

June 2022



# Newsletter

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## Lines from Lynne

Hasn't the weather been wonderful? Warmer weather always seems to lift the spirit, motivating everyone to get outside and enjoy activities. And we have some great activities happening ....

Its **Farmers' Market Voucher** time. What a wonderful way to get fresh vegetables whether you prefer them as a snack or for those more energetic, it's a great way to can for the winter. Please do not let transportation be a barrier. Just a reminder that you can delegate a family or friend to pick up your vegetables on your behalf. If you are interested in choosing your own and need transportation, please call our office and we can help make those arrangements. Watch our Facebook page for upcoming education and recipes!

We are excited to announce that the Loyal Public Library is launching its first **Lunch and Learn** model of congregate dining starting June 14th . We are all very excited about these new community focused opportunities. The group decides the topic so please think about coming for a visit to see if this is something you are interested in joining. We will stagger these great monthly get together opportunities so if you want to attend more than one you can. Not to worry, we will not have the same topics between Greenwood and Loyal, so if you want to attend both you will not hear the same information.

Want to sign up, please call the individual library to get your name on the list.

Loyal Public Library	2 <sup>nd</sup> Tuesday of each month	(715) 255-8189
Greenwood Public Library	3 <sup>rd</sup> Tuesday of each month	(715) 267-7103

Good News – Bad News! I hope everyone is aware of the ADRC's supplement program. Bad news, as we see all prices increase, so has our **nutritional supplements**. Good News, we are still dedicated to offering supplements affordably so no one goes without. At this time we have had to raise our cost per case from \$20.00 to \$22.00 for either regular or plus but still a significant savings when comparing to the increase price at your local stores. If you or someone you know needs nutrition supplements, please give us a call and we can walk you through that process.

Please always remember that the ADRC is like a treasure chest of opportunities. We have so many supports and small grant options, that it is impossible to write about them all, such as: homemaker services, lawn/snow care services, caregiver services, transportation or safety and security to name a few. I am always excited to be invited out into the community to talk with groups or individuals about the complex Aging and Disability services that the ADRC has to offer. I encourage you to reach out when you have a need to see how we can help, you may be surprised.

It truly is our privilege to serve you.

\*We are now in electronic format. If you prefer to receive your ADRC newsletter electronically rather than in paper format go to the Clark County Website <https://www.clarkcountymi.gov/adrc-newsletter> and click Go Digital

Please like and share our Facebook page!

**Lynne L. McDonald**  
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## **Senior Farmers' Market Nutrition Program**

The Senior Farmers' Market Nutrition Program helps seniors to access fresh, nutritious, locally grown fruits, herbs, and vegetables.

Clark County will again be distributing Farmers' Market vouchers beginning June 1, 2022. Please watch for more information in the upcoming newsletter & media releases.

Don't let transportation issues hold you back from using your farmers' market vouchers. ADRC is here to help. Give us a call at 715-743-5166.

## **Recent Scam Activity**

The Clark County Sheriff's Office has been made aware of recent scam activity in the county. Some of these con-artists sound very professional and have well thought out scams but are defrauding hundreds of people daily.

One of the recent scams that has been reported to the Clark County Sheriff's Office include:

A person calls and tells you that they are your child or grandchild, is currently out of the state, was involved in an accident and needs money. The individual knows family member's names and is very convincing.

The individual then gives the phone to another person who claims they are an attorney representing the family member. They say that because your family member was at fault for the accident, they will be charged in court and need money to get out of jail.

It's evident the scammers do research and know information about you. If someone calls you about a family member needing money, get a call back number and verify the whereabouts of the person. Be very cautious about anyone asking for money and requesting it be sent via FedEx or express mail.

