

THE Bridge

JULY

Connecting services, resources, and information for the community.

How Quality of Life is Important to Healthy Aging

A positive outlook and proactive approach is one of the best ways to encourage healthy aging! Here's how to get the most out of life as you age.

1. Positive Attitude

Keep a positive attitude through life. Focus on the positive, taking hold of any problems and addressing them properly and you will find that you will be happier in your life.

2. Don't "Act Your Age"

Forget that "number" – it's only a number, after all! Live life looking forward to activities and actions that make you smile and forget about your age!

5. Embrace Your Creativity You may be surprised that you have an artistic side to you if you check out classes on painting, sketching, or drawing. If your art talents are limited try adult coloring books that you can color with pencils.

6. Surround Yourself With Positivity

Your mental health plays a very important part in healthy aging and surrounding yourself with people who make you smile and laugh makes healthy aging even easier.

3. Be Proactive Take charge of your health and research the many ways you can use your Health Insurance to take proactive steps in keeping healthy. You're entitled to a variety of healthcare screenings as you get older; and it's important to know exactly what tests and screenings you should be having, based on your age and gender.

4. Try Something New

It's never too late to make changes and become a whole new you! Take up a new hobby, learn a language, take a class, or join a book club. Making your life interesting is one of the best ways to focus on healthy aging.

Focusing on both your mental — as well as physical — well-being, in order to feel more "alive" as you embark on a new journey of healthy aging.

<https://www.unityhealthcare.com/celebrating-healthy-aging-month-during-september/>



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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Regional Manager - Mary Mezera

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Bonnie Beam-Stratz

Hailey Loeffelholz

Ways to contact us!

Website - adrcgreencounty.org

Facebook - ADRC of Southwest Wisconsin

Email - resourcecenter@gchsd.org

Phone - 608-328-9499

Volunteers Needed

Work Flexible Hours & Make Your Own Schedule!

Home-Delivered Meal Drivers:

Deliver meals to home-bound seniors in your community. Delivery routes are from 11:00am-12:00pm.

Driver Escorts:

Volunteers use their own vehicles to transport older adults and those with a disability to appointments. Drivers do not need to provide any physical assistance to passengers.

Both positions are eligible to receive mileage reimbursement at the current IRS Reimbursement Rate. Candidates must have a valid driver's license and car insurance.

If you're interested in this opportunity or have questions, please call the ADRC Green County Office at 608.328.9499 or email us at resourcecenter@gchsd.org

We need your help!

Overcoming Barriers to Exercise: No More Excuses!

Article from the National Institute on Aging
Exercise is good for almost everyone, but there are so many things that can get in the way of staying active. It's time for some positive thinking. No more excuses!



Here are some tips to help you overcome those barriers and improve your health.

Finding Time to Exercise

Try exercising first thing in the morning. Combine physical activity with a task that's already part of your day, such as walking the dog or doing household chores. If you don't have 30 minutes to be active, look for three 10-minute periods. As you progress, add more 10-minute sessions until you hit your goal!

Sticking with Your Exercise Plan

Make exercise interesting and enjoyable. Do things you enjoy, but pick up the pace and try new activities to keep your interest alive. Being creative about your physical activity plans and regularly

trying new forms of exercise prevents boredom. If you can stick with it for at least 6 months, it is a good sign that you are on your way to making physical activity a regular habit.

Exercising without Spending Money

Being active does not have to cost a thing! All you need for brisk walking is a pair of comfortable, non-skid shoes. For strength training, you can save money by making your own weights using soup cans or water bottles. Check with your local parks and recreation department or senior center about free or low-cost exercise programs in your area.

Increasing Your Energy

Regular, moderate physical activity can help reduce fatigue and even help you manage stress. Exercise can also reduce feelings of depression, while improving your mood and overall emotional well-being. Once you become active, you are likely to have more energy than before. As you do more, you also may notice that you can do things more easily, faster, and for longer than before.



