

# THE Bridge

## AUGUST

Connecting services, resources, and information for the community.

### A DEEPER DIVE INTO DEMENTIA: A 3 Part Educational Series

Bonnie Beam-Stratz, Dementia Care Specialist from the ADRC of Southwest Wisconsin will be presenting a three part education series around dementia topics.



#### Session 1:

**August 15th, 1:30 to 3:00pm – “ How to Speak Dementia: Understanding Communication Changes ”**

During this 1-1/2 hour class, attendees will gain a better understanding of how communication changes through the stages of the disease; approaches to improve understanding of what is being said; why greater patience is needed; and the importance of non-verbal communication & attentive listening.

**Registration deadline – August 12th.**

#### Session 2:

**September 5th, 1:30 to 3:00pm – Behavioral Symptoms of Dementia and Positive Interventions.**

Attendees will learn about common symptom expressions of dementia like repetition, wandering, sundowning and more. Explore the factors impacting the behaviors as well as gain tips and strategies for family members/caregivers.

**Registration deadline – September 3rd.**

#### Session 3:

**September 19th, 1:30 to 3:00pm – Emergency Care Planning for Dementia Care**

This is a free program to help care partners to understand and learn what one can do to create a safer, calmer, and healthier caregiving experience. Highlights of the program include: reviewing what is dementia, identifying changes occur in the brain that effect thought and cognition, defining emergency/crisis, identifying strategies for preparedness; and providing resources for developing a plan. Each attendee will receive a copy of the Family Emergency Care Plan booklet and directions on how to complete it as part of one's preparedness plan.

**Registration deadline – September 17th.**

**Event will be hosted at  
Zwingli United Church of Christ  
416 E Lake Ave, Monticello, WI 53574.**

Attendance to all sessions is not required.  
Registration is highly recommended.

If you have any questions or would like to attend any or all of the sessions in this series, contact Bonnie Beam-Stratz at 608-426-4295 or [bbeam@gchsd.org](mailto:bbeam@gchsd.org).

**ADRC**  
Aging and Disability Resource Center  
Green County, Wisconsin  
**608-328-9499**  
[adrcgreencounty.org](http://adrcgreencounty.org)

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

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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Heather Huschitt

Laura Short

### Regional ADRC Staff

Regional Manager - Mary Mezera

### 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

## HEALTHY LIVING WITH DIABETES

HELP YOURSELF TO BETTER HEALTH!

Researched and proven to reduce emergency room visits by 53%.

**Healthy Living with Diabetes** is an evidence-based workshop for adults of all ages who have type 1 diabetes, type 2 diabetes, prediabetes, or live with someone who does. In just 6 weeks, you learn to take charge of your health and feel better doing the things that matter most to you.

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

Or register online  
by scanning  
the QR code:



**September 16th - October 21st**  
**Tuesdays, 10:00am- 12:30pm**  
**Monroe Public Library - Monroe, WI**  
**Suggested Donation: \$15**

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

wiha  
Wisconsin Institute  
for Healthy Aging

MONROE  
PUBLIC  
LIBRARY



ADRC  
Aging and Disability Resource Center  
Green County, Wisconsin

## WALK WITH EASE

### A Program for Better Living



Feel better, move easier, and stay active.



Safe, proven, and perfect for beginners.



Improve your flexibility, strength, and stamina.

**September 15<sup>th</sup> - October 26<sup>th</sup>**  
**Self-Directed: Anytime/Anywhere**

At least 3x per week

For at least 10-40+ minutes

Suggested Donation: \$15.00



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



COMMUNITY  
FOUNDATION  
OF SOUTHERN WISCONSIN

## Green County Home-Delivered Meal Program Receives Grant from Monroe Fund

The Green County Aging & Disability Resource Center announces it has received a grant from the Monroe Funds Spring 2025 Grant Cycle of the Community Foundation of Southern Wisconsin, Inc. to support the Home-Delivered Meal Program.

This grant is made available from the Community Foundation's Monroe Fund. The Community Foundation of Southern Wisconsin is a resource for area nonprofit organizations whose programs and services are working for the betterment of our communities. Grants from the Monroe Fund and Ray and Betty L. Stamm Charitable Fund, of the Monroe Fund have supported the arts, education, environment, health and human services and historic preservation.

