

THE Bridge

MARCH

Connecting services, resources and information for the community



March is National Nutrition Month®, and this year's theme is **"Fuel for the Future"**. Although eating a balanced diet is important at any age, there are some nutrients that are especially important during certain stages of life. For example, infants and toddlers up to the age of 2 need additional fat in their diet to help promote brain development and growth. Teenagers and young adults need adequate calcium and Vitamin D to help build strong bones. And women during childbearing years need additional folic acid to prevent neural tube defects.

What about the 60 + age group? Let's take a look.



Calcium and Vitamin D continue to be important for older adults to prevent bone loss. Food sources of calcium include milk, yogurt, cheese, calcium fortified orange juice and leafy greens. Vitamin D can be found in fatty fish, like salmon and trout, fortified foods, and beverages, including milk and 100% fruit juices and cereals, as well as eggs. Vitamin D can be difficult to get from foods alone so it is important to talk to with your doctor or a Registered Dietitian to make sure you are meeting your daily needs.



Consuming enough **protein** is important to prevent the loss of lean muscle mass that occurs naturally as we age. Although protein needs vary by individual, on average, women, and men over 60 need 5 to 6 ounces equivalents, respectively, of protein rich foods daily. Good sources include lean cuts of beef, chicken, fish, pork, and lamb. Not a meat eater? Protein can also be found in eggs, beans, tofu, and nuts, as well as low-fat or fat-free milk, yogurt, and cheese.



Vitamin B12 helps your body make red blood cells and keep the brain and nervous system healthy. Age and certain medications can prevent the absorption of this nutrient from the foods putting some at risk for becoming deficient. Including foods such as: meat, fish, dairy, and eggs, as well as fortified foods such as cereal can help increase your Vitamin B12 intake.

Each decade brings with it specific health concerns and different nutrition needs. If you have concerns that you are unable to meet your nutritional needs through foods, it is always a good idea to talk with your doctor to see if a supplement would be recommended. Being sure you are getting the right nutrients for your age will help you sail through the decades feeling great.

Sources:

1. <https://www.eatright.org/health/wellness/healthful-habits/eat-right-for-life>
2. https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf
3. Logo: <https://www.eatright.org/national-nutrition-month>

Daily Requirements

Women	Calcium	Vitamin D
51-70	1200 mg	600 IU
70 +	1200 mg	800 IU
Men		
51-70	1000 mg	600 IU
70 +	1200 mg	800 IU



608-328-9499
adrcgreencounty.org



**WE EMPOWER PEOPLE
TO ENRICH LIVES**

CUSTOMER • EMPLOYEE • COMMUNITY

ColonyBrands.com

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.

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Linda Johnson

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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

Consumer Protection Fact Sheet - Ten Tips to Avoid Fraud

Crooks use clever schemes to defraud millions of people every year. They often combine new technology with old tricks to get people to send money or give out personal information.

Here are some practical tips to help you stay a step ahead:

1. Spot Imposters. Scammers often pretend to be someone you trust, like a government official, a family member, a charity, or a company you do business with. Don't send money or give out personal information in response to an unexpected request; whether it comes as a text, a phone call, or an email.

2. Do online searches. Type a company or product name into your favorite search engine with words like "review," "complaint" or "scam," or search for a phrase that describes your situation, like "IRS call." You can even search phone numbers to see if other people have reported them as scams.

3. Do not believe caller ID. Scammers use technology to fake or "spoof" caller ID information, so the name and number you see are not always real. If someone calls asking for money or personal information, hang up. If you think the caller might be

telling the truth, call back to a number you know is genuine. A good way is to use the number printed on a bill or statement.

4. Do not pay upfront for a promise. Someone might ask you to pay in advance for things like debt relief, credit and loan offers, mortgage assistance or a job. They might even say you've won a prize, but first you have to pay taxes or fees. If you do, they will probably take the money and disappear.

5. Consider how you pay. Credit cards have significant fraud protection built in, but some payment methods do not. Wiring money through services like Western Union or MoneyGram is risky business because it's impossible to get your money back. That is also true with reloadable cards like MoneyPak, Reloadit or Vanilla. Government offices and honest companies will not require you to use these

types of payment methods. They will also not ask you to pay in iTunes or Amazon gift cards.

