

LINKS

LINKING THOSE 60 & OVER
TO INFORMATION, RESOURCES, & EACH OTHER

FEBRUARY 2022

A Publication of the Rock County ADRC, Aging Unit

Young at
heart,
Slightly
older in other
places!!



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As of January 1, 2022, the Council on Aging (COA) is no longer a stand-alone agency. Information regarding senior Transportation, Nutrition, Elder Benefits, Mobility Management, Family Caregiver Support and Health Promotion is now the Rock County ADRC –Aging Unit, in all Rock County resource materials, websites, and this newsletter. Information may be located at <https://www.co.rock.wi.us/aging>, or by calling 608-757-5472.

1717 CENTER AVE, JANESVILLE | 608-757-5472

ADRC-AGING STAFF

MEDICARE INFO

OUR STAFF

ADRC-Aging Supervisor

Cori Marsh 608-741-3615 |
cori.marsh@co.rock.wi.us

Elder Benefit Specialist

Lachel Fowler
608-757-5414 |
lachel.fowler@co.rock.wi.us

Caregiver Support Specialist

Teena Monk-Gerber
608-758-8455
teena.monk.gerber@co.rock.wi.us

Clerk Typist III

Joyce Jass
608-757-5472 | joyce.jass@co.rock.wi.us

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Lisa Messer
608-757-5309 | lisa.messer@co.rock.wi.us

Mobility Manager

Jennifer McIlhone
608-757-5408
jennifer.mcilhone@co.rock.wi.us

Nutrition Supervisor

Linda Hardie
608-757-5474 | linda.hardie@co.rock.wi.us

Nutrition Program Assistant

Tatiana March
608-757-5428 |
tatiana.march@co.rock.wi.us

Nutrition Clerk

Position currently vacant
608-757-5341 |

Transportation Supervisor

Ryan Booth
608-757-5413 | ryan.booth@co.rock.wi.us

Transportation Dispatcher

Brian Hoppe
608-757-5054 |

OUR MISSION

The mission of the Rock County ADRC-Aging Unit shall be to advocate for the independence, self worth and dignity of residents of Rock County by assisting them to



**Lachel
Fowler**
Elder Benefit
Specialist



1717 Center Ave
PO Box 1649, Suite 510
Janesville, WI 53547-1649
Phone: (608) 757-5414
Fax: (608) 758-8472

Elder Benefit Specialist Schedule Feb. 2022

- Tue. 2/1/22: Creekside Place Evansville 11-12
Tue. 2/8/22: Clinton Senior Center 11-12:00
Thurs. 2/10/22: Grinnell Senior Ctr. 8:00-12:00
Mon. 2/14/22: Janesville Senior Ctr. 1:00-2:00
Tue. 2/15/22: The Gathering Place Milton 11-12:00
Wed. 2/16/22: Edgerton Library 10:30-11:30
Wed. 2/16/22: Elm Drive Apts., Edgerton 11:30-12:30
Thurs. 2/17/22: Hedberg Library Janesville 11:30-1:00
Wed. 2/23/22: Riverview Heights Apartments Janesville 11:30-12:30
Thurs. 2/24/22: Grinnell Senior Center 12-4
*Please note, if the schedule should change, the location will be notified prior to the date, whenever possible.

Residents of Rock County that are 60 and better can contact Benefit Specialist, Lachel Fowler at

(608) 757-5414 with any questions

Updates From The Staff



Jennifer McIlhorne
Mobility
Manager

MOBILITY MANAGEMENT

Mobility Management is actively working with the Rock County Transportation Coordination Committee/TCC and the UW River Falls Survey Research Center, to provide a Medical Transportation Survey to Rock County Residents in 2022.

It is the goal of this survey to get a clear representation of the availability of medical transportation in Rock County.

The survey is in the beginning stages. We will be sure to alert you prior to the mailing of the survey and subsequent related findings as the project progresses.

Wednesday Walks '22: Due to very low temperatures there will not be any Winter Snowshoeing. Thank you to those who have already called with suggestions for this years Spring/Summer/Fall walks!

If you're feeling adventurous: Friends of Rockport Park & Janesville Parks and Rec. are having a candlelight hike at Rockport Park, Saturday February 12, 2022 6:00-8:00pm.



