

THE Bridge

JULY

Connecting services, resources, and information for the community.

MOSQUITO BITE PREVENTION

**Fight the Bite:
Prevent
Mosquito
Bites**



When enjoying time outdoors during warmer months, it is important to be aware of mosquitoes and take steps to protect yourself from bites. You can take several steps to “fight the bite” and prevent illnesses spread by mosquitoes.

Prevention steps include using personal protection and getting rid of mosquito breeding habitats in your yard. Mosquitoes are usually most active in Wisconsin from May to September, but can stay active until temperatures become too cold for them to survive.

Use Repellent on Skin and Clothing

Use insect repellents with 20–30% DEET, 10–20% picaridin, 10–20% IR3535, or 30–40% oil of lemon eucalyptus on skin and clothes to prevent mosquito bites.

Apply permethrin (a pesticide that kills mosquitoes) to clothes and gear to prevent mosquito bites. Permethrin kills mosquitoes when they land on your clothes. It lasts through several washes after it is applied. Do not apply directly to skin.

Carefully apply repellents according to the label instructions.

Wash skin that has repellent on it after coming indoors.

Some repellents need to be applied more often than others. Find which repellent is right for you at the Environmental Protection Agency website. Wear Appropriate Outdoor Clothing

Wear long-sleeved shirts, long pants, socks, and shoes outdoors during peak mosquito activity hours. Apply repellent to any bare skin not covered by clothing.

Wear loose-fitting and thicker clothing so it is more difficult for mosquitoes to bite through clothes to your skin.

Wear head nets if you go into areas with high mosquito activity.

Avoid Direct Contact with Mosquitoes

Place screens on windows and doors, and check them often to make sure they are sealed tightly and in good condition.

Stay indoors during peak mosquito activity hours, usually dusk and dawn for most mosquitoes found in Wisconsin.

Reduce Mosquito Breeding Habitats

Mosquitoes need water to breed. In order to get rid of mosquito breeding habitats, drain anything in your yard that collects water or allows water to stand. Mosquitoes only need a small amount of water to breed, so it is important to remove all standing water from air conditioning units, tires, tarps, wheelbarrows, or other household items.



Follow the tips listed below for removing and preventing standing water in your yard:

Trash and recycling bins: Cover outdoor trash and recycling cans with tight-fitting lids.

Flower pots: Drain dishes under flowerpots every few days and after rainstorms.

Leaves: Clean up leaves and yard debris from low-lying areas to reduce stagnant water pools.

Gutters: Gutters and downspouts need to be kept clean and maintained as leaves can create pools of water.

Tire swing: Make a hole in the bottom of the swing to allow water to drain.

Continued on page 5



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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Regional Manager - Mary Mezera

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Ways to contact us!

Website - adrcgreencounty.org

Facebook - ADRC of Southwest Wisconsin

Email - resourcecenter@gchsd.org

Phone - 608-328-9499

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



We need your help!



GREEN COUNTY WELLNESS DAY FERIA DE BIENESTAR

MAKE YOURSELF A PRIORITY

This FREE event will have something fun, educational, and resourceful for everyone of all ages! Over 15 local community organizations will be available to talk about the programs and services available to you.

SATURDAY, JULY 27TH
9AM - 12PM
BRODHEAD HIGH SCHOOL
2501 5TH AVE W, BRODHEAD, WI 53520

- Drug Take Back
- Eyeglasses Donation
- Health Screening
- Vaccinations
- Educational Booths
- Local Resources
- Therapy Animals
- Door Prizes
- Games
- And Much More!

This **FREE** event will have something fun & resourceful for everyone of all ages! Over 15 local community organizations will be available to talk about the programs and services available to you. Vaccines and health screenings will be available. The Brodhead Police Department will be offering Drug-Take-Back services; bring any old, expired, or unused medications to be properly disposed of. The Brodhead Lion's Club will be sponsoring an Eyeglasses Donation Drive; gather and bring in any old and unused frames to help others in need. There will also be therapy animals available to hang out with, games, educational booths, a few door prize giveaways, AND SO MUCH MORE!! Make yourself a priority by enjoying all there is to offer at the Green County Wellness Day!

Transportation assistance to this event is available by calling the ADRC at 608-328-9499. Reservations for transportation assistance are required by Friday, July 26th.



Falls Prevention at the Farmer's Market

The time is coming for bright summer days and farm market stands to start popping up throughout the state. Not only are farmer's markets a great opportunity to walk around and get some vitamin D, but you can also find fresh foods rich in vitamin D and calcium, which are important for falls prevention. While the best source of vitamin D is sunshine, there are some foods that contain this nutrient as well. Vitamin D helps your body absorb calcium- so they work hand-in-hand!

