

THE Bridge

FEBRUARY

Connecting services, resources, and information for the community.

February Is Heart Month: Caring for Your Heart at Every Age

February is American Heart Month, a time dedicated to raising awareness about heart health and encouraging people to take steps to prevent heart disease. Heart disease remains the leading cause of death for both men and women in the United States. While this can sound concerning, many risk factors can be managed with education, healthy habits, and support—at any age.

Why Heart Health Matters

As we age, the risk for heart-related conditions such as high blood pressure, heart attack, stroke, and heart failure increases. Chronic conditions like diabetes, high cholesterol, and limited physical activity can also raise that risk. For people living with disabilities and those caring for others, heart health may require extra attention and planning.

The heart plays a vital role in delivering oxygen and nutrients throughout the body. Protecting heart health supports mobility, brain function, energy levels, and overall quality of life.

Key Heart Health Facts

- Heart disease causes 1 in every 5 deaths in the United States.
- Nearly half of adults have high blood pressure, often without noticeable symptoms.
- Lifestyle factors such as nutrition, physical activity, sleep, and stress management strongly influence heart health.
- Even small changes can make a meaningful difference, regardless of age.



Steps You Can Take to Support Heart Health

You don't have to make major changes all at once. Small, consistent steps can add up over time:



Move More. Engage in activities that feel safe and enjoyable. Walking, stretching, chair exercises, or water-based movement can help strengthen the heart. Short periods of movement throughout the day still count.



Eat for Your Heart. Balanced meals with fruits, vegetables, whole grains, lean proteins, and healthy fats support heart health. Limiting sodium and added sugars can help manage blood pressure and cholesterol.



Know Your Numbers. Regularly monitoring blood pressure, cholesterol, and blood sugar helps identify concerns early and supports better health decisions.



Manage Stress. Ongoing stress can impact heart health. Taking time for rest, deep breathing, social connection, and enjoyable activities is important for both physical and emotional well-being.



Avoid Tobacco. Smoking significantly increases the risk of heart disease and stroke. Quitting—at any age—can quickly improve heart health.

Continued on Page 2

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



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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.

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Dementia Care Specialist

Bonnie Beam-Stratz

Ways to contact us!

Website - adrcgreencounty.org

Facebook - Aging & Disability Resource Center
of Green County

Email - resourcecenter@gchsd.org

Phone - 608-328-9499

Take charge of your health with Healthy Living with Diabetes!

This program teaches practical, everyday strategies to manage blood sugar, make healthier food choices, stay active, and reduce stress. Participants learn simple ways to take control of their diabetes and improve overall well-being. With small, manageable changes, you can feel better, have more energy, and live a healthier life every day.



HEALTHY LIVING WITH DIABETES

HELP YOURSELF TO BETTER HEALTH!

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

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

April 15th - May 20th
Wednesdays, 1:00pm- 3:30pm
Behring Senior Center - Monroe, 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:
608.328.9499.**

**Or register online
by scanning
the QR code:**



wiha
Wisconsin Institute
for Healthy Aging



Continued from cover.

Know the Warning Signs: Heart Attack and Stroke

Recognizing the symptoms of a heart attack or stroke and acting quickly can save a life.



Common Heart Attack Symptoms May Include:

- » Chest discomfort, pressure, squeezing, or pain
- » Pain or discomfort in one or both arms, the back, neck, jaw, or stomach
- » Shortness of breath
- » Cold sweats, nausea, or lightheadedness

Women may experience less typical symptoms, such as fatigue, nausea, or shortness of breath.



Common Stroke Symptoms - Remember F.A.S.T.:

- » **F - Face:** Face drooping or numbness, especially on one side
- » **A - Arms:** Arm weakness or numbness
- » **S - Speech:** Slurred speech or difficulty speaking
- » **T - Time:** Call 911 immediately if any symptoms appear

Do not wait to see if symptoms go away. Call 911 right away if you or someone else is experiencing signs of a heart attack or stroke.

Caregivers: Your Heart Matters Too

Caregivers often focus on the health of others while putting their own needs last. Stress, fatigue, and limited time for self-care can increase heart health risks. Taking breaks, asking for help, and caring for your own physical and emotional health are essential—not optional.

A Heart-Healthy Future

Heart Month is a reminder that it is never too early—or too late—to care for your heart. Staying informed, recognizing warning signs, and making small, healthy changes can help protect your heart and improve overall well-being.



Every positive step, no matter how small, supports a healthier future.

