

Stay Active, Stay Healthy: Celebrating National Fitness Day for Older Adults



Mark your calendars! National Fitness Day is on May 3rd, making it the perfect time to focus on staying active and prioritizing your health. Exercise isn't just for the young—it's essential at every stage of life, helping older adults boost energy, improve mobility, and maintain independence. It's not just about looking good; it's about feeling good and enhancing overall well-being. No matter your age or fitness level, there are plenty of ways to incorporate movement into your daily routine!

Continued on page 5

ADRC
Aging and Disability Resource Center
Green County, Wisconsin
608-328-9499
adrcgreencounty.org

Like Us On **facebook** **f**
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.

Colony BRANDS, INC.
WE EMPOWER PEOPLE TO ENRICH LIVES
CUSTOMER • EMPLOYEE • COMMUNITY
ColonyBrands.com



ADRC Manager

Amber Russell

Aging Programs Supervisor

Morgan Kennison

ADRC Office Associate

Karen Daly

Elder Benefit Specialist

Mary Velcich

Disability Benefit Specialist

Julie Ames

ADRC Specialists

Mandy Johnsen

LA Klug

Heather Krueger

Education & Prevention Specialist

Laura Steiner

Adult Protective Services

Maddy Groenier

Representative Payee

Brenda Ringhand

Program Specialist

Katie Huffman

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 Zilliox

Ways to contact us!

Website - adrcgreencounty.org

Facebook - ADRC of Southwest Wisconsin

Email - resourcecenter@gchsd.org

Phone - 608-328-9499

Take Control of Your Health with ADRC's Virtual "Healthy Living with Diabetes" Workshop



WORKSHOP DETAILS:

DATES:

Thursdays,
June 5th – July 17th
(No class July 3rd)

TIME:

1:00 PM – 3:30 PM (CST)

LOCATION:

Virtual, via Zoom

Optional Zoom Practice

Session:

May 29th

HOW TO REGISTER:

Pre-registration is required, and spots are limited! There are no residency requirements. There is a suggested donation of \$15 to help cover class costs.

CALL THE ADRC - Green County Office:

608-328-9499

OR REGISTER ONLINE

by scanning the QR Code:



Don't miss this chance to take control of your diabetes and improve your quality of life. Sign up today, and invite a friend or family member to join you!

Managing diabetes can feel overwhelming, but you don't have to do it alone! The Aging and Disability Resource Center (ADRC) is offering Healthy Living with Diabetes, a highly effective, evidence-based self-management workshop designed to empower participants with the tools they need to take control of their condition.

Developed and researched at Stanford University, this program has been proven to improve confidence while reducing hospitalizations, doctor visits, and emergency department trips.

Why Join?

Diabetes affects millions, including our friends, family, and even ourselves. This workshop provides an opportunity to learn practical strategies in a supportive environment—all in just 2.5 hours per week for six weeks. That's 15 hours that could change your life!

What You'll Learn:

- ✓ Understanding the basics of diabetes
- ✓ Healthy eating and meal planning
- ✓ Reading nutrition labels
- ✓ Fun and easy ways to stay active
- ✓ Foot care and preventing complications
- ✓ Managing blood sugar levels
- ✓ Communicating effectively with your doctor and loved ones
- ✓ and much more!

A Supportive, Interactive Experience

This is not just a lecture—it's a hands-on workshop where participants learn from two trained leaders and from each other. Whether you have Type 1 or Type 2 diabetes, prediabetes, or live with someone who does, this program is designed for you.

May 29th, 2025



Beckman Mill is located at Beckman Mill County Park, 6 miles west of Beloit, Wisconsin. On the grounds of the 50-acre county park you will see an authentically restored 1868 grist mill, a new dam, mill pond, fish ladder, foot bridge, saw mill display, 1840s cooperage, visitor center, gift shop, creamery, blacksmith shop, picnic shelter, vintage garden, nature trail and more.

The showpiece of the park is the Beckman Mill, the restoration of which was completed in 1997 by the Friends of Beckman Mill's volunteer work crew. It is operational with power being supplied by its original 1860s water driven Leffel turbine. In the event alternate power is needed, the mill can be operated by its vintage two-cylinder gasoline engine.

