

# THE *Bridge*

## APRIL

Connecting services, resources and information for the community

## Hand in Hand Adult Day Center

**Are you caring for a loved one who still wants to be active but has difficulty due to memory or physical concerns?**

Do you worry about leaving your loved one home alone due to these concerns? Are you overwhelmed with the demands of being a family caregiver? Hand in Hand, Green County's Adult Day Center may be the answer for you!

**Hand in Hand is a great location** for your loved ones who may have memory concerns or physical limitations that are hindering them from getting out and participating in social activities. Growing older can be an isolative and painful process with losses in mobility, memory and independence and increased concerns in depression and social isolation. Participating in Hand in Hand allows participants to reduce some of those concerns. Our staff at Hand in Hand have witnessed individuals flourish in their independence, improved health and overall enjoyment of life after attending our program and spending time with seniors similar to themselves. Our program provides a structured and supportive environment to give your loved one a sense of belonging along with personal independence. Hand in Hand provides physical, cognitive and social activities throughout the day, touching on the important aspects of one's life to keep them healthy.



**Hand in Hand is open on Tuesday's and Friday's from 9:30 AM-2:30 PM.**

We offer transportation to and from the center for Green County residents along with a nutritiously balanced meal at the noon hour. Participants can attend one or both days. Scholarships are available to help cover the cost with certain eligibility requirements. We know that attending a day center can be a big change for you and your loved one so a free trial day is available for those that meet the program eligibility in order to see if it something you would like to participate in.

**Contact the ADRC of Green County at 608-328-9499 with questions about our program. We would love to have your loved one join us!**



**608-328-9499**  
**adrcgreencounty.org**

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TO ENRICH LIVES**

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### Regional ADRC Staff

Regional Manager - Mary Mezera

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### Dementia Care Specialists

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Benjamin Biddick

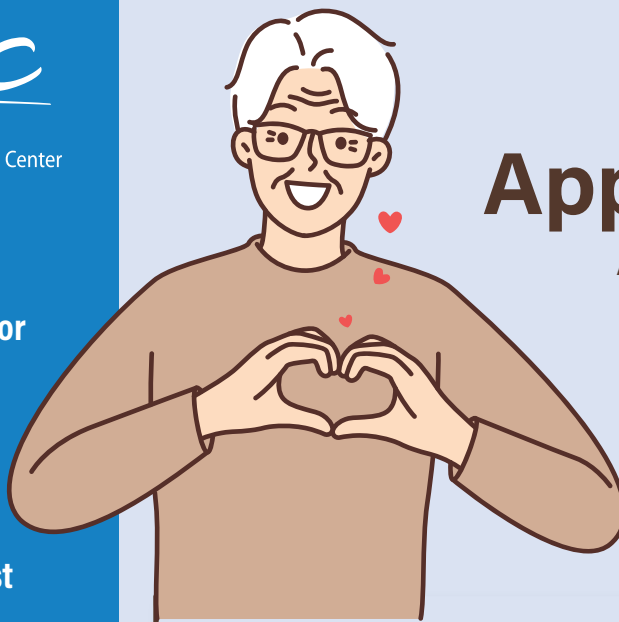
### Ways to contact us!

Website - [adrcgreencounty.org](http://adrcgreencounty.org)

Facebook - ADRC of Southwest Wisconsin

Email - [resourcecenter@gchsd.org](mailto:resourcecenter@gchsd.org)

Phone - 608-328-9499



# Volunteer Appreciation Week!

April 16th- April 22nd, 2023

**We ♥ Our  
Volunteers**

Every year, we like to say an extra big **THANK YOU** to our volunteers who help us with our programs at the ADRC. We would not be able to provide the great services such as home-delivered meals, transportation, meal sites and our Adult Day Center without the time donated by our volunteers.

In 2022, our volunteers provide 4,464 hours of their time.

If you know one of the ADRC volunteers, make sure to thank them not only during Volunteer Week, but every week!

If you are interested in becoming a volunteer or learning more about what opportunities are available, check out our website [adrcgreencounty.org](http://adrcgreencounty.org) or call our office at 608-328-9499.

