

THE Bridge

DECEMBER

Connecting services, resources, and information for the community.

DEMENTIA & Gift-Giving

By Bonnie Beam-Stratz,
Dementia Care Specialist for ADRC of Southwest Wisconsin

The Holidays are coming and identifying gifts to give can be a struggle for many of us. I know for me it is hard to think of great ideas when my mother seems to have everything she needs and generally has no ideas to share for what she may like. Her response to me usually includes "I don't need any more clothes, I don't wear jewelry and I don't want any more dust collectors". If it is difficult to buy a gift for someone who can share their thoughts, it adds an additional challenge when buying gifts for someone with difficulties communicating as a result of living with dementia.

The gift ideas given below are meaningful in that they can ease the person's anxiety, lessen confusion, and encourage engagement for those living with dementia:

1. Fiddle/twiddle muffs or lap blankets
2. Large piece jigsaw puzzles
3. Music (focused on the person's favorites)
4. Full spectrum lights (can help reduce symptoms related to sundowning)
5. Easy-on/ adaptive clothing (silverts.com and joeandbella.com are 2 websites of many that offer such products)
6. Simple remote for the TV
7. Photo phone or one with large numbers
8. Robotic therapy dog or cat
9. Clock with reminder system
10. Weighted blanket to ease anxiety
11. Homemade coupons for 1 to 1 time (Time can be spent taking the person for a ride, going for a walk, visiting, and/or going for a meal)

Continued on page 2.



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.

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Regional Manager - Mary Mezera

Regional Administrative Assistant-

Danica Hay-Skattum

Dementia Care Specialists

Bonnie Beam-Stratz

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Ways to contact us!

Website - adrcgreencounty.org

Facebook - ADRC of Southwest Wisconsin

Email - resourcecenter@gchsd.org

Phone - 608-328-9499

*Thank
you
to our
Community!*

On behalf of the ADRC,
we would like to thank all
of those who have helped
us throughout the year!

Local Business and Organizations

We are very fortunate to have wonderful partnerships with local businesses and organizations in our communities who help us in various ways such as allowing us to hang posters for our events, helping us share our information with their customers, volunteering with us to deliver home-delivered meals, allowing us to use space at their facility to hold wellness and prevention class, and so much more!

Our Volunteers

We would not be able to provide our home-delivered meal and volunteer driver escort programs without our wonderful group of volunteers. We are fortunate for the time and care that these individuals provide to us and to the participants that receive the service.

We look forward to ending 2023 and starting 2024 by continuing to connect people to services and resources that best fit their needs so they can maintain control of their lives and stay as healthy and happy as possible!

Continued from page 1.

Other ideas can be found on line and at the website alzstore.com. Check with your local ADRC to see what they may have available in their loan closet.

I have also included a list of good ideas on gifts one can give to a caregiver:

1. Gift cards/certificates for food, gas, spa day, lawn care, house cleaning, and/or respite care.
2. A home monitoring system to ease some of their anxiety over the care receiver's safety. This can also include voice activated systems.
3. Homemade coupons to offer help with transportation, time for providing respite, making/providing a meal, house-keeping, running an errand, taking the caregiver for coffee/ lunch date or any other need that can be identified.

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!



4. Helping the caregiver research and find resources/services or assist them to navigate the healthcare system.

5. Setting up a time each week to make a call to give the caregiver a chance to talk and be connected to someone they know who cares.

Sometimes it may be best to ask the person directly as to what they need to help lessen the stress and anxiety related to their caregiving journey.

I hope these lists can help ease the frustration of finding a gift that represents the love and care you hold for someone who is living with dementia and/or for the caregiver who may need to know there are others out there wanting to provide understanding and support.

For additional ideas for gift giving or to learn more about how the the Dementia Care Specialist can help you and your family, please contact the Dementia Care Specialist, 800-514-0066.

5 WAYS to Prevent Elder Financial Exploitation

By John Rosengren

<https://www.aarp.org/money/scams-fraud/info-2021/prevent-elder-financial-exploitation.html>

Take these steps to help protect vulnerable loved ones from theft and fraud by people they know.

More than 369,000 incidents of financial abuse targeting older adults are reported to authorities in the U.S. each year, causing an estimated \$4.8 billion in losses, according to a January 2022 analysis of federal and state data by Comparitech, a cybersecurity research company.