Technology Update

By the GWAAR Legal Services Team

Technology changes at such a fast pace, and with scams increasing, it's good to take a step back and review different kinds of tech that are available to consumers, and resources for safely learning more. Is your home smart? Are you talking to a real person on the phone? How does your watch know how fit you are?



AI

A big innovation that has led to many of these developments is artificial intelligence, or AI. Artificial intelligence is the development of computer systems to perform tasks that have historically been done by humans. If you've heard of ChatGPT or used a computer with something like Microsoft 365 Copilot, that is a type of generative AI. Generative AI refers to models that "learn" from the information given to them and create images, texts, etc. People use ChatGPT for a variety of written documents, from resumes and cover letters to marketing materials. They can also create artwork.

While these tools are exciting, they also come with some words of caution. You shouldn't put any personal/identifying information into a tool like ChatGPT, because the tool will add that information to its vast database and use it with other people moving forward. You also need to double check the information the tool provides you with, as there have been "hallucinations" where the tool makes something up.



Wearable Technology

Wearable tech can be very helpful for numerous purposes. A Fitbit, Misfit or Apple Watch can be used to monitor your fitness, giving you real-time updates and prompting you to stand, tracking your movement throughout the day (such as steps), and logging workouts by type, from dancing and yoga to indoor or outdoor walks. They can track your heart rate and calories burned and may be used to monitor your sleep.

You may be more familiar with wearable tech like a Life Alert system that lets you call for help in case of a fall or other emergency. Some models incorporate other features too, like activity monitoring or caregiving-related activities. Another type of wearable technology is eyeglasses. Google Glass was a product that didn't quite catch on about a decade ago, but Google is bringing back AI-enhanced glasses in 2026, according to the Los Angeles Times. The glasses (and others by brands such as Meta and Ray Ban) connect to a smartphone and provide a variety of features, from simply keeping your hands free while looking something up, to helping you navigate.



Smart Homes

Many products exist to help you around the home, from Ring cameras/doorbells to smart sensors and speakers like Amazon Alexa, Siri, or Google Assistant. Video doorbells add a sense of security by connecting to your phone or tablet and letting you see and hear who is at your door. You can even use your phone to unlock the door if it's someone you want to let in, a great option for people with limited mobility.

Smart sensors in your home can learn your patterns and send an alert if anything is unusual, providing reassurance to family, friends, and loved ones if you live alone. Popular brands include Nest and Abode.

Virtual speakers like Alexa respond to voice rather than requiring you to text or type. You can say "Alexa, what's the weather forecast for tonight?" and it will respond with that information. They can also be used to set reminders – if you want that weather update every day at noon, it can automatically give you that information, or it can prompt you to take your pills at the appropriate time. Speakers can also play music and make calls.



Privacy

Each of these options comes with some privacy concerns, so make sure to evaluate the pros and cons of incorporating new technology into your life. For example, AI is a highly unregulated industry. Lawmakers are working to put guidance in place, but for now, the collection and use of personal data is a risk. It is also possible for technology that uses AI to encourage unethical behavior, so evaluate the information you're being given and confirm with another source.

In addition, companies such as Google, Amazon, and Meta collect vast amounts of information from users. This increases the risk of third parties gaining access to consumer data and information.



Environmental Impact

AI requires data centers that use a huge amount of power and generate vast amounts of heat, requiring fresh water to stay cool. According to the Environmental and Energy Study Institute, larger centers can consume up to 5 million gallons of water a day. Stay informed about how technology impacts not just your local life, but our larger global community.

Want to learn more about technology? Check out Cyber-Seniors - Cyber-Seniors Inc. (<https://cyberseniors.org/>), a nonprofit offering free daily webinars every weekday, as well as one-on-one help with technology over the phone or on a video call.

WORDS from the ADRC Specialist

It's February, and with Valentine's Day right around the corner, love is in the air, but so are scammers. Romance scams are becoming more and more popular, and anyone can fall victim to these scams. Let's talk about what romance scams are, and how you can protect yourself against these scammers.

What is a romance scam?

Romance scams are online frauds where criminals create fake profiles to build fake romantic relationships, gain victims' trust, and then manipulate them into sending money or revealing sensitive personal information. These scammers, often called "catfish," use stolen photos and compelling stories (like military service abroad or business in trouble) to feign affection, move conversations to private apps, and invent urgent crises to request funds for emergencies, travel, or business ventures that never materialize, leaving victims emotionally devastated and financially harmed.

