

THE Bridge

AUGUST

Connecting services, resources, and information for the community.

Preventing Heat Exhaustion and Heat Stroke and Recognizing the Warning Signs

By the GWAAR Legal Services Team

As the temperature rises, so does the risk of heat-related illnesses like heat exhaustion and heat stroke. Recognizing the warning signs and understanding the differences between these conditions can help keep you safe and healthy all summer long.

Heat Exhaustion

Heat exhaustion occurs when the body overheats, often due to strenuous activity in hot, humid weather. Symptoms include:

- Heavy sweating
- Cold, pale, and clammy skin
- Muscle cramps
- Fast, weak pulse
- Fatigue, weakness, or dizziness
- Headache
- Nausea or vomiting
- Dark urine or decreased urination

If left untreated, heat exhaustion can escalate to heat stroke, so it is essential to seek shade, rest, loosen your clothing, and hydrate immediately, when you first experience symptoms. Get medical help right away if you are throwing up, your symptoms worsen, or your symptoms last longer than one hour.

Heat Stroke

Heat stroke is more severe and occurs when the body's temperature rises to 103°F or higher. It can cause damage to the brain, kidneys, and muscles. Warning signs include:

- High body temperature
- Headache
- Dizziness
- Nausea
- Hot, dry, damp, or red skin
- Rapid heartbeat
- Confusion, agitation, or unconsciousness
- Seizures

Heat stroke is a medical emergency and requires immediate medical attention, so call 911 if you suspect you or someone else is suffering from this life-threatening condition! In addition, move the person to a cool place, and help lower their body temperature by putting cool cloths or ice on them. Do NOT give the person anything to drink unless they are fully awake and alert and sitting completely upright. Otherwise, doing so could cause them to choke and aspirate.



Continued on page 4.



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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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

Enjoy some fun on the water!



August 29th, 2024

Cost is \$25 which includes transportation and boat fees. Lunch fees are on your own.

We will be doing a pontoon ride around Lake Mendota! All riders must agree and sign a program liability waiver through the Madison School & Community Recreation program prior to the trip.

Trip departs from ADRC at 8:00 AM with pontoon ride starting at 10:00, lasting an hour and a half. We will then enjoy lunch in Madison.

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



ADRC 3-Year Aging Plan Public Hearing

Wednesday, Sept. 18, 2024

At 1:00 PM

Green County Government Services Building-Multipurpose Rooms

FOR MORE INFO
608-328-9499
ADRCGREENCOUNTY.ORG

We are developing our 2025-2027 plan for Aging Programs in Green County. Come hear about it and share your thoughts with us.



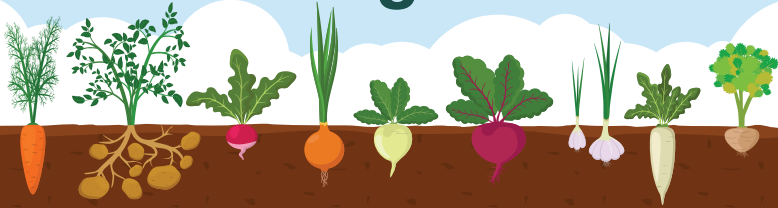
Join the ADRC and Green County Public Health Department in learning about National Immunization Month. The Green County Public Health Department will be able to check your current vaccine records to see if you are up to date. They will be able to provide the T-dap or Shingles vaccine, if you are eligible. You will also get the chance to talk with a Public Health nurse with other questions you may have.



August 28th, 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!

Root Vegetables



Root vegetables are common vegetables in our everyday diets. They get their name because the underground part of the plant is what is eaten. These vegetables are commonly harvested in the spring and fall months but can be enjoyed year round. While potatoes, onions, and carrots are some of the most commonly known, this article is going to dig deeper into 5 other root vegetables as well and discuss their health benefits.

1. SWEET POTATO: Rich in fiber, vitamin C and A, these vegetables are also jam-packed with several antioxidants. Because of their vitamin A content, some studies have suggested that sweet potatoes can support immune function, protect against vision loss, and support skin health.

2. ONION: Onions contain fiber, vitamin C, as well as antioxidants. Onions are used in many different cuisines and may be associated with a wide variety of health benefits.

3. CARROT: As one of the most popular root vegetables, carrots are also one of the most nutritious! These vegetables are excellent sources of vitamin A and K.