Linda Hardie
Nutrition
Supervisor

NUTRITION PROGRAM

Rock Co. Nutrition Program dining sites remain closed; however, curbside pickup meals are available at all five dining sites.

If you would like to take advantage of balanced, nutritious meals on a pickup basis, call 608-757-5474, to make a reservation. (Reservations must be made no later than noon of the prior business day).

Curbside meals: Pickup locations include: Beloit, Clinton, Evansville, Janesville, and Milton. Meals are available on a donation basis to those age 60+ (and a spouse of any age). Check out the menu in the center of this newsletter and call to reserve your meals!

Please note that January 1, 2022 The Council on Aging merged with the Rock Co. ADRC. Council on Aging is now known as the Aging Unit of the ADRC. This will not cause the Nutrition Program to undergo any changes. It is a change in name association only. We will still be the "Nutrition Program".

 <p>DAY SERVICES MEMORY CARE</p> <p>KANDUINDUSTRIES.COM</p>	<p>The only adult day service program for seniors in Rock County.</p> <p>(608) 755-4123</p>	 <p>mercyhealthsystem.org</p> <p>(608) 756-6100</p>	
 <p><i>Offering a full range of senior living and health care services</i></p> <ul style="list-style-type: none"> • Prairie Village Homes • Supportive Living • 24 Hour Nurse Staffing • Certified Medicare Rehab & Skilled Nursing Care • Independent Apartments • Fully Assisted Living • Secure Memory Care <p>LIFE PLAN COMMUNITY</p> <p>435 W. Starin Road, Whitewater 262-473-2140 • www.fairhaven.org</p> 		 <p>Age at Home • Adult Day Center Supportive Care • Hospice Care • Grief Support</p>  <p>2901 N. Wright Road • Janesville Agrace.org • (608) 755-1871</p> <p style="writing-mode: vertical-rl; transform: rotate(180deg);">2349</p>	
<p>WHEN SHORT-TERM REHAB IS NEEDED AFTER A HOSPITAL STAY</p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="73 1711 625 1967">  <p>ALDEN ESTATES OF JEFFERSON</p> <p>SHORT-TERM REHABILITATION AND HEALTH CARE</p> <p>1130 Collins Road Jefferson, Wisconsin 53549 920-674-3170 www.AldenEstatesofJefferson.com</p> </div> <div data-bbox="625 1711 1177 1967">  <p>ALDEN MEADOW PARK</p> <p>SHORT-TERM REHABILITATION AND HEALTH CARE</p> <p>709 Meadow Park Drive Clinton, Wisconsin 53525 608-676-2202 www.AldenMeadowPark.com</p> </div> </div>			



Medicare Advantage Open Enrollment Period

By the GWAAR Legal Services Team

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.

See page 2 of this newsletter for dates, times & locations to meet the

Elder Benefits Specialist Lachel Fowler. For more information: 608-757-5414.

Updates From The Staff



HEALTH PROMOTION

The Aging Unit of the ADRC of Rock County offers evidence-based health and wellness workshops for older adults and all ages of caregivers. These workshops cover a number of topics and are low or no cost. Many of them are offered several times a year; choose the session that fits your schedule. Scholarships may be available!!

Lis Messer
Health
Promotion

If you have any questions about the workshops or would like to enrol by phone, please call Lisa Messer, Health Promotion Coordinator, at: (608) 757-5309 or email: Lisa.Messer@co.rock.wi.us

COA merged with the ADRC of Rock County on January 1, 2022. We moved in September! We are located at the Dr. Daniel Hale Williams Resource Center (former Pick N Save location): 1717 Center Avenue, Suite 520, Janesville, WI 53546

To find an online workshop being offered outside of Rock County go to: <https://wihealthyaging.org/workshops>



ROCK COUNTY TRANSIT

Rock County Transit requires passengers to wear a mask during transportation. Rock County

Ryan Booth
Transportation
Supervisor

Transit does so in accordance with the Federal Transportation Administration Guidelines.

Mask wearing requirements are also noted in writing on the vans and other written notifications such as press releases.

This requirement been extended into the March 18th, 2022

Due to a shortage of drivers, Rock County Transit may experience limitations in meeting trip requests. Calling at least three days in advance is recommended.

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Living Well With Chronic Conditions



There's a Living Well with Chronic Conditions workshop starting soon near you!

