Over the past few months, the world has changed in ways many people were not expecting. Our normal lives were flipped upside down and made doing simple things such as grocery shopping or picking up medications from the pharmacy difficult to do. The ADRC of Southwest Wisconsin-Green County office has been committed to seniors, those with a disability, their families, care providers and others by providing up-to-date resources and information. And this was no exception during this time of COVID-19. The ADRC has continued to strive to provide resources and services during this time in the safest way possible. Being able to provide many of these services and resources would not have been possible without the assistance from our various partners such as, meal site managers and nutrition providers, home-delivered meal volunteers, volunteer driver escorts, community partners and more.

The ADRC wants to say THANK YOU to anyone who has provided his or her time, support, flexibility, understanding and patience to us over these last few months.

What’s next for the ADRC?

The ADRC is working in collaboration with Green County Human Services and Green County Public Health to ensure safety measures are met while we work to “get back to normal”. Because The Bridge is a bi-monthly newsletter, the information shared at the beginning of July may change by the end of August. To have the most up-to-date information, give the ADRC a call. We are continuing to be available by phone from 8:00-4:30 PM Monday through Friday. You can also check out our website and Facebook page. We continue to make changes focused around the safety of our staff and consumers. We continue appreciate the support and flexibility.

Contact Information
Phone: 608-328-9499
Email: resourcecenter@gchsd.org
Website: adrcgreencounty.org
Facebook: ADRC of Southwest Wisconsin

Thank You

The ADRC wants to say THANK YOU to anyone who has provided his or her time, support, flexibility, understanding and patience to us over these last few months.

ADRC is “Still here for you!”

A publication of the Aging & Disability Resource Center • July | August 2020
ADRC is “Still here for you!”

The ADRC wants to say THANK YOU to anyone who has provided his or her time, support, flexibility, understanding and patience to us over these last few months.
Although asparagus is available all year round, spring is the best time of year for this nutritious vegetable. Asparagus is low in calories, fat, sodium and cholesterol and a good source of vitamins A, C, E and K as well as folate and fiber. It can be eaten raw, grilled, roasted, sautéed, steamed and even canned.

Because of its versatility and mild flavor, it is easy to incorporate it into a variety of entrees, side dishes, appetizers and even salads.

Here are some tips on how to purchase, store, clean, cook and incorporate into a healthy eating plan.

**Purchasing, storing and cleaning**
- Choose odorless bright green stalks with dry, tight tips with a slight purple hue.
- Choose bunches where the stalks are similar in size.
- Avoid purchasing limp or wilted stalks.
- Refrigerate unwashed asparagus by wrapping the end of stalks in a wet paper towel and placing in a plastic bag.
- When ready to use, rinse asparagus stalks thoroughly in cool water to remove dirt and sand.

**Cooking options**
- **Boiled:** Place asparagus in a wide skillet with about 1 inch of water, cook until soft.
- **Blanched:** Place asparagus in boiling water for about 3 minutes, remove and immediately place in an ice bath until cooled.
- **Roasted:** Place stalks in a single layer on a baking sheet, coat with olive oil and sprinkle with a small amount of seasoning. Bake at 450 degrees F for about 10-15 minutes until tender.
- **Grilled:** Purchase thicker spears for grilling. Coat grill grate with olive oil. Place asparagus spears on grate, grill for 5-8 minutes, turn occasionally.

**Ways to incorporate into healthy eating plan**
- Add steamed pieces of asparagus to scrambled eggs or omelets.
- Add blanched or raw asparagus to your favorite pasta or green salad or casserole.
- Roast or grill and serve as a side dish with your favorite meal.

Sources: [https://www.health.harvard.edu/heart-health/vegetable-of-the-month-asparagus](https://www.health.harvard.edu/heart-health/vegetable-of-the-month-asparagus) [https://food.unl.edu/healthy-bites-may-national-asparagus-month](https://food.unl.edu/healthy-bites-may-national-asparagus-month)
Election Season is Approaching!

