

THE Bridge

SEPTEMBER

Connecting services, resources, and information for the community.

Age With Confidence, Prevent Falls | September is Falls Prevention Month

Chances are you or someone you know has experienced a fall. If you have, you're not alone. Falls can happen at any age – making falls prevention a concern for many, though especially for older adults. According to the Centers for Disease Control and Prevention (CDC), more than one in four people aged 65 and older will have a fall each year, and one out of every ten falls ends in an injury. As Baby Boomers age, this is becoming a major public health concern.

That's why September is Falls Prevention Month — a time to raise awareness and take action. Whether you're an older adult, a family caregiver, or simply looking to maintain your independence as you age, it's important to know: falls are not an inevitable part of getting older. They can be prevented — and you can start today.



Here Are Some Simple Tips to Prevent Falls:

- **Stay physically active.** Regular movement improves strength, balance, and flexibility. Even short walks or simple chair exercises can help reduce fall risk.
- **Review your medications.** Some prescriptions or over-the-counter drugs may cause dizziness or drowsiness. Talk with your doctor or pharmacist to understand side effects.
- **Get your vision and hearing checked.** Poor vision or hearing can make it harder to detect hazards. Routine checkups ensure you stay aware of your surroundings.
- **Make your home safer.** Remove throw rugs, improve lighting, keep frequently used items within easy reach, and install grab bars in the bathroom.
- **Wear supportive shoes.** Avoid walking in socks or slippers on smooth floors. Choose footwear with good grip and low heels.
- **Eat for bone health.** A diet rich in calcium and vitamin D helps keep bones strong and reduces the risk of serious injury if a fall occurs.
- **Use assistive devices if needed.** Canes, walkers, or handrails can offer extra support and stability when navigating your environment.

Falls are often caused by a combination of risk factors. The more risks you have, the greater the chance of falling — but the more risks you address, the more likely you are to stay safe, active, and independent. **Curious about your fall risk? Turn to page 7 and take our quick 12-question assessment!**

FallsFreeWI.org — Your Partner in Fall Prevention

The Wisconsin Institute for Healthy Aging (WIHA), in collaboration with the Falls Free Wisconsin Coalition, has created FallsFreeWI.org — a powerful resource hub designed to empower individuals, families, caregivers, and healthcare professionals. **The interactive website includes tools to:**

- Learn more about your personal fall risk.
- Explore safe, strength-building exercises.
- Access printable checklists, local resources, and educational videos.
- Participate in the Home Safety Challenge and more.

In 2022 alone, EMS providers in Wisconsin responded to more than 130,000 older adult falls, with over 47,000 emergency room visits and 10,000 hospitalizations. The impact is real — but so are the solutions.

This Falls Prevention Month, take a few moments to make changes that can truly make a difference. Whether it's adding a nightlight to your hallway or starting a daily stretching routine, small steps lead to big improvements in safety. WIHA and the Aging & Disability Resource Center – Green County Office (ADRC) encourage everyone to use the tools and tips available through FallsFreeWI.org, and to share them with loved ones. Let's build safer communities together. Age with confidence. Prevent falls. Stay strong and independent.

Continued on page 7.

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

Like Us On **facebook**

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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Catrina Bennett

Hand in Hand Staff

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

Facebook - ADRC of Southwest Wisconsin

Email - resourcecenter@gchsd.org

Phone - 608-328-9499



Arthritis Foundation®

Are you looking for a way to become more active, reduce joint pain, and improve your overall health this fall? Join us for the Walk With Ease Self-Directed Program, starting mid-September!

This evidence-based program, developed by the Arthritis Foundation, is designed to help individuals build stamina, increase flexibility, and reduce pain—all at your own pace. Whether you're managing arthritis, dealing with joint stiffness, or simply looking to start a regular walking routine, Walk With Ease provides the structure and motivation to help you succeed.

What Makes the Self-Directed Program Unique?

Flexible Format: Participate on your own schedule—walk when and where it works best for you.

