SENIOR SENTINEL

For Green Lake County Seniors

Green Lake County Dept. of Health & Human Services Aging/Long Term Care Unit
571 County Road A - PO Box 588 · Green Lake, WI 54941-0588 · (920) 294-4070 · (800) 664-3588

Aging/LTC Unit & ADRC Staff

Betty Bradley, Unit Manager
Jennifer Dille, ADRC Director
Kathy Mulhern, Nutrition & Volunteer Coordinator
Irene Kutz, Elderly Benefit Specialist
Matt Wecker, Disability Benefit Specialist
Kristen Dorsch, APS Social Worker
Vanessa Schultz, Resource Specialist
Lisa Zimmerman, Resource Specialist
Amanda Kutcher, Health Promotion Coordinator

Senior Dining Site Managers:

Berlin—Deb Mirr
Green Lake—Sharon Timm
Markesan—Elizabeth Taylor

Green Lake County Elderly Nutrition Program has three dining centers located at the following locations:

Markesan:
Grand River Apartments
302 Grand Avenue

Green Lake:
Dartford Bay Apartments
504 Mill Street

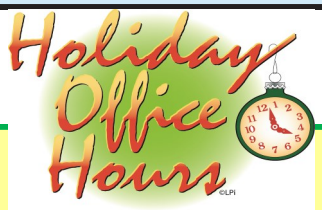
Nutritious meals provided by Feil's Catering. Lunch is served at 11:30 a.m. Monday, Tuesday, Wednesday and Friday.

Berlin:
Berlin Senior Center
142 Water Street

Nutritious meals are provided by the Berlin Senior Center. Lunch is served at Noon, Monday through Friday.

Anyone age 60 and older is eligible to receive a meal at the suggested donation of $4.00/meal (Under 60 years, Congregate cost is $13.06/meal). Please call the Aging Unit at 294-4070 one weekday in advance. For homebound delivery, please call 294-4070 for further information.

We are on the web, go to: www.co.green-lake.wi.us
Select Departments/HHS Aging-LTC Unit



Green Lake County Government Offices will be closed :

Thursday November 24th
Friday, November 25th

Friday, December 23rd
Monday, December 26th
Friday, December 30th

Monday, January 2nd

November 11: Veteran's Day

December 7th: National Pearl Harbor Remembrance Day

Medicare Part D Annual Enrollment Period

By the GWAAR Legal Services Team

Each year from October 15 through December 7, there is an Annual Enrollment Period (AEP), also known as the Open Enrollment Period, for Medicare Beneficiaries to change their Part C and/or Part D plans.

During the AEP, a person can make any of the following changes:

- Join a Part D plan (if not already enrolled);
- Drop a Part D plan;
- Switch to a new Part D plan;
- Drop a Medicare Advantage plan and return to Original Medicare;
- Join a Medicare Advantage plan with or without drug coverage.

Changes made during the AEP will be effective on January 1, 2017. Even if Medicare beneficiaries are happy with their current Part D plan, they should still re-evaluate that drug plan to determine if it will best meet their needs for 2017. Because Part C and Part D plans are privatized, they are allowed to change the terms of coverage every year. New Part D plans become available, and some Part D plans stop offering coverage in the state. Even if a plan continues to offer coverage for the following year, its monthly premium, formulary, pharmacy network, deductible, and copay amounts could all change! It's important that Medicare beneficiaries review their Annual Notice of Change (ANOC), which arrives in the mail on or before September 30th. This document notifies Medicare beneficiaries of the changes to their Part D plan that become effective January 1, 2017.

The most effective way to choose a Part D plan is by going on the www.medicare.gov website and using the "planfinder" tool. The planfinder asks a person to enter his or her zip code, prescription medications, and preferred pharmacies. Based on this information, the planfinder will list the plans that would be most cost effective for that person.

Unfortunately, research shows that fewer than 10% of Medicare beneficiaries are enrolled in the most cost-effective Part D plan. Name recognition or looking at a plan's monthly premium alone are not good ways to choose a plan. If a person is unsure how to pick and evaluate a plan, the person can utilize the following resources:

- Local benefit specialist.– Irene Kutz, (920) 294-4070 or -800-664-3588
- Case manager or social worker.
- Board on Aging and Long-Term Care Part D helpline (ages 60+) at (855) 677-2783.
- Board on Aging and Long-Term Care Medigap helpline at (800) 242-1060.
- Disability Rights Wisconsin Part D helpline (ages 18-59) at 800-926-4862.

Elderly Benefit Specialist Outreach Site

November	***December***
11/01, 15, 22 & 29/2016 Princeton Senior Center 1:00-4:00 pm	12/01/2016 Markesan Community Ctr 1:00-4:00 pm
11/02, 16 & 30/2016 Berlin Senior Center 9:00—11:30 am	12/06/2016 Princeton Senior Ctenter 1:00—4:00 pm
11/03/2016 Markesan Comm. Center 1:00—4:00 pm	12/07/2016 Berlin Senior Center 1:00—4:00 pm
11/09, & 22/2016 Berlin Senior Center 1:00-3:30 pm	

Please by Appointment only to Guarantee time with Irene

These times may change due to additional trainings with Government New Programs

Call before attending these Outreach Sites at (920) 294-4070 or 800-664-3588

Medicare Part D Open Enrollment gives residents opportunity to save MONEY

Open enrollment for Medicare plans in 2017 is October 15 through December 7, 2016. This is the time that Medicare beneficiaries who are enrolled in Part D prescription drug plans and Medicare Advantage plans have time to review their plan to determine if it is still the best one for them. Because insurance companies can change their premiums, deductibles and co-pays, switching to a different plan often results in extra money in your pocket!

If you are going to make a change to your current coverage, enrolling by December 7th helps to ensure that you can get the prescriptions you need on January 1st. Keep in mind Medicare's Open Enrollment ends on December 7. The next Open Enrollment Period will not begin until next Fall.

Senior Care Rx - Prescription Drugs for Wisconsin Seniors

What is SeniorCare?

SeniorCare is a new Prescription Drug Assistance Program for Wisconsin residents who are 65 years of age or older and meet the eligibility criteria. The program is designed to help reduce the expense of prescription drugs for seniors.

The program began September 1, 2002.

- **What are the eligibility requirements?**
- Must be a Wisconsin resident.
- Must be 65 years of age or older.
- Must pay a $30 annual enrollment fee per person.
- Must meet economic criteria (see chart below). Assets, such as bank accounts, insurance policies, home property, etc., are not counted.
- Program participants are subject to certain annual out-of-pocket expense requirements depending on their annual income, as shown in the table below.

