



# CLARK COUNTY OFFICE OF AGING/NUTRITION

## MARCH 2016 NEWSLETTER



### **IRS TELEPHONE SCAM SHOWS NO SIGNS OF SLOWING**

BY THE GWAAR LEGAL SERVICES TEAM

A pervasive IRS telephone scam surfaced around 2013 and shows no signs of letting up. Since 2013, the IRS has issued over fifteen warnings regarding this particular scam, calling it “sophisticated and aggressive.” To date, the Treasury Inspector General for Tax Administration has received reports of 736,000 scam contacts from all states in the country, with nearly 4,500 victims paying over \$23 million as a result. While this is an ongoing scam year-round, the IRS cautions that people are more at risk the closer we get to tax season. In this highly successful scam, the scammer calls a vulnerable person and threatens them, usually saying that he or she owes taxes. The scammer further threatens that if the money is not paid immediately, the person will be arrested. Recent immigrants are more at risk, with scammers using threats of deportation, arrest, loss of a business, utility shut-off, or driver license revocation. The scammer usually demands cash, wire transfer, prepaid debit cards, or even checks or money orders deposited into a bank account. The scammers are usually very specific about the way the “owed tax” must be paid. Most IRS and consumer warnings mention the middlemen (the recipients and/or owners of the bank accounts) in these IRS scams as being the scammers themselves. However, in a recent Wisconsin case, an older person with memory issues was discovered to have multiple bank accounts open at different banks and over 20 credit/debit cards with names on them that were not his own. He had transactions — both money coming in and going out — that he could not explain. He also could not explain why he had so many bank accounts. He cashed checks mailed to him without knowing who they were from or what they were for. This behavior had been going on for several years. Most likely, he was receiving telephone threats for his failure to comply with the scammers.

Whether a person is being targeted for either layer of this scam, the recommendations are the same:

- If you’re concerned about owed taxes, call the IRS directly at 1-800-829-1040.
- The IRS will always send taxpayers a written notification of any tax due via U.S. Postal mail. The IRS will not call a person without first sending a bill in the mail.
- Never give bank information (debit card, PIN, account numbers) over the phone. The IRS never asks for this information over the phone.
- The IRS does not demand payment without offering the opportunity to question the amount owed or appeal the decision.
- The IRS will not threaten to bring in the police or other agencies to arrest you for not paying/complying.
- If you receive such a phone call, call and report it to the Treasury Inspector General for Tax Administration at 1-800-366-4484 and include the words “IRS Telephone Scam.”

Some of the additional warnings from the IRS include:

- The main tactic the scammers use is fear. They will threaten, insult, bully, harass, and confuse the victims. If they threaten arrest or revocation of driver licenses, the victim will usually receive another phone call from a different person pretending to be from the police department or DMV to make the threat seem credible.
- The scammers are able to make their telephone numbers mimic one from the IRS so it looks legitimate on caller ID.
- The scammers will often follow up with emails claiming to be from the IRS to support their threats.
- Scammers generally use common first and last names and often have fake IRS ID badge numbers.
- In many cases, scammers already know a lot about the victim, including the last four digits of his or her social security number. This is probably the most pervasive and persistent scam in recent history. Help yourself and any vulnerable adults in your life avoid falling victim by educating yourself and others. Keep this checklist handy if you get a suspicious call this tax season.

**For more information, please visit:**

[www.irs.gov/uac/Tax-Scams-Consumer-Alerts](http://www.irs.gov/uac/Tax-Scams-Consumer-Alerts)



## **GENERAL ENROLLMENT FOR MEDICARE PART B**

Persons who did not sign up for benefits under Medicare Part B when they turned age 65, now have the opportunity to do so during the general enrollment period (GEP) from January 1 - March 31, 2016.

You are eligible to sign up during the GEP if you did not sign up for Part B when you turned 65 or had Part B coverage at one time, but for whatever reason, discontinued your enrollment. Persons who sign up during the GEP will have coverage beginning July 1, 2016.

Those interested in enrolling in Part B or getting more information should call the Wausau Social Security Office at 1-855-269-9186 or contact Amy Nigon at 715-743-5146.

## **INCOME TAX ASSISTANCE**

The Clark County Aging Office is working with AARP representatives to provide free income tax assistance for residents of Clark County age 60+.

Persons who would like assistance with simple (no farm or business) income tax forms should contact the Aging office at 715.743.5144 to check March appointment availability.