**For more information** on how you can support you community through the Community Foundation, contact Linda Gebhardt at 6058-758-0883, ext. 7007, email at [linda@cfsw.org](mailto:linda@cfsw.org) or visit our website at [www.cfsw.org](http://www.cfsw.org). The Community Foundation of Southern Wisconsin serves nice Wisconsin counties: Crawford, Grant, Green, Iowa, Lafayette, Rock, Sauk, Vernon, and Walworth. For good. For ever.



MADISON SCHOOL & COMMUNITY RECREATION

## Enjoy some fun on the water!

**August 25th, 2025**

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

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

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

Arthritis Foundation Certified.  
Doctor Recommended.





Limited space still available. Register today.  
Program for Family Caregivers of People with Dementia.  
Facilitated by the ADRC of Rock County & ADRC of Southwest Wisconsin

Do you provide care for a loved one with Alzheimer's disease or other form of dementia?

**You Are Not Alone**

- This program will teach:
  - stress management techniques
  - relaxation and coping strategies
- Program available at no cost to Rock, Green, Iowa & Lafayette residents
- SPACE IS LIMITED

#### Information

**Who:** Family caregivers of a loved one with dementia

**What:** Multi-component program meets

- 9 weeks
- 90-minute, virtual classes

**Where:** Virtual Class via Microsoft TEAMS

**When:** Wednesday evenings, 5:30-7pm

Developed at



Please call for more information or to register:  
Rock County call Karen 608-741-3615  
Green or Iowa Counties call Bonnie 608-426-4295  
Grant or Lafayette Counties call Hailey 608-426-0185



*The overall gun death rate **increased 69% from 2013 to 2022.**  
Firearms were the **leading cause of death in kids ages 1 to 17 in 2022.***



### Unload & Lock

Store firearms unloaded. Make sure to remove ammunition before placing a firearm back in storage. Store ammunition away from the firearm.



### Securely Store

Store firearms in a secure location like a gun safe. Use a gun lock to lock your firearm, and store the gun lock key in a different location.

**By practicing firearm safety,  
you can help prevent suicides and  
injuries and protect our families.**

\*Centers for Disease Control and Johns Hopkins Bloomberg School of Public Health



**FREE GUN SAFETY LOCKS — AVAILABLE 24/7**  
**Harm Reduction Vending Machine**  
Green County Government Services Building  
Front Entrance  
N3152 WI-81, Monroe, WI 53566

CALL  
TEXT  
CHAT **988**

**If you or someone you care about is in crisis,  
a trained counselor is available to help 24/7.**  
No judgement. Just support.



Green County Public Health  
N3152 WI-81, Monroe, WI 53566  
(608) 328-9390 | [gcpublichealth.org](http://gcpublichealth.org)



# The Benefits of Being Outdoors

By the GWAAR Legal Services Team

Now is the time of year when we want to spend more time outside, and that is just what you should do. The warmth of sunshine should entice you to get outside to enjoy it after the long, cold winter. Not only does the warmer weather feel good, but it's also beneficial. Time outside helps with vitamin D absorption, mental health, physical health, and socialization. With winter in our rearview mirror, we can focus on getting outside to take advantage of the many benefits that being outside offers.

## Vitamin D

Your body needs vitamin D to help with the absorption of calcium. Vitamin D helps with bone density, your immune health, and can help reduce inflammation. Your body absorbs vitamin D from sunlight due to vitamin D receptor cells in your skin that help produce it. It is important to understand that prolonged exposure to sunlight and ultraviolet rays can lead to skin cancer. To avoid any risks, you should wear sunscreen when outside for prolonged periods.

## Mental Health

Being outside can also benefit your mental health. Being out in nature can improve your overall mood. It lowers your levels of cortisol, your stress hormone, which reduces the harmful effects of stress and anxiety on your body. The sunshine and fresh air can reduce depression and improve your mood. Being outside can also help improve concentration and memory. Generally, enjoying the weather can positively affect your mental health.