Join us for an upcoming falls prevention workshop!

## Stepping On: Falls Prevention

Researched  
and proven  
to reduce  
falls by 31%!

**Tuesdays, April 25th - June 6th**

- 1:00pm - 3:00pm

**Sugar River Senior Center - Belleville, WI**

**Wednesdays, May 17th - July 5th**

- 9:00am - 11:00am

**Human Services Building - Monroe, WI**

Both offerings are FREE. Pre-registration is required. Spots are limited. No living in county requirements.

To register, please call the Green  
County ADRC office at 608-328-9499.



# April – Celebrating Bananas

Did you know that the third Wednesday in April is National Banana Day? Bananas are one of the most popular fruits in America, and they are good for you too!



**Most people think of potassium when they think of bananas, but they are also a good source of Vitamin C, manganese, and fiber.**

**Bananas are also inexpensive and available all year round, which makes it easy to add them to your diet. Whether eaten as a quick snack on the go or sliced and added to cereal, yogurt or a peanut butter sandwich, bananas are always a favorite!**

**So how will you celebrate National Banana Day on April 19th? Here are some ideas.**

- **Invite some friends over and make banana splits!**  
Ask everyone to bring an ingredient.
- **Make Chocolate Covered Bananas.** Cut a banana into ½ to 1-inch pieces. Dip into melted chocolate and top with chopped nuts. Place on parchment paper and freeze. Thaw slightly before eating.
- **Try Yummy Choco-Banana “Ice Cream”**  
**Ingredients:**  
1 frozen peeled banana cut into chunks.  
1-2 teaspoons cocoa powder  
1 teaspoon peanut butter

Place banana chunks into a small food processor or blender and blend until creamy. Add cocoa powder and peanut butter, mix until blended. Eat immediately. Makes 1 serving.

#### Sources:

- <https://food.unl.edu/food-fun-young-children/simple-fun-banana-ice-creamimage:>
- <https://www.dreamstime.com/royalty-free-stock-photo-banana-split-image2798075>
- [https://foodhero.org/sites/foodhero-prod/files/monthly-magazines/web\\_banana\\_june\\_18\\_monthly.pdf](https://foodhero.org/sites/foodhero-prod/files/monthly-magazines/web_banana_june_18_monthly.pdf)
- Adapted from Gwaar.org Eat Well Age Well Bananas April 2023
- [www.fdc.nal.usda.gov](http://www.fdc.nal.usda.gov)

## Facts about Bananas!

To speed up ripening, place bananas in a closed paper bag and place in a warm area. Check ripeness daily. To slow down the ripening process, place yellow bananas in the refrigerator for up to 3-5 days. The peel may turn brown but the fruit itself will not change. Overripe bananas have a higher sugar content.

Just like apples, bananas will turn brown after being cut. To prevent this, squeeze a little orange, lemon, or lime juice on your sliced banana and enjoy some extra Vitamin C!

Freeze bananas for longer storage. Use bananas frozen in their skin within 2 months. Peeled bananas within 4-6 months.

You can replace eggs in baked goods with bananas.  
¼ cup mashed banana (about ½ banana) = 1 egg

Mashed bananas can also be substituted for up to half of the fat in baked goods. For example, if the recipe calls for half a cup of butter, instead add ¼ cup of mashed bananas and ¼ cup of butter.

This will reduce the recipe by about 350 calories and 46 grams of fat.





# Is It Time to Ask for Help?

By Ben Biddick, Dementia Care Specialist

Recently I was speaking on the phone with a care partner. Her spouse had been diagnosed with dementia in the past year. She was overwhelmed and exhausted. She peppered me with a wide variety of questions that spanned self-care, wandering concerns, communication with family members, medical questions, technology tools, legal power of attorney details, and more. I did my best to answer them all.

After answering a series of her questions, she sighed. This was one of those deep, deep sighs that only care partners know. It sounded like it started at the soles of her feet and swelled throughout her entire body before pouring from her lungs in a slow steady stream. "It's such a relief to finally call," she said.

