

THE *Bridge*

JANUARY

Connecting services, resources, and information for the community.



STAND UP For Your Health

New Program! Reduce Sitting Time. Improve Health.

Did you know that too much sitting can increase your risk for numerous chronic conditions including heart disease, high blood pressure, diabetes, depression, certain cancers, and more? Many of us spend far more time sitting than we realize—while watching TV, using the computer, reading, or riding in the car. Over time, this lifestyle adds up, contributing to increased medical costs, loss of independence, and an earlier transition into assisted living facilities.

The good news? Small changes can make a big difference. Many people assume that the only way to reduce sitting time is to exercise more, but that's not the case! Research shows that simply standing up more often—and for longer durations throughout the day—can have meaningful, positive effects on your health. These brief standing breaks help improve circulation, support better energy levels, and reduce strain on joints and muscles.

Stand Up for Your Health (Stand Up) is an innovative evidence-based program developed by Dr. Kelli Koltyn at the University of Wisconsin. Stand Up is not an exercise class. Instead, it offers simple, practical strategies to help participants build more standing time into their daily routines—at home, at work, or while out in the community. By learning how to create small habits that stick, participants become more aware of their daily sitting patterns and gain tools to interrupt them.

This program has been shown to reduce sedentary behavior by an impressive 68 minutes per day. Participants often report feeling more energized, more capable of daily activities, and more confident in managing their health. Reducing sitting time has also been linked to decreased risk of chronic diseases and improved physical function.

Stand Up is designed for adults age 55+ who sit for more than six hours per day and are able to stand independently. The program runs for four weeks, meeting once per week for two hours, followed by a Booster Session on Week 8. Sessions are engaging, supportive, and full of practical tips you can begin using right away.

The next Stand Up offering is:

- Fridays, February 13th – March 6th
- Booster Session: April 3rd
- 10:00am – 12:00pm
- Behring Senior Center, Monroe, WI

- There is a Suggested Donation of \$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.

Take the first step toward a healthier, more active lifestyle—one stand at a time!

ADRC
Aging and Disability Resource Center
Green County, Wisconsin

608-328-9499
adrcgreencounty.org



Aging & Disability Resource Center of Green County

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**

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Dementia Care Specialist

Bonnie Beam-Stratz

Answers to December's crossword are posted to our new Facebook Page @ Aging & Disability Resource Center of Green County

**Ways to contact us!**Website - adrcgreencounty.org

Facebook - Aging & Disability Resource Center of Green County

Email - resourcecenter@gchsd.org

Phone - 608-328-9499

Changes to the ADRC of Green County Evening Support Groups

The Evening Caregiver Support Group will be discontinued starting January 1, 2026

In its place, we will introduce a new Caregiver Educational Series beginning in 2026. This series will feature six topics, presented through in-person speaker and/or video sessions, followed by group discussions.

A full schedule will be shared in upcoming newsletter as we still in the process of confirming speaker and finalizing topics.

If you have a topic you'd like us to include, please contact Bonnie Beam-Stratz at bbeam@gchd.org -OR- 608-426-4295

Mindful Eating

Our day to day lives can be very busy. This can make it easy to fall into the trap of mindless eating. We rush through our meals or choose convenient and quick options. We also often watch TV or are on our phones while eating, paying little attention to what we're eating, how our food makes us feel, and when we feel full.

Having a good relationship with food and how we eat is where mindful eating comes into play. Mindful eating is rooted in the ancient Buddhist practice of mindful meditation. Mindful meditation is where you are more aware of what is happening in the present moment so you can better reflect on your thoughts and physical feelings.

Mindful eating is about being present when you have a meal so that you are more aware of how you feel physically and emotionally. There are many benefits of mindful eating.

Mindful eating can help you:

- Build a better relationship with food, allowing yourself to enjoy food and mealtimes.
- Be aware of any feelings that come up around food and mealtimes, helping you to recognize that eating isn't about restricting yourself but rather about enjoying and appreciating food.
- Listen to your body more and recognize when you're feeling full, helping you to eat the right amount of food and avoid unintentional overeating – this is a great way to help you maintain a healthy weight too, which is one of the most important ways to lower your risk of at least 13 types of cancer.