Income Limits Based on 2016 Federal Poverty Levels (FPL)	Annual Out-of-Pocket Expense Requirements and Benefits
At or below 160% of FPL annually: $19,008 per individual $25,632 per couple	No deductible or spend down. Pay $15 copay for each name brand drug and a $5 copay for generic drug.
Between 160% and 240% of FPL annually: **2a** $19,009 to $23,760 per individual $25,633to $32,040 per couple **2b** $23,761 to $28,512 per individual $32,041 to $38,448 per couple	**2a** $500 deductible Pay discounted price for drugs until the $500 deductible is met After $500 deductible is met, pay $15 copay for each name brand drug and $5 copay for each generic drug. **2b** $850 deductible Same as 2a
Above 240% FPL annually: $28,513 or higher per individual $38,449 or higher per couple	Pay retail price for drugs equal to the amount that income exceeds 240% of FPL (also known as spend down). Drug costs for spend down will be tracked automatically. During the spend down, there is no discount on drug costs. After spend down is met, meet $850 deductible. Pay discounted price for drugs until the $850 deductible is met. After the $850 deductible is met, pay a $15 copay for each name brand drug and a $5 copay for each generic drug.

Senior Care

What is counted as annual "income"?

You will be asked to estimate your gross annual income which includes the following income: Social Security, gross earnings (with deductions allowed if earnings are from self-employment), interest and dividends, gross pension, unemployment compensation, worker's compensation, rental income, alimony and other support.

What if I have other prescription drug coverage?

Individuals with prescription drug coverage under other health plans will be eligible to enroll in SeniorCare. If you already have a health insurance plan, SeniorCare will coordinate benefit coverage with your plan. Individuals enrolled in Medicaid will not be eligible for the new program, because Wisconsin Medicaid already provides prescription drug coverage.

Is Wisconsin SeniorCare Prescription Drug Plan Creditable Coverage for Medicare Part D?

Yes, SeniorCare is **Creditable Coverage** and CMS/Medicare knows this plan as State Assistance Program. Wisconsin is the only State that has a program for citizens age 65 and older.

How many people will benefit from this program?

Of the estimated 700,000 citizens age 65 and older, it is projected that 260,000 will be eligible for SeniorCare. It is expected that 76,000 of these participants will be at or below 160% FPL (exempt from deductible) and 160,000 will be below 240% FPL. Remember the program will run through December 2017.

How do I register?

In Green Lake County, Aging/Long Term Care is coordinating distribution of, and assistance with, the registration forms. Various locations will have the forms available, Irene Kutz, Benefit Specialist will be traveling to communities for registration clinics or the forms can be downloaded from Internet www.dhfs.state.wi.us/seniorcare/index.htm. If you are homebound, or unable to fill-out the form yourself, Irene Kutz will arrange for you to receive personal help in completing the application.

Have any other questions?

As with any older adult question or concern, contact the Green Lake County Department Health & Human Services-Aging/LTC Unit at (920) 294-4070 or toll-free at 1-800-664-3588.
The statewide SeniorCare Question Line toll-free number is 1-800-657-2038.

REV. 2/02/16

Positive Character Traits

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

BRAVE
CARING
COMPASSIONATE
CONSIDERATE
COOPERATIVE
COURAGEOUS
DILIGENT
DISCRIMINATE
FRIENDLY
FUNNY
GENEROUS
GENTLE
HARD-WORKING
HUMOROUS
INTELLIGENT
KIND
LOVING
LOYAL
METICULOUS
PERSISTENT
SELFLESS
STUDIOUS
THOUGHTFUL

www.superwordsearchpuzzles.com

Positive Character Traits
SOLUTION

(Over,Down,Direction)

BRAVE (6,10,NW)
CARING (9,14,E)
COMPASSIONATE (13,1,W)
CONSIDERATE (5,3,SE)
COOPERATIVE (14,11,N)
COURAGEOUS (13,2,SW)
DILIGENT (14,15,W)
DISCRIMINATE (12,12,NW)
FRIENDLY (13,4,SW)
FUNNY (13,6,SW)
GENEROUS (2,9,NE)
GENTLE (8,2,SE)
HARD-WORKING (1,12,NE)
HUMOROUS (6,2,SE)
INTELLIGENT (1,13,E)
KIND (10,11,NE)
LOVING (2,7,NE)
LOYAL (5,15,W)
METICULOUS (1,11,N)
PERSISTENT (11,12,W)
SELFLESS (1,14,E)
STUDIOUS (9,11,NW)
THOUGHTFUL (15,1,S)

Loss and Grief in Caregiving

November is National Caregiver's month – a month to celebrate and honor all of you who are caring for your spouse, parent or friend. Over 25% of households in the United States are involved in caring for an older adult. Isn't it wonderful that so many people are dedicated to helping those they love? Being able to take care of your loved one in their older years is a joy and an honor.

But caregivers also know that their job is not always joyful, or easy! In fact, there is a lot of loss associated with caregiving. Some of the more obvious things that caregivers lose are jobs/careers, social interactions, free time and often their own well-being. Other losses are less clear, like when you are feeling sadness and grief but can't quite explain exactly what it's all about. For example, you may feel like you have already lost your loved one even though they are still alive. This ambiguous loss is particularly difficult to overcome because it is often brushed aside as not being real. When losses are not identified and feelings of grief are not validated, depression will often follow.

I'm sure all caregivers will agree that they have experienced various losses as a result of their care-giving role. Most of these losses are unavoidable and must be faced. Grief is the emotional process of working through these losses. Grief can be experienced in many different ways. Some common responses to grief are anger and frustration, shock and denial, disorganization, helplessness and fear, guilt and regret, sadness, and fatigue. The most important thing is that the caregiver recognizes their losses and how they are responding, and then allows themselves to grieve.

How does a person grieve? Let yourself express all of the emotions you are feeling. Find a good friend, therapist or support group where you feel safe to share your feelings. Find a private time and space to gather memories and savor that which was lost. Write in a journal. Take care of your health. Stay in touch with friends. Say "goodbye" to life as you knew it and say "hello" to your life as it is now.

The phrases "work through your grief" and "learn to let go" are common, giving the impression that the sadness and pain of your loss will end one day. But some grief and sadness will never completely go away. Living under the impression that you can somehow make your pain and grief disappear may be setting yourself up to fail. Dealing with loss is not forgetting that which you have lost, but learning how to integrate those losses into your life and move forward. It has been said, "You never get over a loss; you just get different."

