

THE Bridge

AUGUST

Connecting services, resources, and information for the community.



August is National Immunization Awareness Month

- a month to recognize the important role that vaccines play in the health of our community and a reminder to be sure you're up-to-date on your vaccinations!

Since the start of widespread vaccinations in the United States, the number of cases of once-common infectious diseases has declined dramatically. Immunizations have protected millions of people from potentially deadly diseases and have saved lives. Unfortunately, every year thousands of adults in the United States become ill, are hospitalized and can die from diseases that are preventable through vaccination.

Vaccines aren't just for kids. Adults still need vaccines to protect against whooping cough, flu, pneumonia, and shingles. Additionally, depending on your career, lifestyle, health conditions, or travel plans, you may need different vaccines. To learn about which vaccines you need to keep yourself healthy, visit the CDC's website: <https://www.cdc.gov/vaccines/adults/rec-vac/index.html>

Green County Public Health offers several adult and childhood immunizations. Any adult 50 years of age and older can get the Shingles vaccine at Green County Public Health. Certain vaccines require individuals to meet eligibility requirements to receive the vaccine at our department; these include the Hepatitis A, Hepatitis B, HPV, Varicella, MMR, and Tdap vaccines. To learn about eligibility or schedule an appointment to get vaccinated, please call Green County Public Health at (608) 328-9390. These vaccines are also available from your healthcare provider, and some vaccines may be available at your local pharmacy.

People who have not yet received the COVID-19 vaccine are encouraged to get it. Additionally, individuals 65 years of age and older who have received a single dose of the updated (bivalent) vaccine booster can receive one additional dose at least four months following their initial bivalent dose. Green County Public is offering COVID-19 vaccinations by appointment; please call to schedule your appointment. You can also check with your healthcare provider or local pharmacy about getting the COVID-19 vaccine.

Fall and winter are right around the corner. As we enter into the colder months of the year, it will be important for people to get the flu vaccine. This winter, COVID-19 will still be spreading, and it's important that we take every step we can to prevent the spread of respiratory viruses. With vaccines for both of these illnesses, there are safe and effective ways to prevent yourself from getting sick. Many healthcare providers and pharmacies will start offering the flu vaccine in August or September, and it's best to get the vaccine before the end of October. To find the flu vaccine, visit <https://www.vaccines.gov/>



608-328-9499
adrcgreencounty.org

Colony
BRANDS, INC.

**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.

ADRC Supervisor

Amber Russell

Aging Programs Coordinator

Morgan Kennison

ADRC Office Associate

Karen Daly

Elder Benefit Specialist

Mary Velcich

Disability Benefit Specialist

Julie Ames

ADRC Specialists

Mandy Johnsen

LA Klug

Heather Krueger

Wellness & Prevention Specialist

Laura Steiner

Adult Protective Services

Emily Hesgard

Representative Payee

Brenda Ringhand

Program Specialist

Katie Huffman

Bus Drivers

Jan Lien

Dennis Peterson

Bill Wyss

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

Facebook - ADRC of Southwest Wisconsin

Email - resourcecenter@gchsd.org

Phone - 608-328-9499

Imagine. Create. Engage.

LAUNCH

ADRC and Monroe High School LAUNCH partnered for Technology Resources



What is LAUNCH?

LAUNCH is a new, collaborative classroom experience for Juniors and Seniors featuring project-based learning to solve real-world problems right here in our community. Students have the opportunity to take classroom knowledge into the real world and gain experience working with local business mentors. Students develop career skills in leadership, collaboration, critical thinking, problem-solving, time/project management, and more.

The ADRC and the Monroe High School Launch Program partnered to create easy-to-read handouts on common technology topics such as:

- General Overview of Smart Phones
- General Functions of Smart Phones & Tablets
- Browsing the Web
- Using Voice-to-Text
- How to use Facebook
- Important Apps on your Phone/Tablet

Handouts are available on the ADRC website at adrcgreencounty.org/technology-resources or hardcopy at the ADRC office.

Stay tuned in the next few months for future partnerships with the Monroe High School regarding technology information!