## Physical Health

The warm weather makes it easier to get outside for exercise. Moderate-intensity exercise will help improve your overall health and should be an essential part of your routine. Weather allows for longer walks while also letting you enjoy beautiful flowers and scenery. Gardening or yard work can also count as exercise. Always ask your doctor what type of physical activity you should engage in. Even if you can't go for a long walk or do yard work, you can take short walks outside to receive the many advantages getting outdoors provides for your health.

## Socialization

Nice weather makes getting out of the house to socialize easier. Socialization helps to improve mood and happiness. Winter weather forces most of us to stay indoors, limiting our interactions with others. Isolation and loneliness can contribute to cognitive decline and dementia and increase your risk of heart disease, depression, and anxiety. Regular social contact can help improve both mental and physical health. Now that warmer weather is here, it's easier to get out and find social activities.

Being outdoors can help improve your mental, physical, and emotional health. You can take advantage of these benefits by taking a short walk, attending social events, or gardening. Whatever outdoor activity you choose to do will come with benefits to boost your mood and overall health.



# WORDS from the ADRC Specialist

Visual impairment can have a significant impact on an individual's quality of life as well as on their family members. Low vision can make it challenging to prepare meals, shop for groceries, find transportation to medical appointments, or manage the household and finances. When vision loss interferes with or prevents you from carrying out daily activities, consider vision services.

Rehabilitation services are provided by the Office for the Blind and Visually Impaired (OBVI) to help individuals who are blind or visually impaired to achieve their own goals of independent living. OBVI staff visit individuals in their homes, conduct group trainings, and teach techniques and technologies for use in daily living, such as home management, personal care, Orientation & Mobility, and communications. These specialized skills allow individuals to adapt and adjust to vision loss, enabling them to live as independently as possible.

Here are just some of the things that the Office for the Blind and Visually Impaired can offer and assist with:

**Adaptive Equipment** - Designed for individuals to compensate for visual loss.

**Adjustment to Vision Loss:** Information, Skills, and Resources - Information and training techniques to accomplish all the activities of daily living.

**Adventures in Vision Loss:** Learning to Do Things Differently - A five-day training for Wisconsin residents who are newly blind or visually impaired and want to learn more about living with vision loss.

**Blindness Rehabilitation Education** - Resources for those interested in pursuing career working with the blind or visually impaired.

**Council on Blindness** - The Statutory Council on Blindness meets on a quarterly basis to advise and make recommendations to state agencies regarding issues that affect people who are blind and visually impaired in Wisconsin.

**Eye Diseases** - OBVI can provide information on common diseases that can lead to visual loss

**Other Resources and Information** - A selected list of local and national resources.

**OBVI staff help people with any level of vision loss.** Having vision loss does not usually mean that you can't see anything. Some signs of vision loss include:

- Having trouble reading mail, the newspaper, books or street signs.
- Straining to see the lines on your checkbook.
- Being unable to see the numbers on your phone or remote control.
- Faces of playing cards looking blurred.

**Who can contact The Office for the Blind and Visually Impaired?**

Anyone can contact OBVI for information or help with vision loss. OBVI staff serve:

- Adults in Wisconsin who are blind or visually impaired.
- Friends, Family and Caregivers of people with vision loss.
- Anyone interested in learning about vision loss.

**How can I contact OBVI?**

Green County's OBVI contact is:

Deen Amusa  
Nurudeen.Amusa@dhs.wisconsin.gov  
1717 Center Ave. Room G1024  
Janesville, WI 53546  
Phone: 715-315-9970

*"The best and most beautiful things cannot be seen or even touched  
-they must be felt with the heart"-Helen Keller*

**ADRC Specialists - Mandy, Heather and LA**



September 11th and run through October 23rd from 1:30pm to 3:30pm

Boost Your Brain and Memory is a 7 week, multi-faceted, whole person program offering a unique approach to brain fitness. Instructor led, each of the sessions includes informational video segments, followed by group discussion and activities. Each session reviews a lifestyle factor that we can change/adapt to reduce our risk for dementia and improve our brain health. Participants will learn tools to help them live a healthier life, remember things better, be more organized and pay closer attention. Classes will be held at the Green County Human Services Building in the lower level multipurpose room #1. The seven week program will begin on September 11th and run through October 23rd from 1:30pm to 3:30pm.

