



ADRC DAYS OF Summer

Join the ADRC for the "ADRC of Summer" where we will have a variety of different topics showcasing the services we provide at the ADRC and the resources we know about. This is a great way to stop on out to our office, meet our staff, ask questions, and leave with some great information.

Last Wednesday of the Month

May- August 2024

11:00 AM-1:00 PM

**Green County Government Service Building,
ADRC Entrance**

N3152 State Road 81 Monroe, WI 53566


May 29th

We will focus around the ADRC and all that we do! We also will be kicking off this event with a hotdog cookout!



June 26th

Learn about Elder Abuse Awareness month and resources regarding the importance of avoiding scams, financial exploitation, and more. We also will celebrate Dairy month with some yummy ice cream treats!



July 31st

Mark on your calendar
7/31/24 Topic to come!

Aug 24th

Mark on your calendar
8/24/24 Topic to come!

Free Transportation available. Contact the ADRC to schedule a ride to our event!



608-328-9499
adrcgreencounty.org



ADRC of Southwest Wisconsin

The Aging & Disability Resource Center in Green County provides information, assistance, and services to help older people and people with disabilities remain healthy and independent.



**WE EMPOWER PEOPLE
TO ENRICH LIVES**

CUSTOMER • EMPLOYEE • COMMUNITY

ColonyBrands.com



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Regional Manager - Mary Mezera

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Danica Hay-Skattum

Dementia Care Specialists

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Ways to contact us!

Website - adrcgreencounty.org

Facebook - ADRC of Southwest Wisconsin

Email - resourcecenter@gchsd.org

Phone - 608-328-9499



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.

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

SCAN TO REGISTER

or check the registration link at:

<https://gwaar.org/agingadvocacy-day-2024>

Check back regularly for updates.



Avoid Falling Victim to a Phone Scam

May 1st, 2024 at 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 on 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.



Join us for a trip to
Olbrich Botanical Gardens
May 29th, 2024

Olbrich Botanical Gardens will be a locally treasured and globally renowned source of beauty and knowledge celebrating the importance of plants to foster a sustainable world.

Cost of the trip is \$30, which includes transportation fee, admission and guided tour by Olbrich Botanical Garden Tour Guide. Lunch cost will be on your own.

Please call the ADRC at
608-328-9499
to reserve your spot



OLDER AMERICANS MONTH



POWERED BY CONNECTION: MAY 2024



Alzheimer's & Brain Health Awareness Month MEMORY SCREENINGS & DEMENTIA LIVE

Memory Screens

A memory screen is a wellness tool that helps identify possible changes in memory and cognition. If there are no issues detected, it can be used as a baseline of where a person is at so that future changes can be monitored. Screens are free and conducted in a private area.

Dementia Live is a high-impact dementia simulation experience that immerses participants in life with dementia.

- ✔ Gain a deeper understanding of what it is like to live with cognitive impairment and sensory change.
- ✔ Develop greater awareness and understanding of the constant struggles affecting persons with dementia, and greater understanding leads to more sensitive caregiving.
- ✔ Participants will be given some equipment to impair their abilities and given some daily tasks to complete while impaired.

Registration is Required by June 3rd.

For More Information:

608-426-4295

bbeam@gchsd.org

adrcswwi.org/event-registration



Memory Screens
9 AM - 12 PM
(30 minutes to complete)

Dementia Live
2 PM - 5 PM
(1 hour to complete)

June 5, 2024
ADRC - Green County
N3152 State Rd 81
Monroe, WI



Celebrating Older Americans Month: Powered by Connection

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by a federal agency, the Administration for Community Living (ACL), OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.

This year's theme, "**Powered by Connection**," focuses on the profound impact that meaningful connections have on the well-being and health of older adults — a relationship underscored by the U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community.

How can community groups, businesses, and organizations mark OAM?

- Spread the word about the mental, physical, and emotional health benefits of social connection through professional and personal networks.
- Encourage social media followers to share their thoughts and stories of connection using hashtag #PoweredByConnection to inspire and uplift.
- Promote opportunities to engage, like cultural activities, recreational programs, and interactive virtual events.
- Connect older adults with local services, such as counseling, that can help them overcome obstacles to meaningful relationships and access to support systems.
- Host connection-centric events or programs where older adults can serve as mentors to peers, younger adults, or youths.