The mill was built shortly after the Civil War by millwright William Howe of Beaver Dam, Wisconsin. In 1882 it was acquired by August Beckmann who had previously operated mills in nearby Juda and Hanover. The mill was placed on the National Register of Historic Places in 1977.

Lunch at Knute's in Orfordville after the tour.

Cost of trip is \$20 which includes transportation and tour admission.



A MAY DAY TRADITION OF KINDNESS



Submitted by Bonnie Beam-Stratz,
Dementia Care Specialist for the ADRC of Southwest Wisconsin

Growing up I remember celebrating the beginning of May with traditions that have been passed down over the generations. Those traditions have included dancing around a Maypole, gathering wildflowers and making floral garlands. My siblings and I would use construction paper and chenille pipe cleaners to make May Day baskets for Grammy Stanger, who was the neighborhood grandma and everyone respected her. My mom and other adults in the neighborhood would ask her for advice on how to address different life questions related to running the home and raising children. She also shared wonderful stories about her experiences growing up in the "olden days". We would fill the baskets with whatever flowers were blooming in the yard (violets, lily of the valley, daffodils, tulips, lilacs, or blossoms on the fruit trees – depending upon the spring weather). With our baskets full we would place them on the handle of Grammy Stanger's front door, knock and go hide and watch for her to be pleasantly surprised. I don't see this May Day tradition being practiced anymore. It would be great to see these acts of kindness and general respect be carried out more often. Maybe we can start a new May Day/Everyday tradition that not only can lift the spirits of others but also our own. I know I feel lighter/happier when I can do something positive for another and it validates my sense of purpose. Sense of purpose is one of those vital spokes in the wellness wheel. So this May think about the following message that was sent out by the Alzheimer's Family Support Center of Cape Cod.



Kindness is free. Give generously.

"When we were active caregivers, a neighbor bringing the trash cans up from the curb or a friend dropping by for coffee made all the difference in the world, especially on days when the job of caring for someone with dementia felt nearly impossible. Within our AFSC community, we bear witness to these small acts of kindness every day: a caregiver offers a ride, or a person with dementia holds the door open. Kindness is the simplest, and often the most overlooked, gift we can give. And it's free.

Because it costs nothing, kindness generates tremendous value in the world. Rather than depleting us, kindness connects us back to each other, whether we are giving it or receiving. It can imbue us with hope that no matter how difficult the task, we can go on. In the world of dementia, that can be so isolating and lonely, imagine the bounty of hope we could generate at no financial cost by taking the time to be kind. Because kindness is contagious: when someone is kind to us, we want to pass it along.

Whether you are a professional or family caregiver, we encourage you to commit an act of kindness every day, and use the link below to tell us about it. Like scattering wildflower seeds in the wind, every act of kindness has the potential to sow an abundant field. In a world that can feel so limited and small, the generosity of kind acts can make us feel like there will always be enough, because in that moment, there is."

Multiple events coming in June to celebrate Brain Health Awareness Month!



Join us at various event in June to recognize Brain Health. More information to come in the June newsletter but put these dates on your calendar!

Brain Wellness/Memory Screens

A memory screen provides useful health information about your brain, just like a blood pressure test provides information about your heart.

- **June 6th from 9 AM to Noon** at Memorial Public Library in Brodhead
- **June 16th from 9 AM to Noon** at ADRC of Southwest Wisconsin-Green County office in Monroe
- **June 19th from 1 PM to 3 PM** at Sugar River Senior Center in Belleville
- **June 24th from 11 AM to 3 PM** at Albertson Memorial Public Library in Albany

Dementia Live

Dementia Live is a high-impact dementia simulation experience that immerses participants in life with dementia, resulting in a deeper understanding of what it is like to live with cognitive impairment and sensory change.