6. Talk to someone. Before you give up money or personal information, talk to someone you trust. Con artists want you to make decisions in a hurry. They might even threaten you. Slow down, check out the story, do an online search, consult an expert, or talk to a friend or family member. Do not give in to high-pressure sales tactics.

7. Hang up on robocalls. If you answer the phone and hear a recorded sales pitch, hang up and report it to the Bureau of Consumer Protection. These calls are illegal, and often the products being sold are bogus. Don't press 1 or any other number to be taken off the call list. That could lead to more calls.

(Continued on page 7)



TABLET/SMARTPHONE BEGINNER BASICS

We're Looking For

VOLUNTEERS

to assist with our
Sip & Swipe program

If you're interested or have any questions, please call the ADRC Green County Office at 608.328.9499

The ADRC is in search for volunteers who are efficient in basic tablet/smartphone operations (*ex. Apple, Android, and Kindle Fire products*). Volunteers must have good communication skills, patience, willing to learn, and the ability to work well with older adults.

As a volunteer, your main responsibility is to help assist and guide older adults in advancing their technological skills through navigating a basic tablet/smartphone beginner app. *All coordination and class prep is taken care of by our Wellness & Prevention Specialist.*

Examples of skills participants will learn include:

Using the Internet, email, apps, Zoom, etc., finding and reading digital newspapers, using telehealth to communicate with healthcare team, online shopping, looking up the weather, using QR codes, and **so much more!**

Get Ready for Spring Cleaning and Learn How to Dispose of Household Hazardous Waste

By the GWAAR Legal Services Team

Spring will be here before you know it, and that means it's time to start thinking about spring cleaning. Many people have leftover household products sitting around in their homes that contain hazardous ingredients. Products like paints, cleaners, oils, batteries, and pesticides have ingredients that can cause fires, injuries to people and animals, or contaminate water when stored or disposed of improperly. These products are known as household hazardous waste.



To avoid the potential risks associated with household hazardous waste, you should always follow instructions on product labels for use and storage of these materials. When storing these products, keep them in their original containers and do not remove their labels. If you notice that containers have rusted or corroded, contact your local hazardous materials official or fire department for instructions for handling these products.

In addition, it is important to follow directions for proper disposal of these products. If you have leftover household hazardous wastes, never mix them with other products. Some chemicals might react, ignite, or explode when mixed together. Improperly disposing of household hazardous waste, like pouring products down the drain, on the ground, into storm sewers, or, in some cases, putting them in the trash can be very dangerous. Even empty containers should be handled with care, because in some cases, the chemical residues that remain can pose hazards.

Many communities have community collection points or one-day collection events to help residents properly dispose of household hazardous waste. Many one-day events occur in the spring, summer, or fall. These collection points will send the waste away for proper treatment and disposal. The Wisconsin Department of Agriculture, Trade, and Consumer Protection's Clean Sweep program provides a list of communities with collection sites and events here: <https://datcp.wi.gov/Documents/CleanSweepSchedule.pdf>. You can also contact your community or county solid waste department for information about additional collection locations in your area. For example, some local businesses may accept certain products for proper recycling or disposal.

For more information about household hazardous waste, including information about proper disposal of specific types of products, please see this brochure from the Wisconsin Department of Natural Resources: <https://dnr.wi.gov/files/PDF/pubs/wa/wa1719.pdf>.



**Survival
Coalition**

of Wisconsin Disability Organizations

SAVE THE DATE!

**Disability Advocacy
Day of Action!**

Thursday, March 23, 2023

In -Person 10 A.M.– 3:00 P.M.

**Starting at Monona Terrace,
One John Nolen Drive, Madison, WI
(And State Capitol)**

Disability Day of Action is back in person! The event is focused on connecting Disability Advocates with their legislators to talk about issues that matter to them. Attendees are expected to participate in the morning briefing and visit their legislators in the afternoon.

REGISTRATION OPENS FEBRUARY 1, 2023

Change your clock,



CHANGE your batteries

**Change you clocks,
change your batteries!**

**Remember to
"Spring Ahead"
on March 12th, 2023**

608-328-9499 | adrcgreencounty.org



Medicare Coverage of Ambulance Services

By the GWAAR Legal Services Team

If you ever find yourself experiencing a medical emergency, you may need to call an ambulance. You may also need medical transport via ambulance between two different medical providers. But how do you know that Original Medicare or your Medicare Advantage plan will cover the charges?

