

THE Bridge

NOVEMBER

Connecting services, resources, and information for the community.

November is Alzheimer's Disease Awareness Month



Most of us know someone who has been impacted by Alzheimer's disease or other type of dementia, whether it's touched our own family or a friend's loved one. November was recognized and designated as National Alzheimer's Disease Awareness Month by President Ronald Reagan on November 8, 1985. According to the Alzheimer's Association, there were less than two million Americans with Alzheimer's disease at that time. That number has increased to nearly six million nationally with 3 million new cases diagnosed each year. According to the World Health Organization (WHO), roughly 50 million people worldwide live with Alzheimer's disease and other types of dementia.

Other quick statistics about Alzheimer's Disease:

Alzheimer's is deadlier than breast cancer and prostate cancer combined.

The disease is most prevalent in women and Black Americans.

11 million Americans act as unpaid caregivers for a loved one diagnosed with Alzheimer's.

Fewer than 1 in 5 Americans are familiar with mild cognitive impairment, which can be an early stage of Alzheimer's.
(source: Alzheimer's Association)

The cases of dementia in Southwest Wisconsin (Grant, Green, Iowa and Lafayette counties) is projected to increase by 77.48% from 2020 (2691 cases) to 2040 (4776 cases)
(source: Wisconsin Department of Health Services)

Whether it's during November or any other time of the year, understanding Alzheimer's disease and other types of dementia can improve the quality of life for those living with the diagnosis and their care partners. It can be a long and challenging journey but understanding the disease and how to support those on that journey can help them feel less frightened and secluded. And that's what National Alzheimer's Disease Awareness Month is all about!

To help one gain a deeper understanding of the disease, the Dementia Care Specialist will be offering the community an opportunity to experience what it might be like to live with this disease.

Dementia Live

Caregivers (family and professional), service providers, emergency personnel and those interested in the community can be immersed into the world of someone living with Alzheimer's. Through adaptive equipment and task assignment one can get a better glimpse as to how cognitive and sensory changes can impact one's daily life.

November 11th from 12:30 to 3:30pm
(Sign up for 1-hour time slot)
Green County ADRC
(N3152 State Road 81, Monroe, WI 53566)

Brain Health Memory Screens

Brain health is key to reducing one's risk of developing dementia. Just like checking our blood pressure and A1C levels to monitor our heart health, we need to consider having a baseline memory screen completed to monitor our cognitive health. Our brains are in charge of so much more than our memories. It is the center for language, reasoning, personality, mood, interpretation of sensory information and so much more. We also know that there are many medical conditions that have symptoms of dementia but with treatment can be reversed. A memory screen can help one identify if there are some initial concerns that can then be more thoroughly evaluated by the physician.

Continued on page 5.



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.



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TO ENRICH LIVES**

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Heather Huschitt

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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

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



Annual Veterans Appreciation Lunch Saturday, November 1, 2025 at 12:00 Noon

The Albany and Monroe Lion's Clubs and the Green County Veterans Service Office are sponsoring the annual Veterans Appreciation Lunch on Saturday, November 1, 2025 at the Albany Lion's Club Building, 402 N. Cincinnati Street, on the northeast side of Albany.

Active Duty Personnel, Veterans, their spouses and widows or widowers of deceased Veterans are invited.

There will only be one seating this year, at 12:00 Noon. There will be no reservations taken. Seating is on a first come, first served basis.



Celebrate National Gratitude Month!



Take a moment this November to reflect on the big and small things you're thankful for. Gratitude can brighten your day, strengthen connections, and lift your spirits.

Join our Gratitude Tree!

- Stop by the ADRC lobby
- Write something you're grateful for on a paper leaf
- Add it to our community tree

By the end of the month, our tree will be blooming with thankfulness and joy!





Be Aware: Scams Continue to be an Issue

By the GWAAR Legal Services Team

It seems like every week, or sometimes every day, there is a new scam to be aware of. According to the FBI, \$4.8 billion in losses due to fraud in 2024 were from older adults. Keeping your information safe can seem overwhelming. Here are some scams to know about, and tips to keep yourself safe. Please note this article isn't all-inclusive; there are new scams all the time. Trust your instincts and follow best practices to stay safe!