One last suggestion to all of you hardworking caregivers: Give yourself a pat on the back for all that you do. Treat yourself to lunch with friends, a few hours doing your favorite hobby, a manicure or massage. You have definitely earned it. And remember, you are admired by many for your dedication and selflessness. Keep up the good work!

Jane Mahoney
Older Americans Act Consultant
Greater Wisconsin Agency on Aging Resources

Commodities

GREEN LAKE COUNTY FOOD PANTRY DISTRIBUTION DATES/HOURS
500 Lake Steel Street, Green Lake

Nov 3, 2016 8:30 to 11:00 am
Nov 10, 2016 8:30 to 11:00 am
Nov 15, 2016 4:00 to 5:30 pm
***Nov 17, 2016** 8:30 to 11:00 am

Dec 1, 2016 8:30 to 11:00 am
Dec 8, 2016 8:30 to 11:00 am
***Dec 15, 2016** 4:00 to 5:30 pm
Dec 20, 2016 8:30 to 11:00 am

*Dates may vary due to holidays and inclement weather.

Green Lake County DHHS-Aging Unit administers the FOOD PANTRY/COMMODITY PROGRAM. The Food Pantry is open on the 1st, 2nd & 4th THURSDAYS of each month from 8:30 am—11:00 am and the 3rd TUESDAY of each month from 4:00-5:30 pm (one visit per household per month)**.**

Eligibility: Participants may register at the food pantry during open hours and must meet Federal Poverty Level guidelines (see below), provide proof of Green Lake County residency and identification for all household members.

Note: new income limits as of January 29 2016

Household Size & Current Gross Monthly Income must be at or below 185 % FPL.
Families with more than 10 please add an additional $641 for each member.

1	2	3	4	5	6	7	8	9	10
$1,832	$2,470	$3,108	$3,746	$4,385	$5,023	$5,663	$6,304	$6,945	$7,587

TO ALL OUR ELDERS CELEBRATING A BIRTHDAY

IN...November and December

Food Pantry monetary donations may be made payable to:
Green Lake County Food Pantry
571 County Road A
PO Box 588
Green Lake, WI 54941

Thank you for your support!

Food Pantry donations may be delivered to the food pantry on open days or dropped off at the following locations:

Princeton:
- **Sherm's Piggly Wiggly**
- **Princeton Public Library**

Green Lake:
- **Castecker Public Library**
- **Crossroads Market**

Support Formation

Family Caregiver Support Group

The Family Caregiver Support Group meetings will be held on:
Thursday November 17, 2016 at 12:30 pm
Thursday December 15, 2016 at 12:30 pm
At the Berlin Senior Center
142 Water Street, Berlin
For more information, please call 294-4070

Ripon Medical Center Support Group

* Cancer Support Connection
* Life After Loss
* Healing Hearts Club

For more information about these groups please call 920-926-4960

Green Lake Country Triad
Justice Center/DHHS
571 County Road A
Green Lake, WI 54941

Second Tuesday of the month ~
November 8, 2016—8:30 am Sheriff's Department Demo Room , Healthy Brain and Staying Safe, Alzheimer's Association

December 2016—no meeting

Berlin Triad Meeting Dates:

Berlin Senior Center 142 Water St. All meetings are 12:45 pm
November 8, 2016—Healthy Brain and Staying Safe, Alzheimer's Association
December 2016—no meeting

Alzheimer's Caregiver Support Group

Meets on the 1st Thursday of each month from 5-6 PM in Ripon Medical Center's Princeton Room 845 Parkside St. Ripon . Please call (920) 229-7621 for more information

The Sharing Table

Call (920) 748-5433 for more information. The Sharing Table is a free community meal held on the 2nd Tuesday of the month from 5-6:00 at Grace Lutheran Church 430 W. Griswold in Ripon.

Survivors of Suicide Support Group

1st Thursday of each month 6:30-8:30 P.M.
Immanuel United Methodist Church
401 W. Fond du Lac St. Ripon, WI
Contact: Tim & Sandy Page (920) 229-6432

Markesan Resident Home sponsors a monthly bingo for all of Green Lake County Senior Citizens. Fun, prizes and snacks are hosted by the Activity Staff in the nursing home dining room. We welcome all seniors, their friends and family.
Join us on the 3rd Friday of each month unless otherwise specified. Starting time is 1:30 and it usually lasts until approximately 3:30 PM. Further questions are welcomed please call Angie Schuldt, Activities Manager (920) 398-2751 ext. 232.

Take the following steps to keep your heart healthy:

Just like an engine makes a car go, your heart keeps your body running. As you grow older, some changes in the heart and blood vessels are normal, but others are caused by disease.

Choices you might make every day can contribute to heart disease. Do you smoke? Are you overweight? Do you spend the day sitting at a desk or in front of the TV? Do you avoid exercise? Do you drink a lot of alcohol? If you answered yes to one or more of these questions, making healthy lifestyle changes might help you prevent or delay heart disease.

Be more physically active. Aim for 30 minutes of moderate-intensity activity on most or all days of the week. Every day is best. It doesn't have to be done all at once — 10-minute periods will do. Start by doing activities you enjoy —brisk walking, dancing, swimming, bicycling, or playing basketball or tennis.

If you smoke, quit. It's never too late to get some benefit from quitting smoking.

Follow a heart healthy diet. Choose low-fat foods and those that are low in salt. Eat plenty of fruits and vegetables, and foods high in fiber. Following a healthy eating plan and being physically active might help you.

Keep a healthy weight. Your healthcare provider can check your weight and height to learn your BMI (body mass index). A BMI of 25 or higher means you are at risk for heart disease, as well as diabetes and other health conditions. Following a healthy eating plan and being physically active might help you.

November is National Caregiver Month, a time to recognize and thank the many hard working and devoted people who make it their job to keep a loved one happy and safe. In hopes of making the lives of these caregivers a little easier, here are eight tips to read and follow to help you on your caregiving journey. Remember, you do not have to live with the person to be considered a caregiver. **Anyone who helps an individual with something he or she used to do without help is a caregiver**.

- Taking care of yourself is just as important as caring for your loved one. You will be able to provide better care for a longer period of time if you yourself are healthy.

- Involve the person being cared for in making decisions regarding his or her care. Sometimes this is not possible, but keeping the persons' wishes in mind is very important.

- If someone offers to help, allow them the opportunity to help! It is good for everyone when friends or other family members help. Keep a wish list nearby of things you could use help with. When someone offers to help, let them choose off the list.

- Planning ahead will make caregiving easier in the future. Talk with the person you are caring for about money, medical care and legal issues – complete Power of Attorney forms. Keep doctors' names, medication list, insurance information and social security card where you can find them in case of emergency.