It can be hard to know where to start when making a change like incorporating mindful eating practices.

Sources: <https://www.wcrf.org/about-us/news-and-blogs/mindful-eating-a-tool-for-a-healthier-you/>

Luckily, there is a tool called The 5 S's of Mindful Eating. Use these to begin your journey with mindful eating today.

1. Sit Down Have your meals at the table rather than on the go. This way, you can focus on what and how much you're eating. Plus, sitting at a table lets you chat with family, friends or colleagues while you enjoy your meal.

2. Stay Present When you eat with distractions, you can easily eat more than you usually would because you're not paying attention to how full you are. So, it's best to eat without distractions and stay present in the moment.

3. Smaller Portions Being mindful of how much you're eating and listening to your body when you start to feel full can help you enjoy eating without feeling overly stuffed.

4. Slow Down By taking the time to chew your food and having breaks between bites, it can help you to eat less by recognizing when you start to feel full. It also gives you a chance to think about how your meal makes you feel.

5. Savour You can also eat more mindfully by savouring and enjoying your food by paying close attention to the colours, flavours and textures.





Income-Related Monthly Adjustment Amounts for Part B, Part B-ID, and Part D
 Beneficiaries who are on Medicare and who have higher incomes may have to pay a higher monthly premium amount for their Part B, Part B-ID, and prescription drug coverage. These higher premiums are called "Income-Related Monthly Adjusted Amount" (IRMAA). Fewer than 5 percent of people with Medicare will pay an IRMAA, so most people are not affected.

Whether a beneficiary must pay an IRMAA depends on the beneficiary's tax filing status and yearly income from two years ago. That means that in 2026, an IRMAA will be based on the beneficiary's 2024 tax return, as shown in the table below.

IF YOUR YEARLY INCOME IN 2024 WAS:					
File individual tax return	File joint tax return	File married & separate tax return	You pay each month (in 2025) for Part B	You pay each month (in 2025) for Part B-ID	You pay each month (in 2025) for Part D
\$109,000 or less	\$218,000 or less	\$100,000 or less	\$202.90	\$121.60	Plan Premium
Above \$109,000 up to \$137,000	Above \$218,000 up to \$247,00	Not applicable	\$284.10	\$202.70	\$14.50 + plan premium
Above \$137,00 up to \$171000	Above \$274,00 up to \$342,00	Not applicable	\$405.80	\$324.30	\$37.50 + plan premium
Above \$171,000 up to \$205,000	Above \$342,000 up to \$410,00	Not applicable	\$527.50	\$445.90	\$60.40 + plan premium
Above \$205,000 and less than \$500,000	Above \$410,000 and less than \$750,00	Above \$109,000 and less than \$391,000	\$649.20	\$567.50	\$83.30 + plan premium
\$500,000 or above	\$750,000 or above	\$391,000 or above	\$689.90	\$608.10	\$91.00 + plan premium

2025 AARP Tax-Aide Appointments

AARP Foundation Tax-Aide is offering tax preparation again this year on Mondays and Wednesdays in Monroe. The procedure will be the same as last year in that AARP will require every taxpayer to complete the informational forms prior to their appointments. The taxpayer can pick up the packet of forms at the ADRC front desk at the Government Services Building (N3152 State Road 81 Monroe, WI 53566).

✓ **You may also request** the forms be electronically sent to you to print out on your own. Informational packets will not be physically mailed out.

✓ **You may start calling** the ADRC to schedule your appointment starting January 5th, 2025. Appointments will be starting February 2nd and ending April 6th, 2025.

✓ **You must bring** the completed forms as well as the documents required on the form titled "What to Bring" to your appointment.

The AARP Foundation Tax-Aide program's goal is to serve low income, disabled and elderly taxpayers. Due to limited staff, we ask taxpayers who don't fall within the parameters to seek assistance from other tax preparation services.

