

# THE Bridge

## JUNE

Connecting services, resources and information for the community

# June is Brain Health & Dementia Awareness Month

In recognition of Brain Health and Dementia Awareness Month the ADRC of Southwest Wisconsin will be offering brain health checks (memory screens) and the opportunity to experience what it may be like if one had a dementia such as Alzheimer's. Join us at the Green County Government Services Building on June 21st for this event. Memory screens will be conducted from 12:30pm to 2:00pm and appointments for the Dementia Live experience will be scheduled during the hours of 2:00pm and 3:30pm.



### *A brain health check/ memory screen*

is a wellness tool that helps identify possible changes in cognition. The screen will take approximately 15 minutes. This is not a diagnostic test, rather a tool that allows for conversation and planning if something is detected. Similar to other medical screenings we do for our overall health, brain wellness checks are for people who are concerned about their cognition (including memory) or concerned about symptoms they are experiencing. These wellness checks are not intended for people currently under medical care related to their memory loss/diagnosis.

**Family and professional caregivers are encouraged to participate** as well as any business or community member who may encounter individuals living with dementia. Increasing one's understanding about how dementia can affect the brain and the resulting response to the world around them can help to heightened empathy and support for those diagnosed with dementia and their caregivers. An additional result is the building of a foundation to creating a dementia friendly community.

### *Dementia Live*

is an experience that gives participants an idea of what it is like to have dementia. This is done by altering the participants senses and providing him/her with tasks to do in a controlled setting. Following the experience there is an opportunity to share one's feelings and thoughts; and to ask questions. In approximately 15 to 30 minutes, participants gain greater awareness and understanding of the daily struggles affecting persons living with dementia.

**To sign up to  
participate in a brain health check  
and/or the Dementia Live experience  
please call 800-514-0066.**



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

**Colony**  
BRANDS, INC.

**WE EMPOWER PEOPLE  
TO ENRICH LIVES**

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*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.



### ADRC Supervisor

Amber Russell

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### ADRC Office Associate

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### Elder Benefit Specialist

Mary Velcich

### Disability Benefit Specialist

Julie Ames

### ADRC Specialists

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### 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

Hailey Loeffelholz

### 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



Join the ADRC as we take a guided tour of the 20 acres of botanic beauty of the Rotary Botanical Gardens in Janesville, WI. Space is limited and pre-registration is required. **Sign up by calling the ADRC at 608-328-9499.** Transportation cost is \$15 and \$9 for admission into the Gardens.

We will stop for lunch at Citrus Café, voted the "2023 Best of the Best" for breakfast food!

*Join us for a day in the flowers!*  
**Rotary Botanical Gardens on June 29th**



©Marsha Mood

## World Elder Abuse Awareness Day is June 15th

What do you do if you are concerned an older person isn't taking care of themselves or that no one is taking care of them? What about if you think someone is taking their money without their knowledge?



The Aging & Disability Resource Center has staff to investigate these situations and help make a plan to keep the person safe. Unfortunately, elder abuse is more common than people would like to believe.

- › The ADRC in Green County had 252 cases of reported elder abuse or neglect in 2022, which is one case reported every 1.6 days,
- › In reported cases, financial abuse totaled over \$187,930
- › These numbers represent only cases reported to the ADRC; the actual number of persons experiencing abuse or neglect is likely much higher but go unreported!

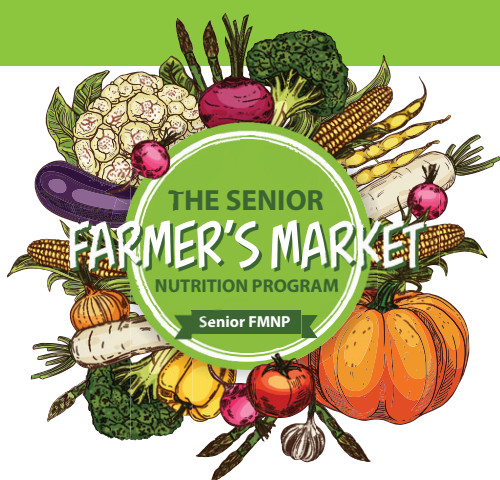
**If you have any suspicion that an older adult may be the victim of any form of abuse or neglect, please do not hesitate to reach out to us!**

Though we may ask you some questions, remember all referral sources are kept anonymous BY LAW! Do not be afraid of doing something; be afraid of doing nothing while something is happening to an adult in our community. **Call us at 608-328-9499.**

**Join the ADRC on June 15th** in wearing purple to support World Elder Abuse Awareness Day. Keep an eye on our Facebook Page (ADRC of Southwest Wisconsin) for more information and photos of others supporting the day.