## HOMESTEAD

The gross income limit to qualify for this program is \$24,680. If your income is below \$24,680 and you pay property tax or rent your home, you **may** qualify for the Homestead Tax Credit. The Clark County Aging Office will continue to assist clients 60+ years of age with Homestead Tax Credit applications.

**It is very important that applicants have ALL necessary paperwork and verifications if the Aging Office is assisting you with your application.**

- ✓ **Rent Certificate OR Property Tax Bill**
- ✓ **Applicants maintaining a life lease or life estate on their residence are required to provide a copy of that document.**
- ✓ **Statements/1099's of any and all 2015 income for applicant/spouse: wages, Social Security Benefits, SSI, interest, dividends, pensions, IRAs, CDs, etc.**
- ✓ **Regular bank statements are not an acceptable form of verification in most cases. However, those receive SSI benefits monthly and have not received any other verification of their Supplementary Security Income (this is different than Regular Social Security Retirement benefits) may bring a bank statement from 2015 to assist with calculating their 2015 SSI benefits**

### HOMESTEAD CREDIT ASSISTANCE SCHEDULE FOR PERSONS AGE 60+

|                            |               |               |
|----------------------------|---------------|---------------|
| Abbotsford                 | March 30      | 11am          |
| Colby                      | March 29      | 11am          |
| Dorchester                 | March 2       | 11am          |
| Dorchester Apts            | March 2       | Approx 1:15pm |
| Greenwood                  | March 15      | 11am          |
| Loyal                      | March 28      | 11am          |
| Neillsville (Aging Office) | Monday-Friday | 8:30am-4pm    |
| Owen                       | March 3       | 11am          |
| Thorp                      | March 1       | 10:30am       |
| Morgan Plaza               | March 1       | Approx 2pm    |
| Thorp (Senior Center Only) | March 22      | 11am          |



Everyday Fitness Ideas from the National Institute on Aging at NIH  
[www.nia.nih.gov/Go4Life](http://www.nia.nih.gov/Go4Life)

## Drinking Enough Fluids

**It's important for your body to have plenty of fluids each day. Water helps you digest your food, absorb nutrients, and then get rid of the unused waste.**

With age, some people may lose their sense of thirst. To further complicate matters, some medicines might make it even more important to have plenty of fluids.

Drinking enough fluids every day also is essential if you exercise regularly. Check with your doctor, however, if you've been told to limit how much you drink.

### **Go4Life has the following tips:**

- Try to add liquids throughout the day.
- Take sips from a glass of water, milk, or juice between bites during meals.
- Have a cup of low-fat soup as an afternoon snack.
- Drink a full glass of water if you need to take a pill.
- Have a glass of water before you exercise or go outside to garden or walk, especially on a hot day.
- Remember, water is a good way to add fluids to your daily routine without adding calories.
- Drink fat-free or low-fat milk, or other drinks without added sugars.
- If you drink alcoholic beverages, do so sensibly and in moderation. That means up to one drink per day for women and up to two drinks for men.
- Don't stop drinking liquids if you have a urinary control problem. Talk with your doctor about treatment.



### **Quick Tip**

For more on making smart food choices, read *What's on Your Plate? Smart Food Choices for Healthy Aging*.  
[www.nia.nih.gov/health](http://www.nia.nih.gov/health)

### **VISIT**

[www.nia.nih.gov/Go4Life](http://www.nia.nih.gov/Go4Life)

- Read more tips for adding physical activity to your day.
- Print useful tools.
- Share your exercise story.



National Institute on Aging

Go4Life is a registered trademark of the U.S. Department of Health and Human Services.

# Glaucoma & Medicare Coverage

by the GWAAR Legal Services Team

Glaucoma is a group of diseases that damage the eye's optic nerve. As a result, one can suffer from vision loss and blindness. Fortunately, early detection and treatment can help prevent vision loss. It can be hard to tell if a person has glaucoma because there are often no outward symptoms. However, without treatment, a person could slowly lose peripheral vision and, over time, straight ahead vision may decrease as well.

