

THE Bridge

SEPTEMBER

Connecting services, resources, and information for the community.



SEPTEMBER IS FALLS PREVENTION AWARENESS MONTH



Wisconsin has the highest death rate due to falls for older adults of any state in the country. Here are some more startling statistics:

- Every 11 seconds an older adult somewhere in the U.S. is admitted to an Emergency Department for a fall.
- Every 19 minutes an older adult dies from injuries from a fall.
- In Wisconsin and the nation, one of every four adults fall every year.
- One of every five falls results in an injury such as a broken bone or head trauma.
- In Wisconsin, 40% of people who enter nursing homes had a fall in the 30 days prior to admission.
- Falls cost Wisconsin over \$1 billion each year.

There is good news though: falls are not a normal part of aging and can be prevented. In 2022, Governor Evers proclaimed September, Falls Prevention Awareness Month in Wisconsin. Our Aging & Disability Resource Center (ADRC), the Centers for Disease Control and Prevention (CDC), the National Council on Aging (NCOA), and the Wisconsin Institute for Healthy Aging (WIHA) encourage you to take control of your health by following these six steps to prevent a fall:



1. Engage in balance and strength exercises that are proven to reduce falls. Talk to a physical therapist for recommendations or check out our falls prevention program we offer multiple times a year, throughout the county, Stepping On.



2. Talk to your health care provider. Ask for an assessment of your risk of falling. And share your history of recent falls. This is important to communicate with your health care team. They're able to help by providing you with the proper resources.



3. Regularly review your medications with your pharmacist and your doctor. Make sure side effects aren't increasing your risk of falling and take medications only as prescribed. Start to regularly carry an updated medication list with you to every doctor visit. Know what each medication is being taken for. Many people tend to forget how certain daily medications could ultimately affect their strength or balance.



4. Get your vision and hearing checked annually and update your eyeglasses. People with untreated vision or hearing losses are more than three times as likely to fall. This is your reminder to schedule those vision and hearing tests. Our vision and hearing have a lot to do with the likelihood of whether or not a fall may occur.



5. Keep your home safe. Remove tripping hazards, increase lighting, make stairs safe and install grab bars in key areas. We all have our favorite throw rug, but is it worth falling and injuring yourself? It's best to make your home as safe by removing all fall hazards and making modifications to decrease your risk of falling. Our behavior has a lot to do with this too!



6. Talk to your family members. Enlist their support in taking simple steps to stay safe. It takes all of us to help keep older adults safe. The more support, help, and encouragement you have, the longer you'll remain confident in your independence. (Continued on page 4)



608-328-9499
adrcgreencounty.org



ADRC of Southwest Wisconsin

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.



**WE EMPOWER PEOPLE
TO ENRICH LIVES**

CUSTOMER • EMPLOYEE • COMMUNITY

ColonyBrands.com



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Hand in Hand Staff

Heather Huschitt

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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

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



Having trouble with your Medicare and/or Secondary Insurance and a hospital or medical bill?



The Elder Benefit Specialist at the ADRC can help you if you are having billing or insurance claim issues from hospitals and doctors' offices. She can help you understand your coverage and help you communicate with the billing office if needed.

**Give EBS Mary a call
at 608-328-9499.**

Falls are not a normal part of aging.

They can be prevented!

1 in 4 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 & proven
to reduce falls by 31%!**

**October 2nd — November 13th
Mondays: 10:00am-12:00pm
Kelch Aviation Museum & Airport
Brodhead, WI**

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



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

Time to Review Your Medicare Plan Prepare Early This Year!

Do you have a Medicare Prescription Drug (Part D) plan? Every year Medicare Part D plans can change the list of prescription medications they will cover. That means even if you are taking the same medications, the amount you pay for your medications may change in 2024! The plans' premiums, deductibles, and co-pays can also change each year.

What can people do about this? All Medicare beneficiaries should check their Part D coverage each year during Medicare's annual open enrollment period which runs October 15 through December 7th. This is the time of year to find out if your current plan will cost you more, or less than other Part D plans in 2024. If it is no longer the best plan for your medications, this is the time to make a switch to a Part D plan that will suit you better.