**If you are interested in signing up for the class** or have questions regarding the content, please contact Bonnie Beam-Stratz at 608-426-4295 or bbeam@gchsd.org. Pre-registration is required and the deadline is September 8th. Seating is limited so register early.



**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.

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.

**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.**



# MIND Women's Incontinence Program

If you have issues with bladder or bowel control, you are not alone. More than half of women aged 50 or older experience urine or bowel leakage sometimes! The Mind Over Matter; Healthy Bowels, Healthy Bladder workshop is designed to give women the tools they need to take control of their symptoms. Scientific studies show that attending this workshop reduces or even cures symptoms for many women! Even if you don't have leakage symptoms now, it's never too early or too late to think about your bladder and bowel health!

*Join us* for our next **Mind Over Matter** offering held at the **Behring Senior Center in Monroe, WI.**

- Thursday, August 14th
- Thursday, August 28th
- Thursday, September 11th

All three sessions will be held from 12:30pm – 3:00pm. Must be able to attend all three sessions to be eligible to participate. There is a \$15.00 suggested donation with no living-in county or state restrictions. Pre-registration is necessary and spots are limited. This class fills up quickly, so be sure to call right away! To register, call the ADRC Green County Office at 608-328-9499, or register online by scanning the QR Code. To see more of what our ADRC has to offer, visit our website at [www.adrcgreencounty.org](http://www.adrcgreencounty.org)

## TESTIMONIALS:

*"What I've learned and practiced has made a positive difference in my life."*

- Past Participant

*"We are in control – it CAN be done!! There are answers!"*

- Past Participant



## HOW TO SHOP SEASONAL PRODUCE



Seasonal food is produce that is purchased and consumed around the time that it is harvested. Seasonal produce is fresher, tastier, and more nutritious than food consumed outside of its season. Shopping seasonally can also benefit the economy and farmers as you can buy locally grown food. Local produce is often fresher because it doesn't require long distances for transport before purchasing.

Purchasing local produce is important for many reasons. It supports local farms and maintains farmland. Local food supports the local economy. The money that you spend on products from local farmers and growers stays in the community and is then reinvested with other local businesses. Also, locally grown food is distributed to local restaurants which can help generate jobs and helps stimulate local economies. Lastly, local produce growers can tell you how the food was grown. When you buy from farmers directly, you have the chance to ask what practices they use to raise and harvest the food.

In Wisconsin, there are a multitude of produce that is available in the summer months. Here is a list of produce that is in-season in the late summer (August-September). **Look for these foods in late summer.**



- Apples
- Beans
- Beets
- Bitter melon
- Blackberries
- Broccoli
- Cabbage
- Cauliflower
- Celery
- Cucumbers



- Eggplant
- Elderberries
- Fennel
- Garlic
- Ground cherries
- Herbs
- Huckleberries
- Kale
- Leeks
- Lettuce



- Muskmelon (cantaloupe)
- Okra
- Onions
- Pears
- Peppers
- Plums
- Potatoes
- Raspberries
- Rutabagas



- Spinach
- Sprouts
- Summer squash
- Sweet corn
- Tomatillos
- Tomatoes
- Watermelon
- Winter melon
- Zucchini

Sources: <https://www.dhs.wisconsin.gov/wic/fmnp/food-chart.htm>  
<https://www.seasonalfoodguide.org/why-eat-seasonally>

## Prepare for Falls Prevention Month: Reserve Your Spot in Our Workshops!

Each year, millions of older adults experience falls that can lead to serious injury, loss of independence, and diminished quality of life. 1 in 4 people aged 65 or older experiencing a fall each year. However, falls are not an inevitable part of aging. With the right knowledge and strategies, they can be prevented.

In recognition of the upcoming month of September being Falls Prevention Month, we are excited to announce two upcoming Stepping On program offerings designed to empower older adults with the knowledge and skills to reduce their risk of falling. Stepping On is a seven-week workshop that provides older adults with practical strategies to prevent falls. Research has shown that this program can reduce falls by 31%, making it one of the most effective falls prevention programs available. Falls can lead to serious injuries, loss of independence, and costly medical expenses. By participating in this program, older adults can maintain their mobility, confidence, and ability to do the activities they love without fear of falling.

