

January 2022



# Newsletter

Toll Free: 866-743-5144

Office: 715-743-5166

Fax: 715-743-5240

## AARP Foundation Tax-Aide

The Tax-Aide program provides tax assistance free of charge with a special focus on taxpayers who are over 50 or have lower incomes. Tax-Aide volunteers are located nationwide and are trained and IRS-certified every year.

To have your 2021 income tax returns prepared, call Clark County ADRC at (715) 743-5166 AFTER JANUARY 15 to make an appointment. After you've made an appointment, you'll have to pick up an information packet. There will be instructions explaining how to fill out forms, a telephone number to call with questions, and a list of what tax forms you should bring to your appointment.

**It's important to fill out the papers in your packet before your appointment because you can only meet with the tax preparers for 15-30 minutes.**

In 2022, having your tax returns prepared will be a two-step process.

You will bring in the completed information packet and all of your tax documents and be interviewed by the Tax Counselors. You will have to provide a telephone number so they can call you if they have questions while they are preparing your tax return.

You will return 1-2 hours later to review (with a Counselor), sign and pick up your completed tax return and documents. You'll be told what time to come back at the first appointment.

Both appointments should be on the same day unless you are missing necessary information.

In 2022, to keep volunteer tax preparers and clients safe, AARP Foundation **requires** everyone to wear a face mask at their tax appointments and to maintain CDC social distancing recommendations. No walk-in appointments will be accepted.

## Greetings,

I hope 2022 finds you and your loved ones healthy and safe. In this article, I thought I would share a little about the Office of Sheriff with you.

The Wisconsin Constitution (Article VI, Section 4) defines the Office of Sheriff. It is an elected office in each county with a four-year term. The Sheriff is a constitutional officer who is the Chief Law Enforcement Officer of the County. The Sheriff's duties are varied, defined in the Wisconsin Statutes and duties include, enforcing state law and County ordinances, maintaining the peace, county jail, and serving both criminal and civil process.

The Sheriff can declare leadership, control, and direction because of his/her position as chief law enforcement officer of the County. It is the duty of the local police officers to cooperate. Local law enforcement personnel are subject to the command of the Sheriff even when acting within their municipal boundaries. The Sheriff has concurrent authority with local law enforcement personnel regardless of municipal boundaries.

Over the last three years, I have lived my dream as your sheriff. Every day I think about the fact that the citizens chose me to be the Chief Law Enforcement Officer of Clark County. With that comes pride, honor, being humbled and a ton of responsibility. We work hard in an effort to work with the citizens and not to let the citizens down. Emergency Services, EMT's, Firefighters and Law Enforcement Officers do not care if you are Republican, Democrat or your skin tone, when we receive the call, we respond to assist citizens in their time of need or crisis.

My goal as Sheriff is to continue my service to the citizens of Clark County, to test my Servant Leadership skills, and to take the Sheriff's Office to a new level. This is something that does not happen overnight. Retired Sheriff Louis Rosandich told me before I became Sheriff; it would take four years to change the philosophy of the current Sheriff Office. Lou was spot on. The staff needed to be assessed in an effort to put the right people in the right positions with the same leadership style and philosophy Chief Deputy Hirsch and I had. We look at our staff; see their potential, work hard to develop them professionally and make it a point to maintain their mental wellness.

One of our goals is to provide leadership training to develop staff as future leaders of the Sheriff Office. Seek and find your replacement and build them into a leader better than yourself. Retired Sheriff Paul Laney said: "Leadership transforms potential into reality." The Clark County Sheriff Office staff has the talent, potential and training to be a great service to you, the citizens.

I had little to do with the agency transformation, other than a vision and a goal to take our agency to the next level. The Command staff, the Sergeants and the staff itself are the real leaders in our office. They deserve the credit for what the agency is today and what it will be tomorrow.

In closing, I thank you for the honor and the opportunity to serve you, the Citizens of Clark County. Take care and God Bless.

