

# THE Bridge

## JUNE

Connecting services, resources, and information for the community.



What do you do if you are concerned an older adult isn't taking care of themselves or that no one is taking care of them?

What about if you think someone is taking their money without their consent?

The Aging and Disability Resource Center has Adult Protective Services staff member(s) to investigate these situations and help make a plan to keep the person safe. Unfortunately, elder abuse is more common than people would like to believe and isn't always physically evident.

- › The ADRC in Green County had over 200 cases of reported abuse or neglect in 2024.
- › In reported cases, financial abuse totaled over \$496,374.
- › These numbers represent only cases reported to the ADRC. The actual number of elders experiencing abuse or neglect is likely much higher but goes unreported.

Green County has an Elder Abuse Prevention Interdisciplinary Team (E.A.P. I-Team) that consists of a variety of entities (Adult Protective Services, area Banks, Law Enforcement, Public Health, DHS, and more). This team concentrates on raising awareness about Elder Abuse and how to prevent it. The EAP I-Team is currently seeking the participation of a community member that has been affected by or is passionate about Elder Abuse and its prevention.

**If this is you, please visit the following link to apply:**

<https://forms.gle/RqNCNr4xUJRtbdRr5>



**SCAN** the QR Code OR  
**CALL** the ADRC at (608) 328-9499  
to have the link sent to you!



In an effort to highlight that the ADRC is here to help, we are promoting World Elder Abuse Awareness Day, which is June 15th. This year, you will find us at a booth at the Monroe Farmer's Market, providing resources and education on Elder Abuse.

**You can also join the ADRC on June 30th at 11:00 am for a "Stop the Scams!" lunch and learn.** This will be held at the Green County Human Services Building with a suggested donation of \$5. Call the ADRC to register: (608) 328-9499.

**If you have any suspicion that someone in the community may be the victim of any form of abuse or neglect, please contact the ADRC.** Though we may ask you some questions, all referral sources are kept anonymous, by law! Remember, you don't have to prove it to report it. Call the ADRC in Green County at (608) 328-9499 or the Elder Abuse Hotline at (833) 586-0107.



**608-328-9499**  
[adrcgreencounty.org](http://adrcgreencounty.org)



ADRC of Southwest Wisconsin

The Aging and 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](http://ColonyBrands.com)



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Regional Administrative Assistant-

Danica Hay-Skattum

### Dementia Care Specialists

Bonnie Beam-Stratz

Hailey Zilliox

### Ways to contact us!

Website - [adrcgreencounty.org](http://adrcgreencounty.org)

Facebook - ADRC of Southwest Wisconsin

Email - [resourcecenter@gchsd.org](mailto:resourcecenter@gchsd.org)

Phone - 608-328-9499

## WOMEN'S INCONTINENCE PROGRAM

### Mind Over Matter: Healthy Bowels, Healthy Bladder Take Control, Gain Confidence

Did you know that more than half of women aged 50 and older experience challenges with bladder or bowel control? These symptoms can range from mildly inconvenient to severely life-altering. For many, the fear of embarrassment leads to isolation and a loss of freedom in everyday life. If this sounds familiar, you're not alone—and help is available.

**Mind Over Matter: Healthy Bowels, Healthy Bladder (MOM)** is a supportive, evidence-based workshop designed to help women 50 and older take control of their bladder and bowel health. Offered through the Aging and Disability Resource Center (ADRC), this program equips women with practical tools, guidance, and peer support.

Whether you're currently dealing with incontinence or simply want to prevent future issues, MOM can benefit you. It's never too early — or too late — to take charge of your health.

#### What to Expect:

- Three 2½-hour sessions held every other week
- Educational materials, group discussion, and fun, interactive activities
- Easy exercises and dietary tips to practice at home
- Support in a relaxed and understanding environment



**Public Health**  
Prevent. Promote. Protect.  
Green County Wisconsin

## NEW Sharps Disposal Container Program from Green County Public Health



Green County Public Health now has sharps disposal containers available for free for Green County residents. Whether you use lancets to check your blood pressure, you're on an injectable medication or use sharps for any other reason, you can get a sharps container through this program.

The sharps containers are available in three sizes, small, medium, and large. You can pick up a container from Green County Public Health, located in the Green County Government Services Building (N3152 WI-81, Monroe) anytime during their regular operating hours, 8:00 a.m. to 4:30 p.m., Monday through Friday. After picking up your sharps container, you can use it to dispose of sharps, and when it's full, just return it to Green County Public Health. When you return the container, please make sure the lid is securely shut so that no sharps fall out of the container.