In the event that you, or anyone you know, fall victim to a scam you should record the following information:

- Victim's name, address, telephone, and email
- Financial transaction information (e.g., account information, transaction date and amount, who received the money)
- Date and time of incident
- Subject's name, address, telephone, email, website, and IP address
- Email header(s)
- Any other relevant information you believe is necessary that may be relevant to that incident

If you believe that you or someone you know has been scammed or have received these types of scams, please contact your local law enforcement agency or the Clark County Sheriff's Office at 800-743-2420. If you have been scammed over the internet, please contact the Federal Bureau of Investigation Internet Crime Complaint Center (IC3) at [www.ic3.gov](http://www.ic3.gov) to file a report.

# Traveling This Summer? Check Your Health Coverage Before You Leave!

*By the GWAAR Legal Services Team*



After 24 months of living with a pandemic and enduring Covid restrictions, the easing of these restrictions may bring a new sense of relief. For many of us, we may feel more comfortable venturing forth and traveling in the coming months. Plans may include resuming postponed trips or whole new vacation destinations may be underway. If you are traveling this summer, there is still a lot to do before you leave. Before you pack your suitcases, you should take a look at your health insurance coverage.

If you have Original Medicare, Medicare will cover your health care services when you're in the United States, which includes Puerto Rico, the U.S. Virgin Islands, Guam, American Samoa, and the Northern Mariana Islands. However, if you travel outside of the U.S., including to Canada or Mexico, Medicare will not pay for any health care services or supplies you receive outside the U.S., except in very limited situations.

Medicare supplement plans, or Medigap plans, allow you to see any provider who accepts Medicare. That means that if you are traveling within the U.S., and you have Original Medicare and a supplement plan, you will have coverage for any health care services or supplies you receive from providers who accept Medicare. If you are planning to travel outside the U.S., check your supplement policy to see if it includes coverage for any services received outside the U.S.

Medicare Advantage plans, on the other hand, often only operate within a specific network. If you have an Advantage plan, check with your plan to see whether out-of-network services are covered. Out-of-network emergency care will generally be covered. Some Medicare Advantage plans may provide additional coverage when you are traveling outside of the United States. Check with your plan for more information.

If you will need to refill your prescriptions while traveling, check with your prescription drug plan to see whether there are any network pharmacies at your destination. If you will not be able to use a network pharmacy while traveling, you may have to pay the full cost of your drugs when you fill your prescription. Check with your drug plan for information about how the plan reimburses out-of-network pharmacy purchases. Make sure you save your receipts! Please be aware that Medicare drug plans will not cover prescription drugs you buy outside the U.S.

If you are concerned about not having coverage for medical care while you travel, don't panic! Consider buying a travel insurance policy that includes health coverage. To purchase travel insurance, talk to an insurance agent. Be sure to ask about coverage for pre-existing conditions.

Taking the time to plan out your health care coverage before you travel will help you to have an enjoyable and relaxing trip. Bon voyage!

## **Stay Youthful ... Drink Milk**

June Dairy Month started out as a way to distribute extra milk during the warm months of summer. The commemoration was established in 1937 by grocer organizations sponsoring "National Milk Month." **By 1939, June became the official "dairy month" and is still celebrated today.**



