

# THE Bridge

JULY

Connecting services, resources, and information for the community.

## Take a Step Toward Safety: Preventing Falls Before They Happen



Falls might not be the most common topic at a social gathering—but once it's mentioned, everyone seems to have a story. Maybe it's about a parent who avoids going out because of fear. Or a spouse who insists, "I'm fine!" despite a close call. The takeaway is universal: no one wants to be sidelined by a fall.

And with good reason. According to the Centers for Disease Control and Prevention (CDC), falls are the leading cause of accidental injury among adults over age 65 in the United States. Every year, more than 2.3 million older adults experience a fall—one in three resulting in serious injury.

Here in Wisconsin, the risk is even greater. Older residents are more than twice as likely to die from a fall compared to the national average. While icy sidewalks and thorough data tracking may partly explain the numbers, experts believe there are deeper, more complex factors at play.

**But here's the silver lining:** falls are not a normal part of aging—and they are preventable.

*"Falls are preventable, and they are not a normal part of aging,"* says Laura Steiner, Education & Prevention Specialist at the Aging and Disability Resource Center (ADRC) of Green County. With over six years of experience leading fall prevention workshops, Steiner is passionate about helping older adults take charge of their safety. Through a partnership with the Wisconsin Institute for Healthy Aging (WIHA), the ADRC offers Stepping On—an evidence-based program designed to help older adults stay independent, active, and safe.

*"Wisconsin studies show Stepping On reduces participants' risk of falling by 31%," Steiner shares.* "That's a lot of emergency room visits—and stress—avoided. It shows that with the right knowledge and tools, people can reduce their risk and feel more confident." The program isn't about instilling fear. Instead, it equips participants with practical strategies to identify and avoid everyday hazards, build strength and balance, and make informed decisions—all in a supportive, upbeat setting.

Each Stepping On workshop runs for seven weeks, meeting once a week for two hours. Classes include expert presentations from physical therapists, pharmacists, vision specialists, and even local law enforcement. Participants also learn simple exercises to improve mobility and stability.

### Upcoming Stepping On Workshop

If you're age 60+ and have fallen—  
or are simply concerned about falling—  
Stepping On might be the perfect next step.

**Dates:** Mondays, July 14th – August 25th, 2025

**Time:** 10:00 AM – 12:00 PM

**Location:** Green County Human Services Building,  
Monroe, WI

**Suggested Donation:** \$15.00

Spots are limited and pre-registration is required. To reserve a spot, call the ADRC Green County Office at 608-328-9499 or register online by scanning the QR code. Learn more at [adrcgreencounty.org](https://adrcgreencounty.org) or visit [wihealthyaging.org](https://wihealthyaging.org) for more information about Stepping On and other wellness programs.



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



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TO ENRICH LIVES**

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Regional Manager - Mary Mezera

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### 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

## Conversations with the Dementia Care Specialist (DCS)



What is Dementia?

What can I do to help my brain?

What can help me in caregiving for someone with dementia?

In July community members are welcome to drop in and chat with the Dementia Care Specialist regarding one's concerns about their own cognition, tips to improve brain health or challenges one may face in providing care for someone diagnosed with dementia or memory loss. During the Conversations with the DCS, one can also learn about the other resources and educational opportunities available through the Dementia Care Specialist Program. There is no need to make an appointment, just come when you can during the scheduled times.

### COME AND MEET THE DCS ON:

July 14th

2pm to 6:30pm

Brodhead Memorial Public Library, 1207 25th St.

Brodhead, WI 53520

July 22nd

2pm to 6:30pm

Monticello Public Library, 512 East Lake St.

Monticello, WI 53574

Contact Bonnie Beam-Stratz at 608-426-4295

or [bbeam@gchsd.org](mailto:bbeam@gchsd.org) if you would like more details about these sessions.



## U.S Mailboat Tour of Lake Geneva, WI 7/31/2025

There are only a handful of places left in the country where mail is still delivered by boat, and none with a more exciting tour than this! With over 100 years of mail service, we still deliver mail to about 75 homes around the lake on a daily basis from June 15 – September 15. The Walworth departs promptly at 10:00am every day with a load of passengers, mail, newspapers and a very unique mail person who jumps on and off a moving boat that never stops to deliver the mail.

This trip will fill up fast and has limited spots available! Call the ADRC to reserve your spot and learn more about the cost and departure time.