› Criteria for an Emergency Call

You can get emergency ambulance transportation when you've had a sudden medical emergency and your health is in serious danger because you can't be safely transported by other means, like by car or taxi. The ambulance must also transport you to the nearest appropriate facility, usually a hospital. If you call an ambulance but are not transported, Medicare will not cover the cost of the ambulance call. If you are not transported to the nearest appropriate facility, Medicare will not cover the extra mileage to that facility.

The nearest appropriate facility means that the institution is generally equipped to provide the needed hospital or skilled nursing care for the illness or injury involved. For example, someone with end-stage renal disease may need to be transported to a hospital that has dialysis capabilities.

› Criteria for Facility-to-Facility Transport

You may be able to get emergency or non-emergency ambulance transportation from one medical facility to another if you need it to treat or diagnose your health condition and the use of any other transportation method could endanger your health. In some cases, Medicare may cover limited, medically necessary, non-emergency ambulance transportation if your doctor writes an order stating that ambulance transportation is necessary due to your medical condition. Even if a situation isn't an emergency, ambulance transportation may be medically necessary to get you to a hospital or other covered health facility. For example, someone needing a specialized kind of surgery may need to be transported to the nearest facility that has the required specialist on staff. Again, if you are transported to a facility farther away, Medicare will not pay for that extra mileage.

***Note:** If you have a Medicare Advantage plan, it must cover at least what Original Medicare covers, but it may provide additional coverage. For information about that coverage, see your plan's evidence of coverage or contact your plan directly.

If you end up with ambulance services that have been denied, you have the option to appeal. For Original Medicare, you follow the appeal procedures outlined in your Medicare Summary Notice (MSN). For Medicare Advantage appeals, you will follow the appeal procedures outlined in your explanation of benefits (EOB). For assistance with these appeals, you may reach out to your local Elder Benefit Specialist (EBS).

To find the EBS in your area, visit:

<https://www.dhs.wisconsin.gov/benefit-specialists/counties.htm>



New Sessions Starting in April

Boost Your Brain & Memory

This 7 week, evidence-based program is designed to help you learn and practice the most promising strategies for keeping your brain healthy as you age. *Boost Your Brain & Memory* uses a unique whole person approach to brain fitness, providing you with healthy practices that can help you remember things better, be more organized, pay closer attention, and reduce your stress – as well as reduce your risk of dementia. Each of the sessions include informational videos, followed by group discussion and activities.

Thursdays: April 6th - May 18th, 2023

10:00am-12:00pm; FREE

Virtual Class Offered Via Zoom

REGISTER EARLY - SPACE IS LIMITED!

To register, please contact the ADRC of SW Wisconsin at:
608.723.6113 or email bbiddick@gchsd.org

SAVVY CAREGIVER^(TM) WORKSHOP



WORKSHOP FOR FAMILY CAREGIVERS OF A PERSON WITH DEMENTIA

Savvy Caregiver helps family caregivers acquire and strengthen knowledge, skills and attitudes to empower them to be more intentional, strategic and responsive in their care role. Gain knowledge to manage daily care, skills to adjust your approach and confidence to set and achieve caregiving goals.

This project was supported, in part by grant number 90ADPI0038-01-00 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. ©2002-2021. The Savvy Caregiver Program is copyrighted and used with permission. All Rights Reserved.

2023 Savvy Class Online Program April 5th to May 17th Wednesdays

10:00AM—Noon

Workshop Presented by the
ADRC of Southwest Wisconsin

For more information or to Register Contact

Bonnie 608-324-3600 or email
bbeam@gchsd.org

Limited Enrollment Available—
Register Soon!



Have you ever come across a question or a problem that you're not able to answer? You might have spent hours researching the question or problem to find an answer, but still came up with nothing. It happens and it can be the most frustrating thing... we get it, it happens to us too.

When you reach out to the ADRC we do our very best to answer questions and provide resources that might seem appropriate for the current situation; however, sometimes we hit walls and roadblocks with finding information or having a resource available. ADRC Specialists are trained on a number of resources and have tools to help finding additional resources, but just like you we sometimes simple cannot come up with a solution. That doesn't mean we quit trying, we simply try to look outside the box. Our ADRC Specialists have developed connections with supports/agencies within the community and often will reach out to them with questions or to gather more information if possible. We also work with ADRC Specialists in surrounding counties to brainstorm ideas and discussion possible options/solutions. A majority of the time we are able to come back with some options; but again, not every question or problem has a solution and that can be frustrating on your end as well as our end. So, if you reach out to us with a question or problem, please know that we are going to do our best to help get you pointed in the right direction, we are going to exhaust all options; but, we might not always be able to come up with a perfect solution.