And those numbers probably understate the problem by a considerable amount. Experts agree that elder financial exploitation, broadly defined as the theft or misuse of an older person's money by someone they know, is vastly under-reported.

But experts also say that in most cases, the abuse can be prevented before it starts. Take these steps to help protect yourself or a vulnerable loved one from financial exploitation.

1 DESIGNATE SOMEONE YOU TRUST AS YOUR FINANCIAL POWER OF ATTORNEY.

While you're still able to make financial decisions, choose the right person to do so if you become incapacitated. Or persons: If you invest two people with this responsibility, they can share the workload and hold one another accountable.

"We don't like to talk about finances. It's private. But we need to change that dynamic," says Julie Schoen, deputy director of the National Center on Elder Abuse (NCEA) at the University of Southern California's Keck School of Medicine.

Skip the standard power-of-attorney form and customize the role to meet your needs, preferably with the help of a lawyer. (The federal government's Eldercare Locator can help you find free or low-cost legal assistance.) Maybe you want your agents to handle all your financial matters, or maybe you just want them to, say, file taxes or manage property. Spell it out.

2 APPOINT A TRUSTED CONTACT FOR ACCOUNTS AND INVESTMENTS.

A trusted contact is someone you authorize a bank or financial institution to get in touch with about questionable activity on your account, or if they are unable to reach you. The company can disclose some account information to your trusted contact, but he or she is not able to make transactions.

HAVE YOU SEEN THIS SCAM?

- Call the AARP Fraud Watch Network Helpline at 877-908-3360 or report it with the AARP Scam Tracking Map.
- Get Watchdog Alerts for tips on avoiding such scams.

A similar option is to give someone you trust view-only access to your account. View-only users can monitor your transactions but not conduct business or access the funds. This is a safer option than establishing a joint account, where the other person can make withdrawals and your money automatically becomes theirs upon your death.

"Never add someone to your bank account or the title to your property," advises Joanne Savage, an attorney with AARP's Legal Counsel for the Elderly, which provides free legal services for older adults in Washington, D.C.

Contact your bank or brokerage or visit its website for information on adding a trusted contact or view-only user to your account. The Financial Industry Regulatory Authority (FINRA), a nongovernmental body that oversees brokerage firms, requires its members to ask customers to identify a trusted contact when they open or update an account.

3 SIGN UP FOR A SERVICE THAT TRACKS YOUR BANK ACCOUNTS, INVESTMENTS AND CREDIT CARDS.

Tech tools such as EverSafe and LifeLock can detect suspicious activity — like missing deposits, unusual withdrawals or abrupt changes in spending patterns — and notify you and a trusted advocate.

These services do more than provide front-line protection in detecting scams, fraud and identity theft — they can also offer support in recouping any losses. If you do fall victim to fraud, for instance, they can walk you through the steps to take in reporting it and mitigating your losses. In the case of identity theft, EverSafe will reimburse lawyer fees.

4 STAY IN TOUCH WITH OLDER LOVED ONES.

A natural consequence of aging can be losing connections through retirement, moves, and the deaths of spouses, family members and friends. Social isolation, whether brought on by life's circumstances or physical distancing required by the COVID-19 pandemic, is one of the greatest risk factors for elder financial exploitation, according to the NCEA.

Maintain close contact with older loved ones through regular visits, phone and video calls, emails and texts. Encourage them to stay involved with others through a faith community, volunteer activities or other social groups. And watch out for someone — even someone you thought you or your loved one could trust — who discourages contact with family and friends, exerts pressure on financial decisions or asks for large sums of money.

"There's a phenomenon where someone befriends an older person, becomes part of their life and is grooming them, so when they ask for money the older person will give it to them," says Kristin Burki, director of the National Clearinghouse on Abuse in Later Life (NCALL). "They're looking for vulnerabilities in an older person. Pay attention to the relationships in an older person's life."

5 GET TO KNOW YOUR LOVED ONE'S CAREGIVERS.

If you need to hire in-home help for a loved one, strongly consider going through a bonded agency that does rigorous screening and will take action in case of theft, such as contacting authorities and reimbursing you.

Once hired, observe how the caregiver is taking care of your loved one. Are they keeping them clean? Stocking the refrigerator with healthy food? Giving medications regularly?

