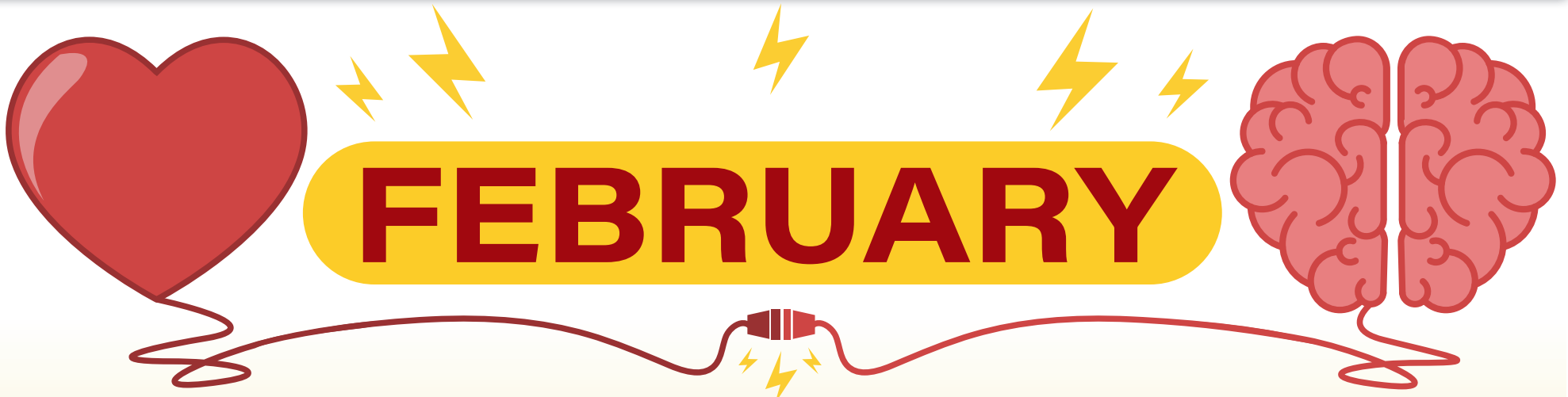


THE Bridge

FEBRUARY

Connecting services, resources, and information for the community.



the month of love by caring for your heart
and reducing risk for dementia

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



When many people think of the month of February many think of Valentine's Day, love, chocolate and hearts, among other things. February is also the month the American Heart Association promotes heart health. As reported by the American Heart Association, heart disease continues to be a leading cause of death worldwide.

"Heart disease continues to be the greatest health threat to Americans and is still the leading cause of death worldwide, according to the AHA's Heart Disease and Stroke Statistics – 2021 Update." Heart Disease was identified as the No. 1 cause of death in the United States as indicated in 2020 data.

Past studies suggest that problems in the vascular system—the heart and blood vessels that supply blood to the brain—can contribute to the development of dementia. Vascular system factors included hypertension, high cholesterol and diabetes.

Vascular dementia is one of the top four types of dementia in the United States. The Alzheimer's Association states that about 5 to 10% of people with dementia have vascular dementia alone. It is more common as part of a mixed dementia diagnosis. Vascular dementia has features/symptoms such as confusion, disorientation, difficulty walking and poor balance.

In most cases, heart disease is preventable when people adopt a healthy lifestyle, which includes not smoking, maintaining a healthy weight, controlling blood sugar and cholesterol, treating high blood pressure, getting at least 150 minutes of moderate-intensity physical activity a week and getting regular checkups.

By taking steps to prevent heart disease, we are also reducing risk factors that can contribute to the development of dementia, especially vascular dementia and Alzheimer's disease. Take the month of February as a starting point to be kind to yourself and your heart and moving forward to a healthier future. Your brain will thank you as well.



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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Hand in Hand Staff

Heather Huschitt

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

Facebook - ADRC of Southwest Wisconsin

Email - resourcecenter@gchsd.org

Phone - 608-328-9499



We are so fortunate to have a current group of dedicated volunteers and we are looking to add to it! The ADRC of Green County understands that individuals have busy lives; whether that be helping watch grandkids, taking exercise classes, going on trips or even volunteering at the other wonderful organizations in our community. The ADRC values flexibility and stress to our volunteers that even if you can only help one hour a month, it means the world to us!