Make sure you will have appropriate prescription drug coverage in the new year. You can compare plans on the official Medicare website at Medicare.gov. Medicare beneficiaries in Green County can also receive free, unbiased assistance with plan comparisons from the Elder Benefit Specialist at the Aging and Disability Resource Center (ADRC).

Medicare Open Enrollment Period (OEP) is October 15th- December 7th

Start preparing early this year. The ADRC has a form with instructions to help you get organized. Don't let this opportunity pass you by! Go to Medicare.gov to compare plans online or for local assistance call the ADRC at 608-328-9499.

Assistance is also available through the following resources:

- 1-800-MEDICARE or www.medicare.gov
- Medigap helpline 1-800-242-1060
- Disability Drug Helpline 1-800-926-4862 (if under age 60)
- Wisconsin Medigap Prescription Drug Helpline 1-855-677-2783

Brain Wellness Checks



**MONDAYS, SEPTEMBER 18TH AND 25TH
STARTING AT 4:00PM**



**JOHNSON PUBLIC LIBRARY
131 E CATHERINE ST,
DARLINGTON, WI 53530**

REGISTER NOW



608-324-3600



BBEAM@GCHSD.ORG

SPARK

**ROBIN WILLIAMS AND HIS BATTLE
WITH LEWY BODY DEMENTIA**



This movie was made possible
by the Lewy Body Dementia Association

LBDA
LEWY BODY DEMENTIA ASSOCIATION

Generous funding support for this program
was provided by Acadia Pharmaceuticals Inc.

ACADIA

Register now for a viewing of the film showcasing Robin Williams' battle with Lewy Body Dementia and hear from a local caregiver on her experience caring for a loved one with Lewy Body Dementia.



**SEPTEMBER 27TH,
STARTING AT 5:30PM**



**JOHNSON PUBLIC LIBRARY
131 E CATHERINE ST,
DARLINGTON, WI 53530**

REGISTER AT 608-723-6113 OR HLOEFFELHOLZ@GCHSD.ORG

MIND over MATTER

MIND OVER MATTER:

*Healthy Bowels,
Healthy Bladder*

(Virtual Offering)

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?

What will I learn in this 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

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

wiha
Wisconsin Institute
for Healthy Aging



*Researched and proven to reduce
bladder and bowel leakage!*



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.

**Tuesdays: October 3rd, 17th, & 31st
10:00am-12:30pm (CST)**

Virtual, Via Zoom

Zoom Practice Session: Sept. 26th

* FREE. Attendance at all three sessions is highly recommended. Spots are limited. Pre-registration is necessary. No living-in county requirements. Must have access to computer, tablet, or smartphone with internet or data connection to fully participate.

608-328-9499 | adrcgreencounty.org



Make a Plan & Build a Kit

During National Preparedness Month

National Preparedness Month is observed every September to raise awareness about the importance of preparing for emergencies or disasters. The focus for the 2023 National Preparedness Month campaign is Preparing for Older Adults. Older adults who are living alone, are low-income, have a disability, or live in rural areas can face greater risks when disaster strikes. Although many emergencies can't be prevented, there are steps people can take to be prepared in the event of an emergency.



Make a Plan ✓

There is a lot to consider when planning for an emergency. The first step is talking with your family, friends, or household to start your emergency plan. **Consider the following questions when you're working on your emergency plan:**

- How will I receive emergency alerts and warnings?
- What is my shelter plan?
- What is my evacuation route?
- What is my family/household communication plan?
- Do I need to update my emergency preparedness kit?

After discussing these questions, you'll want to consider any specific needs in your household. For example, if you have pets, decide who will be in charge of making sure the pets are evacuated if your family needs to leave. Some other considerations include important medical equipment, dietary needs, and responsibilities for assisting others. The next step in this process is to write down your plan or complete a family emergency plan worksheet. Lastly, be sure to practice your emergency plan with your family so that when a real emergency happens, everyone knows what to do.

