

# THE Bridge

JANUARY

Connecting services, resources, and information for the community.

## Make 2024 the best Year yet!

### Check out these tips and tricks for a happy and healthy New Year!

#### Get Enough Sleep

Even as an older adult, you should aim for seven to nine hours of sleep per night. This amount of rest helps to maintain your immune system and improves memory and concentration.

**Many seniors have difficulty falling or staying asleep. To combat insomnia, follow these simple suggestions:**

- Avoid using your television, cell phone, and/or computer in your bedroom.
- Keep your bedroom cool, comfortable, and quiet.
- Stick to a schedule. Go to bed and get up at the same time every day, and avoid long naps.
- Stay active during the day. Tire yourself out!
- Check with your physician to see if any of your medications or medical conditions affect sleep.

#### Eat Well & Stay Hydrated

A healthy diet is one of the simplest health goals for seniors. Focus on consuming high-fiber fruits, vegetables, and whole grains, along with nuts and low-fat dairy and leaner cuts of meat. Limit your consumption of fatty meat, sugar, butter, salt, and pre-packaged foods. Following these guidelines can help protect against cancer, heart disease, Parkinson's, and Alzheimer's, as well as common illnesses caused by viruses and bacteria.

Healthy foods are great, but don't forget to stay hydrated. Keep a container of water near you and take frequent sips throughout the day. Make sure to refill often!

#### Stay Social

The importance of social interaction for older adults cannot be overstated. Loneliness is known as a "silent killer" of seniors. Stay connected with family members and reach out to your friends – it's never too late to make new ones!

#### Use Your Brain

You've probably heard the phrase, "use it or lose it." This colloquialism is especially pertinent to your gray matter as you age. Experts suggest seniors keep their wits sharp with mind-bending puzzles like crossword and sudoku. There are also plenty of activities like, reading, writing and trying a new hobby that can help you ward off a decline in mental health.

#### Exercise

Staying physically active is one of the best health goals for seniors in the new year. **Studies have shown that regular exercise has many benefits for seniors, including:**

- Weight management
- Better sleep
- Improved balance and fall prevention
- Decreased risk of heart disease, type 2 diabetes, high blood pressure, and high cholesterol

Aim for at least 30 minutes of exercise per day. Low-impact activities like biking, walking, tai chi, water aerobics, and yoga are popular exercise options for many older adults.

Continued on page 7

# 2024



**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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Emily Hesgard

## Representative Payee

Brenda Ringhand

## Program Specialist

Katie Huffman

## Bus Drivers

Jan Lien

Dennis Peterson

Bill Wyss

## Meal Site Managers

Linda Johnson

Catrina Bennett

## Hand in Hand Staff

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Laura Short

## Regional ADRC Staff

Regional Manager - Mary Mezera

Regional Administrative Assistant-

Danica Hay-Skattum

## Dementia Care Specialists

Bonnie Beam-Stratz

Hailey Loeffelholz

## Ways to contact us!

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

Facebook - ADRC of Southwest Wisconsin

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

Phone - 608-328-9499

# DO YOU NEED AN APPOINTMENT TO COME INTO THE ADRC?

We often get asked if you need an appointment to talk to someone at the ADRC. Well, the answer is yes and no. 😊

We do have someone available to answer general questions about programs and resources for people who walk-in the ADRC but if you need specific information about a particular program specific to your situation, like your Medicare, you will need to call and set up an appointment.

Our ADRC Specialists are available Monday-Friday from 9:00 am – 3:00 pm to meet with people who walk-in to our office looking for general information about services and resources. They can be used to get pointed in the right direction of what next steps are needed to get connected to programs and services you need. They can also be used to educate on what supports are available through the ADRC and other organizations in the community. For any more specific one-on-one information for things like help with retirement, prescription drug plans, applying for disability, Medicare questions, eligibility for programs, you will want to call and set up an appointment instead of coming out to the ADRC. Staff that help in those areas typically have appointments scheduled throughout the day and are not available to meet with walk-ins.

To set up an appointment just give us a call at 608-328-9499. We will ask you a couple of questions to determine which of our staff will be the best to meet with and be able to connect you with them to schedule an appointment. Our staff do schedule their own appointments so you may have to leave a message but they will give you a call back to get something scheduled.