August 11th is the Partisan Primary Election for the November 3rd General Election. Our General Election this year includes candidates for President, U.S. Representative, even-numbered Wisconsin State Senate seats, all Wisconsin Assembly seats, and all District Attorneys.

We want your voice to be heard and you to be able to cast your vote! Voters are being encouraged to request an absentee ballot for both elections due to the pandemic. Below are different deadlines for you to be aware of.

You can get more information online at https://myvote.wi.gov/en-us. If you don’t have a computer or are not internet savvy and need help registering online or requesting an absentee ballot online, give us a call at the ADRC and we can assist.

**Deadlines for August 11, 2020 Partisan Primary**

**Voter Registration**

**Deadlines for the August 11, 2020 Partisan Primary**

 Voters can register in the following ways. All voters must provide a Proof of Residence document when registering to vote by mail, in-person in the clerk’s office, or at the polls on Election Day.

- **July 22, 2020 - Deadline to Register by Mail** - Your voter registration form, along with proof of residence must be postmarked to your municipal clerk no later than July 22, 2020.

- **July 22, 2020 - Deadline to Register to vote online.** - Voters who are able to match their name, date of birth, Wisconsin Driver License or State ID number, and address with the Wisconsin DMV can register to vote online through July 22, 2020.

- **August 7, 2020 @ 5:00 p.m.** - Deadline to Register in Your Municipal Clerk’s Office - Voters may register in-person in their municipal clerk’s office during the clerk’s business hours until 5:00 p.m. on May 8, 2020.

- **August 11, 2020 from 7:00 a.m.-8:00 p.m.** - Register to Vote at Your Polling Place - Voters can register to vote at their polling place on Election Day, August 11, 2020.

**Absentee Voting Deadlines for the August 11, 2020 Partisan Primary**

All voters in Wisconsin can request an absentee ballot to be mailed to them for any reason. Voters must be registered before they can request an absentee ballot. Voters may request their absentee ballot in writing. You must provide a photo ID with your absentee ballot request.

- **August 6, 2020 @ 5:00 p.m.** - Deadline to Request an Absentee Ballot - Regular and Permanent Overseas Voters - If you are a regular or a Permanent Overseas Voter, your absentee ballot request must be received by your municipal clerk no later than 5:00 p.m. on August 6, 2020.

- **August 7, 2020 @ 5:00 p.m.** - Deadline to Request an Absentee Ballot - Regular Voters who are in a hospital may request a ballot be brought to them by an appointed agent if they are hospitalized in the 7 days preceding the election. Hospitalized voters may request an absentee ballot between August 4, 2020 and August 11, 2020 at 5:00 p.m.

- **August 11, 2020 @ 5:00 p.m.** - Deadline to Request an Absentee Ballot - Military - If you are a voter in the military, your absentee ballot request must be received by your municipal clerk no later than 5:00 p.m. on August 11, 2020.

Possibly through August 9, 2020 - Deadline for In-Person Absentee - Voters can possibly request and vote an absentee ballot in-person in their municipal clerk’s office through August 9, 2020. **Office hours vary by municipality.** Some municipal offices may not offer additional in-person absentee hours. Please contact your municipal clerk for absentee voting hours.

August 11, 2020 @ 5:00 p.m. - Deadline for Hospitalized Voters - Voters who are in a hospital may request a ballot be brought to them by an appointed agent if they are hospitalized in the 7 days preceding the election. Hospitalized voters may request an absentee ballot between August 4, 2020 and August 11, 2020 at 5:00 p.m.

August 11, 2020 @ 5:00 p.m. - Deadline to Request an Absentee Ballot - Military - If you are a voter in the military, your absentee ballot request must be received by your municipal clerk no later than 5:00 p.m. on August 11, 2020.
Why Seniors’ Tastes Change with Age

Our sense of taste helps us recognize when food is healthy or harmful. When a person loses this sense or it becomes altered, it can cause a reduction in appetite, weight loss, poor nutrition, weakened immunity and even death. Understanding how one’s perception of taste can change with age is an important step towards preventing these adverse health effects.

How Humans Perceive Taste

A normal sense of taste occurs when molecules released by chewing stimulate special sensory cells in the mouth and throat. These taste cells, or gustatory cells, send messages through specialized nerves to the brain, where specific taste profiles are identified.