Build a Kit ✓

Building an emergency kit can look a little different for everyone, depending on their specific needs. Some items that should be included in an emergency kit include water, batteries, a flashlight, a first aid kit, non-perishable food, a manual can opener, a whistle, duct tape, trash bags, and a cell phone charger. In addition to these items, you may want to include others as well; for example, if you have pets, be sure to include canned food and other items for them in your kit. You might also want to include over-the-counter medications that you use, and if you have prescription medications, keep them organized so that you can easily put them in your kit if you need to leave home because of an emergency. Lastly, make copies of Medicaid, Medicare, and other insurance cards to include in your kit.

Stay Up-to-Date ✓

It's important to have multiple ways of receiving emergency alerts. If you don't already have one, consider getting a National Oceanic and Atmospheric Administration (NOAA) battery-operated weather radio; this way, in case you don't have WiFi or TV service, you can still receive weather updates. If you use a smartphone, consider downloading the Federal Emergency Management Agency (FEMA) app and get weather alerts from the National Weather Service anywhere in the United States. Lastly, you can sign up to receive text message alerts from our local Green County Sheriff's Office by signing up for alerts on Nixle. Go to <https://www.nixle.com/> or text your zip code to 888777.

Green County Public Health has emergency preparedness resources available for community members. We offer Family Emergency Plans, which include worksheets to help your family discuss what you will do in an emergency. These plans come in a plastic envelope with magnets so that they can be placed in a convenient spot like on a refrigerator. We also have Go Kits available for people with disabilities; Go Kits include a binder with recommendations on how to prepare for emergencies throughout the seasons and information on creating an emergency plan and building an emergency kit. Each binder comes inside a tote bag.

If you're interested in getting an Emergency Plan or Go Kit, please contact Green County Public Health by calling (608) 328-9390.



(Continued from page 1)

We're very lucky in Wisconsin to have a proven falls prevention workshop available in almost all Wisconsin counties and tribes that address ALL of these factors. It's called Stepping On and has been proven to reduce older adult falls by over 30%. This 7-week workshop meets once a week for two hours each week. Participants learn balance and strength exercises and hear from four guest experts – a physical therapist, pharmacist, vision expert, and community mobility specialist – to learn strategies that can help them avoid a fall.

Join Us At Our Next Stepping On

offering which will be held on Mondays from 10:00am-12:00pm from October 2nd to November 13th at the Kelch Aviation Museum & Airport, located in Brodhead, WI.

To Register

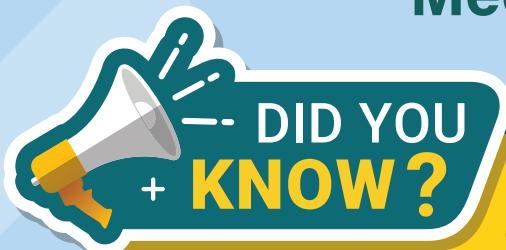
for the upcoming Stepping On workshop, please contact the ADRC Green County Office at 608-328-9499.

If you'd like to learn more about Stepping On, visit our ADRC website at adrcgreencounty.org or visit WIHA's website at: wihealthyaging.org

* Article adapted from the Wisconsin Institute for Healthy Aging (WIHA) – 2022 <https://wihealthyaging.org/2022/07/15/september-is-falls-prevention-awareness-month/>

Medicare Part B Preventative Benefits

By the GWAAR Legal Services Team



that Medicare Part B covers many preventive benefits at no cost to beneficiaries, as long as the services are provided by a doctor or other qualified health care provider who accepts Medicare assignment?

