

# THE Bridge

NOVEMBER

Connecting services, resources, and information for the community.

## November is National Bladder Health Awareness Month!

*The Things We Don't Talk About -  
But Should . . .*

*Incontinence*

It can happen without warning. A hearty laugh. A sneeze that sneaks up on you. Suddenly, you're racing to the bathroom hoping to make it there in time. According to Johns Hopkins Medicine, "over 25 million adults in the U.S. experience temporary or chronic urinary incontinence." While the condition affects both women and men, it is twice as common in women. If you are having issues, you're not alone. Talk with your health care provider about bladder control problems right away. They may recommend steps that you can take on your own to control your symptoms including managing your fluid intake and the foods you eat, watching your weight, and more.

### Strategies for Controlling Incontinence:

**Fluid Intake:** It may seem intuitive to drink less as a way to decrease your risk of an accident, but that's not a good idea. Not drinking enough fluid can irritate your bladder which can cause an increased urgency to have to urinate. How much fluid a person needs will vary; however, the National Association for Continence recommends that the right amount of water per day is 6-8 8-ounce glasses of water per day.

**Food & Drink:** Certain foods and beverages may irritate your bladder causing you to rush to the bathroom. Caffeine and alcohol are diuretics. Also, according to Johns Hopkins Women's Center for Pelvic Health, some other potential bladder irritants include citrus fruits and juices, chocolate, tomatoes, and artificial sweeteners. Limiting the intake of these drinks and foods may help reduce the urgency you feel to urinate.

**Weight:** By losing weight, you may be able to lower the risk of leaking urine. Extra weight around the middle of your body puts pressure and extra stress on the pelvic floor muscles. If you are overweight, have a conversation with your health care provider on how to lose weight.

**Exercises:** Pelvic floor muscle exercises, also known as Kegel exercises, are exercises that strengthen the muscles that support the bladder. These exercises are beneficial for both men and women. Kegel exercises involve tightening and relaxing the muscles that control urine flow. To learn more about Kegel exercises, talk to your healthcare provider or visit The National Institute of Diabetes and Digestive and Kidney Diseases website at [niddk.nih.gov](http://niddk.nih.gov)

**Don't let incontinence symptoms keep you from doing the things you love to do.** Good habits such as drinking enough fluids, eating right, maintaining a healthy weight, and practicing pelvic floor exercises may help keep your bladder as healthy as possible.



If you are a woman who's 50 or older and are experiencing incontinence or are wanting to prevent or delay incontinence, you are encouraged to sign up for our women's incontinence program, Mind Over Matter: Healthy Bowels, Healthy Bladder (MOM). In just three 2-2 ½ hour sessions, learn the tools you need to

improve and/or prevent bladder AND bowel incontinence. There are no remaining MOM offerings available for 2023. However, there will be more offerings of MOM scheduled for 2024. Be on the look-out!

**For more information on Mind Over Matter:** Healthy Bowels, Healthy Bladder, you can visit our website at [adrcgreencounty.org](http://adrcgreencounty.org). If you have any questions, please feel free to call the ADRC at 608-328-9499.

Article adapted from: The Wisconsin Institute for Healthy Aging (WIHA)



**608-328-9499**  
[adrcgreencounty.org](http://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.

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### Ways to contact us!

Website - [adrcgreencounty.org](http://adrcgreencounty.org)

Facebook - ADRC of Southwest Wisconsin

Email - [resourcecenter@gchsd.org](mailto:resourcecenter@gchsd.org)

Phone - 608-328-9499

## Wisconsin Home Energy Assistance Program (WHEAP)

Wisconsin Home Energy Assistance Program (WHEAP) assists eligible households with their heating and electric bills. It is funded by the Low Income Home Energy Assistance Program (LIHEAP) and the Public Benefits (PB) program.

The two basic parts of energy assistance are regular benefits and crisis assistance. In addition, a furnace services program is operated under WHEAP.