Quick Tip:

Be sure to choose exercises from each of the four types: endurance, strength, balance, and flexibility.

Caregiving can be Rewarding

by Bonnie Beam-Stratz, DCS

You may have read this title and said to yourself how could someone think caregiving is rewarding. When asked at a dementia support group meeting "What have you gained through caregiving?"

One gentleman stated that he gained more gray hair, weight, frustration and a higher level of anxiety. The majority of the group members agreed but after some discussion we were able to talk about the benefits/rewards of caring for a family member or friend. This is also a discussion we have in the SAVVY Caregiver Workshop when we reflect on the reasons we provide care.

A recent article in the Walworth County ADRC newsletter (January 2023) provided a nice summary of those rewards and I want to share those with the many caregivers that live in the Southwest region of the state.



Here are the positives that were outlined that give one "a feeling of pride, satisfaction and renewal"

- 1. A chance to "give back" to someone important in your life.** If you are caring for a parent, the help you give them now is a way to "pay them back" for caring for you when you were a child. If it is a spouse you take care of, it can be a thank-you for the love they have given you through the years. Providing care is a way of telling the person they are valuable, that you love them and will always be there for them.
- 2. Spend more quality time with the care recipient.** Looking at photo albums, reminiscing about earlier times, reading aloud, watching old movies, or just being together holding hands become precious ways to enjoy time together.
- 3. Get in touch with your family history.** Spending time together listening to childhood stories, opens a door to the past and gives you a new understanding of how your family was shaped by history. Relish in these stories.
- 4. An opportunity to learn new skills, such as multi-tasking and organization.** We also learn to be more assertive, speaking up in an effort to be an advocate for our loved one. We learn about the medical condition that affects our loved one and how to maneuver through the maze of health care providers.
- 5. You recognize you own support systems.** You may be surprised to find neighbors, co-workers, relatives and friends reaching out to help you on this journey. Accept their help and take pleasure in how they enrich your life.
- 6. Become more compassionate and loving.** You may not think you have the ability, patience or personality to be a caregiver, but you do. Rising to the challenges of caregiving helps you to recognize your own strengths and abilities, often strengthening your inner, spiritual self.
- 7. Plan your own future.** Discussing and planning end-of-life issues with your loved one can guide you to be better prepared for your own future and give you a deeper understanding of your own values and beliefs.



Did you know that over half of women age 50 and older experience issues with bladder or bowel control at some time in their lives?

Mind Over Matter: Healthy Bowels, Healthy Bladder is a workshop designed to give women the tools they need to take control of their bladder and bowel symptoms.

The workshop consists of three 2-hour sessions that meet every other week. It provides information and group activities along with simple exercises and dietary changes to practice at home. Even if you don't have leakage symptoms now, it's never too early or too late to think about your bladder and bowel health!

What will I learn in the workshop?

- Information about bladder and bowel control
- At-home techniques and exercises to help prevent or improve symptoms
- Tools to help you set goals and mark your progress

Researched and proven to reduce bladder and bowel leakage!

Wednesdays
August 16th, 20th, & Sept. 13th
12:30pm-2:30pm (CST)
Community Building
Located in Brooklyn, WI

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



For more information or to register,
please call the Green County ADRC at

608-328-9499.

If you find yourself struggling with challenges of caregiving for someone with dementia or memory loss and want to review options available to you, please reach out to the ADRC to be connected to the dementia care specialist. The consultation can be used to develop an emergency plan. This is a free service.

The Sleep We Need for a Healthier Brain

by Bonnie Beam-Stratz

Sleep is extremely important to our overall health and wellness, just as much as physical exercise and nutrition. The Brain Center of Green Bay provides an informational sheet on this topic. Sources for their publication are the National Sleep Foundation, VeryWellHealth.com and the National Institute of Health.



The publication states, "During times of sleep our brains are working hard to help us to be more efficient, keep our bodies healthy, regulate our appetite, clear our bodies of toxins building up. Quality sleep also helps control mood, stay calm, and leads us to more creative thinking."