Scott Haines

Clark County Sheriff



**Getting a booster increases your protection!**

**2x**

A UK report showed that those who got two shots of Pfizer had 30-40% protection against Omicron, compared to **70-80% protection** for those that got a **booster!**

**Get a Booster**

- 1 You are 16 or older
- 2 It has been 6 months past your second shot of Pfizer or Moderna **OR** It has been 2 months past your J&J shot

*\*Those 16 and 17 can only get a booster with Pfizer.*

**Find a vaccine at [vaccines.gov](https://www.vaccines.gov) or call (715) 743-5105 (Option 9, Option 9)**

Source: SARS-CoV-2 variants of concern and variants under investigation ([publishing.service.gov.uk](https://publishing.service.gov.uk))  
CDC Expands COVID-19 Booster Recommendations to 16-and-17-year-olds | CDC Online Newsroom | CDC

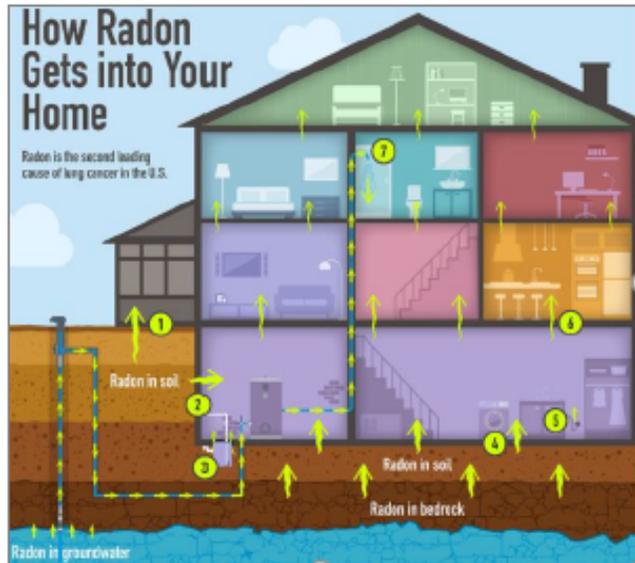
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## JANUARY IS NATIONAL RADON ACTION MONTH

January is National Radon Action Month. The Clark County Health Department (CCHD), along with the Wisconsin Department of Health Services (DHS) and the U.S. Environmental Protection Agency (EPA), recommends that all residents test their homes at least once for the presence of radon gas. If a high level of radon gas is detected, simple steps can be taken to correct the problem.

Radon is a naturally occurring radioactive gas that originates from the decay of uranium found in rocks, soil, and water. It is expelled from the ground and can enter homes through cracks in the foundation, openings around joints and pipes, and dirt floors. **About 1 out of 10 Wisconsin homes has high radon levels;** however, the amount of radon gas varies across the state. An interactive map displaying the average radon levels based on zip codes throughout the entire state can be found on [www.lowradon.org](http://www.lowradon.org).



Each year, radon gas claims about 21,000 lives. Radon gas is invisible, odorless, and tasteless, and does not cause irritation to the eyes or nose, making it difficult to detect. If undetected, radon can build to high levels inside your home. The unsafe level of radon exposure set by the EPA is 4 pCi/L (picocuries per liter of air). Long-term exposure at this level or a greater level is a significant risk factor for the development of lung cancer.

In the U.S., radon exposure is the leading cause of death from lung cancer among nonsmokers. Additionally, the Surgeon General advises that, after cigarette smoke, exposure to radon is the second leading cause of lung cancer. If you live in a home with high radon levels, **smoking raises your risk of lung cancer by 10 times.**

Fortunately, lung cancer caused by radon is largely preventable and radon can be controlled in any home. A certified contractor can install a radon mitigation system to greatly reduce the concentration of radon in your home. For a list of contractors or more information, visit the DHS's Radon Measurement and Mitigation Contractors [webpage](#).

The only way to know if you have a safe level of radon inside your home is to conduct a radon test. Testing is simple, quick, and inexpensive. Short-term radon test kits provided by the Clark County Health Department are available for \$6.00 and can be picked up at the Health Department. Kits can be mailed for an additional \$2.00. Radon test kits can also be found at many local hardware stores. To purchase a kit from CCHD or for more information, please call 715-743-5112, or visit [www.lowradon.org](http://www.lowradon.org).

# After Caregiving: Picking Up The Pieces

by [Brenda Race](#)

As a caregiver, we totally commit ourselves to caring for another person who no longer functions as they once did in the normal scheme of life. We move in with them or move them to us. We give up our jobs, our own independence, and very often our family and friends. We become so involved with the care of that person out of love that we ourselves are removed from normal day to day living. Our entire life revolves around comforting and making our loved one feel loved. We protect them at all costs. In a very real sense we have given our life for another.... not out of obligation but out of LOVE! The ultimate test of LOVE for another!