6-Week Program: You'll receive a guidebook and weekly support to keep you on track.

Easy to Follow: Set goals, track progress, and learn helpful tips to stay motivated and safe.

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:

Sept 15th - Oct 26th, 2025

Self-Directed: Anytime/Anywhere
At least 3 days per week for 10-40+ minutes.

Suggested Donation: \$15.00

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



Step Into Fall With Confidence: Join the Walk With Ease Self-Directed Program



This is a great opportunity to take control of your health and experience the benefits of walking in a way that works for your lifestyle. All you need is a safe place to walk, comfortable shoes, and a guidebook (provided by ADRC). No residency requirements—everyone is welcome!

Don't miss out on this chance to step into fall with energy and confidence!



MIND OVER MATTER:

Healthy Bowels, Healthy Bladder

(Virtual Offering)

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?

What will I learn in this workshop?

- Information about bladder and bowel control
- At-home techniques and exercises to help prevent or improve symptoms
- Tools to help you set goals and mark your progress

To register, please call
ADRC Green County at
608.328.9499.

Or register online by scanning the QR code:



wiha
Wisconsin Institute
for Healthy Aging

ADRC
Aging and Disability Resource Center
Green County, Wisconsin

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



Mind Over Matter: Healthy Bowels, Healthy Bladder

is a workshop designed to give women the tools they need to take control of their bladder and bowel symptoms.

**Oct. 13th, Oct. 27th, & Nov. 10th
Mondays, 5:00pm-7:30pm (CST)
Virtual, Via Zoom**

**Zoom Practice Session: October 6th
Suggested Donation: \$15**

*** Attendance at all three sessions is highly encouraged.**
Pre-registration is required. Spots are limited. No living-in county or state requirements. Must have access to computer, tablet, or smartphone with internet or data connection.

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:

Session 1 was held on August 15th with the topic of "How to Speak Dementia: Understanding Communication Changes" September 5th, 1:30 to 3:00pm -

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

Session 2:

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.**

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.

Eat Your Greens

There are many benefits of making sure you eat your greens every day.

Green vegetables are important for maintaining good health due to their nutrient rich content, including vitamins, minerals, and antioxidants.

Green vegetables are full of vitamins like A, C, K, and folate, as well as minerals like calcium, potassium, and iron. They also contain antioxidants which help protect the body from the damage of free radicals which can contribute to aging and various diseases. Green vegetables are an excellent source of fiber which is important for digestive health.

Consuming adequate amounts of green vegetables can also help prevent certain diseases. A diet rich in green vegetables can lower blood pressure and reduce cholesterol which can decrease your risk of heart disease. Some research suggests that there are certain compounds in green vegetables that may help prevent some cancers.

There are many ways to consume green vegetables. You can eat them raw, steamed, roasted, as well as many others. Enjoy these recipes to get green vegetables into your diet!

Sources:
<https://gwaar.org/api/cms/viewFile/id/2007431>
<https://gwaar.org/api/cms/viewFile/id/2007432>



Cucumber Salad

1 cucumber thinly sliced
1/2 red onion, thinly sliced
1/2 tsp. Salt
1/2 C. distilled white vinegar
1/4 C. water
1/4 C. granulated sugar
1 Tbsp. fresh dill, minced

Season cucumbers with salt in a large bowl and let sweat 1 hour. Drain liquids and toss cucumbers with onion slices.

In a small saucepan over high heat, pour in white vinegar and water and stir in sugar until dissolved and liquid turns clear, 3 to 5 minutes.

Pour over cucumbers and onions. Stir in dill. Cover with plastic wrap and refrigerate 1 hour. Serve cold or at room temperature.



Super Green Omelet

1 egg
1 C. torn baby spinach
1 Tbsp. parmesan cheese
1/4 tsp. onion powder
Dash of Salt and pepper

In a bowl, beat the egg, and stir in the baby spinach and parmesan cheese. Season with onion powder, nutmeg, salt, and pepper.