Some scams to know about:

HACKED
Phantom hacker scam. A tech support imposter will contact someone via email, phone, or another way, claiming to provide tech support. They will convince the person to download software giving them access to the person's computer and information. Next, someone claiming to be from the person's financial institution reaches out claiming their accounts have been hacked and directing them to transfer money to a governmental entity. Finally, a US government imposter convinces the person that their funds need to be moved.

SPAM
SOCIAL SECURITY
Social Security scam. Emails telling seniors their social security numbers have been used for criminal activity are scamming people into losing their money and identity. The emails threaten a suspension of benefits unless people act quickly. The Social Security Administration communicates with people via mail, not email. These scam emails also do not come from a .gov email address, another red flag.

CARD
Medicare card scam. Calls claiming you need a new Medicare card for any number of reasons are attempts to get your personal information. Never confirm your Medicare number over the phone. Guard your Medicare card as you would a credit or debit card.

MEDICARE
Other Medicare scams. Medicare scams tend to increase during the Open Enrollment Period (October 15-December 7). Be especially vigilant during this time. Caller ID can be spoofed, so even if you think you are getting a call from a legitimate organization, be wary of providing information over the phone. You may be told you have to destroy your old Medicare card – this is not true. If you receive a new Medicare card, shred or destroy the old one immediately. Scammers can also pressure you to switch to a certain Medicare plan, claiming it's preferred by Medicare. Medicare does not endorse any specific plans. Be wary of free items or services, such as equipment or genetic testing. These offers will require your personal information and are attempts to defraud Medicare.

ROMANCE
Romance scams. A romance scam involves someone gaining your trust and affection to then exploit you emotionally and financially. Social media is an easy way for scammers to target and contact people. Be on guard against any rapid romance and attempts to isolate you or keep things secret. Red flags include requests for money, inconsistent stories, and anything that seems too good to be true. A genuine love interest doesn't ask you for money, toy with your emotions, demand secrecy, or present you with ultimatums.

TIPS!
Other tips:
Prevention is key. It can be very hard to undo damage once a scam is underway, so staying aware of things that don't feel right and asking a trusted person for their opinion or assistance if you feel someone is trying to get personal information from you are smart ways to prevent a scam from occurring. Don't feel ashamed or embarrassed for talking about scam attempts or asking for help. Scams are increasingly sophisticated and hard to detect; there is nothing wrong with you for being targeted.

- ✓ **Don't worry about being nice!** It can be hard to say no, especially if you feel you have to be polite. Just because someone asks you something doesn't mean you have to answer it or give them what they want. Taking advantage of this tendency toward kindness is one way scammers get information from people.
- ✓ **Seek healthy social connections.** Loneliness is another trait scammers prey upon. Keep family ties, or seek out your chosen family. There are places and activities that can help you stay connected and fulfilled – ask your ARDC staff for ideas! Many times we don't even realize we've grown lonely or feel isolated until it's too late. A scammer can take advantage of that desire for companionship and insert themselves into your life.
- ✓ **Keep your mind engaged.** Puzzles, reading, any activity you find enjoyable that engages your brain helps against cognitive decline. Cognitive decline can make it harder to remember who people are or detect warning signs of scams.
- ✓ **Protect yourself from medical identity theft.** Scammers try to steal personal identity information such as your SSN or Medicare number to submit false claims to Medicare and health insurance companies. Track the dates of your medical appointments and services, and save receipts and statements from providers to check for errors. Call 1-800-MEDICARE if you detect an error or suspect your Medicare number is being used for fraud. If you aren't sure if a request for your personal identity information is legitimate, ask a trusted source for assistance.
- ✓ **Verify requests for information from a secondary source.** If someone asks you for personal information, claiming to be from an insurance company or government source like Medicare, tell them you will contact them later with that information. Call the main number you have for that office to confirm the request for information was valid; do not call whatever number the suspicious person gave you.
- ✓ **Don't fall for urgent requests.** Scammers rely on you reacting quickly to perceived threats and not thinking things through or checking before acting. Rarely will there be a situation that requires you to act immediately. Take the time to verify requests (see above) and get help with any sudden situations.
- ✓ **And finally, do not EVER go to a cryptocurrency ATM for any reason!** A legitimate caller will never ask you to go to a cryptocurrency ATM. A cryptocurrency ATM is a machine found at many retail outlets such as gas stations where you can buy bitcoin or other cryptocurrencies using cash or debit card. An investigation by the Iowa attorney general found that over 98% of transactions at these machines were scam transactions. If anyone ever asks you to go to one of these machines, hang up immediately. You can read more about the Iowa Attorney General's investigation here: <https://www.iowaattorneygeneral.gov/newsroom/attorney-general-bird-sues-crypto-atm-companies-for-costing-iowans-more-than-20-million>.