"They're less likely to financially exploit Mother because they know you're paying attention," says Bonnie Brandl, the founder and former director of NCALL. If you have suspicions or an uneasy feeling about a caregiver, find another.

John Rosengren is a Pulitzer nominee whose articles have appeared in The Atlantic, The Atavist, The New Yorker, Sports Illustrated and The Washington Post Magazine. His novel A Clean Heart was published in the spring of 2020.

Editor's note: This article, originally published Nov. 1, 2021, has been updated with more recent information from Comparitech's review data on U.S. elder fraud. It has also been corrected to reflect that FINRA, not the U.S. Securities and Exchange Commission, requires brokerages to ask new account holders to name a trusted contact.

COOKING FOR 1 or 2 Demonstration

Join Michaela Bach from Nutrition Health & Associates for a Cooking for 1 or 2 demonstration on December 12th, 2023 at 10 AM at Green County Human Services Multi-Purpose Rooms.

Figuring out what to make for meals can be difficult if you are cooking for only 1 or 2 people! Meal preparation can often be viewed as “too much trouble” and can often result in choices being prepackaged. This habit can quickly become boring, expensive, and can sometimes lead to health concerns. Home-cooked meals have many benefits. According to John Hopkins University, those who cook at home consume fewer carbohydrates, less sugar, and less fat than those who cook less or not at all. This can be beneficial especially if you are treating diabetes, high blood pressure, or heart disease. Follow these steps and recipe ideas to make cooking for 1 or 2 more enjoyable!

First, shop your kitchen. When planning your meals before you grocery shop, look around your kitchen for ingredients that you might already have and want to use. Check your pantry, freezer, and especially your refrigerator, as these foods often expire first.

Next, choose your recipes. Look in your favorite cookbooks, magazines, and your own family recipes. Make note of how many servings these recipes call for and adjust accordingly. Find recipes that use common ingredients. This way you can prevent less food waste and get the most out of the money that you’re already spending on groceries.

Sometimes the hardest part about meal planning is finding recipes that we would enjoy. Check out ideas below to help with your next meal planning session!

To register for the Cooking for 1 or 2 class, please contact the ADRC at 608-328-9499



December is National Pear Month!

Pears are a member of the rose family of plants, Rosaceae, which are related to apples, apricots, cherries, peaches, and many other fruits.

Pear Nutrition:

1 medium pear = ~100 calories

Excellent source fiber, copper, vitamin A, and vitamin C

Excellent source of antioxidants and anti-inflammatory support



There are 6 main states in the U.S. that produce pears but of these states, Washington, Oregon, and California make up the majority of production. In 2014, 776 million pounds of Bartlett pears were produced just from these 3 states!

The Bartlett pear is the most popular variety of pear in the U.S.



About 3,000 varieties exist throughout the world but only 3 species account for the vast majority of edible production



1 medium pear contains about 15% of your daily copper – a trace mineral that’s essential for a healthy central nervous system



Anything that can be done with an apple can be done with a pear!



Try something new with pears this month!

Recipe for: Oven Pear Pancake

2 pears

3 eggs

1 c whole milk

2 teaspoons vanilla

½ c sugar

¼ c all-purpose flour

1 tablespoon unsalted butter, melted

½ teaspoon ground cinnamon

2 tablespoons sugar

Salt

Heat oven to 400° F. Lightly coat a 9-inch pie plate with vegetable cooking spray. Peel, core, and cut into eighths and arrange them in the pie plate. Combine ½ c minus 2 tablespoons sugar, flour, eggs, whole milk, vanilla, unsalted butter, and a pinch of salt in a blender. Pulse until smooth, about 30 seconds. Pour over the pears. Place in the oven and bake until springy to the touch, 25-30 minutes. Remove from oven. Heat broiler. Sprinkle pancake with ground cinnamon and the 2 tablespoons sugar. Broil until browned, about 1 minute. Serve warm.

Are you up to date on your vaccines?

Yes? No? Not sure? We offer vaccine record assessments.

Talk with a Public Health Nurse about **which vaccines are recommended for you** and get information on **where you can get vaccinated**.

All adults need the Tdap, COVID-19, Shingles and flu vaccines.

You may need **other vaccines as well**, depending on your age, job, lifestyle, upcoming travel, and health conditions.



Green County Public Health
Prevent. Promote. Protect.