## What can you do?

Individuals are encouraged to undergo a comprehensive dilated eye exam each year. Medicare Part B covers a glaucoma test once every 12 months for those who are at a high risk. You are considered high risk if any of the following apply to you:

1. You have diabetes or a family history of glaucoma.
2. You are African-American and age 50 or older.
3. You are Hispanic-American and age 65 or older. Like all other Part B-covered services, a beneficiary will be responsible for a 20% co-pay. Further, the Part B deductible (\$166 in 2016) applies. Individuals who are diagnosed with glaucoma should be sure to take medication as directed. The Glaucoma Research Foundation (GRF) notes that glaucoma medications can slow the progression of the disease by lowering an individual's intraocular pressure (IOP). Lowering the IOP helps because it prevents further damage to the optic nerve. Also, individuals should engage in regular exercise because it can help lower an individual's IOP. The GRF notes that studies have shown that even moderate exercise three or more times a week can have an IOP lowering effect. Finally, the GRF suggests that individuals wear protective eyewear when engaged in athletic activities or home improvement projects. If you have questions about whether you should receive a glaucoma test or would like to discuss your risk for developing the disease, please speak with your health care provider. For more information, please see:

[www.medicare.gov/coverage/glaucoma-tests.html](http://www.medicare.gov/coverage/glaucoma-tests.html)

[www.glaucoma.org/gleams/what-can-i-do-to-preventglaucoma.php](http://www.glaucoma.org/gleams/what-can-i-do-to-preventglaucoma.php)

<http://blog.medicare.gov/2016/01/11/national-glaucomaawareness-month/>

[https://nei.nih.gov/health/glaucoma/glaucoma\\_facts](https://nei.nih.gov/health/glaucoma/glaucoma_facts)

## NOW HIRING SENIOR CITIZENS!

Do you know someone 55 years of age or older who would love to work with children in our schools as a Foster Grandparent? Perhaps you might even be interested!

Foster Grandparents work one-on-one with children, under the direction of our teachers, for 15 hours each week. Foster Grandparents who are income qualified receive a tax free stipend of \$2.65 per hour and a transportation reimbursement as well as a school meal. Training, fun, and appreciation is provided.

Please Contact Mary Jo Hanson at 715-456-8543 for more information.

Thank you.

## *Interfaith Volunteer Caregivers of Clark County By Judy Morrow*

Here we are, not many days away from the start of spring. Interfaith has had many challenges during the winter months. If anyone can help us meet those challenges the program would appreciate it.

Before the list of challenges is set before you, appreciation must be said for the men and women who have been volunteering the past very cold months. Thanks for your continued visits that you made even when the weather was below zero. Thanks for taking care of the snow on the sidewalks or your neighbors and your receivers. Thanks for just being a volunteer and giving of your time for others.

Now for the challenges that Interfaith is facing.

1. Still in need of contact persons in the northern part of Clark County. Abbotsford, Thorp, Curtis etc. Many of our requests are for check in visits, short term help after a hospital stay and non-medical rides.
2. Snow shovelers all over Clark County. Lets hope no more snow but we need volunteers as we do not want our elderly to slip and fall outside.
3. A stand by list so when a request is called in the request can be taken care of quickly.
4. A stand by list of folks who could take a receiver on a one time ride to the store or a special event in their lives. Non-medical rides.
5. Soon we will be needing help with lawn work.
6. A ride April 9 for a gentleman in Colby to get to the Colby Library for some legal help. Between 6:30 and 8:30 p.m.
7. Friendly visits for a gentleman in Withee. He has Parkinson's and cannot get out. Is very lonely.

If you can help your neighbors out in any of the mentioned ways please call Judy at 715-743-2885 or email [judydonmorrow@hotmail.com](mailto:judydonmorrow@hotmail.com). If you are interested but need more information please call. Thank you in advance for your consideration of helping Interfaith.

my favorite weather is  
bird-chirping weather

*-terri guillemets*



# VA Offers Caregiver Support Resources

*by the GWAAR Legal Services Team*

The Veteran's Administration (VA) has developed resources to support those caring for a veteran. The Caregiver Peer Support Mentoring Program connects caregivers to one another providing support and offering opportunities to learn from each other. The program provides an opportunity for caregivers to share their experience, wisdom, and skills with each other and benefit from the guidance of others. Caregivers of veterans of all eras are eligible to participate in the VA Caregiver Peer Support Mentoring Program, both as mentors and as mentees. Mentors and mentees communicate using email, telephone, and letter writing depending on what works best for both of them. Mentors receive training before being paired with another caregiver and are volunteers with their local VA medical center voluntary services department. Caregivers participating in the Caregiver Peer Support Mentoring Program agree to participate for 6 months, but many participate for much longer. Not sure if you are ready for this, but would like to try it out? VA also offers a one-time connection through the Compassionate Connections Program for those caregivers who may need some brief support from an experienced mentor but are not ready or able to commit to a longer-term mentoring relationship.