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.

The Senior Farmers market Nutrition Program (Senior FMNP) helps older adults purchase local, fresh foods at farmers markets. The Senior FMNP is from June 1st through October 31st, 2025. Qualified households will receive a booklet of \$25 to use at participating Farmers Markets or farm stands.

### LEARN MORE

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



This institution is an equal opportunity provider.

## Bringing Hope & Light to the Dementia Journey Conference

Wednesday, August 13th, 2025  
First Free Church  
123 Mason St. Onalaska, WI 54650  
8:30am-3:15pm

Keynote Speaker:  
Jolene Brackey, Author of  
*Creating Moments of Joy*

### Featured Panel:

Persons living with Mild Cognitive Impairment or Dementia

### Conference Audience

All impacted by dementia or interested in the cause are welcome to attend!

### Breakout Sessions:

- Using Meditation to live better with Cognitive Decline
- Embracing the Journey: Practical Tips & Laughter
- TimeSlips Engagement Party
- Living Well with Dementia
- Caring with Confidence: Everyday Skills for Family Caregivers
- Minds in Motion: Sessions for the Brain, Body, & Soul

FREE Onsite Respite Available!



Registration FREE Opens June 21!



## Sun Protection Tips for Older Adults

By the GWAAR Legal Services Team

As summer begins, it is time to start thinking about protecting ourselves when we have fun in the sun. According to the Centers for Disease Control and Prevention (CDC), most cases of skin cancer occur in adults over 65, but fewer than half of older adults adequately protect their skin from the sun.



### Sunscreen ingredients

- **Physical (mineral) sunscreen ingredients** (including the minerals titanium dioxide and zinc oxide) reflect and scatter the rays (like a shield) before they penetrate your skin.
- **Chemical sunscreen ingredients** (like avobenzone and octisalate) absorb UV rays (like a sponge) before they can damage your skin.

### Are sunscreens safe?

While physical sunscreens may be less likely to cause skin irritation than chemical sunscreens, both types have been tested as safe and effective. In fact, many sun protection products available today combine both types of ingredients.

### SPF & broad-spectrum protection

Choose a sunscreen with an SPF 30 or higher and one that protects from UVA and UVB rays (broad-spectrum). A sunscreen's SPF (sun protection factor) determines how well it can absorb and reflect the sun's rays. A sunscreen that is labeled SPF 30 absorbs or reflects 97% of the sun's burning rays. Broad-spectrum sunscreen is important because UVA rays penetrate the lower levels of the skin. They account for 95% of rays. UVB rays make up a smaller percentage of UV rays, but they cause most sunburns and sun damage.

### Types of sunscreen products

Additionally, research shows there is very little difference in effectiveness between sunscreen sticks, sprays, gels, and creams. Buying several formats can make it easier to protect small or hard-to-reach body parts, such as the back of the ears. Sunscreen sticks are good for ears and noses and are also easy to take with you on bike rides and walks. Sprays and creams can cover larger surface areas more efficiently, such as the back, arms, and legs. Gels tend to adhere better on areas with hair, like the hairline and scalp.

### Other considerations

It's also important to know that wearing sunscreen with a higher SPF does not mean you can stay outdoors longer without applying more. You'll still need to reapply it to protect your skin especially if you are swimming or sweating heavily, even if you are using a water resistant sunscreen. No sunscreen is waterproof; they all eventually wash off. Sunscreens labeled water resistant are tested to be effective for up to 40 minutes of swimming, while very water resistant sunscreens stay effective for up to 80 minutes in the water.

### For more information visit:

<https://www.cdc.gov/cancer/research/many-older-adults-dont-protect-their-skin-from-the-sun.html>  
<https://www.skincancer.org/skin-cancer-prevention/sun-protection/sunscreen/>



**Blueberries**, known for their vibrant color, are one of the few fruits that are native to North America. Native Americans used the berries, leaves, and roots for medicine and used the fruit for dyeing fabric. Blueberries can be found in many areas of the United States like Michigan, North Carolina, and California. The wild blueberry is the official fruit of Maine!

**Blueberries** are a good source of several nutrients such as vitamin C and K, manganese, fiber, and antioxidants. Vitamin C, also known as ascorbic acid, has many health benefits such as supporting immune function and iron absorption. Vitamin K is beneficial for blood clotting, bone health, and heart health. Fiber is important for aiding in digestion, regulating blood sugar, supporting heart health, and promoting weight management.