What can individuals do to connect?

- Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities in your community.
- Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring.
- Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors.



Join the Green County ADRC for their "ADRC Days of Summer" on Wednesday, May 29th from 11-1 to learn more about local resources, connect with staff, share input on future resources and programs and enjoy a hot dog cookout!

608-328-9499 | adrcgreencounty.org 3

Resources for Individuals Fighting Cancer

By the GWAAR Legal Services Team

According to the National Cancer Institute, nearly 40% of Americans will be diagnosed with cancer sometime in their lifetime. This means that there is a high likelihood that you or someone you love has been affected by cancer. Below are some resources for individuals and their families who are fighting cancer together:



One of the largest organizations with resources available is the American Cancer Society (<https://www.cancer.org/>)



The Wisconsin Cancer Collaborative, in partnership with Covering Wisconsin, has Health Literacy Tools for Patients available here: <https://wicancer.org/resources/how-to-sheets/>. These Health Literacy Tools help patients and families answer questions about cancer risk factors, screenings, and insurance coverage. Most are available in English and in Spanish.



There are also Cancer Support Communities (<https://www.cancersupportcommunity.org/>). The Cancer Support Community in Wisconsin is Gilda's Club Madison (<https://www.gildasclubmadison.org/>). There is also a Gilda's Club in Minneapolis, MN if that is closer for you (<https://gildasclubmn.org/>).

Organizations dedicated to the specific cancer you are fighting can be a great resource and sometimes even offer financial assistance or grants to help bridge the gap when you're fighting cancer. Some examples of organizations like this are below. This is not an exhaustive list, so you will want to do a web search for any other potential resources out there.



www.lls.org



www.lung.org/lung-health-diseases/lung-disease-lookup/lung-cancer



www.komen.org



www.projectpurple.org



The website for Wisconsin's Family Caregiver Support Programs also has a listing of cancer specific resources available here: <https://wisconsin caregiver.org/cancer-specific-resources>

And finally, the Hospital or Clinic through which you are receiving your cancer care should have resources available to you and a social worker or case manager who can help you with issues such as travel, housing, financial assistance, and other concerns while fighting cancer.



May is National Stroke Awareness Month

By the GWAAR Legal Services Team

Strokes can happen to anyone, regardless of age.

If you've had one stroke, you're at higher risk of having another one. Read on to learn more about the warning signs of a stroke. Recognizing the warning signs of a stroke and calling 911 immediately may affect whether someone recovers from a stroke or faces long-term disability or even death.

When you spot a stroke warning sign, act F.A.S.T.!

F



F = Face Drooping. Does one side of the person's face droop, or is it numb? Ask the person to smile – is the smile uneven?

A



A = Arm Weakness. Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S



S = Speech Difficulty. Is the person's speech slurred?

T



T = Time to call 911! Stroke is an emergency. Call 911 immediately, and keep track of the time when any symptoms first appeared.

Other stroke symptoms may include sudden:

- Numbness or weakness of the face, arm, or leg, especially on one side of the body;
- Confusion, including trouble speaking or understanding speech;
- Trouble seeing in one or both eyes;
- Trouble walking, dizziness, loss of balance or coordination; and
- Severe headache with no known cause.



WORDS from the ADRC Specialist

ADRC
DAYS OF
Summer

Are you ready...ready for the ADRC Days of Summer!?!

This is a wonderful opportunity for you to gather resources on a number of different topics and enjoy getting to know what the ADRC can do to help you and/or your loved ones. We are looking forward to getting to meet members in the community, get information out and enjoy some socialization (maybe a treat or too as well!).

Stop out and join us, we can't wait to see you!

"The more I learn, the more excited I get!"

- Johnny Cash

ADRC Specialists - LA, Maudy and Heather

Farmers Market

Did you know that the **Dane County Farmers' Market in Madison, WI is the largest producers-only farmers' market in the country?** Attending farmers markets is a great way to support local farmers and businesses as well as getting fresh, reasonably priced produce.

Farmers markets are typically open from April to November. In Wisconsin, the peak time to shop the markets is in August due to the large amount of seasonally available produce. Sweet corn, green beans, carrots, tomatoes, blueberries, and raspberries are typically available. In addition to fresh produce, vendors often offer baked goods, local honey, and crafts.