When: February 22- March 29, 2022. Six consecutive Tuesday afternoons from: 1:30 - 4:00 pm
Suggested Donation: \$10 for ages 60+

This is an ONLINE workshop!

Participants will need a tablet or computer with mic/audio and have internet access.

A virtual information session will be held January 25th at 1:30 with Living Well Leaders Megan Timm and Jo Ann Koltyk.

To register: Contact the Rock County ADRC/Aging Unit at: 608-757-5309 or email: Lisa.Messer@co.rock.wi.us
Registration is required by February 8th.

Help Yourself to Better Health

Living with a chronic condition such as arthritis, cancer, heart disease, or another on-going health problem can be physically, emotionally and financially draining.

Taking care of yourself is important. And you can! But you need the tools and knowledge to help you.

Living Well with Chronic Conditions can show you the way!

What is Living Well with Chronic Conditions? And why should I take it?

Living Well is focused on teaching you the skills to better manage your health and well-being. The workshop meets once a week for six weeks and has been studied and shown to help family caregivers:

- Short-term goal setting
- Healthy eating and nutrition: food label reading and meal planning
- Relaxation techniques
- Planning for the future
- Partnering with health provider
- Fitness for exercise & fun!
- Feedback and problem-solving
- Stress and depression management
- Communicating effectively with friends, family, and your medical team



Janesville/Beloit Area Parkinson's Support Group

You are not alone. For those living with Parkinson's, and their family and friends, this group meets the first Wednesday of every month.

Program will be provided by a Nutritionist

Wednesday, February 2nd, 2022 at 2:00PM

(first Wed of every month)

Oak Park Place, 700 Myrtle Way, Janesville.

For further information:

Contact Pat Burhans at 608-436-9277 or

burhans.pat@gmail.com

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options, contact your local ADRC.

DHS Approved 4/22/2021



FEBRUARY 2022

Monday	Tuesday 1	Wednesday 2
	Turkey and Gravy Green Beans Mashed Potatoes Whole Wheat Bread Mandarin Oranges Cake w/ Berry Frosting	Baked Salmon Sweet Potatoes Broccoli WW Bread Fruited Apple-sauce
7	8	9
Cheese Ravioli Peas and Carrots Cottage Cheese Warm Spiced Pears Pumpkin Bar	Baked Cod California Blend Veg. Red Potatoes Rye Bread Pineapple	Salisbury Steak Italian Blend Veg. Baked Bean Medley Whole Wheat Bread Fruited Applesauce
14	15	16
Broccoli Quiche Asparagus Red Potatoes Cottage Cheese Orange Juice Cinn. Raisin Bread	Chicken Breast Mashed Potatoes Cheesy Spinach Whole Wheat Bread Mandarin Oranges Fudgy Fiber Brownie	Lasagna Casserole Romaine w/ Dressing Italian Blend Veg. Warm Cinnamon Applesauce
21	22	23
Roast Turkey Mashed Potatoes Beets Whole Wheat Bread Fruited Applesauce Butterscotch Pudding	Hamburger Patty Whole Grain Bun Baked Beans Broccoli Salad Warm Spiced Pears	Green Pepper Casserole Corn , Green Beans Yogurt Strawberries
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Hot Pork Whole Grain Bun Cheesy Potato Casserole Cabbage Applesauce	Eligibility: Anyone 60 or older & spouse, regardless of income. Dining centers: Reservations required no later than noon of the prior business day. Suggested donation: \$4.00. Home delivered: Must also be homebound. Suggested donation: \$4.00	

FEBRUARY 2022

While Dining Centers are Closed
Due to COVID:

**Please arrive for curbside
pick-up meals at 11 am.**

Thursday 3	Friday 4
Chopped Steak Stewed Tomatoes Scalloped Potatoes Whole Wheat Bread Cranberry Apple Crisp	Swedish Meatballs Noodles Beets Cauliflower Peaches
10	11
Chicken and Wild Rice Broccoli Carrots Apple Slices Peanut Butter Sugar Cookie	Meatloaf Au Gratin Potatoes Romaine w/ Dressing Whole Wheat Bread Warm Fruit Salad
17	18
White Chicken Chili Carrots, Corn Bread Light Yogurt Pears	Tater Tot Casserole Stewed Tomatoes Peas Whole Wheat Bread Apple Cranberry Crumble
24	25
Ham Slices California Blend Veg. Winter Squash Whole Wheat Bread Pineapple Oatmeal Cookie	Ranch Chicken Whole Grain Bun Carrots Winter Blend Veg. Banana
While Dining Centers are Closed Due to COVID:	Please arrive for curbside pick-up meals at 11 am.
608-757-5474 for Reservations, Delivered Meal Information	Cancellations, & Home

Call 608-757-5474 for
reservations, cancellations,
and home delivered meal
information.