**Blueberries** are a very versatile ingredient. They can be added to hot or cold cereal, yogurt, cottage cheese, smoothies, pancakes, muffins, or salads. Blueberries are relatively inexpensive when they are in season as well! In Wisconsin, blueberry season is July-August. Buying frozen blueberries is also an affordable way to purchase this fruit.

Sources:

<https://gwaar.org/api/cms/viewFile/id/2005088>

<https://gwaar.org/api/cms/viewFile/id/2005087>

<https://www.ars.usda.gov/plains-area/gfnd/gfhnrc/docs/news-articles/2014/blueberries-and-health/>

<https://foolproofliving.com/blueberry-salad/#wprm-recipe-container-25323>

<https://www.simplejoy.com/healthy-blueberry-muffins/#recipe>

### Here are some fun facts about blueberries!

A single blueberry bush can produce as many as 6,000 blueberries per year

Blueberries are Canada's most exported fruit

Native Americans referred to blueberries as "star berries" because the blossom end of each berry forms a five-pointed star

#### Blueberry Muffins

1 1/2 C. all purpose flour  
1/2 tsp. salt  
2 tsp. baking power  
1/4 C. applesauce  
1 T. olive oil  
1/4 C. honey  
1/3 C. milk  
1 large egg  
1 tsp. vanilla extract  
1 C. frozen blueberries

Preheat oven to 425 degrees Fahrenheit. Line muffin tin with paper liners. Whisk together flour, salt and baking powder. Mix together applesauce, olive oil, honey, milk, egg, and vanilla extract. Combine wet and dry ingredients. Gently fold in frozen blueberries. Bake for 13 minutes at 425 degrees. Do not open oven door. Reduce heat to 325 degrees and bake for 12-14 minutes or until toothpick inserted and come out clean.



#### Blueberry Salad


6 C. spinach  
1/4 C. thinly sliced red onion  
1 1/2 C. blueberries  
1/2 C. strawberries or raspberries  
1/2 C. crumbled feta cheese  
1/2 C. pecans or almonds (optional)

Mix all ingredients together in a large bowl. Toss in a vinaigrette dressing and serve.





# WORDS from the ADRC Specialist


Caring for a pet can be a meaningful activity for people with dementia, providing a sense of purpose, routine, and companionship. Studies have shown that for someone with Alzheimer's disease or another form of dementia, a pet can provide much-needed emotional support. Animals' nonverbal communication and steadfast companionship can be reassuring for those who struggle to recall words and engage in conversation, both common challenges in the early stages of dementia. While owning and caring for a pet can be a fulfilling, it's crucial to consider the individual's abilities and stage of dementia when choosing and caring for a pet. Alternatives like robotic pets or pet therapy visits can also be beneficial. Here are some benefits to consider:


 **Relieve stress.** Multiple studies have shown correlations between time spent with pets and shifts in "feel-good hormones". Brain activity and "feel good" serotonin levels go up when you spend time with animals, and simply petting a dog can nudge up your oxytocin (another feel-good hormone) while cortisol, a leading stress hormone, goes down. Agitation and fidgeting are common symptoms for dementia patients; having a dog or cat to stroke quietly and methodically can help ease those anxious behaviors.


Inspire happiness. Irritability and depression often go hand in hand with dementia, but pets have a way of working past those barriers. A beloved pet can invite joy into a difficult stage of life. Unconditional love and affection — peppered with a few slobbery kisses and some satisfied purrs — are powerful tools to break through the emotional obstacles many people with dementia experience.

 **Improve self-esteem.** The act of caring for a pet that returns the favor with affection and loyalty can establish a powerful sense of purpose. Similarly, in taking on the responsibility of caring for a pet, a person with dementia who has been in the position of being cared for may feel empowered by the opportunity to step into the role of caregiver for a pet.

 **Encourage independence.** Pets require ongoing care, and the call to provide for a beloved pet can serve as motivation to stay active. Having a consistent and relatively simple set of tasks to accomplish can help a person with dementia continue to practice skills that help them stay engaged in daily living.