4. GARLIC: Garlic is a root vegetable that's closely related to onions. Like onions, garlic is highly versatile for cooking and can be added to a variety of dishes. Research has shown that garlic may boost immune function.

5. RADISH: Although these vegetables are small, they pack a punch when it comes to nutrients. Radishes are rich in fiber and vitamin C.

6. BEET: Beets are a good source of fiber, folate, and nitrates. Nitrates are plant compounds that can help dilate blood vessels which can potentially lower blood pressure and improve heart health.

7. TURNIP: These colorful vegetables are a great source of vitamin C, fiber, manganese, and potassium. Turnips can replace potatoes in recipes. Try making turnip fries!

8. GINGER: Ginger is a flowering plant originating from China and is similar to other root vegetables like turmeric. Loaded with antioxidants, ginger may also decrease pain and inflammation.

Sources:

<https://www.health.harvard.edu/staying-healthy/the-pros-and-cons-of-root-vegetables>

WISDOM & WELLNESS DEMENTIA SEMINAR

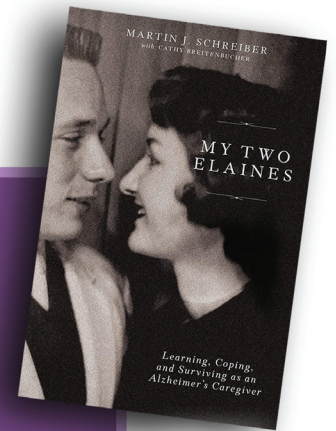
Hosted by St. John's United Church of Christ in cooperation with the Southwest Wisconsin ADRC
Featuring former Wisconsin Governor Martin J. Schreiber and author of *My Two Elaines*
and Bonnie Beam-Stratz, ADRC Dementia Care Specialist



- Martin J. Schreiber

Saturday, September 28th
10:00am - 12:30pm
St. John's UCC
Fellowship Hall
1724 14th St.
Monroe, WI 53566

Join us as former governor Marty Schreiber guides us through his decade-long journey as a caregiver in his acclaimed book *My Two Elaines: Learning, Coping and Surviving as an Alzheimer's Caregiver*. Drawing reference from personal experience, Marty will share insights, perspectives and valuable lessons about navigating the challenges that those affected by Alzheimer's and their caregivers face.



Available for
purchase at event
(\$20 ea.)

CAREGIVING, DEMENTIA 101 AND RISK REDUCTION FORUM WITH BONNIE BEAM-STRATZ

Participants will learn and better understand:
Types of Dementia & the 10 Warning Signs
'Normal' vs. 'Not Normal' Aging of the Brain
Risk Factors & Reduction/Prevention Strategies

Light lunch provided. RSVP appreciated but not required.
For more information and to RSVP please call 608-325-2165



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 Counties 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 Thursday, August 15th, 2024. Participants need to sign up by Thursday, August 8th, 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.

Thursdays
11:30am – 1:00pm
August 15th through
October 17th, 2024

For more information,
contact the facilitators:

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

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



WORDS from the ADRC Specialist

Summer is slowly starting to wind down for the year... I know, where did it go?! With school starting up very soon we wanted to take a second to share a role that we play that you might not be aware of. One of the roles of an ADRC Specialist is to assist with Youth and Transition Services. We have connections with a number of schools in Green County and are involved in IEPs (Individual Educational Program) to help provide resources and supports for Students who will be transitioning to children to adult services. If you have a child(ren) that is approaching the age of 18 who has an IEP, but have not been in contact with the ADRC, feel free to reach out. Preparing for the future is a big step and we understand it can be a challenging one. There might be resources, tools and services that could be helpful in making those plans. Give us a call for more information!

"All our dreams can come true- if we have the courage to pursue them."
– Walt Disney

ADRC Specialists - LA, Maudy and Heather



Are You Up-to-Date on Vaccines?

Yes? No? Not sure? Green County Public Health will be at the ADRC Days of Summer to offer vaccine record assessments and vaccinations.

VACCINE RECORD ASSESSMENT

- Talk with a Public Health Nurse about recommended vaccinations.
- Ask questions about any vaccinations you're recommended to receive.
- Get recommendations for where to receive vaccinations that aren't available on site.