### Participants will learn:

- › How to identify and remove fall hazards in and around the home
- › The impact of vision, hearing, medications, and footwear on fall risk
- › Strength and balance exercises tailored to individual needs
- › Techniques to safely get back up if a fall does occur
- › And much more!

**We are excited to offer TWO Stepping On workshops this fall** — if one doesn't work for you, there's another option available! Pre-registration is required (limited spots available, but no residency requirements)

**MONROE**

**DATES:** September 5th – October 17th  
**LOCATION:** SSM Health Clinic – Monroe, WI  
**TIME:** Fridays, 9:00am – 11:00am  
**SUGGESTED DONATION:** \$15.00



Scan QR Code to register for the Monroe offering!

**ALBANY**

**DATES:** October 1st – November 12th  
**LOCATION:** Lions Club Building – Albany, WI  
**TIME:** Wednesdays, 1:00pm – 3:00pm  
**SUGGESTED DONATION:** \$15.00



Scan QR Code to register for the Albany offering!

**Don't wait until a fall happens - take control of your health and join the Stepping On program today!**

608-328-9499 | [adrcgreencounty.org](http://adrcgreencounty.org) **5**





it's gonna  
be OKAY

## Never Give Up Day:

Supporting Mental Wellness and Resilience on August 18<sup>th</sup>

don't  
give up

Every year on August 18th, communities around the world recognize Never Give Up Day, a day dedicated to honoring the importance of perseverance, resiliency, and mental well-being. This meaningful observance encourages people from all walks of life to reflect on their journeys, acknowledge the challenges they've faced, and appreciate the inner strength it takes to keep going — even in the face of life's greatest challenges.

Never Give Up Day was created to spark hope and remind us that struggles, whether emotional or physical, are part of being human. It shines a light on the power of seeking help, offering support to others, and practicing self-compassion. Rather than giving in to feelings of defeat, this day encourages us to reach out, share our burdens, and lean on one another.

### Ways to Support Your Mental Wellness on Never Give Up Day:

**Share personal stories.** Opening up about challenges you have faced — and how you managed them — can help break down stigma around mental health and inspire hope in others.

**Check in on someone.** A simple phone call, message, or gesture of kindness can remind someone that they are not alone and that support is available.

**Prioritize self-care.** Mental health resilience is built through caring for yourself, whether by resting, enjoying hobbies, practicing mindfulness, or connecting with people who lift you up.

**Get involved in your community.** Many local communities and organizations, including the ADRC, host events, volunteer opportunities, and wellness-focused programs to help people feel connected and supported. Participating in these activities can strengthen your own sense of belonging and foster resilience in others.

As August 18th approaches, Never Give Up Day offers a valuable opportunity to come together and champion mental wellness. By acknowledging our struggles, celebrating our progress, and supporting one another, we can move forward with renewed hope and determination — and remind ourselves that no one has to go through challenges alone.

# Staying Safe in Hot Weather



## Watch for these signs of hyperthermia:



Dizziness



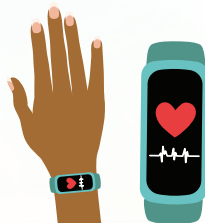
Muscle cramps



Swelling in your ankles and feet



Nausea and weakness



Rapid pulse



## Tips to prevent hot-weather illness:



Drink liquids



Limit caffeine and alcohol



Wear light-colored, loose fitting clothes



If it's too hot, try exercising indoors

Learn more about staying safe in hot weather at [www.nia.nih.gov/hot-weather-safety](http://www.nia.nih.gov/hot-weather-safety).



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

### 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

### HEALTHY LIVING WITH DIABETES:

[Diabetes Self-Management Workshop:  
6 consecutive weeks]

September 16th - October 21st  
10:00am-12:30pm, Tuesdays  
Monroe, Public Library

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
Aug 14th & 28th	Monroe - Juda - Brodhead - Albany to Janesville	\$15.00
Aug 13th & 27th	Belleville - New Glarus - Monticello to Monroe	\$8.00
Aug 6th & 20th	Albany - Brodhead - Juda to Monroe	\$8.00
Aug 7th & 21st	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**