

THE Bridge

MARCH

Connecting services, resources, and information for the community.

March is National Nutrition Month

National Nutrition Month was started in 1973 by the Academy of Nutrition and Dietetics to promote healthful eating and physical activity. National Nutrition Month began as National Nutrition Week and became a month-long observance in 1980 in response to growing interest in nutrition. Every year during the month of March, the Academy welcomes us to learn more about making informed choices about our food.

When it comes to making smart choices around our meals, it's important to remember the 5 food groups and why they are each important to our bodies. The U.S. Department of Agriculture (USDA) created the MyPlate icon (formerly known as MyPyramid) in 2011 to showcase the 5 food groups during a meal. These groups are protein, grains, fruits, vegetables, and dairy.

Proteins are the building blocks for our bones, muscles, skin, and blood. Proteins are one of the three nutrients, along with carbohydrates and fat, that provide our bodies with calories. Nutrients vary between different protein sources so it's important to vary your protein intake within your meals. Many protein foods are a good source of B vitamins, iron, vitamin E, zinc and magnesium.

There are two types of grains- whole grains and refined grains. Refined grains go through a process that gives them a finer texture and longer shelf life. However, this process removes dietary fiber, iron, and many B vitamins. It's important to make half our grains that we eat whole. This ensures we consume adequate amounts of fiber, B vitamins, magnesium, and selenium.

Fruit and vegetables provide many essential nutrients like vitamin C and A, potassium, and fiber. Potassium can help maintain a healthy blood pressure. Eating enough fiber can help reduce your risk for heart disease and is important for regular bowel function. Vitamin C is beneficial for our immune systems, helps our bodies absorb iron, and can help our bodies heal cuts and wounds. Vitamin A keeps our eyes and skin healthy. Just like with our protein sources, it's important to vary our produce as they all contain different nutrients.

The last food group to incorporate into our meals is dairy. MyPlate recommends choosing low-fat or fat-free options of milk, yogurt, and cheese. Dairy products contain many nutrients like calcium and vitamin D. These nutrients are important in building and maintaining our bones and teeth.

Now that we know the importance of all food groups, spend this month celebrating nutrition by making knowledgeable choices while preparing your meals.

Sources:
<https://www.myplate.gov/>

<https://www.eatright.org/about-national-nutrition-month>



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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Linda Johnson

Catrina Bennett

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

Caregiver Stress-Busting Dementia Program New Program for Dementia Family Caregivers

In 2024, the Dementia Care Specialists will be offering a new program called the Stress-Busting Program, which is a 9-week program for family caregivers for people with dementia. The Stress-Busting Program is a multi-component, evidence-based program that not only allows caregivers to learn about stress and its effects, but also learn and practice a new stress management technique each week. Caregivers will have the opportunity to develop tools and strategies they may need to cope more effectively with the stressors related to caregiving. The program content includes stress and the impact of long-term stress, managing difficult behaviors, grief, loss, and more.



First class starting on
Friday, April 12th through June 7th
on Fridays from **10:00 AM-11:30 AM**.
Virtual or in-person option available.

Register by contacting
Hailey Loeffelholz,
Dementia Care Specialist at
608-723-6113
hloeffelholz@gchsd.org

Volunteers Needed



Work Flexible Hours & Make Your Own Schedule!

Home-Delivered Meal Drivers:

Deliver meals to home-bound seniors in your community.
Delivery routes are from 11:00am-12:00pm.

Driver Escorts:

Volunteers use their own vehicles to transport older adults and those with a disability to appointments. Drivers do not need to provide any physical assistance to passengers.

Both positions are eligible to receive mileage reimbursement at the current IRS Reimbursement Rate. Candidates must have a valid driver's license and car insurance.

If you're interested in this opportunity or have questions, please call the ADRC Green County Office at 608.328.9499 or email us at resourcecenter@gchsd.org



HEALTHY LIVING WITH DIABETES

HELP YOURSELF TO BETTER HEALTH!

A diabetes diagnosis can bring big changes. Find solutions that work for you!

Researched and proven to reduce emergency room visits by 53%.

What is Healthy Living with Diabetes?

Healthy Living with Diabetes is an evidence-based workshop for adults of all ages who have type 1 diabetes, type 2 diabetes, prediabetes, or live with someone who does. In just 6 weeks, you learn to take charge of your health and feel better doing the things that matter most to you.