Some of the volunteer opportunities available at the ADRC are:

Home-Delivered Meals- Deliver meals to

home-bound seniors in the communities of Green County. Days vary dependent on town but delivery time is usually between 10:45-12:00 noon.

Breakfast Hostess- Act as a hostess at our breakfast café on Mondays or Wednesdays from 7:00-10:00 AM. No cooking required!

Driver Escort- This position uses their own vehicle to transport people to and from appointments. We reimburse at the IRS Reimbursement rate for each mile the driver drives.

Wellness Programs- Depending on class offerings, we at times utilize volunteers to help co-facilitate classes.

Adult Day Center- We are looking for people who are willing to come in and help with exercises (about 1 hour), lead an activity or just be an extra set of hands.

If you have questions, you can learn more about our volunteer opportunities on our website at adrcgreencounty.org or call 608-328-9499.



Post-Christmas Thank You's

Due to publishing deadlines, this thank you was unable to be included near Christmas-time. The ADRC of Green County and Home-Delivered Meal program would like to thank the various community members and organizations including the Monroe Women's Club, Monroe Preschool and Fitness Nutrition Center that donated gifts, care packages, ornaments and more to our home-delivered meal participants in Green County. We are thankful for the thought and care our community has for our homebound seniors.

2025-2027 Aging Plan in the works!

Every three years, each county in Wisconsin must create an Aging Plan that emphasizes the needs expressed by older adults and their caregivers through community engagement and public input.

Though your input during any time of the year is valuable to us, we will be working extra hard over the next 5 months to obtain as much public information as possible to create an aging plan that meets the needs of Green County. Keep an eye out in future editions of The Bridge, our Facebook page "ADRC of Southwest Wisconsin", and our website adrcgreencounty.org for ways to provide your input.

Home-Delivered Meal Cancellation Notification



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. Though we regularly cancel meals when schools close, this is not always the case.

Because of the large number of participants in our program, we are unable to personally call all home-delivered meal participants of the cancellation. There are different ways to find out if home-delivered meals have been cancelled due to weather. They include:



✓ **Radio-** We will announce on WEKZ Radio (1260 AM or 93.7 FM).



✓ **Facebook-** We will post on our Facebook page "ADRC of Southwest Wisconsin" if meals have been cancelled.



✓ **Email-** If you would like to receive an email notification of home-delivered meal cancellation, please visit our website at adrcgreencounty.org and scroll to the bottom to sign up.



✓ **Call-In Line-** We now have a call-in line that will be updated around times of inclement weather to update if meals or other ADRC programs have been cancelled. This line is call-in only and you are unable to leave a message. **The number is 608-328-9644.**



If you have other questions or concerns, please contact the ADRC at 608-328-9499.

Green County Child Advocacy Center:

Program growth and changes to meet community needs

The Green County Child Advocacy Center (CAC) is the only resource of this kind in Green County and is one of 15 child advocacy centers in Wisconsin. The program provides critical intervention and prevention services for children in Green County and across Wisconsin. The center brings together a dedicated team of professionals trained in child abuse investigations, evaluations, and family support. Our mission is to provide a safe, comfortable space where children and families can access comprehensive care, from forensic interviews to mental health treatment.

The Green County CAC has been in existence since 2006, and since its inception, the program has continued to grow with the changing needs of the community. The CAC has successfully expanded the program from a room at our local hospital to its current facility, located at 2809 6th Street in Monroe, WI. The current facility is located in the former Green County Highway Commissioners house and our center staff has prided ourselves in maintaining a home-like setting that can meet the needs of the children and families that come to need our services.

Over the last two years, we have experienced an increase in referrals by about 40% which has impacted our capacity to serve our community quickly and efficiently. Because of the increased need for forensic interviews and mental health services, the Green County Board of Supervisors committed American Rescue Plan Act (ARPA) funds to remodel and expand the space so the center can serve more children at once. The remodel will nearly double the footprint of the current building, and with the changing layout and increased space, the center can hire an additional therapist as well as provide more availability for forensic interview services.



CAPITAL CAMPAIGN

Groundbreaking and Fundraiser Kick-Off

The Green County CAC broke ground on the remodel and expansion project on October 3, 2023, and the new building is taking shape. Kundert Construction was selected as the General Contractor and is utilizing a number of local subcontractors as they make tremendous progress. The project is anticipated to be completed by the spring of 2024.