 **Promote routines.** People with dementia tend to find comfort in familiar routines and patterns; the same is true of pets. A pet that thrives on regular walks, feeding times and grooming rituals is likely to give obvious cues when it's time for certain activities, and these alerts can help a senior keep up with a schedule that is soothing for both of them.

 **Improve Physical Activity.** Studies have shown that there is a positive impact on the daily mobility and social interactions of community-dwelling older adults when having a companion dog. Some studies have pointed out that older dog owners experience decreased falls, increased mobility, and an increased opportunity for contact and social interaction with new people and neighbors, particularly when walking the dog. It's important to exercise both the body and the mind!

 **Alternatives to a "live" pet:** When it is no longer feasible to care for a pet, there are alternatives to a live animal that can bring the same benefits listed above. Technology has come a long way in creating interactive life-like animals to provide comfort for individuals. For instance, a company called JOY FOR ALL Companion Pets have created cats, dogs and even birds that are designed to bring comfort, companionship, and fun to elder loved ones. These interactive animals are all about an ease-of-care and convenience that pairs with technology for the best possible experience. With realistic fur and pet-like sounds, these animals have sensors that respond to petting and hugs with familiar pet-like actions. We at the ADRC have found these robotic animals have helped ease anxiety, depression and behavioral concerns with those with dementia. They are a fantastic alternative to a live animal that anyone can own. Please feel free to contact the ADRC with questions regarding these robotic animals.

*"A dog doesn't care if you are rich or poor, educated or illiterate, clever or dull. It just wants to be your friend."*-Author Unknown

*ADRC Specialists - Mandy, Heather and LA*



## July is National Ice Cream Month

<https://www.idfa.org/july-is-national-ice-cream-month>

The average American eats roughly 19 pounds of ice cream each year, or about 4 gallons. As the summer reaches peak temperatures in July, Americans celebrate National Ice Cream Month as a way to cool off and enjoy the nation's favorite frozen treat with friends and family. Ice cream has historically been a key feature of American communities. According to an IDFA survey, most ice cream companies are family owned and have been in operation for more than 50 years! Here's more sweet news: Ice cream companies help support the U.S. economy, contributing more than \$11 billion directly to the national economy and supporting more than 27,000 direct jobs that generate \$1.9 billion in direct wages, according to IDFA's Dairy Delivers®. In 2024, ice cream makers in the U.S. churned out more than 1.3 billion gallons of ice cream.

In 1984, President Ronald Reagan designated July as National Ice Cream Month and the third Sunday of the month as National Ice Cream Day.



# Medicare Coverage of Mental Health Treatment

By the GWAAR Legal Services Team

According to the Substance Abuse and Mental Health Services Administration, an estimated one in eight older adults (over the age of 60) had a mental illness, and one in 11 had a substance use disorder in the past year. Many factors contribute to a higher risk of mental health concerns in older adults, including new medical diagnoses, life changes, losses of family members and friends, and social isolation. Unfortunately, a significant percentage of older adults who need mental health care are not receiving it. This may be because of stigma, cost, lack of transportation, and challenges navigating the health care system.

**Medicare covers screenings and services** that treat mental health concerns and substance use disorders. Medicare Part B covers outpatient care, like individual and group therapy, activity therapies like art therapy, partial hospitalization programs, and annual depression screenings. Part B also covers outpatient substance use disorder treatment, including services received at a clinic, hospital outpatient department, or in an opioid treatment program.

**When choosing providers** for Medicare-covered services, make sure they accept assignment. A provider who accepts assignment will accept Medicare's approved amount as payment in full for a service and will not charge you anything over that amount. If you see a provider who is not a medical doctor, like a psychologist or clinical social worker, make sure they are Medicare-certified. Medicare will only pay for covered services if the provider is Medicare-certified.

**If you have Original Medicare**, you will pay a 20% coinsurance for Part B-covered services after you meet your Part B deductible (\$257 in 2025). For most preventive services, including annual depression screenings, you pay nothing. If you are enrolled in a Medicare Advantage plan, contact your plan for help finding in-network providers and to learn about costs.

**If you need prescription drugs for mental health treatment**, your Part D plan or Medicare Advantage plan may cover them. Make sure the drugs you need are on your plan's list of covered drugs, or formulary. Part D plans and Medicare Advantage plans that include drug coverage are required to cover many drugs used to treat mental health conditions. This includes antidepressants, anticonvulsants, and antipsychotic medications.