Join us at our next upcoming workshop!

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

Pre-registration is necessary. Spots are limited. No living-in county requirements. No charge. Donations are accepted to cover class costs.

Build confidence in your ability to manage your condition.

You'll get information & advice for:

- Healthy eating and nutrition: food label reading and meal planning
- Relaxation techniques
- Partnering with your health care team
- Setting health goals you can accomplish
- Exercise for fitness and fun
- Feedback and problem-solving
- Stress and depression management
- Communicating effectively with friends, family, and your medical team

**CALL THE ADRC TO SIGN UP:
608.328.9499**



THE ROLLER COASTER OF CAREGIVING

A presentation on the roller coaster journey caregivers take when caregiving for frail, elderly, and/or cognitively impaired adults. Cori will address the challenges that come with such responsibility including the emotional and physical struggles.



**THURSDAY, MARCH 14TH
AT 6:00 PM**

**Green County Human Services Building
Lower Level: Multipurpose Rooms 2 & 3
N3152 State Road 81, Monroe, WI 53566**

About The Presenter:

Cori Marsh is the ADRC-Aging Unit Supervisor for Rock County. Cori has worked with older adults and their families for most of her career in addition to being a hands-on family caregiver herself. She was recently inducted into the Kettle Moraine High School Trailblazer Wall of Fame recognizing her work with those impacted by Alzheimer's disease and their care partners. She brings her unique sense of humor and honesty to a tough topic, offering laughter and sensitivity. Caregiving can be hard, and she acknowledges that each of our journeys are unique and ours alone, but she has noticed some similarities throughout her years.



Pictured: Cori Marsh



For more information or to register, please call the ADRC of Southwest Wisconsin at 800-514-0066.

This meeting is open to the general public.
For further information or to register to attend, please call 800- 514-0066 or email bbeam@gchsd.org

BRAIN HEALTH BULLETIN

is back!

The Brain Health Bulletin was started back in 2022 as a part of the Dementia Care Specialist (DCS) Program at the Aging and Disability Resource Center of Southwest Wisconsin. After a change in staff, the DCS program decided to restart the publication on a quarterly basis to bring awareness to the community about brain health. The Brain Health Bulletin is structured to give you information about all things brain-health related. From tips to keep your brain healthy, to updates in research happening in the dementia-world, to sharing resources for caregivers, the Brain Health Bulletin is meant to give a quick snapshot in each section to help get you started on your own research.



Scan the code

If you are interested in receiving a copy of the newest quarterly editions directly to your email, scan the QR code or please visit <https://adrcswwi.org/services/dementia/brain-health-bulletins>



HANDLE YOUR MEDICATIONS SAFELY AT HOME

By the GWAAR Legal Services Team **Keeping track of your medications can be complicated, especially if you are taking several prescription drugs for different medical conditions. Read on for tips for how to manage your medications safely.**



1. Follow your medication schedule, and take the proper dose. Confirm the dose and when to take each medication with your doctor or pharmacist. Remember that some medications should be taken with food while others should be taken on an empty stomach. Make taking your medications part of your daily routine. For example, you might take them as soon as you get up, after brushing your teeth, or with breakfast. Write down your medication schedule if that will help you remember, or consider using a pill organizer with compartments for days of the week and times of day so you know whether you've taken your medication.

2. Make sure all of your medical providers know what medications you take and whether you are allergic to any medications. If you see different providers for different medical conditions, each provider might not know what the others have prescribed. Consider bringing a list of your medications and their dosages with you to appointments. Make sure your pharmacist knows about all of your prescriptions and over-the-counter medications. Filling all of your prescriptions at one pharmacy makes this easier.



3. Talk to your medical providers about any possible side effects or medication interactions. For example, some medications interact poorly with alcohol, so ask your doctor or pharmacist if it is safe to drink alcohol while taking your medication. In addition, know who to call if you have a bad reaction to any medication.

4. Store and handle medications safely. In general, you should keep them in a cool, dry place that is out of the reach of children. Some medications may need to be refrigerated. Medications that are not currently in your pillbox should be kept in their original containers. The labels on these containers have important information like the name of the medication, dosage, prescriber's name, and the expiration date. The labels might also tell you how to store the medication and what side effects may occur. Make sure you take your medication in a safe environment. For example, if you are in a room with poor lighting, or you are tired or distracted, you might take the wrong medication or the wrong dosage. Never take medication that was prescribed for someone else.