At the groundbreaking, the Green County CAC kicked off its capital campaign project titled "Grow With Us," asking the community for its support for future program growth. The campaign was split into two phases, with the first phase goal set at \$50,000 to be used for furnishings for the remodel and expansion project. Since the beginning of October, over 60 community members and business owners across Green County have contributed to the campaign. At the beginning of December, the Green County CAC's capital campaign received a \$20,000 donation from Colony Brands Foundation, effectively bringing the campaign to its first phase goal of \$50,000. The Green County CAC set an ambitious second phase goal of an additional \$50,000 to be accomplished over the next year to support current and future forensic interview and mental health programming. With the center's footprint changing to meet the physical needs of the community, staff want to ensure staff and services can grow with the changes needs of the community.

The Green County CAC is completely supported by grant funding, however, Wisconsin's CACs are at risk of significant funding cuts in the next year due to critical funding streams, such as the Victims of Crime Act, being drastically reduced. Additionally, Wisconsin CACs receive some of the lowest state funding in the nation. The GCCAC is not immune to these funding cuts, and securing funds from our community ensures that children who have experienced trauma can continue to receive access to forensic interview services and mental health treatment at no cost to their families.

LUNCH & LEARN

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

KEEP YOUR HEART HEALTH IN MIND

February is **American Heart Health Month**, an important reminder to focus on our cardiovascular health. **Danielle Morgan-Hanusa, RD, LD**, and **Cheryl Updike, Community Health Worker, RMA** from SSM Health Monroe Clinic, will be joining us to talk about the importance behind managing our blood pressure and cholesterol. They will be providing some easy heart healthy diets that you can take home and try out yourself. **Free blood pressure screenings will be available.**

Tuesday: February 20th, 2024
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 Tuesday, February 13th.

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

Mark your calendars for our future 2024 Lunch & Learn events taking place on **April 15th, June 17th, August 19th, October 21st, & December 16th.**



Pictures:

Studio GWA rendering of remodel and expansion project of the Green County CAC "The Brick House"

Showing Yourself *Love* Through Nutrition

Love is a pretty popular word this time of year. How do you show yourself love? Is it getting a manicure or reading your favorite book? Self-love is caring for yourself at a physical and emotional level. This can look different for everyone but for many a good place to start is fueling your body with good nutrition and forming a healthy relationship with food.

Make simple goals when it comes to changing your eating habits! While you may be motivated to change everything about the way you eat, small, realistic changes are often more manageable and sustainable. According to www.health.harvard.edu, “popular diets simply don’t work for the vast majority of people they are modestly effective for a while, but after a year or so the benefits are largely gone.” Some good examples of changes you could make are to eat 1 more serving of vegetables or drink 1 extra cup of water per day.

Be conscious of how these changes make you feel. Do you have more energy throughout the day when you drink more water? Do you feel more positively about yourself when you eat more fruits and vegetables? Being mindful of how we feel when we eat helps us better connect with ourselves. Being mindful while we eat allows us to pay attention to our hunger and fullness cues. All of this helps us better understand when and why we eat. Pause from time to time while eating, engage your senses, and really enjoy your food.

Be flexible when it comes to making decisions about food. Not all food serves the same purpose. Some foods are there to provide us with nutrients like vitamins and minerals. Other foods might just bring us happiness! Food has a unique power to bring people together and allow us to share special memories with each other. Spend this Valentine’s Day forming new memories by showing yourself some love and baking cookies with a loved one.

Strawberry Chocolate Chip Cookies

- 1 Box strawberry cake mix
- 1 teaspoon baking powder
- 1/2 teaspoon vanilla extract
- 1 1/4 cup semi sweet chocolate chips
- 2 eggs
- 1/2 cup vegetable oil

- Preheat oven to 350°. Line a baking sheet with parchment paper.
- Mix together ingredients and stir to form a dough. Gently mix in the chocolate chips.
- Drop rounded balls, about 2 Tablespoons each, onto baking sheet.
- Bake for 10 minutes - do not let the cookies get brown. Allow cookies to cool on baking sheet for 3 minutes before transferring to a wire rack to cool completely.



Sources:

<https://www.health.harvard.edu/blog/when-dieting-doesnt-work-2020052519889>
<https://sallysbakingaddiction.com/strawberry-chocolate-chip-cookies/>

You’re Not Alone: Help is Available for Older Adults with Vision Loss

Until recently, we didn’t have much concrete data on the impact vision loss is having on aging adults across Wisconsin. We could estimate how many people in the state are blind and visually impaired, and we had plenty of anecdotal information about how vision loss is affecting their well-being. But the numbers to back up those stories were missing.