These preventive services include:

› **Abdominal aortic aneurysm screenings** for at-risk individuals (with a referral from a doctor or other qualified health care provider)

› **Alcohol misuse screenings and counseling** (up to four free counseling sessions per year)

› **Bone mass measurements** once every 24 months to check if an individual is at risk for broken bones (for people with certain medical conditions or who meet certain criteria)

› **Cardiovascular behavioral therapy** (discussion of aspirin use, blood pressure check, tips on eating well, etc.) one time per year to help lower the risk for developing cardiovascular disease

› **Cardiovascular disease screenings** once every five years that help detect conditions, such as high cholesterol, that may lead to a heart attack or stroke

› **Cervical, vaginal and breast cancer screenings** at least once every 24 months

› **Colorectal cancer screenings**, such as colonoscopies, to help find precancerous growths or find cancer early, when treatment is most effective. Note, however, that if a polyp or other suspicious tissue is found and removed during a screening procedure, the patient must pay 15% of the Medicare-approved amount for doctors' services and hospital fees

› **Counseling to prevent tobacco use and tobacco-caused disease**, up to 8 times per year

› **Vaccines**, including for COVID-19, flu, Hepatitis B (for those at medium or high risk for Hep B) and pneumococcal infections. Most other recommended adult immunizations (such as for shingles, tetanus, diphtheria and pertussis) are covered by Medicare Part D drug plans.

› **COVID-19 monoclonal antibody treatments** and products to help fight the disease and keep an individual out of the hospital (This treatment will be covered through the end of 2023. In 2024, Original Medicare will cover monoclonal antibody treatments if someone has COVID-19 symptoms. In the case of individuals with weakened immune systems, Part B will continue covering the cost, even following the end of the COVID-19 public health emergency on May 11, 2023.)

› **Depression screenings** (one per year), as long as it is performed in a primary care setting (like a doctor's office) that can provide follow-up treatment and/or referrals, if necessary

› **Diabetes self-management training** for diagnosed diabetics to learn to cope with and manage the disease, with a written order from the patient's doctor or other health care provider

› **Glaucoma test**, for those at high-risk, once every 12 months

› **Screenings for Hepatitis B and C**, as well as **HIV** and **lung cancer**, if certain conditions are met

› **Mammogram screenings** to check for breast cancer – once every 12 months for women 40+, and one baseline mammogram for women ages 35-39

› **Behavior change program** to help prevent type 2 diabetes (offered once-per-lifetime to high-risk individuals)

› **Nutrition therapy services** for individuals with diabetes or kidney disease and those who have had a kidney transplant in the last 36 months, as long as a physician referral is provided

› **Obesity screenings and behavioral therapy** for those with a body mass index (BMI) of 30 or more, to help individuals lose weight by focusing on diet and exercise. The counseling must be provided in a primary care setting (like a doctor's office), so that an individual's personalized prevention plan can be coordinated with the patient's other care.

› **Prostate cancer screenings** once every 12 months for men over 50

› **Sexually transmitted infection (STI) screenings and counseling** for high-risk individuals and those who are pregnant. Medicare covers these tests once every 12 months or at certain times during pregnancy. Medicare also covers up to two individual, 20-30 minute, face-to-face, high-intensity behavioral counseling sessions for high-risk adults. To be covered, counseling sessions must be provided in a primary care setting (like a doctor's office). Medicare will not cover counseling as a preventive service in an inpatient setting, such as a skilled nursing facility.

› **"Welcome to Medicare" preventive visit** during the first 12 months that someone is enrolled in Part B. The visit includes a review of the patient's medical and social history related to health. It also includes education and counseling about preventive services, including certain screenings, shots or vaccines (like flu, pneumococcal and other recommended shots or vaccines), as well as referrals for other care, if needed.

› **Yearly "Wellness" visit** after someone has had Part B for longer than 12 months, to develop or update the patient's personalized plan to prevent disease or disability based on current health and risk factors.

Faith Organization Directory

Our ADRC would like to keep the faith communities/leaders of our region better informed of resources and other information that could help them better serve the members of their communities. Help us to build a list of contact information for the churches/assemblies in our region (Grant, Green, Iowa, & Lafayette Counties). We are looking for the following information for all religious organizations (Name, Email, Contact Person, and Address).

Our goal with this list is to help spread the word of support groups, educational presentations, and health and wellness classes happening in our communities.

Head to our website adrcswwi.org to add your faith organization!!