WHEAP benefits are not guaranteed to eligible households. When funds have been exhausted for a program year, there are no benefits issued to households regardless of eligibility.

Low Income Home Energy Assistance Program  
The Low Income Home Energy Assistance Program (LIHEAP) is funded by the federal government and focuses primarily on heating assistance for low-income households.

### Public Benefits

The Public Benefits (PB) program is funded by fees collected by electric utilities and provides benefits for non-heating electric use. It was created in 1999 as a part of Wisconsin's biennial budget bill and operates a low-income fund into which electric providers in the state contribute an amount primarily generated by a fee added to customers' electric bills. The money in this fund is divided between the energy assistance program and the Weatherization Assistance Program.

The law that established the PB program permits cooperative and municipal utilities to operate a Commitment to Community Program instead of participating in the state PB fund. Customers of utilities choosing to operate a Commitment to Community Program are not eligible for benefits from the state's PB programs (under energy assistance or Weatherization).

## INCOME GUIDELINES FOR THE 2023-2024 HOME ENERGY PLUS PROGRAM YEAR (10/01/2023 through 9/30/2024) 60 PERCENT OF STATE MEDIAN INCOME GUIDELINES

# LUNCH & LEARN

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

## HOPE & HEALING DURING THE HOLIDAYS

Memories and traditions that are celebrated during the holidays can be a painful reminder of those that are not with us anymore due to death or estrangement. Emily Murray, LMFT and John Samaha, LPC, mental health therapists of Avenues Counseling, will be joining us to discuss how to manage our feelings around the loss of loved ones, particularly during the holiday season. We have all lost people who are important to us in one way or another and have felt the pressure of needing to put on a big smile and make sure everything is perfect during the holidays. Together, we can look at new ways of keeping our treasured memories and continuing our time-honored traditions, without avoiding or ignoring the losses we have experienced.

**Monday: December 18th, 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, December 13th.

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

2024 Lunch & Learn dates coming soon!



### HOUSEHOLD SIZE

### ONE MONTH INCOME

### ANNUAL INCOME

1	\$ 2,820.67	\$33,848
2	\$ 3,688.58	\$44,263
3	\$ 4,556.50	\$54,678
4	\$ 5,424.50	\$65,094
5	\$ 6,292.42	\$75,509
6	\$ 7,160.33	\$85,924
7	\$ 7,323.00	\$87,876
8	\$ 7,485.75	\$89,829



# Going Purple for Alzheimer's Disease Awareness Month

## When did National Alzheimer's Awareness Month start?

Many of us know someone who has been impacted by Alzheimer's disease or other type of dementia, whether it's touched our own family or a friend's loved one. November was recognized and designated as National Alzheimer's Disease Awareness Month by President Ronald Reagan on November 8, 1985 (Proclamation 5405) for heightened awareness of this disease. According to the Alzheimer's Association, there were less than two million Americans with Alzheimer's disease at that time. That number has increased to nearly six million nationally with 3 million new cases diagnosed each year. Unfortunately, nine years later President Reagan announced to the nation that he had been diagnosed with Alzheimer's Disease. According to the World Health Organization (WHO), roughly 50 million people worldwide live with Alzheimer's disease and other types of dementia.

### Other quick statistics about Alzheimer's Disease:

- › Alzheimer's is the 6th leading cause of death in the United States and is deadlier than breast cancer and prostate cancer combined.
- › The disease is most prevalent in women and Black Americans.
- › 11 million Americans act as unpaid caregivers for a loved one diagnosed with Alzheimer's.
- › Fewer than 1 in 5 Americans are familiar with mild cognitive impairment, which can be an early stage of Alzheimer's. (source: Alzheimer's Association)
- › The cases of dementia in Southwest Wisconsin (Grant, Green, Iowa and Lafayette counties) is projected to increase by 77.48% from 2020 (2691 cases) to 2040 (4776 cases) (source: Wisconsin Department of Health Services)

### Why the color purple?

You may be asking, how or why was the color purple was chosen to represent Alzheimer's and related dementias. The Alzheimer's Association states, "Purple is our signature color, combining the calm stability of blue and the passionate energy of red. Purple makes a statement about our Association and our supporters: We are strong and unrelenting in the fight against Alzheimer's disease."