## ADRC Support Group Offerings: Green County, WI \*\*

## 2024

January 2024						
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September 2024						
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October 2024						
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November 2024						
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December 2024						
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All Groups are held at the  
Green County Human  
Services Building  
N3152 State Road, Monroe, WI

### Day Time Caregiver Support Group

The fourth Thursday of  
each month (unless noted  
otherwise) from 10:30am-  
12:00pm; Lower Level,  
Multipurpose Room 1

### Night Time Caregiver Support Group

The second Thursday of  
each month (unless noted  
otherwise) from 6:00pm-  
7:30pm; Lower Level,  
Multipurpose Rooms 2 & 3

### Grief Support Support Group

The third Tuesday of  
each month (unless noted  
otherwise) from 5:30pm-  
7:00pm; Lower Level,  
Multipurpose Rooms 2 & 3

\*\* Dates & location may be subject to change.

For any questions or additional resources, please contact the ADRC Green  
County Office at 608-328-9499 or [resourcecenter@gchsd.org](mailto:resourcecenter@gchsd.org).





# Creating Strong Passwords and Other Ways to Protect Your Accounts

You create and keep lots of personal information in your online accounts, so you want good protections in place. Here's how to protect your accounts with strong passwords and other security methods.

Information from <https://consumer.ftc.gov/articles/creating-strong-passwords-and-other-ways-protect-your-accounts#:~:text=Avoid%20using%20common%20phrases%2C%20song,to%20make%20your%20password%20strong.>



## Create a Strong Password

When you set up an online account, you're usually asked to create a password. To protect your account from cyberattacks, create a strong password that's hard to guess. How? Start by making your password long — aim for at least 12 characters.

Of course, a long password can be hard to remember. You may find it easier to use a passphrase — a series of words separated by spaces. But make sure that your passphrase consists of random words. Avoid using common phrases, song lyrics, or movie quotes that are easy for a hacking program to guess.

If the account doesn't allow long passwords, mix uppercase and lowercase letters, numbers, and symbols to make your password strong.

Studies show that people aren't very good at creating random, strong passwords, or remembering them. So, what to do? One option is to have your web or mobile browser create a password for you. Each browser has its own process.

Another option is to use a third-party password manager to create a strong password — and remember it. To find a reputable password manager, read expert reviews. Make sure the password you're using with the password manager is strong and secure.

A web browser, mobile browser, and password manager all can save your passwords for you.



## Lock Down Your Email

It's critical to protect your email account with a strong password. That's because password reset links often go to your email inbox. If a hacker takes over your email account, they can get password reset links for your other accounts. Then they can change the passwords and take over those accounts, too.



## Use Multi-factor Authentication

A strong password is an important first step in protecting your account from hackers. But even strong passwords are vulnerable to cyberattacks. Using multi-factor authentication means a hacker who steals your password can't log in to your account without another authentication factor.

The most common type of multi-factor authentication is a verification passcode you get by text message or email. This one-time passcode is typically six digits or longer and it expires automatically. But this is the least secure type of two-factor authentication, so choose a more secure method like an authenticator app or a security key for more protection, if you have the option.



## Pick Security Questions Only You Can Answer

When you create an account, you may have to give answers to a few security questions. Some sites may periodically ask you to answer these questions as a security measure to confirm your identity. You also may have to answer them if you need to reset your password.

Hackers could try to guess your answers to get into your account, so pick security questions only you can answer. Avoid questions with a limited number of responses that hackers can guess — like the color of your first car. And skip questions with answers that someone could find online or in public records — like your zip code, birthplace, or mother's maiden name. If you can't avoid those questions, treat them like a password and use random and long answers. Just be sure you can remember your answers. As with a password, make sure the question and answer are unique, not one that you use on other sites.

Image



## Change Your Password If Someone Steals It

If a company or website tells you it lost your password in a data breach, change your password right away. Follow the advice above and create a new strong password. If you reused the same password, or a similar one, on other services, change it there, too.

If someone is using your personal information, report it and get help at [IdentityTheft.gov](https://www.identitytheft.gov).