That changed with the publication last year of “Wisconsin’s Older Population and Vision Loss: A Briefing,” a detailed report prepared by researchers from The Ohio State University College of Optometry and published by VisionServe Alliance, a national network of leaders and organizations working to transform the lives of people living with blindness and low vision.

We now have a much clearer understanding of the impact of vision loss among Wisconsin’s older adults. The report tells us not only how common it is, but also what groups are more likely to be affected. We can also better grasp the connection between vision loss and physical, mental and social health.

Here are a few of the facts from the report:

Who Has Vision Loss?

- More than 4 out of every 100 older people in Wisconsin report severe vision impairment or blindness.
- Women over 65 in Wisconsin are significantly more likely than men to experience vision impairment.
- African Americans over 65 in Wisconsin are more than three times as likely to experience vision impairment as their White peers.
- Vision impairment rates vary widely across Wisconsin counties, with high rates found among both urban and rural counties.
- The vast majority of older people with vision impairment do not receive vision rehabilitation services to help them adapt to their changing vision.
- Older adults with vision loss are much more likely to be living in poverty than their peers who are not visually impaired.

What’s the Connection Between Vision Loss and Health?

- Older people with vision impairment are more likely to have chronic conditions like stroke, arthritis, diabetes and kidney disease, and are twice as likely to suffer from depression.
- More than half of older people with vision impairment in Wisconsin report fair or poor health, compared to only 20% of older people without vision impairment.

So, what does all this mean for you? Above all, it means that if you are experiencing vision loss, you are not alone! It’s very common to feel more isolated and lonely as your vision declines, so it’s important to understand that (1) others in your community are going through the same thing; and (2) services are available that can help you feel more independent and empower you

to continue with many of the activities you enjoy.

Practicing good eye health and seeing your eye doctor regularly will help preserve your vision as long as possible. It will ensure that your eye condition is diagnosed properly and you know your treatment options. If vision loss has begun to affect your day-to-day life, please consider reaching out to the nearest organization that provides vision rehabilitation services, which can teach you strategies for daily living. They can help you determine if vision rehab or other related services are right for you:

Wisconsin Council of the Blind & Visually Impaired

(based in Madison)
800-783-5213
Info@WCBlind.org
WCBlind.org

Vision Forward Association

(based in Milwaukee)
414-615-0100
Info@Vision-Forward.org
Vision-Forward.org/

Wisconsin Department of Health Services, Office for the Blind and Visually Impaired

(statewide)
888-879-0017
DHSOBVI@DHS.Wisconsin.gov
DHS.Wisconsin.Gov/OBVI

Lighthouse Center for Vital Living

(based in Duluth, MN)
218-624-4828
Info@Lcfvi.org
Lcfvi.org

The report “Wisconsin’s Older Population and Vision Loss: A Briefing” is available online at [Bit.ly/WisconsinBigDataReport](https://bit.ly/WisconsinBigDataReport).

Changing vision can be frightening, but with the right information and support, you can continue to live a vibrant and fulfilling life!



MIND OVER MATTER:

*Healthy Bowels,
Healthy Bladder*

(Virtual Offering)

Did you know that over half of women age 50 and older experience issues with bladder or bowel control at some time in their lives?

What will I learn in this workshop?

- Information about bladder and bowel control
- At-home techniques and exercises to help prevent or improve symptoms
- Tools to help you set goals and mark your progress

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



Researched and proven to reduce bladder and bowel leakage!



Mind Over Matter: Healthy Bowels, Healthy Bladder

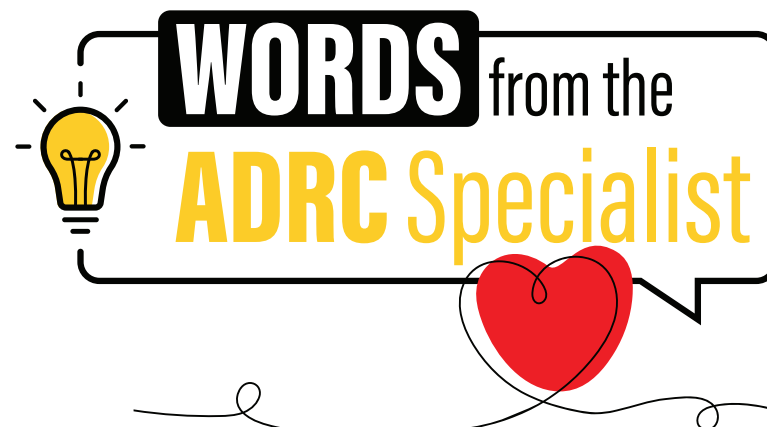
is a workshop designed to give women the tools they need to take control of their bladder and bowel symptoms.