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.**



# 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**



## Sun, Cycling and Socializing June 17th from 1-3 PM

**CYCLING  
WITHOUT AGE**



**WALWORTH COUNTY**

The Aging and Disability Resource Center of Southwest Wisconsin is hosting a social engagement opportunity for persons with dementia and their care partner to enjoy nature along the Sugar River on June 17th from 1 to 3pm. The ADRC is partnering with Cycling Without Age of Walworth County and the Department of Natural Resources to provide tri-shaw bicycle rides along the Sugar River Trail in Brodhead.

Cycling Without Age (CWA) is a program introduced by Eric and Bernadette Russow as part of the Dementia Friendly Community Initiative, Inc.- Walworth County located in Elkhorn, WI. The Russow's share a strong commitment to projects concerning memory care, Alzheimer's, dementia, and mobility issues.

CWA purchased two electric tri-shaw bicycles from a company in Denmark. The cycles are piloted by trained volunteers and can accommodate two riders.

In 2023, CWA has scheduled 120 events, with the addition of 2 bikes, for a total of 4. The goal is to provide 1,200 opportunities to get out from isolation and enjoy all that nature has to offer.

**This event is free, intended for persons with dementia living in the community and must be accompanied by a care partner (family or friend). A waiver must be signed to take a ride. If you are interested in participating in the ride, pre-registration is required.**

**Please contact  
Bonnie Beam-Stratz  
at 608-324-3600  
or  
bbeam@gchsd.org  
for further details  
and/or to register.**





# Ways to make pathways safer in older adult's homes

## Solutions that make home pathways safe include:

- Clearing pathways and exits
- Securing or removing rugs and mats
- Easing floor level changes
- Moving cords out of pathways
- Adding lights around the bedroom
- Making bigger changes

### Clearing pathways and exits

Keep all hallways and paths where the older adult walks clear of furniture, piles of stuff or anything else that could cause people to trip. You also might want to rearrange furniture to make pathways wider. People who use wheelchairs need a clear 5-foot-by-5-foot area to turn around in the chair.

To make doorways wider, replace standard door hinges with offset or swing-clear door hinges.

If the older adult has a dog, cat or other uncaged indoor pet, the pet and its toys can also be fall risks. Encourage the older adult to check where the pet is before walking and not leave pet toys lying around.

Make sure that pathway areas are well-lit. Our sight is part of our sense of balance. More lighting can help people with vision problems see their surroundings better.

Keep areas well-lit by replacing burned-out light bulbs. Add table or floor lamps, or night lights, especially around pathways. It might be helpful to add more light fixtures or switches.

### Securing or removing rugs and mats

**If there are any rugs or mats that can slide in the older adult's home, you can:**

- Secure them with double-faced carpet tape or rubber matting
- Replace them with rugs or mats that have slip-resistant backing
- Remove them

If there are rugs or mats with carpet tape or slip-resistant backing, check them occasionally. Both wear away over time and will eventually need to be replaced.

### Easing floor level changes

If doorway thresholds are higher than the floor next to them, replace them with lower or angled thresholds or remove them. **If the floor height changes as you walk through the older adult's home, you can:**

- Add curved or angled transition molding, end molding or ramp trims to smooth the change.
- Add transition strips or overlap reducers between different floor types, like wood, carpet and tile.
- Use a strip of tape or a paint of a contrasting color to clearly mark any remaining floor height changes.

### Moving cords out of the pathways

Keep electrical cords away from hallways, doorways and other pathways.

As much as possible, arrange furniture so that lamps and other things with cords can be plugged directly into electrical outlets (without using extension cords).

**If you do need to use extension cords:**

- Run the cords along walls and tape them down. Don't use nails or staples, which could damage the cord.
- Don't put rugs, furniture or other objects on top of electrical cords. This could damage the cord and create a fire hazard.
- Check and replace any electrical cords that are damaged.
- Use cord covers to help prevent wear and tear.