**If you need inpatient mental health services**, these may be covered by Medicare Part A. This includes services you receive in a psychiatric hospital or general hospital for inpatient mental illness treatment and inpatient substance use disorder treatment. Part A covers up to 190 days of inpatient care in a psychiatric hospital over a person's lifetime. If you have used up these 190 days, Part A may cover additional inpatient mental health care in a general hospital. If you are receiving inpatient mental health care in a general hospital, Part A will cover up to 90 days per benefit period. In addition, Part A will pay for up to 60 lifetime reserve days if you are in the hospital for more than 90 days.

**Psychiatric hospitals and general hospitals** have the same out-of-pocket costs. After you meet your Part A deductible (\$1676 in 2025), Part A will pay the full costs of the first 60 days of inpatient care in a benefit period. A benefit period begins when you are admitted to the hospital as an inpatient and continues until you have been out of the hospital or a skilled nursing facility for 60 days in a row. After day 60, you will have to pay \$419 per day to the hospital (in 2025). If you are using your lifetime reserve days, you will need to pay \$838 per day to the hospital (in 2025).

**Finally, if you or someone you know is in crisis, call or text 988 or use the chat function at 988lifeline.org. Call 911 if you're in an immediate medical crisis.**

Take Charge of Your Health!

## CHECK YOUR BLOOD PRESSURE AT HOME

- Taking a new medication?
- Need to check your blood pressure?
- Just want to know your numbers?

**Check out a blood pressure monitor!**



Monroe Public Library  
925 16th Ave, Monroe, WI



Green County Public Health  
N3152 WI-81, Monroe

Learn more at  
[gcpublichealth.org](https://gcpublichealth.org)



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:

*Researched & proven to reduce bladder and bowel leakage!*



**Aug. 14th, Aug. 28th, & Sept. 11th**  
**Thursdays, 12:30pm-3:00pm**  
**Behring Senior Center - Monroe, 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.  
No membership required - open to the public.



