

THE Bridge

APRIL

Connecting services, resources, and information for the community.

Healthy Living with Diabetes Self-Management Program

The ADRC - Green County is offering a high-evidence based, self-management workshop called Healthy Living with Diabetes (HLWD). Healthy Living with Diabetes was developed and researched at Stanford University of Wisconsin to improve confidence and reduce hospitalizations, doctor visits and emergency department visits for people with diabetes.

We all know of someone who has diabetes, whether that be our spouse, children, friends, family, or even ourselves. It's serious. Having diabetes is a big change to people's lives - some almost feel it controls their life.

What would you think of spending just 2 ½ hours a week for just six weeks to learn how you can take control of your diabetes and your lives, follow simple techniques to learn how to manage your diabetes? That's only about 15 hours to learn tools that will help you for the rest of your life!

Here's what you'll learn in Healthy Living with Diabetes:

- › healthy eating
- › reading nutrition labels and planning low-fat meals,
- › fun ways to get active
- › foot care
- › preventing or delaying complications
- › preventing low blood sugar
- › tips for talking with their doctor and family about their diabetes and general health

The program is designed to learn not only from the two trained leaders, but also from the rest of your group. **This is NOT a lecture.** It's a workshop where everyone participates to learn from each other.

If you have Type I or Type II diabetes, prediabetes, or live with someone who has Type I diabetes, Type II diabetes, or prediabetes, this workshop is for you!



Join us

at one of our two upcoming
Healthy Living with Diabetes workshops:

IN-PERSON WORKSHOP:

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

VIRTUAL WORKSHOP:

Tuesdays, July 23rd - September 3rd
9:30am - 12:00pm (CST),
virtually held on the Zoom platform
(Zoom Practice Session: July 16th)

There is no charge to participate, however, donations are welcomed to help cover the class costs. Space is limited and pre-registration is necessary. No living-in county or state requirements. **To learn more or to sign up, please call the Green County ADRC Office at 608-328-9499 or visit our website at adrcgreencounty.org**



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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TO ENRICH LIVES**

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Bus Drivers

Jan Lien

Dennis Peterson

Bill Wyss

Meal Site Managers

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

VOLUNTEER APPRECIATION WEEK!

April 21st - April 27th, 2024



Every year, we like to say an extra big **THANK YOU** to our volunteers who help us with our programs at the ADRC. We would not be able to provide the great services such as home-delivered meals, transportation, meal sites and our Adult Day Center without the time donated by our volunteers.

In 2023, our volunteers provide 4,657 hours of their time. If you know one of the ADRC volunteers, make sure to thank them not only during Volunteer Week, but every week!

If you are interested in becoming a volunteer or learning more about what opportunities are available, check out our website adrcgreencounty.org or call our office at 608-328-9499.



Join us for a trip to Dubuque on 4/29/2024

The National Mississippi River Museum & Aquarium inspires stewardship by creating educational experiences where history and rivers come alive! Every year, the River Museum welcomes over 200,000 guests from around the world to its 14- acre campus along the Mighty Mississippi. As a Smithsonian Affiliate and one of only 13 institutions accredited by both the Association of Zoos & Aquariums and the American Alliance of Museums, the River Museum has established itself as a world leader in interpreting and protecting the life, history, and culture of the Mighty Mississippi and the rivers of America. Featuring over 200 species of animals and thousands of historical artifacts on its ever-evolving campus, there is always something new to explore! This is a self-guided tour and we will spend 2-2.5 hours at the Museum.

After the Museum, we will visit the "Fenelon Fourth Street Elevator" which is known to be the worlds steepest, shortest, scenic railway!

Cost of the trip is \$40 which includes transportation as well as entry into the museum. You will also need \$4 cash if you plan to ride the elevator. Lunch fees are not included. Trip leaves from the ADRC at 8:30 AM. Space is limited. RSVP by calling the ADRC at 608-328-9499.

Grow Native Plants!

By the GWAAR Legal Services Team

Spring is on the way, and it's time to start planning your garden. When you're trying to decide what to plant this year, consider planting native plants. Whether you're looking for flowers, shrubs, grasses, or vines, there's sure to be a native plant that will look great in your garden. Native plants can even grow well in containers on your patio or balcony.

Plants that are native to your region tend to be hardy and easy to grow. They are usually drought-resistant and require little to no fertilizer. They can help prevent erosion and reduce stormwater runoff. They also help filter pollutants out of the soil. In addition, native plants support local wildlife by providing food and shelter for birds, butterflies, and other wildlife.

