

# THE Bridge

## MAY

Connecting services, resources and information for the community



AGING UNBOUND: MAY 2023

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

This year's theme, Aging Unbound, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

This May, join us as we recognize the 60th anniversary of OAM and challenge the narrative on aging. Here are some ways we can all participate in **Aging Unbound**:



- **Embrace the opportunity to change.** Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.
- **Explore the rewards of growing older.** With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.
- **Stay engaged in your community.** Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.
- **Form relationships.** As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

**Join the ADRC with their Older American's Month activities which include:**

- ✓ Sharing a response to our question "What advice/information would you share with the younger generation about aging?"
- ✓ Join our Picture Challenge referenced in the ADRC Specialist's monthly article.

For more information, visit the official OAM website, follow ACL on Twitter and Facebook, and join the conversation using #OlderAmericansMonth.



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



**WE EMPOWER PEOPLE  
TO ENRICH LIVES**

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*ColonyBrands.com*

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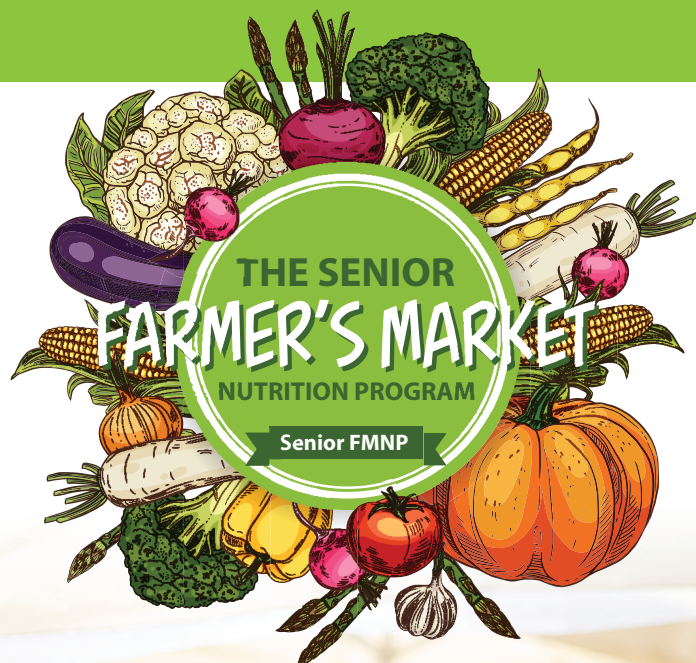
### Ways to contact us!

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

Facebook - ADRC of Southwest Wisconsin

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

Phone - 608-328-9499



The Senior Farmer's Market Nutrition Program helps older adults purchase local, fresh foods at farmers markets. The Senior FMNP is from June 1st through October 31st, 2023. Qualified households will receive a booklet of \$35 to use at participating Farmers Markets or farm stands.

#### To be eligible, participants must:

- ✓ Be 60 years or older
- ✓ Make income at or below 185% federal poverty level

Registration and distribution of these booklets will be in late May/early June.



**To learn more about the program, please contact Morgan Kennison, Aging Programs Coordinator 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 (Dementia Care Specialist) 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.**





# May is Mental Health Awareness Month

These fact sheets are brought to you through a joint partnership with the National Council on Aging. Mental Health America collaborates with the National Council on Aging (NCOA) campaign in support of our joint goal of assisting older adults to access mental health resources through Medicare.

**Have you ever suffered from extended periods of sadness, loss of pleasure in everyday activities, poor sleep, or feelings of worthlessness or guilt? Have you quickly lost or gained weight, or lost all energy to complete everyday tasks? If so, you may be experiencing symptoms of depression.**

Contrary to stereotypes about aging, depression is not a "normal" part of getting older. It is a medical problem that affects many older adults and can often be successfully treated. A recent study from the American Journal of Geriatric Psychiatry found that 27% of older adults assessed by aging service providers met the criteria for a diagnosis of major depression, and 31% had symptoms of depression that didn't qualify as a diagnosable disorder, but significantly impacted their lives.