- Learning as much as possible about the person's illness or disease will help you be a better caregiver. Get information from your doctor, books, the internet or local Aging & Disability Resource Center/Aging Unit @ 1-877-883-5378.

- It is normal to feel overwhelmed at times. If you become overwhelmed a lot or if you feel angry or lose your patience frequently you should seek help from your doctor or a counselor.

- It is critical to develop a support system. Talking about your feelings with family or friends is important. Sharing with others who are going through similar experiences can be especially helpful. Consider attending a support group.

Caregivers who get help are more likely to provide better care for a longer period of time. They also "burn out" less often. Consider hiring someone to assist with household chores, meal preparation, personal cares or respite care.
If you need information about local resources or have specific questions about your caregiving journey, please call ***Green Lake County Aging & Disability Resource Center @ 1-877-883-5378.***

Energy Assistance News!

Winter is coming and the Energy Assistance season is in full swing!
The Energy Assistance season started October 1 and runs through May 15.
If you find yourself facing financial difficulty and are unable to make your heat or electric payments, please consider applying for Energy Assistance.

There are a number of ways to apply for this program:

- Contact our office at 920-294-4070 or 800-664-3588 to have an application mailed to you.
- Visit our office on Wednesday mornings from 9:00-11:30 to meet with someone to apply. No appointment necessary!
- Print an application off our website: www.co.green-lake.wi.us
- Attend a local outreach and apply with us. Outreach schedule below.

Energy Assistance Outreach Schedule – November-December 2016

Thursday, November 3	1:00-3:30 p.m.	Markesan Community Center
Thursday, November 10	1:30-3:30 p.m.	Kingston Library
Tuesday, November 15	1:00-3:30 p.m.	Berlin Job Center
Tuesday, December 6	1:00-4:00 p.m.	Princeton Senior Center

If you have any questions about our program or need help filling out the application, feel free to contact us at 920-294-4070 or 800-664-3588. Stay warm!!

BERLIN SENIOR CENTER

142 Water Street, Berlin

920-361-5422

YEAR IN REVIEW—WHAT DID WE DO!?

Dirt Detectives Digging Treasures

Lots Of Cards

Plenty of Exercise !

Parties ! Food ! Dessert !

Ladies' Christmas Tea Party & Fashion Show

Nov./Dec. Berlin Center Activities

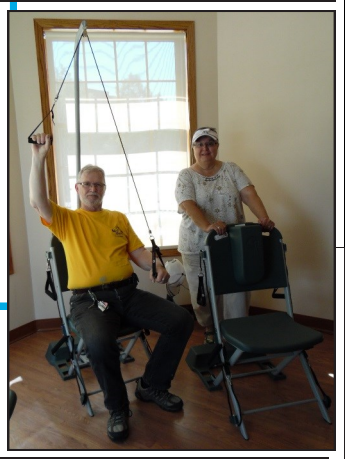
	MONDAYS	TUESDAYS
Week 1	9:00 Line Dancing 9:30 Music Fun 10:00 Pool Shooting 10:30 Exercise 12:30 Sheepshead 1:00 Bowling **1:00 Joyful Sampling**	9:00 Bridge **10:00 Walk & Strengthen** 10:30 Pool Shooting **Noon Birthday Meal Served** 6:00 Bible Sharing held at Wyngate Apts.
Week 2	9:00 Line Dancing 10:00 HarmoniCats 10:30 Pool Shooting 10:30 Exercise 12:30 Sheepshead 1:00 Bowling **Equip. Exercise OPEN** **Check out the exercise chairs and bikes available**	9:00 Bridge **10:00 Walk & Strengthen** 10:30 Pool Shooting **12:30 Veterans' Education & Socialization Group** **12:45 TRIAD** 6:00 Bible Sharing held at Wyngate Apts.
Week 3	9:00 Line Dancing 10:00 HarmoniCats 10:30 Pool Shooting 10:30 Exercise 12:30 Sheepshead 1:00 Bowling **Equip. Exercise OPEN**	9:00 Bridge **Nov. 15 — NOON THANKSGIVING MEAL** **Entertainment by Dan Beulen** **On the Keyboard w/song.** 6:00 Bible Sharing held at Wyngate Apts.
Week 4	9:00 Line Dancing 10:00 HarmoniCats 10:30 Pool Shooting 10:30 Exercise 12:30 Sheepshead 1:00 Bowling **Equip. Exercise OPEN**	9:00 Bridge **9:30 Committee on Aging** **10:00 Walk & Strengthen** 10:30 Pool Shooting 6:00 Bible Sharing held at Wyngate Apts.
Week 5	**CLOSED Dec. 26** 9:00 Line Dancing 10:00 HarmoniCats 10:30 Pool Shooting 10:30 Exercise 12:30 Sheepshead 1:00 Bowling **Equip. Exercise OPEN**	9:00 Bowling Berlin Lanes **10:00 Walk & Strengthen** 10:30 Pool Shooting 6:00 Bible Sharing held at Wyngate Apt.s

Nov./Dec. events **Note: Saturdays & Sundays are intentionally omitted from this calendar**