Pictured: ADRC Aging Programs Coordinator, Morgan Kennison, Monroe High School LAUNCH Students Cassandra Riese, Julianna Erdley, Abby Grossen, Elizabeth Boll & ADRC Wellness & Prevention Specialist, Laura Steiner



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!

RETHINK YOUR DRINK



Getting enough fluids during the warm summer months is very important.

But just as important is choosing the right type of fluid. This is because many beverages on the market are packed with added sugars, and frequent consumption of these beverages can increase one's risk for health problems such as weight gain, obesity, Type 2 diabetes and heart disease.

According to the American Heart Association, men should consume less than 9 teaspoons (36 grams) of sugar a day and women less than 6 teaspoons (24 grams). To put this into perspective: a 12 oz. can of regular soda has on average 10 teaspoons of sugar which exceeds the daily limit for both men and women.

Here are some tips from the American Heart Association on how to quench your thirst without the added sugar!

Read nutrition labels and ingredients

➤ Avoid drinks that contain added sugars. Look for added sugars in the ingredient list. Some common ones are: sucrose, glucose, fructose, maltose, dextrose, syrups, concentrated fruit juice, and high fructose corn syrup.

➤ Compare the added sugars between different beverages. The New Nutrition Label now separates out added sugars. To calculate the number of teaspoons of sugar in a food or drink divide the grams of added sugar by 4. In the example to the right this beverage has 65 grams of added sugar per serving so divided by 4 that means it has 16.25 teaspoons of added sugar per bottle WOW!

| Nutrition Facts | |
|--|----------------|
| Serving Per Container: 1 | |
| Serving Size: 1 bottle (20 oz) | |
| Amount Per Serving | |
| Calories | 260 |
| | % Daily Value* |
| Total Fat 0 g | 0% |
| Sodium 50 mg | 2% |
| Total Carbohydrate 65 g | 22% |
| Sugars 65 g | |
| Incl. 65 g Added Sugars | 130% |
| Protein 0 g | |
| INGREDIENTS: WATER, SUCROSE, GLUCOSE, HIGH FRUCTOSE CORN SYRUP, NATURAL FLAVORS, ARTIFICIAL COLORS, PHOSPHORIC ACID. | |

Cut back slowly – If you have sugary drinks like sodas and sweetened teas on a regular basis, start cutting back now. Mix half sweetened and half unsweetened while you get used to less sugar, and gradually reduce the sweetness.

Choose water – Replace sugary drinks with water. If you are not a fan of water, try flavoring by:

✓ Freezing 100% juice in ice cube trays. Add a few cubes to your water.

✓ Add slices of your favorite fruit or vegetables to your water for a boost of flavor. Lemon, orange, strawberries or cucumber are great ones to try!

✓ Try seltzer or sparkling water if you prefer fizzy carbonated drinks.

Sip a smoothie – When you're in the mood for something sweet or need an afternoon energy boost, skip the coffee and soda and try a refreshing smoothie by blending frozen fruits and veggies with plain, low-fat yogurt, milk or water.

Sources:

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/added-sugars>
<https://health.alaska.gov/dph/playeveryday/pages/How-to-Find-the-Added-Sugars.aspx>



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JOIN US FOR A TOUR OF THE MONROE FARMERS MARKET

Ride the ADRC Shuttle to the Monroe Farmers Market!

Date: Wednesday, August 23rd
Time: 1:00 p.m.

Enjoy conversation and education with FoodWise Nutrition Educators on a free guided tour of the Monroe Farmers Market.

Get valuable tips, tricks, recipes and more!

To register for the tour, call Maggie or Kathy: 608-930-9850
If you need transportation to the tour, please contact the ADRC: at 608-328-9499

To request an interpreter for this event, materials in multilingual or alternate formats or other accommodations to access this program, activity or service, please contact Maggie Milcarek at: 608-930-9850 or maggie.milcarek@wisc.edu as soon as possible for assistance.



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.



FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program—SNAP and Expanded Food and Nutrition Education Program—EFNEP.

