

THE Bridge

OCTOBER

Connecting services, resources, and information for the community.

Medicare Part D Open Enrollment - An Opportunity to Save Money

Open enrollment for Medicare plans in 2024 is October 15 through December 7, 2023. This is an important time for people with Medicare to review their current Part D prescription drug plan, note any changes, and determine if it is still the best option for them. Since insurance companies can change their Part D plan premiums, deductibles and co-pays each year, switching to a different plan could result in extra money in your pocket!

If you have had changes in your medications

this past year it seems obvious that reviewing your plan and comparing it to other plans is a good idea. But even if you have not had medication changes, a new pricing structure for the plan could mean that the costs for your same drugs will increase next year. Likewise, a different company may now offer better coverage for those same medications. Some people have saved hundreds of dollars in a year by switching to a different Part D plan. The only way to find the lowest cost plan for next year is to review your plan and compare it to other Part D plans.

In addition to changing the list of medications that they cover (known as their "formulary") and how they cover them, Part D plans can also impose drug restrictions on covered medications. When you are reviewing your plan or comparing it to other plans, be sure to note any drug restrictions for your specific medications. In some cases, you may need to get prior authorization before your medication is covered. Another type of restriction, step therapy, means that the insurance company will have you try

an alternative drug before they pay for the one your doctor has chosen for you. And if quantity limits are in place, you are limited to a certain number of pills each month. These are more reasons it is important to carefully review your Part D plan each year.

People on SeniorCare, Wisconsin's prescription drug assistance program, are not affected by this open enrollment period. They only need to renew their enrollment every 12 months. A renewal notice will be sent in the mail to the beneficiary. If you are on SeniorCare and have had medication changes, you might want to check on the cost of a part D plan to see if SeniorCare is still the best option for you.

Assistance with plan comparisons is 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 1-855-67 PART D (1-855-677-2783)
- ADRC of Green Co. Mary Velcich, EBS. 608-328-9366



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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Ways to contact us!

Website - adrcgreencounty.org

Facebook - ADRC of Southwest Wisconsin

Email - resourcecenter@gchsd.org

Phone - 608-328-9499



Join us to the H.H. Bennett Studio & Museum in the Wisconsin Dells on October 18th, 2023

Visiting H.H. Bennett Studio & Museum takes you back to a Wisconsin Dells that is very different from the one you see today. Like the photography process perfected by the studio and museum's namesake, the captivating story develops before your eyes through stunning images and artifacts, engaging exhibits, and hands-on experiences for all ages.



On your walk through the museum, see the stunning landscape photographs that helped attract some of the first tourists to the area. You can recreate "The Leap," as you attempt to jump the same distance seen in one of Bennett's most iconic photos. You can even get your portrait "struck" on metal in Bennett's studio, a timeless treasure to remember your visit. Steer a riverboat down the Wisconsin River and explore Wisconsin Dells history, including the history of the Ho-Chunk Nation, on whose ancestral land the museum stands today.

We will depart at 8:30 for a 11 AM tour.

We will stop for lunch after the tour.

Cost- \$30 (includes transportation and tour fee)

**CONTACT THE ADRC TO RSVP
at 608-328-9499**

Powerful Tools
FOR
Caregivers

Powerful Tools for Caregivers

**When you take care of
yourself, everyone benefits.**



WHAT IS POWERFUL TOOLS FOR CAREGIVERS? AND WHY SHOULD I TAKE IT?

Powerful Tools for Caregivers focuses on your well-being. The class meets once a week for six weeks and has been studied and shown to help family caregivers:

- Reduce stress, guilt, anger, and depression and improve emotional well-being.
- Manage time, set goals, and solve problems.
- Master caregiving transitions and be part of decision-making.
- Communicate effectively with the person needing care, family members, doctors, and other helpers.
- Find and use community resources.

CAREGIVING IS REWARDING. BUT IT CAN BE CHALLENGING TOO.

Caring for someone with an injury or illness - such as dementia, cancer, heart disease, Parkinson's disease, stroke or others - can be physically, emotionally and financially demanding.

