

THE Bridge

OCTOBER

Connecting services, resources, and information for the community.

OPEN ENROLLMENT

LOADING...

MEDICARE PART D OPEN ENROLLMENT—

An Opportunity to Save Money

Open enrollment for Medicare plans in 2026 is October 15 through December 7, 2025. This is an important time for people with Medicare to review their current Part D prescription drug plan, note any changes, and determine if it is still the best option for them. Since insurance companies can change their Part D plan premiums, deductibles and co-pays each year, switching to a different plan could result in extra money in your pocket!

If you have had changes in your medications this past year it seems obvious that reviewing your plan and comparing it to other plans is a good idea. But even if you have not had medication changes, a new pricing structure for the plan could mean that the costs for your same drugs will increase next year. Likewise, a different company may now offer better coverage for those same medications. Some people have saved hundreds of dollars in a year by switching to a different Part D plan. The only way to find the lowest cost plan for next year is to review your plan and compare it to other Part D plans.

In addition to changing the list of medications that they cover (known as their "formulary") and how they cover them, Part D plans can also impose drug restrictions on covered medications. When you are reviewing your plan or comparing it to other plans, be sure to note any drug restrictions for your specific medications. In some cases, you may need to get prior authorization before your medication is covered. Another type of restriction, step therapy, means that the insurance company will have you try an alternative drug before they pay for the one your doctor has chosen for you. And if quantity limits are in place, you are limited to a certain number of pills each month. These are more reasons it is important to carefully review your Part D plan each year.

People on SeniorCare, Wisconsin's prescription drug assistance program, are not affected by this open enrollment period. They only need to renew their enrollment every 12 months. A renewal notice will be sent in the mail to the beneficiary. If you are on SeniorCare and have had medication changes, you might want to check on the cost of a part D plan to see if SeniorCare is still the best option for you.

Assistance with plan comparisons is available through the following resources:

- 1-800-MEDICARE or www.medicare.gov
- Medigap helpline 1-800-242-1060
- Disability Drug Helpline 1-800-926-4862 (if under age 60)
- Wisconsin Medigap Prescription Drug Helpline 1-855-67 PART D (1-855-677-2783)
- ADRC of Green Co. Mary Velcich, EBS. 608-328-9499

Important Information for Part D Open Enrollment Assistance Through the ADRC

If you would like assistance with reviewing your Medicare Part D plan through our Elder Benefit Specialist, please be aware of the following procedure.

- ✓ **You must complete** the Medicare Part D Open Enrollment Worksheet. Please complete the entire document. It is very important that we have all sections filled out. If you did not receive one from us, please contact our office.
- ✓ **You can either** write out your medications on the form or attach an updated medication list that you printed from your pharmacy. Please make sure the dosage is correct.
- ✓ **Once you have completed** the form, you can mail back or drop off to the ADRC office. Forms will be processed in the order they come in.
- ✓ **Once we have processed** your form, we will mail you back the top plan options the system computed for you.
- ✓ **Once you receive** a mailing back from us, review your options and decide what is best for you. You can then either enroll yourself or contact the ADRC to set up an appointment for enrollment.
- ✓ **Enrollment appointment-** Most enrollment appointments will be completed over the phone. Any in-person appointment requests must be screened by the Elder Benefit Specialist. Based on your situation, she will determine if you require an in-person appointment
- ✓ **Once you have enrolled** in a new plan, we will mail you proof of your enrollment. A few weeks/months later, you will start receiving information from the plan you chose.

Important Things to Know!

The Medicare Part D Open Enrollment online system has historically had issues right on opening day (October 15th). Because of this, we typically wait 2 weeks from the start date to start entering plans.

→ Walk-in appointments will not be accepted. ←



Aging and Disability Resource Center
Green County, Wisconsin

608-328-9499
adrcgreengounty.org



ADRC of Southwest Wisconsin

The Aging and Disability Resource Center in Green County provides information, assistance, and services to help older people and people with disabilities remain healthy and independent.



**WE EMPOWER PEOPLE
TO ENRICH LIVES**

CUSTOMER • EMPLOYEE • COMMUNITY

ColonyBrands.com



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Program Specialist

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Jan Lien

Dennis Peterson

Bill Wyss

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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

1 in 4 people age 65 or older has a fall each year. Don't be one of them.