When choosing native plants for your garden, think about the following:

- ❓ How much sunlight does your garden get?
- ❓ What is the soil like? Is it sandy, silty, loamy, or clay?
- ❓ Are there any low-lying spots where there are puddles after a rainstorm?
- ❓ Are there any nearby sources of pollution, like winter salt, fertilizer, or pesticide runoff?
- ❓ Are you trying to attract specific wildlife species?

The Wisconsin Department of Natural Resources has more information on growing native plants here: <https://dnr.wisconsin.gov/topic/endangeredresources/nativeplants>

You can also learn more at Homegrown National Park: <https://homegrownnationalpark.org/>





HOW TO AVOID A SCAM

4 Signs that it's a Scam

1

Scammers pretend to be from an organization you know.

Scammers often pretend to be contacting you on behalf of the government. They might use a real name, like the ftc, social security administration, irs, or medicare, or make up a name that sounds official. Some pretend to be from a business you know, like a utility company, a tech company, or even a charity asking for donations. They use technology to change the phone number that appears on your caller id. So the name and number you see might not be real.

2

Scammers say there's a problem or a prize.

They might say you're in trouble with the government. Or you owe money. Or someone in your family had an emergency. Or that there's a virus on your computer. Some scammers say there's a problem with one of your accounts and that you need to verify some information. Others will lie and say you won money in a lottery or sweepstakes but have to pay a fee to get it.

3

Scammers pressure you to act immediately.

Scammers want you to act before you have time to think. If you're on the phone, they might tell you not to hang up so you can't check out their story. They might threaten to arrest you, sue you, take away your driver's or business license, or deport you. They might say your computer is about to be corrupted.

4

Scammers tell you to pay in a specific way.

They often insist that you can only pay by using cryptocurrency, wiring money through a company like moneygram or western union, using a payment app, or putting money on a gift card and then giving them the numbers on the back of the card. Some will send you a check (that will later turn out to be fake), then tell you to deposit it and send them money.

How to Avoid a Scam



Block unwanted calls and text messages.

Take steps to block unwanted calls and to filter unwanted text messages.



Don't give your personal or financial information in response to a request that you didn't expect. Honest organizations won't call, email, or text to ask for your personal information, like your social security, bank account, or credit card numbers.



If you get an email or text message from a company you do business with and you think it's real, it's still best not to click on any links. Instead, contact them using a website you know is trustworthy. Or look up their phone number. Don't call a number they gave you or the number from your caller id.



Resist the pressure to act immediately.

Honest businesses will give you time to make a decision. Anyone who pressures you to pay or give them your personal information is a scammer.



Know how scammers tell you to pay. Never pay someone who insists that you can only pay with cryptocurrency, a wire transfer service like western union or moneygram, a payment app, or a gift card. And never deposit a check and send money back to someone.



Stop and talk to someone you trust. Before you do anything else, tell someone — a friend, a family member, a neighbor — what happened. Talking about it could help you realize it's a scam.

Avoid Falling Victim to a Phone Scam

May 1st, 2024 12:30 PM

Green County Government Services Multi-Purpose Rooms
N3152 State Road 81 Monroe, WI 53566

Are you getting pesky phone calls? Have you or someone you know fallen victim to a phone scam? Join the ADRC and Green County Sheriff's Office to learn some safety tips regarding phone scams.



Scammers present themselves in many different ways such as government agencies, banks, utility agencies, family, and many other ways. With the increase of technology, scams are rising due to the ability to change phone numbers and voices to match what you know and recognize.

In 2023, according to the Federal Trade Commission, there were over 2 million reports of fraud. Of those 2 million reports, over 800,000 of those reports were imposter scams. There was an average loss of \$800 per victim!

Phone scams are the rise everywhere, including Green County. You've worked hard for your money, let us help you learn how to avoid giving that hard-earned money to scammers.

Are you up to date on your vaccines?