PARTICIPANT TESTIMONIAL

"After taking this class I am a more confident caregiver! Having tools to resolve problems is a definite advantage in becoming a better caregiver and a happier, wiser, healthier me...and a healthier 'us!'"

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



Join us for our next VIRTUAL workshop:

**Fridays: October 6th - November 10th
10:00am-11:30am (CST)
Virtual, Via Zoom**

Zoom Practice Session: Sept. 29th

FREE! Spots limited. Pre-registration required. No living-in county requirements.
Must have access to computer, tablet or smartphone with internet or data connection.

You're invited to attend a Public Hearing on the 2024 Green County Specialized Transportation Grant Application

Join us at Green County Government Services Building for a discussion of the specialized Transportation Grant Application.

THURSDAY, OCTOBER 12TH • 10AM

Green County Government Services Building

Lower Level Conference Room (Please enter at first driveway)

N3152 State Road 81, Monroe, WI 53566

We will be reviewing Green County's proposed plan for spending \$107,035 plus required match, authorized under Section 85.21 of Wisconsin Statutes. If you can't join us, the draft plan can be reviewed at the ADRC Office N3152 State Road 81, Monroe from 8-4:30 pm Mon-Fri.

SEND COMMENTS TO:

Amber Russell, ADRC Supervisor
N3152 State Road 81, Monroe, WI 53566

Contact ADRC for
FREE TRANSPORTATION
to the public hearing.

Things YOU Can Do To Help Make A Difference

October 28th, 2023

National Make a Difference Day

Every year, on the fourth Saturday in October, people from all over celebrate National Make a Difference Day. This special day was created to bring the community together to help make a difference, big or small. Even the smallest acts of kindness can have a huge impact.



Here are some things YOU can easily do to help make a difference:

Start with yourself

First, make a positive difference in yourself. This will create an outward butterfly effect. Think about the things you would like to change about yourself, and then work on changing them. Create space for bring more positivity in your life.

Be kind to others

In these modern times, where we are often extremely busy, people tend to become quite self-absorbed. But kindness goes a long way. A simple act of kindness can generate so much positivity, even if you're not always aware of it.

Smile

A simple smile can really change someone's day for the better. Smile to the lady you pass on the street, to the bus driver, to your co-worker in the break room, to the kid that always wants to pet your cat. Smiling is not only good for your mental and physical health, it has also been shown to be contagious.

Start to really listen to the people around you

People crave attention, because it makes them feel loved. Really listening to them, not just hearing them but actually understanding what they are saying, can make a huge difference. Take time to listen to your loved ones, and if the opportunity presents itself, don't be afraid to listen to strangers, either.

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LUNCH & LEARN

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

Mark Your Calendars:

- October 16th - The Benefits of Organized Living Spaces

The Benefits of Organized Living

Spaces: Nina Woods and Donna DiMola, of **Woods Organizing**, will be joining us to share insights about the benefits of an organized living space and tips on how to get started. The importance of safety, quality of life, peace of mind, and cost savings are just a few of the topics that will be discussed.

- December 18th - Topic TBD

Reservations for lunch are required by the Wednesday prior to the scheduled Lunch & Learn.

If you have any questions or would like to RSVP, please call the ADRC at 608-328-9499.

FREE!
11:00AM - 12:30PM

The 3rd Monday of every even month.

Lunch will be available starting at 11:00am.

The presentation will begin at 11:30am and will last around an hour.

Green County Human Services
Building-Lower Level:
Multipurpose Rooms 2 & 3

N3152 State Road 81
Monroe, WI 53566



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.



608-328-9499 | adrcgreencounty.org

Fire Prevention Week is October 8th- October 14th

At age 65, older adults are twice as likely to be killed or injured by fires compared to the population at large. By age 75, that risk increases to three times that of the general population — and to four times by age 85. In order to be aware and practice fire prevention to increase fire safety for older adults, check out some of the tips provided by the National Fire Prevention Association (NFPA).