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

JULY MENU

Albany Brodhead Monroe New Glarus

Monroe & New Glarus receive hot meals Monday-Friday. Albany & Brodhead receive hot meals Monday & Friday with options for frozen on other days. The Monroe Dining Center is located in the Behring Senior Center, 325-3040. The Brodhead Dining Center is located at the Brodhead Senior Center, 897-4796.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <div> <div>BBQ Country Beef Tips</div> <div>Roasted Red Potatoes</div> <div>Roasted Zucchini</div> <div>Strawberry Topped Apple Chips</div> </div> <div>7</div>	<div> <div>Roasted Chicken Thigh</div> <div>Baked Potato w/Sour Cream</div> <div>Stewed Tomatoes</div> <div>Fresh Strawberries</div> <div>Jell-O</div> </div> <div>  </div> <div>1</div>	<div> <div>Goulash</div> <div>Peas &amp; Carrots</div> <div>Supper Club Salad w/Dressing</div> <div>Berry Cobbler</div> </div> <div>2</div>	<div> <div>Chicken Salad on Bread</div> <div>Broccoli Vin. Salad</div> <div>Tropical Fruit Cup</div> <div>Brownie</div> </div> <div>3</div>	<div> <div>CLOSED</div> <div>  </div> <div>4</div> </div>
<div> <div>Ham &amp; Scalloped Potatoes</div> <div>Roasted Broccoli &amp; Cauliflower Mix</div> <div>Zucchini Chocolate Cake</div> </div> <div>14</div>	<div> <div>Tator Tot Casserole w/Peas &amp; Carrots</div> <div>Green Beans</div> <div>Mandarin Oranges</div> </div> <div>8</div>	<div> <div>Turkey Salad on Lettuce</div> <div>Pasta Salad</div> <div>Fresh Melon Mix</div> <div>Mandarin Orange Cake</div> </div> <div>  </div> <div>9</div>	<div> <div>Basil Chicken Parmesan w/Pasta</div> <div>Roasted Beets</div> <div>Brussel Sprouts</div> <div>Caesar Salad w/Dressing</div> <div>Pina Colada Lush Square</div> </div> <div>10</div>	<div> <div>Baked Crusted Tilapia</div> <div>Garlic Mashed Potatoes</div> <div>Roasted Cauliflower</div> <div>Blueberry Topped Pears</div> </div> <div>11</div>
<div> <div>Turkey Noodle Casserole</div> <div>Green Beans</div> <div>Pear Cup</div> <div>Pudding</div> </div> <div>  </div> <div>21</div>	<div> <div>Cranberry Roast Pork</div> <div>Seasoned Roasted Carrots</div> <div>Whole Kernel Corn</div> <div>Pineapple Tidbits</div> </div> <div>15</div>	<div> <div>Beef Noodle Casserole</div> <div>Peas</div> <div>Tomato Pesto Salad on Leaf Lettuce</div> <div>Fruit Salad</div> </div> <div>16</div>	<div> <div>Craisin Chicken Salad Wrap</div> <div>Tomato Slices</div> <div>Potato Salad</div> <div>Red &amp; Green Grapes</div> </div> <div>17</div>	<div> <div>Lasagna</div> <div>Roasted Italian Vegetables</div> <div>Caesar Salad w/Dressing</div> <div>Blueberry Boy Bait</div> </div> <div>18</div>
<div> <div>Bourbon Glazed Ham</div> <div>Scalloped Potatoes</div> <div>Roasted Brussel Sprouts</div> <div>Pear Cup</div> <div>Cookie</div> </div> <div>28</div>	<div> <div>Tuna Salad on Lettuce</div> <div>Tomato Slices</div> <div>Roasted Veggie Pasta Salad</div> <div>Slice Strawberries on Lemon Cake</div> </div> <div>22</div>	<div> <div>Bratwurst Patty w/Sauerkraut</div> <div>Roasted Summer Vegetables</div> <div>Baked Beans</div> <div>Sliced Peaches</div> </div> <div>  </div> <div>23</div>	<div> <div>Ham Slices</div> <div>Au Gratin Potatoes</div> <div>Roasted California Vegetable Blend</div> <div>Strawberry Topped Apple Chips</div> </div> <div>24</div>	<div> <div>Breaded Fish Sandwich</div> <div>Roasted Broccoli</div> <div>Coleslaw</div> <div>Fruit Cocktail</div> </div> <div>25</div>
	<div> <div>Cranberry Roast Pork</div> <div>Steamed Rice</div> <div>Roasted Sweet Potatoes</div> <div>Roasted Zucchini</div> <div>Angel Food Cake w/Strawberry Topping</div> </div> <div>29</div>	<div> <div>Beef Pot Roast</div> <div>Garlic Mashed Potatoes</div> <div>Cream style Corn</div> <div>Diced Peach Cup</div> </div> <div>30</div>	<div> <div>Chicken Patty</div> <div>Red Potatoes</div> <div>Roasted Broccoli &amp; Cauliflower Mix</div> <div>Cinnamon Apple Slice</div> </div> <div>31</div>	<div>  </div>

JULY MENU

Monticello

1% milk only served. Meals are prepared without salt. For serving times and more information, call the Aging and Disability Resource Center at 608-328-9499. Monticello meals are available through Gempeler's Supermarket, 938-4927. \*all menus are subject to change\*