"However, without quality sleep, our brains cannot maintain pathways that allow us to learn and create new memories. Lack of quality sleep can lead to an increased difficulty in staying focused, a slower response time, a head in the clouds feeling, and an increase likelihood of making risky decisions. Lack of sleep also has a negative effect on our overall health by increasing our risk of being diagnosed with, high blood pressure, depression, cardiovascular disease, diabetes, and obesity."

A Few Sleep Facts

- Regular exercise can help us to fall asleep more easily and have sounder sleep.
- Most adults need 7 to 9 hours of sleep for health promotion.
- We naturally feel tired at 2:00am and 2:00pm.
- One of the leading causes of excessive sleepiness is self-imposed sleep deprivation (among Americans).
- Sleep is an important resource that keeps us healthy and mentally sharp so we are better able to deal with stress effectively in our lives.

Monitoring our sleep and consulting with a physician regarding any issues is vital, as sleep deprivation and sleep apnea are possible treatable causes to memory impairment. **For further information about the importance of sleep one can check the resources given above or you can reach out to Bonnie, the Dementia Care Specialist for the ADRC, by emailing bbeam@gchsd.org or calling 608-328-9499.**

WORDS from the ADRC Specialist

Independence...it's yours, right? We all strive to be independent, live the lives that we desire. Having independence means having the freedom to do as one pleases, doing things on their own and not having to rely on others. As children we were taught how to be independent, for example learning how to tie one's shoes. We all value our independence, but what happens when that independence is being threatened? What if one's physical health or cognitive health start interfering with their ability to be safe in their independence?

A fear for many is losing their independence as they age or face new challenges in their lives. We often talk with people about ways to help maintain that independence, even with the challenges that present themselves. One way a person can help maintain their independence is by voicing their wishes and desires to their loved ones; which can be done by preparing a Power of Attorney of Healthcare and/or Finance. Another option that could be explored could be looking at ways to lessen a person's workload, giving them the ability to spend more time



and energy on the things they enjoy. For example, if completing household tasks take a fair amount of exertion and leaves a person feeling ill for several hours or days, maybe hiring an agency to help with those tasks would be beneficial. Or maybe driving is no longer safe, but you still want to come and go as you please. The ADRC offers transportation services and shuttles to give you that sense of independence in doing tasks on your own (but with a little help!).

The ADRC Staff would be happy to discuss resources with you or your loved one about ways to help maintain your independence and be a resource that you can reach out to when you are searching for supports. Give us a call and enjoy that independence!

"Independence is loyalty to one's best self and principles"
- Mark Twain

ADRC Specialists - LA, Maudy and Heather

Farmers' Market Food Safety



Summer is here, and that means it's farmers' market time! Shopping at the farmers' market is a great way to get fresh fruits and vegetables and also provides the opportunity to support your local community.

As you explore the farmers' markets, it's also important to be mindful of food safety. Here are a few things to keep in mind.

TOTE BAGS Bring your own bags to the market when possible. Wash cloth bags and dry them in the dryer. Wash reusable plastic bags out with hot soapy water before each use. Always keep meat, eggs, and dairy products separate from produce. If you are using single use plastic bags, use only those that are designed for food (not trash can liners) and discard after using.

TEMPERATURE Foods such as eggs, cheese and meat need to be kept refrigerated. Do not purchase product from vendors who do not have access to electricity to maintain proper temperature. Once purchased, make sure to keep foods at the proper temperature (40 °F or below for cold items and 140 °F or above for hot items). When buying other perishable items, store them as soon as possible; they should not remain in hot weather (90°F or above) for more than one hour and should not be at room temperature for more than 2 hours.

WATCH SAMPLING Don't sample product unless it has been specifically prepared and offered as a sample. Make sure that foods are kept at the appropriate temperature and are covered. The area should be clean and there should be toothpicks or other ways to get a sample without touching other pieces.