How it works:

A scammer will create attractive, fake profiles on dating apps, social media (Facebook, Instagram), or even job sites, using stolen photos or AI images. They will build trust with their victims quickly by rapidly professing deep feelings, shower victims with affection, and move the conversation off the platform to apps like WhatsApp to avoid detection. They also will utilize emails or texts for communication. Scammers will claim to live far away, work in demanding fields (like construction or military overseas), or have a sudden life crisis, explaining why they can't meet in person. Eventually, they present a fabricated emergency—medical bills, travel costs, legal fees, or business issues—asking their victims for financial help. Scammers often will ask for money transfers, gift cards, crypto currency, or your bank account information. Scammers will exploit their victim's emotions. They prey on love, empathy, and loneliness, making victims feel uniquely connected and desperate to help their "true love". The criminals who carry out romance scams are experts at what they do and will seem genuine, caring, and believable.



How can you protect yourself from romance scams?

- Be careful what you post and make public online. Scammers can use details shared on social media and dating sites to better understand and target you.
- Research the person's photo and profile using online searches to see if the image, name, or details have been used elsewhere.
- Go slowly and ask lots of questions.
- Beware if the individual seems too perfect or quickly asks you to leave a dating service or social media site to communicate directly.

- Beware if the individual attempts to isolate you from friends and family or requests inappropriate photos or financial information that could later be used to extort you.
- Beware if the individual promises to meet in person but then always comes up with an excuse why he or she can't. If you haven't met the person after a few months, for whatever reason, you have good reason to be suspicious.
- Never send money to anyone you have only communicated with online or by phone. If someone you meet online needs your bank account information to deposit money, they are most likely using your account to carry out other theft and fraud schemes.

What to do if you suspect you have fallen victim to a romance scam:

- Stop all communication with the scammer immediately.
- Contact local law enforcement to report the suspected scam.
- Contact all of your financial establishments, including your bank and credit card agencies to report the fraud.
- Compile screen shots and copies of any forms of communication and/or fraudulent activity, and provide it to law enforcement.

While online dating can lead to lasting relationships, remember to protect yourself and your assets. Take care of yourself during this season of love.

ADRC Specialists - Mandy, Heather and LA



CELEBRATING RANDOM ACTS OF KINDNESS DAY – FEBRUARY 17

February is a month centered on connection, compassion, and care—making it the perfect time to celebrate Random Acts of Kindness Day on February 17. This special day encourages us to pause and consider how even the smallest gestures can have a meaningful impact on others.

A kind word, a handwritten note, holding the door open, or checking in on someone can brighten a day more than we realize. These simple acts create ripples of positivity that extend far beyond the moment, strengthening our community and reminding us that kindness is always worth sharing.

This February, we invite everyone to take part by spreading kindness in ways big or small. Together, we can make kindness a habit—not just for one day, but all year long.

Winter Safety Tips to Respond to Potential Wandering of a Person with Dementia

To help caregivers protect their loved ones with dementia from the potential dangers of wandering in wintertime where frigid temperatures, snow, and ice create additional safety risks, the Alzheimer's Foundation of America (AFA) is providing five steps caregivers should follow to prevent winter wandering.

Wandering is a common and potentially dangerous behavior in individuals with dementia. Someone who wanders can quickly become lost or disoriented, unable to remember how to get back home, or know how, or who, to call for help. They may also leave the home without dressing appropriately for the weather. Cold winter weather adds to the dangers of wandering with the risks of hypothermia, injuries from slipping on ice or snow, and reduced visibility.

Older adults also face greater challenges with cold weather due to factors such as diminished compensatory mechanisms and medications that can interfere with normal temperature regulation. Additionally, Alzheimer's disease can impair their ability to recognize when they are too cold or at risk of hypothermia.

"Wandering or getting lost can affect anyone living with dementia, and the dangers are magnified right now in cold, winter weather areas. It's essential for family caregivers to know the risk factors and warning signs that can lead to wandering, address them, and create an emergency response plan," said Jennifer Reeder, LCSW, AFA's Director of Educational and Social Services. "Taking action now will help families keep their loved ones living with dementia safe during the winter and throughout the year."

AFA encourages family caregivers to follow these five steps to protect their loved ones:

1: Watch for nonverbal cues.



Wandering often stems from an unmet need or desire (i.e., hunger, thirst, a need to use the bathroom, a wish to engage in an activity). Looking for a signal that the person may need something (i.e., tugging on pants can be a sign that the person may need to use the bathroom) and quickly addressing it can reduce the chances of wandering. Sometimes, wandering can be a form of communication, especially if the person's verbal skills are impaired. Watch for signs that loved ones may be frightened, anxious, stressed, or overstimulated, and take action to soothe and reassure them.