608-328-9499 | adrcgreencounty.org

SEPTEMBER
MENU



Albany
Brodhead
Monroe
New Glarus

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
hello SEPTEMBER				
CLOSED HAPPY LABOR DAY 	4 Lemon Rosemary chicken breast Squash apple casserole ½ baked potato Blueberry topped pears	5 Hamburger Baked bean medley Broccoli Cole Slaw Cherry yogurt gelatin square	6 Chicken casserole w/noodles Mixed vegetables Carrots Cauliflower Banana pudding on graham cracker Crust	7 Chicken breast Mashed potatoes w/gravy Mandarin Orange cup Butterscotch bar 
11 Baked spaghetti Italian vegetables Cauliflower Peaches Vanilla yogurt	12 Chicken thigh w/gravy ½ baked potato Savory tomatoes & beans Lettuce salad Pumpkin fluff	13 Goulash Green beans Lettuce salad Pear cup 	14 Scalloped turkey casserole Broccoli Winter squash Apricot cup Cottage cheese Peppermint brownie	8 Beef tips w/mushroom gravy Noodles Stewed tomatoes Bi-colored corn Peaches Peanut butter cup
18 Hot ham slices w/pineapple Broccoli Baked beans	19 Tater tot casserole Mixed vegetables Winter squash 	20 Creamed chicken over mashed potatoes Roasted beets Vanilla yogurt Mandarin orange cup Striped cake	21 Turkey w/gravy Cranberry dressing Carrots Green peas Apricots and pumpkin bar	22 Cabbage rolls in tomato sauce Green beans Cauliflower Peaches Cottage Cheese Oatmeal Raisin cookie
25 BBQ Beef tips Rosemary roasted potatoes Broccoli Tropical fruit cup Cranberry cheesecake	26 Breaded cod patty Red potatoes Stewed tomatoes Cinnamon baked apples Cottage cheese	27 Lasagna Italian beans Tossed salad Peach cup Yogurt	28 Sage chicken thighs w/gravy Butternut gratin potatoes Wax beans Fudgy fiber brownies Mandarin oranges	29 Taco casserole w/black beans Rice Corn muffin Peach cup Tres leches cake 

SEPTEMBER
MENU



Monticello

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*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ready for autumn SEPTEMBER				
CLOSED HAPPY LABOR DAY 	4 Chicken Breast Scalloped Potatoes Green Beans Mandarin Oranges Peanut Butter Cookie	5 Pork Cutlets Sweet Potatoes Baked Beans Fruit Cocktail Butterscotch Pudding	6 Turkey Stroganoff Corn Tossed Salad Canned Pears	7 Baked Cod Potato Wedges Coleslaw Banana Sugar Cookie
11 Chicken w/Wild Rice Broccoli Potato Salad Fruit Cocktail Chocolate Cake	12 Ham Balls Mashed Potatoes w/Gravy Corn Banana	13 Spaghetti Carrots Tossed Salad Fruit Cocktail Oatmeal Cookie 	14 Chicken, Broccoli and Rice Casse- role Stewed Tomatoes Apple Crisp	8 Baked Chicken Peas Potato Salad Melon 
18 Veal Sausage Mashed Potatoes Mixed Vegetables Peaches Sugar Cookie 	19 Taco Noodle Bake Peas Banana Vanilla Pudding 	20 Pork Sweet Potatoes Green Beans Fruit Cocktail	21 Baked Chicken Mashed Potatoes Broccoli Pineapple Jell-O 	15 Lasagna Peas & Carrots Orange Slices Vanilla Pudding
25 Bean Casserole Beets Canned Pears Chocolate Chip Cookie	26 Roast Pork Mashed Potatoes w/Gravy Carrots Applesauce	27 Sharron's Goulash Cauliflower Fruit Cocktail Fruit Pie	28 Turkey Tetrzzini Potato Wedges Corn Orange	22 Baked Cod Potato Wedges Coleslaw Red Grapes Oatmeal Raisin Cookie
				29 Baked Cod Potato Wedges Coleslaw Banana Sugar Cookies



Join us for the
Day at the Zoo on
September 28th!



For many older adults, it has been years since visiting the zoo with your kids or grandkids. So why not go with your friends and enjoy all the animals at the Henry Villas Zoo in Madison!