To learn more, please contact your local Caregiver Support Coordinator at 1-800-872-8662. In addition, the VA's Caregiver Support Line provides assistance that's just a quick phone call away. Whether you're in need of immediate assistance or have questions about what services you may be eligible for, the caring licensed professionals who answer the support line can:

- Tell you about the assistance available from VA.
- Help you access services.
- Connect you with the Caregiver Support Coordinator at a VA Medical Center near you.
- Just listen, if that's what you need right now.

If you're just getting started with VA, calling the Caregiver Support Line is a great first step to take to learn more about the support that's available to you.



## NEWSLETTER MAILING ADDRESS UPDATE

**If you have any change in your newsletter mailing address please notify us. It is costing the program each month for "return postage" because addresses are not being updated. If your newsletter is returned to us because you were away for the winter, you moved to a new address, you changed from a street mailing address to a P.O. Box or vice versa, your name has been removed and you will need to call to be put back on the list. If we do not remove your name, we have the continued "return postage" expense. Thank you for your consideration. For any changes, call the Aging Office at 715-743-5144.**

# Get Your Free Credit Report

Information from the Federal Trade Commission

## QUESTION

How can I get a free copy of my credit report?

## ANSWER

You're entitled to one free copy of your credit report every 12 months from each of the three nationwide credit reporting companies. Order online from [annualcreditreport.com](http://annualcreditreport.com), the only authorized website for free credit reports, or call 1-877-322-8228. You will need to provide your name, address, social security number, and date of birth to verify your identity.

### 'Vegetable Soup' Word Search

Find the names of vegetables hidden in the puzzle.

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

ARTICHOKE  
ASPARAGUS  
BROCCOLI  
CABBAGE  
CARROT  
CAULIFLOWER  
CELERY  
EGGPLANT  
GARLIC  
LEEK  
LETTUCE  
OKRA  
ONION  
PARSNIP  
PEPPER  
POTATO  
PUMPKIN  
RHUBARB  
SHALLOT  
SPINACH  
SQUASH  
SWISSCHARD  
TOMATO  
TURNIP  
YAM

## Eating Right When Money's Tight

Using *coupons* and looking for the best price are great ways to save money at the grocery store. Knowing how to find them is the first step to cutting costs on food.

- **Find deals**  
Look for coupons with your receipt, as peel-offs on items, and on signs along aisle shelves.
- **Search for coupons**  
Many stores still send ads and coupons for promotion, so don't overlook that so-called "junk mail." You can also do a Web search for "coupons."
- **Look for savings in the newspaper**  
Brand name coupons are found as inserts in the paper every Sunday. Some stores will double the value of brand name coupons on certain days.
- **Join your store's loyalty program**  
Signup is usually free and you can receive savings.
- **Buy when foods are on sale**  
Maximize your savings by using coupons on sale items.



- **Find a coupon buddy**  
Swap coupons you won't use with a friend.
- **Compare brands**  
Store brands can be less expensive than some of the name brand foods. Compare the items to find better prices.
- **Stick to the list**  
Make a shopping list for all the items you need. Keep a running list on your phone, on the refrigerator, or in a wallet. When you're in the store, do your best to buy only the items on your list.



You are invited to a

## FREE FOOD DISTRIBUTION

**FREE · FREE · FREE · FREE**

CARING AND SHARING THROUGH FOOD

**Tuesday, May 24**

**5:00 – 6:30 P.M.**

*(Unless food is gone before 6:30 P.M.)*

**CLARK COUNTY FAIRGROUNDS**

- \*You receive an abundance of grocery items.
- \*Everyone who gets hungry qualifies!
- \*Bring your own boxes or laundry baskets to carry food!
- \*Doors will open for Registration at 4:00 PM  
**No EARLY REGISTRATIONS**

**More Info? Call 715-743-2471**

**Feed My People Food Bank**

Sponsored by  
*Living Hope Church of Neillsville*  
in cooperation with other area churches,  
civic organizations and businesses