In a skillet, coat with cooking spray over medium heat, cook the egg mixture for about 3 minutes. Flip with a spatula and continue cooking for 2-3 minutes. Reduce heat and continue cooking to desired doneness.

WORDS from the ADRC Specialist

Suicide Warning Signs for Adults



Risk is greater if a behavior is new or has increased, and if it seems related to a painful event, loss, or change.

- Talking about or making plans for suicide.
- Acting anxious or agitated; behaving recklessly.
- Talking about being a burden to others.
- Talking about feeling trapped or in unbearable pain.
- Increasing the use of alcohol or drugs.
- Talking about feeling hopeless or having no reason to live.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

If you or someone you know is struggling or in crisis, help is available.

Call or text 988 or chat 988lifeline.org, or reach out to a mental health professional.



Visual impairment can have a significant impact on an individual's quality of life as well Suicide Prevention Month: Together, We Can Make a Difference

Every September, communities around the world come together to observe Suicide Prevention Month, a time dedicated to raising awareness about suicide and promoting mental health. We use this month to shift public perception, spread hope and share vital information to people affected by suicide. The goal is ensuring that individuals, friends and families have access to the resources they need to discuss suicide prevention and to seek help; to reduce the stigma surrounding mental health issues, offer support to those in need, and ultimately save lives. Suicide is a global public health issue, affecting people of all ages, genders, and backgrounds.

According to the World Health Organization, globally, more than 720,000 people die by suicide every year. These statistics are more than just numbers; they represent mothers, fathers, siblings, friends, neighbors and colleagues lost to a preventable tragedy. One of the most effective ways to combat suicide is through education and open conversations about mental health. By fostering an environment where individuals feel safe to discuss their struggles, we can break down the barriers that prevent people from seeking help. Encouraging friends and family to reach out to those who might be struggling can make a significant difference. A simple question like "Are you okay?" can open the door to a potentially life-saving conversation. Support and resources are crucial in suicide prevention. Organizations such as the SAMHSA (Substance Abuse and Mental Health Services Administration) offer the National 988 Lifeline which provides free, confidential support 24/7. These services provide immediate assistance and connect individuals to local resources for ongoing support. In addition to professional help, community involvement plays a vital role. Participating in local events, such as walks, educational workshops, and support groups, can strengthen the community's response to suicide. Volunteering, donating, or simply spreading awareness through social media can also contribute to the cause. As we observe Suicide Prevention Month, let us remember that every action counts. By coming together to support those in need and promoting mental health awareness, we can create a world where fewer people feel alone, and more lives are saved. If you or someone you know is struggling, reach out—help is available, and you are not alone. Please call or text 988 if you or someone you know is experiencing suicidal thoughts or a mental health crisis.

ADRC Specialists - Mandy, Heather and LA

Online Buying and Selling Safety

By the GWAAR Legal Services Team

Selling unwanted items online on sites like Facebook, Craigslist, or eBay can be a great way to make some extra money. Similarly, buying gently used or second-hand items on these sites is a great way to save money and reduce the amount of stuff that ends up in landfills. While sites like these can be great for those reasons mentioned above, they can also attract scammers trying to steal your identity, your money, or both.

Below are some tips to stay safe when buying or selling online:

When listing an item for sale, do not include any personally identifiable information such as your phone number or home address in the listing. Similarly, when buying an item, do not respond to any suspicious request for personal information.



➤ **Never respond** to any requests for your phone number and never give out your phone number to anyone when attempting to buy or sell an item. Scammers can use your phone number to try to steal your identity. They may try to link your number with a Google voice account, so never respond to any requests for a Google voice code.

➤ **Whether buying or selling**, it is always best practice to meet up at a neutral location to make the exchange of the item, and if possible, bring another person with you to the meetup. Many police stations have parking lot areas specifically designated for this purpose. You could also meet outside somewhere else that is likely to have cameras such as a bank or library. This is especially important when buying or selling through sites like craigslist that do not have buyer/seller profiles with reviews or any other background information on individuals.

