

THE *Bridge*

FEBRUARY

Connecting services, resources and information for the community

February is Heart Health Month

Heart disease is the leading cause of death in America. Making nutritious food choices and being physically active are two factors we can control to help keep our heart beating strong. Eating well-balanced heart-healthy meals and staying active can help regulate and control blood pressure, cholesterol, and triglycerides, which are all risk factors for heart disease.

With so many marketing messages out there, it can be difficult to know if something is truly a heart healthy option. To make it easier, the American Heart Association (AHA) has developed the Heart-Check mark. This symbol helps identify products that align with the AHA's recommendations for an overall healthy eating pattern.



In addition to looking for the Heart-Check mark on food items, here are some other heart healthy tips to consider on your next trip to the grocery store:
Beans, peas, and lentils:

If you choose the canned varieties, look for no-added-salt or low-sodium canned varieties, or rinse beans before cooking or eating to remove excess sodium.

Whole grain breads, cereals and pasta, brown rice, and barley:

Look for items that list whole grain first in the ingredients instead of enriched flour or "multi-grain."

Nuts such as almonds, walnuts, pecans, and hazelnuts:

Choose sodium, no added salt, or raw nuts.

Fruits and vegetables:

Buy fresh, frozen, or canned. Buy varieties without added sugar, salt, sauces, syrups, or seasonings.

Salmon, tuna, sardines, and mackerel:

Choose fresh or low sodium canned fish packed in water.

Lean meats and poultry:

Choose cuts of meat that have the least amount of visible fat.

Choose lean cuts of meat containing the words "round," "loin" or "sirloin."

Choose lean or extra-lean ground meat (no more than 15% fat).

Purchase skinless poultry or remove the skin before baking.

Minimize processed meats such as deli slices, bacon, ham, salami, sausages, hot dogs, and jerky.

Sources: www.heart.org



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 ADRC of Southwest Wisconsin

608-328-9499
adrcgreencounty.org

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 BRANDS, INC.

**WE EMPOWER PEOPLE
 TO ENRICH LIVES**

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The Aging & Disability Resource Center in Green County provides information, assistance, and services to help older people and people with disabilities remain healthy and independent.

ADRC Supervisor

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ADRC Office Associate

Karen Daly

Elder Benefit Specialist

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Julie Ames

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Wellness & Prevention Specialist

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Program Specialist

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Bus Drivers

Paul Hannes

Jan Lien

Dennis Peterson

Bill Wyss

Meal Site Managers

Linda Johnson

Catrina Bennett

Hand in Hand Staff

Heather Huschitt

Laura Short

Regional ADRC Staff

Regional Manager - Mary Mezera

Regional Administrative Assistant-

Danica Hay-Skattum

Dementia Care Specialists

Bonnie Beam-Stratz

Benjamin Biddick

Ways to contact us!

Website - adrcgreencounty.org

Facebook - ADRC of Southwest Wisconsin

Email - resourcecenter@gchsd.org

Phone - 608-328-9499



Mind Over Matter:

Healthy Bowels, Healthy Bladder

Eligible for women age 50 or older who experience incontinence or want to prevent any future incontinence. It's never too early or too late to start!

Thursdays, 5:00pm-7:30pm

March 2nd, 16th, & 30th, 2023

Virtual, via Zoom

Zoom Practice Session: February 23rd

(To benefit from the program fully, we recommend to be able to attend all three sessions)

To register, please call the Green County
ADRC office at 608.328.9499.

Mind Over Matter
improves bladder
symptoms for **71%** of
participants and bowel
symptoms for **55%**!

“There are 'things' you can
do to improve bladder and
bowel symptoms.
The support and
accountability to each
other is very helpful.
Would recommend to
others.”

- Past Participant

Free. Spots are limited.
Pre-registration is required.
No living in county
requirements.

wiha
Wisconsin Institute
for Healthy Aging

ADRC
Aging & Disability Resource Center
Green County, Wisconsin

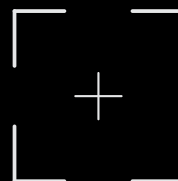


REC

Robin Williams and his Battle with Lewy Body Dementia Spreads Awareness About Disease



Robin's Wish documentary about Robin Williams and his battle with
Lewy body dementia inspires SPARK film to educate the community
of healthcare professionals and caregivers.