## Get the Most for Your Food Budget

- **Plan, plan, plan!**  
Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or stir-fries, which "stretch" expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.
- **Buy in bulk**  
It is almost always cheaper to buy foods in bulk. Smart choices are family packs of chicken, steak, or fish and larger bags of potatoes and frozen vegetables.
- **Buy in season**  
Buying fruits and vegetables in season can lower the cost and add to the freshness!
- **Convenience costs... go back to the basics**  
Convenience foods like frozen dinners, pre-cut vegetables, and instant rice, oatmeal, or grits will cost you more than if you were to make them from scratch.
- **Easy on your wallet**  
Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy carrots, greens, or potatoes. As for fruits, apples and bananas are good choices.
- **Cook once... eat all week!**  
Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won't have to spend money on take-out meals.
- **Get your creative juices flowing**  
Spice up your leftovers — use them in new ways. For example, try leftover chicken in a stir-fry or over a garden salad, or to make chicken chili. Throwing away food is throwing away your money!
- **Eating out**  
Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for "2 for 1" deals. Order water instead of other beverages, which add to the bill.



Source: MyPlate 10 Tips  
CareTrust Publications is proud to be a Community Partner within the USDA's Nutrition Communications Network  
Source: USDA For low cost recipes and more, visit <http://www.whatscooking.ins.usda.gov/>

**PATIENCE  
IS NOT THE  
ABILITY TO WAIT  
BUT HOW YOU  
ACT WHILE YOU'RE  
WAITING**  
—JOYCE MEYER

CLARK COUNTY HEALTH DEPARTMENT

About 1 out of 3 people  
60 years and older will get shingles!



CLARK  
COUNTY  
HEALTH  
DEPARTMENT

517 Court  
Street Room  
105  
Neillsville, WI

**Phone:**  
**(715) 743-5105**  
**Please Call for**  
**a Private**  
**Appointment**

Shingles is a disease that causes a painful, blistering rash. One in five people with shingles will have severe, long-term pain after the rash heals.

Almost all older adults can get shingles. About one in three people will develop the disease during their lifetime.

**Get Vaccinated Against Shingles Today!**

The Shingles vaccine is recommended for individuals 60 years and older.

The Clark County Health Dept. is offering the Zostavax/Shingles vaccines for a low administration cost of \$40.00 if individuals meet the income qualifications **AND** do **NOT** have insurance that covers the vaccine. (Medicare Part D covers the vaccine; please go to your provider for the vaccine if you have Medicare Part D). Income qualifications include an annual income **at or below** \$44,680 for individuals, \$62,920 for couples, and \$95,400 for families of four.

The Zostavax/Shingles vaccine is available for a fee of \$190.00 for those individuals who do not meet the income criteria through the Merck Program.

Please call the Clark County Public Health Department at ( 715) 743-5105 for more details and to schedule your private appointment today!

# EMAIL SCAMS

Beware of scammers sending information via email. Below is an example of an email scam that someone in the Aging Office received recently.

[https://www.us-cert.gov/sites/default/files/publications/emailscams\\_0905.pdf](https://www.us-cert.gov/sites/default/files/publications/emailscams_0905.pdf)

-----Original Message-----

From: Fidelity Bank [[mailto:fbk\\_remittancedepartint@yahoo.fr](mailto:fbk_remittancedepartint@yahoo.fr)]  
Sent: Tuesday, January 26, 2016 3:35 AM  
Subject: Fund transfer

Congratulation

We wish to announce to you that the delay on your fund has got to our office and because of the delay in remitting your fund the financial directors has putting final authority and the financial director has ordered the Bank of America to pay you your outstanding money without any delay,contact us immediately so that we can advise you how to contact with the director incharge of your payment in Bank of America tranfer department.this is a compensation payment for you and the sum is only 3.5milliom dollars only.contact us so that we can know how to send it across to you.

Once again congratulation

Thanks

Bahis Maki

## *“Old-fashioned” Fraud Schemes*

Many email scams have existed for a long time. In fact, a number of them are merely “recycled” scams that predate the use of email. The FTC has a list of the 12 most common (<http://www.ftc.gov/opa/1998/07/dozen.shtm>). The list includes

- bogus business opportunities
- chain letters
- work-at-home schemes
- health and diet scams
- easy money
- “free” goods
- investment opportunities
- bulk email schemes
- cable descrambler kits
- “guaranteed” loans or credit

Email provides us a convenient and powerful communications tool. Unfortunately, it also provides scammers and other malicious individuals an easy means for luring potential victims. The scams they attempt run from old-fashioned bait-and-switch operations to phishing schemes using a combination of email and bogus web sites to trick victims into divulging sensitive information. To protect yourself from these scams, you should understand what they are, what they look like, how they work, and what you can do to avoid them. The following recommendations can minimize your chances of falling victim to an email scam:

- Filter spam.
- Don’t trust unsolicited email.
- Treat email attachments with caution.
- Don’t click links in email messages.
- Install antivirus software and keep it up to date.
- Install a personal firewall and keep it up to date.
- Configure your email client for security.