## › Identifying Risk Factors For Depression

Depression is often under-recognized and under-treated in older adults. Without treatment, depression can impair an older adult's ability to function and enjoy life, and can contribute to poorer overall health. Compared to older adults without depression, those with depression often need greater assistance with self-care and daily living activities, and often recover more slowly from physical disorders.

**Use the checklist below to determine if you or someone you know may be at risk for depression.**

## › Symptoms Of Depression

- Depressed mood
- Loss of interest or pleasure in activities
- Disturbed sleep
- Weight loss or gain
- Lack of energy
- Feelings of worthlessness or extreme guilt
- Difficulties with concentration or decision making
- Noticeable restlessness or slow movement
- Frequent thoughts of death or suicide, or an attempt of suicide

## › Check For Risk Factors

Depression in older adults may be linked to several important risk factors. These include, among others:

- Medical illness (particularly chronic health conditions associated with disability or decline)
- Overall feelings of poor health, disability, or chronic pain
- Progressive sensory loss (i.e. deteriorating eye sight or hearing loss)
- A history of falling repeatedly
- Sleep disturbances
- Mental impairment or dementia
- Medication side effects (in particular from benzodiazepines, narcotics, beta blockers, corticosteroids, and hormones)
- Alcohol or prescription medication misuse or abuse
- Prior depressive episode, or family history of depression
- Extended mourning due to death of a friend, family member, or other loss
- Any type of stressful life events (i.e. financial difficulties, new illness/disability, change in living situation, retirement or job loss, and interpersonal conflict)
- Dissatisfaction with one's social network

## › Screening For Depression

A quick, easy and confidential way to determine if you may be experiencing depression is to take a mental health screening. A screening is not a diagnosis, but a way of understanding if your symptoms are having enough of an impact that you should seek help from a doctor or other professional.

## › Depression And Anxiety

Older adults with mixed anxiety and depression often have more severe symptoms of both depression and anxiety.

## › Treatment Options

The most common and effective treatment for depression is a combination of therapy and medication, but some people may benefit from just one form of treatment.

**If you or someone you know is experiencing symptoms of depression, you should seek professional help immediately.**

**If you or someone you know is in crisis and would like to talk to a crisis counselor, call the free and confidential National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255).**

## Medicare Helps Cover Mental Health Services

Worrying about health insurance costs should never be a barrier to treatment. Visit the Medicare QuickCheck on MyMedicareMatters.org to learn more about all of the mental health services available to you through Medicare. You can also talk to the Elder Benefit Specialist at the ADRC for more information.

### Medicare Part A

Medicare Part A (hospital insurance) helps cover mental health care if you're a hospital inpatient. Part A covers your room, meals, nursing care, and other related services and supplies.

### Medicare Part B

Medicare Part B (medical insurance) helps cover mental health services that you would get from a doctor as well as services that you generally would get outside of a hospital, like visits with a psychiatrist, clinical psychologist or clinical social worker, and lab tests ordered by your doctor. Part B may also pay for partial hospitalization services if you need intensive coordinated outpatient care.

### Medicare Part D

Medicare Part D (prescription drug coverage) helps cover drugs you may need to treat a mental health condition.





# Get EGGucated About Eggs

May is National Egg month and it's eggciting! Many people wonder if eggs are healthy. Well the answer is yes, let's take a look.

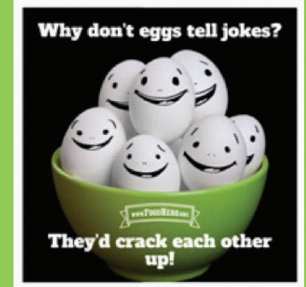
- ✓ **Eggs are the perfect protein** because they contain all 9 essential amino acids. (Essential amino acids are ones we need but the body is unable to make)
- ✓ **One large egg contains about 78 calories**, 6 grams of protein and 13 different vitamins and minerals.
- ✓ **Eggs are a good source of vitamin D** (which aids in bone health and the immune system) and choline (which helps metabolism and liver function.)
- ✓ **Egg yolks also can be good for the eyes**; they are significant sources of lutein and zeaxanthin, which have been found to reduce the risk of cataracts and macular degeneration.