*"We all need to begin thinking out of the box" – Peter Piot
ADRC Specialists - LA, Maudy and Heather*

✓ Save the dates for this year's elections: Spring Election: April 4

Take time now, to make sure you are ready to vote this spring. To confirm you are registered to vote go to <https://myvote.wi.gov/en-us/My-Voter-Info>.

If you are concerned your work schedule, health, or family/personal commitments may prevent you from going to your polling site, ensure you will get a ballot for every election this year (including any special elections that may be scheduled on short notice) by submitting a calendar year absentee voting request at this same link.

If you are planning to head to your polling site to vote, you can check the location of your polling site by entering your voting address here:
<https://myvote.wi.gov/en-us/Find-My-Polling-Place>.

To learn more about what's on the ballot this spring, check out these resources:

- **Meet the candidates running in the 2023 Wisconsin Supreme Court primary**
<https://pbswisconsin.org/news-item/meet-the-candidates-running-in-the-2023-wisconsin-supreme-courtprimary/>
- **League of Women Voters of Wisconsin - Supreme Court Fact Sheet**
<https://my.lwv.org/wisconsin/wisconsin-supreme-court-information>.
- **League of Women Voters of Wisconsin - Voter-information/learn-more-about-candidates-issues**
<https://my.lwv.org/wisconsin/voter-information/learn-more-about-candidates-issues>
- **WI Disability Vote Coalition - Local Elections Factsheet - 2022** (disabilityvote.org)
<https://disabilityvote.org/wp-content/uploads/2022/01/DVC-Local-Elections-Fact-Sheet-2022-acc.pdf>



While the Spring 2023 Elections might seem a long time from now, they are not really very far off. The spring election is an opportunity for us to take part in important decisions that will shape our courts and local communities.

MARCH 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>Beef Noodle Casserole 6 Harvard Beets Green Beans Tropical Fruit Cup Raisin Bread</p>	<p>Lemon Rosemary chicken breast 7 Squash apple casserole ½ baked potato Blueberry topped pears</p>	<p>Hot Turkey noodle casserole 1 Italian Vegetables Sweet Potatoes Cranberry Fluff</p>	<p>Apple Pork Loin w/gravy 2 Squash Apple Casserole Peas and Carrots Pears in lime jello</p> 	<p>Chicken breast 3 Mashed potatoes w/gravy Mandarin Orange cup Butterscotch bar</p>
<p>Baked spaghetti 13 Italian vegetables Cauliflower Peaches Vanilla yogurt</p> 	<p>Chicken thigh w/gravy 14 ½ baked potato Savory tomatoes & beans Lettuce salad Pumpkin fluff</p>	<p>Hamburger 8 Baked bean medley Broccoli Cole Slaw Cherry yogurt gelatin square</p> 	<p>Chicken casserole w/noodles 9 Mixed vegetables Carrot Cauliflower Banana pudding on graham cracker crust</p>	<p>Beef tips w/mushroom gravy 10 Noodles Stewed tomatoes Bi-colored corn Peaches Peanut butter cup</p>
<p>Hot ham slices w/pineapple 20 Broccoli Baked beans</p>	<p>Tater tot casserole 21 Mixed vegetables Winter squash</p>	<p>Creamed chicken over mashed 22 potatoes Roasted beets Vanilla yogurt Mandarin orange cup Striped cake</p>	<p>Turkey w/gravy 23 Cranberry dressing Carrots Green peas Apricots and pumpkin bar</p>	<p>Roast beef w/gravy 17 Garlic mashed potatoes Peas & carrots Chocolate chip cookie</p> 
<p>BBQ Beef tips 27 Rosemary roasted potatoes Broccoli Tropical fruit cup Cranberry cheesecake</p> 	<p>Breaded cod patty 28 Red potatoes Stewed tomatoes Cinnamon baked apples Cottage cheese</p>	<p>Lasagna 29 Italian beans Tossed salad Peach cup Yogurt</p>	<p>Sage chicken thighs w/gravy 30 Butternut gratin potatoes Wax beans Fudgy fiber brownies Mandarin oranges</p>	<p>Taco casserole w/black beans 31 Rice Corn muffin Peach cup Tres leches cake</p> 