Gustatory cells are clustered within the taste buds of the tongue, roof of the mouth and lining of the throat. Many of the small bumps that can be seen on the tip and surface of the tongue, called papillae, contain taste buds. At birth, most people have between 2,000 and 10,000 taste buds.

Humans can experience five basic taste sensations: sweet, sour, bitter, salty and umami. Umami is a savory sensation that was discovered by a Japanese scientist in the early part of the twentieth century. Specifically, it is the taste of glutamate, a building block of protein found in foods like chicken broth, cooked meats and some cheeses. Umami is also the taste associated with MSG (monosodium glutamate), an additive that is often used in foods as a flavor enhancer.

The five taste qualities above combine with other oral sensations, such as texture, spiciness, temperature and aroma, to produce what is commonly referred to as flavor. It is this combination of qualities that lets us deduce what we are eating.

Our Sense of Smell Heavily Influences Taste

Many people are surprised to learn that we recognize flavors largely through our sense of smell. For example, if you hold your nose while eating a piece of chocolate, you will be able to detect its sweetness and bitterness but be unable to identify the chocolate flavor. That’s because the distinguishing characteristic of chocolate is largely identified by our sense of smell as aromas are released during chewing.

This explains why our ability to sense food flavors is diminished when we experience a head cold or nasal congestion. With a stuffy nose, food aromas are unable to reach the sensory cells that detect odors and aid in gustatory sensation. In many cases a loss of or change in taste is actually due to changes in one’s sense of smell.

How Aging Affects the Senses

Typically taste bud cells are replaced every week or two, but after age 50, these cells begin to lose their sensitivity and ability to regenerate. Olfactory nerve endings and mucus production in the nose may also decline, weakening one’s sense of smell. When taste and smell are impaired, a person may change his or her eating habits, whether consciously or unconsciously. Some people may eat too little and lose weight, while others may eat too much and gain weight. This may seem like a mere inconvenience, but the dietary changes that result from a distorted sense of taste can be a serious risk factor for heart disease, diabetes, stroke and other illnesses that require sticking to a specific diet.

Many older people believe that there is nothing they can do about their weakened sense of taste, but, depending on the underlying cause, a doctor may be able to suggest treatments for or ways of coping with this problem. It’s important to see a doctor if you find yourself or someone you love complaining of taste issues or developing new or unusual eating habits.

Other Causes of Taste Loss

Problems with taste are caused by disruptions in the detection of taste/smell, the transmission of gustatory and olfactory messages to the brain or the way the brain interprets these messages. The following culprits may be to blame:

- Side effects of certain medications
- Infections
- Head injuries
- Dental problems, such as gum disease, ill-fitting dentures or inflammation
- Radiation therapy for head and neck cancers
- Chemotherapy
- Dry mouth
- Heavy smoking
- Vitamin deficiencies
- Neurological conditions like Alzheimer’s disease and Parkinson’s disease
- Other causes of taste loss such as ageusia, or the reduced ability to taste.

This disorder is usually temporary. In some cases, the loss of taste may be permanent. When this occurs in older people, usually because of medications or oral health problems.

Types of Taste Loss and Their Symptoms

There are several types of taste disorders that are categorized depending on how one’s sense of taste is affected. The most common taste complaint is “phantom taste perception,” or tasting something when nothing is in the mouth. Some people have hypogeusia, or the reduced ability to taste. This disorder is usually temporary.

Other people can’t detect taste at all, which is called ageusia. This type of disorder can be caused by for lowering cholesterol, antibiotics, medications for lowering blood pressure, anxiety medications and antidepressants. Discuss gustatory side effects with the prescribing doctor and ask if there is an alternative medication available.

Certain lifestyle choices and environmental factors can also impact one’s sense of taste. Smokers often report improved senses of taste and smell after they quit using tobacco products. Sometimes exposure to certain chemicals, such as insecticides and solvents, and even allergens can impair taste. Respiratory infections are also well-known culprits, which is yet another reason why regular hand-washing and proper vaccination are important preventive measures.