Used sharps are hazardous waste. When not discarded properly, they can cut and infect other people. People should not put sharps in the trash or recycling bins or flush them down the toilet. Protect your community by always discarding your used sharps in a sharps disposal container.



### Join us for our next upcoming class offering:

- Wednesday, June 25th
- Wednesday, July 9th
- Wednesday, July 23rd

**Time:** 1:30 PM – 4:00 PM

**Location:** Zwingli United Church of Christ, Monticello, WI  
(No church membership required to attend.)

**Suggested Donation:** \$15.00

Pre-registration is required.

Spots are limited!

To register, contact the  
ADRC – Green County Office at  
608-328-9499 or register online  
by scanning the QR code.



Empower yourself with  
knowledge and tools to  
improve your quality of life—  
join us for Mind Over Matter.



#### To be eligible, participants must:

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

**Registration and  
distribution**  
of these booklets  
will start in June.

**To learn more about  
the program,  
please contact  
the ADRC  
at 608-328-9499.**



[adrcgreencounty.org](http://adrcgreencounty.org)



#### LEARN MORE

<https://www.dhs.wisconsin.gov/wic/fmnp/senior.htm>

This institution is an equal opportunity provider.





Let's get **WILD**

Join us for the day at the Zoo on June 30th!

For many older adults, it has been years since visiting the zoo with your kids or grandkids. So why not go with your friends and enjoy all the animals at the Henry Villas Zoo in Madison!

We will arrive at the Zoo around 10 AM and allow for 2 hours of a self-guided tour. We will then enjoy lunch at Buck & Honey's in Monona.

Cost- \$15 for transportation.


You are responsible for the cost of your lunch.

Please RSVP to the ADRC at 608-328-9499.




**LUNCH & LEARN**

**STOP THE SCAMS!**



**DID YOU KNOW?**

Between April 2024 and April 2025, the Green County Sheriff's Department documented approximately 35 fraud/scam cases, totaling **\$1,107,302.66** in reported losses. And that's just the tip of the iceberg — many incidents go unreported, meaning the actual financial impact is likely much higher.

Join **Tammy Hartwig, Fraud Prevention Officer at Woodford State Bank**, and **Detective Betsy Krantz from the Green County Sheriff's Department** for an important and eye-opening educational session on financial exploitation. This engaging presentation will dive deep into the world of scams, identity theft, and other types of fraud that are targeting individuals and communities today.

You'll learn; how to recognize the warning signs of financial exploitation, the most common (and sketchy) scams circulating right now, practical tips for safeguarding your personal and financial information, and what immediate steps to take if you or someone you know is targeted.

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If you have any questions or would like to RSVP, please call the ADRC Green County Office at **608-328-9499**.

**Or register online by scanning the QR Code:**

\*\* Our 2025 Lunch & Learn events will be held quarterly throughout the year, with dates and topics to be announced.

**Monday, June 30th**  
**11:00am – 1:00pm**

Lunch will be available starting at 11:00am.

The presentation will begin at 11:30am and will last approximately 1 ½ hours.


**Suggested Donation: \$5**

**Green County Human Services Building**  
**Lower Level:**  
**Multipurpose Rooms**


N3152 State Road 81  
Monroe, WI 53566

Reservations for lunch are required by Monday, June 23rd.





**Arthritis Foundation®**



**Walk With Ease: A Path to Less Pain and More Energy**

Whether you're living with arthritis or simply want to build a more active lifestyle, the Walk With Ease program can help you get back in the game—safely and confidently. Developed using proven strategies in exercise science and behavior change, this program is designed to reduce pain, increase strength and balance, and make walking a regular, enjoyable part of your life.


**You'll learn how to:**


- ✓ Manage arthritis pain through safe, effective exercise
- ✓ Set personal walking goals and stick with them
- ✓ Make walking fun and rewarding
- ✓ Discover resources to keep you moving

**Program Details:**

- June 30th – August 10th
- Self-Directed: Anytime/Anywhere
- At least 3 days per week for 10-40+ minutes
- Suggested Donation: \$15.00

All you need is a safe place to walk, comfortable shoes, and a guidebook (provided by ADRC). No residency requirements—everyone is welcome!





To register, call the ADRC Green County Office at 608-328-9499 or register online by scanning the QR code.