Stepping On FALLS PREVENTION

Researched
& proven to
reduce falls
by 31%!

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

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

Suggested Donation: \$15

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



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

Or register online by
scanning the QR code:



You're invited to attend a Public Hearing on the 2026 Green County Specialized Transportation Grant Application

Join us at Green County Government Services Building for a discussion of the specialized Transportation Grant Application.

THURSDAY, OCTOBER 9TH • 10AM

Green County Government Services Building

Lower Level Conference Room (Please enter at first driveway)

N3152 State Road 81, Monroe, WI 53566

We will be reviewing Green County's proposed plan for spending \$102,524 plus required match, authorized under Section 85.21 of Wisconsin Statutes. If you can't join us, the draft plan can be reviewed at the ADRC Office
N3152 State Road 81, Monroe from 8-4:30 pm Mon-Fri.

SEND COMMENTS TO:
Morgan Kennison, Aging Programs Supervisor
N3152 State Road 81, Monroe, WI 53566

Contact ADRC for
FREE TRANSPORTATION
to the public hearing.



Change to ADRC Transportation Program

Over the past year, we have evaluated our current ADRC Transportation program policies and schedule. Based on data of the trips that have gone over the last year, we have made the decision to make some changes. The below changes will go into effect October 1st, 2025.

Minimum Number of Riders

In order for a shuttle trip to occur, at least three passengers must ride. Any less than three, the shuttle trip will be cancelled.

Updated Schedule

No Change

1st & 3rd Wednesday-
Monticello/New Glarus/Belleville
to Monroe

2nd & 4th Wednesday- Juda/
Brodhead/Albany to Monroe

Change

1st Thursday of month only-
To Madison

4th Thursday of month only-
To Janesville

If you have any questions or concerns,
please contact Morgan Kennison, Aging
Programs Supervisor at 608-328-9499.

**Fun in Fall!
Sutter's Ridge
Pumpkin Patch
10/16/25**



Sutter's Ridge is a small family owned and operated farm. On their farm, they grow a 5 acre apple orchard, 6 acre pumpkin patch, 1/2 acre raspberry patch, 1 acre grape orchard, 5 acres of corn dedicated for our corn maze, decorative fall mums, squash and gourds. They have 2,000 apple trees and grow over 25 different apple varieties.

Cost is \$25 which includes transportation and admission into the pumpkin patch. This includes admission, Activity area and corn maze. Any purchases of products at the patch will be on your own. Lunch to follow at the Grumpy Troll.

No More Leaks.



Just Confidence:

Join Our Women's Health Workshop

Mind Over Matter:

Healthy Bowels, Healthy Bladder

October is World Menopause Month—a time to raise awareness, break stigmas, and support women navigating the physical and emotional changes that come with this life stage. While topics like hot flashes and bone health are often discussed, one of the most common yet least talked-about challenges is incontinence.

More than half of women aged 50 and older experience bladder or bowel control issues. These concerns can range from mild leaks to more disruptive symptoms that interfere with daily life. Too often, they lead to embarrassment, isolation, and a loss of confidence. The good news? Incontinence isn't inevitable—and there are proven steps women can take to manage or even prevent it.

That's where the Aging and Disability Resource Center (ADRC) comes in. This fall, the ADRC is offering Mind Over Matter: Healthy Bowels, Healthy Bladder, a virtual, evidence-based workshop designed to empower women with knowledge and practical strategies for better bladder and bowel health.

Through engaging group discussions, easy-to-follow exercises, and simple dietary adjustments, participants learn how to:

- Strengthen muscles that support bladder and bowel function
- Identify and reduce lifestyle triggers
- Gain confidence in managing symptoms
- Take proactive steps to prevent future issues

Although we won't discuss menopause directly in this program, women aged 50 and older who are experiencing or have experienced menopause are likely to benefit from these strategies. Even women who aren't currently experiencing incontinence can benefit—because prevention is powerful. It's never too early or too late to take control of your health.

Virtual Workshop Details

Mondays: October 13th, October 27th, and November 10th
5:00pm – 7:30 pm (CST) via Zoom


Optional Zoom Practice Session: Monday, October 6th at 5:00pm (CST)

Suggested Donation: \$15
Open to women 50 years or older — no residency restrictions

Spots are limited, and pre-registration is required. Attending all three sessions is highly recommended to experience the full benefit of the program.