5. If your doctor tells you to stop taking a medication, dispose of it immediately. You should also dispose of any medications that have expired. Do not keep them because you think you may need them in the future, as medications that have expired or that you have been told to stop taking may cause bad side effects or interact with other medications. The Wisconsin Department of Justice coordinates two drug take back days each year throughout the state. In addition, permanent drug drop boxes throughout the state are open year-round and can be found at hospitals, pharmacies, and police departments, as well as other locations. For more information about safe disposal of medications, please see: <https://www.dhs.wisconsin.gov/opioids/safe-disposal.htm>. Please note that you should never flush unused or expired prescription medications or pour them down a drain.



Spring into Facebook with ADRC

Exploring Facebook Together

Interested in joining Facebook?

Want to increase your understanding of Facebook?

Want to stay connected to loved ones around the world?

March 11th

One hour blocks - 2 seats each

9:30 AM - 10:30 AM - 11:30 AM

RSVP by March 7th

(608) 328-9499

1 in 4 people age 65 or older has a fall each year. Don't be one of them.

Researched
& proven to
reduce falls
by 31%!

Stepping On FALLS PREVENTION

STEPPING ON CAN HELP YOU AVOID A DANGEROUS & COSTLY FALL SO YOU CAN KEEP DOING THE THINGS YOU LOVE TO DO. IN JUST SEVEN WEEKS YOU'LL LEARN:

- ✓ To identify and remove or avoid fall hazards in your home and outside
- ✓ To get back on your feet the right way if you do fall
- ✓ Strength and balance exercises you can adapt to your individual level
- ✓ How vision, hearing, medication, and footwear affect your risk for falling



April 30th - June 11th
Tuesdays, 1:00pm - 3:00pm
Green County Family YMCA - Monroe

To register, please call the
ADRC Green County Office at:
608-328-9499.

Pre-registration is required. Spots are limited. No living-in county or state requirements. No charge. Donations are accepted to cover class costs.

wiha
Wisconsin Institute
for Healthy Aging

the Y
GREEN COUNTY FAMILY YMCA

ADRC
Aging & Disability Resource Center
Green County, Wisconsin

WORDS from the ADRC Specialist

Each year the ADRC takes in a number of calls in regards to a wide variety of topics/resources needed. In 2023, ADRC Specialists fielded over 5,000 calls! A majority of the calls taken by ADRC Specialists are about resources and services in the area, which can typically be provided by an ADRC Specialist. Other times calls are transferred to the appropriate unit or contact numbers are given to outside agencies. Here are a few common calls that we take where we redirect Callers.

Agency & Contact Number

Looking for...

Southern Consortium
Phone: 1.888.794.5780

Medicaid Renewals, BadgerCare and FoodShare applications and questions.

Social Security (Janesville Office)
Phone: 1.877.850.7826

Disability Payment and working while on disability questions.

Energy Assistance
Phone: 608.328.1111

Applying or have questions about Energy Assistance.

Veteran Services
608.328.9415

Questions about Veteran benefits, including eligibility.

The ADRC is happy to answer questions, as well as get you directed to the correct location if needed; when in doubt give us a call. We are just a phone call away 608.328.9499!

"Knowledge is Power"- Francis Bacon
ADRC Specialists - LA, Maudy and Heather

Hearing Loss Increases Fall Risks

By the GWAAR Legal Services Team

➤ **Injuries from falls are one of the top causes of death among people aged 65 and older**, and research shows that even mild hearing loss more than doubles the risk of falls. It is not clear why hearing loss increases fall risks. It may be that hearing loss affects the balance centers in our ears, or it may simply be that sound is an important cue we rely on to navigate our environments. The good news is that research published in the Journal of the American Geriatrics Society shows that using hearing aids can dramatically reduce the risk of experiencing a fall.

According to the study, people who used hearing aids at all cut their fall risk nearly in half. **Those who used hearing aids consistently - meaning at least four hours per day - cut their fall risk by nearly 65 percent.**

Apart from reducing fall risks, hearing aids can help address other challenges associated with hearing loss, such as social isolation, reduced enjoyment of social activities, and mental health concerns. Although people often delay getting hearing aids or are reluctant to wear them due to the way they look or sound, evidence of the health benefits may help convince more seniors to consider taking steps to help address hearing loss.