The Aging and Disability Resource Center of SW Wisconsin is hosting a special
virtual viewing of the film SPARK for their Lewy body dementia (LBD) community
on **February 28, 2023 at 2pm.**

The recently released feature film, Robin's Wish, reveals the true story
about Robin Williams and his battle with undiagnosed Lewy body dementia (LBD),
receiving wide public acclaim and educating the community.

00:00:00

Thanks to support from Acadia Pharmaceuticals Inc, the Lewy Body Dementia Association (LBDA) and the
producers of Robin's Wish created a 45-minute documentary for educational purposes titled SPARK: Robin Williams
and his Battle with Lewy Body Dementia This fascinating adaptation delves deeper into the disease, its biology,
myriad of clinical symptoms and its impact on both the person with LBD and the primary caregiver.

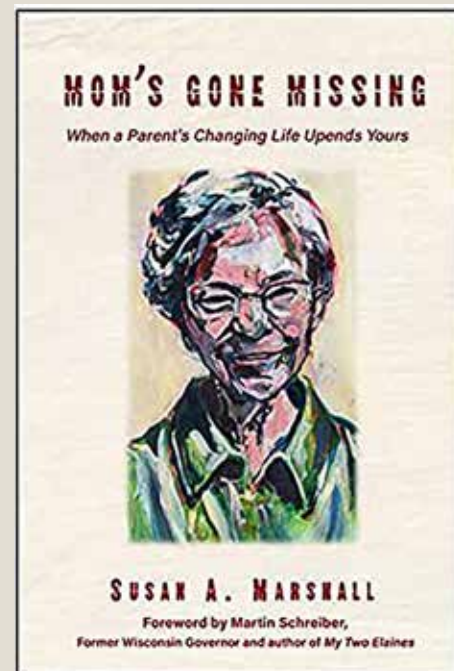
The film has been used to promote community
awareness, education, and to support those affected
by Lewy body dementia. Be on the lookout for more
opportunities to view SPARK as a part of educational
line-ups for healthcare professionals and for the LBD
community since 2021.

For more information about this SPARK event,
contact Bonnie Beam-Stratz at bbeam@gchsd.org

For more information about SPARK contact
Miriam Giles at mgiles@lbda.org
or Todd Graham at tgraham@lbda.org



**Virtual book club starting
February 9, 2023
For 3 consecutive Thursdays
1:00pm to 3:00pm**



The winter book club will be taking a literary journey with Susan Marshall in the caregiving of her parents as written in her book "Mom's Gone Missing: When a Parent's Changing Life Upends Yours". Mom's Gone Missing is not a how-to book. It's a here's-what-unfolded book, a story of a daughter's experience with a father's decade-long Alzheimer's journey and a mother's lightning fast dementia decline and both of their deaths.

The narrative includes sibling tensions, a bewildering array of healthcare, financial and legal decisions, reconciliation of lifelong hurts, and the emotional tsunami that surges through all.

Susan Marshall will be joining the group on the third and final session for an author "meet and greet".

**If you are interested in participating
in the book club or have questions
please contact Bonnie at
bbeam@gchsd.org
or call 608-324-3600.**

2022 Tax Assistance Appointments

Beginning on January 16th, appointments will be available for free income tax preparation services for low to moderate income, elderly and disabled persons through the AARP Foundation Tax-Aide programs. Assistance provided includes the preparation of federal and state (including homestead) income taxes. **Appointments are available in Monroe on Mondays and Tuesdays beginning February 6th from 8:30AM to 1:00 PM at Green County Government Services Building, N3152 State Rd 81, Monroe, WI. Please call the ADRC at 608-328-9499 to schedule an appointment. THE BROADHEAD LOCATION WILL NOT OPEN THIS YEAR due to staffing issues.**

Tax preparation services will be the same as 2021 and at the same location, the lower level of the Government Services Building. You will complete an intake and interview in person at the site. Documents will be scanned by the intake counselor and given back to the taxpayer. Preparation of the tax return will be done remotely. The taxpayer will be required to make a second appointment the following Friday review the return, sign the 8879 and receive a copy of the return in person. Masks are no longer required.

Bring your photo ID, social security card, last year's tax returns, Forms W-2, SSA, 1099, 1099R, 1099G, brokerage statements and self employment records. Additional documents include mortgage interest; medical/dental expenses (including Form 1095A and insurance premiums); charitable donations; and sales, income and property taxes. We cannot prepare returns with self employment if any apply: there are employees, losses, expenses that exceed \$25,000, depreciation or business use of home.