# Unwanted or Unneeded Disposal

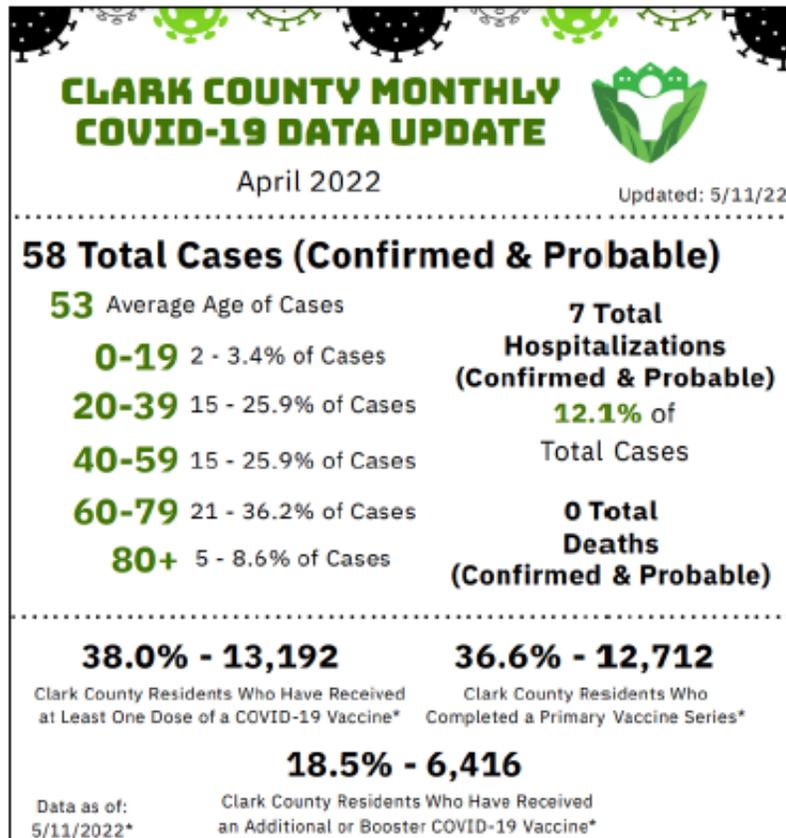
SHARPS	MEDICATIONS	ACCEPTED MEDICATIONS
<p><b>Marshfield Medical Center</b> 611 Saint Joseph's Avenue Marshfield, WI 54449 Main Entrance: 7am-10pm Daily</p>	<p><b>Clark County Sheriff's Department</b> 517 Court Street Neillsville, WI 54456 24/7 (715) 743-5278</p>	<p>Prescriptions: medication, patches, or ointments, over-the-counter medications, vitamins, samples, and pet medications.</p>
<p>Must be in a puncture resistant container.</p>	<p><b>Colby-Abbotsford Police Department</b> 112 W. Spruce Street Abbotsford, WI 54405 Mon, Tues, Thur, Fri: 9am-4pm (715) 223-2313 (Ext. 2)</p>	<p><b>NOT ACCEPTED MEDICATIONS</b></p>
<p><b>Aspirus Stanley Hospital</b> 1120 Pine Street Stanley, WI 54768 Main Entrance: 7am-4pm, Mon-Fri</p>	<p><b>Loyal Police Department</b> 301 N. Main Street Loyal, WI 54446 Mon-Fri: 8am-430pm (Appointment Only) (715) 255-8986</p>	<p>Hydrogen peroxide, inhalers, thermometers, needles (sharps), aerosol cans, and lotions or liquids. Business or clinic owner drop-offs.</p>
<p>Must be in a biohazard sharps container.</p>	<p><b>Thorp City Hall</b> 300 W. Prospect Street Thorp, WI 54771 Mon-Fri: 8am-430pm</p>	<p> Information compiled by: Clark County Health Department Updated: 5/19/22</p>





**Clark County COVID-19 Situational Report & Vaccine Update**  
Clark County Health Department (CCHD) - 5/19/22

Clark County Data Update



Prevention

- The CCHD recommends all COVID-19 preventative measures (wearing a mask when recommended, staying up-to-date on vaccinations, staying home when sick, washing your hands, etc.).
- Mask recommendations are based on CDC Community Levels.
  - Low (Green): No mask recommendations.
  - Medium (Yellow): If you are at high risk for severe illness, talk to your healthcare provider about whether you need to wear a mask and take other precautions.
  - High (Orange): Wear a mask indoors in public, regardless of vaccination status.

### Community Level

- As of 5/12/22, Clark County has a Low (Green) Community Level.
- Community levels are increasing across Wisconsin.