An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements

Older Adult & Oral Health



By 2060, according to the US Census, the number of US adults aged 65 years or older is expected to reach 98 million, 24% of the overall population. 1) Older Americans with the poorest oral health tend to be those who are economically disadvantaged, lack insurance, and are members of racial and ethnic minorities. Being disabled, homebound, or institutionalized (e.g., seniors who live in nursing homes) also increases the risk of poor oral health. Adults 50 years and older who smoke are also less likely to get dental care than people who do not smoke. Many older Americans do not have dental insurance because they lost their benefits upon retirement and the federal Medicare program does not cover routine dental care.

Oral health problems in older adults include the following:

- **Untreated tooth decay.** Nearly all adults (96%) aged 65 years or older have had a cavity; 1 in 5 have untreated tooth decay.
- **Gum disease.** A high percentage of older adults have gum disease. About 2 in 3 (68%) adults aged 65 years or older have gum disease.
- **Tooth loss.** Nearly 1 in 5 of adults aged 65 or older have lost all of their teeth. Complete tooth loss is twice as prevalent among adults aged 75 and older (26%) compared with adults aged 65-74 (13%). Having missing teeth or wearing dentures can affect nutrition, because people without teeth or with dentures often prefer soft, easily chewed foods instead of foods such as fresh fruits and vegetables.

- **Oral cancer.** Cancers of the mouth (oral and pharyngeal cancers) are primarily diagnosed in older adults; median age at diagnosis is 62 years.
- **Chronic disease.** People with chronic diseases such as arthritis, diabetes, heart diseases, and chronic obstructive pulmonary disease (COPD) may be more likely to develop gum (periodontal) disease, but they are less likely to get dental care than adults without these chronic conditions. Also, most older Americans take both prescription and over-the-counter drugs; many of these medications can cause dry mouth. Reduced saliva flow increases the risk of cavities.

What Can Adults Do to Maintain Good Oral Health?

You can keep your teeth for your lifetime. Here are some things you can do to maintain a healthy mouth and strong teeth.

- **Drink fluoridated water** and brush with fluoride toothpaste.
- **Practice good oral hygiene.** Brush teeth thoroughly twice a day and floss daily between the teeth to remove dental plaque.
- **Visit your dentist** at least once a year, even if you have no natural teeth or have dentures.
- **Do not use any tobacco products.** If you smoke, quit.

SAVVY CAREGIVERTM WORKSHOP



WORKSHOP FOR FAMILY CAREGIVERS OF A PERSON WITH DEMENTIA

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

2022 Savvy Class (6 week online program)

October 16 - November 20
Mondays
2:30pm - 4:30pm

Workshop presented by the ADRC of Eagle Country and the ADRC of Southwest WI

**For More Information or to
Register Contact**

**Bonnie at: 608-324-3600
Pam at: 608-548-3954**

Limited enrollment available -
Register Soon!

Must be able to attend most classes.



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

HEALTHY LIVING WITH DIABETES

HELP YOURSELF TO BETTER HEALTH!

A diabetes diagnosis can bring big changes.
Find solutions that work for you!

Researched and proven to reduce emergency room visits by 53%.



What is Healthy Living with Diabetes?

Healthy Living with Diabetes is an evidence-based workshop for adults of all ages who have type 1 diabetes, type 2 diabetes, prediabetes, or live with someone who does. In just 6 weeks, you learn to take charge of your health and feel better doing the things that matter most to you.

Join us at our next upcoming workshop!

September 27th - November 1st
Wednesdays, 9:30am - 12:00pm
Green County Human Services
Building located in Monroe, WI

Free. Spots are limited. Registration is necessary. No living-in county requirements.

Build confidence in your ability to manage your condition.

You'll get information & advice for:

- Healthy eating and nutrition: food label reading and meal planning
- Relaxation techniques
- Partnering with your health care team
- Setting health goals you can accomplish
- Exercise for fitness and fun
- Feedback and problem-solving
- Stress and depression management
- Communicating effectively with friends, family, and your medical team

**CALL THE ADRC TO SIGN UP:
608.328.9499**



Medicare Savings Program

Half of all Medicare beneficiaries-nearly 30 million people- live on \$29,600 or less per year, and one quarter live on \$17,000 or less and cannot afford high rising costs. If you or someone you know might qualify, see the chart below, there are several ways to be screened for potential benefits.