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The Bridge | July 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <div> <div>Pork Roast</div> <div>Mashed Potatoes</div> <div>Carrots</div> <div>Cantaloupe</div> <div>Chocolate Pudding</div> </div> <div>7</div>	<div> <div>Chicken Breast</div> <div>Mashed Potatoes</div> <div>Peas &amp; Carrots</div> <div>Melon</div> </div> <div>  </div> <div>1</div>	<div> <div>Pork Cutlets</div> <div>Mashed Potatoes w/Gravy</div> <div>Green Beans</div> <div>Peaches</div> <div>Chocolate Cake</div> </div> <div>2</div>	<div> <div>Turkey &amp; Dressing</div> <div>Squash</div> <div>Tossed Salad</div> <div>Apple Crisp</div> </div> <div>3</div>	<div> <div>CLOSED</div> <div>  </div> <div>4</div> </div>
<div> <div>Chicken &amp; Rice</div> <div>Potato Salad</div> <div>Broccoli</div> <div>Peaches</div> </div> <div>14</div>	<div> <div>Ham Balls</div> <div>Mashed Potatoes w/Gravy</div> <div>Green Beans</div> <div>Applesauce</div> </div> <div>8</div>	<div> <div>Oven Fried Chicken</div> <div>Stewed Tomatoes</div> <div>Potato Salad</div> <div>Canned Pears</div> <div>Peanut Butter Cookie</div> </div> <div>  </div> <div>9</div>	<div> <div>Swiss Steak</div> <div>German Potatoes</div> <div>Corn</div> <div>Green Grapes</div> <div>German Chocolate Cake</div> </div> <div>10</div>	<div> <div>Tuna Noodle Casserole</div> <div>Wax Beans</div> <div>Peaches</div> </div> <div>11</div>
<div> <div>Pizza Casserole</div> <div>Carrots</div> <div>Tossed Salad</div> <div>Pineapple</div> </div> <div>  </div> <div>21</div>	<div> <div>Roast Pork</div> <div>Mashed Potatoes w/Gravy</div> <div>Carrots</div> <div>Applesauce</div> </div> <div>15</div>	<div> <div>Turkey Tetrazzini</div> <div>Potato Wedges</div> <div>Corn</div> <div>Orange</div> </div> <div>16</div>	<div> <div>Sharron's Goulash</div> <div>Cauliflower</div> <div>Fruit Cocktail</div> <div>Fruit Pie</div> </div> <div>17</div>	<div> <div>Baked Cod</div> <div>Potato Wedges</div> <div>Coleslaw</div> <div>Banana</div> <div>Sugar Cookies</div> </div> <div>18</div>
<div> <div>Chicken w/Wild Rice</div> <div>Broccoli</div> <div>Potato Salad</div> <div>Fruit Cocktail</div> <div>Chocolate Cake</div> </div> <div>28</div>	<div> <div>Chicken Breast</div> <div>Scalloped Potatoes</div> <div>Green Beans</div> <div>Mandarin Oranges</div> <div>Peanut Butter Cookie</div> </div> <div>22</div>	<div> <div>Pork Cutlets</div> <div>Sweet Potatoes</div> <div>Baked Beans</div> <div>Fruit Cocktail</div> <div>Butterscotch Pudding</div> </div> <div>23</div>	<div> <div>Turkey Stroganoff</div> <div>Corn</div> <div>Tossed Salad</div> <div>Canned Pears</div> </div> <div>24</div>	<div> <div>Ring Bologna</div> <div>Peas</div> <div>Potato Salad</div> <div>Melon</div> </div> <div>25</div>
	<div> <div>Ham Balls</div> <div>Mashed Potatoes w/Gravy</div> <div>Corn</div> <div>Banana</div> </div> <div>29</div>	<div> <div>Spaghetti</div> <div>Carrots</div> <div>Tossed Salad</div> <div>Fruit Cocktail</div> <div>Oatmeal Cookie</div> </div> <div>  </div> <div>30</div>	<div> <div>Chicken, Broccoli &amp; Rice Casserole</div> <div>Stewed Tomatoes</div> <div>Apple Crisp</div> </div> <div>31</div>	<div>  </div>



# Finding Strength in Community: Join Our Grief Support Group

Grief is one of life’s most difficult journeys, and it is unique to each person. The loss of a loved one can bring overwhelming emotions—sadness, confusion, anger, loneliness, and even guilt. It can feel like the world has changed forever, and in many ways, it has. However, even in the darkest times, there is hope and healing when we find connection with others who understand.

If you or someone you know is grieving, we invite you to join our Grief Support Group, a safe and compassionate space where you can share your experiences, express your emotions, and receive support from others who truly understand.

## Understanding Grief

Grief is not just about feeling sad. It is a complex and deeply personal process that affects people emotionally, mentally, and even physically. Some days may feel unbearable, while others might bring moments of peace and acceptance. There is no “right” way to grieve, and there is no timeline for healing.

### People often experience grief in different ways, including:

- **Emotional responses** – sadness, anger, guilt, relief, numbness
- **Mental struggles** – difficulty concentrating, forgetfulness, feeling disconnected
- **Physical symptoms** – fatigue, headaches, appetite changes, sleep disturbances
- **Behavioral changes** – withdrawal from social activities, loss of interest in things once enjoyed

It’s important to know that these feelings are normal and that seeking support can help you navigate this journey with greater understanding and strength.

## The Power of a Grief Support Group

One of the most healing things about grief support groups is the ability to share your story with people who truly understand. Unlike well-meaning friends or family who may not always know what to say, a support group provides a space where you can talk freely, without judgment or pressure to “move on.”