I was also glad she'd called. Her own health had declined due to neglecting her own needs during 24/7 caregiving. Unfortunately, this decline in caregiver health frequently happens when someone is trying to shoulder total responsibility for caring for a person with dementia in moderate to late stages. Dementia is one of the longest caregiving processes there is for any medical challenge. No one can do it alone. To be a care partner of a person with dementia who never had to ask for help, a person would have to possess superhuman powers like never needing to sleep, being completely unphased by waves of different and strong emotions, not needing any kind of hydration or nutrients, able to clean an entire house or apartment with one hand in under 5 minutes, be able to lift, lower, and bathe an adult with the other, plan exercise and activities, coordinate healthcare appointments at clinics, hospitals, or via computer, stand by for safety at every transfer from seated to standing and standing to seated—the list goes on and on.

I brought up a support group. It was something I'd recommended before. I reminded her about the support groups that are currently in person locally as well as available virtually via the internet. We talked about how valuable it was to be around other care partners, to hear their struggles, to be in a place where no one judged you, to be in a place where you don't have to try to explain everything, to share without having to defend yourself from people who don't understand the significance of what you're going through but volunteer their negative opinions anyway. She sighed again. This time it wasn't so deep. She asked the date and time of the next meeting. I could hear the gentle smile in her voice as she said she'd make the next one and thanked me for the call.

If you're tired of going to it alone or your health is starting to suffer from trying to be and do everything for the person you care for with dementia, consider scheduling time to attend a support group near you or online. It just might be one of the most empowering experiences you've had in a long, long time.

## LUNCH & LEARN

Join us for our Lunch & Learn series where you'll learn about various topics presented by guest experts.

### STOP THE SCAMS!

Learn about financial exploitation: scams, identify theft, and other fraud. Education will be provided about prevention and safety, common scams to avoid, and what to do if you are targeted.

**Monday: April 17th, 2023**

**11:00AM – 12:30PM**

*Lunch will be available starting at 11:00am.*

*The presentation will begin at 11:30am and will last approximately an hour.*

Green County Human Services Building  
Lower Level: Multipurpose Rooms 2 & 3

N3152 State Road 81, Monroe, WI 53566

Reservations for lunch are required by Wednesday, April 12th.

Please RSVP to the ADRC by calling 608-328-9499.

Mark your calendars for our other 2023  
Lunch & Learn event taking place June 19th,  
August 21st, October 16th, & December 18th.  
(Topics coming soon)



Please Attend!

# Green County Transportation Coordination Public Forum

MONDAY, MAY 1, 2023

NOON - 2:00 PM

Government Services Building

N3152 Hwy. 81, Monroe, WI

(Food to be provided) or Zoom

[greencountywi-org.zoom.us/j/873031629967](https://greencountywi-org.zoom.us/j/873031629967)

pwd=WVRuMzNaQ1ZzZ2o0RnRESmlOc09kQT09

Your Feedback is needed to help improve transportation services in Green County. The results will help plan future decisions using state and federal funds.

Anyone who uses public transportation is encouraged to attend.

## Your Feedback is Important!

In Collaboration with the Aging and Disability Resource Center; Hodan Community Center; Southwest Opportunity Center; Southwest CAP; and WisDOT



Free Transportation is available by calling the ADRC (608) 328-9499



# WORDS from the ADRC Specialist

Spring is in the air... well, at least we hope so! Spring means warmer weather, more sunlight and the sign that summer is right around the corner! But wait... it may also mean you start noticing all those inside and/or outside tasks you have been putting off over the winter months. Maybe the garage needs cleaning, the windows need to be washed, repairs need to be made, the lawn needs to be mowed, the list goes on. The thought of spring cleaning can be overwhelming, especially if your health is affecting your ability to complete those tasks.