### Hospitalizations & Hospital Capacity

- 4/27/22-5/10/22
  - North Central Region
    - No significant change in COVID-19 hospitalizations.
  - Hospital Capacity in Wisconsin (Including Non-COVID-19 Hospitalizations)
    - 87.9% of hospital beds in use.
    - 86.3% of ICU beds in use.
    - 14% of ventilators in use.
  - Hospital Peak Capacity (Including Non-COVID-19 Hospitalizations)
    - 23.1% of hospitals at overall peak capacity.
    - 41.5% of hospitals with their ICUs at peak capacity.
    - 29.9% of hospitals with their Med/Surg units at peak capacity.

### Testing

- The CCHD can assist in helping find a local testing entity, if needed.
- The CCHD has free COVID-19 rapid at-home test kits available (first come, first served basis). Test kits are available for pick-up at three locations in Clark County.
  - Thorp Public Library (Thorp) *(Available on 5/23/22)*
  - Colby Community Library (Colby) *(Available on 5/23/22)*
  - Clark County Health Department (Neillsville)

### Free N95 Masks

- The CCHD has free N95 masks available (first come, first served basis). Masks are available for pick-up at three locations in Clark County.
  - Thorp Public Library (Thorp)
  - Colby Community Library (Colby)
  - Clark County Health Department (Neillsville)

## Resource Phone Line

A promotional graphic for a COVID-19 resource phone line. The background is a photograph of a woman in an orange shirt sitting on a bed, looking at a laptop. The text is overlaid on the image. On the left, in large green letters, is 'COVID-19 Resource Phone Line'. Below that, in white, is 'Questions Regarding:' followed by a bulleted list: 'Isolation', 'Quarantine', 'Testing', and 'Vaccination, Etc.'. On the right, in white, is 'Isolation & Quarantine is Still Required'. At the top right, in small white text, is 'Or visit: www.clarkcountywi.gov/covid-19-resources'. At the bottom, in large white letters, is the phone number '1 (715)-743-5105'. Below the phone number, on the left, is 'We are here to help. Give us a call!' and on the right is 'Select Option 9'. In the bottom right corner is the Clark County logo, which is a green stylized figure with arms raised, and the text 'Clark County' below it.

**COVID-19  
Resource  
Phone  
Line**

Or visit:  
[www.clarkcountywi.gov/  
covid-19-resources](http://www.clarkcountywi.gov/covid-19-resources)

**Isolation & Quarantine  
is Still Required**

Questions Regarding:

- Isolation
- Quarantine
- Testing
- Vaccination, Etc.

**1 (715)-743-5105**

We are here to help.  
Give us a call!

**Select Option 9**

Clark County

## Vaccine Updates

- COVID-19 vaccines continue to be extremely effective at preventing serious illness, hospitalizations, and deaths.

## Clark County Residents - Vaccination Data

- As of 5/18/22:
  - 38% have received at least one dose.
  - 36.6% have completed a vaccine series.
  - 18.5% have received an additional/booster dose.
- Clark County is the 2<sup>nd</sup> lowest vaccinated county in the state.

## Wisconsin Residents - Vaccination Data

- As of 5/18/22:
  - 64.4% have received at least one dose.
  - 61.2% have completed a vaccine series.
  - 34.4% have received an additional/booster dose.

## CCHD Vaccine Administration

- The CCHD continues to offer free COVID-19 vaccines, by appointment, every Monday afternoon at the Health Department, and the second Wednesday of every month at the Clark County Rehab & Living Center.
- At this time, the CCHD only has Moderna (Ages 18+) stocked. Pediatric Pfizer (5-11 years old) may be available upon request.

# CAREGIVER EMOTIONS: 2 TIPS FOR MANAGING TOUGH FEELINGS



## A major part of caregiver stress is caused by emotions

Caring for an older adult is a stressful challenge that often takes a toll on your health.

But only part of that stress comes from juggling day-to-day tasks. A big contributor is the strong emotions that naturally come up while caregiving.

To reduce the stress from caregiver emotions, we asked experienced social worker Florence Marchick for advice.

She's worked with aging adults and their families for over 24 years, so she truly understands the tough issues that caregivers face.

We explain how to identify common caregiver emotions and Florence shares her 2 best tips managing these challenging emotions.