**Rock County Nutrition
Program Dining Centers**

Beloit

Grinnell Hall Senior Center
631 Bluff Street, Beloit
Serving Monday – Friday



*Dining Center Manager
Cindy Ross*

Clinton

Clinton Senior Center
508 Front Street, Clinton
Serving Monday - Friday



*Dining Center Manager
Chris Tracy*

Evansville

Creekside Place
102 Maple Street, Evansville
Serving Tuesday & Thursday



*Dining Center Manager
Amy Martinson*

Janesville

Riverview Heights Apartments
930 N. Washington Street
Janesville
Serving Monday - Friday



*Dining Center Manager
Celane Poteat*

Milton

The Gathering Place
715 Campus Street, Milton
Serving Monday – Friday



*Dining Center
Managers*



Tips For Preparing Spaghetti Squash

The Versatility of Spaghetti Squash

Spaghetti squash is a delicious and versatile vegetable which is rich in vitamins C, B6, and fiber. Spaghetti squash is also low in calories and carbohydrates and so is a great alternative to pasta for anyone who is trying to reduce their calories or watch their carbohydrate intake. The noodles have a very mild flavor, so can be incorporated in both savory and sweet dishes. Spaghetti squash noodles also hold their texture very well, so are great as leftovers the next day. Many people think of spaghetti squash as only a winter vegetable, but it can be enjoyed all year 'round.

1 cup cooked Spaghetti Squash	vs.	1 cup cooked Pasta Noodles
42	Calories	220
10 grams	Carbohydrates	43 grams
2.2 grams	Fiber	3 grams

Methods to Cook Spaghetti Squash

Oven Method

1. Wash spaghetti squash thoroughly under water.
2. Cut in half the long way, remove seeds.
3. Pierce outer shell with fork several times.
4. Place squash on baking sheet, cut side down.
5. Bake at 375 degrees for 1 hour.
6. Remove from oven.
7. When cool enough to handle, use a fork to gently shred.



Slow Cooker Method

1. Wash spaghetti squash thoroughly under water.
2. Using a knife, pierce the spaghetti squash in multiple areas.
3. Place whole spaghetti squash into a slow cooker.
4. Cook on HIGH for 3-4 hours or on LOW for 5+ hours.
5. Remove from slow cooker. When cool enough to handle, cut squash lengthwise.
6. Using a spoon, remove and seeds.
7. Using a fork, gently shred.

Not sure what to do with your spaghetti squash? Here are a few quick ideas:

- Use in place of traditional pasta in any of your favorite dishes.
- Top cooked spaghetti squash with marinara or Alfredo sauce; or make spaghetti squash taco bowls by topping with taco meat, shredded cheese, shredded lettuce, and a little sour cream.
- Toss with olive oil, minced garlic, parsley; then top with Parmesan cheese.
- Spaghetti squash is even good cold! Combine cooked, chilled spaghetti squash with roasted red peppers, olives, and feta cheese.

<https://martins-supermarkets.com/blog/dietitian-item-of-the-week-spaghetti-squash>

<https://fdc.nal.usda.gov/>

<https://downshiftoology.com/recipes/how-to-cook-spaghetti-squash/>



Retired and Senior Volunteer Program (RSVP)

is offering:

Vets Helping Vets

We Provide:

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For more information contact: Patty Hansberry at
RSVP: 608-362-9593




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Updates From The Staff



Teena Monk-Gerber
Family
Caregiver
Support Specialist

Love and Caregiver Appreciation

February is a Month for Love and Caregiver Appreciation! Not only is Valentine's Day this month, but National Caregivers Day is observed on the third Friday in February. This year, it falls on February 18th.