The workshop consists of three 2-1/2 hour sessions that meet every other week. It provides information and group activities along with simple exercises and dietary changes to practice at home. Even if you don't have leakage symptoms now, it's never too early or too late to think about your bladder and bowel health.

February 28th, March 13th, & March 27th
Wednesdays, 5:00pm-7:30pm (CST)
Virtual, Via Zoom

Zoom Practice Session: February 21st

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



February is considered the month of love, but it's not all about romance and sweetheart candies! The month of love can be looked at as a month of self-care, self-love and caring for others in your life. Self-care can be as simple as taking time for yourself to do the things you enjoy- reading a book, watching your favorite show, going for a walk or spending time with friends and/or family. But how can we help the people we love get the self-care and self-love if they struggle with memory issues or loneliness?

Socialization can be a very important piece of self-care, it allows us to have that connection with another person or group of people. For loved ones that are lonely or have memory issues, this can be challenging. There are resources/options available for activities within the community that can provide socialization, such as the Adult Day Center, shuttle trips, Senior Centers, dining sites and prevention classes. All are great options and opportunities for loved ones to socialization with others who might be experiencing similar situations.

So, take the time to spend sometime on yourself and the ones you love this month: SELF-LOVE! For information on the resources/ opportunities listed above, please reach out to the ADRC!

"Our first and last love is self-love."- Christian Nestell Bovee
ADRC Specialists - LA, Mandy and Heather

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.**

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

Our 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.

FEBRUARY

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> <div>Stay Warm & Cozy this</div> <div>February</div> </div>				
<div> <div>Taco Casserole w/Black Beans</div> <div>5</div> </div>	<div> <div>BBQ Beef Tips</div> <div>6</div> </div>	<div> <div>Lasagna</div> <div>7</div> </div>	<div> <div>Tater Tot Casserole</div> <div>8</div> </div>	<div> <div>Turkey w/Gravy</div> <div>2</div> </div>
<div> <div>Rice</div> <div>Corn Muffin</div> <div>Cottage Cheese</div> <div>Pear Cup</div> </div>	<div> <div>Rosemary Roasted Potatoes</div> <div>Broccoli</div> <div>Tropical Fruit Cup</div> <div>Cranberry Cheesecake</div> </div>	<div> <div>Steamed Italian Beans</div> <div>Tossed Salad w/Dressing</div> <div>Peach Cup</div> <div>Yogurt</div> </div>	<div> <div>Mixed Vegetables</div> <div>Winter Squash</div> <div>Pears and Yogurt</div> </div>	<div> <div>Cranberry Dressing</div> <div>Peas & Carrots</div> <div>Apricots</div> <div>Pumpkin Bar</div> </div>
<div> <div>Meatloaf w/Gravy</div> <div>12</div> </div>	<div> <div>Baked Fish</div> <div>13</div> </div>	<div> <div>Chicken Thighs</div> <div>14</div> </div>	<div> <div>Breaded Cod Patty</div> <div>15</div> </div>	<div> <div>Sage Chicken Thighs w/Gravy</div> <div>9</div> </div>
<div> <div>Garlic Mashed Potatoes w/Gravy</div> <div>Steamed Carrots/Cabbage</div> <div>Mixed Melon Cup</div> </div>	<div> <div>Au gratin Potatoes</div> <div>Baked Beans</div> <div>Lettuce Salad w/Dressing</div> <div>Mandarin Orange Cup</div> </div>	<div> <div>Sweet Potato</div> <div>California Blend Vegetables</div> <div>Angel Food Cake</div> <div>Strawberries</div> </div>	<div> <div>Red Potatoes</div> <div>Stewed Tomatoes</div> <div>Cinnamon Baked Apples</div> </div>	<div> <div>Butternut Gratin Potatoes</div> <div>Steamed Yellow Beans</div> <div>Mandarin Oranges</div> <div>Fudgy Brownie</div> </div>
<div> <div>Hamburger Sloppy Joe</div> <div>19</div> </div>	<div> <div>Fish Breaded</div> <div>20</div> </div>	<div> <div>Herbed Pork Loin</div> <div>21</div> </div>	<div> <div>Hot Turkey Noodle Casserole</div> <div>22</div> </div>	<div> <div>Chicken Breast</div> <div>23</div> </div>
<div> <div>Baked Beans</div> <div>Steamed Broccoli</div> <div>Cranapple Fruit Cup</div> </div>	<div> <div>Red Potatoes</div> <div>Red Bean Casserole</div> <div>Cottage Cheese w/Chives</div> <div>Apple Slices</div> </div>	<div> <div>Squash Apple Casserole</div> <div>Peas and Carrots</div> <div>Pears</div> <div>Pudding Cup</div> </div>	<div> <div>Italian Vegetables</div> <div>Sweet Potatoes</div> <div>Cranberry Fluff</div> </div>	<div> <div>Mashed Potatoes w/Gravy</div> <div>Carrots</div> <div>Mandarin Orange Cup</div> </div>
<div> <div>Beef Noodle Casserole</div> <div>26</div> </div>	<div> <div>Hamburger</div> <div>27</div> </div>	<div> <div>Beef Tips w/Mushroom Gravy</div> <div>28</div> </div>	<div> <div>Chicken Casserole w/ Noodles</div> <div>29</div> </div>	
<div> <div>Harvard Beets</div> <div>Green Beans</div> <div>Tropical Fruit Cup</div> </div>	<div> <div>Baked Bean Medley</div> <div>Steamed Broccoli</div> <div>Coleslaw</div> <div>Cherry Yogurt Jell O Square</div> <div>Orange Cup</div> </div>	<div> <div>Noodles</div> <div>Stewed Tomatoes</div> <div>Bi-Colored Corn</div> <div>Peaches</div> </div>	<div> <div>Carrots</div> <div>Cauliflower</div> <div>String Cheese</div> <div>Banana Pudding</div> </div>	