- Southern Consortium call center 833-914-1716
- Online at accesswisconsin.gov
- The ADRC- Elder Benefit Specialist, Mary Velcich 608-328-9366
- Medicare Savings Programs (MSPs) – Eligibility and Coverage (2023)



| Type of MSP | Financial Eligibility* | Effective Date of MSP | Benefits Covered by MSP |
|---|---|--|---|
| Qualified Medicare Beneficiary (QMB) | Income: < 100 % of FPL: \$1,215.00/single; \$1,643.33/married Assets: \$9,090/single ; \$13,630/married (May have another \$1500 per person if set aside as burial funds) | The first of the month following the month eligibility is confirmed. | Part A hospital deductible (\$1,600/per benefit period) Part A hospital copays, days 61-90 (\$400 daily) Part A SNF copays, days 21-100 (\$200 daily) Part A premium (if necessary) Part B deductible (\$226) Part B premium (\$164.90 standard) Part B coinsurance (amount varies) |
| Specified Low Income Medicare Beneficiary (SLMB) | Income: 100 - 120 % of FPL: \$1,458.00/single; \$1,972.00/ married Assets: \$9,090/single; \$13,630/married (+ burial funds) | 3 months retroactive from the date of your application if you meet eligibility criteria during those months. | Part B premium (\$164.90 standard) |
| Specified Low Income Medicare Beneficiary (SLMB+) | Income: 121- 135 % of FPL: \$1,640.25/single; \$2,218.50/married Assets: \$9,090/single; \$13,630/married (+ burial funds) | 3 months retroactive from the date of your application if you meet eligibility criteria during those months. | Part B premium (\$164.90 standard) |

* The first \$20 of unearned income (such as Social Security) does not count toward this limit but be sure to add any Medicare premiums that are deducted before your check is deposited to know your full monthly income.

**Enrollment in a Medicare Savings Program will automatically qualify you for Part D Extra Help.

Green County Home-Delivered Meal Program Receives Grant from Monroe Fund



The Green County Aging & Disability Resource Center announces it has received a grant from the Monroe Funds Spring 2023 Grant Cycle of the Community Foundation of Southern Wisconsin, Inc. to support the Home-Delivered Meal Program.

This grant is made available from the Community Foundation's Monroe Fund and Ray and Betty L. Stamm Charitable Fund, of the Monroe Fund. The Community Foundation of Southern Wisconsin is a resource for area nonprofit organizations whose programs and services are working for the betterment of our communities. Grants from the Monroe Fund and Ray and Betty L. Stamm Charitable Fund, of the Monroe Fund have supported the arts, education, environment, health and human services and historic preservation.

For more information on how you can support you community through the Community Foundation, contact Linda Gebhardt at 6058-758-0883, ext. 7007, email at linda@cfsw.org or visit our website at www.cfsw.org.

The Community Foundation of Southern Wisconsin serves nice Wisconsin counties: Crawford, Grant, Green, Iowa, Lafayette, Rock, Sauk, Vernon, and Walworth. For good. For ever.

AUGUST 2023 Albany/Brodhead/Monroe/New Glarus

MONDAY



Lasagna
Italian Beans
Tossed Salad w/Dressing
Garlic Bread
String Cheese
Watermelon Cup

7

Hot Turkey Noodle Casserole
Broccoli Florets
Carrots
Pear Cup

14



Cranberry Roast Pork
Peas
Roasted Beets
Strawberry Angel Food Cake

21

Beef Tips in Mushroom Gravy
Egg Noodles
Steamed Cauliflower
Carrots
Pears & Cherry w/Crumble

28

TUESDAY

Basil Chicken Parmesan
Cavatappi Pasta
Broccoli
Tossed Salad
Angel Food Cake and Strawberries

1



BBQ Country Beef Tips
Baked Beans
Carrots
Tomato Pesto Salad on Lettuce
Tropical Fruit Cup

8

Breaded Fish
Cauliflower
Pease & Carrots
Apple Slices w/Peanut Butter

15

Baked Fish
Cauliflower
Stewed Tomatoes
Apple Slices w/Peanut Butter

22

Sliced Turkey w/Gravy
Dressing w/Celery
Steamed Spinach
Applesauce

29

WEDNESDAY

Hot Beef Noodle Casserole
Baked Beans
Zucchini
Blueberry Topped Pears
Cheese Cup

2

Cranberry Pork Roast
Roasted Beets
Asparagus
Cantaloupe & Grape Mix
Animal Crackers