## AARP Foundation Tax-Aide Appointments

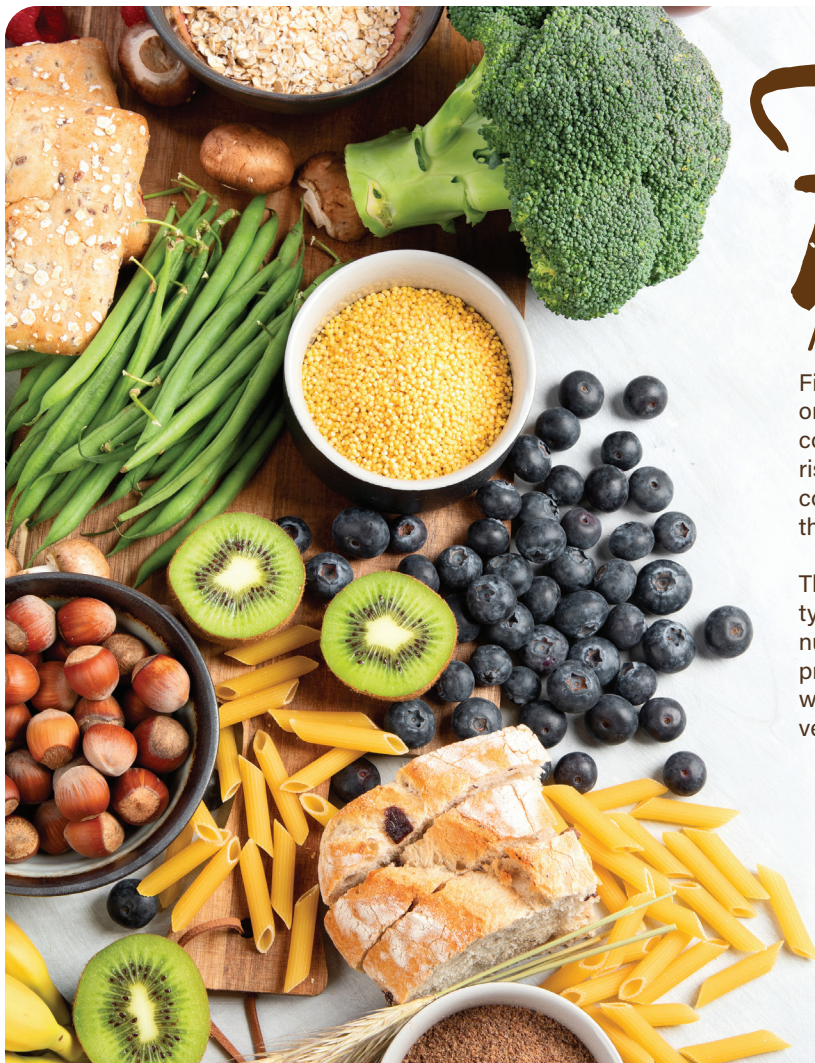
This year, the AARP Foundation Tax-Aide appointments will be completed at one visit. The procedure will be different from previous years with the goal of reducing the time required for your income tax return to be prepared. **This year we will require every taxpayer to complete informational forms prior to their appointment. The taxpayer must pick up the packet of forms at the ADRC front desk at the Government Services Building (N3152 State Road 81 Monroe, WI 53566) after they schedule their appointment.**

Alternatively, you can request the forms be electronically sent to you to print out and complete at the time you make your appointment. **You must have these documents completed prior to your appointment otherwise you will not be seen.**

**Appointments will be scheduled beginning January 8, 2024. Please call (608)328-9499 to schedule your appointment.** Appointments will be on Mondays and Wednesdays starting February 5th and ending April 10th, 2024.

The AARP Foundation Tax-Aide program's goal is to serve low income, disabled and elderly taxpayers. Due to limited staff, we ask taxpayers who don't fall within the parameters to seek assistance from other tax preparation services.





# Fiber

We have all been told “you need to eat more fiber!” But do you really know what fiber is and all the benefits that it provides our bodies? Dietary fiber is a type of carbohydrate that provides minimal energy to our body. Unlike fats, proteins, and other types of carbohydrates, fiber isn’t digested in our bodies. Fiber actually passes through our bodies mostly intact through our stomach, small intestine, colon, and out of our bodies.

Fiber is probably best known for its ability to prevent or relieve constipation. According to mayoclinic.org, fiber has many other health benefits as well! Besides just helping to regulate our bowel movements, consuming the recommended amount of fiber per day can help you maintain a healthy weight, lower your risk of diabetes, heart disease, and some types of cancer. It is suggested for men over the age of 51 to consume 30 grams of fiber per day. And for women, 21 grams per day is the recommendation. What does that look like for you? Check out the list below to see how much fiber is in some common everyday foods!

There are two different types of dietary fiber. The first is soluble fiber. Soluble fiber dissolves in water. This type of fiber can help lower glucose levels and blood cholesterol. Soluble fiber is found in oats, chia seeds, nuts, lentils, beans, and citrus fruits. The second type of fiber is insoluble fiber. This kind of fiber helps promote movement through the digestive system and increase stool bulk, which means it can help those who have irregular bowel movements or have difficulties with constipation. Whole wheat flour, beans, and vegetables are some sources of insoluble fiber.