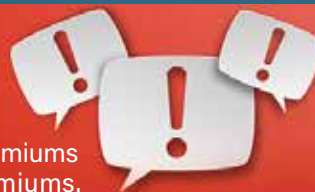
For homestead credit, bring the above documents and also a copy of your real estate tax bill or an original rent certificate signed by your landlord. If you are age 62 and under, are disabled and have no income, you must also provide written proof of your disability.

PLEASE call if you are unable to make your appointment.



Income Related Medicare Adjustment Amount or IRMAA

For most Medicare recipients the federal government pays 75% of cost of premiums leaving the consumer 25% of the premium. The Medicare Part B premium for 2023 is \$164.90 but if you are in a higher income bracket your premiums each month could be increased. This is also true for Medicare Part D premiums. The Social Security Administration uses reported tax information from the Internal Revenue Service to calculate a potential increase in Part B and Part D premiums. As an example, we have seen IRMAAs sent to Medicare beneficiaries based on 2021 tax filings.



If you have received an Income Related Medicare Adjustment Amount letter with an increase in your Part B premiums there could be options available to you. The first thing to do is to make sure that within the first 60 days of the date of the letter you contact Social Security if you believe this is incorrect. The ADRC is available, also, to discuss the issue and to provide information and support regarding the IRMAA. If it is past the initial 60 days, don't hesitate to respond to the letter. Although there is a greater chance that an appeal or reconsideration would be more successful within the first 60 days there still could be options available to you. Each situation is different but often times requesting a reconsideration results in waiving the IRMAA.

Any letters from Social Security that you are not sure how to respond don't hesitate to reach out to the ADRC for support and information. It is best not to ignore such letters, we have had better outcomes with those issues that are addressed within the first 60 days.

Some consumers who had Senior Care prescription drug coverage and now are enrolled into a Medicare Part D plan are receiving letters from the new plan that a late enrollment penalty will be assessed. Contact the ADRC as in most cases submitting proof of previous Senior Care coverage will eliminate the late enrollment penalty.

The ADRC is a source of free, non-biased information. We have the resources to assist in resolving many issues.



Virtual Program Starting Soon to Help Family Caregivers Manage the Role

Providing 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 and stressful responsibility. With the constant changes and new norms, we're always trying to stay on top of everything. With the heavy responsibility as caregivers, we tend to forget about ourselves. Our own personal wellbeing and health often gets pushed to the back burner. Many times, this leads to caregiver burnout, complete mental, physical, and emotional exhaustion. With the proper assistance and resources, this can be avoided.

Powerful Tools for Caregivers is an educational workshop series designed to provide tools caregivers need to better care for themselves, which in turn makes them a better caregiver. 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 their own home. Classes consist of six, 90-minute sessions held once a week, led by two experienced and trained leaders. Interactive lessons, discussions and brainstorming help you take the "tools" you choose and put them into action for your life. To accompany the Powerful Tools for Caregivers classes, you also will receive a free copy of, The Caregiver Helpbook, a helpful and informative resource guide that focuses all on the caregiving experience.

The ADRC Green County Office is partnering with UW-Extension Iowa County Office in holding a Powerful Tools for Caregivers workshop, virtually, starting mid-February. This class will meet on Mondays from 5:30pm-7:00pm (CST), starting February 13th and running through March 20th, 2023. We will be offering a Zoom Practice Session on Monday, February 6th for anyone who may need some extra assistance with the virtual platform. To be able to participate, you must have access to a smartphone, tablet, laptop, or computer with reliable internet or data access. This offering of Powerful Tools for Caregivers is free and open to any/all family caregivers - no living-in county/state regulations. Pre-registration is required.

For more information or to register, please contact the ADRC Green County Office by calling 608-328-9499 or emailing resourcecenter@gchsd.org.

●●● Powerful Tools for Caregivers | WIHA

SAVVY Caregiver Workshop to be offered this spring.

Wednesday April 5,
2023 to May 18th, 2023

Savvy Caregiver helps family caregivers of a person with dementia acquire and strengthen knowledge, skills and attitudes to empower them to be more intentional, strategic and responsive in their care role. One will also gain knowledge to manage daily care, skills to adjust one's approach and confidence to set and achieve caregiving goals.