WORDS from the ADRC Specialist

In November, we observe the National Hospice and Palliative Care Month, where we honor all professionals who work in the broad field of home care and hospice work – this includes physicians, nurses, aides, social workers, physical therapists, and so much more. Hospice and Palliative care services are so very important to so many around the world. Below is some information to help understand these programs.

The concept of hospice care can be traced back to ancient civilizations, where individuals were often cared for in their homes during the final stages of life. However, the modern hospice movement can be traced back to the work of Dame Cicely Saunders, a British nurse and social worker who established the first modern hospice in 1967.

Dame Saunders was inspired by her own experiences caring for her terminally ill father, as well as her belief that people should be able to die with dignity and without suffering. She believed that the traditional medical model, which focused on curing illness, was not always the best approach for those facing terminal illness. Instead, she proposed a new model of care that prioritized comfort and quality of life for the patient and their family.

Dame Saunders' hospice, St. Christopher's Hospice, was founded in London and provided a home-like setting where patients could receive medical, emotional, and spiritual support during the final stages of their lives. The hospice model quickly gained popularity and spread to other countries, with hospice programs popping up in the United States in the 1970s. The first US hospice house opened in 1971 in New York.

Today, hospice care is provided in a variety of settings, including hospitals, nursing homes, and patients' homes. It is typically offered to individuals who are facing a terminal illness and have a prognosis of six months or less. Hospice care is designed to provide comfort and support for both the patient and their family, and have so many benefits.

Facts About Hospice Care and Palliative Care:

Both hospice and palliative care programs provide medical care, pain management, emotional support, spiritual care, and assistance with daily living activities. Hospice may also provide home-based care or placement in a hospice facility. It's important to note that hospice and palliative care are not mutually exclusive. A patient may receive both types of care at different stages of their illness.

Key Differences Between Hospice and Palliative Care:

- **Focus:** Hospice Care focuses on providing comfort and support to patients who are nearing the end of life (within 6 months) and have stopped curative treatments. Palliative Care focuses on managing symptoms and improving quality of life for patients with serious illnesses, regardless of their stage or prognosis.
- **Timing:** Hospice is for patients nearing the end of life, while palliative care can be provided at any stage of a serious illness.
- **Eligibility:** Hospice requires a terminal diagnosis, while palliative care does not.

Settings:

Hospice care can be provided in the patient's own home, which may also include an assisted living facility, a nursing home, or a skilled nursing facility where they reside. It can also be delivered in a dedicated inpatient hospice facility or, in some cases, within a hospital setting. Private residences are the most common setting, where services can be provided in a personal home, an apartment, or a loved one's home. For individuals who need more intensive, round-the-clock care that cannot be managed at home, there are dedicated hospice facilities that provide a home-like environment. In some instances, a hospice care team may determine a hospital is necessary and arrange for care in a specialized hospice unit or general hospital setting.

Palliative care can be provided in many different locations, including at home, in a hospital, through an outpatient palliative care clinic, in a nursing home or other long-term care facility. The setting depends on the patient's needs, resources available in their area, and personal preferences.

Hospice Care Services and Support

- **Pain and Symptom Management:** Expert management of pain and other symptoms to maximize comfort.
- **Nursing Care:** Skilled nursing visits to address medical needs and monitor the patient's condition.
- **Medications, Supplies, and Equipment:** Provision of drugs, medical supplies, and equipment like hospital beds and oxygen, all related to the hospice diagnosis, at no cost to the patient.
- **Therapies:** Physical, occupational, and speech therapy to improve comfort and function.
- **Care Coordination:** The hospice team works with the patient's physician to coordinate care and ensure a consistent plan.
- **Social Services:** Assistance with emotional, psychosocial, and spiritual aspects of illness and dying.
- **Spiritual Counseling:** Support from a chaplain or spiritual counselor for the patient and family.
- **Emotional Support:** Counseling and support from social workers to help patients and families cope with the illness.
- **Hospice Aides & Homemakers:** Assistance with daily activities like bathing, dressing, and grooming.
- **Dietary Counseling:** Nutritional guidance to help maintain the patient's well-being.
- **Family and Caregiver Support:** Coaching and training for family members who are the primary caregivers.
- **Respite Care:** Short-term inpatient care to provide relief for family caregivers.
- **Bereavement Support:** Grief and loss counseling for family and friends for a minimum of 13 months after the patient's death.
- **Volunteers:** Companionship from trained volunteers for the patient.
- **Short-Term Inpatient Care:** Available when pain or symptoms become too difficult to manage at home.
- **24/7 Support:** Around-the-clock access to a clinical expert for urgent needs.