608-328-9499 | adrcgreencounty.org **5**

MARCH 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>Magnificent MARCH</div>				
Chicken Thigh w/Gravy 4 Baked Potato half Savory Tomatoes and Beans Green Salad w/Dressing Pumpkin Fluff Mandarin Oranges	Baked Spaghetti 5 Italian Vegetables Cauliflower Peaches Vanilla Yogurt	Goulash 6 Green Beans Lettuce Salad w/Dressing Pear Cup	Scalloped Turkey Casserole 7 Broccoli Apricot Cup Winter Squash Cottage Cheese Brownie w/Peppermint	Apple Rosemary Chicken Breast 1 Seasoned Butternut Squash ½ Baked Potato Blueberry Topped Pears
Hot Ham Slices 11 Pineapple Steamed Broccoli Baked Beans	Creamed Chicken over Mashed Potatoes 12 Roasted Beets Mandarin Orange Cup Striped Cake Yogurt	Cabbage Rolls in Tomato Sauce 13 Green Beans Cauliflower Peaches Cottage Cheese Oatmeal Raisin Cookie	Tater Tot Casserole 14 Mixed Vegetables Winter Squash Pears Yogurt	Turkey w/Gravy 15 Cranberry Dressing Peas and Carrots Apricots Pumpkin Bar
Taco Casserole w/Black Beans 18 Rice Corn Muffin Pear Cup	BBQ Beef Tips 19 Rosemary Roasted Potatoes Broccoli Tropical Fruit Cup Cranberry Cheesecake	Lasagna 20 Steamed Italian Beans Tossed Salad w/Dressing Peach Cup Yogurt	Breaded Cod Patty 21 Red Potatoes Stewed Tomatoes Cinnamon Baked Apples	Sage Chicken Thighs w/Gravy 22 Butternut Gratin Potatoes Steamed Yellow Beans Fudgy Brownie
Meatloaf w/Gravy 25 Garlic Mashed Potatoes w/Gravy Steamed Carrots/Cabbage Mixed Melon Cup	Baked Fish 26 Au Gratin Potatoes Baked Beans Salad w/Dressing Mandarin Orange Cup	Chicken Thighs 27 Sweet Potato California Blend Vegetables Angel Food Cake Strawberries	Breaded Cod Patty 28 Red Potatoes Stewed Tomatoes Cinnamon Baked Apples	Roast Beef w/Gravy 29 Mashed Potatoes Brussel Sprouts Pumpkin Crisp

MARCH MENU

Monticello

1% milk only served. Meals are prepared without salt. For serving times and more information, call the Aging and Disability Resource Center at 608-328-9499. Monticello meals are available through Gempeler's Supermarket, 938-4927. *all menus are subject to change*

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The Bridge |
March 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>in like a lion... out like a lamb</div>				
Beef Stew w/Carrots 4 Wax Beans Orange	Chicken Breast w/Wild Rice 5 Mashed Potatoes Carrots Pears	Baked Ham 6 Au Gratin Potatoes Peas 3 Bean Salad Peanut Butter Cookie	Turkey & Dressing 7 Squash Tosse3d Salad Apple Crisps	Ham Balls 1 Scalloped Potatoes Peas & Carrots Banana
Baked Chicken 11 Scalloped Potatoes Carrots Banana	Roast Beef 12 Mashed Potatoes w/Gravy Peas Fruit Cocktail	Lasagna 13 Broccoli Tossed Salad Chocolate Cake Applesauce	Pork Cutlets 14 Sweet Potatoes Corn Cherry Pie	Baked Cod 8 Potato Wedges Coleslaw Grapes
Ham Balls 18 Scalloped Potatoes Green Beans Applesauce	Mushroom Steak 19 Mashed Potatoes w/Gravy Carrots Peaches	Chicken Breast 20 Wild Rice Peas & Carrots Banana	Turkey & Dressing 21 Sweet Potatoes Green Beans Canned Pears	Hamburger Bean Bake 15 Wax Beans Orange Chocolate Chip Cookie
Pork Cutlets 25 Mashed Potatoes w/Gravy Broccoli Apple Pie	Chicken Cordon Blue 26 Boiled Potatoes Beets Fruit Cocktail	Roast Beef 27 Potato Wedges Wax Beans Applesauce	Swiss Steak 28 Mashed Potatoes w/Gravy Corn and 3 Bean Salad Chocolate Cake	Baked Cod 22 Potato Wedges Baked Beans Coleslaw Grapes
				Tuna Noodle Casserole 30 Stewed Tomatoes Orange

Don't Let Arthritis OR Inactivity Sideline You

Walk With Ease can get you back in the game!