Sources:  
[www.Heart.org](http://www.Heart.org) | [www.foodhero.org](http://www.foodhero.org) | [www.food.unl.edu/food-calendar/may/egg-month](http://www.food.unl.edu/food-calendar/may/egg-month)  
 Recipe adapted from: <https://www.eatingwell.com/recipe/267169/avocado-egg-toast>

Even with all of their health benefits, many shy away from eggs because of their high cholesterol content. A typical large egg contains 186 mg of cholesterol, which is more than half of the recommended 300mg/day. According the American Heart Association, eggs can be part of a healthy diet but recommend limiting it to one egg a day. If you have concerns or questions talk to your physician or a registered dietitian.

## Food Safety Tips

- Wash your hands and any surfaces or utensils that come into contact with raw eggs.
- Cook eggs until the whites and yolks are firm.
- Cook dishes that contain eggs, like egg casseroles or quiche to an internal temperature of 160 degrees F.
- Eggs should be kept between 33-40 degrees F.
- Discard any eggs that have been left at room temperature for more than two hours.
- If eggs smell bad, they are spoiled. Throw them away.



■ Rinsing or washing eggs at home is not recommended because water can be "sucked" into the pores of the egg and increase bacterial growth.

■ Egg whites and blended whole eggs can be frozen for up to 1 year. Thaw in the refrigerator. Yolks alone do not freeze well.

■ Whites of very fresh eggs might look cloudy but are safe to eat.

## Avocado/Egg Toast

### Ingredients

1/4 avocado  
 1 fried egg (cooked well)  
 1/8 teaspoon garlic powder  
 1/4 teaspoon pepper  
 1 slice toasted whole wheat bread

### Directions

Combine avocado, pepper, garlic in a bowl and mash.

Spread avocado mixture on bread and top with the fried egg. Enjoy!

Photo credit: Foodhero.org

MAY IS  
**NATIONAL  
 STROKE  
 AWARENESS  
 MONTH**



Stroke is the No. 5 cause of death and a leading cause of disability in the U.S. Stroke can happen to anyone — any age, any time — and everyone needs to know the warning signs. On average, 1.9 million brain cells die every minute that a stroke goes untreated.

## Stroke is an EMERGENCY. Call 911 immediately.

Early treatment leads to higher survival rates and lower disability rates. Calling 911 lets first responders start treatment on someone experiencing stroke symptoms before arriving at the hospital. To prevent stroke, it's vital to understand your risk factors. Some risk factors — such as age, race, gender and family history — are outside of your control. But you can control other risk factors.

Use the letters in F.A.S.T Warning Signs to spot a stroke.

**F.A.S.T.**

Face  
Drooping

Arm  
Weakness

Speech  
Difficulty

Time to  
Call 911

➤ Visit the American Stroke Association for more information at <https://www.stroke.org/en>



# Ballroom Basics for Balance

Thursday, May 18  
10:30am



Learn some basics of ballroom dancing and how you can apply these techniques to improve balance and prevent falls.

Susan Frikken, creator of the Ballroom Basics for Balance program, joins us as part of the Badger Talks program through UW-Madison.



Monticello Public Library | 608-938-4011 | monticellopubliclibrary.org

## HEALTHY LIVING WITH

# Diabetes



**Thursdays**  
**June 29th - August 3rd**  
**1:30pm - 4:00pm (CST)**  
**Virtual, Via Zoom**

**Zoom Practice Session: June 22nd**

Free. Eligible for adults of all ages who have type 1 diabetes, type 2 diabetes, prediabetes, or lives with someone who has type 1 diabetes, type 2 diabetes, or prediabetes.