**There are many benefits to increasing your daily fiber intake.** Adding too much fiber too quickly though can cause cramping, abdominal bloating, and gas. Give your digestive system time to adjust to this change by slowly increasing your fiber over a few weeks.

½ C. oatmeal: 4 G  
1 oz. mixed nuts: 3 G  
½ C black beans: 9 G  
1 slice whole wheat bread: 2 G  
2 Tbsp. chia seeds: 8 G  
3 C. popcorn: 5 G  
½ C. green peas: 4 G  
1 C. cauliflower: 2 G  
¼ C. dry lentils: 4 G

## 2024 Co-Payment Increase for Volunteer Driver Escort Program

Getting around can be difficult

**Getting around can be difficult**, gas prices or finding a family member or friend to take you where you need to go. The ADRC of Green County has many transportation options to help you get to your doctor’s appointments, to get your groceries or to have lunch out with friends. Between our volunteer driver services, shuttles and wheelchair van options, your troubles of getting around shouldn’t be a problem anymore!

The ADRC’s transportation prices have not been adjusted for many years, and due to increasing gas prices and other factors, effective January 1st, 2024, transportation costs for the volunteer driver escort program will be increased. Our staff worked very hard to make sure these prices are still affordable to the public. Our staff will remind you of the new prices when you schedule in January. Please call the ADRC with specific questions regarding the changes to the routes that you use.

ADRC CAN HELP!

Please contact  
the ADRC at  
608-328-9499  
with any  
questions.



# Communication Tips for More Effective and Rewarding Connections

By: Dementia Care Specialist for  
the Aging & Disability Resource  
Center of Southwest Wisconsin

Being aware of helpful  
communication strategies when  
interacting with an individual with  
dementia can lead to more effective  
and rewarding connections. Try  
these communication tips!



- › Non-Verbal Communication is key!  
Smile, make eye contact, be attentive,  
stay calm, be friendly,  
watch your body language
- › **BE PATIENT!** Give them time to respond
- › Use shorter statements
- › Ask one question at a time
- › Break tasks down to one step at a time
- › Offer understanding and reassurance
- › Be respectful
- › Consider their feelings and respond to  
the emotions they are expressing
- › Continue to involve them in the conversation
- › Approach them from the front and  
introduce yourself by name
- › Do not raise your voice
- › One-on-one conversations may  
be more effective
- › Try to limit distractions and maintain  
a calm environment
- › Visual cues may be helpful
- › Do not correct them or argue
- › If they ask the same thing multiple  
times, repeat your response as if  
it were the first time
- › Remember that we all have the same  
core needs: to feel useful, have our  
self-esteem boosted, give & receive  
love, care for ourselves & others

If you are impacted by dementia and looking for more education and support,  
contact the Aging & Disability Resource Center to get connected to the  
Dementia Care Specialist by calling **800-514-0066**.

## WORDS from the ADRC Specialist

**Happy New Year to you and your family from the ADRC Family!**

A new year brings new aspirations, goals and adventures. Plans are discussed and made; but no one wants to think about planning for challenges or unexpected issues that will arise. So, what happens when the unplanned shows up, where do you turn? Maybe it's an unexpected surgery or a permanent change in the health of your loved one. Where can someone go to get options and discuss supports that might be needed?

How about the ADRC? Yes, the ADRC is here to help. The ADRC is dedicated to working with adults and families who are affected by aging, disability, mental health or substance abuse issues, by providing information and access to services to enhance their quality of life. When the unplanned pops up, a call to the ADRC can start the discussion about resources and options. An ADRC Specialist will discuss the current situation and evaluate what resources might be beneficial at that time; which includes private pay and other funding options. No situation is the same, so services are tailored to fit the situation- which can mean some outside the box thinking!

So, if the unexpected shows up and resources are needed, give the ADRC a call. Our Staff is ready to help plan through the unexpected.

*"The New Year stands before us, like a chapter in a book, waiting to be written." –*

*Melody Beattie*

*ADRC Specialists - LA, Maudy and Heather*

## Cost-of-Living Adjustment (COLA) Information for 2024

Information from <https://www.ssa.gov/cola/>

**Social Security and Supplemental  
Security Income (SSI) benefits for  
more than 71 million Americans  
will increase 3.2 percent in 2024.**

The 3.2 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 66 million Social Security beneficiaries in January 2024. Increased payments to approximately 7.5 million SSI recipients will begin on December 29, 2023. (Note: some people receive both Social Security and SSI benefits)

The maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$168,600.