According to the National Institute of Health, the amount of calcium and vitamin D you need each day is dependent on your age and sex.

- › Males aged 51-70 need 1,000 mg of calcium per day and 15 mcg (600 IU) of vitamin D per day.
- › Females aged 51-70 need 1,200 mg of calcium per day and 15 mcg (600 IU) of vitamin D per day.
- › Adults aged 71 and older need 1,200 mg of calcium per day and 20 mcg (800 IU) of vitamin D per day.

If you're not sure you're getting enough vitamin D and calcium in your diet, talk to your provider at your next appointment.

Many foods in the United States are fortified with vitamin D, but it can be found naturally in fatty fish (trout, salmon, tuna, mackerel), beef liver, egg yolks, cheese, and mushrooms.

Calcium-rich foods include:

- › Dairy products like milk, cheese and yogurt
- › Canned sardines
- › Kale
- › Broccoli
- › Bok choy
- › Fortified juice, plant-based milk alternatives, tofu and breakfast cereals

The next time you visit a farmer's market (or grocery store!), consider finding ingredients for a meal rich in vitamin D and calcium. Here's one to try!

Smoked Salmon Egg Salad

(adapted from Taste of Home)

Ingredients

- 4oz smoked salmon, chopped
- 6 large, hard-boiled eggs, chopped
- 1½ cups spinach
- ¾ cup mayonnaise (or substitute with Greek yogurt or half Greek yogurt and half ricotta cheese)
- 1 teaspoon dill weed
- ½ teaspoon lemon juice
- ¼ teaspoon salt
- 1/8 teaspoon pepper

Directions

1. In a large bowl, combine the mayonnaise, dill weed, lemon juice, salt and pepper.
2. Stir in the chopped eggs and salmon.
3. Place 1/3 cup of mixture on bread of choice and top with spinach leaves.



Join the ADRC in learning about "Self-Care as You Age"! Learn about different tips and tricks to stay health as you age such as low-impact exercise, how to stay hydrated, importance of healthy food choices and more! We will also have various healthy snacks and self-care ideas!



**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**



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

Find more information about how vitamin D and calcium can impact your risk of falls, and other tips and tricks, at FallsFreeWI.org. <https://wihealthyaging.org/2024/05/06/9115/>

WORDS from the ADRC Specialist

Keeping active is an important factor in staying healthy, but it can be a challenge if you are caring for a loved one or if you're not sure what is available in the community. The ADRC might be able to help. The ADRC has a listing of Supportive Home Care Agencies where a worker can be hired to provide care for a loved one while you take a second for yourself. Workers can help with tasks around the home, personal care or simply provide socialization. The ADRC also has a new resource, an Activity Guide, which is full of information on local fitness centers and events throughout each of the communities in Green County. This is a great resource for those new to community or for those that are looking to stay current!

For a copy of the listing of Supportive Home Care Agencies or a copy of the Activity Guide for 2024, reach out to an ADRC Specialist, we'd be happy to get you a copy by email or mail!

"Do something today that your future self will thank you for."
- Unknown
ADRC Specialists - LA, Mandy and Heather

The Benefits of Berries

Did you know that July is National Berry Month? The peak of the summer means it's berry season here in Wisconsin. Berries are rich in potassium, magnesium, fiber, and vitamins C and K. These nutrients can help protect against cancer and inflammation as well as be beneficial for heart, brain, and eye health.



Potassium is vital for the normal functioning of cells. It helps regulate your heartbeat and ensures proper function of muscles and nerves. Incorporating potassium in your diet can help keep your blood pressure in a healthy range.

Potassium is vital for the normal functioning of cells. It helps regulate your heartbeat and ensures proper function of muscles and nerves. Incorporating potassium in your diet can help keep your blood pressure in a healthy range.

Our bodies don't produce magnesium on their own so it's important to consume foods that include it. Just like potassium, magnesium can help prevent high blood pressure. People who consume an adequate amount of magnesium are less likely to have elevated inflammation markers. Inflammation has been linked to heart disease, diabetes, and certain cancers.

Researched & proven to reduce falls by 31%!

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

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
- ✓ How vision, hearing, medication, and footwear affect your risk for falling
- ✓ Strength and balance exercises you can adapt to your individual level
- ✓ To get back on your feet the right way if you do fall
- ✓ AND MUCH MORE!

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

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

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



wiha
Wisconsin Institute
for Healthy Aging



As I discussed in January's article, fiber can help regulate our bowel movements, maintain a healthy weight, lower your risk of diabetes, heart disease, and some types of cancer.