WEDNESDAYS	THURSDAYS	FRIDAYS
CALL Benefit Specialist 10:00 Woodcarving 10:00 Knit & Crochet 10:30 Pool Shooting 10:30 Exercise, Gentle 12:30 Sheepshead	9:00 Quilting 10:00 Painting Class 10:30 Pool Shooting 12:30 Medicare Program 12:30 Cribbage 1:00 Singing Group Dec. 1 TRIP DAY TODAY	9:30 Harmonicats 10:30 Exercise, Gentle 10:30 Pool Shooting 12:30 Poker 12:30 Sheepshead 12:45 Bridge
CALL Benefit Specialist 10:00 Woodcarving 10:00 Knit & Crochet Class 10:30 Pool Shooting 10:30 Exercise, Gentle 12:30 Sheepshead Equip. Exercise OPEN	9:00 Quilting 10:00 Painting Class 10:30 Pool Shooting 12:30 Cribbage Nov. 10 TRIP DAY TODAY Equip. Exercise OPEN	9:30 Harmonicats 10:00 Pool Shooting 10:30 Exercise, Gentle 10:30 Pool Shooting 12:30 Poker 12:30 Sheepshead 12:45 Bridge
CALL Benefit Specialist 10:00 Woodcarving 10:00 Knit & Crochet Class 10:30 Pool Shooting 10:30 Exercise, Gentle 12:30 Sheepshead Equip. Exercise OPEN	Dec 15 NOON CHRISTMAS Entertainment BHS singer 9:00 Quilting 10:00 Painting Class 10:30 Pool Shooting 12:30 Caregiver Support Group 12:30 Cribbage Equip. Exercise OPEN	9:30 Harmonicats 10:30 Pool Shooting 10:30 Exercise, Gentle 12:30 Poker 12:30 Sheepshead 12:45 Bridge
CALL Benefit Specialist Nov 23 9:30 Low Vision Meetings Dec 28 9:30 Low Vision 10:00 Woodcarving 10:00 Knit & Crochet 10:30 Pool Shooting 10:30 Exercise, Gentle 12:30 Sheepshead	**CLOSED Nov. 24** 9:00 Quilting 10:00 Painting Class 10:30 Pool Shooting 12:30 Cribbage Equip. Exercise OPEN Check out the exercise chairs and bikes available.	**CLOSED Nov. 25** **CLOSED Dec. 23** 9:30 Harmonicats 10:30 Pool Shooting 10:30 Exercise, Gentle 12:30 Poker 12:30 Sheepshead 12:45 Bridge
CALL Benefit Specialist 10:00 Woodcarving 10:00 Knit & Crochet Class 10:30 Pool Shooting 10:30 Exercise, Gentle 12:30 Sheepshead Equip. Exercise OPEN	9:00 Quilting 10:00 Painting Class 10:30 Pool Shooting 12:30 Cribbage Equip. Exercise OPEN Check out the exercise chairs and bikes available.	**PROGRAM KEY --** Black is Every Week Red means Monthly Blue IS New

NEW for the WEEK

YEAR IN REVIEW—WHAT DID WE DO!?



Green Lake Senior Civic Center

466 Scott Street, Green Lake, WI

The year is slowly coming to an end and it's time to get ready for the arrival of Jack Frost by getting out the snow shovels and our sweaters. In Wisconsin, we enjoy the change of seasons!

Our Center is located a few doors west of the Federated Church on the opposite side of the street. There's a sign on the front lawn to help you find us and there's a parking lot in back.

We meet on the <u>second and fourth Thursday of each month about 11:30</u> for a little social time before enjoying a potluck buffet of wonderful hot dishes, salads and desserts at noon. Then we have a program of some sort or we play Bingo. We also have a drawing for four door prizes before we leave for the day. Every three months we have a drawing for a gas card.

In September we took a bus ride to the Palace Theater in the Dells for a delicious meal and a tribute to Dolly Parton and Kenny Rogers. The two portrayers looked and sounded so much like the real stars! It was a most enjoyable outing. We now look forward to our Christmas Party.

If you're looking for a little change of pace, come visit us and bring a friend. We love to see new faces and you'll meet some very nice folks.

Our Center is available for meetings, parties, reunions, etc. If interested, please contact Peggy at 294-6615, for more information.

Best Wishes for a Happy Thanksgiving and a safe, joyous Christmas season.

Irma Eiler, Secretary

Kingston, Dalton, Marquette Senior Center

Kingston

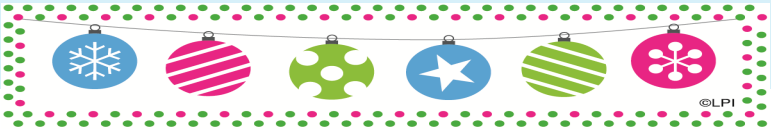
Kingston-Dalton-Marquette meets **every second Thursday of the month** at the American Legion in Kingston, WI. For **November,** it's the **10th,** and on **December,** the **8th.** A potluck dinner at 12:00 noon, meeting follows with a member bringing something for show and tell. Drawing for door prizes plus Euchre and Bingo.

Bill Cruckson,
President

Markesan Senior Center

150 S Bridge Street, Markesan WI

The Markesan Seniors meet on the **2nd Friday of the month at NOON.** Our upcoming meetings will be on **November 11th** and **December 9th.** We always enjoy a potluck luncheon so bring along a dish to pass. We will have a short meeting followed by card playing and/or Bingo. Everyone is welcome to join us, any questions please call (920) 398-2249.



Princeton/Manchester Senior Centers

PRINCETON SENIOR CENTER

212 S HOWARD ST., PRINCETON WI 54968

PHONE/FAX (920) 295-8864 princetonseniors24@gmail.com

OPENED TUESDAY- FRIDAY 10:30 AM TO 3:00 PM

Daily Schedule of Activities:
Sheepshead: Wednesdays at 1 pm
Bridge; Thursdays at 9:30 am;
Dominoes - Fridays at 1:00 pm
Harmonica Lessons November 1 at 10 am
Painting Classes on November 16th at 10 am
Candy making class on December 6th at 9:30 am

Potluck on the fourth Thursday of the month
(November 17th and December 22nd at noon)

We are planning a holiday trip. Watch the **Princeton Times-Republic** for final plans and for other activities.
We have had a nice summer. Many visits with families and friends. We had a fun trip to the Mid-Continental Railroad. It included lunch and a ride on the old train. The museum was interesting with old rail cars on display. We painted old mailboxes in our painting class and painted pumpkins for Halloween. We had two card making classes with lots of fun and good food. Our Potluck lunches have been well attended as we enjoy good food and time with friends and neighbors.
We invite our Princeton neighbors to come and join us. Pop in for a chat, borrow a book, work on our puzzle or use our nice exercise room. Happy Thanksgiving and Merry Christmas to all.

~Meg

Happy Birthday ~
to every one having a November and December Birthday !

MANCHESTER SENIOR CITIZENS

N1645 School St., Manchester, WI

We invite you to come join us at our meetings at the Senior Center and meet up with friends and neighbors!

We usually meet the **third Tuesday of the month**, for **November it will be the 15th** and in **December it will be on the 20th**.

Sometimes we have a catered meal; please check with our Secretary, Mildred Roeder, regarding the dates and cost. Her phone-920-748-5990 or cell phone—920-858-8274.

Bring a dish to pass and enjoy a delicious potluck dinner with cards and Bingo to follow the meal. It's a good afternoon out with friends!

UW Extension

Wisconsin Nutrition Education Program

Fond du Lac/Green Lake Counties

Fond du Lac County Extension Office	Green Lake County Extension Office
227 Admin/Extension Bldg., 400 University Drive	Box 3188, 571 County Road A
Fond du Lac WI 54935 w Phone: (920) 929-3174	Green Lake, WI 54941 w Phone: (920) 294-4032

http://fonddulac.uwex.edu/nutrition-education

Make Healthier Holiday Choices

The holidays are often filled with time-honored traditions that include some of our favorite meals and foods. As you celebrate, think of little changes you can make this holiday season to create healthier meals and active days.