VACCINATIONS

- The following vaccines will be available:
 - T-dap
 - Shingles



August 28th
11:00am - 1:00pm

Green County Aging &
Disability Resource
Center
N3152 State Rd. 81
Monroe, WI 53566

**Please bring
your insurance
card with you.**

Continued from cover.

Prevention Is Key

To avoid heat-related illnesses, on hot, humid days, be sure to stay hydrated, wear light-colored and breathable clothing, and take breaks in cool, shaded areas. Additionally, never leave children or pets in hot cars. Be sure to also check on neighbors at high risk, such as the elderly or those with chronic health conditions. If you or someone you know is at high risk and is living in a home without air conditioning, be sure they at least have a fan. In addition, on very hot days, suggest they go to a local shelter that has air conditioning.



Contact Us for More Info

(608) 328-9390 gcpublichealth.org info@greencountywi.org

This event is supported by the Centers for Disease Control and Prevention (CDC) of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$16,348.38 by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.

DMV Offers Option to Add Emergency Contact Information to License Data

The Wisconsin Department of Transportation (WisDOT) Division of Motor Vehicles (DMV) now offers an option for motorists and individuals to add emergency contact information to their driver license or ID record. Adding the information is voluntary and will not appear on the card.

Governor Evers signed the "To Inform Families First" or "TIFF" law last year. It was put in place to provide law enforcement the ability to contact a family member or other loved one more quickly in the

event of an emergency. Adding this information is not required. Only law enforcement, including police in other states, are able access the information. To add emergency contact information to a DMV record, visit wisconsin.dmv.gov/emergencycontact for the convenient online self-service application. A visit to a DMV customer service center is not necessary.



This service joins DMV's extensive list of online services at wisconsin.dmv.gov.

MENTAL HEALTH MATTERS OF GREEN COUNTY

MENTAL HEALTH HELP

YOU ARE NOT ALONE



IMMEDIATE PHYSICAL DANGER?
CALL 911 AND REQUEST A CIT OR MENTAL HEALTH OFFICER

EXPERIENCING A MENTAL HEALTH CRISIS?
CALL OR TEXT 988



ONLINE & NEARBY

SUPPORT AFTER LOSING A LOVED ONE TO SUICIDE
GREENCOHCC.ORG/MHM



WALK WITH EASE

(Self-Directed)
You can do it - we can help.

Arthritis Foundation **Certified.**
Doctor **Recommended.**



No matter if you need relief from arthritis pain or just want to be active, Walk With Ease can teach you how to safely make physical activity part of your everyday life.

PROGRAM BENEFITS

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

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



WHY WALK WITH EASE?

Walk With Ease is designed to help people living with arthritis better manage their pain, but it's also ideal for people without arthritis who want to make walking a regular habit. If you can be on your feet for 10 minutes without increased pain, Walk With Ease, may be for you. You are encouraged to walk at least three times a week. Each lesson, in the workbook you will receive, takes about 30 minutes or so. Each walk is completed at your own speed and distance.

In just 6 weeks, you can learn to take charge of your health and get back to doing the things that matter most to you. Sign up today!

Self-Directed; Sept. 9th - Oct. 21st
Anytime/Anywhere
(At least 3 days per week for ~10-40+ minutes per day)

Requirements to participate: A Guidebook (provided by the ADRC), a safe place to walk, and comfortable/safe shoes.

No charge. However, donations are accepted to help cover the cost of materials provided. Pre-registration is necessary. No living-in county requirements.