2: Safeguard the home.



Objects such as car keys, jackets, and purses, especially when left near a door, can provide motivation for the person to leave suddenly. Avoid keeping these items out in the open. Install electronic chimes or doorbells on doors so someone is alerted if the individual tries to exit. Consider utilizing a smart doorbell with an app that can notify you when someone is entering or exiting the home.

3: Know your loved one's patterns.



Know what times of the day may be more triggering than others and provide activities during those periods. Encourage healthy sleep habits to reduce chances the person might leave in the middle of the night. If your loved one does wander, keep a record of their patterns (frequency, duration, time of day, where they were found, etc.) to help guide you in the future.

4: Develop a safety plan.



Compile pertinent information (i.e., recent close-up photo, medical information, a list of places the person may go) so that it can quickly be provided to first responders in an emergency. Maintain a list of people to contact if the person goes missing and ask neighbors to call you if they see the person out alone. When possible, encourage and incorporate input from the person when developing your plan.

5: Connect with local public safety agents.



Many communities have programs, such as Project Lifesaver, that allow you to voluntarily enroll your loved one to receive locating technology that first responders can activate if the person goes missing. Contact your local public safety agency to see if they offer this service or one that is similar.



AFA's Helpline, staffed entirely by licensed social workers who are specifically trained in dementia care, can provide additional information about wandering prevention tips.

The Helpline is available seven days a week



Phone (866-232-8484)



Text Message (646-586-5283)



Web Chat (alzfdn.org)

Individuals can also ask questions 24/7 using AFA's virtual Helpline Assistant.

This article was published by the Alzheimer's Foundation of America on January 17th of 2025.



You can also reach out to your local Dementia Care Specialist at the Aging and Disability Center to discuss Ideas for increasing your loved one's safety.

608-328-9499 | adrcgreencounty.org **5**

FEBRUARY 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
Pulled Pork Sandwich 2 Steamed Peas w/Butter Herb Roasted Potatoes Tropical Fruit Cup 	Taco Casserole w/Black Beans 3 Refried Beans w/Cheese Spanish Rice w/Stewed Tomatoes Pineapple Tidbits	Sliced Turkey w/Gravy 4 Mashed Potatoes Steamed Corn Diced Peach Cup Cheese Cake Cup	Chicken Alfredo w/Peas 5 Noodles Salad w/Dressing Strawberry Cup 	Beer Battered Cod Loin 6 w/Cheddar Cheese Buttered Red Potatoes Roasted Vegetables Pear Cup Frosted Cupcake
Sloppy Joe 9 Baked Beans Steamed Broccoli Applesauce Cup	Baked Cod w/Lemon 10 Asparagus Cuts Mashed Potatoes w/Gravy Diced Peaches	Goulash w/Noodles 11 Peas & Carrots Corn Salad w/Dressing Berry Cobbler	Brown Sugar Ham Slices 12 Mashed Potatoes Roasted Cauliflower Fresh Melon Mix	Chicken Patty Sandwich 13 Herb Red Potatoes Steamed Peas w/Butter Cinnamon Apple Chips Cookie
Cordon Bleu Chicken 16 Mashed Potatoes w/Gravy Carrots Diced Peaches	Tator Tot Casserole w/Peas & 17 Carrots Green Beans Pear Cup Cookie 	Sage Roasted Pork 18 Roasted Sweet Potatoes Peas Pineapple Tidbits	Beef and Broccoli 19 Steamed Rice Seasoned Carrots Tropical Fruit Cup Lemon Bar	Creamed Turkey over Mashed 20 Potatoes Roasted Cauliflower Berry Cup
Herb Roasted Chicken Thigh 23 Baked Potato w/Sour Cream Broccoli & Cauliflower Mix Pineapple Tidbits Jell O Cup	Cranberry Roast Pork 24 Seasoned Roasted Carrots Whole Kernel Corn Applesauce Cup Frosted Marble Cake	Beef Stroganoff 25 Steamed Corn Green Beans Apricot Cup 	Ham & Scalloped Potatoes 26 Steamed Broccoli Roasted Zucchini Melon Cup Frosted Brownie	Beef Tips in Mushroom Gravy w/ 27 Noodles Roasted Cauliflower Salad w/Dressing Mandarin Oranges