➤ **Check buyer/seller profiles.** With Facebook marketplace, you can check a buyer or seller's profile and rating. You can also check the individual's Facebook profile. Some red flags would be if their profile was just recently created or if it lacked relevant information. If you check all of this information and the person checks out, for example if you have mutual friends in common and they have a good buyer/seller rating, it is probably okay to do a "porch pickup" for smaller, low-cost items.

Continued on page 7.

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

Cognitive Testing and Brain Imaging Explained September 12 9:30–11:30 a.m.

Guest: Victoria Williams, PhD

Participants will learn how doctors use cognitive tests and brain scans to understand changes in memory and thinking, why these changes might be happening and how these tests can help find answers.

Register to attend the program in person at one of eight locations across Wisconsin. Or, participate from anywhere, live online via Zoom. **Free and open to all.**



Register to attend in Green County at SSM Health Clinic by contacting Bonnie Beam-Stratz at 608-426-4295 or bbeam@gchsd.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 McAllister, 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

Presented by:



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

Community Partners:



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.

REGAIN CONTROL:

Diabetes Self-Management Workshop Starts September 16th

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

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

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

What You'll Learn:

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

Workshop Details

Dates: Tuesdays, September 16th – October 21st

Time: 10:00am – 12:30pm

Location: Public Library – Monroe, WI

Pre-registration is required, and spots are limited! There are no residency requirements. There is a suggested donation of \$15 to help go towards program materials.

To register, call the ADRC – Green County Office: 608-328-9499

Or register online by scanning the QR Code:



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

Testimonials:

"I do not have diabetes. However, a loved one does. I feel like I have a better understanding of diabetes so that I can support him in a better way. This workshop was totally worth taking."
- Past Participant

(Note: Portions of this testimonial has been modified for clarity and to protect participant privacy.)

"Our leaders guided us through the basics of "Living a Healthy Life with Chronic Conditions" (included book). They used many "tools" to help us become involved in the process. Weekly actions plans, meal planning as a group and individually, brainstorming many topics, being accountable to the leaders and each other, answering many questions, and much more. In between session 5 and 6, I met with my cardiologist. (I had my second heart attack last year.) I have been exercising – cardio. He had blood tests taken and said my results were good and he took me off of one of my medications! I later met with my primary doctor for my 3-month check, in which he looked at my numbers and took me off of another medication! I really believe this course helped me and I would recommend it to anyone with diabetes!"
- Past Participant

Join us and begin planning **AHEAD** for the end of this life

What is Planning AHEAD?

Planning AHEAD is a 7-session course (one hour each) that guides participants through the topics on the right.

This course features a free workbook to help people with the tasks and decisions associated with end-of-life.

Who is the program for?

This program is for people who:

- Are interested in planning for the end of life to make things easier for family members
- Have lost a loved one
- Are in the process of losing a loved one and are dealing with the transition

When is the program?

Wednesdays- Starting September 24th
6:00 PM - 7:00 PM

UW-Madison Division of Extension
Green County Office
2841 6th St.
Monroe, WI 53566