Lastly, vitamin C and K play important roles in our bodies. Vitamin C is a nutrient your body needs to form blood vessels, cartilage, muscle and collagen in bones. Vitamin C is also vital to your body's healing process. Vitamin K is involved in building healthy bones and helps your blood clot so our injuries can heal.

Berry & Spinach Smoothie

- 2 C. frozen berries
- 1 C. plain yogurt
- 1/2 C. orange juice
- 1/4 C. spinach
- 5 strawberries

Blend berries, yogurt, orange juice, spinach and strawberries in a blender until smooth.





July 25th, 2024

Join us for a trip to Mineral Point, WI. We will take a tour of the historic Pendarvis and Shak Rag Street in Mineral Point.



Business and life partners Bob Neal and Edgar Hellum met in 1934 and dedicated their lives to saving the structures and stories of Mineral Point's mining history. The couple salvaged, restored, and made these buildings shine again, even establishing a popular restaurant on the site to fund their preservation efforts.

Tucked away in a valley in historic Mineral Point, Pendarvis celebrates the groundbreaking community of some of the first Wisconsin "badgers." As you approach this charming neighborhood, the 19th century will instantly come alive through the quintessential limestone buildings and cozy nooks.

Cost is \$20 which includes tour fees and transportation. Lunch fees are on your own.

RSVP by calling the ADRC at 608-328-9499.

HEALTHY LIVING WITH

Diabetes

Tuesdays
July 23rd - September 3rd
9:30am - 12:00pm (CST)
Virtual, Via Zoom
Zoom Practice Session: July 16th

Eligible for adults of all ages who have type 1 diabetes, type 2 diabetes, prediabetes, or lives with someone who has type 1 diabetes, type 2 diabetes, or prediabetes.

6 weeks. 15 hours. A lifetime of new options for a healthier you.

Spots limited. Pre-registration necessary. No living-in county/state requirements. Must have access to a computer, tablet, or smartphone with internet connection. No charge, however donations are welcomed to help cover the cost of materials.

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



Aging Mastery Program®

National Council on Aging

Join the adventure!

Aging well means caring for the whole you. Join us online for our upcoming, free Aging Mastery classes.



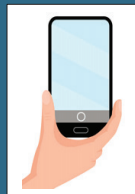
You Will Learn About:

- Navigating Longer Lives
- Exercise
- Sleep
- Healthy Eating / Hydration
- Financial Fitness
- Medication Management
- Advance Planning
- Healthy Relationships
- Falls Prevention
- Community Engagement

Educators from UW-Madison Division of Extension and the Aging and Disability Resource Center will be running the Aging Mastery Program via Zoom, soon!

Build your own personal playbook for aging well. This fun, innovative program empowers you to take key steps to improve your well-being, adds stability to your life, and helps strengthen ties to your community.

The virtual program will begin on Wednesday, July 10th, 2024. Participants need to sign up by Wednesday, July 3rd, in order to receive the workbook.



Register by calling
 Green County Extension –
 (608) 328-9440

← OR scan this QR code

Discrimination on the basis of age, race, color, creed or religion, national origin, ancestry, gender, sexual orientation, marital or parental status, pregnancy, veterans' status, arrest or non-job or program related conviction record or qualified disability is prohibited.

This **FREE** class series will be held online, via Zoom, over a period of 10 weeks.

Wednesdays
5:30pm – 7:00pm
July 10th through
September 11th, 2024

For more information, contact the facilitators:

Bridget Mouchon:
 (608) 776-4820
blmouchon@wisc.edu

Laura Steiner:
 (608) 328-9499
lsteiner@gchsd.org



Extension
 UNIVERSITY OF WISCONSIN-MADISON



Questions about illnesses spread by mosquitoes?

Contact us!

Phone: 608-267-9003 | Fax: 608-261-4976

Information from
 Wisconsin Department of Health Services
<https://www.dhs.wisconsin.gov/mosquito/bite-prevention.htm>

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

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Birdbaths and pet dishes: Replace water in birdbaths, fountains, and your pets' water dishes at least twice a week.

Water gardens and fountains: Check with the Department of Natural Resources (DNR) about using larvicides.