### Our support group offers:

- **A compassionate and understanding community** – You are not alone.
- **A safe space to share your grief** – Expressing your feelings can help the healing process.
- **Practical coping strategies** – Learn ways to manage grief in daily life.
- **Encouragement for moving forward** – Healing doesn’t mean forgetting; it means finding ways to honor and remember while continuing to live.

## You Are Not Alone

Whether your loss is recent or happened years ago, grief can resurface at any time. Anniversaries, holidays, and even everyday moments can bring waves of emotions. Being part of a support group can provide strength, comfort, and reassurance that healing is possible.

**If you’re struggling,**  
please consider joining us. You don’t have to go through this alone—together, we can find hope in the midst of grief.

If you have any questions, please call the ADRC at 608-328-9499.

## Grief Support Group

Third Tuesday of the month  
From 5:30pm – 7:00pm

Green County Human  
Services Building

Lower Level: Multipurpose Rooms  
N3152 State Road 81,  
Monroe, WI 53566



For older adults, social wellness isn’t just a bonus—it’s a key part of healthy aging. Staying socially engaged helps keep the mind sharp, lifts the spirit, and brings joy and purpose to each day.

# Celebrate Social Wellness Month This July – Because Connection Matters at Every Age

As we journey through life, one thing remains essential to our health and happiness—our relationships with others. That’s why July is recognized as Social Wellness Month, a time to celebrate the importance of staying connected, nurturing friendships, and building a strong support system.

## What Is Social Wellness?

Social wellness is about more than being around people—it’s about feeling connected, valued, and supported. Whether it’s through family, friends, neighbors, or community groups, these relationships give us a sense of belonging and help us thrive.

## Why It Matters for Older Adults

- **Reduces Feelings of Loneliness:** Staying socially active can ease feelings of isolation and improve mental well-being.
- **Supports Cognitive Health:** Regular interaction keeps the brain stimulated and may reduce the risk of cognitive decline.
- **Promotes Physical Health:** Strong social ties have been linked to lower blood pressure, better immune function, and even longer lifespans.
- **Increases Joy and Purpose:** Relationships bring laughter, shared memories, and a renewed sense of meaning.

## Simple Ways to Boost Social Wellness This Month

1. **Reconnect with Old Friends** – Call someone you haven’t spoken to in a while, or send a handwritten letter to brighten their day.
2. **Join a Local Activity** – From walking clubs to art classes, your local community always has events and programs happening. Check out the upcoming Health & Wellness classes put on by the ADRC. Our upcoming classes are listed on the back page of this newsletter!
3. **Volunteer Your Time** – Sharing your time and talents can connect you with others while making a positive impact. And the ADRC is always looking for more volunteers!
4. **Share Meals** – Invite a neighbor for coffee or join a communal meal. Food is a wonderful way to bring people together. You can visit one of the local meal sites through the ADRC in various communities such as Monroe, Brodhead, Monticello, or Belleville.
5. **Stay Tech-Connected** – Virtual meetups and phone calls can help maintain relationships, especially with family and friends who live far away.

## Remember, It’s Never Too Late to Make New Connections

Whether you’re strengthening old friendships or making new ones, every step toward connection supports your well-being. Let’s use Social Wellness Month as a reminder that healthy relationships are the heart of a happy, fulfilling life—no matter our age. This July, take time to reach out, engage, and enjoy the gift of community.



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

### STEPPING ON:

[Falls Prevention Program:  
7 consecutive weeks]

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

### MIND OVER MATTER:

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

August 14th, August 28th, & September 11th  
12:30pm-3:00pm, Thursdays  
Monroe, Behring Senior Center

### STEPPING ON:

[Falls Prevention Program:  
7 consecutive weeks]

September 5th - October 17th  
9:00am-11:00am, Fridays  
Monroe, SSM Health Clinic

### WALK WITH EASE:

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

September 15th - October 26th  
3x per week, for at least 10-40 minutes  
Self-Directed: Anytime/Anywhere

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
July 10th & 24th	Monroe - Juda - Brodhead - Albany to Janesville	\$15.00
July 9th & 23rd	Belleville - New Glarus - Monticello to Monroe	\$8.00
July 2nd & 16th	Albany - Brodhead - Juda to Monroe	\$8.00
July 3rd & 17th	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**