Contact us for more information

Bob Wiegel

bob.wiegel@wisc.edu

608-482-0620

planning **AHEAD** PROGRAM TOPICS



Getting Started



Handling Financial Changes



Advance Medical and Legal Directives



Estate Planning



Choices in End-of-Life Care



Final Wishes



Understanding Grief



Extension
UNIVERSITY OF WISCONSIN-MADISON

SEPTEMBER
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
CLOSED HAPPY Labor Day 1	Tuna Salad on Lettuce w/Tomato 2 Veggie Pasta Salad Sliced Strawberries Lemon Pound Cake	Bratwurst Patty w/Sauerkraut 3 Roasted Summer Vegetables Baked Beans Sliced Peaches	Ham Slices 4 Au Gratin Potatoes Corn Strawberry Topped Apple Chips	Breaded Fish Sandwich 5 Roasted Broccoli Coleslaw Fruit Cocktail 
Bourbon Glazed Ham 8 Scalloped Potatoes Roasted Brussel Sprouts Pear Cup Cookie	Cranberry Roast Pork 9 Steamed Rice Roasted Sweet Potatoes Roasted Zucchini Angel Food Cake w/Strawberry Topping	Beef Pot Roast 10 Garlic Mashed Potatoes  Cream Style Corn Diced Peach Cup	Chicken Patty 11 Red Potatoes Roasted Broccoli & Cauliflower Mix Cinnamon Apple Slices	Tuna Noodle Casserole w/Peas & Carrots 12 Whole Kernel Corn Green Beans Cherry Cheesecake
Sliced Turkey w/Gravy 15 Dressing w/Celery Whole Kernel Corn Roasted Carrots Cherry w/Graham Crumbles	Sage Roasted Pork 16 Fresh Sweet Potatoes Peas Apricots Yogurt	Taco Casserole w/Black Beans 17 Refried Beans w/Cheese Spanish Rice w/Stewed Tomatoes Pudding	Beef Tips in Mushroom Gravy 18 Egg Noodles Roasted Cauliflower Salad w/Diced Tomatoes & Cheese	Breaded Fish w/Cheddar Cheese 19 Red Potatoes Roasted Summer Vegetables Peach Cup Frosted Cupcake
Hamburger 22 Potato Salad  Baked Beans Pineapple Tidbits Cookie	Roasted Chicken Thigh 23 Baked Potato w/Sour Cream Stewed Tomatoes Fresh Strawberries Jell O	Goulash w/Peas & Carrots 24 Salad w/Cucumber & Cheese Berry Cobbler	Chicken Salad 25 Broccoli Salad Tropical Fruit Cup Brownie	Ham Slices 26 Mashed Potatoes Green Beans Fresh Melon Mix
BBQ Country Beef Tips 29 Roasted Red Potatoes Roasted Zucchini Strawberry Topped Apple Chips	Tator Tot Casserole 30 With Peas & Carrots Green Beans Mandarin Oranges			

SEPTEMBER
MENU



Monticello

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLOSED HAPPY LABOR DAY 1	Chicken Breast 2 Scalloped Potatoes Green Beans Mandarin Oranges Peanut Butter Cookie	Pork Cutlets 3 Sweet Potatoes Baked Beans Fruit Cocktail Butterscotch Pudding	Turkey Stroganoff 4 Corn Tossed Salad Canned Pears	Ring Bologna 5 Peas Potato Salad Melon
Chicken w/Wild Rice 8 Broccoli Potato Salad Fruit Cocktail Chocolate Cake	Ham Balls 9 Mashed Potatoes w/Gravy Corn Banana 	Spaghetti 10 Carrots Tossed Salad Fruit Cocktail Oatmeal Cookie	Chicken, Broccoli & Rice Casserole 11 Stewed Tomatoes Apple Crisp 	Lasagna 12 Peas & Carrots Orange Slices Vanilla Pudding
Veal Sausage 15 Mashed Potatoes Mixed Vegetables Peaches Sugar Cookie	Taco Noodle Bake 16 Peas Banana Vanilla Pudding	Pork 17 Sweet Potatoes Green Beans Fruit Cocktail	Baked Chicken 18 Mashed Potatoes Broccoli Pineapple Jell O	Baked Cod 19 Potato Wedges Coleslaw Red Grapes Oatmeal Raisin Cookie
Bean Casserole 22 Beets Canned Pears Chocolate Chip Cookie	Chicken Breast 23 Mashed Potatoes Peas & Carrots Melon	Pork Cutlets 24 Mashed Potatoes w/Gravy Green Beans Peaches Chocolate Cake	Turkey & Dressing 25 Squash Tossed Salad Apple Crisp	Roast Beef 26 Boiled Potatoes Corn Mandarin Oranges
Pork Roast 29 Mashed Potatoes  Carrots Cantaloupe Chocolate Pudding	Ham Balls 30 Mashed Potatoes w/Gravy Green Beans Applesauce			

Continued from cover.