Sound the alarm

The majority of fatal fires occur when people are sleeping, and because smoke can put you into a deeper sleep rather than waking you, it's important to have a mechanical early warning of a fire to ensure that you wake up. If anyone in your household is deaf or if your own hearing is diminished, consider installing a smoke alarm that uses a flashing light or vibration to alert you to a fire emergency. Test smoke alarms at least once a month using the test button. If you are unable to safely reach the alarm, ask for help. Some alarms have features that make them easier to test, such as with a flashlight or the television remote.

Do the drill

Conduct your own, or participate in, regular fire drills to make sure you know what to do in the event of a home fire. If you or someone you live with cannot escape alone, designate a member of the household to assist, and decide on backups in case the designee isn't home. Fire drills are also a good opportunity to make sure that everyone is able to hear and respond to smoke alarms. Consider drawing a floor plan of your home and find two ways out of each room.

Stay in the kitchen when cooking food

If you leave the kitchen, even for a short time, turn off the burner. Use a timer when cooking. If you are cooking on the stovetop and leave the room, take a timer, oven mitt, or wooden spoon as a reminder that you have something cooking. If a pan of food catches fire, slide a lid over it and turn off the burner. Don't cook if you are drowsy from alcohol or medication. Do not cook when taking new medication until you know how it will affect you. Wear tight-fitting or short sleeves when cooking. Use oven mitts to handle hot pans. Use lightweight manageable pans.

Open up

Make sure that you are able to open all doors and windows in your home. Locks and pins should open easily from inside. (Some apartment and high-rise buildings have windows designed not to open.) If you have security bars on doors or windows, they should have emergency release devices inside so that they can be opened easily. These devices won't compromise your safety, but they will enable you to open the window from inside in the event of a fire. Check to be sure that windows haven't been sealed shut with paint or nailed shut; if they have, arrange for someone to break the seals all around your home or remove the nails.

For more general information about Fire Prevention Week and cooking fire prevention, visit www.fpw.org.



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.



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.

Stay connected

Keep a telephone nearby, along with emergency phone numbers so that you can communicate with emergency personnel if you're trapped in your room by fire or smoke.



**FIRE
PREVENTION
WEEK™**

Continued from page 3

Use your time wisely

There never seems to be enough time for everything you need and want to do. Therefore, the expression work smarter, not harder is definitely one to think about. Find ways to be more productive when doing the things, we need to do. This leaves more time for you to chase your dreams.

Volunteer

Do something selfless, without expecting anything back. Volunteer at your local animal shelter, retirement home or homeless shelter. If everyone would volunteer every once in a while, the world would be a much better place.

The ADRC is always looking for volunteers to help with our driver escort program, delivering meals on wheels, prevention programs, and much more. Be sure to reach out to learn more about volunteer opportunities through the ADRC at 608-328-9499.

Be passionate

Be passionate about everything you do! Passion is like a magical ingredient; once you add it to your meal, even the most bland and boring foods suddenly taste amazing. Don't like your job? Then find one that you do like. Life is too short to spend time doing things you find no pleasure in.

Have a positive attitude

Life can be very challenging sometimes, and this can make it difficult to stay positive. However, if you choose to have a positive attitude, you'll notice that you become a better you. It may sound strange, but daydreaming can help you with this. Visualize what you want, and add feeling to those visualizations. This generates positive energy, which in turn will lead to positive changes.

(<https://www.thewatchnow.com/10-simple-things-everyone-can-do-to-make-a-difference/>)

PUMPKIN 5 ways

Pumpkin Pancakes

- + Pumpkin
- + Pumpkin pie spice
- + Flour
- + Brown sugar
- + Baking powder
- + Egg
- + Vegetable oil
- + Salt
- + Milk, low-fat

Pumpkin Pudding

- + Pumpkin
- + Pumpkin pie spice
- + Salt
- + Milk, low-fat
- + Vanilla pudding

Cranberry Pumpkin Muffins

- + Pumpkin
- + Flour
- + Sugar
- + Baking powder
- + Cinnamon
- + Vegetable oil
- + Eggs
- + Cranberries
- + Allspice