**6 weeks. 15 hours. A lifetime of new options for a healthier you.**

Spots limited. Pre-registration necessary. No living-in county/state requirements. Must have access to a computer, tablet, or smartphone with internet connection.

**To register, please call  
the Green County ADRC  
Office at 608.328.9499**



# WORDS from the ADRC Specialist

Have you ever heard the saying, 'a picture is worth a thousand words'? Whether good or bad, they truly can be worth a thousand words and a thousand memories. They can be great reminders of the amazing people and times in our lives, moments that we hope to never forget. They can also bring up memories that leave us a bit sad, makes us miss a loved one or time in our life that maybe wasn't the best. A memory is a memory, good or bad, and having photographs to share those memories who our loved ones is very important. But how many of us take those pictures and put them in a photo album or shoe box only to find them later covered in dust?

Did you know that May is National Photography month? It is, and we encourage you to go find those photo albums and dust off the shoe box full of memories! Go ahead, go grab them and start sharing memories with your loved ones. Talk about the memories you shared as a child or maybe your favorite high school picture. Show your grandchildren your pet dog from when you were little or how your grandparents dressed back in the day. These are memories worth sharing and will be cherished for years to come. Keep the memories alive by sharing them, by not sharing them the memories continue to be buried in those photo albums or in that shoe box.

The ADRC would like to invite you to share one of your favorite memories with others. During the month of May there will be a display in the lobby of the ADRC where photo memories can be hung up. We ask if you'd like to share a memory, you bring a photo (4x6 or smaller) out to the ADRC anytime in May. We will make a copy of your original and send you the copy once the display is taken down. Our Staff will be participating as well, so stop out and check out the fun memories they will be sharing.

*ADRC Specialists - LA, Mandy and Heather*

## HEALTH & WELLNESS DAY

**FRIDAY**  
**JUNE 23**  
**9AM-12PM**

**Koning Maple Lane  
Event Center  
Monroe, WI**

Free & open to the general public. More details to come.



# SAVE THE DATE

608-328-9499 | [adrcgreencounty.org](http://adrcgreencounty.org)



# MAY 2023 Albany/Brodhead/Monroe/New Glarus

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hamburger Carrots/Broccoli Applesauce Oatmeal Raisin Cookie	Ham Slices Mashed Potatoes Baked Beans Melon Mix	Chicken Salad Lettuce & Tomato Potato Salad Broccoli Vinegar Salad Brownie Chocolate Pudding	Goulash Green & Gold Beans Tossed Salad w/Dressing Peaches	Roast Chicken Thigh Baked Potato Stewed Tomatoes Fresh Strawberries Gelatin
Beef Noodle Casserole Baked Beans Zucchini Blueberry Topped Pears	Basil Chicken Parmesan Cavatappi Pasta Broccoli Tossed Salad w/Dressing Strawberries Angel Food Cake	Chicken Thighs Parsley Rice Sweet Potato Strawberries on Angel Food Cake	Roast Pork w/Gravy Creamed Spinach Baked Potato Tropical Fruit Cup	Roast Beef w/Gravy Mashed Potatoes Brussel Sprouts Tomato Juice Pumpkin Crisp
Cranberry Roast Pork Roasted Beets Asparagus Cantaloupe/Grape Mix Animal Crackers	Craisin Chicken Salad on Spinach Creamy Cucumber Salad Potato Salad Red & Green Grapes Cottage Cheese	Lasagna Steamed Italian Beans Tossed Romaine Salad w/Dressing Garlic Bread String Cheese Watermelon Cup	Ham & Scalloped Potatoes Broccoli Cauliflower Zucchini Chocolate Cake	BBQ Beef Tips Baked Beans Carrots Tomato Pesto Salad on Lettuce
Turkey Noodle Casserole Broccoli Carrots Pear Cup	Breaded Fish Cauliflower Peas & Carrots Apple Slices w/P.B. Packet	Bratwurst Patty Baked Beans Roasted Summer Vegetables Sliced Strawberries Vanilla Yogurt	Ham Slices Au Gratin Potatoes California Vegetable Blend Blueberry Topped Pears	Tuna Salad Lettuce & Tomato Vegetable Pasta Salad Potato Salad Frosted Cupcake
CLOSED MEMORIAL DAY	Roast Chicken Breast Mashed Potatoes Broccoli Muffin Red & Green Grapes	Cranberry Roast Pork Peas Roasted Beets Strawberries w/Angel Food Cake	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.	