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

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



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

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



FEDERAL TRADE COMMISSION

July 2023

Report Scams to the FTC

If you were scammed or think you saw a scam, tell the FTC at [ReportFraud.ftc.gov](https://www.ftc.gov/report-fraud)



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

(608) 328-9390

info@greencountywi.org

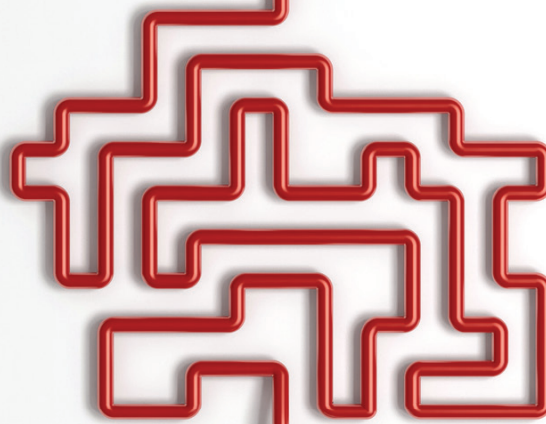
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National Healthcare Decision Day

April 16th

Advanced-Directives & Decision-Making Assistance in Wisconsin



In Wisconsin, there are several different types of decision-making assistance available to support persons that are unable to do so independently. The more common are POAs, guardians, representative payees, and supported decision-makers.

The list below is in order of least restrictive option to most restrictive.

Supported Decision-Makers — This option is a way for people to get help from trusted family members, friends, and professionals, to help to them understand the situations and choices they face so that they can make their own decisions. The supported decision-making agreement allows a trusted person (supporter) to help gather and understand information, compare options, and communicate their decisions to others. It does not restrict or remove the individuals right to make their own decisions or allow the supporter to make decisions on their behalf.

POAs — Power of Attorney is the role that most persons believe they understand and will work on filling out “when they need to do them”. However, it is important to thoroughly read, understand, and complete these documents prior to a crisis, when you may feel pressured to sign or no longer understand the forms that you are signing.

There are two different power-of-attorney (POA) documents that can be completed in Wisconsin: **POA of Finances** and **POA of Health-Care**. The state forms are free and can be completed without legal assistance. Power of Attorney of both finances and health-care allow a designated person to make decisions on behalf of the individual, while legally respecting the best wishes of the individual. The individual can revoke POAs even after incapacity. POAs can also relinquish their duties if-necessary, without the cumbersome court processes of guardianship, as long as the individual can still vocalize whom they want as an alternate.

POA of Finances (POA-F) documentation allows you to determine who you want to manage your money, property, income, assets, and general finances. The powers of the POA-F can be as specific or broad as you specify. A POA-F becomes active immediately upon executing and notarizing the document — unless otherwise specified in the Special Instructions section of the document.

POA of Health-Care (POA-HC) documentation allows you to determine who you want to be able to make healthcare decisions on your behalf in the event of incapacity, either temporary or permanent. In Wisconsin, a POA-HC is not active upon signing! This allows a person to designate a POA-HC proactively, but not give up decision-making power unless determined incapacitated by two physicians.

The ADRC of Green County has Power of Attorney document folders to assist you with completion of these advanced directives. Our POA folders have blank state forms, frequently asked questions, rights and responsibilities of agents, information on rights retained by the individual, and info on how to revoke the POA.

Representative Payees — A representative payee is assigned through social security to manage social security funds. A doctor must fill out documentation stating that an individual is unable to manage their own finances and this must be sent to social security prior to applying to be their rep. payee. A representative payee cannot manage income from employment, pensions, or other sources outside of social security.

Guardianships — **Guardians of Person** and **Guardians of Estate** are the most restrictive options for decision-making assistance. They involve restricting most rights of the individual and going to court in order to be appointed. If a guardian wishes to resign, they must go to court in order for guardianship to be changed prior to resignation. Having POA documentation in-place can mitigate the need for guardianship in the event of a medical emergency.

No matter what you age it is important to discuss with your loved ones about your health care wishes and documenting those. If you have questions, consider consulting an attorney.



Dig into the Benefits of Gardening

Gardening is a great way to learn more about the foods we eat and to have the “farm to table” experience. However, some of us don’t have a natural green thumb and struggle to keep plants alive! To some, gardening comes naturally and to others it can seem overwhelming. Let’s discuss some tips to make your experience growing your own food as successful as possible!

Most people start by planting their seeds inside, about 2 months before the last frost of the season. For those who are new to gardening, using a starter plant, one pre-planted, might be better. Vegetables are often easier to manage than fruits or herbs.