Palliative Care Key Services and Support

- **Pain Relief:** Prescribing medications and providing non-medical approaches like breathing exercises and relaxation techniques to manage pain.
- **Treating Symptoms:** Addressing side effects of illness and treatments, including nausea, fatigue, shortness of breath, anxiety, and sleep problems.
- **Counseling:** Providing emotional support for the patient and family to cope with the stress of a serious illness.
- **Spiritual Support:** Offering spiritual guidance and support through a chaplain or other team members.
- **Family Guidance:** Offering advice on how to cope with illness and potentially connecting families with community resources.
- **Caregiver Support:** Helping to identify and address the burdens and challenges that caregivers may face.
- **Care Coordination and Planning:** Collaborating with the patient's primary doctors and other healthcare providers to ensure a coordinated approach. Organizing care and support services to be delivered in the patient's private residence.
- **Advance Care Planning:** Helping patients and families plan for future care and discuss their goals and wishes.
- **Nutritional Support:** Providing guidance on diet and nutritional needs.

If you are interested in more information, or are looking for hospice and/or palliative care providers, please reach out to the ADRC at 608-328-9499.

ADRC Specialists – Mandy, Heather and LA

How to Run Your Own Medicare Drug Plan Comparison



Your drug plan changes each year, so review next year's coverage.

If you do not enroll in a new plan during the Medicare Open Enrollment Period from October 15-December 7, you will stay in your current plan.

Because you have Medicaid or Extra Help, you can change your Part D plan once a month in 2025 using a Special Enrollment Period.

- 1. Go to www.medicare.gov and click "Find Plans Now."** You can log in with your Medicare.gov account or continue without logging in.
- 2. Choose whether you are looking for a Part D drug plan or a Medicare Advantage health plan.** Your Medicaid benefits work well with Original Medicare (and Part D) or a Dual Eligible Special Needs Plan (D-SNP), a type of Medicare Advantage plan.
- 3. If you have Forward Health or a Medicaid HMO, you have Medicaid and Extra Help.**
 - If you're logged in, Medicare.gov knows that you have Medicaid.
 - If you're not logged in, select that you have Medicaid.
- 4. When asked if you want to see drug costs, click "yes." Enter the prescription drugs you expect to take next calendar year.**
 - If logged in, click "Add recently filled drugs" to make sure you didn't forget any prescriptions.
 - Enter the name, dosage, quantity, and frequency of each prescription you take.
 - Consider entering any insulins as both generic and brand name. (Many plans cover one or the other, so this can be an easy way to check which will be most cost effective for you.)
- 5. Choose your local pharmacies. Include multiple pharmacies to find the cheapest option.**
- 6. Choose up to three plans and click "compare."**
 - The list is automatically sorted by cost so the overall cheapest plans are at the top.
 - Save the comparison and plan details pages for your records.
 - a. Make sure you're in a plan with no premium.
The following Part D plans have no premium for people with Extra Help in 2025:
 - AARP Medicare Rx Saver from UHC (PDP) (S5921-361)
 - Cigna Healthcare Assurance Rx (PDP) (S5617-223)
 - Clear Spring Health Value Rx (PDP) (S6946-013)
 - Humana Basic Rx Plan (PDP) (S5884-139)
 - SilverScript Choice (PDP) (S5601-032)
 - WellCare Classic (PDP) (S4802-097)
 - b. Check that all your drugs are covered.
On the comparison page, look at the "Drugs covered/not covered" row.
 - c. Check which pharmacy is cheapest to use.
On the comparison page, look at the "Total drug + premium cost" row and find which plan has the overall cheapest costs and at what pharmacy.
 - d. Check whether there are restrictions on your prescriptions.
 - On the comparison page, click "Restrictions may apply" to see whether there are
 - Prior authorization: You must get approval from the plan for this drug.
 - Quantity limits: You can only fill a certain dosage within a period of time.
 - Step therapy: You must try a cheaper drug before the plan will cover this.
 - You may be able to address any restrictions with your doctor by requesting an exception, but that is not guaranteed.
 - e. Check the Star Rating.