## MAY 2023 Monticello

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Veal Sausage Mashed Potatoes Mixed Vegetables Peaches Sugar Cookie	Taco Noodle Bake Peas Banana Vanilla Pudding	Pork Sweet Potatoes Green Beans Fruit Cocktail	Baked Chicken Mashed Potatoes Broccoli Pineapple Jell-O	Baked Cod Potato Wedges Coleslaw Red Grapes Oatmeal Raisin Cookie
Bean Casserole Beats Canned Pears Chocolate Chip Cookie	Chicken Breast Mashed Potatoes Peas & Carrots Melon	Pork Cutlets Mashed Potatoes w/Gravy Green Beans Peaches Chocolate Cake	Turkey & Dressing Squash Tossed Salad Apple Crisps	Roast Beef Boiled Potatoes Corn Mandarin Oranges
Pork Roast Mashed Potatoes Carrots Cantaloupe Chocolate Pudding	Ham Balls Mashed Potatoes w/Gravy Green Beans Applesauce	Oven Fried Chicken Stewed Tomatoes Potato Salad Canned Pears Peanut Butter Cookie	Swiss Steak German Potatoes Corn Green Grapes German Chocolate Cake	Tuna Noodle Casserole Wax Beans Peaches
Chicken & Rice Potato Salad Broccoli Peaches	Roast Pork Mashed Potatoes w/Gravy Carrots Applesauce	Sharron's Goulash Cauliflower Fruit Cocktail Fruit Pie	Turkey Tetrazzini Potato Wedges Corn Orange	Baked Cod Potato Wedges Coleslaw Banana Sugar Cookie
CLOSED MEMORIAL DAY	Chicken Breast Scalloped Potatoes Green Beans Mandarin Oranges Peanut Butter Cookie	Pork Cutlets Sweet Potatoes Baked Beans Fruit Cocktail Butterscotch Pudding	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*	



# 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.



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



## Don't let a fall steal your independence.

One in four people age 65 or older has a fall each year. Don't be one of them!

**Take a Stepping On workshop!**

Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks, you'll learn:

- ▶ To identify and remove or avoid fall hazards in your home and outside
- ▶ How vision, hearing, medication, and footwear affect your risk of falling
- ▶ Strength and balance exercises you can adapt to your individual level
- ▶ To get back on your feet the right way if you do fall

**Stepping On has been researched and proven to reduce falls by 31%!**



**May 17<sup>th</sup> — July 5<sup>th</sup>**  
**Wednesdays from 9:00-11:00am**  
**Human Services Building**  
**Monroe, WI**

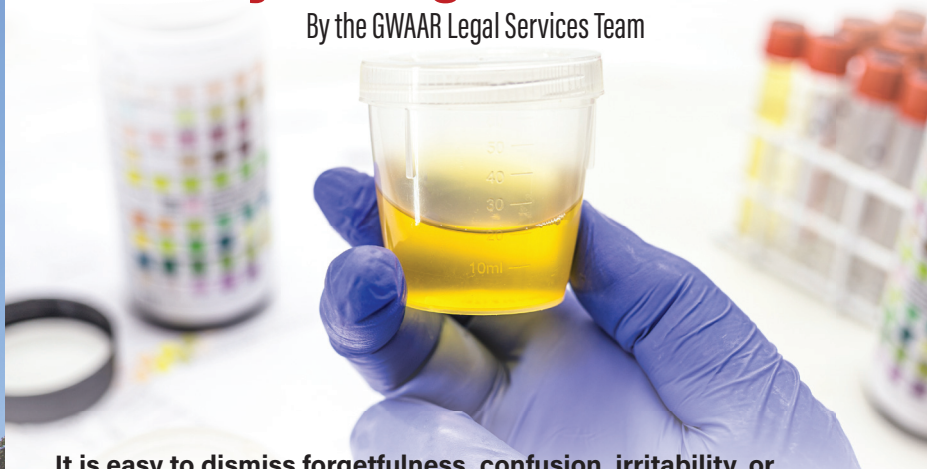
To register, please call the  
**Green County ADRC Office at:**  
**608-328-9499.**