The earnings limit for workers who are younger than "full" retirement age will increase to \$22,320. (SSA will deduct \$1 from benefits for each \$2 earned over \$22,320.)

The earnings limit for people reaching their "full" retirement age in 2024 will increase to \$59,520. (SSA will deduct \$1 from benefits for each \$3 earned over \$59,520 until the month the worker turns "full" retirement age.)

There is no limit on earnings for workers who are "full" retirement age or older for the entire year.

JANUARY

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
<div>CLOSED</div> <div>HAPPY NEW YEAR!</div> <div> </div>	<div>Baked Fish</div> <div>Au Gratin Potatoes</div> <div>Baked Beans</div> <div>Salad w/Dressing</div> <div> </div>	<div>Chicken Thighs</div> <div>Sweet Potato</div> <div>California Blend</div> <div>Strawberries on Angel Food Cake</div>	<div>Roast Pork w/Gravy</div> <div>Creamed Spinach</div> <div>Baked Potato</div> <div>Butternut Squash</div> <div>Tropical Fruit Cup</div> <div> </div>	<div>Roast Beef w/Gravy</div> <div>Mashed Potatoes</div> <div>Brussel Sprouts</div> <div>Pumpkin Crisp</div> <div> </div>
<div>Sloppy Joe</div> <div>Baked Beans</div> <div>Steamed Broccoli</div> <div>Cranapple Cup</div> <div> </div>	<div>Breaded Fish</div> <div>Red Potatoes</div> <div>Green Bean Casserole</div> <div>Cottage Cheese w/Chives</div> <div>Apple Slices</div>	<div>Herbed Pork Loin</div> <div>Squash Apple Casserole</div> <div>Peas &amp; Carrots</div> <div>Pears</div> <div>Pudding</div> <div> </div>	<div>Hot Turkey Noodle Casserole</div> <div>Italian Vegetables</div> <div>Sweet Potatoes</div> <div>Cranberry Fluff</div>	<div>Chicken Breast</div> <div>Mashed Potatoes w/Gravy</div> <div>Carrots</div> <div>Mandarin Orange Cup</div> <div>Butterscotch Bar</div>
<div>Beef Noodle Casserole</div> <div>Harvard Beets</div> <div>Green Beans</div> <div>Tropical Fruit Cup</div> <div> </div>	<div>Hamburger</div> <div>Baked Bean Medley</div> <div>Steamed Broccoli</div> <div>Coleslaw</div> <div>Cherry Yogurt Jell-O Squares</div>	<div>Beef Tips w/Mushroom Gravy &amp; Noodles</div> <div>Stewed Tomatoes</div> <div>Bi-Colored Corn</div> <div>Peaches</div> <div>Peanut Butter Cup</div>	<div>Chicken Casserole w/Noodles and</div> <div>Mixed Vegetables</div> <div>Carrots &amp; Cauliflower</div> <div>String Cheese</div> <div>Banana Pudding on Graham Cracker Crust</div>	<div>Lemon Rosemary Chicken Breast</div> <div>Squash Apple Casserole</div> <div>Baked Potato</div> <div>Blueberry Topped Pears</div> <div> </div>
<div>Chicken Thigh w/Gravy</div> <div>Baked Potato</div> <div>Tomatoes and Beans</div> <div>Salad w/Dressing</div> <div>Pumpkin Fluff</div> <div> </div>	<div>Baked Spaghetti</div> <div>Italian Vegetables</div> <div>Cauliflower</div> <div>Peaches</div> <div>Vanilla Yogurt</div> <div> </div>	<div>Goulash</div> <div>Green Beans</div> <div>Salad w/Dressing</div> <div>Pear Cup</div> <div> </div>	<div>Scalloped Turkey Casserole</div> <div>Broccoli</div> <div>Apricot Cup</div> <div>Winter Squash</div> <div>Cottage Cheese</div> <div>Brownie w/Peppermint</div>	<div>Roast Beef w/Gravy</div> <div>Garlic Mashed Potatoes</div> <div>Carrots w/Dill</div> <div>Applesauce</div> <div>Chocolate Chip Cookie</div>
<div>Hot Ham Slices</div> <div>Pineapple</div> <div>Steamed Broccoli</div> <div>Baked Beans</div> <div>Granola Bar</div> <div> </div>	<div>Tater Tot Casserole w/Mixed Vegetables</div> <div>Winter Squash</div> <div>Pears</div> <div>Yogurt</div>	<div>Creamed Chicken over Mashed Potatoes</div> <div>Roasted Beets</div> <div>Mandarin Orange Cup</div> <div>Striped Cake</div>	<div> </div> <div>WISHING YOU</div> <div>Happy New Year</div>	