Continued from cover.

Assuming the signs are due to an irreversible form of dementia like Alzheimer's can be extremely detrimental. If you are interested in having a memory screen/brain wellness check completed the following dates, times and locations will be provided in the month of November. The appointments are approximately 30 minutes long which include the assessment, review of results and education on brain health.

November 3rd, 2025 from 10:00 AM to 2:30 PM
(Sign up for 30-minute time slot)
Monticello Public Library
(512 E. Lake Avenue, Monticello, WI 53574)

November 24th, 2025 from 9:00 AM – 2:30 PM
(Sign up for 30-minute time slot)
Monroe Public Library- 1st floor conference room
(925 16th Avenue, Monroe, WI 53566)

Contact Bonnie Beam-Stratz
at 608-426-4295
or bbeam@gchsd.org
to schedule an appointment.

This is a free service provided through the ADRC.

- 7. Decide whether to enroll in a new plan.**
- If you want to stay in your current plan, you don't need to do anything.
 - If you are ready to enroll in a different plan:
 - Click "Enroll." Click the green "Join Plan" button in the pop-up window.
 - Select "Open Enrollment Period" as your enrollment reason.
 - Complete the remaining questions until you get a confirmation page.
 - Click the "Print Confirmation Page" at the top and save or print it.
 - Your new plan will start January 1.

Note: The Medicare Prescription Payment Plan option isn't recommended for people with Medicaid because Extra Help helps with your drug costs.

- For questions, contact:**
- 1-800-Medicare (1-800-633-4227)
 - The Wisconsin State Health Insurance Assistance Program (SHIP):
 - Wisconsin Medigap Part D and Prescription Drug Helpline at 855-677-2783 or BOALTCRxHelpline@wisconsin.gov
 - Disability Rights Wisconsin Medicare Part D Helpline at 800-926-4862 or medd@drwi.org
 - The Office for the Deaf and Hard of Hearing at 262-347-3045 (videophone option available) or JenniferM.Koehn@wisconsin.gov
 - Your local benefit specialist: dhs.wi.gov/medicare-help

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Points of view or opinions do not, therefore, necessarily represent official ACLI, policy.



NOVEMBER
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
Bourbon Glazed Ham Scalloped Potatoes Red Beets Pineapple Tidbits Cookie	Chicken Patty Sandwich Red Potatoes Roasted Broccoli & Cauliflower Mix Cinnamon Apples	Lasagna Roasted Italian Vegetables Caesar Salad w/Dressing Mandarin Orange Cup Chocolate Sheet Cake	Sweet & Sour Pork Steamed Rice Sautéed Pepper & Onion Mix Supper Club Salad w/Dressing Diced Peaches	Beef Pot Roast Garlic Mashed Potatoes Creamed Corn Tropical Fruit Cup Mandarin Orange Cake
Pulled Pork Sandwich Steamed Peas w/Butter Herb Roasted Potatoes Tropical Fruit Cup	Taco Casserole w/Black Beans Refried Beans w/Cheese Spanish Rice w/Stewed Tomatoes Pineapple Tidbits Corn Muffin	Sliced Turkey w/Gravy Mashed Potatoes Steamed Corn w/Butter Diced Peaches Cheese Cake Cup	Chicken Alfredo w/Peas Noodles Supper Club Salad w/Dressing Strawberry Cup	Breaded Fish w/Cheddar Cheese Red Potatoes Roasted Vegetables Pear Cup Frosted Cupcake
Sloppy Joe Baked Beans Steamed Broccoli Applesauce Cup	Baked Cod w/Lemon Wedge Asparagus Cuts Mashed Potatoes w/Gravy Diced Peaches	Goulash w/Peas & Carrots Noodles Supper Club Salad w/Dressing Berry Cobbler	Brown Sugar Ham Slices Mashed Potatoes Roasted Cauliflower Fresh Melon Mix	Chicken Patty Sandwich Herb Red Potatoes Steamed Peas w/Butter Cinnamon Apple Chips Cookie
Chicken Cordon Bleu Mashed Potatoes w/Gravy Carrots Diced Peaches	Tator Tot Casserole w/Peas & Carrots Green Beans Pear Cup Cookie	Sage Roasted Pork Roasted Sweet Potatoes Peas Pineapple Tidbits	CLOSED HAPPY THANKSGIVING	CLOSED