## How to identify common caregiver emotions

Identifying and acknowledging your emotions is the first step to dealing with them.

Have you had any of these thoughts? If so, you're definitely not alone. Florence has talked with countless numbers of caregivers with these same feelings.

### Guilt

- I'm not doing enough.
- I promised I would always care for dad at home.
- I should be doing a better job.
- I shouldn't be feeling angry or resentful.

## **Sadness and depression**

- I've lost so much.
- I just can't cope.
- I can't stand for things to be this way.
- It's hopeless, there's nothing I can change.

## **Loneliness**

- I feel abandoned. Friends and family have dropped away.
- I have nobody to talk to anymore.
- My social life is nonexistent. When would I have time for outside relationships?
- I can't socialize. I have to stay home all the time to watch mom.

## **2 tried-and-true tips for managing caregiver emotions**

There's no sugarcoating it, caregiving is a difficult and sometimes thankless job that comes with plenty of strong emotions.

Here are Florence's top 2 pieces of advice that she always recommends to families she works with.

### **1. Find support from people who understand**

Finding people who really "get it" might mean going to a local support group, joining an online support group, or talking with friends and family who are also caring for older adults.

Today, 1 in 5 people are caring for an aging adult, so it won't be too hard to find someone who's having similar experiences.

Venting your anger and frustration and sharing your experiences makes you feel better and takes a weight off your shoulders.

Talking with others is also a chance to give and receive tips for solving the problems that keep you up at night.

And sometimes, talking through a problem can lead you to a brilliant solution or help you accept a difficult decision.

## 2. Find humor wherever you can

As the saying goes, you can either laugh or cry.

Finding the humor wherever you can, even in dark times, is an amazing coping technique.

After you've had a good cry, move on to finding the laughter whenever possible.

Don't feel guilty about looking for humorous moments, you're not laughing at your older adult. You're laughing at a ridiculous situation.

Often, your laughter could inspire your older adult to laugh too. That eases tension and lightens the mood.

Another reason to talk with others who are also caring for seniors is so you can laugh together about things only caregivers would understand.

You're like co-workers in the field of caregiving, poking fun at the crazy parts of your job. Trying to share the joke with non-caregivers often doesn't work.

By DailyCaring Editorial Team

Image: [Home Instead Senior Care Minneapolis](#)

**StrongBodies** classes are meeting in person again. StrongBodies is an evidence-based strength-training program for middle-aged and older adults. Since the program began in Wisconsin more than 17,000 individuals have participated in the program across the state. The Neillsville American Legion will be hosting classes beginning on Thursday June 9<sup>th</sup> at 5:00 P.M. This 10 week classes is open to the public and is \$10.00 for all 10 classes. Call the UW-Extension office at 715-743-5121 to register.





Photo courtesy of pixabay.com

## EAT WELL, CARE WELL. LOW-SODIUM COOKING TIPS

Sodium (salt) is used in most dishes and processed foods. Salt seems to be the first spice that we reach for because it enhances the flavor of foods, but many other spices or herbs can do the same. Regularly consuming too much sodium can increase one's risk of developing high blood pressure, heart disease, and stroke. So, it is important to limit one's sodium intake to 2300 mg or less per day for prolonged health.

**Shopping tips:** Canned beans, vegetables, sauces, and soups are often very high in sodium. However, there are usually "low-sodium" or "no salt added" versions that can help you monitor and limit your daily sodium intake while enjoying and cooking with the same types of foods.

**Focus on fresh:** Select fresh foods like whole fruits and vegetables which naturally contain little to no sodium. Incorporate these into your cooking or eat them as a snack instead of a salty processed food.

**Alternatives to salt** – When seasoning your recipes, try to use spices instead of salt. Spices such as garlic powder, onion powder, paprika, cumin, oregano, and pepper add much flavor without the addition of sodium. Fresh herbs or citrus juices can also increase flavor too.