WASH your produce before you eat it. "Locally-grown" does not mean it is clean and ready to eat. Most product has been exposed to dirt, bugs, pollutants, and human hands all along the way.

Join us for a trip to the Wisconsin State Capitol

Rising between the picturesque waters of Lake Monona and Lake Mendota, the majestic granite structure of Wisconsin's Capitol building glows like a beacon, accenting the Madison skyline.

We will depart Monroe at 8:30 AM for a 10 AM tour of the beautiful Wisconsin State Capitol. We will then enjoy lunch on historic State Street. Cost is \$15 for transportation and cost of lunch is on your own.

Monday, July 31st

- › Depart Monroe: 8:30 AM
- › Tour Capitol: 10 AM
- › Lunch after Tour

To Register:

Please contact Morgan at the ADRC to register at 608-328-9499



Here are a few tips to help you reduce your risk:

- › Go to the market as soon as it opens, as early in the day as possible.
- › Wash the products thoroughly under running water before doing any cutting, cooking, or eating. Dry with a clean cloth or paper towel. Wash fruits and vegetables that you plan on peeling, too. Bacteria on the outside can be transferred to the inside during the process of peeling.
- › Refrigerate cut or peeled fruits or vegetables within two hours of preparing.
- › Avoid products with mold, bruises, or cuts, as bacteria can hide in these places.

LOOK FOR PASTERIZED. When purchasing milk and cheeses, buy only the products that have been pasteurized. Bacteria exists in many unpasteurized foods, and can cause serious illness especially in those with compromised or weakened immune systems.

Sources:

<https://clipart-library.com/fruits-and-vegetables-clipart.html>
<https://www.usda.gov/media/blog/2021/10/29/farmers-market-food-safety-tips>
<https://www.cdc.gov/foodsafety/keep-food-safe>

JULY 2023 Albany/Brodhead/Monroe/New Glarus

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Turkey Noodle Casserole Broccoli Florets Carrots Pear Cup 	CLOSED 	Bratwurst Patty Roasted Summer Vegetables Baked Beans Sliced Strawberries Vanilla Yogurt	Tuna Salad on Lettuce Tomato Slices Vegetable Pasta Salad Potato Salad Frosted Cupcake and Pudding	Ham Slices Au Gratin Potatoes California Vegetable Blend Blueberry Topped Pears
Cranberry Roast Pork Peas Roasted Beets Strawberry Angel Food Cake	Baked Fish Cauliflower Stewed Tomatoes Apple Slices w/Peanut Butter	Roast Chicken Breast Mashed Potatoes Steamed Broccoli Red & Green Grapes 	Bourbon Glazed Ham Mediterranean White Beans Brussel Sprouts Pear Cup 	Chicken Patty Red Potatoes Carrots Cinnamon Apple Slices 
Sliced Turkey w/Gravy Dressing w/Celery Steamed Spinach Apple Sauce Pudding Cup 	Fish Breaded Red Potatoes Roasted Summer Vegetables Peach Cup	Beef Tips in Mushroom Gravy Egg Noodles Steamed Cauliflower Carrots Pears Cherry w/Graham Crumbles	Taco Casserole w/Black Beans Refried Beans w/Cheese Green Beans Corn Muffin Vanilla Pudding 	Sage Roasted Pork Sweet Potatoes Peas Apricots Romaine Salad w/Dressing
Hamburger Carrot Coins Steamed Broccoli Applesauce Oatmeal Raisin Cookie	Roast Chicken Thigh Baked Potato Stewed Tomatoes Fresh Strawberries Jell-O	Goulash Green & Yellow Beans Tossed Salad w/Dressing Peaches 	Ham Slices Mashed Potatoes Baked Beans Melon Mix	Chicken Salad Lettuce & Tomato Potato Salad Broccoli Vinegar Salad Brownie and Pudding
Tuna Casserole Carrots Peas Peaches and Vanilla Yogurt 	 <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> 			