The Centers for Medicare & Medicaid Services (CMS) recently released the 2026 premiums, deductibles, and coinsurance amounts for Medicare Part A and Part B as well as the 2026 income-related monthly adjustment amounts for Part B, Part B-ID, and Part D.

Medicare Part A Costs

Most Medicare beneficiaries do not have to pay a Part A premium because they paid Medicare taxes while working for long enough to qualify for premium-free Part A. This usually means they worked for at least 10 years. People who do not qualify for premium-free Part A may be able to buy it by paying a monthly premium. In 2026, the premium will either be \$311 or \$565 each month, depending on how long a beneficiary or beneficiary's spouse worked and paid Medicare taxes.

Part A covers inpatient hospitalizations, skilled nursing facility care, hospice, inpatient rehabilitation, and some home health care services. The Part A inpatient hospital deductible covers the first 60 days of inpatient hospital care in a benefit period. Beneficiaries must pay a coinsurance amount for additional days of hospital care. For skilled nursing facility care, beneficiaries do not pay anything for the first 20 days, but they must pay a daily coinsurance for days 21 through 100.

In 2026, these costs will be as follows:

- Inpatient hospital deductible: \$1,736
- Daily hospital coinsurance for 61st-90th day: \$434
- Daily hospital coinsurance for lifetime reserve days: \$868
- Skilled nursing facility daily coinsurance for 21st-100th day: \$217

Medicare Part B Costs

Part B covers physicians' services, outpatient hospital services, some home health care services, durable medical equipment, and some other services that are not covered by Part A.

In 2026, beneficiaries enrolled in Part B will pay a monthly premium of \$202.90. In addition, they will pay an annual deductible of \$283.

Individuals whose full Medicare coverage ended 36 months after a kidney transplant and who do not have other insurance that covers immunosuppressive drugs, may enroll in the Part B Immunosuppressive Drug (Part B-ID) benefit. This benefit only covers immunosuppressive drugs. It does not cover any other items or services. In 2026, beneficiaries enrolled in Part B-ID will pay a monthly premium of \$121.60.



WORDS from the ADRC Specialist

January is National Glaucoma Awareness Month, a time dedicated to educating people about Glaucoma, its risk factors, and the importance of early detection. As one of the leading causes of irreversible vision lost in the United States, Glaucoma affects millions worldwide, yet many don't realize they have it until significant damage has already occurred.

Why awareness matters:

Glaucoma often has no noticeable symptoms in the early stages, making routine eye exams a critical part of early detection. Raising awareness for this eye condition can help people prevent themselves from permanent vision loss by promoting timely treatment and proactive eye care.

Glaucoma is a group of progressive eye diseases that damage the optic nerve, leading to vision loss and if left untreated, blindness. While most cases are associated with high intraocular pressure, some types can develop even when eye pressure is within a normal range.

How Glaucoma Affects Vision:

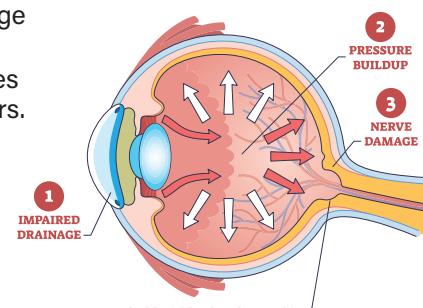
The optic nerve is responsible for transmitting visual information from the eye to the brain. When glaucoma damages this nerve, it disrupts vision – typically starting with small blind spots in peripheral vision. Over time, optic nerve damage can progress, leading to significant vision impairment or complete blindness.

Types of Glaucoma:

Open-Angle Glaucoma

- The most common type – develops when the eye's drainage system becomes blocked.
- Progresses slowly and often goes unnoticed until vision loss occurs.

EYE WITH GLAUCOMA



Angle-Closure Glaucoma

- A sudden and severe blockage in the eye's drainage canals causes a rapid rise in eye pressure.
- Symptoms are severe eye pain, blurred vision, nausea, and headaches.