Sometimes changes in taste can even indicate the presence of an underlying medical condition. For example, in the early stages of type 2 diabetes, altered taste may occur due to fluctuations in a person’s blood sugar. Neurological conditions such as Alzheimer’s disease, Lewy Body dementia and Parkinson’s disease can also have significant effects on one’s sense of smell (and therefore taste).

Continues to page 7 | Change
A few months back (January-February edition) you may recall reading an article about Joy for All Companion Pets, Rex and Roxie. We received a number of inquiries about these wonderful pets and wanted to share one of the stories…

“I just wanted to touch base with you on the dog REX my Mother Judith received from the ADRC program. My mother lived with me for 6 years and we have two little dogs, Cubby and Lily and over time these two dogs become her best friends. When Judy was placed at Long-term Nursing Home she missed the dogs the most of all and she asked about them all the time. When I had the golden opportunity to receive a Rex Dog it was a truly amazing gift for her. Judy talks to Rex (New name is Cubby) every day. He sits on her lap and watches Hallmark. When we call her or go see her she talks about what they have done for the week such as crafts and therapy. She has taken Cubby outside when she goes out for walks. Now that we are face-timing, we talk with her and Cubby. Cubby has brought companionship that she needed, and a friend to help her through the scary times when we can’t be with her.”

During the pandemic, one of our Information and Assistance Specialists decided that Rex needed to get out of the office and go on some adventures! Rex has enjoyed a number of adventures, here are a few pictures of what he has been up to.

If you would like more information about the Joy for Animal Companion Pets, please reach out to the ADRC of Southwest Wisconsin-Green County at 608.328.9499.

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Monday Coffee Connect
Virtual Support to Fill Your Caregiving Cup

Caring for someone living with dementia?

Connect with local dementia specialists virtually from the comfort of your home!

Join to ask questions, gain support, and brainstorm strategies to get through this time together with three local Aging & Disability Resource Center (ADRC) Dementia Care Specialists.

Come with a cup of coffee or tea to interact via Zoom Video. Fill your cup and start your week off right!

Mondays
10:00 – 11:00 am

Join us for any and/or all of the dates!

July 6, 13, 20, 27
August 3, 10, 17, 24, 31

Register by calling Pam at 608-426-4295.

After registering you will receive the Zoom video link and directions on how to connect.
### July 2020 Menu - Monroe/Brodhead/Albany/New Glarus/Monticello

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Albany</td>
<td>Roast Chicken Thigh</td>
<td>Monroe</td>
<td>Taco Casserole</td>
<td>Closed for 4th of July</td>
</tr>
<tr>
<td>Brodhead</td>
<td>Same</td>
<td>New Glarus</td>
<td>Same</td>
<td>Same</td>
</tr>
<tr>
<td>Monroe</td>
<td>Same</td>
<td>Monticello</td>
<td>Pizza Casserole</td>
<td>Same</td>
</tr>
</tbody>
</table>
| New Glarus | Same | | | | Monticello
| Monticello | | | | |
| Albany | Basil Chicken Parmesan | Monroe | Hamburger w/Bun | Albany |
| Brodhead | Same | New Glarus | Same | Ham Slices |
| Monroe | Same | Monticello | Chicken w/Wild Rice | Same |
| New Glarus | Same | | | Same |
| Monticello | | | | Same |
| Albany | Cranberry Roast Pork | Monroe | Chicken Salad | Brodhead |
| Brodhead | Same | New Glarus | Same | Same |
| Monroe | Same | Monticello | Pork Cutlets | Same |
| New Glarus | Same | | | Same |
| Monticello | | | | Same |
| Albany | Hot Turkey Noodle | Monroe | Goulash | New Glarus |
| Brodhead | Casserole | Same | Same | Same |
| Monroe | Same | New Glarus | Same | Same |
| New Glarus | Same | Monticello | Turkey | Same |
| Monticello | | | | Same |
| Albany | Turkey Tetrazzini | Monroe | Tuna Casserole | Monticello |
| Brodhead | Same | Monticello | Chicken & Wild Rice | Same |
| Monroe | Same | | | Same |
| New Glarus | Same | Monticello | Pizza Casserole | Same |
| Monticello | | | | Same |