The workshop runs for 7 consecutive weeks and facilitated by Bonnie Beam-Stratz (Dementia Care Specialist) and Nicole Baumeister (ADRC Supervisor - Grant County). Sessions will be conducted via Zoom and will run from 10am to Noon.

For more information or to register contact Bonnie at 608.324.3600 or email bbeam@gchsd.org



Healthy Living with Diabetes participants have a 53% reduction in emergency department visits.

Eligible for adults of all ages who have type 2 diabetes, pre-diabetes, or lives with someone who has type 2 or pre-diabetes.

Tuesdays, 1:30pm-4:00pm
March 7th - April 11th, 2023
Monticello Public Library
located in Monticello, WI

This 6-week workshop is **FREE** of charge!

Spots are limited. Pre-registration required.
No living in county requirements.

Join us for:
Healthy Living with Diabetes

Health & Wellness

UPCOMING 2023 PREVENTION WORKSHOPS

STEPPING ON:

[Falls Prevention Program: 7 consecutive weeks]
February 8th – March 22nd
1:00pm–3:00pm (CST): Wednesdays
Monroe, Green County Human Services Building

POWERFUL TOOLS FOR CAREGIVERS:

[Caregiver Focused Workshop: 6 consecutive weeks]
February 13th – March 20th
5:30pm–7:00pm (CST): Mondays
Virtual, via Zoom
Zoom Practice Session: February 6th

MIND OVER MATTER:

[Women's Incontinence Program: Every other week]
March 2nd, 16th, & 30th
5:00pm–7:30pm (CST): Thursdays
Virtual, via Zoom
Zoom Practice Session: February 23rd

HEALTHY LIVING WITH DIABETES:

[Diabetes Self-Management Workshop: 6 consecutive weeks]
March 7th – April 11th
1:30pm–4:00pm (CST): Tuesdays
Monticello, Monticello Public Library



If you have any questions, or are
wanting to register for a class,
please call the ADRC at
608-328-9499.



The Holiday Season is officially behind us and hopeful everyone is getting back into somewhat of a normal routine for 2023. The first month of the year may have crept by for some, but for others it may have flown by and you are wondering where January went. In our busy lives it can be hard to stay focused on the day to day activities at times; but if you are worried about a loved one, that can be with you every minute of the day. Maybe you were home to visit a parent, grandparent or a neighbor and noticed a decline in their ability to do certain things; for example, a cluttered home that has always been kept clean or a burnt pan that seems to be hanging around on the stove the past few visits. These are things that can easily cause concern and might leave you wondering how you can help your loved one.

A call to the ADRC is a great way to start looking at options and ideas on how you might be able to help. Having a conversation with someone about the need for assistance can sometimes be tricky, but we are here to help make that a bit easier. We are happy to discuss options and resources with family members, as well as your loved one. If they are on board with exploring options, we are ready to do so. Some of the resources that are often explored for someone living in their home, but may need a little bit of assistance, include: a supportive home care worker, home delivered meals, lifeline and long-term supports. Reaching out to discuss resources and situations is never a bad idea. We might not have all the answers, but we hope we can help point you in the right direction! Go ahead, give us a call or send us an email!

*- Care is just another word for LOVE-
ADRC Specialists - LA, Maudy and Heather*

Having Difficulty Getting Someone with Dementia to Bathe?

By Ben Biddick

People with moderate to late-stage dementia can become overwhelmed by basic processes of survival and sensory perception. It's no wonder hygiene concerns are not at the top of their to do list. In addition to all the hazards that exist in bathrooms like falls or injuries from slipping on wet surfaces, one the most common challenges care partners face is getting the person they provide care for clean.

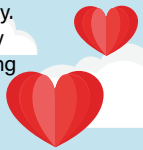
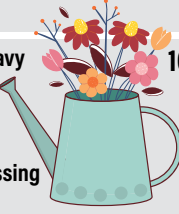
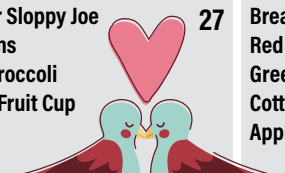

Once bathroom safety is addressed with tools like stable shower chairs and anti-scald devices, it's important to be sensitive to a person's need for privacy. Care partners the person recognizes and

trusts are vital for the person with dementia to welcome a hygiene process like bathing or showering.