- **June 16th from 3 PM to 6PM** at ADRC of Southwest Wisconsin-Green County office in Monroe

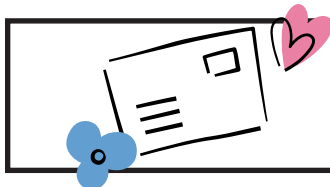
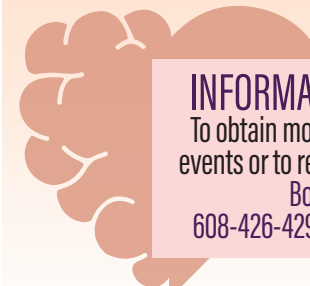
Healthy Living with Mild Cognitive Impairment

The program is open to persons experiencing early stages of cognitive changes, family members, professionals or for those interested in maintaining good brain health.

- **June 20th from 9:30 AM to 11:30 AM** at SSM Health Monroe Clinic.

INFORMATION & REGISTRATION

To obtain more information on any of these events or to register to attend, please contact Bonnie Beam-Stratz at 608-426-4295 or email bbeam@gchsd.org



To share your story of kindness, please send it to bbeam@gchsd.org.

Together, let's make this a new or updated May Day or Everyday tradition.

WORDS from the ADRC Specialist

May is National Stroke Awareness Month.

Strokes can happen to anyone, at any age. Having a stroke puts you at a higher risk for a second one. Learn how to save a life from stroke and know your risk factors. When you spot a stroke warning sign, ACT FAST! Recognizing the stroke warning signs and calling 911 immediately may make the difference between a successful recovery or long-term disability; survival or death.

Learning F.A.S.T. can save lives! What is F.A.S.T? Let's talk about it!

F.A.S.T. Warning Signs

Use the letters in F.A.S.T. to spot a Stroke

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

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

S = Speech Difficulty – Is speech slurred?

T = Time to call 911 – Stroke is an emergency. Every minute counts. Call 911 immediately. Note the time when any of the symptoms first appear.

Why is learning F.A.S.T. warning signs important?

- Stroke is the No. 5 cause of death and a leading cause of disability in the U.S.
- On average, 1.9 million brain cells die every minute that a stroke goes untreated.
- Early treatment leads to higher survival rates and lower disability rates. Calling 911 lets first responders start treatment on someone experiencing stroke symptoms before arriving at the hospital and help prevent injury or death.

Are the symptoms of stroke different for men and women?

Men and women who have strokes often feel similar symptoms of stroke, such as face drooping, arm weakness and speech difficulty. Other common signs for both women and men include problems seeing out of one or both eyes and balance or coordination problems.

Women can also experience:

- General weakness
- Disorientation and confusion or memory problems
- Fatigue, nausea or vomiting

However, some signs of stroke in women can be subtle enough to be missed or brushed off. That can lead to delays in getting time-sensitive, lifesaving treatments.



Other Stroke Symptoms to watch for include the sudden onset of:

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

What are Silent Strokes and do they have symptoms?

Silent strokes are undetected strokes. They occur when a blood vessel blockage in the brain causes cells to die, but no warning signs or symptoms are obvious.

About one-fourth of people over age 80 have at least one such area of tissue death, known as a "silent infarct," in the brain. The condition is more common with increasing age, and in people who smoke or have a history of vascular disease (conditions that affect your blood vessels).

Experts estimate that 10 silent strokes occur for every stroke with detectable symptoms. Despite being called "silent," these infarcts have been linked to subtle problems in a person's movement and mental processing. They also are linked to future risk for stroke and dementia.

Silent infarcts can be seen in patients through advanced brain imaging techniques such as MRI and CT.

What are the signs and symptoms of a warning stroke or "mini-stroke"?

A transient ischemic attack (TIA) is a warning stroke, but is commonly referred to by the public as a mini-stroke.

A TIA is a medical emergency with the same symptoms as more severe strokes, such as ischemic and hemorrhagic strokes. Because most TIA symptoms last from only a few minutes up to 24 hours, they are often dismissed and not taken seriously.

TIAs, which occur before about 15% of strokes, are considered "warning strokes" — they are associated with additional TIAs, full-blown strokes or other cardiovascular problems later. Most of these later health problems happen within just days or weeks of the TIA, so early interventions to reduce risk are vital.

Remember to talk to your doctor if you feel that you may be at risk for a stroke, or would like to learn more about stroke prevention.





ADRC Specialists - Mandy, Heather and LA

Continued from cover.