Secondary Glaucoma

- Caused by underlying conditions like diabetic retinopathy, cataracts, or eye trauma.
- Treating the underlying cause can help manage this type of glaucoma.

Congenital Glaucoma

- Rare and present at birth – occurs due to abnormal eye development in newborns.
- Early signs include excessive tearing, light sensitivity, and an enlarged eye.

Who is the most at risk for Glaucoma?

Certain people have a higher likelihood of developing glaucoma due to genetic, medical, and lifestyle factors. Those at greater risk include:

- African Americans and Hispanics, especially at a younger age
- Individuals over 40 years old
- People with long-term steroid use
- People with a family history of glaucoma
- Individuals with high intraocular pressure (IOP)
- Those with chronic conditions – diabetes, heart disease, or extreme nearsightedness
- People with past eye injuries, thin corneas, or drainage problems

Early Symptoms and Warning Signs:

Many people are unaware of glaucoma until significant vision loss has occurred. Some warning signs that may indicate glaucoma include:

- Blurred vision
- Frequent headaches
- Eye strain
- Halos around lights
- Difficulty adjusting to low light
- Patchy blind spots in side vision

Glaucoma Prevention and Treatment Options:

While Glaucoma cannot be cured, early diagnosis and proactive care can help prevent significant vision loss. Steps to reduce risk and slow progression include:

- Regular comprehensive eye exams – the best way to catch glaucoma early and prevent permanent damage.

Get regular eye exams:

- Before age 40 – every 2 or 3 years
- From age 40 to 54 – every 1 to 3 years
- From age 55 to 64 – every 1 to 2 years
- After age 65 – every 6 to 12 months
- Maintaining a healthy lifestyle – regular exercise, a balanced diet, and hydration can help lower intraocular pressure.
- Managing underlying health conditions – controlling blood pressure and diabetes supports overall eye health.



Glaucoma Treatment Options:

Although glaucoma damage is irreversible, appropriate treatment can slow or prevent further vision loss. Treatment plans are tailored to each patient's needs and may include:

- Prescription Medications
- Laser Treatments
- Selective Laser Trabeculoplasty
- Minimally Invasive Glaucoma Surgery
- Trabeculectomy
- Lifestyle Changes including managing blood pressure and diabetes, maintaining a nutrient-rich diet, and avoiding habits that increase eye pressure (such as smoking) can support long-term eye health.

*Take care of your vision health in the new year.
Here is your reminder to schedule your annual eye exam today!*

ADRC Specialists - Mandy, Heather and LA



Winter's Impact on Our Well-Being:

Understanding the Effects of Reduced Sunlight

As we move through January—one of the darkest months of the year—many people begin to notice changes in their mood, energy levels, and overall well-being. With shorter days and limited sunlight, winter can have a real and measurable effect on both our physical and emotional health. Understanding these changes can help us better support ourselves and those around us, especially older adults, caregivers, and individuals who spend much of their time indoors.

Why Sunlight Matters

Sunlight helps regulate our internal body clock, known as the circadian rhythm. This natural clock influences sleep patterns, appetite, energy levels, and even our mood. When sunlight decreases during the winter months, our bodies don't receive the same cues they rely on to stay balanced.

How Reduced Sunlight Affects Us in Mid-Winter

1. Mood Changes

By January, many people feel the “winter blues” more intensely. Some may experience Seasonal Affective Disorder (SAD), a form of depression triggered by seasonal changes. Symptoms can include sadness, irritability, loss of interest in activities, and increased sleepiness.

2. Lower Energy and Motivation

The lack of daylight can prompt the body to produce more melatonin, a hormone associated with sleep. This can make us feel tired, sluggish, or less motivated than usual.

3. Vitamin D Drop-Off

With limited exposure to sunlight—especially after several months—Vitamin D levels tend to fall. This can contribute to fatigue, muscle weakness, and reduced immune function.

4. Winter Appetite Changes

Cravings for carbohydrates and comfort foods often increase during the darker months. This is the body's natural response to seeking quick energy and boosting mood-regulating chemicals like serotonin.