The ADRC has a number of resources that might be able to assist you with a few of these tasks. For example, the ADRC has a listing of agencies that can provide lawn care services within Green County. Rate varies between agencies and it is best to reach out to the agencies to determine if they are able to provide services in your area and the rate. The ADRC also has a listing of supportive home care agencies that can be hired to help in the home with cleaning, again there is an hourly rate which varies between agencies. Maybe you're looking for a handyman. Maybe you want to start walking more, but are fearful of falling. We can help get the resources in hand that could help with those tasks, or help give you the security you need to talk that walk as the weather gets warmer.

Give us a call at the ADRC and we can connect you with the resources by phone, mail or e-mail. Happy Spring!

*"The first blooms of Spring always make my heart sing." - S.Brown*  
*ADRC Specialists - LA, Mandy and Heather*



## Memory Screening A Check Up for Your Brain






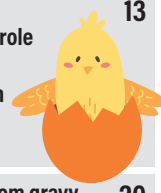




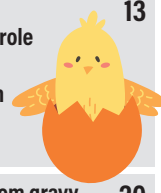




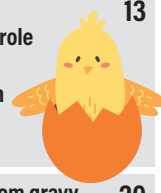




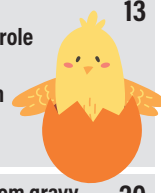

A memory screen provides useful health information about your brain, just like a blood pressure test provides information about your heart. You can be screened if you are concerned about your memory due to changes, a family history of Alzheimer's disease or a dementia, had an injury to your head, or those who want a baseline to monitor brain health.

**The screening tool does not diagnose** Alzheimer's disease or other types of dementia. It identifies how your brain is functioning in a single moment. There are many reasons a screen may show concerns, including experiencing depression, stress, medical issues, sleep imbalances, chronic pain, medication side effects ... the list goes on. If your brain changes result from one of these conditions, diagnosis and treatment may improve your quality of life. At your request, the screening results can be shared with your doctor.



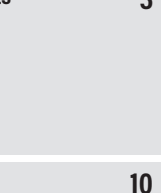



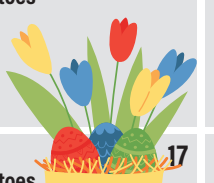
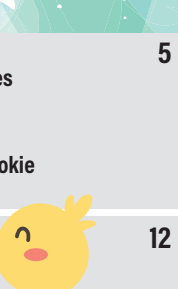


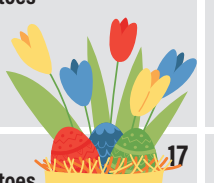

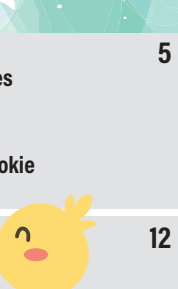


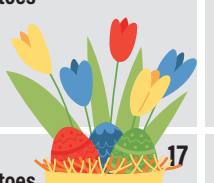



**Early detection does matter.** If the results from the memory screen are shared with your doctor and it is determined that you may have some type of dementia, you can plan for your future. You can take steps now to develop a support system to maintain independence and/or become involved in early intervention programs that may slow the disease. Knowing your baseline also allows you to monitor any future changes. Memory Screens can be done at the Aging and Disability Resource Center or in your home.

**There is no charge for the memory screen** and are conducted by trained Dementia Care Specialists. If you would like to schedule a memory screen or obtain more information, contact the ADRC of SW Wisconsin at **800-514-0066** or email [adrcswwi@adrcswwi.org](mailto:adrcswwi@adrcswwi.org)