Whether it's during November or any other time of the year, understanding Alzheimer's disease and other types of dementia can improve the quality of life for those living with the diagnosis and their care partners. It can be a long and challenging journey but understanding the disease and how to support those on that journey can help them feel less frightened and secluded. And that's what National Alzheimer's Disease Awareness Month is all about!

### In closing, Laura Wyman (author and speaker) states in her blog *Laura Wyman Dementia Whisper*,

Color can be a powerful tool in helping us to remember, notice and celebrate important things in life. The next time you see purple, take a moment to think about all of those living with dementia and the many caregivers who are joining them on their vast journeys. Let it inspire you to continuously look for ways to unify with these people and help raise dementia awareness on their behalf. In that sense, the color purple can serve as our purple light of hope shining on the world.

If you would like more information about Alzheimer's Disease, other forms of dementia or find resources that support individuals with dementia in your community, please contact your county Aging and Disability Resource Center at 608-328-9499

*Join us* on the 38th anniversary of the National Alzheimer's Awareness Month by wearing purple on November 8th and become one of those lights of hope.

# Dental Coverage Options:

## Dental Insurance vs. Dental Savings Plans

By the GWAAR Legal Services Team

If you or someone you love is looking to save money on the high cost of dental care, two options that are available include dental insurance and dental savings plans. These may sound similar, but they offer different types of benefits and have different limitations; there are pros and cons of each. It is important to know the difference between the two and choose a plan that is right for your individual dental care needs.

### Dental Insurance

Dental Insurance is like health insurance. You pay premiums to the company, and then, the dental insurance company pays the dental provider on your behalf. These insurance plans will typically require copays and deductibles. Another way they are similar to health insurance is that they will oftentimes have a provider network that works much like an HMO or PPO health insurance plan.

However, a way in which dental insurance differs from (Affordable Care Act compliant) health insurance is that some dental insurance plans have an annual maximum amount that they will pay on your behalf (sometimes referred to as a "benefit cap.") Sometimes, this maximum amount will be around \$1,000 or \$1,500. If you need a lot of dental work in a one-year period, this could mean your insurance benefits are used up rather quickly. It may also mean that more expensive items or services may not be fully covered. However, some plans do have negotiated discounted prices that you pay the provider after you reach your annual benefit cap.

Another drawback to dental insurance is that they sometimes require a waiting period before a particular service is covered, but one benefit to dental insurance is that sometimes they will cover preventative care with no co-pays. Most importantly, keep in mind that each plan is different and compare the plans to choose the right one for your needs.



### Dental Savings Plans

Dental savings plans are not insurance (although sometimes they may be administered by insurance companies such as Aetna.) With a dental savings plan, you pay the provider directly, but those charges are discounted in accordance with your plan. Also, you must choose a dentist who participates in the plan.

With a dental savings plan, there are generally no deductibles, no waiting periods and no annual maximums. However, most often, the discounted price you pay for these services is higher than the copay amount you would pay with dental insurance. Although, considering the annual benefit caps with most dental insurance, if you need extensive dental work during a one-year period, you may end up paying less overall through a dental savings plan. Additionally, some services that are not typically covered by dental insurance, such as cosmetic services, may be discounted through a dental savings plan.

It is often possible to have both a dental insurance plan and a dental savings plan. For example, if you reach your annual benefit cap with your dental insurance plan, you can then start paying discounted rates through the dental savings plan, or you can pay discounted rates for items or services that dental insurance does not cover. If you choose this option, you will want to make sure your dentist is in-network for the insurance plan and participates in the savings plan.

### Finally, and most importantly,

when choosing a dental insurance plan, dental savings plan, or both, you should weigh the pros, cons, and total costs of each option. To do this, it is helpful if you have an idea of your expected dental needs. Then, you can estimate what your total dental care cost will be under each plan considering copays, deductibles, benefit caps, covered services, and discounts.