1) Enjoy All Food Groups at Your Celebration

Prepare whole-grain crackers with hummus as an appetizer; add unsalted nuts and black beans to a green-leaf salad; include fresh fruit at the dessert table; use low-fat milk instead of heavy cream in your casseroles. Share healthier options during your holiday meal.

2) Make Sure Your Protein is Lean

Turkey; roast beef; fresh ham; beans; and some types of fish, such as cod or flounder, are lean protein choices. Trim fat before cooking meats. Go easy on the sauces and gravies—they can be high in saturated fat and sodium.

3) Cheers to Good Health

Quench your thirst with low-calorie options. Drink water with lemon or lime slices. Offer seltzer water with a splash of 100% fruit juice.

4) Bake Healthier

Use recipes with unsweetened applesauce or mashed ripe bananas instead of butter. Try cutting the amount of sugar listed in recipes in half. Use spices to add flavor such as cinnamon, allspice, or nutmeg instead of salt.

5) Tweak the Sweet

For dessert, try baked apples with cinnamon and a sprinkle of sugar instead of apple pie. Invite your guests to make their own parfait with colorful sliced fruit and low-fat yogurt.

6) Make Exercise a Part of the Fun

Make being active part of your holiday tradition. Have fun walking and talking with family and friends after a holiday meal. Give gifts that encourage others to practice healthy habits such as workout DVDs, running shoes, and reusable water bottles.

Sweet Potato Casserole

2 tablespoons 1% low-fat milk
1½ teaspoons brown sugar
1 teaspoon ground cinnamon
¼ cup quick cooking oats, dry
1 can (about 15 ounces) low-sodium sweet potatoes, drained and chopped
Recipe Source-What's Cookin! USDA Mixing Bowl

1. Preheat oven to 350 degrees F.
2. In a small bowl, combine milk, brown sugar, cinnamon, and oatmeal. Mix well and set aside.
3. In a medium-size baking pan, add the sweet potatoes so that they cover the bottom of the pan.
4. Add the oatmeal mixture on top of the sweet potatoes.
5. Bake for 20 minutes. Serve hot or refrigerate and serve cold.

Submitted by:
Pam Nelson, Nutrition Educator
Wisconsin Nutrition Education Program
UW – Extension, Fond du Lac/Green Lake Counties

Wisconsin Nutrition Education Program (WNEP) is supported by the USDA Supplemental Nutrition Assistance Program (SNAP), UW-Extension, FoodShare Wisconsin, and local partners. In Wisconsin, FoodShare can help provide a healthy diet. To find out more about Foodshare, call toll-free 1-888-446-1239, or go to http://access.wisconsin.gov.
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Source: ChooseMyPlate.gov

Green Lake County Immunization Clinics 2016

Month	Date	Time	Town	Type of Clinic
November	1	1:00 — 4:00 p.m.	Green Lake	Immunizations
	3	9:30—10:30 a.m.	Dalton	Immunizations
	16	1:00 – 4:00 p.m.	Green Lake	Immunizations
December	6	1:00 - 4:00 p.m.	Green Lake	Immunizations
	21	1:00 – 4:00 p.m.	Green Lake	Immunizations

APPOINTMENTS ARE REQUIRED!
Please call (920) 294-4070 or 1-800-664-3588 to schedule an appointment
****Clinic dates are adjusted if they fall on a legal holiday**

Foot Clinic

***This is a partial list of area clinics that may provide services to you.**
Being listed does not mean we endorse one clinic over another.

CHN Home Care Foot Clinic: 270 E. Marquette Street, Berlin (920) 361-5555
Agnesian Healthcare: To schedule appointments in Ripon or Waupun, call (920) 324-9301, or Fond du Lac at (920)926-8282.
Associated Podiatrists: Dr. Bruce Neumann every Wednesday in Berlin. To schedule an appointment call (800) 595-4265
Chris Dugenske: Independent LPN in Princeton, to schedule call (920) 295-0402

Green Lake County Transportation

Berlin – Berlin Senior Center (920) 361-5422 between 8-4
Green Lake – Barbara Dugenske, City Clerk's office (920) 294-6912
Princeton – Elda Anderson (920) 295-3322
Southern Green Lake County – Cathy Plagenz (920) 398-2672, Lester Shruck (920) 398-1228, Nathan Schmerse (920) 398-2137, Judy Bender (920) 394-3008, Bob Wegener (920) 398-2677

The Transportation Service is available for Medical Appointments, Nutrition (Dining Centers), Employment, and Social means.
Reservations to use the service must be made to the appropriate contact person for the city you live in.
If you are on Medical Assistance you need to contact MTM Inc. at (866) 907-1493

SHARING A HOLIDAY MEAL

The Green Lake County Food Pantry would like to encourage all individuals, businesses, churches, clubs and organizations to participate in our annual **"Sharing a Holiday Meal"** project.

A donation of $20.00 will allow the County Food Pantry to purchase food for a Thanksgiving Holiday Meal for each participating household in November and a $40.00 donation will allow us to purchase a Thanksgiving & Christmas Holiday Meal.

We are asking the public to start making the donations now so we have enough funding to cover the cost of providing a turkey/ham, potatoes, stuffing, cranberry sauce, vegetables, fruit, rolls and dessert in time for the holidays (T*his will be in addition to the other food that is distributed during November & December).*

If you would like to sponsor a holiday meal, please send your donation to:

Green Lake County Food Pantry
Attn: **Sharing a Holiday** Meal
P.O. Box 588
Green Lake, WI 54941

Please note if you would like it to go towards the Thanksgiving or Christmas meal if you send $20.00; if you donate $40.00 it will go towards both holiday meals.

This is a tax deductible donation & greatly appreciated!

Healthy Holidays

If you are trying to enjoy the holiday season and maintain your weight here are some tips: Remember, enjoy your food, savor it and chew it slowly.

- Write down what you eat
- Drink water instead of fatty, sugary beverages
- Use small serving spoons, small plates and don't pile your food on your plate, arrange it more like islands so your plate looks full.
- Bring a healthy dish to pass if asked to the holiday buffet. Fruit or veggie kabobs are very popular and healthy. Heart healthy chili is easy to make, add beans, veggies such as carrots and mushrooms and use lean ground turkey.
- Start your day off with exercise.

Here are a couple drinks to help boost your immune system so you can better fight off colds and the flu.