JANUARY

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\*

6

The Bridge |

January 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>CLOSED</div> <div>Happy New Year!!</div> <div> </div>	<div>Roast Beef</div> <div>Mashed Potatoes w/Gravy</div> <div>Peas</div> <div>Fruit Cocktail</div>	<div>Lasagna</div> <div>Broccoli</div> <div>Tossed Salad</div> <div>Chocolate Cake</div> <div>Applesauce</div> <div> </div>	<div>Pork Cutlets</div> <div>Sweet Potatoes</div> <div>Corn</div> <div>Cherry Pie</div> <div> </div>	<div>Hamburger Bean Bake</div> <div>Wax Beans</div> <div>Orange</div> <div>Chocolate Chip Cookie</div> <div> </div>
<div>Ham Balls</div> <div>Scalloped Potatoes</div> <div>Green Beans</div> <div>Applesauce</div> <div> </div>	<div>Mushroom Steak</div> <div>Mashed Potatoes w/Gravy</div> <div>Carrots</div> <div>Peaches</div>	<div>Chicken Breast</div> <div>Wild Rice</div> <div>Peas &amp; Carrots</div> <div>Banana</div>	<div>Turkey &amp; Dressing</div> <div>Sweet Potatoes</div> <div>Green Beans</div> <div>Canned Pears</div>	<div>Baked Cod</div> <div>Potato Wedges</div> <div>Baked Beans</div> <div>Coleslaw</div> <div>Grapes</div>
<div>Pork Cutlets</div> <div>Mashed Potatoes w/Gravy</div> <div>Broccoli</div> <div>Apple Pie</div>	<div>Chicken Cordon Blue</div> <div>Boiled Potatoes</div> <div>Beets</div> <div>Fruit Cocktail</div> <div> </div>	<div>Roast Beef</div> <div>Potato Wedges</div> <div>Wax Beans</div> <div>Applesauce</div> <div> </div>	<div>Swiss Steak</div> <div>Mashed Potatoes w/Gravy</div> <div>Corn</div> <div>Chocolate Cake</div> <div>3 Bean Salad</div> <div> </div>	<div>Tuna Noodle Casserole</div> <div>Stewed Tomatoes</div> <div>Orange</div>
<div>Meatloaf</div> <div>Baked Potato</div> <div>Green Bean Casserole</div> <div>Peaches</div>	<div>Spaghetti</div> <div>Carrots</div> <div>Tossed Salad</div> <div>Oatmeal Cookie</div> <div>Peaches</div> <div> </div>	<div>Pork Roast</div> <div>Sweet Potatoes</div> <div>Mixed Vegetables</div> <div>Baked Beans</div> <div>Pumpkin Pie</div>	<div>Baked Chicken</div> <div>Mashed Potatoes w/Gravy</div> <div>Green Beans</div> <div>Pears</div>	<div>Ham Balls</div> <div>Scalloped Potatoes</div> <div>Peas &amp; Carrots</div> <div>Banana</div> <div> </div>
<div>Beef Stew w/Carrots</div> <div>Wax Beans</div> <div>Orange</div> <div> </div>	<div>Chicken Breast w/Wild Rice</div> <div>Mashed Potatoes</div> <div>Carrots</div> <div>Pears</div>	<div>Baked Ham</div> <div>Au Gratin Potatoes</div> <div>Peas</div> <div>3 Bean Salad</div> <div>Peanut Butter Cookie</div> <div> </div>	<div> <div>A NEW</div> <div>Year &amp;</div> <div>A NEW</div> <div>Beginning</div> <div> </div> </div>	



(Continued from Page 1.)

## Practice Prevention

It is easier to prevent illness than to treat it. That's why a key new year's resolution for seniors focuses on preventative health measures. **Here a few ideas to get you started:**

- Schedule your annual physical and screenings to detect and monitor chronic conditions and/or cancer.
- Get vaccinated against the flu and other common viruses.
- Connect with your doctor to discuss any health concerns when they occur; don't put it off.
- Actively manage your medications. Consult with your pharmacist or physician if you believe you are experiencing side effects.
- Check out classes offered by the ADRC!