Then one day we wake up and our commitment has been released to a far greater LOVE in a place of no more pain or suffering! We grieve and then the process of finding our way back into the world begins anew.

How do we pick up the pieces and start to live again? I guess there is no so-called normal pattern that each of us has to follow. It seems to come down to taking one step at a time...some walk slower than others and some speed their way back out into the world! Often we take one step forward and two backwards ... it is not an easy process but there is a life after caregiving! We just have to look forward and find opportunities that are once again there for us.

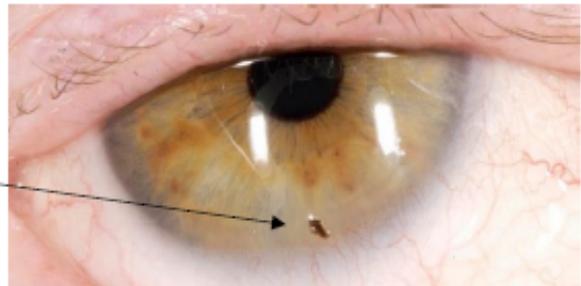
Renew old friendships, find a job that you feel good doing, do volunteer work (we already know you are a caring concerned person!), find a new or renew an old hobby.... but begin to take a few small steps towards living again! One of the best therapies is finding a friend you can talk to...one who will listen and support you as you ease back into the world! Soon you will find that life does still exist and you are a part of it! Butterflies are still flying and the birds are still singing. The light of another day is showing through the clouds, and all that you gave up was well worth it in the end!

We are better than ever for our commitment. We are forever changed in a good way.... no one can ever take that total love away from us as we again join the world!

## Who should you call?

Americans of retirement age are very active! Some are still employed, while others find themselves involved in raising grandchildren, volunteering, or just enjoying the free time now available to them.

Due to increased activity these patients sometimes find themselves dealing with foreign material that has lodged in the eye. It may be dirt, grass, a piece of a twig or metal shaving, or even a simple eyelash that they are unable to remove.



It can cause discomfort, burning, stinging, tearing, itching, inflammation, redness, and uncontrollable blinking. These unwanted culprits may cause ocular infection, so it's necessary to have them removed.

I think we'd all agree that our eyes are important! When you have an EYE injury or foreign body in your eye, don't try to remove it yourself! See your EYE doctor for diagnosis and treatment.



Dr. Mathew Mergenthaler

Your eye doctor has the right instruments to evaluate and care for eye injuries, foreign bodies, scratches, pokes, or infections, and most accept same day appointments for emergency care. You only have two eyes, so be proactive about protecting your vision. If you do find yourself in a situation as we described here, **CALL YOUR EYE DOCTOR.**

Dr. Mathew Mergenthaler is an optometrist with HealthView Eye Care Center-Medford & Colby  
715.223.4003 or 866.748.2020.

# What is the Medicare Advantage Open Enrollment Period?

*By the GWAAR Legal Services Team (for reprint)*

Beginning January 1 through March 31, 2022, individuals who are *already enrolled* in a Medicare Advantage Plan can make certain changes. Individuals can only make one change during this period, and the change is effective the first of the month following the month the plan gets the request.

If you are enrolled in a Medicare Advantage Plan as of January 1, 2022 (with or without drug coverage) you can do the following:

- Switch to another Medicare Advantage Plan (with or without drug coverage); or
- Disenroll from your Medicare Advantage Plan and return to Original Medicare. If you choose to do so, you'll be able to join a standalone Medicare drug plan.

During this time, you can't do the following:

- Switch from Original Medicare to a Medicare Advantage Plan;
- Join a Medicare drug plan if you're in Original Medicare; or
- Switch from one Medicare drug plan to another if you're in Original Medicare.

Remember: anyone *without* an Advantage Plan as of January 1, 2022 cannot choose to enroll in one at this time unless they are in their Medicare Initial Enrollment Period (IEP) or qualify for a Special Enrollment Period (SEP). Additionally, anyone with a Private Fee For Service (PFFS) plan must keep their same drug plan. □

## 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 and  
gently used adaptive equipment.**

# Tips to Help with Seasonal Affective Disorder (SAD)

*By the GWAAR Legal Services Team (for reprint)*

If you start feeling down during this time of year, you are not alone. Also known as the “winter blues” Seasonal Affective Disorder or SAD affects millions of people during the winter months in the northern hemisphere. This year may be especially difficult for people with SAD when added to the social isolation of COVID-19.