Ginger Lemon Tea

1 tsp. grated ginger root, ½ tsp. lemon zest and 1 tea bag

Bring 1 ½ cups of water to a boil. Remove from heat and add ginger, lemon and the tea bag. Let steep for 5 minutes. Pour through a strainer into a large mug. Enjoy!

Sunrise in a Glass

1 cup milk, 1 tsp. vanilla, ½ cup orange juice concentrate, ¼ cup ice, 2 tsp. sugar or sugar substitute.

In a blender, add all ingredients and blend until frothy, about 1-2 minutes. Serve right away. The orange juice concentrate (usually in the frozen juice section) gives a powerful dose of vitamin C. If you don't tolerate milk- substitute soy milk. Enjoy!

Green Lake County Nutrition Program
(For Berlin Area)

November 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Birthday Meal Ham Loaf Au Gratin Potatoes Green Beans Pineapple Chunks Birthday Cake	**2** Chicken Alfredo over Linguine Noodles Garden Salad Broccoli Tropical Fruit Strawberries over Angel Food Cake	**3** Meatballs with Gravy over Wild Garden Blend Rice Mandarin Oranges Cherry Brownies	**4** Vegetable Chop Suey w/Meat over Rice Chow Mein Noodles Apricots Banana Bars
7 Spaghetti with Meat Sauce Garlic Bread Cheese Broccoli Sliced Peaches Choc. Chip Bars	**8 TRIAD** Chicken with Gravy & Mashed Potatoes Brussels Sprouts Pineapple Upside Down Cake	**9** Lasagna Buttery Cauliflower Garden Salad Garlic Bread Fruit w/Jell-O	**10** Salad & Baked Potato Bar with Meat and all the Fixins Cin. Streusel Cake	**11 VETERANS DAY** Buttery Baked Tilapia Wild Rice Asparagus Pears Strawberry Shortcake
14 Meatloaf Scalloped Potatoes Corn Cookies	**15 Thanksgiving Meal** Turkey & Stuffing w/Gravy Corn Orange-Cranberry Relish Pumpkin Pie	**16** Beef & Bean Burritos w/Salsa & Sour Cr. Tortilla Chips Green Salad Choc. Cake w/ Peanut Butter Frosting	**17** French Toast Casserole Peas Mandarin Oranges Oatmeal Raisin Cookies	**18** Turkey Soup with Veg & Noodles Salad Sliced Peaches Corn Bread with Honey Butter
21 Ham & Broccoli Casserole Maple Glazed Yams Sliced Peaches Ice Cream Dessert	**22** Egg Salad Sand. On Wheat Bread Mixed Veg Platter with Ranch Dip Tropical Fruit Bread Pudding	**23** Oven Baked Mac & Cheese Stewed Tomatoes Pineapple Chunks Apple Crisp	**24 THANKSGIVING DAY** **CLOSED** **No Meals Served or Delivered**	**25** **CLOSED** **No Meals Served or Delivered**
28 Beef Stroganoff Carrots Sliced Peaches Brownies	**29** Sausage with Rigatoni & Marinara Sauce Corn Fruit Cocktail Monkey Bread	**30** Oven Baked Tuna Casserole Salad Pears Dump Cake	**All Meals include milk & bread/roll. Both regular and sugar-free desserts are available.**	

To order or cancel a meal: Call the Berlin Senior Center at 361-5422 before 9:30 the morning of. Congregate Meals served at Noon. Home Delivered Meals served between 11:00-1:30 p.m.

Green Lake County Nutrition Program
(For Berlin Area)

December 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		All Meals include milk & bread/roll. Both regular and sugar-free desserts are available.	**1** Chicken, Veg Stir Fry over Wild Rice Baby Bakers Crescent Rolls & Cream Cheese Bars	**2** Salisbury Steaks w/ Caramelized Onions Mashed Potatoes & Gravy Corn Banana Bars
5 Chicken Noodle Soup Mixed Veggie Tray w/Ranch Dip Pears Blueberry Muffins	**6 Birthday Meal** Beef Tips Mashed Potatoes & Gravy Mixed Vegetables Birthday Cake	**7** Spaghetti w/Meat Sauce Garlic Bread Green Salad Broccoli Pineapple Upside Down Cake	**8** Salad & Baked Potato Bar w/Meat & all the Fixin's Fruit Fluff Dessert	**9** Ham Loaf Baby Bakers Brussels Sprouts Dessert Surprise
12 Meatballs over Rice with Gravy Cauliflower Tropical Fruit Pudding	**13** Pork Roast Baby Bakers Green Beans Devil's Food Cake	**14** Chicken w/Mashed Potatoes & Gravy Peas & Carrots Mandarin Oranges	**15 Christmas Meal** Sliced Ham Scalloped Potatoes Mixed Veg. Pineapple Chunks Cin. Raisin Bread Pudding	**16** Salmon Patties w/ Dill Sauce Tri-Taters Cheesy Broccoli Fruit Fluff
19 Parmesan Baked Chicken Sweet Potato Green Beans Cherry Brownies	**20** Meatloaf Twice Baked Potato Corn Apple Crisp	**21** Chicken Alfredo over Noodles Carrots Pears Layered Fruit Trifle Dessert	**22** Lasagna Cauliflower Sliced Peaches Rice Crispy Bars	**23** **CLOSED No Meals Served or Delivered**
26 **CLOSED No Meals Served or Delivered**	**27** Ruben Casserole w/Sauerkraut & Swiss Cheese Mediterranean Veg. Cherry Pie	**28** Beef Chili w/Beans & Noodles Pears Corn Bread w/Honey Butter	**29** Beef Stroganoff Mixed Veg. Apricots Blueberry/Peach Crisp	**30** **CLOSED No Meals Served or Delivered**

To order or cancel a meal: Call the Berlin Senior Center at 361-5422 before 9:30 the morning of. Congregate Meals served at Noon. Home Delivered Meals served between 11:00-1:30 p.m.