### Adding lights around the bedroom

**To improve night-time safety, make sure that the older adult's bedroom:**

- Has lamps or switches within reach of each bed, so the older adult can see better when getting up at night - touch lamps can be easier to turn on
- Has night lights in the bedroom, bathroom and hallways, especially pathways between the bedroom and bathroom
- Has a working flashlight within reach of each bed, in case of power outages or other problems
- Has a telephone that the older adult can reach from the bed or the bedroom floor

### Making bigger changes

Many options to make home pathways safer are easy to do at little to no cost, like removing clutter, moving cords or adding lamps. However, if the older adult wants to make bigger changes, like adding light switches, then hiring someone might be your best option. Work with the older adult to prioritize the changes that will make the home safer, and to determine what you have time and money to do. The older adult's insurance or local aging agencies can tell you if there are programs to support work that increases home safety. If possible, have the older adult try out any new features or equipment first, to make sure the changes will work well for the older adult.

<https://agefully.me/#/article/1>

## LUNCH & LEARN

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

### VISION THROUGH THE HEALTHY AGING EYE

Healthy Aging includes Healthy Vision! Learn about how our vision tends to change as we age, common eye diseases that occur in older adults, tips for living with low or changing vision, adaptive products to make daily life easier and safer, and so much more!

**Monday: June 19th, 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, June 14th.

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

Mark your calendars for our future 2023  
Lunch & Learn events taking place **August  
21st, October 16th, & December 18th.**  
(Topics coming soon)





# BUILDING A HEALTHY SMOOTHIE



Smoothies can be a delicious way to get fruits, vegetables, low-fat dairy and fiber into your diet. The great thing about smoothies is that they are easy and fun to prepare. With so many different ingredient options, you can try a new flavor every day!

If you have never made a smoothie before don't worry. Here are some simple steps to follow as well as some recipes to try. These are just some ideas! Have fun and get creative with your smoothies!

## STEP 1: Choose a liquid (4oz)

- ✓ Water
- ✓ Coconut water
- ✓ Soy milk
- ✓ Unsweetened almond milk
- ✓ Low-fat cow's milk
- ✓ Low-fat lactose free milk

## STEP 2: Add a protein – choose one

- ✓ ¼ cup Tofu
- ✓ ½ cup yogurt
- ✓ ¼-½ cup cottage cheese
- ✓ 1 scoop protein powder

## STEP 3: Add fresh or frozen fruit (1 cup total)

- ✓ Strawberries
- ✓ Blackberries
- ✓ Apples
- ✓ Kiwi
- ✓ Mango
- ✓ Blueberries
- ✓ Pineapple
- ✓ Honeydew
- ✓ Papaya
- ✓ Pears
- ✓ Raspberries
- ✓ Watermelon
- ✓ Peaches
- ✓ Cherries
- ✓ Oranges

## STEP 4: Add a vegetable ¼ - ½ cup

- ✓ Raw kale or spinach
- ✓ Canned pumpkin
- ✓ Raw or frozen carrots, cauliflower or broccoli

## STEP 5: Add a healthy fat

- ✓ 1 Tbsp nut butter
- ✓ ¼ ripe avocado
- ✓ ½ to 1 Tbsp Ground flaxseed
- ✓ ½ to 1 Tbsp Ground chia seed

## STEP 6: Add extra add in's - optional

- ✓ Cinnamon
- ✓ Ginger
- ✓ Cocoa powder
- ✓ Vanilla extract
- ✓ almond extract
- ✓ ¼ cup quick oats
- ✓ 1-2 teaspoons honey

**PLACE ALL INGREDIENTS IN A BLENDER. BLEND UNTIL SMOOTH. ENJOY!**

## FUN SMOOTHIE RECIPES

### MIXED-BERRY BLAST SMOOTHIE

½ cup plain low-fat Greek yogurt  
½ cup 100% pomegranate juice  
½ cup frozen mixed berries  
½ ripe banana, cut up, frozen  
1 teaspoon lime juice  
Handful of baby spinach

### CHOCOLATE CHERRY SMOOTHIE

½ cup plain low-fat Greek yogurt  
½ cup low-fat milk  
1 cup frozen dark sweet cherries  
¼ of an avocado  
1/4 teaspoon almond extract  
1 Tablespoon Cocoa Powder

# WORDS from the ADRC Specialist

## Summer has officially kicked off, are you ready?

As the season changes we occasionally see people start looking at personal changes as well, which could include a move. Are you or is a family member thinking of making a move, either to an apartment or possibly look at assisted living options over the summer to make a move before fall? The ADRC has resources to help you or your family with their search, plus it's never too early to know where to find the resources you might need in the future!