FEBRUARY 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
Baked Chicken 2 Scalloped Potatoes Carrots Banana 	Roast Beef 3 Mashed Potatoes w/Gravy Peas Fruit Cocktail	Lasagna 4 Broccoli Salad Chocolate Cake Applesauce 	Pork Cutlets 5 Sweet Potatoes Corn Cherry Pie	Hamburger Bean Bake 6 Wax Beans Orange Chocolate Chip Cookie
Ham Balls 9 Scalloped Potatoes Green Beans Applesauce	Mushroom Steak 10 Mashed Potatoes w/Gravy Carrots Peaches	Chicken Breast 11 Wild Rice Peas & Carrots Banana	Turkey & Dressing 12 Sweet Potatoes Green Beans Canned Pears	Baked Cod 13 Potato Wedges Baked Beans Coleslaw Grapes
Pork Cutlets 16 Mashed Potatoes w/Gravy Broccoli Apple Pie	Chicken Cordon Bleu 17 Boiled Potatoes 	Roast Beef 18 Potato Wedges Wax Beans Applesauce	Swiss Steak 19 Mashed Potatoes w/Gravy Corn 3 Bean Salad Chocolate Cake 	Tuna Noddle Casserole 20 Stewed Tomatoes Orange
Meatloaf 23 Baked Potato Green Bean Casserole Peaches	Spaghetti 24 Carrots Tossed Salad Peaches Oatmeal Cookie 	Pork Roast 25 Sweet Potatoes Mixed Vegetables Baked Beans Pumpkin Pie	Baked Chicken 26 Mashed Potatoes w/Gravy Green Beans Pears 	Ham Balls 27 Scalloped Potatoes Peas & Carrots Banana

Understanding Social Security Administration Notices

By the GWAAR Legal Services Team

If you receive Social Security Administration (SSA) benefits you understand how many notices are sent and how confusing they can be. Trying to understand SSA notices can be frustrating. Here is a general guide illustrating the types of notices that SSA sends and why they send them. If you have specific questions about your notice, you should contact your local SSA field office by visiting <https://www.ssa.gov/locator/>, or reach out to your local Aging and Disability Resource Center (ADRC) by visiting <https://www.dhs.wisconsin.gov/adrc/contacts.htm>.

Notice Content

Let's look at the basic construction of an SSA notice. There is a heading identifying the SSA program you are being contacted about. For example, it may say "Supplemental Security Income" or "Retirement, Survivors and Disability Insurance." Then, the notice will state the reason for contacting you or the purpose of the letter. It will inform you of any decision SSA has made and why they made that decision. It can include information about your benefit status, payment amount, and when the payment will be paid. Any actions that you should take will be included. The notice will also explain what your next steps should be if you disagree with the information in the notice. They will also include how to contact SSA if you have questions or how to submit the information they are requesting. The specific content of the notice is tied to the benefits you receive and the purpose of the notice.

Why Does SSA Send Notices

Notices from SSA are sent to notify you of changes to your benefits or eligibility. This means SSA will notify you if your benefits are increasing or decreasing, ending or beginning, or if you have been overpaid. Notices are sent when you appeal or waive an SSA decision. A notice may be sent to inform you of your rights and responsibilities pertaining to your eligibility in a benefit program. If you receive a notice from SSA you should not ignore it. SSA is contacting you to tell you important information about your benefits and you should read them as soon as you can to avoid interruption of your benefits.

What To Do When You Get a Notice

- 1) **Read the notice carefully**
- 2) **Identify the program they are referring to**
 - a. Usually in the heading found at the top of the notice.
- 3) **Determine the purpose of the notice**
 - a. Are they contacting you to get more information?
 - b. Are they informing you of a change to your benefit amount or eligibility?
 - c. Are they informing you of a decision of an appeal or waiver?
- 4) **Identify your rights**
 - a. Do you have a right to appeal the decision or determination?
 - b. Do you have a right to submit more information before a decision is made?
- 5) **Identify your responsibilities**
 - a. Are you required to submit more information, like pay stubs or bank statements?
- 6) **Identify deadlines**
 - a. Is there a deadline for submitting an appeal?
 - b. Is there a deadline for submitting more information?

Understanding SSA notices can help you avoid interruptions to your benefits. If you receive a notice from SSA you should open it immediately because it will contain deadlines for appeals, waivers, or submission of additional information. Remember if you don't understand what your notice is about or you have questions reach out to SSA directly or contact your local ADRC for help.

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.

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 10th
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
Feb 26th	Monroe - Juda - Brodhead - Albany to Janesville	\$15.00
Feb 11th & 25th	Belleville - New Glarus - Monticello to Monroe	\$8.00
Feb 4th & 18th	Albany - Brodhead - Juda to Monroe	\$8.00
Feb 5th	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