AUGUST 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 Whole Kernel Corn Romaine Salad w/French Dressing Applesauce 5	Breaded Fish w/Cheddar Cheese Slices Red Potatoes Roasted Summer Vegetables Peach Cup 6	Taco Casserole w/Black Beans Refried Beans w/Cheese Spanish Rice w/Stewed Tomatoes Corn Muffin Vanilla Pudding 7	Bourbon Glazed Ham Scalloped Potatoes Mediterranean White Beans Brussel Sprouts Pear Cup 1	Roast Chicken Breast Mashed Potatoes w/Gravy Steamed Broccoli Red & Green Grapes 2
Roasted Chicken Thigh Baked Potato w/Sour Cream Stewed Tomatoes Fresh Strawberries Jell O 12	Hamburger Carrot Coins Steamed Broccoli Applesauce Oatmeal Raisin Cookie 13	Chicken Salad Lettuce & Tomato Potato Salad Broccoli Vinegar Salad Brownie 14	Beef Tips in Mushroom Gravy w/Egg Noodles Steamed Cauliflower Carrots Pears Cherry w/Graham Crumbles 8	Sage Roasted Pork Sweet Potatoes Peas Apricots 9
Basil Chicken Parmesan Cavatappi Pasta Steamed Broccoli Angel Food Cake w/Strawberries 19	Tuna Casserole Carrots Peas Peaches Vanilla Yogurt 20	BBQ Country Beef Tips Baked Beans Zucchini Blueberry Topped Pears 21	Ham Slices Mashed Potatoes Baked Beans Mixed Melon 15	Goulash Green & Yellow Beans Tossed Salad w/Dressing Peaches 16
Ham & Scalloped Potatoes Broccoli & Cauliflower Zucchini Chocolate Cake 26	Craisin Chicken Salad on Lettuce Creamy Cucumbers Potato Salad Red & Green Grapes Cottage Cheese 27	Lasagna Steamed Italian Beans Romaine Salad w/Dressing String Cheese Watermelon Cup 28	Tater Tot Casserole Green Beans Mandarin Oranges String Cheese 22	Turkey Salad on Lettuce Tomato Slices Potato Salad Fruit Cocktail Birthday Cake 23
			Cranberry Roast Pork Roasted Beets Steamed Asparagus Cantaloupe/Grape Mix Animal Cookies 29	Hot Beef Noodle Casserole Baked Beans Seasoned Carrots Tomato Pesto Salad on Leaf Lettuce 30

AUGUST 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 5	Taco Noodle Bake Peas Banana Vanilla Pudding 6	Pork Sweet Potatoes Green Beans Fruit Cocktail 7	Chicken, Broccoli & Rice Casserole Stewed Tomatoes Apple Crisp 1	Lasagna Pears & Carrots Orange Slices Vanilla Pudding 2
Bean Casserole Beets Canned Pears Chocolate Chip Cookie 12	Chicken Breast Mashed Potatoes Peas & Carrots Melon 13	Pork Cutlets Mashed Potatoes w/Gravy Green Beans Peaches Chocolate Cake 14	Baked Chicken Mashed Potatoes Broccoli Pineapple Jell O 8	Baked Cod Potato Wedges Coleslaw Red Grapes Oatmeal Raisin Cookie 9
Pork Roast Mashed Potatoes Carrots Cantaloupe Chocolate Pudding 19	Ham Balls Mashed Potatoes w/Gravy Green Beans Applesauce 20	Oven Fried Chicken Stewed Tomatoes Potato Salad Canned Pears Peanut Butter Cookie 21	Turkey & Dressing Squash Tossed Salad Apple Crisp 15	Roast Beef Boiled Potatoes Corn Mandarin Oranges 16
Chicken & Rice Potato Salad Broccoli Peaches 26	Roast Pork Mashed Potatoes w/Gravy Carrots Applesauce 27	Sharron's Goulash Cauliflower Fruit Cocktail Fruit Pie 28	Swiss Steak German Potatoes Corn Green Grapes German Chocolate Cake 22	Tuna Noodle Casserole Wax Beans Peaches 23
			Turkey Tetrizzini Potato Wedges Corn Orange 29	Baked Cod Potato Wedges Coleslaw Banana Sugar Cookie 30

LUNCH & LEARN



COMET

COMET
CHANGING OUR MENTAL & EMOTIONAL TRAJECTORY

(CHANGING OUR MENTAL AND EMOTIONAL TRAJECTORY)

COMET is a short, two-hour program that teaches simple tools to help someone who is struggling shift their mental health trajectory back to a place of wellness and away from the path toward mental health crisis. COMET helps people take that next step after noticing someone might be struggling.

Often, we want to support our friends, neighbors, and colleagues in times of need but may not know how. COMET empowers us to be more prepared to support others' mental health needs — especially before a crisis. This training doesn't expect community members to "fix it," but instead trains people to feel comfortable initiating a supportive and potentially emotional conversation by using a simple seven-question guide.

This presentation will be provided by the University of Wisconsin-Madison Division of Extension and Farm Well Wisconsin from SWCAP.

Monday, August 19th, 2024

Lunch available starting at 11:00 AM.

The presentation will begin at 11:30 and will go until 1:30.