## The gift of sight ...



Keeping Sight of What's Important

March is Save Your Vision Month. As we age it is important to be aware of physical changes in our eyesight. These 'signs' or 'changes' may be precursors of something for deeper concern.

***Having access to professional vision care is something many of us take for granted. We wanted to take time this month to share with you, some of the highlights of the January VOSH (volunteer optometry serving humanity) trip to the Dominican Republic. All the professionals on this trip donated their time, talent and treasure in helping to impact the vision of these people.***



*This year's team was made up of 3 optometrists and 7 support staff from Wisconsin. In 5 days the group saw over 1200 patients and dispensed over 900 pair of glasses! The oldest patient was 106 years old.*

*This couple is so happy because he has not seen his wife's face in many years due to Retinitis Pigmentosa. The team was able to prescribe glasses that enable him to walk unassisted and see his family's faces.*



*Seventy five people were referred for cataract surgery. Thank you Lions International for collecting, cleaning and packing glasses for this trip. Thank you to our patients for the donation of your old glasses. As you can see they are put to good use.*

MARCH IS SAVE YOUR VISION MONTH.

If you have questions regarding your vision or treatment of an already diagnosed eye condition, please feel free to contact our offices for more information.

Dr. Andy Baldus is an optometrist at HealthView Eye Care Center-Colby, 715.223.4003.

## Staying Home

### Infusion Therapy in the Comfort of Your Home

Do you know someone who travels to a hospital or clinic to receive periodic IV medications? They may be eligible to receive that care at home! The number of IV medications that can be given at home is constantly growing, allowing individuals who used to spend big chunks of time driving to, waiting for and receiving outpatient appointments to now receive those same therapies at home.

Ministry Home Care *Plus* provides expert care and management of patients with complicated therapy needs including nutrition, anti-infectives, pain management, and many other medications. Their specially-trained infusion nurses come to the home to set up the therapies and patiently teach the individual and their caregivers how to administer the therapies right there at home. For medications that require professional monitoring, individuals can come to our private infusion suite, conveniently located at our office in Marshfield where parking is easy and the staff provide personal, one-on-one attention.

To learn more about how the caring people at Ministry Home Care *Plus* can help you remain at home, please call toll-free:

800.648.8055

## Mayo Clinic's Grilled portobello mushroom burgers

- 4 large portobello mushroom caps, 5 inches in diameter (about 12 ounces total)
- 1/3 cup balsamic vinegar
- 1/2 cup water
- 1 tablespoon sugar
- 1 garlic clove, minced
- 1/4 teaspoon cayenne pepper, optional
- 2 tablespoons olive oil
- 4 whole-wheat buns, toasted
- 4 slices tomato
- 4 slices red onion
- 2 lettuce leaves

### *Dietitian's tip:*

*A meaty-textured portobello mushroom is the perfect stand-in for a hamburger. One portobello mushroom has about 30 calories and no fat or cholesterol. By comparison, a 3-ounce hamburger patty has 235 calories, 16 grams of fat and 76 milligrams of cholesterol.*

Clean mushrooms with a damp cloth and remove their stems. Place in a glass dish, stem (gill) side up. To prepare the marinade, in a small bowl whisk together the vinegar, water, sugar, garlic, cayenne pepper and olive oil. Drizzle the marinade over the mushrooms. Cover and marinate in the refrigerator for about 1 hour, turning mushrooms once. Prepare a hot fire in a charcoal grill or heat a gas grill or broiler. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4 to 6 inches from the heat source. Grill or broil the mushrooms on medium heat, turning often, until tender, about 5 minutes on each side. Baste with marinade to keep from drying out. Using tongs, transfer the mushrooms to a plate. Place each mushroom on a bun and top with 1 tomato slice, 1 onion slice and 1/2 lettuce leaf. Serve immediately!

## Worried About the “What Ifs?”

By: Julie Seeman, Family Caregiver Support Specialist, Rock County Council on Aging

Are you one of those people who is kept awake at night worrying about the “What Ifs”? Are you caregiving for a loved one and worry about all of the things that could go wrong or the unforeseen obstacles that may come your way? There is a cure for these “What Ifs”, and it’s easy and most often painless.