### August 2020 Menu - Monroe/Brodhead/Albany/New Glarus/Monticello

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Albany</td>
<td>Chicken Patty w/Bun</td>
<td>Monroe</td>
<td>Bourbon Glazed Ham</td>
<td>Albany</td>
</tr>
<tr>
<td>Brodhead</td>
<td>Same</td>
<td>New Glarus</td>
<td>Same</td>
<td>Roast Chicken Breast</td>
</tr>
<tr>
<td>Monroe</td>
<td>Same</td>
<td>Monticello</td>
<td>Ham Balls</td>
<td>Same</td>
</tr>
<tr>
<td>New Glarus</td>
<td>Same</td>
<td></td>
<td></td>
<td>Same</td>
</tr>
<tr>
<td>Monticello</td>
<td></td>
<td></td>
<td></td>
<td>Same</td>
</tr>
<tr>
<td>Albany</td>
<td>Sliced Turkey w/Gravy</td>
<td>Monroe</td>
<td>Fish Breaded</td>
<td>Closed for 4th of July</td>
</tr>
<tr>
<td>Brodhead</td>
<td>Same</td>
<td>New Glarus</td>
<td>Same</td>
<td>Same</td>
</tr>
<tr>
<td>Monroe</td>
<td>Same</td>
<td>Monticello</td>
<td>Roast Pork</td>
<td>Same</td>
</tr>
<tr>
<td>New Glarus</td>
<td>Same</td>
<td></td>
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<td>Same</td>
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<tr>
<td>Monticello</td>
<td></td>
<td></td>
<td></td>
<td>Same</td>
</tr>
<tr>
<td>Albany</td>
<td>Hamburger w/Bun</td>
<td>Monroe</td>
<td>Sage Roasted Pork</td>
<td>Albany</td>
</tr>
<tr>
<td>Brodhead</td>
<td>Same</td>
<td>New Glarus</td>
<td>Same</td>
<td>Taco Casserole w/</td>
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<tr>
<td>Monroe</td>
<td>Same</td>
<td>Monticello</td>
<td>Roast Pork</td>
<td>Black Beans</td>
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<tr>
<td>New Glarus</td>
<td>Same</td>
<td></td>
<td></td>
<td>Brodhead</td>
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<tr>
<td>Monticello</td>
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<td></td>
<td></td>
<td>Same</td>
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<tr>
<td>Albany</td>
<td>Basil Chicken Parmesan</td>
<td>Monroe</td>
<td>Beef Tips</td>
<td>New Glarus</td>
</tr>
<tr>
<td>Brodhead</td>
<td>Same</td>
<td>New Glarus</td>
<td>Same</td>
<td>Same</td>
</tr>
<tr>
<td>Monroe</td>
<td>Same</td>
<td>Monticello</td>
<td>Turkey Tetrazzini</td>
<td>Same</td>
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<tr>
<td>New Glarus</td>
<td>Same</td>
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<td></td>
<td>Same</td>
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<tr>
<td>Monticello</td>
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<td></td>
<td>Same</td>
</tr>
<tr>
<td>Albany</td>
<td>Ham &amp; Scalloped Potatoes</td>
<td>Monroe</td>
<td>Goulash</td>
<td>Monticello</td>
</tr>
<tr>
<td>Brodhead</td>
<td>Same</td>
<td>New Glarus</td>
<td>Same</td>
<td>Baked Chicken</td>
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<tr>
<td>Monroe</td>
<td>Same</td>
<td>Monticello</td>
<td>Turkey Stroganoff</td>
<td>Same</td>
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<tr>
<td>New Glarus</td>
<td>Same</td>
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<td>Same</td>
</tr>
<tr>
<td>Monticello</td>
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<td>Same</td>
</tr>
</tbody>
</table>

1% milk only served. Meals are prepared without salt. For serving times and more information, call the Aging and Disability Resource Center at 608-328-9499. The Monroe Dining Center is located in the Behring Senior Center, 325-3040. The Brodhead Dining Center is located at the Brodhead Senior Center, 897-4796. Monticello meals are available through Gempeler’s Supermarket. (608) 938-4927.