# Medicare Information Overload! What Does it All Mean?

By Ingrid Kunder, Wisconsin Senior Medicare Patrol Project Manager

**Does this sound familiar? You receive relentless phone calls, view TV ads with amazing deals, and get random mailings informing you of special offers. If you are a Medicare beneficiary, you are likely familiar with all these things. While there are many great resources available to help you navigate your Medicare options, there are also many things to watch out for.**

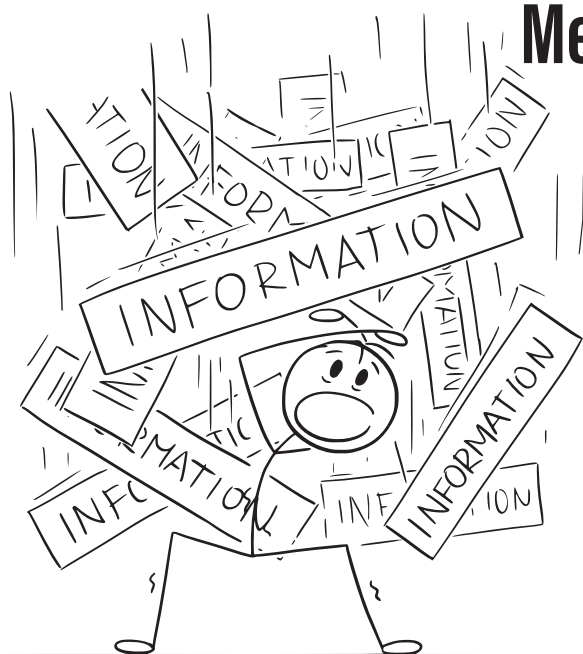
The focus of unwanted and misleading offers is often conducted on the telephone. However, there are two other solicitation tactics to be aware of, television commercials and postcards or mailings about Medicare plans. Though not necessarily fraudulent, they can be deceiving and potentially cause issues down the road with your providers, coverage, and prescription drugs. Proceed with caution and know that if something sounds too good to be true, it probably is!

Have you seen the television commercial featuring a former NFL quarterback, encouraging you to call today to put money back in your pocket with a different Medicare plan? Be careful. While everyone wants to have more money in their pockets, there is more to it than that. Often there is eligibility criteria that is not fully explained, and the plan may not be offered in your area or might force you to change health care providers. Another word

of warning: if you decide to call the toll-free number that is advertised on the commercial, beware that you are going to be talking with an insurance agent, not directly with a Medicare customer service representative. The fine print that plays during the commercial states that this advertisement is not affiliated or endorsed by any governmental agency or the Federal Medicare programs, plan availability varies by region or state. If you make this call, you are giving this insurance company permission to continue to call you and, in some cases, pressure you in to making a decision about a Medicare plan without understanding it completely. This can have a negative impact on your health care as well as your pocket.

The postcards or mailers that you receive, notifying you that you may be entitled to a new Medicare plan with additional benefits...again, be careful! While the mailers say all the right things and again promise to add money back to your

Continued on page 7.





# BRUSSELS SPROUTS

## 2 Ways

**Do you know** how Brussels sprouts get their name? Brussels sprouts were named after the capital city of Belgium, Brussels, because they were commonly cultivated in Belgium in the 16th century. In the United States, the majority of our Brussels sprouts are grown in California.

Brussels sprouts are cruciferous vegetables which means they are in the same family as cauliflower, cabbage, kale, and broccoli. They are rich in vitamin C and K. Vitamin C is important for repairing tissues and for our immune system. The body requires vitamin K for blood clotting.

Brussels sprouts are often not people's favorite vegetable due to their potentially bitter flavors caused by sulfur-containing compounds. Overcooking Brussels sprouts can make these bitter flavors and strong odors more intense. However, when cooked and seasoned well, Brussels sprouts offer a natural, nutty sweetness.

