recipe:

	CALLS FOR:	REDUCE TO:
Reduce to 1/2 of a Recipe	1/4 cup	2 Tablespoons
	1/3 cup	2 Tablespoons + 2 teaspoons
	1/2 cup	1/4 cup
	2/3 cup	1/3 cup
	3/4 cup	6 Tablespoons
	1 cup	1/2 cup
	1 Tablespoon	1-1/2 teaspoons
	1 teaspoon	1/2 teaspoon
	1/2 teaspoon	1/4 teaspoon
	1/4 teaspoon	1/8 teaspoon
	1/8 teaspoon	Dash

	CALLS FOR:	REDUCE TO:
Reduce to 1/3 of a Recipe	1/4 cup	1 Tablespoon + 1 teaspoon
	1/3 cup	1 Tablespoon + 2-1/3 teaspoons
	1/2 cup	2 Tablespoons + 2 teaspoons
	2/3 cup	3 Tablespoons + 1-1/2 teaspoons
	3/4 cup	3/4 cup
	1 cup	1/3 cup
	1 Tablespoon	1 teaspoon
	1 teaspoon	Generous 3/4 teaspoon
	1/2 teaspoon	Scant 1/4 teaspoon
	1/4 teaspoon	Scant 1/8 teaspoon
	1/8 teaspoon	Dash

Taco Soup Recipe:

Ingredients:

- ½ Pound Ground Meat
- 1 Onion, chopped
- Low-sodium Taco Seasoning, 1 package
- Tomato Juice, 1 can (46 oz.)
- Corn, 1 can (15 oz.) drain
- Black or Fava Beans, 1 can (15 oz.), drain and rinse
- Diced Tomatoes, 1 can (15 oz.)

Toppings:

- Low-fat Plain Greek Yogurt
- Avocado
- Shredded Cheese



Photo courtesy of pixabay.com

Directions:

1. Brown meat and onion in large pot, drain fat
2. Add remaining ingredients (Except toppings) and stir
3. Bring soup to a boil
4. Reduce heat to low and simmer for 30 minutes.
5. Top with shredded cheese, avocado, or Greek yogurt just before eating

***Recipe makes 4-6 servings.**

Plan to use leftovers within 3-5 days, or freeze up to 3 months!

Recipe adapted from kraftrecipes.com

One-Dish Italian Chicken and Veggie Bake:

Ingredients:

- 1/2 pound Chicken breast, halved
- 6 small red potatoes, quartered
- 6 oz. green beans
- 1 Tablespoon olive oil
- 1 Tablespoon garlic
- 1 Tablespoon Italian Seasoning



Recipe adapted from produceforkids.com

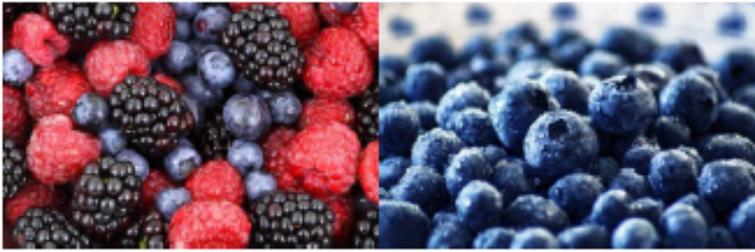
Photo courtesy of pixabay.com

Directions:

1. Preheat oven to 350F
2. Place chicken, potatoes, and green beans in rows in 13x9 -inch baking dish, with chicken in the middle
3. Drizzle with olive oil , season with garlic and Italian seasoning
4. Bake 50 mins, or until chicken reaches an internal temp of 165 and potatoes are tender

***Recipe makes 2 servings.**

Use 1 pound Chicken and additional veggies if meal prepping!



Photos courtesy of Pixabay.com

EAT WELL, AGE WELL.

BENEFITS OF BERRIES

It is the peak of summer – that means it is berry season! Berries are packed with nutrients like fiber, antioxidants, vitamins, and minerals. These nutrients may help protect against inflammation and cancer. Additionally, berries may be beneficial for the heart, brain, and eye health. The benefits are plentiful! Benefits associated with the most common berries are:

Blackberries: fiber, vitamin C

Strawberries: vitamin C, manganese, and polyphenols (antioxidant-rich micronutrients)

Blueberries: antioxidants and inflammation-fighting anthocyanins

Raspberries: fiber and polyphenols (antioxidant-rich micronutrients)

Berries are a delicious source of nutrients. Enjoy them as a snack, ingredient, or accompaniment. They do not have to be fresh – frozen berries are beneficial as well!

Source: www.aicr.org

WEEKLY CHALLENGES

TRY A NEW TYPE OF BERRY, LIKE ELDERBERRIES OR GOOSEBERRIES

UTILIZE FROZEN BERRIES IN A DESSERT, JAM, OR FROZEN YOGURT

ADD BERRIES TO FOODS YOU ALREADY CONSUME, LIKE OATMEAL OR CEREAL

**DID YOU KNOW?
JULY IS NATIONAL BERRY MONTH!**

Recipe for: Strawberry and Cream Pinwheels

Beneficial Bites 

*8oz package cream cheese (light or regular)
1 cup fresh strawberries, diced
Pinch of cinnamon
4-5 flour tortillas*

In a medium bowl, combine cream cheese and strawberries and stir until blended. Spread cream cheese mixture on each tortilla and tightly wrap each up. Wrap in plastic wrap and place in refrigerator for several hours until set.

Using a sharp knife Cut slices and serve cold.



Recipe for: Fresh Salsa

Beneficial Bites 

*3 tomatoes
½ cup green sweet bell peppers
¼ cup onions, chopped
1 t garlic powder
1 t cumin
¼ t ground red pepper
2 t vinegar
1 t olive oil
2 t lemon juice*

Chop vegetables. Add remaining ingredients and mix well. Serve with whole wheat crackers or baked tortilla chips

*Recipe from **Fix-It and Enjoy It Healthy Cookbook**, Phyllis Pellman Good*



Many Varieties of Dancing



- | | | |
|--------------|------------|--------------|
| BALLET | HIP-HOP | POLKA |
| BALLROOM | IRISH | PRACTICE |
| BELLY DANCER | JAZZ | SALSA |
| BREAK DANCE | LESSON | SQUARE DANCE |
| CELTIC | LIMBO | STEPS |
| CHARLESTON | LINE DANCE | SWING |
| CHOREOGRAPHY | MAMBO | TANGO |
| DISC JOCKEY | MOVES | TAP |
| EXERCISE | ORCHESTRA | TURN |
| FLEXIBLE | PARTNER | TWIST |
| FOX TROT | PHYSICAL | WALTZ |

To answer the trivia question, look for a word or phrase that is hidden in the puzzle, but not in the word list.

Trivia: In 2006, this was the world's most popular television show. It was rated in the top ten television shows in 17 different countries.

Answer: _____



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<http://www.co.clark.wi.us/index.aspx?NID=767>

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