Pumpkin Smoothie

- + Pumpkin
- + Milk, low-fat
- + Orange juice
- + Banana
- + Light brown sugar
- + Ice cubes
- + Cinnamon

Pumpkin & White Bean Soup

- + Pumpkin
- + Apple juice
- + Onion
- + Water
- + Cinnamon
- + Black pepper
- + Salt
- + Nutmeg, allspice, or ginger

Find these pumpkin recipes here: <http://bit.ly/2dwmRyX>
For more recipes go to: www.whatscooking.fns.usda.gov

What's Cooking?
USDA National Nutrition Education Program

Sources:

Adapted from: https://gwaar.org/beneficial-bites_pumpkin

<https://food.unl.edu/free-resources/newsletters/food-fun-young-children/try-each-part->

<https://www.usda.gov/media/blog/2016/10/20/fall-here-celebrate-pumpkin-5-different-ways>

It's the Great Pumpkin Charlie Brown!

It wouldn't be fall without the pumpkin. Whether it is carving into a jack-o'-lantern or baking it into a pie, pumpkins tend to be part of autumn celebrations.

1 Pumpkins are in the same family as cucumbers, gourds, muskmelons, winter squash and watermelon. Although classified as a red or orange vegetable in MyPlate, botanically they are considered a fruit. Pumpkins range in size from small varieties that weigh 2 to 5 pounds up to large varieties that can weigh 15 to 25 pounds.

3 Pumpkin can be used in sweet dishes and pairs well with cinnamon, nutmeg, ginger and cloves. The earthy flavor of pumpkin also works great in savory dishes and complements onions, garlic, herbs and curry well.

5 If you choose to use fresh pumpkin, select small, heavy ones for cooking because they contain more edible flesh. The pumpkins used for carving are not so great for cooking, but the edible seeds are great for roasting.

4 Canned pumpkin puree is convenient to have on hand for cooking and is a nutritious option. Keep your pantry stocked all year round with a can of pumpkin for use in homemade baked goods, dips, and pudding.

The USDA has put together recipe ideas using pumpkins called "Pumpkin 5 Ways" as shown on the right. To find the complete recipe visit: <https://www.usda.gov/media/blog/2016/10/20/fall-here-celebrate-pumpkin-5-different-ways>

OCTOBER

MENU

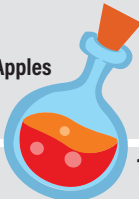



Albany

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
Sage Chicken Thighs w/Gravy 2 Butternut Gratin Potatoes Steamed Yellow Beans Fudgy Brownies Mandarin Oranges 	Taco Casserole w/Black Beans 3 Rice Corn Muffin Diced Tomatoes & Sour Cream Pear Cup Cottage Cheese	BBQ Beef Tips 4 Rosemary Roasted Potatoes Broccoli Tropical Fruit Cup Cranberry Cheesecake	Breaded Cod Patty 5 Red Potatoes Stewed Tomatoes Cinnamon Baked Apples 	Lasagna 6 Steamed Italian Beans Tossed Salad w/Dressing Peach Cup Yogurt Breadstick
Roast Pork w/Gravy 9 Creamed Spinach Baked Potato Butternut Squash Tropical Fruit Cup	Baked Fish 10 Au Gratin Potatoes Baked Beans Lemon Wedge Mandarin Orange Cup 	Meatloaf w/Gravy 11 Garlic Mashed Potatoes w/Gravy Steamed Carrots/Cabbage	Chicken Thighs 12 Sweet Potato California Blend Vegetables Angel Food Cake w/Strawberries	Roast Beef w/Gravy 13 Mashed Potatoes Brussels Sprouts Pumpkin Crisp 
Hamburger Sloppy Joe 16 Baked Beans Steamed Broccoli Cranapple Fruit Cup 	Herbed Pork Loin 17 Squash Apple Casserole Peas and Carrots Pears Pudding Cup	Hot Turkey Noodle Casserole 18 Italian Vegetables Sweet Potatoes Cranberry Fluff 	Breaded Fish 19 Red Potatoes Green Bean Casserole Cottage Cheese w/Chives Apple Slices	Chicken Breast 20 Mashed Potatoes w/Gravy Carrots Mandarin Orange Cup Butterscotch Bar
Beef Noodle Casserole 23 Harvard Beets Green Beans Tropical Fruit Cup	Apple Rosemary Chicken Breast 24 Seasoned Butternut Squash Baked Potato Blueberry Topped Pears	Hamburger 25 Baked Bean Medley Steamed Broccoli Coleslaw Cherry Yogurt Jell-O Square	Chicken Casserole w/Noodles 26 Mixed Vegetables String Cheese Banana Pudding 	Beef Tips w/Mushroom Gravy 27 Noodles Stewed Tomatoes Bi-Colored Corn Peaches
Baked Spaghetti 30 Italian Vegetables Cauliflower Peaches Vanilla Yogurt 	Chicken Thigh w/Gravy 31 Baked Potato Green Salad w/Dressing Savory Tomatoes and Beans Pumpkin Fluff			