Who May Feel These Effects Most?

Although anyone can feel the impact of mid-winter darkness, certain groups may be more sensitive:

- Older adults
- People with limited mobility
- Individuals who spend most of the day indoors
- Those with a history of depression or anxiety
- Caregivers balancing seasonal stress



Simple Ways to Support Your Well-Being This Winter

- **Get outside whenever possible.** Even a brief walk during daylight hours can make a meaningful difference.
- **Let in the light.** Sit near bright windows, open blinds, or consider full-spectrum “daylight” lighting indoors.
- **Keep moving.** Light exercise—from stretching to indoor walking—can improve mood and energy.
- **Stay connected.** Community events, phone calls, and social activities help reduce isolation during the winter months.
- **Reach out for help if needed.** If mood changes persist or worsen, talk to a healthcare provider. Light therapy or other treatments may be beneficial.

Looking Ahead

As we move through the heart of winter, it's important to remember that these seasonal changes are common—and manageable. By understanding how reduced sunlight affects us, we can take small steps toward maintaining a sense of balance, connection, and well-being until brighter days return.



»» What is Radon?

Radon is a cancer-causing, radioactive gas. You can't see radon. And you can't smell it or taste it. But it may be a problem in your home. Radon comes from the natural (radioactive) breakdown of uranium in soil, rock and water and gets into the air you breathe. Radon can be found all over the U.S. It can get into any type of building — homes, offices, and schools — and result in a high indoor radon level. But you and your family are most likely to get your greatest exposure at home, where you spend most of your time. Radon can be found all over the U.S.

»» You should test for radon.

Testing is the only way to know if you and your family are at risk from radon. EPA and the Surgeon General recommend testing all homes below the third floor for radon. EPA also recommends testing in schools. Testing is inexpensive and easy — it should only take a few minutes of your time.

»» Radon Test Kits at GCPH

Green County Public Health has radon test kits available for the public. For more information or to schedule a time to get a test kit, please call (608) 328-9390 or email info@greencountywi.org.

Continued on page 7.

608-328-9499 | adrcgreencounty.org 5

JANUARY

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
				
Cordon Bleu Chicken Mashed Potatoes w/Gravy Carrots Diced Peaches 	5 Tator Tot Casserole w/Peas and Carrots Green Beans Pear Cup Cookie 	6 Sage Roasted Pork Roasted Sweet Potatoes Peas Pineapple Tidbits 	7 Beef and Broccoli Steamed Rice Seasoned Carrots Tropical Fruit Cup Lemon Bar 	1 Chicken Patty Sandwich Herb Red Potatoes Steamed Peas w/Butter Cinnamon Apple Chips Cookie 
Herb Roasted Chicken Thigh Baked Potato w/Sour Cream Broccoli & Cauliflower Mix Pineapple Tidbits Jell O Cup 	12 Cranberry Roast Pork Seasoned Roasted Carrots Whole Kernel Corn Applesauce Cup Frosted Marble Cake 	13 Beef Stroganoff Steamed Corn Green Beans Apricot Cup 	14 Ham & Scalloped Potatoes Steamed Broccoli Roasted Zucchini Melon Cup Frosted Brownie 	15 Beef Tips in Mushroom Gravy Noodles Roasted Cauliflower Salad w/Dressing Mandarin Oranges 
Bratwurst Patty w/Sauerkraut Roasted Butternut Squash Baked Beans Diced Pears 	19 BBQ Country Beef Tips Roasted Red Potatoes Steamed Peas w/Butter Tropical Fruit Cup Confetti Sheet Cake 	20 French Onion Pork Chop Au Gratin Potatoes Buttered Corn Cranberry Apple Chips Yogurt 	21 Chicken Baked Ziti w/Pasta Green Beans Salad w/Dressing Pear Cup Cookie 	22 Breaded Fish w/Cheddar Cheese Slice Roasted Broccoli Mashed Potatoes Coleslaw Fruit Cocktail 
Bourbon Glazed Ham Scalloped Potatoes Red Beets Pineapple Tidbits Cookie 	26 Chicken Patty Sandwich Red Potatoes Roasted Broccoli & Cauliflower Mix Cinnamon Apples 	27 Lasagna Roasted Italian Vegetables Salad w/Dressing Chocolate Sheet Cake 	28 Sweet & Sour Pork Steamed Rice Sautéed Pepper & Onion Mix Salad w/Dressing Diced Peaches 	29 Beef Pot Roast Garlic Mashed Potatoes Creamed Corn Tropical Fruit Cup Mandarin Orange Cake 