This fall, give yourself the gift of knowledge, confidence, and control. Don't let incontinence hold you back — join Mind Over Matter: Healthy Bowels, Healthy Bladder and take charge of your health.

To register or learn more, contact the ADRC Green County Office at 608-328-9499 or visit www.adrcgreengounty.org. You can also register online by scanning the QR code.



Participant Testimonials:

"In the last three months, I've had only 3 small leakages. Before the workshop, I used to have several leakages a week. I am so glad I took this workshop because it has greatly improved my confidence."
- Past Participant

"Not everyone is familiar with what are the strategies that can be used. This course has a whole resource page on what treatments are possible. So, if a doctor says well the only cure for this is surgery for bladder or bowel problems. The truth is, no not really, there may be other solutions. You may go through a few different treatments to find what works for you or you may need the surgery, but it gives you the tools to try non-invasive things first."
- Past Participant



Medicare Open Enrollment

Time to review your Medicare Plan!
Medicare's Open Enrollment Period is
October 15 – December 7

M Q D T K E R B J Q O A L T D
N E S P H T R E H U E E N T E
S A D L H T V C V V C E K Q D
M O L I A A S X E I M K M F U
E H X P C N P B D L E N V X C
R I Z N G A U F L M A W L D T
A Z M D G U T O U K I Q R I I
C P R E S C R I P T I O N S B
I H J T C N M D O G A S C F L
D R Q Y E E D V P N U W V J E
E I Z N R P Y B V R S D Q Q C
M C E P A N E G A R E V O C O
E P E R I O D N J R X I K B P
O U T U R I C S B H T B O G A
L D J R I E S A V I N G S N Y

Word Bank:

COPAY
COVERAGE
DEDUCTIBLE
DRUG PLAN
INSURANCE
MEDICARE
MEDICATIONS
OPEN ENROLLMENT
PART D
PREMIUM
PRESCRIPTIONS
REVIEW
SAVINGS



SHIP

State Health Insurance
Assistance Program

Navigating Medicare

This project was supported by the Wisconsin Department of Health Services with financial assistance, in whole or in part, by grant number 90SAPG0091, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.

WORDS from the ADRC Specialist

As the winter months descend upon us, the importance of staying warm is second to none. Many in our community cannot afford the high costs of energy bills to maintain a warm home. If you find yourself in the category of needing assistance with paying for increasing heating bills, be sure to look into Energy Services Assistance. Energy Services Inc. (ESI) was organized in 1982 as a response to the growing number of life-threatening crisis situations in Dane county. The tragic death of an elderly woman, followed by another elderly and disabled victim dying of heat stroke in the county, raised the consciousness of area residents. They were called to action to assure that those most vulnerable during the harsh winters and the blistering heat of the summer would not face another life-threatening crisis alone. This past year, more than 267,000 low-income households- particularly the elderly, disabled and families with young children - faced or experienced a life-threatening energy-related crisis. This past heating season alone, ESI provided more than 90,000 households with energy-related assistance/grants/services to support the household's long-term self-sufficiency.



The following are resources to look into for assistance with energy payments:

Energy Assistance for Green County

- Energy Assistance is a one-time payment during the heating season (October 1-May 15). The funding pays a portion of energy costs. The payment is not intended to cover the entire annual energy costs of a residence. The amount of the energy assistance payment varies depending on a variety of factors, including the household's size, income, and energy costs.



Call 608-328-1111

Wisconsin Home Energy Assistance Program

- To qualify for Wisconsin's main energy assistance program, your household income must be below 60% of the state's median income for your household size. You must also have a "utility burden". You can find the current income guidelines and apply online, or you can call the state's hotline at 1-866-HEATWIS (432-8947) for more information.

Emergency Furnace Assistance/Low Income Weatherization

- Emergency Furnace Assistance is available for those experiencing a furnace in need of repair or replacement.
- Additional conservation measures to lower your consumption and costs and may be available.



Call 1-800-506-5596 or visit www.heat.help

LIHEAP One Time and Emergency Energy Assistance Funds

- LIHEAP One Time and Emergency Energy Assistance grants to offset high energy costs.
- For those with special unmet needs additional LIHEAP crisis, Heat For Heroes, or utility charitable funds may also be available.