Tomatoes, especially smaller varieties, are very easy to grow and manage. They need to be watered daily and fertilized monthly. Tomatoes also grow well in pots so they are great if you don’t have the space for a full garden. Root vegetables like carrots, beets, and radishes are rather simple to grow. They can also be planted in a container and grown in the spring, summer, and winter. Lastly, cucumbers make amazing patio plants. Make sure you place them in direct sunlight and water daily.

Gardening is a great way to get outside, learn more about plants, and integrate healthy eating into your life.

Tomato Salad

4 ripe tomatoes	2 pinches pepper
1 ½ tsp. finely minced shallots	¼ tsp. salt
½ tsp. finely minced garlic	
1 Tbsp. white wine vinegar	
1 ½ Tbsp. finely sliced basil leaves	
3 Tbsp. extra virgin olive oil	

- Cut tomatoes into 8-10 wedges, cutting out the core. Place in large bowl.
- Sprinkle over shallots, garlic, salt and pepper. Drizzle with olive oil and vinegar.
- Gently toss to coat tomatoes. Add basil, toss again to disperse.
- Pour into bowl and serve immediately!

Sources:
<https://www.recipetineats.com/my-favourite-tomato-salad/#wprm-recipe-container-71396>
 Photo: <https://pixabay.com/vectors/gardener-garden-spring-planting-7089417/>

**MIND
over
MATTER** 

MIND OVER MATTER:

Healthy Bowels, Healthy Bladder

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.


Wisconsin Institute
for Healthy Aging


Aging & Disability
Resource Center
of Southwest Wisconsin

*Researched & 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 2.5 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.

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

* Attendance at all three sessions is recommended. Spots are limited. Pre-registration is necessary. No living-in county requirements. No charge. Donations are accepted to cover class costs.

WORDS from the ADRC Specialist



Are you suffering from Spring Fever!? If you are, don't worry you are not alone. The thought of warmer weather and more sunshine to the fill the day is very exciting and patiently waiting for it to get here can be frustrating! With all the excitement that spring brings, it can also bring a new set of stress and worry for some people. You might be thinking that the warmer weather means having to prepare to mow the lawn, clean the garage, wash the windows... where does the list end? If you are someone that is faced with health changes, the thought of completing these days may seen a bit overwhelming.

If you are starting to feel overwhelmed, let the ADRC help. The ADRC has a number of resources that might be a great fit for you and your project. For example, the ADRC has a listing of agencies that can provide lawn care services within Green County. Rate varies between agencies and it is best to reach out to the agencies to determine if they are able to provide services in your area and the rate. The ADRC also has a listing of supportive home care agencies that can be hired to help in the home with cleaning, again there is an hourly rate which varies between agencies. Maybe you're looking for a handyman to complete those simple, but time-consuming tasks around the house, yes, we have a Handyman resource for that. Or maybe you want to start walking more, but are fearful of falling. There are resources that can be explored and we'd love to help get those resources in your hands. Give us a call today, information can be provided by phone, email or mailed out.

*"Nothing ever seems impossible in spring, you know."
- L.M. Montgomery*

ADRC Specialists - LA, Maudy and Heather

Aging Advocacy Day 2024 Tuesday, May 14, 2024, 10 a.m. – 3 p.m.

Are you interested in issues affecting older adults and caregivers? Would you like to tell your legislator what aging/caregiver services mean/have meant to you, your family, or those you serve? If you answered yes, please join members of the Wisconsin Aging Advocacy Network (WAAN), aging network professionals, older adults, and family caregivers on Tuesday, May 14 to "tell your story," and help educate state legislators about issues impacting Wisconsin's aging population.

Citizens from around the state will gather in Madison on Tuesday, May 14 for training, to meet with other constituents from your Senate and Assembly district, and for office visits with your legislators. No experience is necessary; you'll get the training and support you need before meeting with state lawmakers. Following the training, join others from your state Senate and Assembly district to provide information and share personal stories with your legislators to help them understand how specific policy issues and proposals impact you, your family, and older constituents.


Wisconsin Aging
Advocacy | Network

**The registration
link will be posted at:**
<https://gwaar.org/agingadvocacy-day-2024>
Check back regularly for updates.