**Start walking. Feel better. Live stronger.**



# WORDS from the ADRC Specialist

April showers, bring May flowers, but June may bring in severe weather. Are you prepared in the event of an emergency or natural disaster? Did you know that Wisconsin averages 23 tornadoes per year?

Staying informed during emergencies is crucial for safety. Public safety officials use reliable systems to send alerts, and knowing how to respond quickly can help protect you and your community when disaster strikes. This includes alerts on the radio, tv, and via text messages. Alerts that may be sent to the general public are broken into two categories; Watch and Warning. Here are the differences:

### **Watch:**

A watch is issued when conditions are such that a specific hazardous weather event (like a tornado, thunderstorm, or flash flood) is possible in the area. It's a heads-up to stay alert and monitor weather conditions, but the event hasn't actually started yet. For example, a tornado watch means tornadoes are possible in the area, but there isn't a confirmed tornado on the ground.

### **Warning:**

A warning means the hazardous weather event is either happening currently or is about to occur. It indicates that immediate action is needed to protect life and property. For example, a tornado warning means a tornado has been spotted or detected by radar, and people should seek shelter immediately.

### **What can we do to prepare?**

While local officials and relief workers will be on the scene after a disaster, it may not be possible for them to reach everyone right away. It could take hours, or even days, for assistance to reach you. Basic services such as electricity, water, and communication may be cut off for days, weeks, or longer. It is possible you may need to leave at a moment's notice.

Being prepared means having your own food, water, and other supplies to last several days. An emergency kit should contain basic items your household needs in the event of an emergency. Being able to take essential items with you quickly is important since you may not have the opportunity to shop or search for supplies.

A home disaster preparedness kit should include items you believe may be needed to keep your family safe and comfortable in an emergency. Keep your kit clearly labeled in a cool, dry place where it's easily accessible when you need it at home or a shelter.

You will need to periodically go through your emergency supply kits to make sure the items in it are not outdated. Go through your supply kits at least every six months to check for food, batteries, and other items that may have expired. To assemble your kit, store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry waterproof containers such as plastic bins/totes or a duffel bag.

### **Here are some ideas to include in an emergency kit:**

- ✓ Water and non-perishable food for each person for 3-5 days
- ✓ First aid kit
- ✓ Cash (ATMs or online services may be unavailable)
- ✓ Copies of important documents such as driver's licenses, birth certificates, insurance policies, and financial information
- ✓ Can opener, plates, and utensils
- ✓ Flashlight, battery-operated radio, and extra batteries for each
- ✓ Extra clothing and bedding

### **Additional items to include in an emergency kit for older adults or adults with disabilities include:**

- ✓ A 3–5-day supply of medications
- ✓ Medical supplies. These may include things such as:
  - › Supplies for ostomies and/or wound care supplies, portable oxygen tanks, nebulizer supplies, etc
- ✓ ID band (full name, contact number for family member/caregiver, and allergies)
- ✓ Hearing aids and extra batteries
- ✓ Glasses or contacts and contact solution
- ✓ Mobility devices such as wheelchairs, walkers, and oxygen
- ✓ Documents in a water-proof bag. These may include:
  - › Power of attorney and/or medical power of attorney documents, as appropriate
  - › Care plan
  - › List of medications
  - › Contact information for family, caregivers, and doctors
  - › List of allergies
  - › Copies of medical insurance or Medicare cards
- ✓ Paper/notebook and pencil/pen
- ✓ Communication devices
- ✓ Mobility Devices
- ✓ Prosthetic/Orthotic devices

### **If you or a loved one have additional needs, such as cognitive impairments, you may want to consider adding the following to your emergency kit:**

- ✓ Copy of care plan
- ✓ List of behavioral triggers and medical needs
- ✓ Bring familiar items that will help those with autism or other developmental disorders adjust to new surroundings.
- ✓ A list of any communication difficulties
- ✓ Copy of a recent IEP and any medical records or evaluations on hand
- ✓ Pack any needed assisted technology devices and chargers
- ✓ iPads (and other medical equipment) used to communicate
- ✓ Noise canceling headphones or earplugs

Weather in Wisconsin can be unpredictable, but you can prepare yourself and your family a head of time. Stay safe this summer!




*ADRC Specialists - Mandy, Heather and LA*



# Our Brain Health Matters

June is Alzheimer’s and Brain Health Awareness Month.