JULY 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
Roast Chicken Thigh 1 Baked Potato w/Sour Cream Stewed Tomatoes Fresh Strawberries Jell O	Ham Slices 2 Mashed Potatoes Baked Beans Melon Mix	Chicken Salad 3 Lettuce & Tomato Potato Salad Broccoli Vin. Salad Brownie	CLOSED! 4 HAPPY Fourth of July	Hamburger 5 Carrot Coins Steamed Broccoli Applesauce Oatmeal Raisin Cookie
Basil Chicken Parmesan 8 Cavatappi Pasta Steamed Broccoli Tossed Salad w/Dressing Angel Food Cake w/Strawberries	Tuna Casserole 9 Carrots and Peas Peaches Vanilla Yogurt 	BBQ Country Beef Tips 10 Baked Beans Zucchini Blueberry Topped Pears	Tator Tot Casserole 11 Green Beans Mandarin Oranges String Cheese 	Turkey Salad on Lettuce 12 Tomato Slices Potato Salad Fruit Cocktail Birthday Cake
Ham & Scalloped Potatoes 15 Broccoli Cauliflower Zucchini Chocolate Cake	Craisin Chicken Salad on Lettuce/ 16 Leaf Wrap Creamy Cucumbers Potato Salad Red & Green Grapes Cottage Cheese	Lasagna 17 Steamed Italian Beans Tossed Romaine Salad w/Dressing String Cheese Watermelon Cup	Cranberry Roast Pork 18 Roasted Beets Steamed Asparagus Cantaloupe/Grape Mix Animal Crackers	Hot Beef Noodle Casserole 19 Baked Beans Seasoned Carrots Tomato Pesto Salad on Leaf Lettuce 
Hot Turkey Noodle Casserole 22 Broccoli Florets Carrots Pear Cup 	Tuna Salad on Lettuce 23 Tomato Slices Veg. Pasta Salad Potato Salad Frosted Cupcake	Bratwurst Patty w/Sauerkraut 24 Roasted Summer Vegetables Baked Beans Strawberries Vanilla Yogurt 	Breaded Fish 25 Cauliflower Peas & Carrots Apple Slices w/Peanut Butter	Ham Slices 26 Au Gratin Potatoes California Vegetable Blend Blueberry Topped Pears
Chicken Patty 29 Red Potatoes Carrots Cinnamon Apple Slices	Cranberry Roast Pork 30 Rice Pilaf Peas Roasted Beets Angel Food Cake w/Strawberries	Baked Fish 31 Cauliflower Stewed Tomatoes Apple Slices w/Peanut Butter		

JULY 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
Bean Casserole 1 Beets Canned Pears Chocolate Chip Cookies 	Chicken Breast 2 Mashed Potatoes Peas & Carrots Melon	Pork Cutlets 3 Mashed Potatoes w/Gravy Green Beans Peaches Chocolate Cake	CLOSED! 4 July INDEPENDENCE day	Roast Beef 5 Boiled Potatoes Corn Mandarin Oranges
Pork Roast 8 Mashed Potatoes Carrots Cantaloupe Chocolate Pudding	Ham Balls 9 Mashed Potatoes w/Gravy Green Beans Applesauce	Oven Fried Chicken 10 Stewed Tomatoes Potato Salad Canned Pears Peanut Butter Cookie	Swiss Steak 11 German Potatoes Corn Green Grapes German Chocolate Cake	Tuna Noodle Casserole 12 Wax Beans Peaches 
Chicken & Rice 15 Potato Salad Broccoli Peaches	Roast Pork 16 Mashed Potatoes w/Gravy Carrots Applesauce	Sharon's Goulash 17 Cauliflower Fruit Cocktail Fruit Pie 	Turkey Tetrazzini 18 Potato Wedges Corn Orange	Baked Cod 19 Potato Wedges Coleslaw Banana Sugar Cookie
Pizza Casserole 22 Carrots Tossed Salad Pineapple 	Chicken Breast 23 Scalloped Potatoes Green Beans Mandarin Oranges Peanut Butter Cookie	Pork Cutlets 24 Sweet Potatoes Baked Beans Fruit Cocktail Butterscotch Pudding	Turkey Stroganoff 25 Corn Tossed Salad Canned Pears	Baked Chicken 26 Peas Potato Salad Melon 
Chicken w/Wild Rice 29 Broccoli Potato Salad Fruit Cocktail Chocolate Cake	Ham Balls 30 Mashed Potatoes w/Gravy Corn Banana	Spaghetti 31 Carrots Tossed Salad Fruit Cocktail Oatmeal Cookie		

Wandering and Dementia

Article by Alzheimer's Association

Alzheimer's disease causes people to lose their ability to recognize familiar places and faces. It's common for a person living with dementia to wander or become lost or confused about their location, and it can happen at any stage of the disease. Six in 10 people living with dementia will wander at least once; many do so repeatedly. Although common, wandering can be dangerous — even life-threatening — and the stress of this risk weighs heavily on caregivers and family.