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

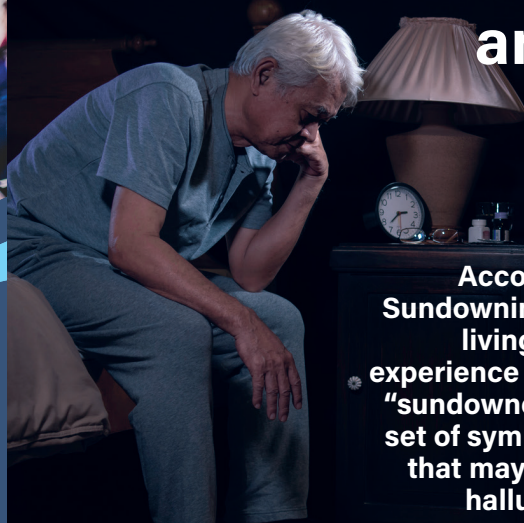
Reservations for lunch are required by Wednesday, August 14th

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

Future 2024 Dates- 10/21/24 & 12/16/24

Sundowning: What Is It and What Can I Do About It?

Submitted by
Bonnie Beam-Stratz



According to the Alzheimer's Association, Sundowning is increased confusion that people living with Alzheimer's and dementia may experience from dusk through night. Also called "sundowner's syndrome," it is not a disease but set of symptoms or dementia-related behaviors that may include difficulty sleeping, agitation, hallucinations, pacing and disorientation.

Although the cause for the behavior is not exactly known, it may occur due to changes in the brain as the disease progresses. There are known factors that may contribute to sundowning.

These factors include:

- › mental and/or physical exhaustion related to a full day of activities
- › being in a new or confusing environment
- › changes in the person's internal clock or circadian rhythm
- › increased shadows that can lead to confusion over visual perception, thus contributing to hallucinations and agitation

Tips that can help manage sundowning related behaviors include:

- ✓ encourage the person living with dementia get plenty of rest
- ✓ schedule activities earlier in the day when the person is more alert
- ✓ encourage a regular routine to the person's day
- ✓ spend time outside in the sunlight, when possible
- ✓ make notes of the events preceding the behavior as it may help identify potential triggers which can be reduced or eliminated
- ✓ reduce stimulation in the evening hours. Focus on providing activities that are soothing/calming
- ✓ reduce or avoid alcohol, caffeine and nicotine

(Resource: Alzheimer's Association)

The lists provided are not all inclusive. For other ideas on possible causes and strategies to address the behaviors of sundowning, reach out to the local Dementia Care Specialist at the Aging and Disability Resource Center.

The Health Benefits of Gardening

By the GWAAR
Legal Services Team



Gardening can help reduce stress because it leads you to focus on the process and not dwell on other concerns. As a result, it reduces levels of the stress hormone cortisol. Gardening is also considered a low-to-moderate level physical activity that improves cardiovascular health and can burn between 90 and 160 calories per hour.

Although not everybody has a green thumb, getting out to plant seeds and pull weeds can have benefits beyond fresh food and bountiful blossoms. Studies show that gardening and spending time in green spaces reduces depression and anxiety and has positive effects on people with dementia. Other benefits include increased levels of Vitamin D and improved strength and balance. People who participate in community gardening activities enjoy greater social interaction and increased intake of fresh fruits and vegetables.

People without yard or garden space available can still reap the benefits by growing plants in containers or finding a community gardening opportunity through resources like agricultural extension offices or the American Community Gardening Association. **So get growing!**



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

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

HEALTHY LIVING WITH DIABETES:

[Diabetes Self-Management Workshop:
6 consecutive weeks]

September 24th - October 29th
9:30am-12:00pm (CST), Tuesdays
Virtual, Via Zoom
Zoom Practice Session: September 17th

STEPPING ON:

[Falls Prevention Program:
7 consecutive weeks]

September 25th - November 6th
1:30pm-3:30pm, Wednesdays
Monroe, Behring Senior Center

MIND OVER MATTER:

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

October 14th, 28th, & November 11th
3:00pm-5:30pm (CST), Mondays
Virtual, Via Zoom
Zoom Practice Session: October 7th

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

Medicare 101

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

WHEN:

4th Tuesday of each month, 6-7 pm

WHERE:

Human Services Building, N3152 Hwy 81

CALL:

608-328-9499 to reserve your seat

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