FEBRUARY

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 |

February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> <div>February ...love is in the air</div> </div>				
<div> <div>Baked Chicken</div> <div>5</div> </div>	<div> <div>Roast Beef</div> <div>6</div> </div>	<div> <div>Lasagna</div> <div>7</div> </div>	<div> <div>Turkey & Dressing</div> <div>1</div> </div>	<div> <div>Baked Cod</div> <div>2</div> </div>
<div> <div>Scalloped Potatoes</div> <div>Carrots</div> <div>Banana</div> </div>	<div> <div>Mashed Potatoes w/Gravy</div> <div>Peas</div> <div>Fruit Cocktail</div> </div>	<div> <div>Broccoli</div> <div>Tossed Salad</div> <div>Chocolate Cake</div> <div>Applesauce</div> </div>	<div> <div>Squash</div> <div>Tossed Salad</div> <div>Apple Crisp</div> </div>	<div> <div>Potato Wedges</div> <div>Coleslaw</div> <div>Grapes</div> </div>
<div> <div>Ham Balls</div> <div>12</div> </div>	<div> <div>Mushroom Steak</div> <div>13</div> </div>	<div> <div>Chicken Breast</div> <div>14</div> </div>	<div> <div>Pork Cutlets</div> <div>8</div> </div>	<div> <div>Hamburger Bean Bake</div> <div>9</div> </div>
<div> <div>Scalloped Potatoes</div> <div>Green Beans</div> <div>Applesauce</div> </div>	<div> <div>Mashed Potatoes w/Gravy</div> <div>Peas</div> <div>Fruit Cocktail</div> </div>	<div> <div>Wild Rice</div> <div>Peas & Carrots</div> <div>Banana</div> </div>	<div> <div>Sweet Potatoes</div> <div>Corn</div> <div>Cherry Pie</div> </div>	<div> <div>Wax Beans</div> <div>Orange</div> <div>Chocolate Chip Cookie</div> </div>
<div> <div>Pork Cutlets</div> <div>19</div> </div>	<div> <div>Chicken Cordon Bleu</div> <div>20</div> </div>	<div> <div>Roast Beef</div> <div>21</div> </div>	<div> <div>Turkey & Dressing</div> <div>15</div> </div>	<div> <div>Baked Cod</div> <div>16</div> </div>
<div> <div>Mashed Potatoes w/Gravy</div> <div>Broccoli</div> <div>Apple Pie</div> </div>	<div> <div>Boiled Potatoes</div> <div>Beets</div> <div>Fruit Cocktail</div> </div>	<div> <div>Potato Wedges</div> <div>Wax Beans</div> <div>Applesauce</div> </div>	<div> <div>Sweet Potatoes</div> <div>Green Beans</div> <div>Canned Pears</div> </div>	<div> <div>Potato Wedges</div> <div>Baked Beans</div> <div>Coleslaw</div> <div>Grapes</div> </div>
<div> <div>Meatloaf</div> <div>26</div> </div>	<div> <div>Spaghetti</div> <div>27</div> </div>	<div> <div>Pork Roast</div> <div>28</div> </div>	<div> <div>Swiss Steak</div> <div>22</div> </div>	<div> <div>Tuna Noodle Casserole</div> <div>23</div> </div>
<div> <div>Baked Potato</div> <div>Green Bean Casserole</div> <div>Peaches</div> </div>	<div> <div>Carrots</div> <div>Tossed Salad</div> <div>Oatmeal Cookie</div> <div>Peaches</div> </div>	<div> <div>Sweet Potatoes</div> <div>Mixed Vegetables</div> <div>Baked Beans</div> <div>Pumpkin Pie</div> </div>	<div> <div>Mashed Potatoes w/ Gravy</div> <div>Green Beans</div> <div>Pears</div> </div>	<div> <div>Stewed Tomatoes</div> <div>Orange</div> </div>