November means that Brussels sprouts are in season! Buying produce that is in season means you are enjoying them at their peak and can help you save money. Here are 2 recipes for you to enjoy Brussels sprouts this season.



### Honey Dijon Brussels Sprouts

10 Brussels Sprouts, halved  
1 1/2 teaspoons butter, melted  
1 1/2 teaspoons honey  
1/2 teaspoon Dijon mustard  
1 pinch dried dill weed  
1 pinch onion powder

Place Brussels sprouts into a saucepan filled with slightly salted water.

Boil over medium high heat until Brussels sprouts are just tender, 8-10 minutes; drain.

Mix butter, honey, Dijon mustard, dill weed, and onion powder into a large bowl.

Toss Brussels sprouts in mustard mixture to coat

### Parmesan Brussels Sprouts

2 Tablespoons butter  
2 cloves garlic, chopped  
6 Brussels sprouts, trimmed and halved  
2 Tablespoons shredded Parmesan cheese  
Salt and pepper to taste

Heat a pan over medium heat until hot. Melt butter and cook garlic until fragrant, 30 seconds.

Add Brussels sprouts to pan cut side down. Cover and cook until golden brown, 4-6 minutes.

Flip Brussels sprouts over. Cover and cook until other side is browned, about 3 more minutes. Transfer to a serving plate. Sprinkle with Parmesan cheese, salt, and pepper.

# WORDS from the ADRC Specialist

**My loved one is getting older and I would like to make sure they have their affairs in order, including financial and health. Can the ADRC help point us in the right direction to get this started?**

Planning for the future is one of the best things a person could do for themselves and their loved ones. Unfortunately, we are not able to prepare ourselves for every situation in life, but we can have things in place to help in times where life becomes overwhelming quickly. Documents can be put into place to help ensure an Individual's rights and wishes are being followed.

**- Power of Attorney of Finance (POA-F):** A POA-F is a document that an individual completes, naming another individual (Agent) to manage his/her finances. The document allows an individual to set the authorization that the Agent will have over their finances and property/properties. This document is signed by the individual in the presence of a Public Notary.

**- Power of Attorney of Healthcare (POA-H):** A POA-HC is a document that is created by an individual, naming another individual (Agent) to make health care decision in the event that the individual is unable to make those decisions for themselves. It is important to note that once a POA-HC is setup, that does not necessarily mean the POA-HC is activated. Activation occurs when two physicians determine that the individual has become incapacitated.

**- DNR:** In Wisconsin a DNR, or Do-Not-Resuscitate, order directs emergency medical technicians, first responders and emergency health care facilities personnel not to attempt cardiopulmonary resuscitation on the person for whom the order is issued if that person suffers cardiac or respiratory arrest. The purpose of a DNR order is to ensure that medical care provided in the emergency department and out-of-hospital settings is consistent with the patient's desire and attending physician's authorization. (Wis. Stat. § 154.17(2))

It is important to have a conversation with your loved one to get a better understanding of what their wishes are for the future and to discuss whether or not they have things in place, like the Power of Attorney documents or DNR. These conversations can be challenging and difficult to have sometimes. The ADRC is happy to provide you and your loved one with information on the above information to help make the discussion a bit easier and ensure you have the most updated State Forms. One thing that the ADRC is unable to assist with is preparing a Will, which is a legal document that is typically prepared by an Attorney.