## Maintain Your Purpose in Life as You Age

All the health goals for seniors aren't just related to physical health, it's been proven that optimists are more likely to reach – and surpass – the age of 85! You don't have to be Pollyanna, but you should try to manage your stress, relax, and focus on spiritual growth, not the perceived limitations of aging. Sometimes, when people retire, they may feel like they have lost their life's purpose and can feel down or depressed.

**Some great ways for older adults to stay connected with their purpose include:**

- Keeping a gratitude journal
- Volunteering
- Joining, or becoming more involved with, a religious organization
- Surrounding yourself with other positive people
- Setting reasonable expectations for yourself and accepting the things that you cannot change
- Embracing aging!

## Evaluate Your Home's Safety

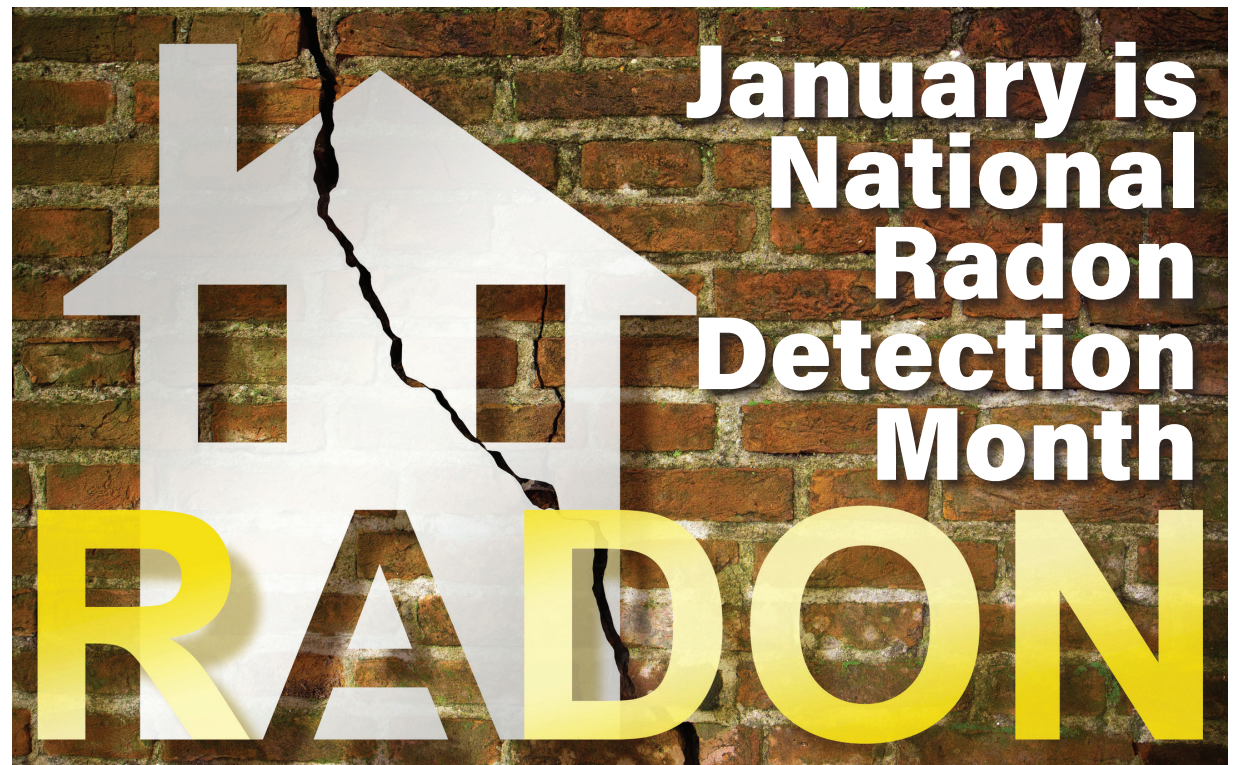
Is your home conducive to aging well? The way your house is set up can have a big impact on your health as you age! Risks to evaluate include the fall hazards, adequate lighting, and the need for assistive devices. **In-home fall hazards include:**

- Blocked walkways (think boxes, stacks of newspapers, electrical and phone cords)
- Cluttered high traffic areas (typically with extraneous furniture like coffee tables, plant stands, and magazine racks)
- Slippery, loose rugs
- Wrinkled carpets
- Food prep spills
- Stairs

As your eyes age, you will need stronger, brighter illumination, even during the day. That's why many senior living communities keep the need for better visuals in mind when interior decorating; they are equipped with specially patterned carpets and high-watt lighting solutions. From installing grab bars to making your home more wheelchair friendly, many seniors don't anticipate their future physical needs.