Call 1-800-506-5596 or visit www.heat.help

Southwestern Wisconsin Community Action Program Inc

- The goal of SWCAP's Weatherization Assistance services is to help southwestern Wisconsin homeowners, landlords, and renters to reduce home heating bills, save energy and make your home warmer in the winter and cooler in the summer.
- SWCAP Weatherization Assistance is for those with high heating and electricity costs.
- Serving the Counties of Iowa, Lafayette, Grant, Green & Richland



Call 608-935-2326

Information you will need to apply for any energy assistance:

You will need to provide the following information for all household members:

- › Date of birth
- › Income information from all sources
- › The energy fuel types that you use
- › Name of the fuel/utility company that delivers energy fuels to you
- › Account number for every fuel/utility company (found on your bill)
 - About your landlord or property management company, if applicable.
- › First and Last Name or full company name
- › Address
- › Phone number



It is highly recommended that you provide any required documents (i.e. paychecks or W-2 to verify income, taxes, fuel/utility bill, power of attorney, proof of citizenship, rental lease, etc.) to expedite the application process.



ADRC Specialists - Mandy, Heather and LA

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 at no cost!

-  Monroe Public Library
925 16th Ave, Monroe, WI
-  Green County Public Health
N3152 WI-81, Monroe

Learn more at
gcpublichealth.org



Join Us for a 3-wk Series: Living With Moderate Stage Dementia



"Help me better prepare for what lies ahead."

In the United States alone, more than 7.2 million individuals are living with Alzheimer's or some type of dementia, such as Lewy body, Vascular, Frontotemporal or Huntington's.

Join us for a three-part class with topics that include:

- Understanding symptoms and care needs
- Understanding changing relationships
- Learning ways to maximize safety
- Preparing for emergencies
- Learning how to get respite care

3-Part Education Series
Mondays: Oct 6, 13, 20
1:00-3:00 pm

In partnership
with the:



Designed for a general audience (those living with dementia, caregivers, interested community members, neighbors and friends) to learn about the moderate stage of Alzheimer's.

www.alz.org/wi
24/7 Helpline 800.272.3900
Hablamos Español 414.431.8811



This program will be offered
HYBRID

VIRTUALLY

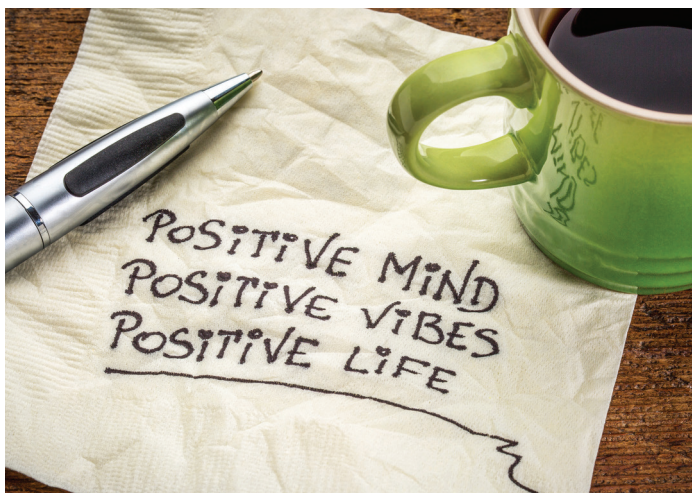
To register call 800-272-3900
to receive Zoom link.

IN PERSON

at these two locations:

➔ ADRC of Green County
N3152 State Rd 81
Monroe
To register call 608-426-4295

➔ ADRC of Grant County
8820 Hwy 35/61
Lancaster
To register call 608-426-0185



Flip the Script: Turn Challenges into Opportunities with a Positive Attitude

Did you know that your mindset can shape not only your day, but your life? As Winston Churchill once said, "A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty." This October, we're celebrating National Positive Attitude Month — a time to focus on optimism, gratitude, and the incredible power of a positive mindset.

Having a positive attitude isn't just about "thinking happy thoughts." It's about noticing the good around you, finding opportunities in challenges, and choosing to approach life with hope and resilience. Studies show that positivity can boost your mood, strengthen your relationships, reduce stress, and even support your physical health.

So, how can you embrace this month with a brighter outlook? Here are a few ideas to get started:

Start a gratitude habit: Each day, jot down one thing you're thankful for. Big or small, it all counts.

Spread kindness: Compliment a coworker, call a friend, or simply smile at a stranger. Positivity is contagious!