Along with the wonderful resources FallsFreeWI.org has to offer, the ADRC also offers an in-person falls prevention program called, Stepping On. Stepping On has been researched and proven to reduce falls by 31%! Stepping On can help you avoid a dangerous and costly fall, so you can keep doing the things you love to do. In just 7 weeks, you'll learn to identify and remove or avoid fall hazards in your home and out in the community, how vision, hearing, medication, and footwear affect your risk for falling, and strength and balance exercises, you can adapt to your individual level. You'll also learn how to get back on your feet the correct way, if you do happen to fall, hear from four guest experts (physical therapist, vision expert, pharmacist, and community safety expert), and much more!

Past Stepping On Participant: *"I don't want to be another stat and I believe the class helped me understand how not to become one."*

Anyone who has fallen or is concerned about falling, should consider taking one of the two upcoming Stepping On workshop offerings.

Stepping On Workshops

Dates: September 5th – October 17th



Location: SSM Health Clinic – Monroe, WI

Time: Fridays, 9:00am – 11:00am

Suggested Donation: \$15.00

Pre-registration is required
(limited spots available, but no residency requirements)

Scan QR Code
to register for the
Monroe offering!



Stepping On Workshops

Dates: October 1st – November 12th



Location: Lions Club Building – Albany, WI

Time: Wednesdays, 1:00pm – 3:00pm

Suggested Donation: \$15.00

Pre-registration is required
(limited spots available, but no residency requirements)

Scan QR Code
to register for the
Albany offering!



Spots are limited. Pre-registration is necessary, to determine eligibility, so be sure to sign up right away by calling the ADRC at 608-328-9499.

To learn more about Stepping On, please visit the ADRC – Green County Office's website at adrcgreencounty.org or visit WIHA's website at wihealthyaging.org

Both of these Stepping On offerings are brought to you by the ADRC – Green County Office in partnership with SSM Health – Monroe Hospital.

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Although, it is still best practice to always meet up at a neutral location. With eBay and other sites like Mercari or Poshmark, you are typically dealing with people who are not in your local area and who will be expected to ship any item you purchase. You will want to check buyer/seller ratings and reviews before engaging in any transactions on those sites as well. Do not do business with someone who has zero or significant negative feedback.

Some red flags to look for as a buyer on these sites would be deals that look too good to be true or ads posted in multiple locations of the country. Also, if the person posting the item lives far away from the item location, that could be another red flag. When selling, be wary of any offers that are far more than the item is worth. And whether buying or selling, beware of anyone who asks to wire money. Only use legitimate payment sites such as Venmo, PayPal, or Zelle, and only engage in these transactions when you are sure that the transaction is legitimate.

Stay healthy and independent by checking your risk for a fall.

Falls are not a natural part of aging. Even if you're healthy or have talked with your health care provider, it's important to check your risk. There are many steps you can take to prevent a fall. Answer 12 simple questions to get your falls risk score and resources to prevent falls.

- 1) I have fallen in the past year. YES (2) / NO (0)**
People who have fallen once are more likely to fall again.

2) I use or have been advised to use a cane or walker to get around safely. YES (2) / NO (0)
People who have been advised to use a cane or walker may already be more likely to fall.

3) Sometimes I feel unsteady when I am walking. YES (1) / NO (0)
Unsteadiness or needing support while walking are signs of poor balance.

4) I steady myself by holding onto furniture when walking at home. YES (1)/NO (0)
The need to steady yourself is a sign of poor balance.

5) I am worried about falling. YES (1) / NO (0)
People who are worried about falling are more likely to fall.

6) I need to push with my hands to stand up from a chair. YES (1) / NO (0)
Using your arms to help stand is a sign of weak leg muscles, a major reason for falling.

7) I have some trouble stepping up onto a curb. YES (1) / NO (0)
Trouble stepping onto a curb is a sign of weak leg muscles.

8) I often have to rush to the toilet. YES (1) / NO (0)
Rushing to the bathroom, especially at night, increases your chance of falling.