9

Ham Slices
Au Gratin Potatoes
California Vegetable Blend
Blueberry Topped Pears

16

Roast Chicken Breast
Mashed Potatoes
Steamed Broccoli
Red & Green Grapes

23

Fished Breaded
Red Potatoes
Roasted Summer Vegetables
Peach Cup

30

THURSDAY

Turkey Salad
Lettuce and Tomato Slices
Potato Salad
Fruit Cocktail
Birthday Cake

3



Ham & Scalloped Potatoes
Broccoli
Cauliflower
Zucchini Chocolate Cake

10

Tuna Salad on Lettuce
Tomato Slices
Vegetable Pasta Salad
Potato Salad
Frosted Cupcake

17

Bourbon Glazed Ham
Mediterranean White Beans
Brussels Sprouts
Pear Cup

24

Taco Casserole w/Black Beans
Refried Beans w/Cheese
Green Beans
Corn Muffin
Vanilla Pudding

31



FRIDAY

Tater Tot Casserole
Green Beans
Mandarin Orange Cup
String Cheese

4



Craisin Chicken Salad on Spinach
Creamy Cucumber Salad
Potato Salad
Red & Green Grapes
Cottage Cheese

11

Bratwurst Patty
Roasted Summer Vegetables
Baked Beans
Sliced Strawberries
Vanilla Yogurt

18

Chicken Patty
Red Potatoes
Carrots
Cinnamon Apple Slices

25



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.

AUGUST 2023 Monticello

MONDAY



Pork Roast
Mashed Potatoes
Carrots
Cantaloupe
Chocolate Pudding

7

Chicken & Rice
Potato Salad
Broccoli
Peaches

14



Pizza Casserole
Carrots
Tossed Salad
Pineapple

21

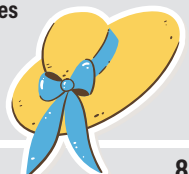
Chicken w/Wild Rice
Broccoli
Potato Salad
Fruit Cocktail
Chocolate Cake

28

TUESDAY

Chicken Breast
Mashed Potatoes
Peas & Carrots
Melon

1



Ham Balls
Mashed Potatoes w/Gravy
Green Beans
Applesauce

8

Roast Pork
Mashed Potatoes w/Gravy
Carrots
Applesauce

15

Chicken Breast
Scalloped Potatoes
Green Beans
Mandarin Oranges
Peanut Butter Cookie

22

Ham Balls
Mashed Potatoes w/Gravy
Corn
Banana

29

WEDNESDAY

Pork Cutlets
Mashed Potatoes w/Gravy
Green Beans
Peaches
Chocolate Cake

2



Oven Fried Chicken
Stewed Tomatoes
Potato Salad
Canned Pears
Peanut Butter Cookie

9

Sharron's Goulash
Cauliflower
Fruit Cocktail
Fruit Pie

16

Pork Cutlets
Sweet Potatoes
Baked Beans
Fruit Cocktail
Butterscotch Pudding

23

Spaghetti
Carrots
Tossed Salad
Fruit Cocktail
Oatmeal Cook

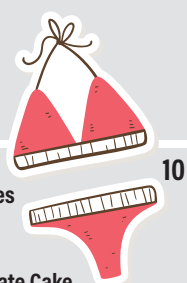
30



THURSDAY

Turkey & Dressing
Squash
Tossed Salad
Apple Crisp

3



Swiss Steak
German Potatoes
Corn
Green Grapes
German Chocolate Cake

10

Turkey Tetrazzini
Potato Wedges
Corn
Orange

17

Turkey Stroganoff
Corn
Tossed Salad
Canned Pears

24

Chicken, Broccoli and
Rice Casserole
Stewed Tomatoes
Apple Crisp

31

FRIDAY

Roast Beef
Boiled Potatoes
Corn
Mandarin Oranges

4

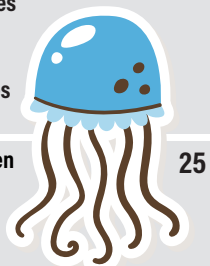


Tuna Noodle Casserole
Wax Beans
Peaches

11

Baked Cod
Potato Wedges
Coleslaw
Banana
Sugar Cookies

18



Baked Chicken
Peas
Potato Salad
Melon

25

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*



Arthritis Foundation **Certified.**
Doctor **Recommended.**

FREE! SELF-DIRECTED!
Anytime & Anywhere
August 28th - October 9th

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

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.