* all menus are subject to change *
Starting May 21, 2020, people who receive FoodShare or Pandemic EBT (P-EBT) benefits are now able to order and purchase food on Amazon’s and Walmart’s websites using their QUEST or P-EBT card.

In light of the COVID-19 pandemic, the U.S. Department of Agriculture’s Food and Nutrition Service approved Wisconsin’s request to expedite implementation of online food purchasing at authorized retailers for people who receive FoodShare or Pandemic EBT benefits. At this time, the Food and Nutrition Service has only authorized Amazon and Walmart to accept online payments in Wisconsin, but hopefully more retailers will become authorized in Wisconsin soon.

How To Purchase Food Online
When purchasing food on Amazon’s and Walmart’s websites, people will be able to choose an EBT card payment option and enter their card details. They will be asked to enter their card PIN each time they check out.

People can only use their QUEST or P-EBT card to purchase eligible food, just as they would at a physical store. If they are ordering other items at the same time, they will be asked to enter another form of payment to purchase those items. Amazon and Walmart provide more information about the purchasing process on their websites.

Delivery
Delivery options depend on location. Amazon delivers across the state and offers free shipping on eligible orders over a certain dollar amount. Walmart delivers to certain locations or offers pick up at the store. Both Amazon and Walmart may charge a delivery fee in some cases. Delivery fees cannot be paid with QUEST or P-EBT cards; they must be paid with another form of payment.

Other Purchasing Options
Some grocery stores offer other options to help people purchase their food safely and easily. For example, people can order their food online or over the phone, choose an EBT card payment option, and swipe their QUEST or P-EBT card when they pick up their order, either curbside or in store. People should check with their local grocery stores to see what options they offer.

- Now Offering -
**Virtual Caregivers Support Group**

Day Support Group:
Every 4th Thursday of the Month from 10:30am-12:00pm
Night Support Group:
Every 2nd Thursday of the Month from 6:00pm-7:30pm

We all know it takes a special person to be a caregiver. Many times, we tend to neglect our own health and wellness, because of the selfless act of caregiving. With that, comes the importance of support and knowing you’re not alone during your caregiving journey, especially through this more than usual stressful time in your life.

The Aging & Disability Resource Center of Southwest Wisconsin, Green County Office is pleased to announce the offering of “Virtual Caregiver Support Groups” with both day and night time options. For our night time option, we will be meeting virtually every second Thursday of the month from 6:00pm-7:30pm. For our day time option, we will be meeting virtually every fourth Thursday of the month from 10:30am-12:00pm. **Please note, these are the same dates/times as the in-person Caregiver Support Groups offered, which are currently not meeting. The dates/times of the ‘Virtual Caregiver Support Groups’ may change in the near future.

We will be holding the ‘Virtual Caregiver Support Groups’ the same as we would in person. So, feel free to grab a snack and something to drink, please be respectful of others and their circumstances, and remember, this is a confidential and safe place. You are not alone through your caregiving journey. Surround yourself with resources, support, a lending hand, and a shoulder to cry on with our Caregiver Support Groups. To obtain the links for the ‘Virtual Caregiver Support Groups,’ or for any other inquiries, please contact the ADRC via phone at 608-328-9499 or email us at resourcecenter@gchsd.org

Continued from page 4 | Change

head trauma, some surgical procedures, such as middle ear surgery or extraction of the third molar, radiation therapy, and viral infections. People with ageusia are usually unable to detect one or more of the individual taste categories (sweet, sour, bitter, salty and umami) rather than a total inability to perceive all five tastes.

Diagnosis of Taste and Smell Disorders

True taste disorders are actually rare. In fact, most changes in the perception of food flavor result from a loss of smell. Because of this, it is usually beneficial for those experiencing issues with taste and/or smell to see an otolaryngologist, a doctor who specializes in diseases of the ear, nose and throat. After conducting a complete medical history and physical examination, the doctor may run special tests to determine the type and severity of taste disorder that is present.