Focus on solutions: When challenges arise, try looking for what you can control instead of what you can't.

Celebrate your wins: No matter how small, take time to acknowledge your achievements—they matter!

This October, make a commitment to notice the good, share kindness, and embrace life with a positive attitude. Your mindset can brighten your days—and the days of everyone around you. Let's make positivity our superpower this month!



Memory Screens and Dementia Live Tour Hosted by Green County ADRC

In recognition of National Alzheimer's Disease and Dementia Awareness Month in November, the Green County ADRC are offering free memory screens and the Dementia Live experiences.

Brain Wellness Check/Memory Screen

The screening tool does not diagnose Alzheimer's disease or other types of dementia, but identifies how your brain is functioning in a single moment. Screenings take about 20 to 30 minutes to be completed.

- **Monday, November 3rd** Time slots available between 10:00 AM to 2:00 PM Monticello Public Library (51E. Lake Ave., Monticello, WI)
- **Monday, November 24th** Time slots available between 9:00 AM to 2:00 PM Monroe Public Library (925 16th Ave., Monroe, WI 1st floor conference room)

Dementia Live

Participating in Dementia Live results in a deeper understanding of what it is like to live with cognitive impairment and sensory changes. The simulation will take approximately 30 to 45 minutes.

- **Tuesday, November 11th** Time slots are available from 12:30pm to 3:30pm Green County ADRC (N3152 State Road 81, Monroe, WI)

**If you would like to schedule an appointment time or would like more information contact,
Bonnie Beam-Stratz at
608-324-3600 or bbeam@gchsd.org**




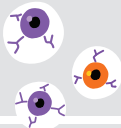
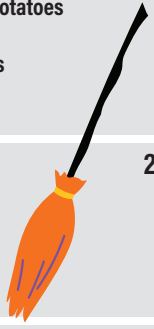



608-328-9499 | adrcgreencounty.org

OCTOBER
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>October</div> <div></div>				
<div>Sloppy Joe Baked Beans Steamed Broccoli Applesauce Cup</div> <div></div> <div>6</div>	<div>Baked Cod w/Lemon Wedge Asparagus Cuts Mashed Potatoes w/Gravy Diced Peaches</div> <div>7</div>	<div>Sliced Turkey w/Gravy Mashed Potatoes Steamed Corn w/Butter Diced Peaches Cheese Cake Cup</div> <div>1</div>	<div>Chicken Alfredo w/Peas and Noodles Supper Club Salad w/Dressing Strawberry Cup</div> <div></div> <div>2</div>	<div>Breaded Fish w/Cheddar Cheese Red Potatoes Roasted Summer Vegetables Pear Cup Frosted Cupcake</div> <div>3</div>
<div>Cordon Bleu Chicken Mashed Potatoes w/Gravy Carrots Diced Peaches</div> <div>13</div>	<div>Tator Tot Casserole w/Peas & Carrots Green Beans Pear Cup Oatmeal Raisin Cookie</div> <div>14</div>	<div>Goulash w/Peas, Carrots, Corn and Noodles Supper Club Salad w/Dressing Berry Cobbler</div> <div>8</div>	<div>Brown Sugar Ham Slices Mashed Potatoes Roasted Cauliflower Fresh Melon Mix</div> <div>9</div>	<div>Chicken Patty Sandwich Herb Red Potatoes Steamed Peas w/Butter Cinnamon Apples Cheese Cake Cup</div> <div>10</div>
<div>Beef Tips in Mushroom Gravy Noodles Roasted Cauliflower Supper Club Salad w/Dressing Mandarin Oranges</div> <div>20</div>	<div>Ham & Scalloped Potatoes Steamed Broccoli Roasted Zucchini Melon Cup Frosted Brownie</div> <div></div> <div>21</div>	<div>Sage Roasted Pork Roasted Sweet Potatoes Peas Pineapple Tidbits</div> <div></div> <div>15</div>	<div>Beef and Broccoli Steamed Rice Seasoned Carrots Tropical Fruit Cup Lemon Bar</div> <div>16</div>	<div>Baked Herb Crusted Tilapia Garlic Mashed Potatoes Roasted Cauliflower Berry Cup</div> <div></div> <div>17</div>
<div>Bratwurst Patty w/Sauerkraut Roasted Sweet Potatoes Baked Beans Diced Pears</div> <div></div> <div>27</div>	<div>BBQ Country Beef Tips Roasted Red Potatoes Steamed Peas w/Butter Tropical Fruit Cup Confetti Cake</div> <div>28</div>	<div>French Onion Pork Chop Au Gratin Potatoes Buttered Corn Cranberry Apple Chips Yogurt Cup</div> <div>29</div>	<div>Chicken Baked Ziti w/Pasta Green Beans Supper Club Salad w/Dressing Pear Cup Cooks Choice Cookie</div> <div>30</div>	<div>Breaded Fish Sandwich Roasted Broccoli Mashed Potatoes Coleslaw Fruit Cocktail</div> <div></div> <div>31</div>