OCTOBER

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*

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The Bridge |

September 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pork Cutlets 2 Mashed Potatoes Gravy Broccoli Apple Pie 	Chicken Cordon Blue 3 Boiled Potatoes Beets Fruit Cocktail	Roast Beef 4 Potato Wedges Wax Beans Applesauce	Swiss Steak 5 Mashed Potatoes w/Gravy Corn Chocolate Cake 3 Bean Salad 	Tuna Noodle Casserole 6 Stewed Tomatoes Orange
Meatloaf 9 Baked Potato Green Bean Casserole Peaches	Spaghetti 10 Carrots Tossed Salad Oatmeal Cookie Peaches	Pork Roast 11 Sweet Potatoes Mixed Vegetables Baked Beans Pumpkin Pie 	Baked Chicken 12 Mashed Potatoes w/Gravy Green Beans Pears	Ham Balls 13 Scalloped Potatoes Peas & Carrots Banana
Beef Stew w/Carrots 16 Wax Beans Orange	Chicken Breast w/Wild Rice 17 Mashed Potatoes Carrots Pears 	Baked Ham 18 Au Gratin Potatoes Peas 3 Bean Salad Peanut Butter Cookie	Turkey and Dressing 19 Squash Tossed Salad Apple Crisp Cranberry Orange Relish	Baked Cod 20 Potato Wedges Coleslaw Grapes 
Baked Chicken 23 Scalloped Potatoes Carrots Banana 	Roast Beef 24 Mashed Potatoes w/Gravy Peas Fruit Cocktail	Lasgna 25 Broccoli Tossed Salad Chocolate Cake Applesauce	Pork Cutlets 26 Sweet Potatoes Corn Cherry Pie 	Hamburger 27 Wax Beans Orange Chocolate Chip Cookie
Ham Balls 30 Scalloped Potatoes Green Beans Applesauce	Mushroom Steak 31 Mashed Potatoes w/Gravy Carrots Peaches 			

DO YOU KNOW?

Medicare Coverage of Vaccines

By the GWAAR Legal Services Team

Vaccines play an important role in preventing illness. However, knowing if and when Medicare pays for vaccines can be confusing. Most vaccines that your doctor recommends will be covered by your Medicare prescription drug plan. Medicare prescription drug plans are required to cover most commercially available vaccines. The only exceptions are the vaccines for flu, pneumonia, hepatitis B, and COVID-19, which are covered by Part B.

Vaccine

Medicare Coverage

Coverage Rules

Influenza (flu)

Part B

Part B pays for (and recommends) one shot every flu season. Additional flu vaccines may be covered if considered medically necessary.

Pneumonia

Part B

Part B pays for one shot, recommended for all adults aged 65+ and younger adults with chronic health conditions.