Why Fitness Matters as We Age
Regular physical activity can help older adults:

- Improve balance and coordination, reducing the risk of falls
- Strengthen muscles and joints, making everyday activities easier
- Boost heart health and lower the risk of chronic diseases
- Enhance mood, reduce stress, and support brain health
- Easy Ways to Get Moving

Not sure where to start? Here are some simple and enjoyable activities for older adults:

-  **Walking:** A low-impact way to improve cardiovascular health and mobility (See when Walk With Ease will be offered next, through the ADRC!)
-  **Chair Yoga or Tai Chi:** Great for flexibility, balance, and relaxation (Check to see what classes your local gyms and senior centers have to offer!)
-  **Light Strength Training:** Helps maintain muscle mass and bone density
-  **Cycling or Swimming:** Gentle on the joints but great for endurance (Outdoor pools will be open soon!)

How to Celebrate National Fitness Day

- Join a fitness class at a local gym or senior center
- Set a goal to walk an extra 5-10 minutes each day
- Try a new activity, like dancing or water aerobics
- Invite a friend or family member for a fun workout session

No matter how you choose to move, the key is consistency. Even small changes can make a big difference in your health and quality of life. This National Fitness Day, take a step toward a stronger, healthier you!

**Fitness Is for Life—
Not Just One Day**

While National Fitness Day is a great reminder to get moving, staying active should be a year-round commitment. Regular exercise helps maintain independence, improves overall health, and enhances quality of life. Whether it's a daily walk, a weekly fitness class, or simple stretching at home, every little bit counts. Find activities you enjoy and make movement a part of your routine—your future self will thank you!



MIND over MATTER

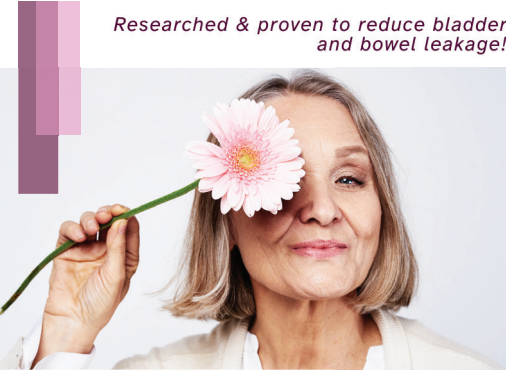
MIND OVER MATTER:
Healthy Bowels, Healthy Bladder

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?

To register, please call
ADRC Green County at
608.328.9499.



Or register online
by scanning the
QR code:



June 25th, July 9th, & July 23rd
Wednesdays, 1:30pm-4:00pm
Zwingli United Church of Christ
Monticello, WI
Suggested Donation: \$15
* Attendance at all three sessions is highly encouraged.
Spots are limited. Pre-registration is necessary.
No living-in county or state requirements.



Beans

Beans, beans, the musical fruit. The more you eat...well you know the rest! Beans come in many different shapes, sizes, colors, textures, and flavors. One thing that remains the same is that they all have a similar nutrient composition. Beans are naturally low in calories, sodium, sugar, fat, and are cholesterol-free! They are also good sources of many other key nutrients.

Some of these nutrients include calcium, fiber, folate, iron, magnesium, and potassium. Calcium is important for building bones and for preventing bone-thinning. Beans contain both soluble and insoluble fiber. Soluble fiber is great for improving cholesterol levels and regulating blood sugar. Insoluble fiber is beneficial for relieving constipation. Folate is important for women of childbearing age because of its benefits during pregnancy, but may also be beneficial as we age as it may help prevent or slow cognitive decline. Iron carries oxygen through our blood. Magnesium is key for building bone, regulating blood sugar, promoting normal blood pressure and keeping the heart rhythm steady. Potassium aids in controlling high blood pressure.

Adding beans into your diet is easy and affordable. Canned beans from the store are already cooked. A can of beans is typically less than \$1 at the store! They are shelf stable and can be seasoned to your preference. Common seasonings for beans are garlic powder, cumin, chili powder, oregano, thyme, and rosemary.