**Contact the ADRC if
you are interested in
attending on behalf of
Green County!**

608-328-9499 | adrcgreencounty.org 5

APRIL 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
Sliced Turkey w/Gravy Dressing w/Celery Salad w/Dressing Applesauce  1	Breaded Fish w/Cheddar Cheese Slice Red Potatoes Roasted Summer Vegetables Peach Cup 2	Taco Casserole w/Black Beans Refried Beans w/Cheese Spanish Rice w/Stewed Tomatoes Corn Muffin  3	Beef Tips in Mushroom Gravy with Egg Noodles Steamed Cauliflower, Carrots Cherry w/Graham Crumbles 4	Sage Roasted Pork Sweet Potatoes Peas Apricots  5
Roast Chicken Thigh Baked Potato w/Sour Cream Stewed Tomatoes Fresh Strawberries Jell O 8	Hamburger Carrot Coins Steamed Broccoli Applesauce Oatmeal Raisin Cookie 9	Chicken Salad Potato Salad Broccoli Vinegar Salad Brownie  10	Goulash Green & Yellow Beans Tossed Salad w/Dressing Peaches 11	Ham Slices Mashed Potatoes Baked Beans Melon Mix  12
Basil Chicken Parmesan Cavatappi Pasta Steam Broccoli Salad w/Dressing Angel Food Cake w/Strawberries 15	Tuna Casserole Carrots Peas Peaches Vanilla Yogurt 16	BBQ Country Beef Tips Baked Beans Zucchini Blueberry Topped Pears 17	Tatar Tot Casserole Green Beans Mandarin Oranges String Cheese  18	Turkey Salad on Lettuce Tomato Slices Potato Salad Fruit Cocktail Birthday Cake 19
Ham & Scalloped Potatoes Broccoli Cauliflower Zucchini Chocolate Cake 22	Craisin Chicken Salad on Lettuce Wrap Creamy Cucumbers Potato Salad Red & Green Grapes Cottage Cheese  23	Lasagna Steamed Italian Beans Tossed Romaine Salad w/Dressing Garlic Bread String Cheese Watermelon Cup 24	Cranberry Roast Pork Roasted Beets Steamed Asparagus Cantaloupe/Grape Mix Animal Crackers 25	Hot Beef Noodle Casserole Baked Beans Seasoned Carrots Tomato Pesto Salad on Leaf Lettuce 26
Hot Turkey Noodle Casserole Broccoli Florets Carrots Pear Cup 29	Tuna Salad on Lettuce Tomato Slices Veg. Pasta Salad Potato Salad Frosted Cupcake  30	 April showers....		

APRIL MENU



Monticello

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Veal Sausage Mashed Potatoes Mixed Vegetables Peaches Sugar Cookie Wheat Breads  1	Taco Noodle Bake Peas Banana Vanilla Pudding Biscuit  2	Pork Sweet Potatoes Green Beans Fruit Cocktail Dinner Roll 3	Baked Chicken Mashed Potatoes Broccoli Pineapple Jello Bread 4	Baked Cod Potato Wedges Coleslaw Red Grapes Oatmeal Raisin C Rye Bread  5
Bean Casserole Beets Canned Pears Chocolate Chip Cookie Dinner Roll  8	Chicken Breast Mashed Potatoes Peas & Carrots Melon Biscuit 9	Pork Cutlets Mashed Potatoes w/ gravy Green Beans Peaches Chocolate Cake Wheat Roll 10	Turkey & Dressing Squash Tossed Salad Apple Crips Wheat Roll  11	Roast Beef Boiled Potatoes Corn Mandarin Oranges Dinner Roll  12
Pork Roast Mashed Potatoes Carrots Cantaloupe Chocolate Pudding Wheat Roll  15	Ham Balls Mashed Potatoes w/ gravy Green Beans Applesauce Wheat Bread 16	Oven Fried Chicken Stewed Tomatoes Potato Salad Canned Pears Peanut Butter Cookie Dinner Roll 17	Swiss Steak German Potatoes Corn Green Grapes German Chocolate Wheat Bread  18	Tuna Noodle Casserole Wax Beans Peaches Wheat Roll 19
Chicken & Rice Potato Salad Broccoli Peaches White Bread  22	Roast Pork Mashed Potatoes w/ Gravy Carrots Applesauce Biscuit 23	Sharron's Goulash Cauliflower Fruit Cocktail Dinner Roll Fruit Pie 24	Turkey Tetrazini Potato Wedges Corn Orange White Bread  25	Baked Cod Potato Wedges Coleslaw Banana Sugar Cookies Biscuit 26
Pizza Casserole Carrots Tossed Salad Pineapple Wheat Roll  29	Chicken Breast Scalloped Potatoes Green Beans Mandarin Oranges Peanut Butter Cookie Bread 30	 April spring is here!		