OCTOBER
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 |
October 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>October</div> <div></div>				
<div>Meatloaf Baked Potato Green Bean Casserole Peaches</div> <div></div> <div>6</div>	<div>Spaghetti Carrots Tossed Salad Oatmeal Cookie Peaches</div> <div>7</div>	<div>Roast Beef Potato Wedges Wax Beans Applesauce</div> <div>1</div>	<div>Swiss Steak Mashed Potatoes w/Gravy Corn Chocolate Cake 3 Bean Salad</div> <div>2</div>	<div>Tuna Noodle Casserole Stewed Tomatoes Orange</div> <div></div> <div>3</div>
<div>Beef Stew w/Carrots Wax Beans Orange</div> <div>13</div>	<div>Chicken Breast w/Wild Rice Mashed Potatoes Carrots Pears</div> <div></div> <div>14</div>	<div>Pork Roast Sweet Potatoes Mixed Vegetables Baked Beans Pumpkin Pie</div> <div></div> <div>8</div>	<div>Baked Chicken Mashed Potatoes w/Gravy Green Beans Pears</div> <div>9</div>	<div>Ham Balls Scalloped Potatoes Peas & Carrots Banana</div> <div>10</div>
<div>Baked Chicken Scalloped Potatoes Carrots Banana</div> <div>20</div>	<div>Roast Beef Mashed Potatoes w/Gravy Peas Fruit Cocktail</div> <div>21</div>	<div>Baked Ham Au Gratin Potatoes Peas 3 Bean Salad Peanut Butter Cookie</div> <div>15</div>	<div>Turkey & Dressing Squash Tossed Salad Apple Crisps</div> <div>16</div>	<div>Baked Cod Potato Wedges Coleslaw Grapes</div> <div>17</div>
<div>Ham Balls Scalloped Potatoes Green Beans Applesauce</div> <div></div> <div>27</div>	<div>Mushroom Steak Mashed Potatoes w/Gravy Carrots Peaches</div> <div>28</div>	<div>Lasagna Broccoli Tossed Salad Chocolate Cake Applesauce</div> <div>22</div>	<div>Pork Cutlets Sweet Potatoes Corn Cherry Pie</div> <div></div> <div>23</div>	<div>Hamburger Bean Bake Wax Beans Orange Chocolate Chip Cookie</div> <div>24</div>
		<div>Chicken Breast Wild Rice Peas & Carrots Banana</div> <div>29</div>	<div>Turkey & Dressing Sweet Potatoes Green Beans Canned Pears</div> <div>30</div>	<div>Baked Cod Potato Wedges Baked Beans Coleslaw Grapes</div> <div></div> <div>31</div>

GOING UPSTREAM:

PREVENTING AND PREPARING FOR EMERGENCIES IN DEMENTIA CARE

New Program!!

Saturday, October 11th, 2025

10:30am - 12:00pm

Albertson Memorial Library

200 N. Water St., Albany, WI 53502

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 that 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.

For More Information:

📞 608-426-4295

✉️ bbeam@gchsd.org



Celebrate Active Aging Week (October 6th - 12th, 2025)

This October, we celebrate Active Aging Week, a time to honor the energy, wisdom, and possibilities that come with growing older.

Aging isn't about slowing down — it's about finding new ways to keep moving forward. Whether you're walking through the crisp autumn air, laughing with friends, learning something new, or giving back to the community, each step you take is a celebration of life.

Here are a few simple ways to celebrate Active Aging Week (and beyond):

Move every day: Take a walk around the block, do some gentle stretching, or try light strength exercises to keep muscles strong and joints flexible.

Stay curious: Read, play games, or learn something new to challenge your mind.