JULY 2023 Monticello

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken & Rice Potato Salad Broccoli Peaches	CLOSED 	Sharron's Goulash Cauliflower Fruit Cocktail Fruit Pie	Turkey Tetrazzini Potato Wedges Corn Orange	Baked Cod Potato Wedges Coleslaw Banana Sugar Cookie
Pizza Casserole Carrots Tossed Salad Pineapple 	Chicken Breast Scalloped Potatoes Green Beans Mandarin Oranges Peanut Butter Cookie	Pork Cutlets Sweet Potatoes Baked Beans Fruit Cocktail Butterscotch Pudding 	Turkey Stroganoff Corn Tossed Salad Canned Pears	Baked Chicken Peas Potato Salad Melon 
Chicken w/Wild Rice Broccoli Potato Salad Fruit Cocktail Chocolate Cake	Ham Balls Mashed Potatoes w/Gravy Corn Banana	Spaghetti Carrots Tossed Salad Fruit Cocktail Oatmeal Cookie	Chicken, Broccoli and Rice Casse-20 role Stewed Tomatoes Apple Crisp 	Lasagna Peas & Carrots Orange Slices Vanilla Pudding
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 Beets Canned Pears Chocolate Chip Cookie	 <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> 			



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.



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.



**GREEN COUNTY
PUBLIC HEALTH**

Getting Vaccinated Against Shingles

Have you gotten your shingles vaccination? 1 out of 3 people will get shingles in their lifetime.

Even if you are healthy and active, you may still be at an increased risk of developing shingles.



WHERE SHOULD I GO TO GET VACCINATED?

- People with Medicare Part D can get the shingles vaccine at Green County Public Health or at a pharmacy.
- People with SeniorCare can get the shingles vaccine at their pharmacy. *
- People 50-64 years old with private insurance can get the shingles vaccine at a pharmacy or an in-network doctor's office.

HOW MUCH WILL IT COST?

People with Medicare Part D and SeniorCare will pay \$0 per dose.

Most private insurance plans cover the shingles vaccine with \$0 cost sharing.

*Call your pharmacy to check availability.

WHAT ELSE SHOULD I KNOW?

- Most doctors' offices cannot bill Medicare Part D enrollees for vaccinations. If you'd like to receive the shingles vaccine at your doctor's office, ask them if they're able to bill Medicare Part D before vaccination.
- The shingles vaccine is approved for adults 50 and older, it is a 2 dose series with the second vaccine 2-6 months after the first.
- 95% of privately insured people pay \$0 for the shingles vaccine.

Contact Us for More Info

☎ (608) 328-9390

🌐 gcpublichealth.org

✉ info@greencountywi.org



Boost Your Brain & Memory

7 week, multi-faceted, whole person program offering a unique approach to brain fitness. Instructor led, each of the sessions includes informational video segments, followed by group discussion and activities.

Learn New Tools to:

Live a Healthier Life

Remember Things Better

Be More Organized

Pay Closer Attention

**Thursdays: August 17th through Sept. 28th, 2023
1:30pm to 3:30pm, FREE**

**Monticello Public Library
512 E. Lake Ave, Monticello WI
REGISTER EARLY—SPACE IS LIMITED**

To register please call the ADRC of SW Wisconsin at: 608-324-3600 or email bbeam@gchsd.org.

Health & Wellness

UPCOMING 2023 PREVENTION WORKSHOPS

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, 30th, & 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

HEALTHY LIVING WITH DIABETES:

[Diabetes Self-Management Workshop: 6 consecutive weeks]
September 27th – November 1st
9:30am–12:00pm, Wednesdays
Monroe, Green County Human Services



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
July 13th & 27th	Monroe - Juda - Brodhead - Albany to Janesville	\$15.00
July 12th & 26th	Belleville - New Glarus - Monticello to Monroe	\$8.00
July 5th & 19th	Albany - Brodhead - Juda to Monroe	\$8.00
July 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.