Contact Green County Public Health to talk with a Public Health Nurse.



(608) 328-9390



info@greencountywi.org

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WORDS from the ADRC Specialist

Tis the season of giving and we don't mean germs! Gift giving for family members, especially grandparents or parents, can be challenging. You might hear, we don't need any gifts or we just want to spend time with you. All this is true, but sometimes giving a loved one a meaningful gift and seeing that smile is exactly what we need. Below are a few options that you might consider in getting that hard to shop for person a gift...

Lifeline: Lifeline is a great way to ensure a loved one is safe in their home, with help available with the touch of a button. Cost starts at roughly \$30 per month (depending on device purchased).

Supportive Home Care: Does your loved one ever say they don't want to be a burden, so they don't ask for help when it's clear they would benefit from some assistance? A supportive home care agency can be hired to assist with a variety of different tasks, including cleaning and personal cares. Hourly rates vary, but can range anywhere for \$20 to \$25 per hour.

Home Delivered Meals: The ADRC home delivered meal program is a great option for those who struggle with preparing meals and are unable to get out to a congregate site. There is no set cost for the meal (suggested donation) and the donation letter can be mailed directly to you.

If you'd like any additional information on the services listed above, please feel free to reach out to the ADRC and ask to speak with an ADRC Specialist.

Enjoy the season of gift giving!

ADRC Specialists - LA, Maudy and Heather

Green County 4-H "Giving a Hand" to Homebound Seniors

Green County 4-H clubs have once again taken the time to make a difference for homebound seniors. Local Green County 4-H clubs have been involved in gathering and assembling Emergency Meal Kits. Inside each kit is a variety of non-perishable food items that are shelf stable and together meet all the nutritional requirements for a complete meal or two. This year, we packed almost 130 boxes. These kits are distributed in early December as to prepare seniors for the potential of inclement weather when their hot meal would not be delivered.

A special Thank You to the Green County 4-H for your help!



DECEMBER 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
Merry Christmas				
Beef Noodle Casserole 4 Harvard Beets Green Beans Tropical Fruit Cup 	Apple Rosemary Chicken Breast 5 Seasoned Butternut Squash Baked Potato Blueberry Topped Pears 	Beef Tips w/ Mushroom Gravy 6 Noodles Stewed Tomatoes Bi-Colored Corn Peaches Peanut Butter Cup 	Chicken Casserole w/ Noodles and 7 Mixed Vegetables Carrots Cauliflower String Cheese Banana Pudding on Graham Crust	Chicken Breast 1 Mashed Potatoes w/ Gravy Carrots Mandarin Orange Cup Butterscotch Bar 
Baked Spaghetti 11 Italian Vegetables Cauliflower Peaches Vanilla Yogurt	Chicken Thigh w/ Gravy 12 Baked Potato Savory Tomatoes and Beans Salad w/ Ranch Dressing Pumpkin Fluff Mandarin Oranges	Roast Beef w/ Gravy 13 Garlic Mashed Potatoes Carrots w/ Dill Applesauce Chocolate Chip Cookie	Scalloped Turkey Casserole 14 Broccoli Apricot Cup Winter Squash Cottage Cheese Brownie w/ Peppermint	Hamburger 8 Baked Bean Medley Steamed Broccoli Coleslaw Cherry Yogurt Jell-O Squares
Hot Ham Slices 18 Steamed Broccoli Baked Beans Pineapple Granola Bar 	Tator Tot Casserole w/ Mixed Vege-19 tables Winter Squash Pears Yogurt 	Creamed Chicken over Mashed 20 Potatoes Roasted Beets Mandarin Orange Cup Striped Cake 	Cabbage Rolls in Tomato Sauce 21 Green Beans Cauliflower Peaches Cottage Cheese	Turkey w/ Gravy 22 Cranberry Dressing Peas & Carrots Apricots Pumpkin Bar 
CLOSED 25 <i>Merry Christmas!</i>	CLOSED 26	BBQ Beef Tips 27 Rosemary Roasted Potatoes Broccoli Tropical Fruit Cup Cranberry Cheesecake	Breaded Cod Patty 28 Red Potatoes Stewed Tomatoes Cinnamon Baked Apples 	Sage Chicken Thighs w/ Gravy 29 Butternut Gratin Potatoes Steamed Yellow Beans Fudgy Fiber Brownie Mandarin Oranges