According to the National Institute of Mental Health (NIMH), Seasonal Affective Disorder (SAD) is not considered as a separate disorder but is a type of depression that has a recurring seasonal pattern.

Seasonal Affective Disorder includes all the symptoms of major depression such as:

- Feeling depressed for prolonged periods
- Feeling hopeless or worthless
- Having low energy
- Losing interest in activities you once enjoyed,
- Having problems with sleep
- Experiencing changes in your appetite or weight
- Feeling sluggish or agitated
- Having difficulty concentrating
- Having frequent thoughts of death or suicide

Additionally, symptoms of SAD that recurs in wintertime includes:

- Having low energy
- Hypersomnia
- Overeating
- Weight gain
- Craving for carbohydrates
- Social withdrawal (feel like “hibernating”)

So, if you're feeling this way around this time every year and if it's especially difficult this year, what can you do feel better? First, talk to your doctor. According to NIMH, there are four major types of treatment for SAD that may be used alone or in combination with each other that your doctor may recommend: medication, light therapy, psychotherapy, and vitamin D.

### **Medication**

Selective Serotonin Reuptake Inhibitors (SSRIs) are used to treat SAD. The FDA has also approved the use of bupropion, another type of antidepressant, for treating SAD. As with other medications, there are side effects to SSRIs. These medications can only be prescribed by a doctor so you will want to discuss risks and benefits of different medications with your doctor.

### **Light Therapy**

Your doctor may also recommend light therapy. Light therapy has been a mainstay of treatment for SAD since the 1980s. The idea behind light therapy is to replace the diminished sunshine of the fall and winter months using daily exposure to bright, artificial light.

Symptoms of SAD may be relieved by sitting in front of a light box first thing in the morning, on a daily basis from the early fall until spring. Most typically, light boxes filter out the ultraviolet rays and require 20-60 minutes of exposure to 10,000 lux of cool-white fluorescent light, an amount that is about 20 times greater than ordinary indoor lighting. These therapy lights, sometimes called "happy lights" or "happy lamps" can be purchased at many retailers. For more information and help selecting the light therapy box read this article from the [Mayo Clinic](#).

### **Psychotherapy**

Your doctor may also recommend psychotherapy to help with SAD. According to NIMH, cognitive behavioral therapy (CBT) is type of psychotherapy that is effective for SAD. Traditional cognitive behavioral therapy has been adapted for use with SAD (CBT-SAD). CBT-SAD relies on basic techniques of CBT such as identifying negative thoughts and replacing them with more positive thoughts along with a technique called behavioral activation. Behavioral activation seeks to help the person identify activities that are engaging and pleasurable, whether indoors or outdoors, to improve coping with winter.

## Vitamin D

Finally, your doctor may recommend taking a vitamin D supplement. According to NIMH, at present, vitamin D supplementation by itself is not regarded as an effective SAD treatment. The reason behind its use is that low blood levels of vitamin D were found in people with SAD. The low levels are usually due to insufficient dietary intake or insufficient exposure to sunshine. However, the evidence for its use has been mixed. While some studies suggest vitamin D supplementation may be as effective as light therapy, others found vitamin D had no effect.

For more information visit: <https://www.nimh.nih.gov/health/topics/seasonal-affective-disorder/index.shtml> □

## How To Know When It's Time to Retire from Driving

*By the GWAAR Legal Services Team (for reprint)*

Mobility and accessibility are important to our independence and overall mental and physical well-being. In most cases, driving has provided us the ability to work, provide for our families, socialize, and live independently. Removing the ability to drive can feel debilitating, but driving isn't our only tool to access the world around us.

There are many reasons why it may become unsafe for a person to continue driving. Some signs it might be time to hang up the keys include:

- Making unsafe decisions like failing to observe traffic signs, driving at the wrong speed, or not using turn signals
- Making errors such as not obeying laws at intersections, hitting curbs, or poor lane control
- Not reacting quickly to various circumstances
- Mixing up the gas and brake pedals
- Forgetting where you are going or how to find familiar places
- Taking longer to return home from a routine drive than normal
- Anger or confusion while driving
- Car crashes, new dents or dings on the vehicle, or receiving multiple traffic tickets or warnings

If any of these unsafe driving situations are familiar to you, you can set up a comprehensive driving evaluation with an occupational therapist specializing in driving rehabilitation. The occupational therapist will give you a more objective evaluation of your driving capacity and help determine strategies to help you retain independence and mobility when your amount of driving is reduced. An evaluation from an objective third party could especially come in handy if a trusted friend or family member has expressed concern about your driving ability but you do not agree there is a problem. A [national database of driving specialists](#) can be found on the American Occupational Therapy Association's website.