Stepping On

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Preventing Falls – What can **YOU** do?

Falls may not seem an obvious topic for a casual gathering of active older adults. But mention the subject, and it quickly takes center stage. For one person, it's the story of an older relative whose fear of falling keeps them homebound. For another, it's their worry about a spouse who won't admit that falling has become a problem. No matter the variety of personal experiences, however, everyone will agree: older adults don't want to become a fall-injury statistic.

And their concern is well placed. The Centers for Disease Control and Prevention (CDC) reports that falls are by far the most common cause of accidental injury for older adults in the US. Each year, 2.3 million adults over 65 has a fall, leading to serious injuries in about 1 in 3 cases. At a local level, the picture is even more grim. If you are over 65, just living in Wisconsin increases your risk of dying from an accidental fall by more than twice the national average, according to CDC data. Icy winters and the state's high standards for tracking fall-related injuries don't fully explain the startling statistic. Public health experts say that's made it difficult to address the causes of the disparity.

Beyond the scary numbers, however, there's another side to falls that older adults need to know. "Falls are preventable and they are not a normal part of aging," says Laura Steiner, Wellness & Prevention Specialist of ADRC-Green County Office. The ADRC partners with the Wisconsin Institute for Healthy Aging (WIHA). WIHA is an organization that supports training and research for falls prevention programs (and many other programs) in Wisconsin communities, including a class called **Stepping On**. "Studies in Wisconsin have shown Stepping On reduced participants' likelihood of

falling by 31% after taking the class. That's a lot of bruises, or even more serious injuries that people avoided. This is all very good news because it shows older adults there are effective ways to protect themselves from falls."

"Nobody wants to fall," says Morgan Kennison, Aging Programs Coordinator of ADRC Green County Office. "People want to be proactive, but they need to know how to recognize their risk in the first place. Classes like **Stepping On** make people aware of hazards they take for granted at home or out in the community. Instead of scaring them, though, **Stepping On** puts the problem-solving in their hands. Participants come out of the workshop having more confidence and being more aware of not only their surroundings, but what they can do to prevent falls from happening!"

Stepping On workshops meet 2 hours, once a week, for 7 weeks. Participants hear from experts like physical therapists, pharmacists, police officers, and vision specialists, and learn exercises to improve balance and build strength. "People have fun," Steiner says. "You can always tell where the **Stepping On** class is from all the laughing!"

Anyone over 60 who has fallen or is concerned about falling should consider taking a Stepping On workshop.

The next class will be held at the Community Center in Juda, on Thursdays from 1:00pm – 3:00pm. The class will run starting February 22nd through April 4th, 2024.

There is no charge, however, donations are welcomed to cover class costs. Spots are limited. Pre-registration is necessary to determine eligibility, so be sure to sign up today by calling the ADRC at 608-328-9499. To learn more about Stepping On, visit Green County's ADRC website at adrcgreencounty.org or Wisconsin Institute for Healthy Aging's website at wihealthyaging.org

This Stepping On offering is brought to you by the ADRC in partnership with SSM Health – Monroe Hospital.