MARCH 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>Baked Chicken 6 Scalloped Potatoes Carrots Banana</p> 	<p>Roast Beef 7 Mashed Potatoes w/gravy Peas Fruit Cocktail</p>	<p>Baked Ham 1 Au Gratin Potatoes Peas 3 Bean Salad Peanut Butter Cookie</p>	<p>Turkey & Dressing 2 Squash Tossed Salad Apple Crisp Cranberry Orange Relish</p>	<p>Baked Cod 3 Potato Wedges Coleslaw Grapes</p>
<p>Ham Balls 13 Scalloped Potatoes Green Beans Applesauce</p> 	<p>Mushroom Steak 14 Mashed Potatoes w/gravy Carrots Peaches</p>	<p>Lasagna 8 Broccoli Tossed Salad Chocolate Cake Applesauce and Garlic Bread</p>	<p>Pork Cutlets 9 Sweet Potatoes Corn Cherry Pie</p> 	<p>Hamburger Bean Bake 10 Wax Beans Orange Chocolate Chip Cookie Biscuit</p>
<p>Pork Cutlets 20 Mashed Potatoes w/gravy Broccoli Apple Pie</p>	<p>Chicken Cordon Blue 21 Boiled Potatoes Beets Fruit Cocktail</p> 	<p>Chicken Breast 15 Wild Rice Pease & Carrots Banana</p> 	<p>Turkey & Dressing 16 Sweet Potatoes Green Beans Canned Pears</p>	<p>Baked Cod 17 Potato Wedges Baked Beans Coleslaw Grapes</p> 
<p>Meatloaf 27 Baked potato Green Bean Casserole Peaches</p>	<p>Spaghetti 28 Carrots Tossed Salad Oatmeal Cookie</p> 	<p>Pork Roast 29 Sweet Potatoes Mixed Vegetables Baked Beans Pumpkin Pie White Roll</p>	<p>Swiss Steak 23 Mashed Potatoes w/gravy Corn Chocolate Cake 3 bean salad</p>	<p>Tuna Noodle Casserole 24 Stewed Tomatoes Orange</p>
			<p>Baked Chicken 30 Mashed Potatoes w/gravy Green Beans Pears</p>	<p>Ham Balls 31 Scalloped Potatoes Peas & Carrots Banana</p> 

>>> How Care Partners Can Use Technology to Help People with Dementia Age in Place

By Ben Biddick

One common challenge care partners experience when caring for a person with dementia is deciding when the person they care for is no longer able to safely remain home. Duration of life after the onset of dementia is highly individualized, so it's difficult to quantify expectations for every person. All that is currently known is we can do our best to provide as much quality of life for the person for as long as the pathology allows us. Although this window of time is different for everyone in scope of ability and duration, technology is increasingly offering tools, techniques, and applications that can help. Care partners are as varied as people who've been diagnosed with a form of dementia, mild cognitive impairment, or the increasingly popular medical code: "Degenerative disease of nervous system, unspecified." The well-being of care partners is just as vital as their investments of time, effort, and attention in the care receiver because without a care partner providing consistent routine, structure, and care, people with dementia are known to decompensate and decline more quickly. One of the ways care partners can balance the stress of caregiving and also provide quality of life for their care receiver is by being familiar with the technology they utilize daily.

When assessing what technology tools may reduce care partner stress, contribute to quality of life, and ensure the safety of a person with dementia, it's important to assess both the caregiver's and the care receiver's comfort and competence when it comes to technology. Some key considerations for both are the relationship technology has with the person's mobility, safety, medication compliance, communication with their social network, resource access, and financial security. Knowing what technology uses inspire joy, independence, entertainment, peace of mind, creativity, connection, and empowerment allows the care partner to ensure their care receiver's experience of living is as full and rich as possible.