Green Lake County Elderly Nutrition Program
For Green Lake, Markesan and Princeton Area

Green Lake: Dartford Bay Apartments/504 Mill St/Green Lake
Markesan: Grand River Apartments/302 Grand Avenue/Markesan

November 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Salmon Loaf Escalloped Potatoes Broccoli Cuts Ice Cream Cup Dinner Roll	**2** Pork Steak Mashed Potatoes Carrots Applesauce Sliced Bread	**3**	4 Meatballs in Honey Mustard Sauce Baby Red Potatoes Green Beans Birthday Cake Sliced Bread
7 Teriyaki Chicken Breast Baked Potato Peas & Carrots Coconut Cream Pie Sliced Bread	**8** Lasagna Casserole Italian Blend Veg. Fruited Gelatin French Bread	**9** Swiss Steak Mashed Potatoes Swiss Spinach Chocolate Pudding Sliced Bread	**10**	**11 VETERANS DAY** Glazed Ham Baby Red Potatoes Coleslaw Applesauce Cake Sliced Bread
14 Swedish Meatballs Mashed Potatoes Mixed Vegetables Fruited Gelatin Sliced Bread	**15** Baked Chicken American Pot. Salad Baby Carrots Raspberry Sherbet Dinner Roll	**16** Escalloped Potatoes and Ham Casserole Spinach Salad w/ Rasp. Vinaigrette Orange Sliced Bread	**17**	**18** Cheese Tortellini in Marinara Sauce Broccoli Cuts Cinnamon Roll French Bread
21 Chicken Breast Mashed Potatoes Carrots Pineapple Tidbits Sliced Bread	**22** Beef Stew Tossed Salad Mandarin Orange Gelatin Garlic Ched. Biscuit	**23** Roast Turkey Mashed Potatoes Escalloped Corn Pumpkin Pie Sliced Bread	**24 THANKSGIVING DAY** **CLOSED** **No Meals Served or Delivered**	**25** **CLOSED** **No Meals Served or Delivered**
28 Cranberry/Kraut Meatballs Baby Red Potatoes Peas & Carrots Peach Slices Sliced Bread	**29** Ham Rolls Squash Health Slaw Applesauce Dinner Roll	**30** Baked Chicken Twice Bk Style Pot. Three Bean Salad Cream Sicle Torte Sliced Bread		

Join your friends and neighbors for a delicious and nutritious meal!
To order or cancel a meal: Call the Aging Unit at 294-4070 or 1-800-664-3588 one weekday in advance. Congregate Meals served at 11:30 a.m. Home Delivered Meals served between 11:00-1:30 p.m.

Green Lake County Elderly Nutrition Program
For Green Lake, Markesan and Princeton Area

Green Lake: Dartford Bay Apartments/504 Mill St/Green Lake
Markesan: Grand River Apartments/302 Grand Avenue/Markesan

December 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	**2** Crispy Fish Fillet German Pot. Salad Calif. Blend Veg. Petite Banana Sliced Bread
5 Meatloaf Baked Potato Corn Tapioca Pudding Sliced Bread	**6** Chicken Marsala Garlic Mashed Pot. Green Beans Fruited Gelatin Dinner Roll	**7** Hungarian Goulash Casserole Maple Brussels Sprt Cantaloupe Slice Sliced Bread	**8**	**9** Honey Mustard Meatballs Baby Red Potatoes Peas & Carrots Applesauce Sliced Bread
12 Baked Chicken Twice Bk Style Pot. Copper Penny Salad Ice Cream Cup Sliced Bread	**13** Chili Casserole Tossed Salad Applesauce Cake Cornbread	**14** Roast Pork Loin Mashed Potatoes Pickled Beet Salad Peach Slices Sliced Bread	**15**	**16** Roast Turkey Mashed Potatoes Green Bean Cass. Cranberry Gelatin Sliced Bread
19 Glazed Ham Sweet Potato Bake Coleslaw Pineapple Tidbits Sliced Bread	**20** Chicken Breast Mashed Potatoes Mixed Vegetables Red Velvet Cake Dinner Roll	**21** Baked Spaghetti Casserole Mixed Italian Salad Fruited Gelatin French Bread	**22** Roast Beef Mashed Potatoes Carrots Key Lime Pie Dinner Roll	**23** **CLOSED** **No Meals Served or Delivered**
26 **CLOSED** **No Meals Served or Delivered**	**27** Hawaiian Meatballs Baby Red Potatoes Peas & Carrots Mand. Orange Gel. Dinner Roll	**28** Baked Chicken Twice Bk. Style Pot. Three Bean Salad Coconut Cream Pie Sliced Bread	**29** Pork Jaegerschnitzel Baked Potato Baby Carrots Applesauce Dinner Roll	**30** **CLOSED** **No Meals Served or Delivered**

Join your friends and neighbors for a delicious and nutritious meal!
To order or cancel a meal: Call the Aging Unit at 294-4070 or 1-800-664-3588 one weekday in advance.
Congregate Meals served at 11:30 a.m. Home-delivered Meals served between 11:00-1:30 p.m.

Green Lake County Elderly Nutrition Program

The following individuals are eligible for Home Delivered Meals if :

- A person aged 60 or older who is frail & essentially homebound by reason of illness, disability, or isolation for whom an assessment concludes that participation is in the individual's best interest.
- A spouse of a person eligible for a 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.
- A disabled individual who resides at home with an older eligible individual participating in the program if an assessment concludes it is in the individual's best interest
- An informal caregiver (other than spouse) who resides at home with an eligible older individual using Home Delivered Meals, if an assessment concludes that it is in the best interest of the homebound eligible individual.
- Please contact the Aging & Disability Resource Center (920) 294-4122 or (877) 883-5378 to request Home Delivered Meals. The Nutrition Coordinator will set up a time to meet with you to complete the assessment and get meals started.

Meals are offered on a donation basis, but that doesn't mean they are free. The full meal cost and the suggested donation amounts are posted at the dining site and below. You are asked to donate as generously as you can afford, all donations go directly back into the nutrition program. Your generosity and support of the program is greatly appreciated!

SUGGESTED DONATION $4.00/MEAL FOR PERSONS AGE 60 & OVER

UNDER AGE 60 – COST IS $ 13.06 (Congregate) and $11.25 (Home Delivered) effective 7-1-16

I would like to make a contribution to Green Lake County Department of Aging and Older American Act Programs. Please add my donation to the following program (s):

□ I have included a donation in the amount of $_____ for programs/services listed below.
(Checks made payable to Green Lake Co. Dept. of Aging. A receipt will be sent upon request).

Please designate this donation In Memory or Honor of:_____

_____Nutrition Dining Centers _____Home Delivered Meals _____Transportation

_____Senior Sentinel Newsletter _____Benefit Specialist Program _____Caregiver Program

_____Health Programs _____Any/all Dept. Programs

It is okay to acknowledge my donation in the Newsletter or other local publications. _____Yes _____No

Name:_____Address:_____Phone:_____

Return to : Green Lake Co. Dept. of Aging, PO Box 588 Green Lake, WI 54941 *Thank you!*

Senior Sentinel Newsletter
for Green Lake County Seniors

Green Lake County Dept of Health & Human Services
Aging/Long Term Care Unit
571 Country Road A - PO Box 588
Green Lake, WI 54941-0588
(920) 294-4070 - (800) 664-3588