One-half cup of cooked beans provides the following Daily Value (DV):

Folate: 23% to 45%	Fiber: 24% to 36%
Manganese: 19% to 26%	Protein: 14% to 16%
Magnesium: 10% to 15%	Copper: 8% to 15%
Iron: 11%	Potassium: 10%
Selenium: 8%	Carbohydrates: 8%
Zinc: 6% to 8%	Calcium: 2% to 6%

Sources:
<https://gwaar.org/api/cms/viewFile/id/2003599>
<https://gwaar.org/api/cms/viewFile/id/2007682>



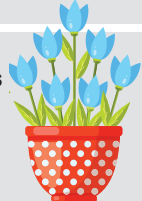


MAY

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
<div><div>MAY</div><div>SPRING IS HERE!</div><div></div></div>			<div><div>Ham Slices Au Gratin Potatoes Roasted California Veggie Blend Strawberry Topped Apple Chip</div><div>1</div></div>	<div><div>Breaded Fish Sandwich Roasted Broccoli Coleslaw Fruit Cocktail</div><div>2</div></div>
<div><div>Bourbon Glazed Ham Scalloped Potatoes Roasted Brussels Sprouts Pear Cup Cookie</div><div>5</div></div>	<div><div>Cranberry Roast Pork Steamed Rice Roasted Sweet Potatoes Roasted Zucchini Angel Food Cake w/Strawberry Topping</div><div>6</div></div>	<div><div>Beef Pot Roast Garlic Mashed Potatoes Cream Style Corn Diced Peach Cup</div><div>7</div></div>	<div><div>Chicken Patty Red Potatoes Roasted Broccoli & Cauliflower Mix Cinnamon Apple Slices</div><div>8</div></div>	<div><div>Tuna Noodle Casserole Whole Kernel Corn Green Beans Cherry Cheesecake</div><div>9</div></div>
<div><div>Sliced Turkey w/Gravy Dressing w/Celery Whole Kernel Corn Roasted Carrots Cherry w/Graham Crumbles</div><div>12</div><div></div></div>	<div><div>Sage Roasted Pork Fresh Sweet Potatoes Peas Apricots Yogurt</div><div>13</div></div>	<div><div>Taco Casserole w/Black Beans Refried Beans w/Cheese Spanish Rice w/Stewed Tomatoes Pudding Corn Muffin</div><div>14</div></div>	<div><div>Beef Tips in Mushroom Gravy w/Egg Noodles Roasted Cauliflower Supper Club Salad Pears</div><div>15</div></div>	<div><div>Breaded Fish Red Potatoes Roasted Summer Vegetables Peach Cup Frosted Cupcake</div><div>16</div></div>
<div><div>Hamburger Potato Salad Baked Beans Pineapple Tidbits Cookie</div><div>19</div></div>	<div><div>Roasted Chicken Thigh Baked Potato w/Sour Cream Stewed Tomatoes Fresh Strawberries Jell-O</div><div>20</div></div>	<div><div>Goulash w/Peas and Carrots Supper Club Salad w/Dressing Berry Cobbler</div><div>21</div></div>	<div><div>Chicken Salad Broccoli Vinegar Salad Tropical Fruit Cup Brownie</div><div>22</div></div>	<div><div>Ham Slices Mashed Potatoes Green Beans Fresh Melon Mix</div><div>23</div><div></div></div>
<div><div>CLOSED! <div>26</div></div></div>	<div><div>Tator Tot Casserole Green Beans Mandarin Oranges</div><div>27</div></div>	<div><div>Turkey Salad Pasta Salad Fresh Melon Mix Mandarin Orange Cake</div><div>28</div></div>	<div><div>Basil Chicken Parmesan Roasted Beets Brussel Sprouts Caesar Salad w/Dressing Pina Colada Lush Square</div><div>29</div><div></div></div>	<div><div>Baked Crusted Tilapia Garlic Mashed Potatoes Roasted Cauliflower Blueberry Topped Pears</div><div>30</div></div>