Connect often: Call a friend, attend a community event, or invite a neighbor for coffee. Strong social ties are just as important as physical activity. Staying social boosts both mood and health.

Find joy in hobbies: Gardening, cooking, painting, or playing music can all add purpose and fun to your days.

Give back: Volunteering is a powerful way to feel connected and make a difference. The ADRC is always looking for volunteers — reach out today.

As the saying goes, "We don't stop playing because we grow old; we grow old because we stop playing." Active Aging Week is a wonderful reminder that wellness isn't just about adding years to life — it's about adding life to years.

Let's celebrate all the ways we can live actively — body, mind, and spirit; showing that aging is not about limitations, but about possibilities!

Pumpkin

Did you know pumpkins are actually fruits and not vegetables? That is because the pumpkin comes from the flower of the plant. Pumpkin is a very versatile food and is used all around the world. The top 3 countries that eat pumpkin are China, India, and Russia.

Not only are pumpkins delicious, they are also a nutrition powerhouse. Pumpkin is an excellent source of potassium, fiber, and vitamins A, B6, C, E, and K. 1 cup of pumpkin has the same amount of potassium as a banana. They are packed with antioxidants. For example, Beta-carotene, which gives pumpkins their orange color, is a free-radical fighting antioxidant. Our bodies convert ingested beta-carotene into vitamin A, which is essential for healthy skin and eyes, while also strengthening the immune system. The fiber found in pumpkins can help us manage our weight and regulate healthy blood sugars.

Pumpkins can be enjoyed sweet and savory. Enjoy the following recipes!

Sources:
<https://gwaar.org/api/cms/viewFile/id/2007691>
<https://vibrantlygfree.com/savory-pumpkin-stew/#recipe>

Savory Pumpkin Stew

- 1 1/2 T. olive oil
- 1 medium yellow onion, diced
- 1 lb. ground beef or turkey
- 3 C. broth
- 3 medium russet potatoes, diced
- 1 15-oz can pumpkin puree
- 4 C. curly kale, stems removed and torn into bite-sized pieces
- 2/3 C. full fat coconut milk
- 4 medium bay leaves
- 2 T. dried basil
- 1/4 t. black pepper
- 1/2 t. salt
- 1 15-oz can white beans, drained and rinsed

Add olive oil and onion to a large pot on medium-high heat. Saute for about 5 minutes, stirring on occasion, until the onions are soft and begin to caramelize. Add the ground meat to the pot and cook until browned, stirring on occasion (5-7 minutes). Add all other ingredients to the pot except kale and coconut milk. Stir the ingredients together. Heat to a simmer and cook, stirring on occasion, until the potatoes are soft (about 15 minutes). Then add kale and 2/3 cup coconut milk. Bring to a simmer again and it's done! Serve warm and enjoy.



Pumpkin Smoothie

- 3/4 cup low-fat vanilla yogurt or 1 container (6 ounces)
- 1/4 cup canned pumpkin
- 2 teaspoons brown sugar
- 1/4 teaspoon cinnamon
- 1/8 teaspoon nutmeg (optional)

- 1) Combine all ingredients in a bowl or blender.
- 2) Mix until smooth and serve
- 3) Refrigerate leftovers within 2 hours
- 4) You can also freeze it and enjoy it like a shake.

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.

Will Resume
in 2026



Health & Wellness

UPCOMING 2025 PREVENTION WORKSHOPS

STEPPING ON:

[Falls Prevention Program:
7 consecutive weeks]

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

MIND OVER MATTER:

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

October 13th, Oct. 27th, & November 10th
5:00pm-7:30pm (CST), Mondays
Virtual, Via Zoom
Zoom Practice Session: October 6th

If you have any questions, or are wanting to register for a class, please call the ADRC at
608-328-9499.

Are you wanting to be a part of a prevention program being offered, but the dates and times don't work for you or the program is already full? We are offering you the ability to work with our Wellness & Prevention Specialist to schedule, coordinate, and offer a private program that works best for you. Must have a minimum of 8 participants to run a program.

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



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
Oct 23rd	Monroe - Juda - Brodhead - Albany to Janesville	\$15.00
Oct 8th & 22nd	Belleville - New Glarus - Monticello to Monroe	\$8.00
Oct 1st & 15th	Albany - Brodhead - Juda to Monroe	\$8.00
Oct 2nd	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