Scientists have developed taste tests in which patients respond to different taste concentrations of a substance. This may involve a simple “sip, spit and rinse” test or the application of a substance directly to the tongue using an eye dropper. If the doctor suspects that nerves in the mouth or head may be affected, they may order an X-ray (usually a CAT scan) to inspect areas of the head and neck.

Although there is no treatment for the gradual loss of taste and smell that occurs naturally with aging, relief from taste disorders is possible for many older adults. Working with a physician and experimenting with different flavors and foods are the best steps toward safeguarding one’s health and continuing to enjoy nutritious meals.
Virtual Program Offered to Help Family Caregivers Manage the Role

Provisioning care for a friend or family member can be a rewarding experience, but it often provides challenges too. Over 65 million family caregivers in America provide a vast array of emotional, financial, nursing, homemaking and other services on a daily or on an intermittent basis and often find themselves struggling to meet the needs of both their loved one and themselves. Caregiving has always been a rewarding yet difficult job before COVID-19. Now with the constant changes and new norms, in-person meetings have been put on hold. In hopes to still get the support, education, and resources out to everyone, many people have relied heavily on technology and virtual communication. We are not able to offer an in-person workshop at this time, but will be offering a Virtual Powerful Tools for Caregivers workshop.

Powerful Tools for Caregivers is an educational workshop series designed to provide tools caregivers need to better care for themselves. Participants will learn how to reduce stress, improve self-confidence, better communicate feelings, find life balance, increase their ability to make tough decisions and locate helpful resources, all in the comfort of your own home.

Southwest Wisconsin Aging and Disability Resource Center (ADRC) is sponsoring Powerful Tools for Caregivers (Virtual Workshop) online starting August and going through September of this year. This program was adapted from a model from Stanford University, and has been test and evaluated.

Classes consist of six, 1 ½ hour sessions held once a week. Two experienced leaders conduct each class. Interactive lessons, discussions and brainstorming help you take the “tools” you choose and put them into action for your life. Also receive a free copy of, The Caregiver Helpbook – a helpful resource guide used in Powerful Tools for Caregivers. To be able to participate, you must have access to a smartphone, tablet, laptop, or computer.

Sessions are scheduled every Wednesday for six weeks and begin on August 16th. Classes will be held virtually from 10:00am – 11:30am. This program is free of charge. For more information or to register, contact Southwest Wisconsin ADRC – Green County Office by phone at 608-328-9385 or by email at resource-center@gchsd.org. (Please note you do NOT have to be a Green County resident; all counties are welcome to sign up and participate in this workshop.)

Need a Ride? Give us a Call!

Just call the ADRC at **608-328-9499** to get started.

Shuttle Bus Service

Buses provide transportation to and from multiple locations on a regular schedule.

Riders are picked up at home and taken to all the places they need to go. Drivers also help with packages.

All ages welcome, with priority seating reserved for the elderly and those with a disability.

All shuttle bus services are a suggested donation.

To guarantee a spot, please call by noon 2 days before the trip.

<table>
<thead>
<tr>
<th>Route</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monroe-Juda-Brothhead to Janesville</td>
<td>$10.00</td>
</tr>
<tr>
<td>Belleville-New Glarus-Monticello to Monroe</td>
<td>$5.00</td>
</tr>
<tr>
<td>Albany-Brothhead-Juda to Monroe</td>
<td>$5.00</td>
</tr>
<tr>
<td>Monroe-Monticello-New Glarus to Madison</td>
<td>$13.00</td>
</tr>
</tbody>
</table>

Due to social distancing and other health recommendations, please contact the ADRC for up-to-date information of the shuttle schedule.

Driver Escort Service

Driver escorts are qualified volunteer drivers who use their own vehicles to provide rides. To use this service, you must be able to get into and out of the vehicle on your own. Drivers can assist you, but cannot lift or provide medical care. When you schedule your ride, we’ll let you know how much the service will cost.

Reservations are required 48 hours in advance and co-payments are collected at the time of the ride.