**For additional information, contact the ADRC today!**

*'Life isn't about finding yourself. Life is about creating yourself' – George Bernard Shaw*  
*ADRC Specialists - LA, Maudy and Heather*

# NOVEMBER 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
Hot Ham Slices 6 Pineapple Steamed Broccoli Baked Beans	Tator Tot Casserole w/Mixed Vegetables 7 Winter Squash Pears Yogurt	Roast Beef w/Gravy 1 Garlic Mashed Potatoes Carrots with Dill Applesauce Chocolate Chip Cookie	Scalloped Turkey Casserole 2 Broccoli Apricot Cup and Winter Squash Cottage Cheese Brownie w/Peppermint	Goulash 3 Green Beans Salad w/Dressing Pear Cup
Breaded Cod Patty 13 Red Potatoes Stewed Tomatoes Cinnamon Baked Apples	BBQ Beef Tips 14 Rosemary Roasted Potatoes Broccoli Tropical Fruit Cup Cranberry Cheesecake	Creamed Chicken over Mashed Potatoes 8 Roasted Beets Mandarin Orange Cup Striped Cake	Cabbage Rolls in Tomato Sauce 9 Green Beans Cauliflower Peaches Cottage Cheese Oatmeal Raisin Cookie	Turkey w/Gravy 10 Cranberry Dressing Peas & Carrots Apricots Pumpkin Bar
Roast Pork w/Gravy 20 Creamed Spinach Baked Potato Tropical Fruit Cup	Chicken Thighs 21 Sweet Potato California Blend Vegetables Angel Food Cake w/Strawberries	Lasagna 15 Steamed Italian Beans Salad w/Dressing Peach Cup Yogurt	Sage Chicken Thighs w/Gravy 16 Butternut Gratin Potatoes Steamed Yellow Beans Fudgy Fiber Brownies Mandarin Oranges	Taco Casserole w/Black Beans 17 Rice Corn Muffin Pear Cup Cottage Cheese
Hamburger Sloppy Joe 27 Baked Beans Steamed Broccoli Cranapple Fruit Cup	Breaded Fish 28 Red Potatoes Green Bean Casserole Cottage Cheese w/Chives Apple Slices	Meatloaf w/Gravy 22 Garlic Mashed Potatoes w/Gravy Steamed Carrots/Cabbage Mixed Melon Cup	CLOSED	CLOSED
		Herbed Pork Loin 29 Squash Apple Casserole Peas and Carrots Pears Pudding Cup	Hot Turkey Noodle Casserole 30 Italian Vegetables Sweet Potatoes Cranberry Fluff	

# NOVEMBER 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
Pork Cutlets 6 Mashed Potatoes w/Gravy Broccoli Apple Pie	Chicken Cordon Bleu 7 Boiled Potatoes Beets Fruit Cocktail	Chicken Breast 1 Wild Rice Peas & Carrots Banana	Turkey & Dressing 2 Sweet Potatoes Green Beans Canned Pears	Baked Cod 3 Potato Wedges Baked Beans Coleslaw Grapes
Meatloaf 13 Baked Potato Green Bean Casserole Peaches	Spaghetti 14 Carrots Tossed Salad Peaches Oatmeal Cookie	Roast Beef 8 Potato Wedges Wax Beans Applesauce	Swiss Steak 9 Mashed Potatoes w/Gravy Corn and 3 Bean Salad Chocolate Cake	Tuna Noodle Casserole 10 Stewed Tomatoes Orange
Beef Stew w/Carrots 20 Wax Beans Orange	Chicken Breast w/Wild Rice 21 Mashed Potatoes Carrots Pears	Pork Roast 15 Sweet Potatoes Mixed Vegetables Baked Beans Pumpkin Pie	Baked Chicken 16 Mashed Potatoes w/Gravy Green Beans Pears	Ham Balls 17 Scalloped Potatoes Peas & Carrots Banana
Baked Chicken 27 Scalloped Potatoes Carrots Banana	Roast Beef 28 Mashed Potatoes w/Gravy Peas Fruit Cocktail	Baked Ham 22 Au Gratin Potatoes Peas 3 Bean Salad Peanut Butter Cookie	CLOSED	CLOSED
		Lasagna 29 Broccoli Tossed Salad Chocolate Cake Applesauce		



monthly Social Security payments, there is often a catch. And, unfortunately, people do not realize this until it is too late. These mailers are advertisements for insurance and are not connected to or endorsed by any governmental agency, including Medicare. Calling the number provided could potentially cause you more telephone calls from potentially aggressive insurance agents.