The following general brain facts will help us to gain a little knowledge about the brain. The facts provided were posted on July 22, 2019 by DENT Neurological Institute in Lifestyle Tips.

- 
  - The adult brain weighs approximately 3 pounds. The cerebrum makes up 85% of the brain's weight, and the human brain makes up about 2% of a human's body weight.
- 
  - About 75% of the brain is made up of water. This means that dehydration, even as small as 2%, can have a negative effect on brain functions.
- 
  - The human brain will triple in its size the first year of life. A two-year-old baby will have an 80% fully grown brain." "It isn't until about the age of 25 that the human brain reaches full maturity.

Researchers believe that up to two-thirds of our risk for dementia is determined by lifestyle factors that we can control. These factors include: physical activity, emotional health, intellectual activity, nutrition, spiritual activity and social engagement. This information is the focus of the Boost Your Brain and Memory class offered through the Aging and Disability Resource Center.

This June, the Dementia Care Specialist will be offering a variety of services to celebrate the month. These services include Brain Wellness Checks/ Memory Screens, Dementia Live Experience, and Brain Health Bingo.

## Brain Wellness Checks/Memory Screens

Early intervention is important because it allows individuals and families to make future plans, work with their physician on effective treatments and lifestyle changes, learn about dementia disease progression and caregiving strategies; and connect to community supports. A brain check-up is a wellness tool that helps identify possible changes in memory and cognition. We get preventive screens for other things, why not your memory too? The screen creates a baseline of where a person is at so that future changes, if any, can be monitored. It's free, confidential and only takes 20 to 30 minutes. Brain wellness checks will be offered on the following dates, times and locations:

 JUNE 6th	 JUNE 16TH	 JUNE 19TH	 JUNE 24TH
9 AM to 12 PM at Brodhead Memorial Public Library 1207 25th Street Brodhead, WI 53520	9 AM to 12 PM ADRC of Southwest Wisconsin-Green County Office N3152 State Road 81 Monroe, WI 53566	1 PM to 3 PM Sugar River Senior Center 21 S Vine Street Belleville, WI 53508	11 AM to 3 PM Albertson Memorial Public Library 200 N Water Street Albany, WI 53502

## The Dementia Live Experience

Simulation lasts about 30 minutes. 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. Participants gain greater awareness and understanding of the constant struggles affecting persons with dementia, and greater understanding leads to more sensitive caregiving.

Following each simulation, participants will be debriefed on their experience and will have an opportunity to ask questions. Information will be available regarding memory loss, dementia and its signs and symptoms.

## NEW for 2025 – Brain Health Bingo


Throughout the month of June, try your hand at implementing some brain healthy habits in your life! Complete the brain healthy tasks listed in each box of the bingo card to create a vertical, horizontal, or diagonal row in the month of June. For each bingo row completed, your name will be entered to win a Brain Health Door Prize! To obtain a copy of the card, check out the Dementia Care Specialist Facebook page or contact the Dementia Care Specialist to get a copy emailed or mailed to you. This is a self-directed activity, meaning there is no in-person event for this.

To be entered to win the Brain Health Door Prize, turn in your completed card (by dropping it off or emailing it) to one of the Dementia Care Specialists at your local Aging and Disability Resource Center by July 3rd. Please note that your information must be filled out on the bottom of the card in order to be entered for the drawing.

## Healthy Living with Mild Cognitive Impairment

The second session of the Healthy Living with Mild Cognitive Impairment education series will be offered. Dr. Gordon Giles, PhD will be presenting the topic: Performance Based Intervention Approaches that Support Functional Cognition for People Living with MCI. This educational series is being provided in partnership with the Wisconsin Alzheimer’s Disease Research Center and the SSM Health Monroe Memory Clinic.

The program is free and can be attended via zoom or at the in-person viewing site at the SSM Health Monroe Clinic - St. Clare Conference room. 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**

9:30 AM to 11:30AM  
Virtually -OR-  
SSM Health  
Monroe Clinic  
St. Clare  
Conference Room

**TO REGISTER** for any of the listed events or for information on other brain health resources or when the next Boost Your Brain and Memory class will be offered, please contact Bonnie Beam-Stratz, Dementia Care Specialist at **608-324-3600** or email **bbeam@gchsd.org**.