**Local (non-income based) housing:** A listing of available apartments or homes within Green County, as well as surrounding towns/cities, can be found on the Green County Human Services Website. This listing includes housing options that are available at this time and can range in monthly cost depending on the location and type of housing.

**Subsidized Housing:** Low-income housing is a great option for those who are on a limited income. The ADRC has a listing of low-income (subsidized) housing options in Green County, as well as neighboring towns/cities, that is updated regularly. A copy can be e-mailed, mailed or picked up at the ADRC upon request.

**Assisted Living:** As we age, we are likely to start needing additional supports; which could include personal care assistance or help with household chores. Assisted Living facilities are a great option to help remain independent, but have the ability to receive assistance as needed. Assistance can vary from personal care needs (bathing, dressing, etc.) to assistance with medical reminders. Assisted Living facilities can also offer socialization, from placing cards to enjoying coffee together! The ADRC has resources for local assisted living options, which includes options on the level of care needs a person is currently needing.

Moving and finding housing options can be frustrating and stressful. The ADRC cannot take away all the stress and frustration, but we can provide some tools to help get you pointed in the right direction! For more information, please reach out to the ADRC.

*"Home is where you feel loved, appreciated and safe."*

– Tracey Taylor

*ADRC Specialists - LA, Mandy and Heather*

### PB&J SMOOTHIE

½ cup plain low-fat Greek yogurt  
½ cup low-fat milk  
1 ripe banana, frozen and cut up  
1 tablespoon grape jelly  
2 tablespoons peanut butter

### PUMPKIN PIE SMOOTHIE

½ cup plain low-fat Greek yogurt  
½ cup milk of your choice  
¼ cup pumpkin puree  
½ banana, frozen and cut up  
1 tablespoon almond butter  
1 teaspoon vanilla extract  
1/2 teaspoon ground cinnamon  
Pinch of nutmeg, ginger & allspice

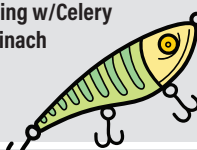
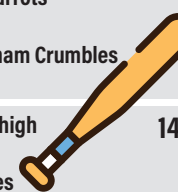


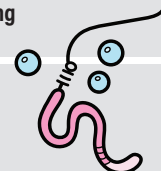





### PINA COLADA SMOOTHIE

½ cup plain low-fat Greek yogurt  
½ cup coconut water  
¼ cup frozen pineapple chunks  
½ frozen banana, cut up  
¼ cup riced cauliflower  
¼ teaspoon vanilla

Recipes adapted from:  
[www.bhg.com/recipe/smoothie-matrix/](http://www.bhg.com/recipe/smoothie-matrix/)  
[www.ambitiouskitchen.com/pumpkin-pie-smoothie/](http://www.ambitiouskitchen.com/pumpkin-pie-smoothie/)



# JUNE 2023 Albany/Brodhead/Monroe/New Glarus

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>HAPPY JUNE</b> Sliced Turkey w/Gravy 5 Bread Dressing w/Celery Steamed Spinach Applesauce 	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. Breaded Fish 6 Red Potatoes Roasted Summer Vegetables Peach Cup	Beef Tips w/Mushroom Gravy 7 Egg Noodles Cauliflower & Carrots Pear Cup Cherries w/Graham Crumbles 	Baked Fish 1 Cauliflower Stewed Tomatoes Apple Slices w/Peanut Butter Sage Roasted Pork 8 Sweet Potatoes Green Peas Apricots	Chicken Patty 2 Red Potatoes Carrots Cinnamon Apple Slices 
Goulash 12 Green & Gold Beans Peach Cup	Ham Slices 13 Mashed Potatoes Baked Beans Tossed Salad w/Dressing Melon Mix	Roast Chicken Thigh 14 Baked Potato Stewed Tomatoes Fresh Strawberries Gelatin Cup	Chicken Salad 15 Lettuce & Tomato Slices Potato Salad Brownie 	Taco Casserole w/Black Beans 9 Refried Beans w/Shredded Cheese Lettuce/Tomato/Sour Cream Green Beans Vanilla Pudding 
Hot Beef Noodle Casserole 19 Baked Beans Zucchini Blueberry Topped Pears Cottage Cheese Cup 	Basil Chicken Parmesan 20 Cavitappi Pasta Broccoli Angel Food Cake w/Strawberries	Tater Tot Casserole 21 Green Beans Mandarin Orange Cup String Cheese 	Turkey Salad 22 Lettuce & Tomato Slices Potato Salad Fruit Cocktail Birthday Cake	Tuna Casserole 23 Carrots Green Peas Peach Cup Vanilla Yogurt
Cranberry Pork Roast 26 Roasted Beets Asparagus Cantaloupe & Grape Mix Animal Crackers 	BBQ Country Beef Tips 27 Baked Beans Carrots Tomato Pesto Salad on Leaf Lettuce	Lasagna 28 Italian Beans Tossed Salad w/Dressing String Cheese Watermelon Cup 	Ham & Scalloped Potatoes 29 Broccoli Cauliflower Zucchini Chocolate Cake	Craisin Chicken Salad on Spinach 30 Creamy Cucumber Salad Potato Salad Red & Green Grapes Cottage Cheese 