Hepatitis B

Part B

Part B covers the series of three shots for high- or medium-risk individuals, including those with hemophilia, end stage renal disease, diabetes, and other chronic conditions that lower resistance to infection. (A prescription drug plan may cover the vaccine for someone who does not satisfy Part B coverage criteria. Contact your drug plan for more information.)

COVID-19

Part B

Part B covers FDA-approved COVID-19 vaccines and the administration of the vaccines at no cost to beneficiaries if the provider accepts assignment.

Shingles

All Medicare prescription drug plans must cover

Two doses of Shingrix, separated by 2 to 6 months are recommended for healthy adults 50 years and older. Check with your plan to find out specific rules for administration and payment.

RSV

All Medicare prescription drug plans must cover when available

One dose of Abrysvo or Arexvy is recommended for adults 60 years and older. Check with your plan to find out specific rules for administration and payment.

Tdap (Tetanus, Diphtheria, Pertussis/Whooping Cough)

All Medicare prescription drug plans must cover

One dose Tdap followed by booster every 10 years for all adults. Check with your plan to find out specific rules for administration and payment.



Happy Fall everyone! It's hard to believe that the hustle and bustle of summer is behind us and colder days are on the horizon. Fall is a perfect time to get those outside projects done before the winter months are upon us. Often times our 'project' lists are bigger than we expected, seem too overwhelming to tackle or we don't know where to begin. Finding the time and sometimes energy to complete projects can be difficult, especially if you're unable to physically complete the projects.

It can be difficult when a task that used to be simple- like mowing the lawn or shoveling the driveway- is no longer a simple task. Finding help is not anyways simple either. Here's where the ADRC might be able to help. The ADRC has complied a listing of local agencies that can be privately paid to assist with tasks, such as lawn care, snow removal and other household chores. Sometimes getting that little extra help with a task that is a challenge can make a huge difference. For a listing, please contact the ADRC at 608.328.9499.

'And all at once, summer collapsed into fall'- Oscar Wilde
ADRC Specialists - LA, Maudy and Heather

Beginning in 2023,



Medicare covers all recommended vaccines with no cost-sharing for beneficiaries. If you have Original Medicare, you will not pay any out-of-pocket costs for vaccines covered by Part B if your provider accepts assignment. Medicare Advantage plans are required to cover Part B vaccines without applying deductibles, copayments, or coinsurance if you meet the criteria for coverage and see an in-network provider. For vaccines covered by your Medicare prescription drug plan, check with your plan for information about how the plan covers vaccines and where you must receive the vaccine.

Health & Wellness

UPCOMING 2023 PREVENTION WORKSHOPS

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.

Are you wanting to be a part of a prevention program being offered, but the dates and times don't work for you or the program is already full? We are offering you the ability to work with our Wellness & Prevention Specialist to schedule, coordinate, and offer a private program that works best for you. *Must have a minimum of 8 participants to run a program.*

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



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
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.



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
Oct 12th & 26th	Monroe - Juda - Brodhead - Albany to Janesville	\$15.00
Oct 11th & 25th	Belleville - New Glarus - Monticello to Monroe	\$8.00
Oct 1st & 18th	Albany - Brodhead - Juda to Monroe	\$8.00
Oct 5th & 19th	Monroe - Monticello - New Glarus - Belleville to Westside of Madison	\$15.00

Come learn More about Canine Companions Service Dogs



Canine Companions®

**10:00 am Thursday, October 26th
at Green County Human Services
Lower Level Multi-Purpose Rooms**

Canine Companions® service dogs are partnered with adults, children and veterans to assist with daily tasks and increase independence by reducing reliance on other people.

A service dog can retrieve dropped items, push buttons for elevators or automatic doors, and even assist with making purchases. Some service dogs assist people who are deaf or hard of hearing by alerting partners to key sounds such as the sound of a doorbell, alarm clock, someone calling a name or a smoke alarm. Other service dogs assist veterans with physical disabilities as well as post-traumatic stress disorder (PTSD), trained in tasks including anxiety and nightmare interruption, turning on lights, retrieving items, and supporting their handler in crowded public situations.
<https://canine.org>