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*

6

The Bridge |
May 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div><div>MAY</div><div><div>Hello Spring!</div><div></div></div></div>			<div><div>Turkey Stroganoff Corn Tossed Salad Pears</div><div>1</div></div>	<div><div>Ring Bologna Peas Potato Salad Melon</div><div>2</div></div>
<div><div>Chicken w/Wild Rice Broccoli Potato Salad Fruit Salad Chocolate Cake</div><div>5</div></div>	<div><div>Ham Balls Mashed Potatoes w/Gravy Corn Banana</div><div>6</div></div>	<div><div>Spaghetti Carrots Tossed Salad Fruit Cocktail Oatmeal Cookie</div><div>7</div></div>	<div><div>Chicken, Broccoli and Rice Casse- role Stewed Tomatoes Apple Crisp</div><div>8</div></div>	<div><div>Lasagna Peas & Carrots Orange Slices Vanilla Pudding</div><div>9</div></div>
<div><div>Veal Sausage Mashed Potatoes Mixed Vegetables Peaches Sugar Cookie</div><div>12</div><div></div></div>	<div><div>Taco Noodle Bake Peas Banana Vanilla Pudding</div><div>13</div></div>	<div><div>Pork Sweet Potatoes Green Beans Fruit Cocktail</div><div>14</div></div>	<div><div>Baked Chicken Mashed Potatoes Broccoli Pineapple Jell-O</div><div>15</div></div>	<div><div>Baked Cod Potato Wedges Coleslaw Red Grapes Oatmeal Raisin Cookie</div><div>16</div><div></div></div>
<div><div>Bean Casserole Beets Canned Pears Chocolate Chip Cookie</div><div>19</div></div>	<div><div>Chicken Breast Mashed Potatoes Peas and Carrots Melon</div><div>20</div></div>	<div><div>Pork Cutlets Mashed Potatoes w/Gravy Green Beans Peaches Chocolate Cake</div><div>21</div></div>	<div><div>Turkey & Dressing Squash Tossed Salad Apple Crisp</div><div>22</div></div>	<div><div>Roast Beef Boiled Potatoes Corn Mandarin Oranges</div><div>23</div></div>
<div><div>CLOSED!! <div>26</div></div></div>	<div><div>Ham Balls Mashed Potatoes w/Gravy Green Beans Applesauce</div><div>27</div></div>	<div><div>Oven Fried Chicken Stewed Tomatoes Potato Salad Canned Pears Peanut Butter Cookie</div><div>28</div></div>	<div><div>Swiss Steak German Potatoes Corn Green Grapes German Chocolate Cake</div><div>29</div></div>	<div><div>Tuna Noodle Casserole Wax Beans Peaches</div><div>30</div><div></div></div>



WALK WITH EASE

(Self-Directed)

Looking for relief from arthritis pain? Or maybe you don't have arthritis, but just want to be more active? 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; June 30th - August 10th
Anytime/Anywhere
(At least 3 days per week
for ~10-40+ minutes per day)

Suggested Donation: \$15

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

Pre-registration is necessary.
No living-in county or state requirements.

To register or learn more, please call
the ADRC Green County Office at
608.328.9499.

Or register online by scanning the QR code:



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



TORNADO AND SEVERE WEATHER PREPAREDNESS

By the GWAAR Legal Services Team



The snow is melting and the trees are turning green, which means it's time to review your safety plans so that you will be ready when severe weather hits. Wisconsin averages 23 tornadoes per year, with most tornadoes occurring between May and August. June usually has the highest number of tornadoes. Wisconsin averages 23 tornadoes annually. Last year, the National Weather Service (NWS) confirmed 45 tornadoes in Wisconsin, the third highest in state history!

Other hazards of spring and summer weather are powerful, straight-line thunderstorm winds that can exceed 60 mph and large hail. Wisconsin gets a few storms each year that generate hurricane-force winds of at least 75-100 mph. The National Weather Service issues Severe Thunderstorm Warnings for these wind events as well as for storms with hail of at least 1 inch in diameter.

Wisconsin Emergency Management recommends having a plan for what to do in case of severe weather. When a Thunderstorm Watch or Tornado Watch has been issued, pick a reliable source of information and keep in touch with that source until the threat of severe weather has passed. One of the best tools is a weather radio.