If a care partner is unable to assist a care receiver, utilize the technology the person is used to, it can cause increased frustration, anxiety, and confusion. Conversely, if a care partner is skilled in their understanding of how a person with dementia utilizes technology, it can create days and nights of increased personal satisfaction, invigorating connection and creativity, effective safety oversight, and increased resilience in navigating the challenges associated with dementia. Most technology tools also provide objective data about usage that can help care partners identify worsening symptoms and potential risks. Having this data accessible will help care partners act to prevent incidents of wandering or other dangers. This data also can serve to provide a rich picture of the person's current experience should it become time for the person to transition into a skilled care facility. Those who provide care to the person can incorporate the data into care while at the facility so the transition is as gentle and consistent as possible.

>>> If you'd like to learn more about dementia and resilience, check out our podcast called **The Resilient Caregiver**.

>>> If you'd like to receive our biweekly **Brain Health Bulletin** that supplies thousands of people with research updates, technology tools, local events, and inclusive considerations for unbiased care, send an email to bbiddick@gchsd.org!

>>> If you'd like more information about how technology can help you or someone else age in place for as long as possible, join me on 3.31.2023 at 12:30pm at Grant County Community Services Building, 8820 Hwy 81/61/35 in Lancaster or email: regionaladrc@gchsd.org for a link to attend the training via Zoom!







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"





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8. Be skeptical about free trial offers. Some companies use free trial offers to sign you up for products and bill you every month until you cancel. Before you agree to a free trial, research the company and read the cancellation policy. Always review your monthly credit card statements for charges you do not recognize.

9. Do not deposit a check and then wire money back. Banks make funds from deposited checks available within days, but uncovering a fake check can take weeks. If a check you deposit turns out to be fake, you are responsible for repaying the bank all of the money and any fees associated with the transaction. If a deal is too good to be true, it generally is.

10. Sign up for free scam alerts. Get the latest tips about scams sent right to your inbox from the Bureau of Consumer Protection and the Federal Trade Commission.

Contact:

Bureau of Consumer Protection
 2811 Agriculture Drive
 PO Box 8911
 Madison, WI 53708-8911

DATCPHotline@wisconsin.gov
 (800) 422-7128
 (608) 224-4677 Fax
 (608) 224-5058 TTY

Health & Wellness

UPCOMING 2023 PREVENTION WORKSHOPS

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

STEPPING ON:

[Falls Prevention Program: 7 consecutive weeks]

March 15th – April 26th

1:00pm–3:00pm (CST): Wednesdays

Monroe, Green County Human Services Building

STEPPING ON:

[Falls Prevention Program: 7 consecutive weeks]

April 25th – June 6th

1:00pm–3:00pm (CST): Tuesdays

Belleville, Sugar River Senior Center

WALK WITH EASE:

[Arthritis Self-Management Workshop/Physical Activity]

May 1st – June 12th

3x Per Week for at least 10–40 minutes

Self Directed: Anytime/Anywhere



If you have any questions, or are wanting to register for a class, please call the ADRC at

608-328-9499.



Support Groups

GRIEF SUPPORT GROUP

For individuals who have experienced a loss of a loved one and are looking for support. Talk or Listen. You're not alone.

3rd Tuesday of the month from 5:30pm–7:00pm

Green County Human Services Building

Lower Level: Multipurpose Rooms 2 & 3

N3152 State Road 81, Monroe, WI

CAREGIVER SUPPORT GROUP

For family, friends, and other caregivers who are caring for a person with a chronic illness or disability. Day & night time offerings.

2nd Thursday of the month from 6:00pm–7:30pm

Green County Human Services Building

Lower Level: Multipurpose Rooms 2 & 3

4th Thursday of the month from 10:30am–12:00pm

Green County Human Services Building

Lower Level: Multipurpose Room 1

N3152 State Road 81, Monroe, WI

For a full listing of available support groups in the area or other available resources, please call the ADRC at 608.328.9499.



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.

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

Medicare 101

Turning 65 presents new choices for your healthcare. It is normal to have many questions such as what are my Medicare options, when do I need to apply and just what does Medicare A, B, C and D mean? The Aging and Disability Resource Center (ADRC) is offering an informational, non-biased seminar to help you navigate this time of your life.

WHEN:

4th Tuesday of each month. 6-7 pm

WHERE:

Human Services Building, N3152 Hwy 81

CALL:

608-328-9499 to reserve your seat



In addition, the Elder Benefit Specialist is available by phone for Social Security, Medicare as well as other important topics that affect anyone over the age of 60. Please call the ADRC to reach the Benefit Specialist.