DECEMBER 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
Merry Christmas				
Ham Balls 4 Scalloped Potatoes Green Beans Applesauce	Mushroom Steak 5 Mashed Potatoes w/ Gravy Peas & Carrots Peaches 	Chicken Breast 6 Wild Rice Peas & Carrots Banana 	Turkey & Dressing 7 Sweet Potatoes Green Beans Canned Pears	Hamburger Bean Bake 1 Wax Beans Orange Chocolate Chip Cookie
Pork Cutlets 11 Mashed Potatoes w/ Gravy Broccoli Apple Pie 	Chicken Cordon Bleu 12 Boiled Potatoes Beets Fruit Cocktail	Roast Beef 13 Potato Wedges Wax Beans Applesauce 	Swiss Steak 14 Mashed Potatoes w/ Gravy Corn 3 Bean Salad Chocolate Cake 	Baked Cod 8 Potato Wedges Baked Beans Coleslaw Grapes 
Meatloaf 18 Baked Potato Green Bean Casserole Peaches	Spaghetti 19 Carrots Tossed Salad Peaches Oatmeal Cookie 	Pork Roast 20 Sweet Potatoes Mixed Vegetables Baked Beans Pumpkin Pie	Baked Chicken 21 Mashed Potatoes w/ Gravy Green Beans Pears	Tuna Noodle Casserole 15 Stewed Tomatoes Orange
CLOSED 25 <i>Merry Christmas!</i>	CLOSED 26	Baked Ham 27 Au Gratin Potatoes Peas 3 Bean Salad Peanut Butter Cookie	Turkey & Dressing 28 Cranberry Orange Relish Squash Tossed Salad Apple Crisp 	Baked Cod 29 Potato Wedges Coleslaw Grapes 

Preparing for a Winter Storm

During extremely cold weather or winter storms, staying warm and safe can be a challenge. Winter storms can bring cold temperatures, power failures, loss of communication services, and icy roads. To keep yourself and your loved ones safe, you should know how to prepare your home and your car before a winter storm hits.



Make a Plan.

Be prepared before a winter storm hits by planning ahead. If you are in an area prone to winter weather, be sure to create a communication and disaster plan for your family ahead of time.



Weatherproof your home.

- Insulate any water lines that run along exterior walls so your water supply will be less likely to freeze.
- Caulk and weather-strip doors and windows.
- Insulate walls and attic.
- Install storm or thermal-pane windows or cover windows with plastic from the inside.
- Repair roof leaks and cut away tree branches that could fall on your home or other structure during a storm.

Have your chimney or flue inspected each year.

If you plan to use a fireplace or wood stove for emergency heating, have your chimney or flue inspected each year. Ask your local fire department to recommend an inspector or find one online.

Install a smoke detector and a battery-operated carbon monoxide detector.

- If you'll be using a fireplace, wood stove, or kerosene heater, install a smoke detector and a battery-operated carbon monoxide detector near the area to be heated. Test them monthly and replace batteries twice a year.
- Keep a multipurpose, dry-chemical fire extinguisher nearby.
- All fuel-burning equipment should be vented to the outside.
- Each winter season have your furnace system and vent checked by a qualified technician to ensure they are functioning properly.

For older adults, keep an easy-to-read thermometer inside your home.

If you or a loved one are over 65 years old, place an easy-to-read thermometer in an indoor location where you will see it frequently. Our ability to feel a change in temperature decreases with age. Older adults are more susceptible to health problems caused by cold. Check the temperature of your home often during the winter months.

Create an emergency car kit.

It is best to avoid traveling, but if travel is necessary, keep the following in your car:



- ☐ Cell phone, portable charger, and extra batteries
- ☐ Items to stay warm such as extra hats, coats, mittens, and blankets
- ☐ Windshield scraper
- ☐ Shovel
- ☐ Battery-powered radio with extra batteries
- ☐ Flashlight with extra batteries
- ☐ Water and snack food
- ☐ First aid kit with any necessary medications and a pocket knife
- ☐ Tow chains or rope
- ☐ Tire chains
- ☐ Canned compressed air with sealant for emergency tire repair
- ☐ Cat litter or sand to help tires get traction, or road salt to melt ice
- ☐ Booster cables with fully charged battery or jumper cables
- ☐ Hazard or other reflectors
- ☐ Bright colored flag or help signs, emergency distress flag, and/or emergency flares
- ☐ Road maps
- ☐ Waterproof matches and a can to melt snow for water



Listen to weather forecasts, and check your supplies.