To receive the guidebook and all needed materials, pre-registration is needed. No living-in county requirements.



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

AGING IN PLACE WITH ASSISTIVE DEVICES

Access to Independence will be joining us to talk about the various services they have to offer, with a heavy focus on assistive devices, such as wheelchairs, walkers, telephones, and many other important aids. Even the smallest aid can make a big difference in the quality of life for people of all ages and abilities.

Monday: August 21st, 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, August 16th.

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

Mark your calendars for our future 2023 Lunch & Learn events taking place on **October 16th & December 18th.**
(Topics will be announced soon)



Ever wonder how the ADRC could assist you, or what resources you might be eligible for? ADRC Specialists take a number of calls wondering just that- what might my elderly parents/grandparents be eligible for, as a disabled adult what might I qualify for or how can I plan for the future?

ADRC Specialists are here to help answer question and make connections to resources, which is tailored to fit the need of the Caller/Consumer. We understand that each call is different and we all have different needs, which means the questions we might ask vary from call to call.

Below are a few examples of questions you might be asked when reaching out to the ADRC for general information:

- Can you tell me more about what your situation, what's been working and what might be a struggle?
- Where in Green County do you reside?
- Are there funds available for private pay resources?
- If public benefits are being looked at or questioned, can you tell me more about your financial situation?
- Are you current enrolled in a program or are you currently receiving any public benefits?
- Do you have any informal supports (family/friends) that are currently assisting you?

After information has been gathered, an ADRC Specialist is able to provide information on the resources that would be suit the Caller/Consumer. Making proper connections from the start can make a world of difference when planning for the future! Go ahead, give us a call!

"If you could ask your future self one question, what would it be?"
ADRC Specialists - LA, Maudy and Heather

Continued from page 4.

➤ **Limit alcoholic drinks.**

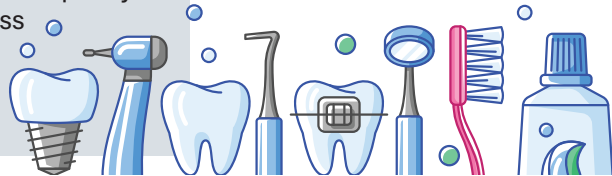
➤ **If you have diabetes**, work to maintain control of the disease. This will decrease risk for other complications, including gum disease. Treating gum disease may help lower your blood sugar level.

➤ **If your medication causes dry mouth**, ask your doctor for a different medication that may not cause this condition. If dry mouth cannot be avoided, drink plenty of water, chew sugarless gum, and avoid tobacco products and alcohol.

➤ **See your doctor or a dentist** if you have sudden changes in taste and smell.

➤ **When acting as a caregiver**, help older individuals brush and floss their teeth if they are not able to perform these activities independently.

https://www.cdc.gov/oralhealth/basics/adult-oral-health/adult_older.htm



Health & Wellness

UPCOMING 2023 PREVENTION WORKSHOPS

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 Building

STEPPING ON:

[Falls Prevention Program: 7 consecutive weeks]
October 2nd - November 13th
10:00am-12:00pm, Mondays
Brodhead, Kelch Aviation Museum & Airport



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.

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|-----------------|--|---------|
| Every Monday | Around Monroe | \$5.00 |
| Aug 10th & 24th | Monroe - Juda - Brodhead - Albany to Janesville | \$15.00 |
| Aug 9th & 23rd | Belleville - New Glarus - Monticello to Monroe | \$8.00 |
| Aug 2nd & 16th | Albany - Brodhead - Juda to Monroe | \$8.00 |
| Aug 3rd & 17th | 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.