Whether or not it is still safe for you behind the wheel will depend entirely on your individual circumstances. Because of this, there's not one specific age that people should retire from driving. However, [according to AAA](#), healthier and more active older adults are outliving their ability to drive safely by an average of 7-10 years.

The best thing to do is make a transportation plan before driving even becomes an issue for you. You may find that creating a plan is more empowering for you because you'll have a say in your transportation before you're unable to drive.

The Alzheimer's Association has a [driving contract](#) where you can give your permission to a trusted loved one to help you when it's your time to stop driving. This can be particularly useful if you are in the early stages of Alzheimer's or are afraid that you will have a hard time committing to driving retirement when the time comes.

Keep in mind that it is totally natural to fear such a big change, and you may even mourn the loss of your ability to drive. However, if you plan ahead with your loved ones, the transition will be a lot easier for everyone involved.

Part of creating this plan is figuring out who you can count on when you need help. You are definitely not in this alone, and it may help ease your fears to know exactly who is willing and able to help you if you eventually need it.

You can also take steps now to reduce your reliance on driving, such as getting your groceries and prescriptions delivered to you. There are many transportation resources listed in this article, but you can even try asking a friend or family member if they can recommend any services and/or show you how to use them.



**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**

# Got Medicaid? Get Medicare Drug Coverage!

*By the GWAAR Legal Services Team (for reprint)*

Although many people don't realize it, Medicaid and BadgerCare Plus will not pay for prescription medications for a person who is eligible for Medicare but is not enrolled in Medicare drug coverage. Since Medicare Part D was created in 2006, federal law has prohibited state Medicaid programs from paying for any medications that could be covered by Medicare, even if the Medicare beneficiary has not enrolled in Medicare drug coverage. That policy is incorporated into section 38.7 of the BC+ Eligibility Handbook and Topic # 1947 in the Pharmacy Coordination of Benefits section of the ForwardHealth Provider Handbook.

This policy has caused problems for some individuals who expected BadgerCare Plus or Medicaid coverage to be extended through the end of the public health emergency and expected their drug coverage under Medicaid to continue even though they became eligible for Medicare in the meantime. Unfortunately, most people aren't aware of the issue until they learn from a pharmacist that they have no coverage for needed prescriptions. At that point, they may have no option but to rely on stopgap measures such as LINET or manufacturer assistance programs to bridge the gap until they can enroll in a Part D plan or an Advantage Plan with prescription drug coverage. □

# Reopening Pandemic Assistance SSI Claims

*By the GWAAR Legal Services Team (for reprint)*

As of November 29, 2021, the Social Security Administration began sending outreach mailers to roughly 144,000 people who were inappropriately denied Supplemental Security Income (SSI) benefits due to the receipt of certain types of pandemic-related financial assistance. The mailers will inform applicants that SSA may have denied their SSI claim because they received pandemic-related financial assistance; that they may now be eligible for SSI and/or retroactive payments; and, that they should contact SSA to reevaluate whether they are eligible for SSI and/or retroactive payments. There is no time limit for recipients to respond to these mailers and their SSI cases are eligible to be reopened indefinitely.

Other applicants who were denied due to incorrectly counted pandemic assistance will not receive an outreach mailer but will still be eligible to request that their cases be reopened for up to two years from the initial denial. Types of pandemic relief that may have been inappropriately counted include the three rounds of Economic Impact Payments – also known as stimulus

payments or recovery rebates – that issued in 2020 and early 2021. Applicants who think that their SSI claims may have been denied as a result of pandemic financial assistance should call their local SSA to request that their cases be reopened and reviewed for denial based on the counting of COVID-19 pandemic disaster assistance. □

## **Gov. Evers Announces \$18 Million to Help Wisconsin Families Pay Water Bills**

Rent and utility assistance programs still available for households in need

MADISON – Gov. Tony Evers today announced \$18 million in funding is available through the Low Income Household Water Assistance Program (LIHWAP) to provide water utility assistance to Wisconsin families. The program was authorized as part of an emergency effort to respond to COVID-19 and marks the first time that these water assistance funds have been made available for Wisconsin residents.