It can be frustrating to know that there are so many insurance companies and telemarketing companies out there making Medicare, which can already be complicated and difficult to understand, even more confusing. But finally, some good news! There are resources available that will provide unbiased information at no charge.

### Important Resources for Wisconsin Medicare Beneficiaries:

➤ **Benefit Specialists** at local Aging and Disability Resource Centers (ADRCs) and aging units in every county and tribe offer benefits counseling. For contact information, visit <https://www.dhs.wisconsin.gov/benefit-specialists/index.htm> or call 608-266-2536.

➤ **The Medigap Helpline (800-242-1060)** is a toll-free helpline operated by the Wisconsin Board on Aging and Long-Term Care that provides counseling for all Wisconsin Medicare beneficiaries on Medicare, Medicare supplement insurance, employer-based health insurance, Medicare Advantage plans, long term care insurance and related topics.

➤ **The Wisconsin Medigap Part D and Prescription Drug Helpline (855-677-2783)** is a toll-free helpline that answers questions from Wisconsin residents age 60 and over about Medicare Part D and other prescription drug coverage options.

➤ **The Disability Drug Benefits Helpline (800-926-4862)** is a toll-free helpline operated by Disability Rights Wisconsin that helps people who have Medicare due to a disability with questions about prescription drug coverage.

➤ **Office for the Deaf and Hard of Hearing (video phone: 262-347-3045)** provides outreach and individual counseling in American Sign Language.

➤ **Wisconsin Judicare, Inc. (800-472-1638)** provides outreach and benefits counseling to Native American Medicare beneficiaries.

➤ **The Wisconsin Senior Medicare Patrol (888-818-2611)** is a toll-free helpline for Medicare beneficiaries and their families to call to report suspected Medicare fraud, errors, and abuse.



### Types of Diabetes

There are two main kinds of diabetes.

- **In Type 1 diabetes**, the body does not make insulin. Although older adults can develop this type of diabetes, it begins most often in children and young adults, who then have diabetes for life.
- **In Type 2 diabetes**, the body does not make or use insulin well. It is the most common kind of diabetes. It occurs most often in middle-aged and older adults, but it can also affect children. Your chance of getting type 2 diabetes is higher if you are overweight, inactive, or have a family history of diabetes. Women with a history of gestational diabetes (a type of diabetes that develops during pregnancy) also have a greater chance of developing type 2 diabetes later in life.

Diabetes can affect many parts of your body. It's important to manage diabetes because, over time, it can cause serious health problems like heart disease, stroke, kidney disease, eye problems, and nerve damage that may lead to amputation. Also, people with type 2 diabetes may be at greater risk for cancer and Alzheimer's disease.

### What Is Prediabetes?

Millions of older Americans have "prediabetes." This means their glucose levels are higher than normal but not high enough to be called diabetes. People with prediabetes have a greater chance of developing type 2 diabetes and having a heart attack or stroke.

If you have prediabetes, there are things you can do to prevent or delay getting type 2 diabetes. Losing weight may help. Healthy eating and being physically active can make a big difference. Work with your doctor to set up a plan to help you make healthier food choices and get regular exercise. Get help with quitting smoking (if you smoke), because smokers are more likely than nonsmokers to develop type 2 diabetes. Make sure to ask how often you should have your glucose levels checked. Your doctor may also talk with you about taking medication to delay or prevent type 2 diabetes.

**Diabetes is a serious disease**, and it affects many older adults. People get diabetes when their blood glucose, also called blood sugar, is too high. The good news is that you can take steps to delay or prevent type 2 diabetes, which is the most common form of the disease to develop in older adults. If you already have diabetes, there are steps you can take to manage the condition and prevent diabetes-related health problems.

### What Is Diabetes?

Our bodies turn a lot of the food we eat into sugar, called glucose, which gives us energy. To use glucose as energy, our body needs insulin, a hormone that helps glucose get into our cells. If you have diabetes, your body may not make enough insulin, may not use insulin in the right way, or both. That can cause too much glucose to stay in the blood, which can cause health problems over time. Your family doctor may refer you to a doctor who specializes in taking care of people with diabetes, called an endocrinologist. Often, your family doctor will work directly with you to manage your diabetes.