What is the secret cure you ask? Well, it begins with you.

There is a famous quote by Benjamin Franklin: “People don’t plan to fail, they just fail to plan.” The secret cure is planning. Of course, you can’t plan for every unforeseen event, but you can plan for those events that could be a possibility.

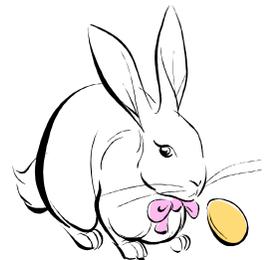
Start today and think about your “What Ifs”. Sit down, take out a piece of paper, and write them down. Write them in list order. Prioritize them. Then, for each item, think about a solution to that item. Maybe it’s hiring some in-home assistance. Maybe it’s asking family or a neighbor for help. Don’t be closed-minded about possible solutions. Maybe you can’t think of solutions and need some assistance with that. Contact your local Aging and Disability Resource Center (715-743-5166) or the County Aging Department’s Caregiver Support program (715-743-5145). They have many resources and programs that may be able to assist you. Another resource is the Alzheimer’s Association 24 hour Helpline (1-800-272-3900).

Many of the “What Ifs” come in the form of emergencies. Maybe it’s an emergency for the caregiver, or maybe with the care receiver. One solution for some caregivers is to hire in-home care assistance. A little known fact about in-home care providers is that you don’t have to use them 24/7. You can use their services as little or as much as you need. The first step is to develop a relationship with an in-home care agency. For example, you could use their services for one hour a month. (What caregiver wouldn’t like one hour of respite? I’m sure you could find something to do for that hour!) Then, when that emergency arises and you need help immediately, you have that agency ready and able to come and assist. You know them, and they know you. Check one of your “What Ifs” off your list, or maybe even two or three of them.

The next step in your cure is to share your plan with your family and support system so they are aware. That way, when the emergency happens, they know their part of the plan.

Again, not every single emergency or obstacle can be anticipated or avoided, but planning will take away most of your “What Ifs”. Once you, your family, and your support system are aware of your newly-found cure, you will sleep better at night knowing you have a plan in place.

*~Thinking of you at Easter and wishing the wonders  
of springtime fill your heart with happiness~*



## NEWSLETTER COMMENTS BY MARY

### NATIONAL NUTRITION MONTH

March is National Nutrition Month. There is a neat article “A meal and so much more” which shows the value of the Nutrition Program. Are you aware that the cost of a one year supply of Home Delivered Meals is equal to approximately one day in the hospital? Our congregate meals- “Senior Dining” meals are equally important. We would like to encourage more folks to join us at our “Senior Dining” (Nutrition Centers). Meals are always more enjoyable when you eat with others. Just call your local center by 12:30 p.m. the day before to reserve a meal.

The Academy of Nutrition and Dietetics theme for this year is encouraging folks to adopt a healthy lifestyle that is focused on consuming fewer calories, making informed food choices and getting daily exercise in order to achieve and maintain a healthy weight, reduce the risk of chronic disease and promote overall health.

During National Nutrition Month and beyond, make an effort to cut back on foods and beverages high in added sugar, sodium, and saturated fats that you eat.

- **Sugar:** Dietary guidelines recommend consuming less than 10% of your calories from added sugar. Choose foods and beverages with no added sugar whenever possible. Read food labels and avoid buying foods with added sugars like high fructose corn syrup, dried cane syrup, molasses, sucrose, honey, agave, maple syrup, etc.
- **Sodium:** Dietary guidelines recommend that we consume fewer than 2,300 milligrams of sodium per day. Most sodium consumed comes from salts added during commercial food processing and preparation. Tips: use nutrition labels to compare sodium content of foods choose products with less sodium buy frozen or canned products without added salt, buy fresh poultry, seafood, pork and lean meats rather than processed meat and poultry. Buy fewer jarred sauces and pre-flavored products.
- **Saturated fats:** Dietary guidelines recommend reducing fat intake to less than 10% of calories per day. Reduce your intake of saturated fats by replacing them with unsaturated fats. Saturated fat is found in foods such as meats, whole milk, cream, butter, and cheese. Unsaturated fat which includes polyunsaturated and monounsaturated fat is found in foods like oils, fatty fish, nuts, and seeds. Drink fat-free or low-fat milk (1% percent instead of 2 percent or whole milk, and eat low-fat cheese instead of regular cheese, oils instead of butter and lean rather that fatty cuts of meat.