LUNCH & LEARN

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

NOGGIN' KNOWLEDGE: TIPS AND TRICKS TO NOURISH YOUR NOGGIN'

Bonnie Beam-Stratz, Dementia Care Specialist of the **Aging & Disability Resource Center (ADRC) of Southwest Wisconsin**, will be joining us to focus on **brain health**. She will be discussing the normal cognitive changes with aging, related risk factors and symptoms of dementia, and will also identify 6 important lifestyle areas we should focus on to help improve our cognitive function. You will have the opportunity to practice some of the tips and strategies learned.

**Monday: April 15th, 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 Wednesday, April 10th.

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

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



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.

Membership at the YMCA is NOT required to attend. *



How's my overall health?

Check your heart, check your lungs, check your blood pressure and check your brain.

Quick tests that screen a person's memory should be part of the annual wellness check. This is covered by Medicare. As noted in an AARP article only about 25% of surveyed Medicare beneficiaries said they received a cognitive assessment at their annual wellness visit. In a report from the Alzheimer's Association it noted that fewer than half of primary physicians said that assessing individuals aged 65 and older for cognitive concerns was a part of their standard protocol.

In the same article by AARP it reported 6 out of 10 adults would have a cognitive screen if recommended by their physician. More than half were in favor of getting a baseline screening for dementia.



Here are the four reasons AARP suggests one should inquire about an assessment at your next visit.

1. The no-frills tests are quick

"Evaluating a patient's cognition - how one thinks, learns, understands, remembers, reasons and makes decisions - may sound complicated, but screenings done in the doctor's office don't require high-tech tools and take only a few minutes to complete"

These tests are not meant to give a definite diagnosis but can indicate if a more thorough evaluation is needed.

2. Symptoms may be treatable.

"If an initial screening raises some red flags, a follow-up will help your provider get a better idea of what's causing the thinking and memory issues. It could be dementia, or it could be something else entirely."

Other causes for dementia-like symptoms can include: depression, medication side effects, medication interactions, sleep apnea, sensory changes, infections, as well as other potential causes. If treated the memory and thinking challenges may be resolved.

3. An early diagnosis opens more doors.

"A confirmed diagnosis also means access to medical benefits, more opportunities to participate in clinical trials, and a chance to plan ahead with family and friends." Most medications that are available at this time are meant to target symptoms and benefit those in the earlier stages of the disease process.

4. You can learn how to reduce risks.

As noted in the article there are a couple risk factors that are out of our control such as age and genetics. But research as found that over 50% of risk factors we do have control over are lifestyle changes which include:

- › Controlling high blood pressure
- › Managing blood sugar
- › Eating a healthy diet and maintaining a healthy weight
- › Staying active - physically, mentally and socially
- › Getting good sleep
- › Treating sensory changes
- › Reducing drinking alcohol and tobacco use

This is not an all-inclusive list so talking to your doctor about other preventive measures is recommended.

The Dementia Care Specialist (DCS) at the local ADRC (Aging and Disability Resource Center) is also available to do a Brain Health Check/Memory Screen. The screen takes no more than 30 minutes, is not diagnostic but more of a baseline of one's current abilities. Results can be sent to one's primary physician if so desired. The DCS can provide tips on ways to reduce risk for dementia and work on improving memory skills.

(Source: AARP "4 Reasons You Shouldn't Shy Away From a Cognitive Screening" by Rachel Nania, June 24, 2022)

2025-2027 Aging Plan. *Let us hear your ideas!*

The ADRC is still working on obtaining input from Green County residents about the programs, service and resources that you would like to see in our 2025-2027 plan. If you think this survey isn't for you, consider what services your parent, grandparents or your elderly or disabled neighbor may need to remain independent and healthy as they age. The more ideas and feedback we get the better plan we can create to help us shape our programs.

Ways to provide input:



Scan the QR code or complete our survey at <https://adrcgreencounty.org/aging-plan/>



Call our office or stop in to complete a survey





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
April 11th & 25th	Monroe - Juda - Brodhead - Albany to Janesville	\$15.00
April 10th & 24th	Belleville - New Glarus - Monticello to Monroe	\$8.00
April 3rd & 17th	Albany - Brodhead - Juda to Monroe	\$8.00
April 4th & 18th	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.