When you hear a siren or that there is a tornado warning, find shelter immediately. If you are at home or in a building, move to a shelter space you have chosen, such as a basement, and get under a sturdy table or the stairs. If you do not have a basement, move to a small interior room or hallway on the lowest floor and get under a sturdy table or desk or cover yourself with blankets or pillows. Stay away from windows and put as many walls as possible between you and the storm.

If you are in a mobile home or caught outdoors, seek shelter in a sturdy building. If you cannot walk to a shelter quickly, get into a vehicle, buckle your seatbelt, and drive to the closest sturdy shelter. If debris starts flying while you are driving, pull over and park. Either stay in the vehicle with your seatbelt on and place your head below the windows, or, if you can safely get to a point that's noticeably lower than the roadway, get out of the vehicle and lie in that area, covering your head with your hands. Do not seek shelter under an overpass.

You can read more about severe weather safety and emergency preparedness at the following links:

- › Climate and Health: Severe Storm Safety
- › ReadyWisconsin
- › Ready.gov

Summer 2025 Main Street Monroe, WI

May

05/03 First Saturday Outdoor Farmers Market (8am-1pm) 🍅

05/07 First Wednesday Outdoor Farmers Market (12-3pm)

05/31 Summer Kickoff Event 🎈

05/31 Concert on the Square 🎵

June

06/06 Cars on the Square 🚗

06/19 Yoga on the Lawn

06/20 Concert on the Square 🎵

July

07/04 Concert Slightly off the Square at Twining Park

07/11 Concert on the Square 🎵

07/12 Yoga on the Lawn 🧘

07/25 Concert on the Square

07/31 Yoga on the Lawn

August

08/01 & 08/02 Maxwell Street Days Summer Sidewalk Sales 🛍️

08/16 Yoga on the Lawn 🧘

08/16 Concert on the Square

08/22 Cars on the Square Rain Makeup Date

Check out the Farmers Market on the 3rd Saturday of each month for cooking demonstrations, music, and other live entertainment



www.mainstreetmonroe.org

YOU ARE NOT ALONE.

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 from 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 from 5:30pm-7:00pm
Monroe Public Library: First Floor Conference Room
925 16th Avenue, Monroe, WI

4th Thursday of the month from 10:30am-12:00pm
Green County Human Services Building
Lower Level: Multipurpose Room 1
N3152 State Road 81, Monroe, WI

SUICIDE GRIEF SUPPORT GROUP

A peer support group for people who have lost loved ones to suicide.

Every Monday from 4:00pm-5:30pm
Green County Human Services Building
Main Level: Mental Health Matters Room 104
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.

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 Thursday of each Month, 6-7 PM

WHERE: Human Services Building, N3152 Hwy 81

CALL: RSVP Required by calling 608-328-9499

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.



Health & Wellness

UPCOMING 2025 PREVENTION WORKSHOPS

HEALTHY LIVING WITH DIABETES:

[Diabetes Self-Management Workshop:
6 consecutive weeks]

June 5th - July 17th
(No class on July 3rd)
1:00pm-3:30pm (CST), Thursdays
Virtual, Via Zoom
Zoom Practice Session: May 29th

MIND OVER MATTER:

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

June 25th, July 9th, & July 23rd
1:30pm-4:00pm, Wednesdays
Monticello, Zwingli UCC

WALK WITH EASE:

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

June 30th - August 10th
3x per week, for at least 10-40 minutes
Self-Directed: Anytime/Anywhere

STEPPING ON:

[Falls Prevention Program:
7 consecutive weeks]

July 14th - August 25th
10:00am-12:00pm, Mondays
Monroe, Green County Human Services Building

For more detailed information on the available classes offered, please visit our website at www.adrcgreencounty.org

If you have any questions, or are wanting to register for a class, please call the ADRC at

608-328-9499.



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

Day by Day Memory Café

Join us social gathering for individuals living with memory loss, early stage dementia including Alzheimer's, and their family and friends.



It will be a time to gather for laughter, relaxation, activities and companionship. It is not an educational workshop or support group about dementia. It is fun, welcoming, friendly environment where everyone will be accepted and no one will feel alone.

**4th Thursday of the Month
1:00 PM- 2:30 PM**

**St. Johns United Church of Christ
(1724 14th Street Monroe, WI)**

Please call 608-205-8203 to RSVP