# APRIL 2023 Albany/Brodhead/Monroe/New Glarus

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Happy SPRING</p> <p>Monroe &amp; New Glarus receive hot meals Monday-Friday. Albany &amp; Brodhead receive hot meals Monday &amp; 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> 				
Pork roast w/gravy Creamed spinach Baked potato (1/2) Tropical fruit cup	Chicken thighs Parslied rice Sweet potato California blend vegetables Angel food cake w/strawberries	Meatloaf w/gravy Garlic mashed potatoes Steamed carrots & cabbage Grape cup Applesauce	Baked fish Lemon wedge Au gratin potatoes Baked beans Salad w/dressing	Holiday Good Friday!
 3	 4	 5	 6	 7
Chicken breast Mashed potatoes w/gravy Carrots Mandarin orange cup Butterscotch bar	Breaded fish Red potatoes Green bean casserole Cottage cheese w/chives Apple slices	Hot turkey noodle casserole Italian vegetables Sweet potatoes Cranberry fluff	Pork loin Squash apple casserole Peas & carrots Pears in lime gelatin	Hamburger sloppy joe Baked beans Steamed broccoli Cranapple fruit cup
 10	 11	 12	 13	 14
Beef noodle casserole Harvard beets Green beans Tropical fruit cup	Apple chicken breast Baked potato (1/2) Butternut squash & onions Blueberry topped pears	Hamburger Calico beans Broccoli Coleslaw Cherry yogurt gelation square	Beef tips w/mushroom gravy Noodles Stewed tomatoes Bi-colored corn Peaches Peanut butter cup	Chicken casserole w/noodles Mixed vegetables Carrots, cauliflower Banana pudding on graham cracker crust
 17	 18	 19	 20	 21
Baked spaghetti Italian vegetables Cauliflower Peaches Vanilla yogurt	Chicken thigh w/gravy Baked potato (1/2) Savory tomatoes & beans Salad w/dressing Pumpkin fluff	Roast beef w/gravy Garlic mashed potatoes Peas & carrots Chocolate chip cookie	Scalloped turkey casserole Broccoli Winter squash Cottage cheese Apricot cup	Goulash Green beans Salad w/French dressing Pear cup
 24	 25	 26	 27	 28

## APRIL 2023 Monticello

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>HAPPY Spring</p> <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> 				
Beef Stew w/carrots Wax beans Orange	Chicken breast w/wild rice Mashed potatoes Carrots Pears	Baked Ham Au Gratin potatoes Peas 3 Bean Salad Peanut Butter Cookie	Turkey & dressing Squash Tossed salad Apple Crisps Cranberry orange relish	Holiday Good Friday!
 3	 4	 5	 6	 7
Baked Chicken Scalloped potatoes Carrots Banana	Roast Beef Mashed potatoes w/gravy Peas Fruit cocktail	Lasagna Broccoli Tossed Salad Chocolate Cake Applesauce	Pork cutlets Sweet potatoes Corn Cherry pie	Hamburger bean bake Wax beans Orange Chocolate chip cookie
 10	 11	 12	 13	 14
Ham balls Scalloped potatoes Carrots Banana	Mushroom steak Mashed potatoes w/gravy Carrots Peaches	Chicken breast Wild rice Peas & carrots Banana	Turkey & dressing Sweet potatoes Green beans Canned pears	Baked Cod Potato wedges Baked beans Coleslaw Grapes
 17	 18	 19	 20	 21
Pork Cutlets Mashed potatoes w/gravy Broccoli Apple pie	Chicken cordon blue Boiled potatoes Beets Fruit cocktail	Roast beef Potato wedges Wax beans Applesauce	Swiss steak Mashed potatoes w/gravy Corn 3 bean salad Chocolate cake	Tuna noodle casserole Stewed tomatoes orange
 24	 25	 26	 27	 28

# Attend Aging Advocacy Day May 9th!

Are you interested in issues affecting older adults and caregivers? Would you like to tell your legislator what aging/caregiver services mean/have meant to you, your family, or those you serve?

Join members of the Wisconsin Aging Advocacy Network (WAAN), aging network professionals, older adults, and family caregivers to "tell your story" and help educate state legislators about issues impacting Wisconsin's aging population.

Citizens from around the state will gather in Madison on Tuesday, May 9 for training, to meet with other constituents from your Senate and Assembly district, and for office visits with your legislators. No experience is necessary; you'll get the training and support you need before meeting with state lawmakers. Following the training, join others from your state Senate and Assembly district to provide information and share personal stories with your legislators to help them understand how specific policy issues and proposals impact you, your family, and older constituents.