Listen to weather forecasts regularly and check your emergency supplies, including your emergency food and water supply, whenever you are expecting a winter storm or extreme cold. Even though we can't always predict extreme cold in advance, weather forecasts can sometimes give you several days of notice to prepare.

DECEMBER IS

NATIONAL IMPAIRED DRIVING PREVENTION MONTH

Weekends and holidays can be dangerous times on our roadways. Two of the most celebrated days of the year, Christmas Eve and New Year's Eve, also are among the most deadly. That's why December has been recognized as National Impaired Driving Prevention Month. Taking personal responsibility for a safe ride saves lives.



Before taking that first drink, have a plan that includes a designated driver, a taxi or ride share, or an overnight stay at a friend's home. Just a single drink can cause a decline in visual function, mental judgment and motor skills, resulting in driver impairment.

In the 1980s, the United States saw a significant reduction in alcohol-involved crashes due to lowering the legal driving limit to 0.08 blood alcohol concentration, increasing the minimum legal drinking age to 21 and instituting educational campaigns about the dangers of drinking and driving.

However, for more than 20 years, drivers with alcohol concentrations at or above 0.08 have remained involved in about one-third of all traffic fatalities in the U.S. That's about 10,000 lives lost every year.

To reduce this toll, the National Safety Council supports:

- A national campaign educating Americans on impairment beginning with the first drink
- Efforts by states to lower the legal limit for blood alcohol concentration in drivers

The legal alcohol concentration limit in all states is 0.08. Research shows that for the majority of drivers, driving performance deteriorates significantly at this level.

However, the current U.S. culture regarding driving and alcohol is not supportive of lowering driving limits for all adult drivers. And despite drivers' views of drinking and driving as a very serious threat, more than one in eight drivers admit to driving in the past year when they thought they were close to or over the legal limit.

NSC knows more must be done to educate our fellow citizens about alcohol impairment, and we believe change can happen as people know more. A strategy grounded in human behavior theory is needed to change those beliefs and ultimately influence widespread change. Read the NSC Low Alcohol Concentration National Culture Change policy statement. It includes data, scientific evidence of impairment at low levels and background.

Alcohol Only One Cause of Impaired Driving

Drugs — including opioids, marijuana and some over-the-counter medicines — can impair driving by causing drowsiness, altering visual functions and affecting mental judgment and motor skills. Even other factors, such as fatigue and stress, can impair your ability to drive.

Drivers should avoid driving while impaired by any of these factors, just as they would if they consumed alcohol. To learn more about the many causes of impairment, visit nsc.org/impairment.



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**



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

As we enter the time of year where winter weather can affect our programs...

we wanted to update you on our procedures. We make our decisions regarding closings based upon what we feel is best for our many volunteers whom we gratefully depend on to make our nutrition programs work.

Any decision to close meal sites due to inclement weather will be announced on WEKZ Radio (1260 AM or 93.7FM) no later than 7 a.m.

****If you would like to receive email notification of home-delivered meal cancellations, please sign up on our website at adrcgreencounty.org.**

In case we need to close your meal site and are unable to deliver meals, it's a good idea now to stock up on some "staples". Suggestions for good "cold weather staples" include: soup, crackers, hot or cold cereal, canned juice, bottled water, tea, coffee, hot chocolate, non-fat dry milk, canned fruit, frozen "TV" dinners, canned chicken or tuna, breakfast bars, ready-to-eat pudding, peanut butter, jelly, or canned stew.

Filling up on warm soup can help your body's temperature and nutritional needs. Soups can provide fiber, vitamins, protein, carbohydrates, minerals, lots of fluid, and very little fat - if you plan wisely. When purchasing soup, remember that canned soups can be high in sodium, so check the nutrition facts panel on the can. There are soup alternatives with less salt. Similarly, TV dinners can also be high in salt. Look at labels for high sodium content.

We also ask that you make sure your sidewalks and driveway are clear of ice and snow so that volunteers can safely deliver your meals. For ideas about how to get walks shoveled, call the Aging & Disability Resource Center at 328-9499.