Shopping farmers markets is also a sustainable way to shop! It helps promote sustainable agriculture by reducing products used to package and transport produce. You can also bring your own cloth bags to do your shopping to help further reduce the use of plastic.

Remember to keep food safety in mind when you're shopping at farmers markets. Make sure foods like meat, eggs, and cheese are being refrigerated or kept at a proper temperature (40°F or below). Make sure you store these at home as soon as possible. If sampling products from vendors, make sure they are offering them in a way where you don't have to touch multiple items (i.e. toothpicks or individually wrapped). Again, make sure these items are being kept at the appropriate temperature. Lastly, wash your produce before using it. Just because it's locally grown produce doesn't mean it's necessarily clean. Fresh produce is exposed to dirt, bugs, and human hands.



Get outside this year and get to know the people who grow our food by shopping at your local farmers markets. Find a farmers market near you!

MAY 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
Chicken Patty Red Potatoes Carrots Cinnamon Apple Slices	Cranberry Roast Pork Rice Pilaf Peas Roasted Beets Angel Food Cake w/Strawberries	Bratwurst Patty w/Sauerkraut Roasted Summer Vegetables Baked Beans Sliced Strawberries Vanilla Yogurt	Breaded Fish Cauliflower Peas & Carrots Apple Slices w/Peanut Butter	Ham Slices Au Gratin Potatoes California Veg. Blend Blueberry Topped Pears
6	7	8	9	10
Sliced Turkey w/Gravy Dressing w/Celery Whole Kernel Corn Romaine Salad w/Dressing Applesauce	Fish Breaded w/Cheddar Cheese Red Potatoes Roasted Summer Vegetables Peach Cup	Taco Casserole w/Black Beans Refried Beans w/Cheese Spanish Rice w/Stewed Tomatoes Corn Muffin Vanilla Pudding	Beef Tips in Mushroom Gravy w/ Noodles Steamed Cauliflower Carrots Peas Cherry w/Graham Crumbles	Sage Roasted Pork Sweet Potatoes Peas Apricots
13	14	15	16	17
Roasted Chicken Thigh Baked Potato w/Sour Cream Stewed Tomatoes Fresh Strawberries Jell O	Hamburger Carrot Coins Steamed Broccoli Applesauce Oatmeal Raisin Cookie	Chicken Salad Potato Salad Broccoli Vinegar Salad Brownie	Goulash Green & Yellow Beans Tossed Salad with Dressing Peaches	Ham Slices Mashed Potatoes Baked Beans Melon Mix
20	21	22	23	24
CLOSED! <i>Memorial Day</i>	Tuna Casserole Carrots Peas Peaches and Vanilla Yogurt	BBQ Country Beef Tips Baked Beans Zucchini Blueberry Topped Pears	Tater Tot Casserole Green Beans Mandarin Oranges String Cheese	Turkey Salad on Lettuce Tomato Slices Potato Salad Fruit Cocktail Birthday Cake
27	28	29	30	31

MAY 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
Chicken w/Wild Rice Broccoli Potato Salad Fruit Cocktail Chocolate Cake	Ham Balls Mashed Potatoes w/Gravy Corn Banana	Pork Cutlets Sweet Potatoes Baked Beans Fruit Cocktail Butterscotch Pudding	Turkey Stroganoff Corn Tossed Salad Canned Pears	Baked Chicken Peas Potato Salad Melon
6	7	8	9	10
Veal Sausage Mashed Potatoes Mixed Vegetables Peaches Sugar Cookie	Taco Noodle Bake Peas Banana Vanilla Pudding	Spaghetti Carrots Tossed Salad Fruit Cocktail Oatmeal Cookie	Chicken, Broccoli & Rice Casserole Stewed Tomatoes Apple Crisp	Lasagna Peas & Carrots Orange Slices Vanilla Pudding
13	14	15	16	17
Bean Casserole Beets Canned Pears Chocolate Chip Cookie	Chicken Breast Mashed Potatoes Peas & Carrots Melon	Pork Sweet Potatoes Green Beans Fruit Cocktail	Baked Chicken Mashed Potatoes Broccoli Pineapple Jell O	Baked Cod Potato Wedges Coleslaw Red Grapes Oatmeal Raisin Cookie
20	21	22	23	24
CLOSED! <i>Memorial Day</i>	Ham Balls Mashed Potatoes w/Gravy Green Beans Applesauce	Oven Fried Chicken Stewed Tomatoes Potato Salad Canned Pears Peanut Butter Cookie	Turkey & Dressing Squash Tossed Salad Apple Crisp	Roast Beef Boiled Potatoes Corn Mandarin Oranges
27	28	29	30	31