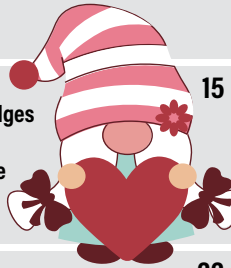
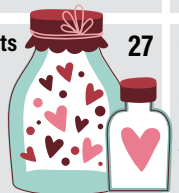

When attempting to assist the person with a bathroom-related care process, care partners often have success by making it a special experience. An example is simulating taking the person to a spa in their own bathroom! By incorporating warm towels, shower steamers, and aromatherapy, the person with dementia may perceive the experience as comforting, soothing, and deeply satisfying. This can improve their quality of life and fulfill the care partner's goal of getting them clean!



FEBRUARY 2023 Albany/Brodhead/Monroe/New Glarus

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Monroe & New Glarus receive hot meals Monday-Friday. Albany & Brodhead receive hot meals Monday & Friday with options for frozen on other days. 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.</p> 				
<p>Hot Ham Slices 6 Pineapple Steamed Broccoli Baked Beans</p> 	<p>Creamed Chicken over mashed potatoes 7 Roasted Beets Mandarin Orange Cup Striped Cake Yogurt</p>	<p>Goulash 1 Green Beans Lettuce Salad w/French dressing Pear Cup</p>	<p>Scalloped Turkey Casserole 2 Broccoli Apricot Cup Winter Squash Cottage Cheese Brownie w/peppermint</p>	<p>Roast Beef w/gravy 3 Garlic Mashed Potatoes Carrots with dill Applesauce Chocolate chip Cookie</p> 
<p>Taco Casserole w/black beans 13 Rice Corn muffin Pear Cup Cottage Cheese Tres Leches Cake</p>	<p>BBQ Beef Tips 14 Rosemary Roasted Potatoes Broccoli Tropical Fruit Cup Cranberry Cheesecake</p>	<p>Cabbage Rolls in tomato sauce 8 Green Beans Cauliflower Peaches Cottage Cheese Oatmeal Raisin cookie</p>	<p>Tator Tot Casserole w/ mixed vegetables 9 Winter Squash Pears Peanut Butter Packet</p>	<p>Turkey with gravy 10 Carrots Peas Apricots Cranberry Dressing Pumpkin Bar</p>
<p>Meatloaf w/gravy 20 Garlic Mashed Potatoes w/gravy Steamed Carrots Cabbage Small banana</p>	<p>Baked Fish 21 Au gratin Potatoes Baked Beans Lemon Wedge Lettuce salad w/dressing</p>	<p>Lasagna 15 Steamed Italian Beans Tossed Salad w/dressing Peach Cup Yogurt</p> 	<p>Breaded Cod Patty 16 Red Potatoes Stewed Tomatoes Cinnamon Baked Apples</p>	<p>Sage Chicken Thigh w/gravy 17 Butternut gratin potatoes Steamed yellow beans Fudgy fiber brownies Mandarin Oranges</p>
<p>Hamburger Sloppy Joe 27 Baked Beans Steamed Broccoli Cranapple Fruit Cup</p> 	<p>Breaded Fish 28 Red Potatoes Green Bean Casserole Cottage Cheese w/chives Apple Slices</p>	<p>Chicken Thigh 22 Parsley Rice Sweet Potato California Blend Strawberry on angel food cake</p>	<p>Roast Pork w/gravy 23 Creamed Spinach Baked potato (half) Butternut Squash Tropical Fruit Cup</p>	<p>Roast Beef w/gravy 24 Mashed Potatoes Brussel Sprouts Tomato Juice Pumpkin Crisp</p>
 <h2>HELLO February</h2> 				