The day honors individuals who selflessly provide personal care, and physical- and emotional support to those who need it most. There are different types of caregivers who are not just limited to the health sector. The types are: family caregiver, professional caregiver, independent caregiver, private duty caregiver, and informal caregiver. Some of them are not always paid, which is why it is essential to appreciate and thank them for their long-term commitment.

Rosalyn Carter said, "There are only four kinds of people in the world. Those who have been caregivers. Those who are currently caregivers. Those who will be caregivers, and those who will need a caregiver."

This February, don't forget the caregivers in your life. Treat them to lunch, a warm embrace, and offer to give them a break from their caregiving duties. If you know a family caregiver who needs respite and/or support, refer them to the Family Caregiver Support Specialist, Teena Monk-Gerber. I'm only a phone call away: 608-758-8455. Stay well and take care of you!

ARE YOU BORED?

Check out the City of Janesville Area Convention Calendar of Events!

February events include:

- Little Women the Musical
- Kindness Rockshop
- Dr. Daniel Hale Williams: Pioneering Surgeon
- Adult Paint and Sip
- Online Spring Gardening Workshops
- Glass Winter Puzzled Plate Class
- The Sound of Music
- Winter Farmers Market



To view go to: www.janesvillecvb.com/events or call: 608-757-3171 or pick up a hard copy at 20 S Main St Suite 11, Old Towne Mall, Downtown Janesville.

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Thrive Locally



Wisconsin Senior Medical Patrol

Fraud Alert



January 2022

Senior Medicare Patrols (SMPs) empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling, and education.

Please feel free to share this publication with others who may benefit from its contents.

TO CONTACT WI SMP

Call: (888) 818-2611

E-mail: smp-wi@gwaar.org

Website: www.smpwi.org

Facebook:

@WisconsinSeniorMedicarePatrol



Scammers Targeting Covid Testing Options

Our country continues to be subjected to the restraining influence of the Covid pandemic. Despite our fatigue, we need to be vigilant to ward off the disease. And the recent surge of Omicron cases reminds us to be cautious, to protect our health, and the wellbeing of others around us.

A recent development in limiting transmission is the increase in access to testing. There are four approaches to testing:

- Order test kits to be delivered to your home
- Purchase test kits and obtain reimbursement from your private insurance company
- Go to a Covid testing site
- Go to your doctor's office for testing

The government is making it easier to test for Covid. Unfortunately, so are the scammers. They are once again taking advantage of the Covid predicament by selling illegitimate test kits and setting up unscrupulous, even fraudulent, testing locations. These fraudsters work really hard to sell you useless and misleading tests and to steal your identity at the same time. Everyone is a target.

It is critical that you be aware of the potential for fraud and be able to find legitimate testing kits and locations. Here are some tips.

- ❖ To receive free testing kits sent right to your home, go to covidtests.gov. For those who may have difficulty accessing the internet or need additional help to place their orders, call 1-800-232-0233. Each address that orders will receive four kits. If you live at an address with multiple dwellings, be sure to put your apartment or condo number in the street address line (not in the apartment/suite/other box). Failure to do so will result in a message that your address has already ordered kits.

Funded by: This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.



Retired Senior Volunteer Program of Rock County Is In Urgent Need of Drivers

Choose your rides, days and times you can volunteer.
ITS YOUR CHOICE!

You can make a difference in the life of a Rock County senior by volunteering to provide rides to doctors appointments, the grocery store and other necessary destinations. Join our group of valued volunteers and you will receive mileage reimbursement as well as the satisfaction of knowing you are helping others maintain a good quality of life.

- Are you age 55 or better?
- Do you enjoy driving?
- Do you like meeting new people?
- We want to talk to you

For more information call Patty at RSVP

608-362-9593

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ROCK COUNTY
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COUNCIL ON AGING
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www.co.rock.wi.us/aging



Rock County Transit Hours of Operation

Paratransit Hours:

City of Beloit: 6:00am to 6:00pm M-F

City of Beloit: 9:00am to 4:30pm Saturday

City of Janesville: 6:15am to 6:15pm M-F

City of Janesville: 8:45am to 6:15pm Saturday

General Services Hours: 8:00am to 4:00pm for in town pickup trips M-F. 8:00am to 3:30pm for out of town pickup trips M-F

608-757-4505 For a complete schedule and costs go to:

<https://www.co.rock.wi.us/aging-transportation/rock-county-transit>