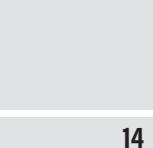
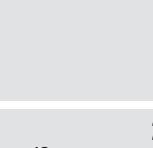
JANUARY

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
				
Ham Balls Scalloped Potatoes Green Beans Applesauce 	5 Mushroom Steak Mashed Potatoes w/Gravy Carrots Peaches 	6 Chicken Breast Wild Rice Peas & Carrots Banana 	7 Turkey & Dressing Sweet Potatoes Green Beans Canned Pears 	1 Hamburger Bean Bake Wax Beans Orange Chocolate Chip Cookie 
Pork Cutlets Mashed Potatoes w/Gravy Broccoli Apple Pie 	12 Chicken Cordon Bleu Boiled Potatoes Beets Fruit Cocktail 	13 Roast Beef Potato Wedges Wax Beans Applesauce 	14 Swiss Steak Mashed Potatoes w/Gravy Corn 3 Bean Salad Chocolate Cake 	15 Baked Cod Potato Wedges Baked Beans Coleslaw Grapes 
Meatloaf Baked Potato Green Bean Casserole Peaches 	19 Spaghetti Carrots Tossed Salad Peaches Oatmeal Cookie 	20 Pork Roast Sweet Potatoes Mixed Vegetables Baked Beans Pumpkin Pie 	21 Baked Chicken Mashed Potatoes w/Gravy Green Beans Pears 	22 Ham Balls Scalloped Potatoes Peas & Carrots Banana 
Beef Stew w/Carrots Wax Beans Orange 	26 Chicken Breast w/Wild Rice Mashed Potatoes Carrots Pears 	27 Baked Ham Au Gratin Potatoes Peas 3 Bean Salad Peanut Butter Cookie 	28 Turkey & Dressing Squash Tossed Salad Apple Chips Cranberry Orange Relish 	29 Baked Cod Potato Wedges Coleslaw Grapes 

Winter Safety Tips When Caring for a Person with Dementia

The colder temperatures and potential bad weather of winter can bring more challenges to most people but it can bring even greater difficulty to a person living with dementia. It can sometimes make symptoms temporarily worse and with the decline in cognitive skills they may not be able to express the fact they're cold – or they may not even recognize it themselves.

Here are 7 ways to help support somebody living with dementia in cold weather.

1 Make sure the person is dressed appropriately

People with dementia won't always remember to dress appropriately for colder weather. Layers are key to keeping warm, and the best materials for maintaining body heat are cotton, wool, or fleece.

Allow them to make their own choices, when possible, so they can express their own style and identity.

If you're going outside, remember that a lot of heat is lost through the head and neck, so make sure the person has a hat and scarf on. Gloves are also important for keeping hands warm. If it's icy or snowy, make sure the person is wearing appropriate footwear, such as non-skid boots.

2 Keep the room warm

Try to make sure any rooms that are occupied during the day are kept warm with a consistent temperature.

It's also worth keeping a blanket within easy reach of a person with dementia, so they can grab it if they're feeling chilly. Electric blankets can be useful but keep in mind the safety practices for their use.

3 Encourage regular movement

Keeping active can help to boost circulation and help keep someone with dementia warm. It's a good idea to encourage the person to move around at least once an hour.

4 Make the most of natural daylight

Decreased sunlight can cause someone with dementia to feel increased anxiety, confusion, and even depression during the winter. You can help by making sure they're exposed to natural daylight when possible. Get outside when you can.