FEBRUARY 2023 Monticello

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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. Monticello meals are available through Gempeler's Supermarket, 938-4927. *all menus are subject to change*</p> 				
<p>Ham Balls 6 Scalloped Potatoes Green Beans Applesauce Wheat Roll</p> 	<p>Mushroom Steak 7 Mashed Potatoes w/ gravy Carrots Peaches White Roll</p>	<p>Lasagna 1 Broccoli Tossed Salad Chocolate Cake Garlic Bread Applesauce</p>	<p>Pork Cutlets 2 Sweet Potatoes Corn Cherry Pie Wheat Roll</p>	<p>Hamburger Bean Bake 3 Wax Beans Orange Chocolate Chip Cookie Biscuit</p>
<p>Pork Cutlets 13 Mashed Potatoes w/ gravy Broccoli Apple Pie White Roll</p>	<p>Chicken Cordon Blue 14 Boiled Potatoes Beets Fruit Cocktail Biscuit</p>	<p>Chicken Breast 8 Wild Rice Peas & Carrots Banana Biscuit</p>	<p>Turkey & Dressing 9 Sweet Potatoes Green Beans Canned Pears Wheat Roll</p>	<p>Baked Cod 10 Potato Wedges Baked Beans Coleslaw Grapes White Roll</p> 
<p>Meatloaf 20 Baked potato Green Bean Casserole Peaches Wheat Roll</p>	<p>Spaghetti 21 Carrots Tossed Salad Oatmeal Cookie Garlic Bread Peaches</p>	<p>Roast Beef 15 Potato Wedges Wax Beans Applesauce Wheat Roll</p> 	<p>Swiss Steak 16 Mashed Potatoes w/ gravy Corn Chocolate Cake 3 bean salad</p>	<p>Tuna Noodle Casserole 17 Stewed Tomatoes Orange Wheat Roll</p>
<p>Beef Stew w/ Carrots 27 Wax Beans Orange Biscuit</p> 	<p>Chicken Breast w/ wild rice 28 Mashed Potatoes Carrots Pears Wheat Roll</p>	<p>Pork Roast 22 Sweet Potatoes Mixed Vegetables Baked Beans Pumpkin Pie White Roll</p>	<p>Baked Chicken 23 Mashed Potatoes w/ gravy Green Beans Pears Biscuit</p>	<p>Ham Balls 24 Scalloped Potatoes Peas & Carrots Banana Wheat Roll</p>
<p>hello</p> <h1>FEBRUARY</h1> 				



Preventing Falls Gives Family Caregivers

Renewed Confidence and Strength

Stepping On: Falls Prevention Workshop

At first glance, falls prevention might seem an unlikely way to improve health for older adults who are family caregivers.

Stepping On

However, preventing falls is an urgent public health issue. The number of ER visits due to falls are increasing throughout the country, which links with the increase in medical spending/costs. Wisconsin alone has one of the nation's highest death rates from falls for adults over 65. This is a public health and safety concern that needs to continue to be addressed and improved.

"I believe most people are aware of what may have caused them to fall. However, even after suffering the consequences of a fall, many folks don't make the appropriate changes to prevent a fall from occurring again," says Laura Steiner, Wellness & Prevention Specialist, who is also a trained leader of the evidence-based falls prevention program, Stepping On. "It's just a vicious cycle, that could one day, turn deadly. This is why we, as family caregivers and health professionals, need to encourage the older adults in our personal lives and in our community, to better educate themselves and make the proper improvements in preventing any further falls from occurring." Stepping On is proven to reduce falls for participants by 30%. During 7 weekly, 2-hour sessions, participants hear from community health and safety experts, including; a pharmacist, vision expert, and police officer, along with learning and practicing strength and balance building exercises supervised by a physical therapist.

Falls prevention is especially important for family caregivers who often put their own well-being on the back burner while they care for a loved one. Since many older adults are family caregivers, a fall can mean a serious health crisis that could impact an entire family. Lack of awareness combined with fear can make it hard to persuade older adults to make preventing falls a health priority, however, even when they have a lot at stake. In many cases, caregivers' biggest fear is becoming sick or hurt themselves and no longer being able to provide care for their loved one. Preparing ahead and knowing what to do to avoid a fall from occurring, helps reduce any potential worry.

Family caregivers or anyone over 60 who has fallen or is concerned about falling should consider taking a Stepping On workshop. Join us for our FREE upcoming Stepping On offering held on Wednesdays from 1:00pm-3:00pm, starting February 8th and running through March 22nd, 2023. This workshop will be held at the Green County Human Services Building in Monroe, WI, in the lower level. To register for this class and/or to learn more information, please call the ADRC Green County Office at 608-328-9499.

Learn more about Stepping On and other available prevention classes offered on our website at www.adrcgreencounty.org

Join Us for a 3-wk Series: Living With Moderate Stage Dementia



"Help me better prepare for what lies ahead."

In the United States alone, more than 6 million individuals are living with Alzheimer's or some type of dementia, such as Lewy body, Vascular, Frontotemporal or Huntington's. Join us for a three-part class with topics that include:

- Understanding symptoms and care needs
- Understanding changing relationships
- Learning ways to maximize safety
- Preparing for emergencies
- Learning how to get respite care

Join us for this free program in partnership with:

This program will be offered **HYBRID**

Health & Human Services Center,
Community Room
303 W. Chapel Street, Dodgeville, WI



Designed for a general audience (those living with dementia, caregivers, interested community members, neighbors and friends) to learn about the moderate stage of Alzheimer's.