“We know Wisconsinites are stretched thin with businesses facing supply chain challenges and Wisconsin families seeing costs in their everyday lives go up, and we want them to know that help is available, especially now during the winter season,” said Gov. Evers. “These critical funds will help alleviate some of the financial stress families are facing and ensure that folks have the resources they need to make ends meet.”

To date, \$86,176,302 in benefits have been provided to 20,096 households for rental, utility, and other housing assistance needs through the Wisconsin Emergency Rental Assistance (WERA) program, and since the start of the heating season in October, the Wisconsin Home Energy Assistance Program (WHEAP) has issued benefits to 74,765 households totaling \$41,027,864. The average heating and electric benefits are \$392 and \$182, respectively.

“We want to make sure folks in Wisconsin know that you can get help with paying for water, energy, internet costs, and rent,” said DOA Secretary Joel Brennan. “No one should be left without heat or means to pay their bills during the holiday season.”

The Wisconsin Department of Administration (DOA) is working with Energy Services, Inc. (ESI) for LIHWAP application intake. Eligibility is based on household income, household size, and the household's water and utility burden. Residents may be eligible if they earn 60 percent of the state median income level or less. Eligible applicants for LIHWAP first need to apply and qualify for WHEAP. Wisconsin residents interested in applying should call 2-1-1 or 1-800-506-5596.

“We want folks to know that anyone who meets the income guidelines and needs help should apply for water, energy, or rental assistance,” said DOA Division of Energy, Housing, and Community Resources Division Administrator Susan Brown. “You can apply even if you haven't had COVID-19 or gotten sick. So many families have lost hours, wages, or had their costs increase for the basic things they need to live during the pandemic. Many individuals and households can qualify and should call 2-1-1 or 800-506-5596—don't wait.”

Rent and additional utility assistance is also available through the WERA program. The DOA has partnered with Wisconsin Community Action agencies and ESI to accept applications and distribute rental, internet, and utility assistance. Residents of Brown, Dane, Milwaukee, and Waukesha counties and the cities of Madison and Milwaukee can apply directly to their local government's rental assistance provider. Wisconsin residents who wish to apply should call 2-1-1 or visit the DOA website for more information. □

### **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 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.

## **Incontinence Supplies**

For those who may not be able to afford incontinence supplies, the ADRC of Clark County is offering a free incontinence supply bank. You can call the ADRC to figure out where you can pick up the incontinence supplies at 715-743-5166.



Photo courtesy of Pixabay

## EAT WELL, AGE WELL. FIBER

### WHAT ARE WAYS TO INCLUDE FIBER IN YOUR DIET?

Fiber is a component of many different foods that include fruits, vegetables, legumes, whole grains, nuts, and seeds. According to the Academy of Nutrition and Dietetics, Americans eat around 17 grams of fiber every day, and it is estimated that only 5% of the population get their adequate intake. It is recommended that women get 25 grams every day while men should get 38 grams daily. This value is determined based on the amount that is protective against coronary heart disease. Eating a high fiber diet helps to prevent type 2 diabetes, some cancers, weight gain, and digestive problems. Some high fiber foods include raspberries, which have nearly 8 grams of fiber in a 1 cup serving. This makes it one of the highest fiber contents of commonly eaten fruits! Blackberries are also very high in fiber, containing 7.5 grams of fiber per cup. As for vegetables, one cup of broccoli has 5 grams of fiber and brussel sprouts have 4 grams per cup. Also, a 1 cup serving of cooked sweet potatoes without the skin has 6.5 grams of fiber. Overall, there are a lot of different ways to include fiber in your diet that are both delicious and easy to prepare!

### WEEKLY CHALLENGES

MEASURE YOUR DAILY INTAKE OF FIBER 3 DAYS

TRY INCLUDING AN ADDITIONAL 10 GRAMS OF FIBER INTO YOUR DIET 2 DAYS THIS WEEK

SNACK ON SOME RASPBERRIES

SLOW ROAST VEGGIES WITH DINNER

### DID YOU KNOW?

COOKED VEGGIES HAVE JUST AS MUCH FIBER AS RAW VEGGIES

### Recipe for: Slow Cooker Blackberry Pulled Pork

**Beneficial Bites** 

2 cups fresh or frozen blackberries (thawed)

2 lbs pork butt

3 Tbsp Cider Vinegar

4 tsp hot pepper sauce

¼ c ketchup

3 garlic cloves, minced

1 sweet onion, sliced

1 tsp salt

Soft sandwich buns, split for serving

- 1) Puree blackberries until almost smooth. Strain puree; discard solids in sieve.
- 2) Place blackberry puree and rest of ingredients in a 4-quart slow cooker for 8 hours on low.
- 3) Transfer pork to plate and use fork to shred into fine pieces.
- 4) Add pork back into slow cooker and toss to coat in sauces. Serve on split buns, along with pickles on the side.