## JUNE 2023 Monticello

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>hello June</b> Chicken w/Wild Rice 5 Broccoli Potato Salad Fruit Cocktail Chocolate Cake 	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* Ham Balls 6 Mashed Potatoes w/Gravy Corn Banana 	Spaghetti 7 Carrots Tossed Salad Fruit Cocktail Garlic Bread Oatmeal Cookie	Turkey Stroganoff 1 Corn Tossed Salad Canned Pears 	Baked Chicken 2 Peas Potato Salad Melon
Veal Sausage 12 Mashed Potatoes Mixed Vegetables Peaches Sugar Cookie 	Taco Noodle Bake 13 Peas Banana Vanilla Pudding	Pork 14 Sweet Potatoes Green Beans Fruit Cocktail 	Baked Chicken 15 Mashed Potatoes Broccoli Pineapple Jell-O	Lasagna 9 Peas & Carrots Orange Slices Vanilla Pudding Garlic Bread 
Bean Casserole 19 Beets Canned Pears Chocolate Chip Cookie	Chicken Breast 20 Mashed Potatoes Peas & Carrots Melon	Pork Cutlets 21 Mashed Potatoes w/Gravy Green Beans Peaches Chocolate Cake	Turkey & Dressing 22 Squash Tossed Salad Apple Crisp	Roast Beef 23 Boiled Potatoes Corn Mandarin Oranges 
Pork Roast 26 Mashed Potatoes Carrots Cantaloupe Chocolate Pudding	Ham Balls 27 Mashed Potatoes w/Gravy Green Beans Applesauce 	Oven Fried Chicken 28 Stewed Tomatoes Potato Salad Canned Pears Peanut Butter Cookie	Swiss Steak 29 German Potatoes Corn Green Grapes German Chocolate Cake	Tuna Noodle Casserole 30 Wax Beans Peaches 





Friday, June 23rd  
9 am - 12 pm

**FREE EVENT!**

## 2023 HEALTH & WELLNESS DAY

This **FREE** event will offer a variety of information on services, programs, and activities to help maintain or improve your overall health. Also enjoy snacks & refreshments, door prizes, and fun yard games (if the weather permits).

### Location of Event:

**Koning Maple Lane Event Center  
N3051 State Road 81, Monroe, WI**

Transportation to this event is available by contacting the ADRC.

Contact the ADRC by phone or email at:  
608.328.9499 or [resourcecenter@gchsd.org](mailto:resourcecenter@gchsd.org)  
Visit our website at: [adrcgreencounty.org](http://adrcgreencounty.org)

- **Drug Take Back:**  
Bring any old, expired, or unused medications for proper disposal.
- **Eyeglasses Donation:**  
Bring any old and unused frames to help others in need.
- **Health Screenings**
- **Live Music**
- **AND MUCH MORE!**



Researched  
& proven to  
reduce falls  
by 31%!

**1 in 4 people age 65 or older has a fall each year. Don't be one of them.**

## Stepping On FALLS PREVENTION

STEPPING ON CAN HELP YOU AVOID A DANGEROUS & 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 for 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



July 14th - August 25th  
Fridays, 9:30am - 11:30am  
Grace Church - New Glarus, WI

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

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



# FIGHT THE BITE THIS SUMMER

Take steps to prevent tick bites.