**The Nutrition Centers and  
Aging/ADRC Offices will be closed  
Good Friday March 25, 2016.  
HAPPY EASTER!**

## AARP DRIVER SAFETY COURSE

In 1979 AARP developed the Driver Safety Course. The course has helped millions of drivers age 50+ learn safety strategies and tips to help them adapt to physical and mental changes related to aging. Safe driving is a challenge for all drivers. For older drivers, risks to safe driving may arise from health changes affecting vision, hearing, or reaction time.

The course provides practical techniques for adjusting to these changes to ensure the driver's own safety and that of others on the road. During the course, participants learn about current rules of the road and how to operate their vehicles more safely in today's challenging driving environment. Topics include:

- Maintaining proper following distance
- Minimizing the effects of dangerous blind spots
- Lifting driver distractions such as eating, smoking, and cell phone use
- Properly using safety belts, air bags, and all car features
- Effects of medications on driving
- Maintaining physical flexibility
- Monitoring the driving skills and capabilities of yourself and others



The course is designed to help participants:

- Understand the effects of aging on driving
- Learn driving strategies that take into account the effects of aging
- Identify the most common crash situations faced by older drivers
- Reduced chances of having a crash
- Update their knowledge of today's roads, traffic laws, vehicles, and to better observe other road users think about how they drive and identify when driving may no longer be safe.

If you are interested in participating in a class please complete the form below. We are looking at scheduling a class (or two) late spring.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ Preferred location: \_\_\_\_\_



# A meal, and so much more.



WE ARE  
**Meals On Wheels**  
So no senior goes hungry.™

**“IT MEANS SO MUCH TO  
STAY IN TOUCH...”**



Our customer service satisfaction surveys consistently validate the most highly rated and valued service we provide is the daily contact and long-term relationship with the Meals on Wheels drivers.

The purpose of the Nutrition Program as part of the Older Americans Act is “to provide nutrition services that assist older adults to live independently, by promoting better health through improved nutrition and reduced isolation”.

The program includes the service of meals, nutrition screening, nutrition education and counseling to older adults at community Dining Centers or in their homes. Improved health and greater independence are the results of nutritious, well-balanced meals and the promotion of good health behaviors. Studies have shown that improved nutrition reduces symptoms related to medication management and dehydration and therefore reduces the need for emergency medical care or hospitalizations.

Other types of healthcare are most effective when combined with nutritious eating habits.

**It is widely acknowledged that the cost of a one year supply of Home Delivered Meals is approximately equal to the cost of one day in the hospital!**

## Your Partner For Success

- ✓ Fresh, nutritious meals that meet 1/3<sup>rd</sup> of DRIs are delivered hot!
- ✓ Delivered with care by a trained driver who offers socialization, encouragement and a regular, consistent well-person check.
- ✓ Community Connectors to keep participants up-to-date on local matters. “*MOWs is my lifeline*”
- ✓ Reassurance for families and caregivers when they are unable to be there.
- ✓ Nutrition, health promotion, chronic disease education.

**Supporting health and independence through proper nutrition!**

**We look forward to working with you to assure no senior goes hungry.**



Clark County Aging Office  
517 Court Street, Room 201  
Neillsville, WI 54456  
1-866-743-5144

## March Schedule

### Senior Citizen Meetings

|             |          |
|-------------|----------|
| Abbotsford  | March 8  |
| Dorchester  | March 10 |
| Granton     | March 10 |
| Loyal       | March 7  |
| Neillsville | March 22 |
| Thorp       | March 7  |

### Alzheimer's Support Group Meeting

March 8, 2016 1:30 p.m.

Neillsville Senior Center, 602 Oak St.

### Elder Benefit Specialist Outreach & Homestead Application Dates

|       |             |
|-------|-------------|
| Owen  | March 3     |
| Thorp | March 1, 22 |

### Nutrition Committee Meetings

See Homestead Credit Schedule



Clark County Office of Aging/Nutrition

517 Court St., Rm. 201

Neillsville, WI 54456

Local Call Number 715-743-5144

Toll-Free Call Number 1-866-743-5144

- ❖ Mary Sladich, Director
- ❖ Amy Nigon, Elder Benefit Specialist
- ❖ Lynn Crothers, Admin. Secretary

Aging Office Newsletter Online: <http://www.co.clark.wi.us/index.aspx?nid=99>

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