JUNE  
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
Ham & Scalloped Potatoes 2 Roasted Broccoli & Cauliflower Mix Zucchini Chocolate Cake	Cranberry Roast Pork 3 Seasoned Roasted Carrots Whole Kernel Corn Pineapple Tidbits	Beef Noodle Casserole 4 Peas Tomato Pesto Salad on Leaf Lettuce Fruit Salad	Craisin Chicken Salad on Leaf 5 Lettuce Potato Salad Red & Green Grapes	Lasagna 6 Roasted Italian Vegetables Caesar Salad w/Dressing Blueberry Boy Bait
Turkey Noodle Casserole 9 Green Beans Pear Cup Pudding	Tuna Salad on Lettuce 10 with Tomato Slices Veggie Pasta Salad Lemon Pound Cake Sliced Strawberries	Bratwurst Patty w/Sauerkraut 11 Roasted Summer Vegetables Baked Beans Sliced Peaches	Ham Slices 12 Au Gratin Potatoes Roasted California Vegetable Blend Strawberry Topped Apple Chips	Breaded Fish Sandwich 13 Roasted Broccoli Coleslaw Fruit Cocktail
Bourbon Glazed Ham 16 Scalloped Potatoes Roasted Brussel Sprouts Pear Cup Cookie	Cranberry Roast Pork 17 Steamed Rice Roasted Sweet Potatoes Angel Food Cake w/Strawberry Topping	Beef Pot Roast 18 Garlic Mashed Potatoes Cream Style Corn Diced Peach Cup	Chicken Patty 19 Red Potatoes Roasted Broccoli & Cauliflower Mix Cinnamon Apple Slices	Tuna Noodle Casserole 20 Whole Kernel Corn Green Beans Cherry Cheesecake
Sliced Turkey w/Gravy 23 Dressing w/Celery Whole Kernel Corn Cherry w/Graham Crumbles	Sage Roasted Pork 24 Fresh Sweet Potatoes Peas Apricots Yogurt	Taco Casserole w/Black Beans 25 Refried Beans w/Cheese Spanish Rice w/Stewed Tomatoes Pudding	Beef Tips in Mushroom Gravy 26 with Egg Noodles Roasted Cauliflower Supper Club Salad Pears	Breaded Fish w/Cheddar Cheese 27 Red Potatoes Roasted Summer Vegetables Peach Cup Frosted Cupcake
Hamburger 30 Potato Salad Baked Beans Pineapple Tidbits Cookie	June Summer is here!			

JUNE  
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\*

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The Bridge |  
June 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken & Rice 2 Potato Salad Broccoli Peaches	Roast Pork 3 Mashed Potatoes w/Gravy Carrots Applesauce	Turkey Tetrazzini 4 Potato Wedges Corn Orange	Sharron's Goulash 5 Cauliflower Fruit Cocktail Fruit Pie	Baked Cod 6 Potato Wedges Coleslaw Banana Sugar Cookie
Pizza Casserole 9 Carrots Tossed Salad Pineapple	Chicken Breast 10 Scalloped Potatoes Green Beans Mandarin Oranges Peanut Butter Cookie	Pork Cutlets 11 Sweet Potatoes Baked Beans Fruit Cocktail Butterscotch Pudding	Turkey Stroganoff 12 Corn Tossed Salad Canned Pears	Ring Bologna 13 Peas Potato Salad Melon
Chicken w/Wild Rice 16 Broccoli Potato Salad Fruit Cocktail Chocolate Cake	Ham Balls 17 Mashed Potatoes w/Gravy Corn Banana	Spaghetti 18 Carrots Tossed Salad Fruit Cocktail Oatmeal Cookie	Chicken, Broccoli and 19 Rice Casserole Stewed Tomatoes Apple Crisps	Lasagna 20 Peas & Carrots Orange Slices Vanilla Pudding
Veal Sausage 23 Mashed Potatoes Mixed Vegetables Peaches Sugar Cookie	Taco Noodle Bake 24 Peas Banana Vanilla Pudding	Pork 25 Sweet Potatoes Green Beans Fruit Cocktail	Baked Chicken 26 Mashed Potatoes Broccoli Pineapple Jell-O	Baked Cod 27 Potato Wedges Coleslaw Red Grapes Oatmeal Raisin Cookie
Bean Casserole 30 Beets Canned Pears Chocolate Chip Cookie	Happy Father's Day June			



# National Dairy Month

June is National Dairy Month! National Dairy Month started out as a way to distribute extra milk during the warm summer months. By 1939, June was named National Dairy Month. As of 2023, Wisconsin farmers produce more than 23 billion pounds of milk every year, that's about 14% of the country's milk supply! Wisconsin is the #1 cheese making state, making about 26% of the country's total cheese.