If you're looking for relief from arthritis pain or just want to be active, the Walk With Ease program can teach you how to safely make physical activity part of your everyday life! Walk with Ease is designed to help people living with arthritis better manage their pain. It's also ideal for people without arthritis who want to make walking a regular habit.

Based on research and tested programs in exercise science, behavior change and arthritis management, Walk With Ease is shown to:

- Reduce the pain and discomfort of arthritis
- Increase balance, strength, and walking pace
- Build your confidence to be physically active
- Improve your overall health

Walk with Ease helps you build confidence in your ability to manage your arthritis. You'll learn:

- The basics about arthritis and the relationship between arthritis, exercise, and pain
- How to exercise safely and comfortably
- Ways to make walking fun
- How to make a personal walking plan with realistic goals for improved fitness
- Tips and strategies that will help you stick with it – even when you don't feel like exercising or things get in your way
- About programs and resources to help keep up your walking and even branch out to other exercise and self-management programs that people with arthritis enjoy



The Green County ADRC is holding a Self-Directed Walk With Ease workshop starting April 1st, running through May 13th.

We recommend walking around 10-40+ minutes for at least three times per week. Requirements to participate include; a guidebook (provided by the ADRC), a safe place to walk, and comfortable and safe shoes. There is no charge; however, donations are accepted to help cover the cost of materials provided. Pre-registration is necessary. No living-in county or state requirements. **Contact the ADRC to sign up today by calling 608-328-9499.**

Walk With Ease



Divestments:

What are they and why are they important?

By the GWAAR Legal Services Team

Here are some examples of divestments:

- selling one's home at a discounted price;
- adding a person's name to the deed of a house if they did not pay towards the purchase of it;
- giving away a life estate or remainder interest in a home property without being paid for it;
- agreeing to waive a debt that is owed by another person;
- adding a person's name as a joint owner to a bank account, and then allowing that person to withdraw money from the account for their own personal spending;
- paying off debts or loans that the person is not legally obligated to pay for;
- donating more than 15% of a household's annual income to a religious or charitable organization;
- refusing to accept an inheritance, settlement, or other lump sum of money the person is entitled to;

Why is it important to be aware of divestment policy issues?

If a person makes a divestment, a divestment penalty period may be imposed upon them if they later apply for long-term care Medicaid benefits. For example, if a person makes a \$100,000 divestment, then they will be ineligible for long-term care Medicaid for 323 days—that's almost a full year!

What is a Divestment?

Divestment is a term related to long-term care Medicaid. It is defined as the giving away of something for less than fair market value. This could mean giving something away as a gift or for less than the item is worth in the commercial market. A divestment can be done intentionally by giving someone money, or unintentionally by not doing something that the person should have done.

Do divestment penalties apply to all forms of Medicaid?

No, divestment penalties only apply to long-term care Medicaid, including institutional Medicaid (in the nursing home or hospital), FamilyCare, IRIS, PACE, and Partnership. Divestment penalties do not apply to card-services Medicaid (BadgerCare+, MAPP, Medicaid deductible, categorically needy Medicaid, etc.). Under federal law, divestment penalties also do not apply to Medicare Savings Programs such as QMB, SLMB, and SLMB+.

If a divestment penalty is assessed but inaccurate, how can that be resolved?

A person who is assessed a divestment penalty but believes it to be inaccurate can call the local Income Maintenance Consortium to discuss the situation. They can also file an appeal with the Division of Hearings and Appeals, a state agency that decides Medicaid appeals in Wisconsin. Be aware that there is a 45-calendar day appeal window and there are no provisions for late appeals.

Where can more information on divestments be found?

For more information, look at the Medicaid Eligibility Handbook, section 17 or the WI DHS website.



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

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

STEPPING ON:

[Falls Prevention Program:
7 consecutive weeks]

April 30th - June 11th
1:00pm-3:00pm, Tuesdays
Monroe, Green County Family YMCA

MIND OVER MATTER:

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

May 29th, June 12th, & 26th
5:00pm-7:30pm, Wednesdays
Darlington, Ames Multipurpose Building

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