Who's at risk for wandering?

Everyone living with Alzheimer's or other dementia is at risk for wandering. Common signs a person may be at risk of wandering include:

- Returning from a regular walk or drive later than usual.
- Forgetting how to get to familiar places.
- Talking about fulfilling former obligations, such as going to work
- Trying or wanting to "go home" even when at home.
- Becoming restless, pacing or making repetitive movements.
- Having difficulty locating familiar places, such as the bathroom, bedroom or dining room.

Reduce the risk of wandering

The following tips may help reduce the risk of wandering and can bring peace of mind to caregivers and family members; however, these actions cannot guarantee that a person living with dementia won't wander.

Provide opportunities for the person to engage in structured, meaningful activities throughout the day

- Identify the time of day the person is most likely to wander (for those who experience "sundowning," this may be starting in the early evening.) Plan things to do during this time — activities and exercise may help reduce anxiety, agitation and restlessness.
- Ensure all basic needs are met, including toileting, nutrition and hydration. Consider reducing — but not eliminating — liquids up to two hours before bedtime so the person doesn't have to use and find the bathroom during the night.
- Involve the person in daily activities, such as folding laundry or preparing dinner. Learn about creating a daily plan.

Prepare your home

As the disease progresses and the risk for wandering increases, assess your individual situation to see which of the safety measures below may work best to help prevent wandering.

- Place deadbolts out of the line of sight, either high or low, on exterior doors. (Do not leave a person living with dementia unsupervised in new or changed surroundings, and never lock a person in at home.)
- Use night lights throughout the home.
- Cover door knobs with cloth the same color as the door or use safety covers.
- Install warning bells above doors or use a monitoring device that signals when a door is opened.
- Place a pressure-sensitive mat in front of the door or at the person's bedside to alert you to movement.
- Create indoor and outdoor common areas that can be safely explored.
- Label all doors with signs or symbols to explain the purpose of each room.
- Store items that may trigger a person's instinct to leave, such as coats, hats, pocketbooks, keys and wallets.

Plan ahead

The stress experienced by families and caregivers when a person living with dementia wanders and becomes lost is significant. Have a plan in place beforehand, so you know what to do in case of an emergency:

- Consider enrolling the person living with dementia in a wandering response service.
- Ask neighbors, friends and family to call if they see the person wandering, lost or dressed inappropriately.
- Keep a recent, close-up photo of the person on hand to give to police, should the need arise.



The Senior Farmer's Market Nutrition Program helps older adults purchase local, fresh foods at farmers markets. The Senior FMNP is from June 1st through October 31st, 2024. Qualified households will receive a booklet of \$45 to use at participating Farmers Markets or farm stands.

To be eligible, participants must:

- ✓ Be 60 years or older
- ✓ Make income at or below 185% federal poverty level
- ✓ Live in Green County



To learn more about the program, please contact Morgan Kennison, Aging Programs Coordinator at 608-328-9499.



- Create a list of places the person might wander to, such as past jobs, former homes, places of worship or a favorite restaurant. Take action when wandering occurs
- Start search efforts immediately. When looking, consider whether the individual is right- or left-handed — wandering patterns generally follow the direction of the dominant hand.
- Begin by looking in the surrounding vicinity — many individuals who wander are found within 1.5 miles of where they disappeared.
- Check local landscapes, such as ponds, tree lines or fence lines — many individuals are found within brush or brier.
- If applicable, search areas the person has wandered to in the past.
- If the person is not found within 15 minutes, call 911 to file a missing person's report. Inform the authorities that the person has dementia.

If you would like more information about wandering and symptom management related to dementia, please contact your local Dementia Care Specialist.

<https://www.alz.org/help-support/caregiving/stages-behaviors/wandering>

608-328-9499 | adrcgreencounty.org 7



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]

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

HEALTHY LIVING WITH DIABETES:

[Diabetes Self-Management Program:
6 consecutive weeks]

July 23rd - September 3rd
9:30am-12:00pm (CST), Tuesdays
Virtual, Via Zoom
Zoom Practice Session: July 16th

WALK WITH EASE:

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

September 9th - October 21st
3x per week, for at least 10-40 minutes
Self-Directed: Anytime/Anywhere

STEPPING ON:

[Falls Prevention Program:
7 consecutive weeks]

September 25th - November 6th
1:30pm-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
July 11th & 25th	Monroe - Juda - Brodhead - Albany to Janesville	\$15.00
July 10th & 24th	Belleville - New Glarus - Monticello to Monroe	\$8.00
July 3rd & 7th	Albany - Brodhead - Juda to Monroe	\$8.00
July 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.