Sometimes milk can get a bad rap, but there are many nutritional benefits. Dairy products are excellent sources of calcium, vitamin D, protein, and many others. Calcium is essential for strong bones and teeth, vitamin D helps your body absorb calcium, and protein is important for building and repairing tissues. When consumed as part of a balanced diet, dairy products can significantly contribute to overall health and well-being.

In addition to bone health, dairy products can be beneficial for heart health and weight management. Dairy products also contain nutrients like potassium and magnesium which can help lower blood pressure and prevent cardiovascular diseases. The high protein content in dairy products can help you stay full for longer and calcium may be linked to a lower risk of obesity and metabolic syndrome.

While most dairy products come in a range of fat content, choosing low-fat or fat-free dairy foods can help enhance your nutrition status.



## Overnight Oats

1/2 C. rolled oats  
2 Tbsp. peanut butter  
1/2 C. Greek yogurt  
Fresh fruit of choice

- › In a jar or other sealable container, mix oats, peanut butter, and milk.
- › Cover and let sit in the fridge overnight.
- › Top with Greek yogurt and fruit. Serve cold and enjoy!

### Sources

<https://gvaar.org/api/cms/viewFile/id/2007687>

<https://thedairyalliance.com/health-benefits-of-dairy-products>

## 2025 Healthy Living with Mild Cognitive Impairment (MCI) Education Series

A free quarterly support and education series about brain health and living well with MCI

## Unlocking the Power of Habits, Routines, and Strategies

June 20

9:30–11:30 a.m.

**Guest: Gordon Giles, PhD,  
OTR/L, FAOTA**



Join us to discover how habits, routines, and strategies can enhance your life at any stage, backed by compelling evidence that supports these effective and practical approaches. Register to attend the program in person at one of eight locations across Wisconsin. Or, participate from anywhere, live online via Zoom.

Register to attend in Green County at SSM Health Clinic by contacting Bonnie Beam-Stratz at 608-426-4295 or [bbeam@chsd.org](mailto:bbeam@chsd.org).

Address:  
SSM Health Clinic  
St. Clare Conference Room  
515 22nd Avenue  
Monroe, WI 53566



### About the Series:

Healthy Living with Mild Cognitive Impairment (MCI) offers attendees guidance and science-backed strategies for living and coping with memory and thinking changes.

Join **Nathaniel Chin, MD**, and **Jennifer McAlister, BA**, from the Wisconsin Alzheimer's Disease Research Center, and guest speakers, to learn more about Mild Cognitive Impairment (MCI). Each program will end with a Q&A session.

### Questions?

Contact the Wisconsin ADRC at 608-265-0407 or [adrc@medicine.wisc.edu](mailto:adrc@medicine.wisc.edu)

### Presented by:



**Wisconsin Alzheimer's  
Disease Research Center**  
UNIVERSITY OF WISCONSIN  
SCHOOL OF MEDICINE AND PUBLIC HEALTH

### Community Partners:



**ONEIDA**

The ADRCs of Brown, Dane, Dodge, Grant, Green, La Crosse, and Rock counties and the Oneida Nation are committed to unbiased service and cannot endorse nor recommend any organization, product, or service.



Stepping On is a seven-week program designed to help you prevent dangerous and costly falls, so you can continue enjoying the activities you love. You'll learn how to spot and eliminate fall hazards at home and outdoors, understand how vision, hearing, medications, and footwear impact your fall risk, and practice strength and balance exercises tailored to your fitness level. The program also teaches safe techniques for getting up after a fall and offers additional strategies to keep you safe and independent.

**July 14th - August 25th**  
**Mondays, 10:00am - 12:00pm**  
**Green County Human Services**  
**Building - Monroe, WI**  
**Suggested Donation: \$15**

Pre-registration is required. Spots are limited.  
No living-in county or state requirements.

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

Or register online by  
scanning the QR code:



608-328-9499 | [adrcgreencounty.org](http://adrcgreencounty.org) 7



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](http://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
June 12th & 26th	Monroe - Juda - Brodhead - Albany to Janesville	\$15.00
June 11th & 25th	Belleville - New Glarus - Monticello to Monroe	\$8.00
June 5th & 19th	Albany - Brodhead - Juda to Monroe	\$8.00
June 4th & 18th	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**