Tick bites are preventable. When spending time outdoors, follow these simple steps to protect yourself and your family members from tick bites:



### BEFORE GOING OUTDOORS

- Use an insect repellent with 20-30% DEET or another EPA-registered repellent according to the label instructions.
- Use 0.5% permethrin products on clothing, socks, and shoes according to label instructions.
- Wear long sleeves and pants, and tuck pants into socks and shirts into pants to avoid ticks crawling under clothing.
- Use a veterinarian-prescribed tick prevention treatment on pets.

### WHILE OUTDOORS

- Walk in the center of trails and do not brush up against plants on the edge of trails.
- Avoid wooded and brushy areas with tall grass and leaves.

### AFTER BEING OUTDOORS

- Check all parts of the body carefully, especially the armpits, behind the knees, scalp, in and around the ears, inside the belly button, and groin.
- Parents should check their children for ticks.
- Place clothes in the dryer on high heat for 10 minutes to kill any ticks on clothing.



**Public Health**  
Prevent. Promote. Protect.  
Green County Wisconsin

For more information on tick bite prevention, visit the Wisconsin Department of Health Services website.

To learn more about Green County Public Health programs, services, and health information, check out the Green County Public Health website.  
[wi-greencounty.civicplus.com/192/Public-Health](http://wi-greencounty.civicplus.com/192/Public-Health)

## Sun Protection Tips for Older Adults

By the GWAAR Legal Services Team

As summer approaches, it is time to start thinking about protecting ourselves when we have fun in the sun. According to the Skin Cancer Foundation, over half of skin cancer related deaths are people over the age of 65. Because the risk of developing skin cancer rises each year and sun damage can happen quickly, everyone needs to use sunscreen. But according to the Centers for Disease Control and Prevention (CDC), fewer than half of older adults adequately protect their skin from the sun.

Not any old sunscreen will do. Choose a sunscreen with an SPF 30 or higher and one that protects from UVA and UVB rays (broad-spectrum). A sunscreen's SPF (sun protection factor) determines how well it can absorb and reflect the sun's rays. A sunscreen that is labeled SPF 30 absorbs 97% of the sun's burning rays. It's also important to know that wearing sunscreen with a higher SPF does not mean you can stay outdoors longer without applying more. You'll still need to reapply it to protect your skin, especially if you are swimming or sweating heavily. Broad-spectrum sunscreen is important because UVA rays penetrate the lower levels of the skin. They account for 95% of rays. UVB rays make up a smaller percentage of UV rays, but they cause most sunburns and sun damage.

Additionally, research shows there is very little difference in effectiveness between sunscreen sticks, sprays, gels, and creams. Buying several formats can make it easier to protect small or hard-to-reach body parts, such as the back of the ears. Sunscreen sticks are good for ears and noses and are also easy to take with you on bike rides and walks. Sprays and creams can cover larger surface areas more efficiently, such as the back, arms, and legs. Gels tend to adhere better on areas with hair, like the hairline and scalp.

For more information visit: <https://www.skincancer.org/blog/photoaging-what-you-need-to-know/> and <https://www.cdc.gov/cancer/dcpc/research/articles/older-adults-protect-skin-sun.htm>



# Health & Wellness

## UPCOMING 2023 PREVENTION WORKSHOPS

### 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

### STEPPING ON:

[Falls Prevention Program: 7 consecutive weeks]

July 14th – August 25th

9:30am–11:30am, Fridays

New Glarus, Grace Church

### MIND OVER MATTER:

[Women's Incontinence Program: 3 sessions, every other week]

August 16th, 20th, & September 13th

12:30pm–2:30pm, Wednesdays

Brooklyn, Community Building

### WALK WITH EASE:

[Arthritis Self-Management/Physical Activity Workshop]

August 28th – October 9th

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.



Every Monday	Around Monroe	\$5.00
June 8th & 22nd	Monroe - Juda - Brodhead - Albany to Janesville	\$15.00
June 14th & 28th	Belleville - New Glarus - Monticello to Monroe	\$8.00
June 7th & 21st	Albany - Brodhead - Juda to Monroe	\$8.00
June 1st & 15th	Monroe - Monticello - New Glarus - Belleville to Westside of Madison	\$15.00

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

## 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.