Sometimes a person with dementia will behave in ways that are difficult to understand in the late afternoon or early evening. This is known as 'Sundowning'.

At home, make sure curtains are open during the day to let in as much light as possible. You could also position the furniture so that the person with dementia is sitting near a window. As natural light starts to fade, make sure lights and lamps are turned on. Full spectrum lighting can help to reduce some of the effects of sundowning.

5 Stick to a routine

A big change in routine can cause someone with dementia to become confused or agitated.

If you do have to make changes to someone's routine in winter – for example, changing nap times or daily walks due to limited daylight – try to do them slowly and gradually.

The tips given were provided in a November 2025 article by the Alzheimer's Society.

6 Be careful in icy or snowy weather

Perception issues can make it difficult for someone with dementia to see icy patches on a pavement or understand that snow can make a surface extra slippery. If you're out for a walk in icy or snowy conditions, make sure you're supporting the person with dementia carefully. Encourage them to take smaller steps and walk slowly and carefully.

7 Eat and drink regularly

Keeping warm uses up a lot of energy, and a warm house can increase the risk of dehydration. It's important to make sure someone with dementia is eating regular meals and drinking enough fluid during the winter. Snacking throughout the day can help keep energy levels up, and warm drinks can help keep them at a comfortable temperature. They should avoid drinking alcohol as it makes you feel warm, but actually draws important heat away from vital organs.



Continued from page 5.

»» You can fix a radon problem.

Radon reduction systems work and they are not too costly. Some radon reduction systems can reduce radon levels in your home by up to 99%. Even very high levels can be reduced to acceptable levels.

»» How Does Radon Get Into Your Home? - Radon Gets in Through:

- Cracks in solid floors
- Construction joints
- Cracks in walls
- Gaps in suspended floors
- Gaps around service pipes
- Cavities inside walls
- The water supply

Radon is estimated to cause many thousands of deaths each year. That's because when you breathe air containing radon, you can get lung cancer. In fact, the Surgeon General has warned that radon is the second leading cause of lung cancer in the United States today. Only smoking causes more lung cancer deaths. If you smoke and your home has high radon levels, your risk of lung cancer is especially high.

»» Radon Resources »»

Below are additional resources to learn more about radon.

Wisconsin Radon Information Centers

Serving Dane, Green and Rock Counties

Contact:

Clint Marshall at 608-243-0392

cmarshall@publichealthmdc.com

-OR-

Brandon Macomber at 608-243-0392

bmacomber@publichealthmdc.com

City of Madison/Dane County Public Health 2701 International Lane Suite 204 Madison, WI 53704



Information from Green County Public Health Website

YOU ARE NOT ALONE.

Support Groups

Offered by the Aging and Disability Resource Center

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.

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

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: 2nd Tuesday of each Month, 5:30 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 2026 PREVENTION WORKSHOPS

STAND UP FOR YOUR HEALTH:

[Reduce Sedentary Time/
Physical Activity Program:
4 consecutive weeks]

February 13th – March 6th
Booster Session April 3rd
10:00am-12:00pm, Fridays
Monroe, Behring Senior Center

WALK WITH EASE:

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

April 6th – May 17th
3x per week, for at least 10-40 minutes
Self-Directed: Anytime/Anywhere

HEALTHY LIVING WITH DIABETES:

[Diabetes Self-Management Workshop:
6 consecutive weeks]

April 15th – May 20th
1:00pm-3:30pm, Wednesdays
Monroe, Behring Senior Center

STEPPING ON:

[Falls Prevention Program:
7 consecutive weeks]

May 12th – June 23rd
1:30pm-3:30pm, Tuesdays
Monticello, Zwingli UCC

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

608-328-9499.

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
Jan 22nd	Monroe - Juda - Brodhead - Albany to Janesville	\$15.00
Jan 14th & 28th	Belleville - New Glarus - Monticello to Monroe	\$8.00
Jan 7th & 21st	Albany - Brodhead - Juda to Monroe	\$8.00
Jan 1st	CLOSED - HAPPY NEW YEAR	\$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