**How to consume less sodium.** Start by making small changes. It will be hard to suddenly cut sodium out of your diet. Focus on fresh options, incorporate more sodium-free spices, and select low-sodium foods.

### WEEKLY CHALLENGES

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READ NUTRITION  
LABELS TO KNOW  
HOW MUCH SODIUM A  
FOOD CONTAINS

---

USE SPICES AND  
HERBS INSTEAD OF  
SALT IN YOUR MEALS  
THIS WEEK

---

CHOOSE FRESH FRUITS  
AND VEGETABLES  
OVER PROCESSED  
FOODS

---

### DID YOU KNOW?

2300 MG OF SODIUM IS  
EQUAL TO 1 TSP OF SALT.  
IT IS RECOMMENDED TO  
LIMIT YOUR DAILY INTAKE  
TO 2300 MG OR LESS

## LOW-SODIUM SHEET PAN CHICKEN AND VEGGIE FAJITAS

### Ingredients

- 2 lb chicken breast, sliced in half lengthwise and cut into small strips
- 1 green pepper, sliced
- ▲ ▪ 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 onion, sliced
- Cooking spray (can brush the pan with regular oil)
- 1 tbsp olive oil (or oil of choice)
- 8 low-sodium tortillas

### Seasoning

- 1 tsp chili powder
- ½ tsp paprika
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp dried oregano
- ½ tsp dried cilantro
- ½ tsp cumin
- ¼ tsp cayenne pepper

### Instructions

1. Preheat the oven to 350 degrees F.
2. Lightly coat the sheet pan with cooking spray or oil
3. Slice the peppers, onion, and chicken into strips
4. Combine the spice mixture in a small dish
5. Spread the sliced peppers, onions, and chicken on the prepared sheet pan (make sure the chicken strips do not overlap)
6. Drizzle 1 tbsp olive oil over the entire pan
7. Sprinkle the seasoning mixture over the entire pan
8. Gently toss the ingredients to evenly coat the chicken and vegetables with oil and seasoning
9. Bake for 20 minutes or until the chicken reaches 165 degrees F
10. Serve in warm low-sodium tortillas
11. Top the fajitas with toppings of your choice\*

Yield: 8 fajitas | 300 calories per fajita | Prep time: 10-15 minutes | Total time: 30-35 minutes

Each fajita contains 225 mg sodium, which makes it a low-sodium meal option.

\*Additional toppings such as cheese, salsa, or guacamole will add some additional sodium, so this is something to be mindful of.

Recipe adapted from the following source: <https://www.nourishedsimply.com/sheet-pan-chicken-fajitas/>

# Predicting the Weather

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

ACCURATE	HEAT INDEX	NATIONAL	THERMOMETER
ANEMOMETER	HIGH	OUTLOOK	THIS WEEK
AREA	HOT	PRECIPITATION	THUNDER
BAROMETER	HUMIDITY	PREDICT	TODAY
BLIZZARD	HYGROMETER	PRESSURE	TOMORROW
CITIES	ICY	RADAR	TORNADO
CLIMATE	LIGHTNING	RAIN	VISIBILITY
CLOUDY	LOCAL	SLEET	WARNING
COLD	LOW	SLIPPERY	WATCH
COMPUTER	MAP	SNOW	WINDCHILL
DOPPLER	METEOROLOGIST	STORM	WINDY
DRY	MILD	SUNNY	
FORECAST	MODEL	SUNSHINE	
FREEZING	MOISTURE	TELEVISION	

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

**Trivia:** What are the only two states in the USA that have never reached 100 degrees Fahrenheit (37.8 degrees Celsius)?

**Answers:** \_\_\_\_\_ and \_\_\_\_\_



**ADRC Director**

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**ADRC Financial Manager**

*Lynn Crothers*

**ADRC Admin. Assistant**

*Kim Stetzer*

**Nutrition & Prevention**

**Coordinator**

**Elder Benefit Specialist**

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**Disability Benefit Specialist**

*Crystal Rueth*

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**ADRC Newsletter Online:**

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

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