**FREE!** Spots are limited! Pre-registration is necessary! No living-in county requirements!

# Urinary Tract Infections May Change Behaviors

By the GWAAR Legal Services Team



It is easy to dismiss forgetfulness, confusion, irritability, or withdrawal as just typical signs of aging or dementia. However, most people would be surprised to learn that urinary tract infections or (UTIs) can create these behaviors, as well. If an older person has a sudden and unexplained change in behavior such as increased confusion, agitation, or withdrawal, it may actually be due to a UTI.

A UTI is an infection in any part of the urinary system such as the kidneys, ureters, bladder, and urethra. Women are more commonly affected by UTIs than men. Most UTIs can be treated with antibiotics and do not create any further problems. Complications are uncommon, but they can be serious and include kidney damage and blood poisoning, which can be fatal.

Urinary tract infections don't always cause signs and symptoms, but when they do, they may include a strong, persistent urge to urinate; burning sensation when urinating; passing frequent, small amounts of urine; urine that appears cloudy; urine that appears red, bright pink or brown (a sign of blood in the urine); strong smelling urine; and pelvic pain in women.

Older adults, however, may experience different symptoms compared to young or middle-aged adults, and those symptoms can be much more severe. Further complicating matters is that older adults with cognitive impairments or dementia may not realize there is an issue or be able to communicate their UTI symptoms to caregivers. Even more, common symptoms like burning and urgency to urinate may not occur in older individuals at all. Sometimes, the only sign that an older adult has a UTI is the sudden and unusual behavior changes, confusion, or delirium.

For these reasons, it's important for older adults and caregivers to know the signs and symptoms of UTIs so they can be recognized and treated quickly. Diagnosing a UTI in an otherwise healthy older adult can be difficult to begin with, but this task is even more challenging when someone has dementia or other cognitive impairments. Hopefully, a family caregiver or other individual who regularly interacts with the older adult can monitor their cognitive function and behavior to determine what is "normal" and detect anomalies to the best of their ability. Otherwise, an older adult may be presumed to have permanent symptoms of dementia when, in fact, they are experiencing temporary cognitive issues due to a UTI. A key distinction in determining whether delirium, agitation or confusion is caused by a UTI is whether treatment with antibiotics results in any improvement in mental status.

Remember, older adults are often managing multiple health conditions and taking several different medications. The best UTI treatment and prevention strategy for each individual may vary, and should be discussed at length with one's medical providers.

#### Resources:

Alzheimer's Association Article | Alzheimer's Society UK Article | AgingCare Article

608-328-9499 | [adrcgreencounty.org](http://adrcgreencounty.org)



# Health & Wellness

## UPCOMING 2023 PREVENTION WORKSHOPS

### WALK WITH EASE:

[Arthritis Self-Management/Physical Activity Workshop]

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 (No class on June 7th)

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

### HEALTHY LIVING WITH DIABETES:

[Diabetes Self-Management Workshop: 6 consecutive weeks]

June 29th – August 3rd

1:30pm-4:00pm (CST): Thursdays

Zoom Practice Session: June 22nd

Virtual, Via Zoom



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.

Every Monday	Around Monroe	\$5.00
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

**All shuttle bus services are a suggested donation.**



# 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.