May is Huntington's Disease Awareness Month

In honor of Huntington's Disease Awareness Month, here are some quick facts about the disease.

What is Huntington's Disease?

Huntington's disease is an illness caused by a faulty gene in your DNA - the biological 'instructions' you inherit which tell your cells what to do.

If you have Huntington's, it affects your body's nervous system - the network of nerve tissues in the brain and spinal cord that coordinate your body's activities. Although there is, as yet, no cure, you can learn to manage symptoms more effectively to improve your quality of life.

Huntington's Disease Symptoms

The symptoms of Huntington's disease vary widely between people. Even people in the same family may be affected differently. However, changes usually affect three main areas:

- Movement (movements may happen that you don't expect, while doing what you do want to do becomes more difficult)
- Cognition (difficulties with planning and thinking)
- Behavior (changes in behavior and personality)

Some Facts About Huntington's

It's genetic

Huntington's disease is not something you can catch; it is inherited. Every child conceived naturally to a parent who carries the Huntington's gene has a 50% chance of inheriting it.

About the gene and symptoms

You can live with the faulty gene for years without symptoms, but if you do have it, at some stage you will develop symptoms. Doctors cannot tell you when this will be but it usually develops between the ages of 30 and 50.

It affects men and women

Huntington's affects men and women. If you develop symptoms before the age of 20, this is known as Juvenile Huntington's disease.

MIND
over
MATTER



If you have issues with bladder or bowel control, you are not alone. More than half of women aged 50 or older experience issues with bladder or bowel control at some point in their lives. The Mind Over Matter; Healthy Bowels, Healthy Bladder workshop is designed to give women the tools they need to take control of their bladder and bowel symptoms. Scientific studies show that attending this workshop reduces or even cures symptoms for many women! And, 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!

Here's what you'll learn:

- 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
- And more!

wiha
Wisconsin Institute
for Healthy Aging



Mind Over MATTER: Healthy Bowels, Healthy Bladder Women's Incontinence Workshop Offerings

Join US at one of our two upcoming Mind Over Matter workshops:

FRIDAYS

May 24th, June 7th, & June 21st
10:00am - 12:30pm
Human Services Building, Monroe

WEDNESDAYS

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

The workshop consists of three 2 ½ hour sessions that meet every other week. Must be able to attend all three sessions to be eligible to participate. There is no charge to participate; however, donations are accepted to help cover class costs. There are no living-in county or state restrictions. Pre-registration is necessary and spots are limited. This class fills up quickly, so be sure to call right away!

To learn more or to register for Mind Over Matter:
Healthy Bowels, Healthy Bladder, please contact the Green County ADRC at 608-328-9499 or visit our website at www.adrcgreencounty.org

Article by Huntington's Disease Association

(<https://www.hda.org.uk/information-and-support/huntingtons-disease/what-is-huntingtons-disease/>)



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

MIND OVER MATTER:

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

May 24th, June 7th, & 21st
10:00am-12:30pm, Fridays
Monroe, Human Services Building

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

WALK WITH EASE:

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

June 24th - August 5th
3x per week for at least 10-40 minutes
Self Directed: Anytime/Anywhere

STEPPING ON:

[Falls Prevention Program:
7 consecutive weeks]

July 8th - August 19th
10:00am-12:00pm, Mondays
New Glarus, New Glarus Home

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
May 9th & 23rd	Monroe - Juda - Brodhead - Albany to Janesville	\$15.00
May 8th & 22nd	Belleville - New Glarus - Monticello to Monroe	\$8.00
May 1st & 15th	Albany - Brodhead - Juda to Monroe	\$8.00
May 2nd & 16th	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.