### Symptoms of Type 2 Diabetes

Symptoms of type 2 diabetes may include feeling tired, increased hunger or thirst, losing weight without trying, urinating often, or having trouble with blurred vision. You may also get skin infections or heal slowly from cuts and bruises. Some people with type 2 diabetes may not realize they have it because symptoms often develop slowly and go unnoticed. Sometimes older adults dismiss these symptoms as "getting old," but they can be signs of a serious problem. Talk with your doctor if you have any of these symptoms.

### Help with Diabetes Costs

Medicare may pay to help you learn how to care for your diabetes. It may also help pay for diabetes tests, supplies, flu and pneumonia shots, special shoes, foot exams, eye tests, and meal planning. For more information about what Medicare covers, call **1-800-633-4227 (1-800-MEDICARE)** or visit the Medicare website.

### Available Self-Management Workshop

**People with diabetes or pre-diabetes can improve their health by joining a Healthy Living with Diabetes workshop sponsored by the Aging and Disability Resource Center (ADRC) of Green County. The program has been researched and proven to improve the health of adults with diabetes or pre-diabetes.**

In just 6 weekly sessions Healthy Living with Diabetes gives participants strategies for managing diabetes including techniques to deal with symptoms and information about healthy eating, appropriate use of medication, exercise and working effectively with health care providers. Participants learn to make realistic, achievable action plans, share their experiences and help each other solve problems. For more information, please **call the ADRC at 608-328-9499**.

This content is provided by the National Institute on Aging (NIA), part of the National Institutes of Health. NIA scientists and other experts review this content to ensure that it is accurate, authoritative, and up to date. (<https://www.nia.nih.gov/health/diabetes-older-people>)





# 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.**

# Health & Wellness

A special message from our  
Wellness & Prevention Specialist, Laura Steiner:

"As we see 2023 quickly coming to an end, there's a lot to celebrate and be thankful for! We're all one year older, which means we're all one year wiser, whatever age!"

In honor of Thanksgiving quickly approaching, I wanted to take the time to thank everyone who has participated in any of my programs over the past 5 years I've been with the ADRC. You all have put the work in to become a healthier version of yourself. It is so incredibly rewarding to see all of the wonderful improvements and positive changes made due to participating in these programs. I truly believe in the capability and success of these programs. I also want to take the time to invite those that have not taken any programs, to please look into participating in future offerings. With that being said, I will be working on putting together a program schedule for 2024. If there's a certain program you're wanting to attend or have questions about, please reach out! I can't wait to see what the year 2024 has to offer!"

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.*

If you have any questions, please call the ADRC at **608-328-9499**. For detailed information on the available classes offered, please visit our website at **[www.adrcgreencounty.org](http://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
Nov 9th	Monroe - Juda - Brodhead - Albany to Janesville	\$15.00
Nov 8th & 22nd	Belleville - New Glarus - Monticello to Monroe	\$8.00
Nov 1st & 15th	Albany - Brodhead - Juda to Monroe	\$8.00
Nov 2nd & 16th	Monroe - Monticello - New Glarus - Belleville to Westside of Madison	\$15.00

## \*\*\* Annual Veterans Appreciation Dinner \*\*\* Saturday, November 4, 2023 at 12:00 Noon

The Albany and Monroe Lion's Clubs and the Green County Veterans Service Office are sponsoring the annual Veterans Appreciation Dinner on Saturday, November 4, 2023 at the Albany Lion's Club Building, 402 N. Cincinnati Street, on the northeast side of Albany.

Active Duty Personnel, Veterans, their spouses and widows or widowers of deceased Veterans are invited.

**There will only be one seating this year, at 12:00 Noon. There will be no reservations taken. Seating is on a first come, first served basis.**