●●● Stepping On | WIHA



Home Improvement Project Ideas for Aging in Place

By the GWAAR Legal Services Team

Are you planning to stay in your home for as long as you can? If so, you're not alone. According to research by the National Conference of State Legislatures and the AARP Public Policy Institute, nearly 90 percent of people over the age of 65 want to stay in their homes for as long as possible. Unfortunately, most homes are not designed for aging in place. However, there are some remodeling projects that can help people of all ages live more comfortably in their homes.

- ✓ **Consider smart home products like thermostats, lighting, or doorbells.** Adjust your home's temperature, turn the lights on or off, or see who is at your door with the push of a button or with a voice command.
- ✓ **Take steps to prevent falls. Add handrails on both sides of a stairway.** If your house has front steps, consider changing your entryway so that there is a sloping walkway rather than steps. An overhang over your main entrance will shield you from rain and snow and reduce your risk of falling on slippery pavement. In addition, pay attention to floor surfaces. Hardwood floors can be slippery, but adding area rugs can create a tripping hazard. On the other hand, carpeting reduces the risk of tripping and can help cushion a fall. However, wheelchairs and walkers might not easily roll over carpet.
- ✓ **Get creative with your home's layout.** Having a bedroom and full bathroom on the first floor means you will not have to climb stairs every day. In addition, if you move the laundry to the main floor, you will not have to carry a laundry basket up and down stairs.
- ✓ **Think about how to make your bathroom accessible to people of all ages, heights, and mobility.** A walk-in tub or curbless shower eliminates the need to step over the edge or a bathtub or shower. In addition, a taller toilet can make it easier to sit down and stand up. Finally, make sure your bathroom walls can accommodate grab bars.

- ✓ **Maintain independence in your kitchen.** Consider adding rollout shelves or pullout drawers for storage so that you do not have to bend over as much. A microwave at counter height and seated work spaces make food preparation easier for people who have trouble standing. Finally, ranges or cooktops with controls on the front eliminate the need to reach across hot burners.
- ✓ **Do not forget about outlets, switches, and doorknobs.** Consider putting outlets and switches where they can be reached by someone who is sitting. Light switches that do not require grasping will be easier to use. Doors with levers rather than doorknobs are easier to use by people who have arthritis or who simply have their hands full.

Costs will vary depending on where you live and the specific project. Some of these suggestions can easily be added to remodeling or maintenance projects you may already be planning, and others can be done by you or a family member in an afternoon. Most importantly, think about your own priorities and lifestyle to determine which adjustments will best meet your needs.



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

UPCOMING 2024 PREVENTION WORKSHOPS

STEPPING ON:

[Falls Prevention Program:
7 consecutive weeks]

February 22nd - April 4th
1:00pm-3:00pm, Thursdays
Juda, Community Center

MIND OVER MATTER:

[Women's Incontinence Program:
3 sessions, every other week]

February 28th, March 13th, & 27th
5:00pm-7:30pm (CST), Wednesdays
Virtual, Via Zoom
Zoom Practice Session: February 21st

WALK WITH EASE:

[Arthritis Self-Management/
Physical Activity Workshop:
6 consecutive weeks]

April 1st - May 13th
3x per week for at least 10-40 minutes
Self Directed: Anytime/Anywhere

HEALTHY LIVING WITH DIABETES:

[Diabetes Self-Management Workshop:
6 consecutive weeks]

April 17th - May 22nd
1:00pm-3:30pm, Wednesdays
Monroe, Behring Senior Center

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

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



Need A Ride?

ADRC Shuttle Bus Services

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

All shuttle bus services are a suggested donation.

Every Monday	Around Monroe	\$5.00
Feb 8th & 22nd	Monroe - Juda - Brodhead - Albany to Janesville	\$15.00
Feb 14th & 28th	Belleville - New Glarus - Monticello to Monroe	\$8.00
Feb 7th & 21st	Albany - Brodhead - Juda to Monroe	\$8.00
Feb 1st & 15th	Monroe - Monticello - New Glarus - Belleville to Westside of Madison	\$15.00

Medicare 101

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

WHEN:

4th Tuesday of each month, 6-7 pm

WHERE:

Human Services Building, N3152 Hwy 81

CALL:

608-328-9499 to reserve your seat

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