*\*Makes 4 pulled pork sandwiches*



### Recipe for: Easy Blackberry Cobbler

**Beneficial Bites** 

4 cups fresh blackberries

1 Tbsp Lemon Juice

1 large egg

1 cup sugar

1 cup all-purpose flour

6 Tbsp butter, melted

Whipped Cream (optional)

Garnish: fresh mint sprig

- 1) Preheat oven to 375 degrees.
- 2) Place blackberries in a lightly greased 8-inch square baking dish; sprinkle with lemon juice. Stir together egg, sugar, and flour in a medium bowl until mixture resembles coarse meal. Sprinkle over fruit.
- 3) Drizzle melted butter over topping. Bake at least 35 minutes or until lightly browned and bubbly. Let stand for 10 minutes. Serve warm with whipped cream, if desired. Garnish with mint sprig





## **SEVERE WEATHER LETTER**

Dear Home- Delivered Meal Participant:

We try very hard to deliver in spite of the weather. Please be patient with our drivers as delays may happen. Every now and then a storm is too much for even our courageous drivers. In winter, we may have high snowdrifts and icy roads. To ensure delivery of your meals, please arrange to have your sidewalk and driveway shoveled by the time of delivery. Our drivers cannot deliver if your walkways and driveways are hazardous.

This year will be a bit different due to pandemic and COVID 19. We cannot rely on school closings to alert us as most are virtual now and our congregate sites have yet to re-open. This year we will be making the decision on our own from not only our own observation but also the weatherperson recommendations.

On these days, we will let you know by announcing it on the radio: WCCN 1370 AM/ 107.5 FM, WAXX 104.5, WKEB 99.3 FM

And on the television: WEAU, WAOW and WSAW

You may also call the Clark County ADRC at 715-743-5166 and we will be able to tell you.

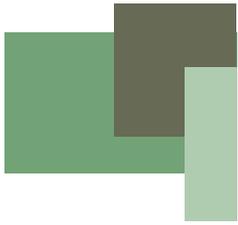
Be sure to fill your cupboard and freezer with your favorite “emergency” foods for the winter months. Canned soups, fruits and vegetables, and other easy to prepare items are some ideas for you. They will do until a hot meal can be again brought to your door. We will try to always remind you the day before if we think we may need to close due to weather.

Sincerely,

Lynne McDonald

Director of ADRC of Clark County

715-743-5166



# Home Delivered Meals

## Who is eligible?

Each of the following criteria must be met to be eligible for Home Delivered Meals:

- 60 years or older who is frail and essentially homebound by reason of illness, disability, or isolation, for which an assessment concludes that participation is in the individual's best interest.
- The spouse of a person eligible for the Home Delivered Meals as described above, regardless of age or condition, if an assessment concludes that it is in the best interest of the homebound older individual. Or a disabled individual who resides at home with an eligible older individual participating in the program
- Be physically or emotionally unable to obtain food/prepare adequate meals

Each request for Home Delivered Meals is evaluated on an individual basis.

For more information call (715)743-5166.

Suggested Contribution \$4.00 per meal (Full cost of a meal is \$14.86)

No eligible person is denied a meal due to inability to contribute.

## **Volunteers Needed**

Interested in volunteering with the ADRC? The ADRC of Clark County is looking for volunteers for various positions. For more information on volunteering opportunities call Lynne at (715) 743-5166.



# “Bean” There, Done That

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

ADZUKI  
 BLACK  
 BLACK-EYED  
 BLOOD SUGAR  
 BUTTER  
 CHOLESTEROL  
 COLORADO  
 DIGESTION  
 FAVA  
 FIBER  
 FLATULENCE  
 GARBANZO

GREAT NORTHERN  
 KIDNEY  
 LEGUMES  
 LENTILS  
 LIMA  
 MEXICAN JUMPING  
 MICHIGAN  
 MUNG  
 NAVY  
 NORTH DAKOTA  
 PINTO





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