## Plan Ahead

While it is tempting to kick back and relax in retirement, don't avoid planning for your future care needs! It can feel overwhelming, but there are many resources online for seniors and those who love them, including our handy list of future planning questions.



## What is Radon?

Radon is a cancer-causing, radioactive gas. You can't see radon. And you can't smell it or taste it. But it may be a problem in your home. Radon comes from the natural (radioactive) breakdown of uranium in soil, rock and water and gets into the air you breathe. Radon can be found all over the U.S. It can get into any type of building — homes, offices, and schools — and result in a high indoor radon level. But you and your family are most likely to get your greatest exposure at home, where you spend most of your time. Radon can be found all over the U.S. You should test for radon.

Testing is the only way to know if you and your family are at risk from radon. EPA and the Surgeon General recommend testing all homes below the third floor for radon. EPA also recommends testing in schools. Testing is inexpensive and easy — it should only take a few minutes of your time.

## Radon Test Kits at GCPH

Green County Public Health has radon test kits available for the public. For more information or to schedule a time to get a test kit please call (608) 328-9390 or email [info@greencountywi.org](mailto:info@greencountywi.org).



## You can fix a radon problem.

Radon reduction systems work and they are not too costly. Some radon reduction systems can reduce radon levels in your home by up to 99%. Even very high levels can be reduced to acceptable levels.

## How Does Radon Get Into Your Home?

**Radon Gets in Through:** Cracks in solid floors- Construction joints- Cracks in walls- Gaps in suspended floors- Gaps around service pipes- Cavities inside walls

**The Water Supply:** Radon is estimated to cause many thousands of deaths each year. That's because when you breathe air containing radon, you can get lung cancer. In fact, the Surgeon General has warned that radon is the second leading cause of lung cancer in the United States today. Only smoking causes more lung cancer deaths. If you smoke and your home has high radon levels, your risk of lung cancer is especially high.

## Radon Resources

Below are additional resources to learn more about radon.

### Wisconsin Radon Information Centers

Serving Dane, Green and Rock Counties Contact:  
Clint Marshall or Brandon Macomber  
email: [cmarshall@publichealthmdc.com](mailto:cmarshall@publichealthmdc.com)  
email: [bmacomber@publichealthmcd.com](mailto:bmacomber@publichealthmcd.com)  
608-243-0392  
City of Madison/Dane County Public Health  
2701 International Lane Suite 204  
Madison, WI 53704

Information from Green County Public Health Website  
<https://www.greencountywi.org/385/Radon>





# 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.**

>>>>>>> **2024** <<<<<<<<<

# Health & Wellness

## Prevention Programs

# COMING SOON


Stay Tuned

Look for our upcoming class offerings in February's newsletter or visit our website at [www.adrcgreencounty.org](http://www.adrcgreencounty.org)



Aging & Disability Resource Center  
Green County, Wisconsin

If you have any questions, 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
Jan 11th & 25th	Monroe - Juda - Brodhead - Albany to Janesville	\$15.00
Jan 10th & 24th	Belleville - New Glarus - Monticello to Monroe	\$8.00
Jan 3rd & 17th	Albany - Brodhead - Juda to Monroe	\$8.00
Jan 4th & 18th	Monroe - Monticello - New Glarus - Belleville to Westside of Madison	\$15.00

# DID YOU KNOW ?

We have a monthly email that contains the Upcoming Events for the ADRC of Southwest Wisconsin. You can sign up for this email by visiting [adrcswwi.org](http://adrcswwi.org) or emailing [dhay-skattum@gchsd.org](mailto:dhay-skattum@gchsd.org)

# Medicare 101


Turning 65 presents new choices for your healthcare. It is normal to have many questions such as what are my Medicare options, when do I need to apply and just what does Medicare A, B, C and D mean? The Aging and Disability Resource Center (ADRC) is offering an informational, non-biased seminar to help you navigate this time of your life.

**WHEN:**  
4th Tuesday of each month. 6-7 pm

**WHERE:**  
Human Services Building, N3152 Hwy 81

**CALL:**  
608-328-9499 to reserve your seat

In addition, the Elder Benefit Specialist is available by phone for Social Security, Medicare as well as other important topics that affect anyone over the age of 60. Please call the ADRC to reach the Benefit Specialist.



Aging & Disability Resource Center