3-Part Education Series Mondays

Mar. 13, 20, & 27th

1:00-3:00 pm

RSVP with Bonnie Beam-Stratz
608.324.3600 bbeam@gchsd.org

www.alz.org/wi
24/7 Helpline 800.272.3900
Hablamos Español 414.431.8811



Stepping On | WIHA

608-328-9499 | adrcgreencounty.org 7



**MARK YOUR
CALENDAR**

> THURSDAY, February 9th
Nighttime Caregiver Support Group
6pm-7:30pm, Human Services Building, N3152 Hwy 81, Lower Level Multipurpose rooms 2 & 3. For family, friends, and other caregivers who are caring for a person with a chronic illness or disability. No registration necessary.

> TUESDAY, February 21st
Grief Support Group
5:30pm-7:00pm, Human Services Building, N3152 Hwy 81, Lower Level Multipurpose rooms 2 & 3. For individuals who have experienced a loss of a loved one and looking for support. No registration needed.

> THURSDAY, February 23rd
Daytime Caregiver Support Group
10:30am-12:00pm, Human Services Building, N3152 Hwy 81, Lower Level Multipurpose rooms 2 & 3. For family, friends, and other caregivers who are caring for a person with a chronic illness or disability. No registration necessary.

> TUESDAY, February 28th
Medicare 101
6pm-7pm, Human Services Building, N3152 Hwy 81. New to Medicare or turning 65? Learn more about Medicare and Social Security from the Elder Benefit Specialist. Call 608-328-9499 to reserve your spot.

**To learn more about upcoming or reoccurring events at the ADRC,
please check out our website at:**
adrcgreencounty.org



Visit our facebook page at
ADRC of Southwest Wisconsin.



Need A Ride?
ADRC Shuttle Bus Services

Reservations are required as space is limited.

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

All shuttle bus services are a suggested donation.

Feb 9th & 23rd	Monroe - Juda - Brodhead - Albany to Janesville	\$15.00
Feb 8th & 22nd	Belleville - New Glarus - Monticello to Monroe	\$8.00
Feb 1st & 15th	Albany - Brodhead - Juda to Monroe	\$8.00
Feb 2nd & 16th	Monroe - Monticello - New Glarus - Belleville to Westside of Madison	\$15.00



ADRC
of Southwest Wisconsin
Elderly Services | Adult Disability Services | Benefits

Reserve your spot now!
Email
regionaladrc@gchsd.org
Or Call (608) 723-6113

HOW TECHNOLOGY CAN HELP

**Baby Boomers Successfully
"Age in Place"**



Where:
Grant County
Community
Services Building
8820, 61/81 WI-35,
Lancaster, WI 53813



When:
12:30pm - 1:30pm
March 31, 2023



Who:
Anyone Interested
in Learning More
about Technology
& Aging

LEARN ABOUT

- ✓ Latest Caregiving Tech
- ✓ Tech that Helps Create Quality of Life for Older Adults
- ✓ Safety Tech for Older Adults
- ✓ Tech that Helps People "Age in Place"

ADRC
of Southwest Wisconsin
Elderly Services | Adult Disability Services | Benefits

"Engrossing...memorable...profound. Beautifully captures the complex nature of the way we cope with loss." - *The Spool*



A DOCUMENTARY BY PHIL WALL
THE BOOK KEEPERS

TUESDAY, FEBRUARY 14TH
5:30PM - 7:00PM

Green County Human Services Building
Lower Level-Multipurpose Rooms 2 & 3
N3152 State Road 81, Monroe, WI 53566

FREE | Open to the general public | Popcorn & water will be provided

Are you grieving the loss of a loved one & are looking for support?
Join us at our next upcoming Grief Support Group on Tuesday, February 21st.

Our Grief Support Group meets the third Tuesday of every month from 5:30-7:00pm in the lower level-Multipurpose Rooms 2 & 3 of the Green County Human Services Building.

608.328.9499

ADRC Green County Office
N3152 State Road 81, Monroe, WI 53566

adrcgreencounty.org | resourcecenter@gchsd.org

ADRC
Aging & Disability Resource Center
Green County Wisconsin