NOVEMBER
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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November 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pork Cutlets Mashed Potatoes w/Gravy Broccoli Apple Pie	Chicken Cordon Bleu Boiled Potatoes Beets Fruit Cocktail Biscuit	Roast Beef Potato Wedges Wax Beans Applesauce	Swiss Steak Mashed Potatoes w/Gravy Corn Chocolate Cake 3 Bean Salad	Tuna Noodle Casserole Stewed Tomatoes Orange
Meatloaf Baked Potato Green Bean Casserole Peaches	Spaghetti Carrots Tossed Salad Oatmeal Cookie Peaches	Pork Roast Sweet Potatoes Mixed Vegetables Baked Beans Pumpkin Pie	Baked Chicken Mashed Potatoes w/Gravy Green Beans Pears	Ham Balls Scalloped Potatoes Peas & Carrots Banana
Beef Stew w/Carrots Wax Beans Orange	Chicken Breast w/Wild Rice Mashed Potatoes Carrots Pears	Baked Ham Au Gratin Potatoes Peas 3 Bean Salad Peanut Butter Cookie	Turkey & Dressing Squash Tossed Salad Apple Crisp	Baked Cod Potato Wedges Coleslaw Grapes
Baked Chicken Scalloped Potatoes Carrots Banana	Roast Beef Mashed Potatoes w/Gravy Peas Fruit Cocktail	Lasagna Broccoli Tossed Salad Chocolate Cake Applesauce	CLOSED HAPPY THANKSGIVING	CLOSED

November is
**NATIONAL
DIABETES**
Awareness Month



Every November, communities across the country recognize National Diabetes Awareness Month, a time to bring attention to the impact of diabetes and the importance of education, prevention, and management. According to the Centers for Disease Control and Prevention (CDC), more than 38 million Americans are living with diabetes—and nearly 1 in 5 people don't even know they have it.

While there is no cure for diabetes, making healthy choices each day can greatly improve your quality of life. If you've recently been diagnosed, remember: diabetes doesn't have to hold you back from living well. The earlier you learn how to care for yourself, the easier it is to manage your health and prevent complications.

Tips for Managing Diabetes

- ✓ **Eat well:** Choose a balanced diet with fruits, vegetables, lean proteins, and whole grains. Limit added sugar and salt. Eating regular meals—especially breakfast—helps maintain energy levels and blood sugar control.
- ✓ **Stay active:** Aim for at least 30 minutes of physical activity most days. Exercise not only improves mood and energy but also helps keep blood sugar in check.
- ✓ **Follow your treatment plan:** Take medications as prescribed and keep up with doctor visits. Consistency is key to preventing complications.
- ✓ **Check your blood sugar:** Regular monitoring helps you understand how food, activity, and medication affect your body. Keeping a log can make it easier to track changes and share information with your healthcare team.

Steps to Prevent Diabetes

Even if you don't have diabetes, you can take steps to reduce your risk of developing it in the future. Prevention is especially important for people with prediabetes (when blood sugar levels are higher than normal but not yet diabetes). Here are a few healthy habits to consider:

- ✓ **Maintain a healthy weight:** Losing even a small amount of weight—5 to 7% of your body weight—can significantly lower your risk of developing type 2 diabetes.
- ✓ **Choose water over sugary drinks:** Soda, sweetened coffee drinks, and juices can quickly raise blood sugar and add extra calories.
- ✓ **Stay active:** Just like for those with diabetes, regular physical activity improves insulin sensitivity and lowers blood sugar levels.
- ✓ **Get regular checkups:** Routine screenings can help identify prediabetes early, giving you the chance to make changes before diabetes develops.

Local Support for Living Well

If you or a loved one is living with diabetes—or even pre-diabetes—you don't have to navigate it alone. The ADRC offers Healthy Living with Diabetes, a proven 6-week workshop designed to give participants tools and strategies for managing diabetes effectively. The program covers symptom management, healthy eating, exercise, medication use, and ways to work productively with healthcare providers. Participants also create action plans, share experiences, and learn problem-solving techniques in a supportive group setting.

We encourage not only those with diabetes, but also family members and caregivers, to join. Together, you can build skills and confidence for healthier living.