We will arrive at the Zoo around 10 AM and allow for 2 hours of a self-guided tour. We will then enjoy lunch at Buck & Honey's in Monona.

Cost- \$15 for transportation.
You are responsible for the cost of your lunch.

Please RSVP to the ADRC at 608-328-9499.



WORDS from the ADRC Specialist

Happy September! It seems like Summer just got started and here we are prepping for Fall and Winter weather to be heading our way very soon. The turn of the seasons can be exciting, but can mean some added stress as we prepare ourselves and our homes for the new season. Do you find yourself making lists of things that might need to be done? Or maybe you fly by the seat of your pants and wait until the last minute to get things prepped for the season change! Whatever route you choose, the ADRC might be able to help answer some questions about resources that can help with your list or when you are in a pinch for time! Here are a few ways we might be able to help...

▪ **Lawn Clean-up and/or Snow Removal:** The ADRC has a listing of local agencies that provide these services. Give us a call, we are happy to mail or e-mail you the listing. Once you have the listing you can reach out to the agencies to determine cost and availability.

▪ **Fuel/Energy Costs:** With ever changing cost of fuel now days, paying for the cost of fuel for your furnace or the extra energy costs can sometimes be a challenge. The ADRC is not able to financially assist Consumers with these costs, but can provide Consumers with options. For example, the Energy Assistance Program.

▪ **Transportation:** Wisconsin winters can be brutal and driving in the snow can be stressful! Do you know that the ADRC offers a diver escort program and shuttles? Maybe you need to get to the grocery store in town, do you know much about the Cab Service? We'd be happy to discuss options with you about the transportation options and help you keep safe on the road this winter.

▪ **Household Chores:** Having your home prepared inside for the winter months is just as important as having your home prepared outside. Maybe you'd like some help moving your summer belongings out and getting your fall/winter items out or maybe you need a handyman to make a couple small repairs/updates. A supportive home care agency or a handyman might be a good option to look at getting some assistance. The ADRC has a listing of agencies that could be contacted to see about setting up services, give us a call!

Let the ADRC help you prepare for the upcoming season by getting the information you need to get things accomplished! Remember, there is never a wrong question! We look forward to talking with you soon!

"To be prepared is half the victory." - Miguel De Cervantes
ADRC Specialists - LA, Maudy and Heather

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

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**



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



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
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
6:00pm-7:30pm

Green County Human Services Building
Lower Level: Multipurpose Rooms 2 & 3
N3152 State Road 81, Monroe, WI

4th Thursday of the month
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 other available support groups in the area, please call the ADRC at
608.328.9499.

Health & Wellness

UPCOMING 2023 PREVENTION WORKSHOPS

HEALTHY LIVING WITH DIABETES:

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

MIND OVER MATTER:

[Women's Incontinence Program:
3 sessions, every other week]
October 3rd, 17th, & 31st
10:00am-12:30pm (CST), Tuesdays
Virtual, Via Zoom
Zoom Practice Session: September 26th

POWERFUL TOOLS FOR CAREGIVERS:

[Caregiver Focused Workshop:
6 consecutive weeks]
October 6th - November 10th
10:00am-11:30am (CST): Fridays
Virtual, via Zoom
Zoom Practice Session: September 29th

If you have any questions, or are wanting to register for a class, please call the ADRC at
608-328-9499.

For more detailed information on the available classes offered, please visit our website at
www.adrcgreencounty.org



Need A Ride? ADRC Shuttle Bus Services

Reservations are required as space is limited.
All ages welcome, with priority seating reserved for the elderly and those with a disability.

All shuttle bus services are a suggested donation.

Every Monday	Around Monroe	\$5.00
Sept 14th & 28th	Monroe - Juda - Brodhead - Albany to Janesville	\$15.00
Sept 13th & 27th	Belleville - New Glarus - Monticello to Monroe	\$8.00
Sept 6th & 20th	Albany - Brodhead - Juda to Monroe	\$8.00
Sept 7th & 21st	Monroe - Monticello - New Glarus - Belleville to Westside of Madison	\$15.00

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.