## Wisconsin Aging Advocacy Day (WIAAD) Schedule

**10:00 a.m. — 3:00 p.m.**

Best Western Premier Park Hotel, 22 S. Carroll St., Madison and the Wisconsin State Capitol

**9:00 – 10:00 a.m.:**

Check-in, Best Western Premier Park Hotel

**10:00 a.m. - Noon:**

Training - Issue briefing/advocacy skills, district planning time & lunch, Best Western Premier Park Hotel

**12:15 p.m.:**

Cross the street to the State Capitol

**12:30 p.m.:**

Group photo, State Capitol – Martin Luther King, Jr. Entrance (accessible)

**1:00 – 3:00 p.m.:**

Legislative visits, advocacy activities/networking, check-out and debriefing, State Capitol Offices and North Hearing Room—2nd Floor

## Your voice can make a difference!

Aging Advocacy Day 2023 activities focus on connecting aging advocates with their legislators to this year's WAAN priorities: ADRC Investment (incl. Elder Benefit Specialist funding); Paid and Unpaid Long-Term Care Support (including Family Caregiver Tax Credit, WI Family and Medical Leave expansion, and Medicaid wage lifts), Home Delivered Meal Service funding, and Transportation funding (the priorities are subject to change). Registration begins February 24, 2023, at: <https://gwaar.org/aging-advocacy-day-2023> or contact your local aging unit or ADRC. Registration deadline is April 26, 2023. #WIAgingAdvocacyDay #WIAAD



**Walk with Ease**

Arthritis Foundation Certified.  
Doctor Recommended.

**FREE! SELF-DIRECTED**  
**Anytime & Anywhere**  
**May 1st - June 12th**

### Requirements for Eligibility:

- Must be able to walk approximately 10-40+ minutes at least 3x per week
- Must be able to walk in a safe environment
- Must have comfortable and safe shoe wear

To receive all materials, pre-registration is required.  
No living in county requirements.

No matter if you need relief from arthritis pain or just want to be active, Walk With Ease can teach you how to safely make physical activity part of your everyday life.

**To register, please call the  
Green County ADRC office  
at 608-328-9499.**



## UPCOMING: Dementia Care Specialist Programs



**Complaints of a Dutiful Daughter** – movie viewing and discussion. On **May 25th** the ADRC of Southwest Wisconsin will be showing the film *Complaints of a Dutiful Daughter*. This is a 1994 Oscar nominated American documentary film directed by Deborah Hoffmann, with her wife, Frances Reid, as cinematographer. With insight and levity, Deborah records and recounts the various stages of her mother's Alzheimer's Disease and the evolution of her response to the illness.

The viewing of the film will be held at the Green County Human Services Building Multipurpose room (lower level of building), N3152 State Road 81, Monroe from **2 to 4 pm**. Following the film, Bonnie Beam-Stratz and Ben Biddick (Dementia Care Specialists) will be available to answer questions attendees may have regarding Alzheimer's disease and other types of dementia.

**> To register to attend the program call 800-514-0066.**

# Health & Wellness

## UPCOMING 2023 PREVENTION WORKSHOPS

### STEPPING ON:

[Falls Prevention Program: 7 consecutive weeks]  
April 25th - June 6th  
1:00pm-3:00pm, 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

### STEPPING ON:

[Falls Prevention Program: 7 consecutive weeks]  
May 17th - July 5th  
9:00am-11:00am, Wednesdays  
Monroe, Human Services Building

### MIND OVER MATTER:

[Women's Incontinence Program: 3 sessions, every other week]  
May 22nd, June 5th, & 19th  
1:30pm-3:30pm, Mondays  
Monroe, Behring Senior Center



If you have any questions, or are wanting to register for a class, 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.**

April 13th & 27th	Monroe - Juda - Brodhead - Albany to Janesville	\$15.00
April 12th & 26th	Belleville - New Glarus - Monticello to Monroe	\$8.00
April 5th & 19th	Albany - Brodhead - Juda to Monroe	\$8.00
April 6th & 20th	Monroe - Monticello - New Glarus - Belleville to Westside of Madison	\$15.00



# 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.

# 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.