9) I have lost some feeling in my feet. YES (1) / NO (0)
Numbness in your feet can cause stumbles and lead to falls.

10) I take medicine that sometimes makes me feel light-headed or more tired than usual. YES (1) / NO (0)
Side effects from medicines can sometimes increase your chance of falling.

11) I take medicine to help me sleep or improve my mood. YES (1) / NO (0)
Side effects from mood or sleep medicines can sometimes increase your chance of falling.

12) I often feel sad or depressed. YES (1) / NO (0)
Symptoms of depression such as not feeling well or feeling slowed down, are linked to falls.

Add up your score (using the numbers next to yes / no). If you scored a four or more, you may be at higher risk of falling. Visit FallsFreeWI.org for tips to reduce your risk of falling. Age with confidence, prevent falls!



Wisconsin Institute
for Healthy Aging

This checklist, distributed by the National Council on Aging, was developed by the Greater Los Angeles VA Geriatric Research Education Clinical Center and affiliates and is a validated fall risk self-assessment tool (Rubenstein et al. J Safety Res; 2011: 42(6)493-499).

Article taken and adapted from FallsFreeWI.org and WIHA.

No matter how vigilant you are, it is still possible to be scammed or have your identity stolen. If this happens, you should first report the user to the commerce site such as eBay or Facebook. Then, you will want to report the scam to your local police department. Finally, you can report the scam or fraud to the Federal Trade Commission here: <https://reportfraud.ftc.gov/> or to the FBI's Internet Crime Complaint Center here: <https://www.ic3.gov/>

For more information on avoiding scams specific to Craigslist, visit: <https://www.craigslist.org/about/help/safety/>

For information on how to avoid seller fraud on eBay, visit: <https://www.ebay.com/help/buying/resolving-issues-sellers/avoiding-seller-fraud?id=4024>

For more information on avoiding scams on Facebook Marketplace, visit: <https://www.facebook.com/help/721562085854101/> **608-328-9499 | adrcgreencounty.org**

YOU ARE NOT ALONE.

Support Groups

GRIEF SUPPORT GROUP

For individuals who have experienced a loss of a loved one and are looking for support. Talk or Listen. You're not alone.

3rd Tuesday of the month from 5:30pm-7:00pm
Green County Human Services Building
Lower Level: Multipurpose Rooms 2 & 3
N3152 State Road 81, Monroe, WI

CAREGIVER SUPPORT GROUP

For family, friends, and other caregivers who are caring for a person with a chronic illness or disability. Day & night time offerings.

2nd Thursday of the month from 5:30pm-7:00pm
Monroe Public Library: First Floor Conference Room
925 16th Avenue, Monroe, WI

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

SUICIDE GRIEF SUPPORT GROUP

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

Every Monday from 4:00pm-5:30pm
Green County Human Services Building
Main Level: Mental Health Matters Room 104
N3152 State Road 81, Monroe, WI

For a full listing of other available support groups in the area, please call the ADRC at 608.328.9499.

Medicare 101

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

WHEN: 4th Thursday of each Month, 6-7 PM

WHERE: Human Services Building, N3152 Hwy 81

CALL: RSVP Required by calling 608-328-9499

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



Health & Wellness

UPCOMING 2025 PREVENTION WORKSHOPS

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

STEPPING ON:

[Falls Prevention Program:
7 consecutive weeks]

October 1st – November 12th
1:00pm-3:00pm, Wednesdays
Albany, Lions Club Building

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

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

608-328-9499.



Need A Ride?

ADRC Shuttle Bus Services

Reservations are required as space is limited.

All ages welcome, with priority seating reserved for the elderly and those with a disability.

All shuttle bus services are a suggested donation.

Every Monday	Around Monroe	\$5.00
Sept 11th & 25th	Monroe - Juda - Brodhead - Albany to Janesville	\$15.00
Sept 10th & 24th	Belleville - New Glarus - Monticello to Monroe	\$8.00
Sept 3rd & 17th	Albany - Brodhead - Juda to Monroe	\$8.00
Sept 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