If you would like to be notified when Healthy Living with Diabetes is scheduled for this upcoming 2026 year, please contact the ADRC at 608-328-9499 to be added to our interest list. For additional details and resources, visit our website at www.adrcgreencounty.org.

Fall Baking

Fall is around the corner, and that means it's time to get baking! There are so many fun flavors of fall. Because there is so much produce that is in season during the fall, it is the perfect time of year to try new recipes. Squash, pumpkin, beets, Brussels sprouts, pears, and apples are all in season this time of year. Several fall foods can also be incorporated into activities like apple picking and carving pumpkins.

Pumpkin is rich in vitamin A, C, K, iron, and fiber. Pumpkins are actually considered a fruit, not a vegetable and are very beneficial for eye health. There are different types of pumpkins. If you are baking, buy a sugar or pie pumpkin and jack-o-lantern pumpkins are meant for carving.

Many fall produce can be turned into something sweet or savory. Soups, stews, pasta, bread, crumbles, and pie are all excellent options this time of year. This season's cuisine often includes warming spices like cinnamon, nutmeg, ginger, and allspice.

Remember, shopping for produce in season is an easy way to spend less and get even fresher produce!

WHAT'S IN SEASON *This Fall* September - December

Apples*	Fennel (Oct-Nov)	Parsnips (Oct-Dec)
Beets*	Figs*	Pears**
Bitter Greens**	Fresh Herbs**	Peas**
Bok Choy (Sept, Nov)	Grapes**	Peppers**
Broccoli*	Green Beans**	Potatoes**
Brussels Sprouts*	Ground Cherries**	Pumpkin**
Cabbage***	Kale*	Radishes (Sept only)
Carrots*	Kohlrabi**	Rutabaga*
Cauliflower*	Leeks**	Salsify (Oct-Dec)
Celery and Celery Root*	Lettuce**	Spinach*
Chard*	Melons**	Squash**
Chili Peppers**	Mushrooms*	Sweet Potatoes(Sept only)
Collard Greens***	Mustard Greens*	Tomatoes**
Corn*	Okra*	Turnips*
Cranberries (Dec only)	Onions*	
Eggplant*	Stone Fruit: (Sept only)	

* Seasonality in Sept, Oct & Nov, ** Sept-Oct, *** Sept - Dec

Sources:

<https://gwaar.org/api/cms/viewFile/id/2006734>

<https://abcnews.go.com/GMA/Food/fall-produce-shop-cook-eat-season/story?id=80518018>

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

ADRC
Aging and Disability Resource Center
Green County, Wisconsin

Health & Wellness

Nurturing Wellness & Thankfulness in Every Season of Life

As autumn leaves fall and the holidays draw near, it's a perfect time to reflect on the blessings of life and the importance of caring for ourselves as we age. Each year brings new experiences and lessons, reminding us that growing older is not just about adding years but about embracing opportunities for wellness and joy.

Staying healthy doesn't have to mean major changes — often, it's the small, steady habits that matter most. Taking a few minutes each day to stretch or walk outdoors helps keep our bodies moving. Choosing nourishing foods fuels both energy and mood, while staying connected with others nurtures our emotional well-being. Just as important is making space for rest and reflection, giving our minds time to recharge.

This Thanksgiving season, let's take a moment to recognize not only the support of family and friends but also the gift of resilience within ourselves. Aging allows us to appreciate life's simple pleasures with a deeper sense of gratitude — the laughter shared at the dinner table, the beauty of a crisp fall morning, or the comfort of familiar traditions.

Gratitude has a way of shifting our focus from what we can no longer do to the many things we still can. By cherishing both the big milestones and the everyday joys, we enrich our lives and the lives of those around us.

As we gather with loved ones this November, may we celebrate the strength in our bodies, the wisdom in our years, and the gratitude in our hearts. Here's to nurturing health, embracing thankfulness, and living each day fully. Wishing you and your family a warm, healthy, and joyful Thanksgiving!



Grateful!



ADRC
Aging and Disability Resource Center
Green County, Wisconsin



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
Nov 27th	CLOSED - HAPPY THANKSGIVING	\$15.00
Nov 12th & 26th	Belleville - New Glarus - Monticello to Monroe	\$8.00
Nov 5th & 19th	Albany - Brodhead - Juda to Monroe	\$8.00
Nov 6th	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