

THE Bridge

MARCH

Connecting services, resources, and information for the community.

MARCH FORWARD:

Awareness, Growth, and a Little Spring in Our Step



March is a month of change—longer days, hints of warmer weather, and that hopeful feeling that spring is just around the corner. It's also a powerful month for awareness, learning, and celebrating the many ways our communities grow stronger together.

This month, we especially recognize National Developmental Disabilities Awareness Month and Brain Injury Awareness Month. Both observances remind us of the importance of inclusion, understanding, and support for people navigating unique challenges.

National Developmental Disabilities Awareness Month highlights the strengths, talents, and contributions of people with developmental disabilities. It's a time to promote accessibility, equality, and opportunities for everyone to fully participate in community life.

Brain Injury Awareness Month helps raise understanding about the experiences of individuals who have had a brain injury. Awareness can open doors to support, recovery resources, and connection—helping people regain independence and live meaningful, fulfilling lives.

At the ADRC, we are proud to help individuals and families access the resources, guidance, and community connections they need. Every step—small or large—toward awareness and understanding makes our communities stronger, more compassionate, and inclusive for all.

So as we march forward this month, take a moment to learn, share, and celebrate the resilience, talents, and achievements of those around you.

Together, we can make a difference one act of understanding at a time.

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

CHECK OUT OUR
NEW PAGE
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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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Heather Huschitt

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Dementia Care Specialist

Bonnie Beam-Stratz

Ways to contact us!

Website - adrcgreencounty.org

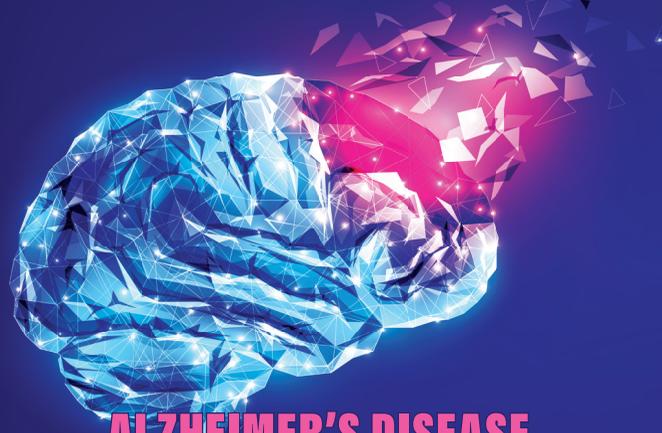
Facebook - Aging & Disability Resource Center
of Green County

Email - resourcecenter@gchsd.org

Phone - 608-328-9499

NEW!!!

Program being offered the ADRC of Green County



ALZHEIMER'S DISEASE & INTELLECTUAL / DEVELOPMENTAL DISABILITIES: Understanding the Connection

**On April 23rd
at 5:30 to 7:00pm**

Bonnie Beam-Stratz, Dementia Care Specialist, will be offering a new educational program.

This program will:

1. Define dementia and Alzheimer's disease.
2. Provide Alzheimer's statistics and risk factors for the I/DD population.
3. Identify symptom presentation in the Down Syndrome population.
4. Review assessment protocol.
5. Review stage progression and care planning.
6. Identify factors that influence behavior.

The program is open to caregivers and professionals that work with individuals living with an intellectual /developmental disability.

The presentation will take place at the Green County Government Services Building (N3152 State Hwy 81, Monroe) in the lower level multipurpose rooms 2 & 3. If you have any questions or wish to register, please contact Bonnie at 608-426-4295 or bbeam@gchsd.org.



Join the ADRC of Green County for our first "Caregiver Educational Series"

March 26th, 2026 at 1:30 PM -3:00 PM

Throughout 2026, the ADRC of Green County will be hosting a new educational series focused to help provide information and resources to local caregivers. Topics will vary throughout the year.

What is the Ombudsman Program & Why is it important to Caregivers?

On March 26th Lisa Tranel, Regional Ombudsman for the Wisconsin Board on Aging and Long Term Care will be the first guest speaker for Caregiver Educational Series.

A Long Term Care Ombudsman works with individuals and their families to protect and promote the rights of long term care consumers, while also working with long term care service providers to define and achieve the highest standards possible. The Ombudsman is a key resource when residents and their families/caregivers are informed the resident may be discharged and those individuals feel they have no choice/options. There is no connection with any long term care provider, and ombudsmen do not endorse or recommend any specific long term care provider or program. Federal law requires (45 CFR 1321 and 1324) each state to have a Long-Term Care Ombudsman Program headed by a State Long Term Care Ombudsman. As defined by the Older Americans Act, the mission of the Long Term Care Ombudsman Program is to seek resolution of problems and advocate for the rights of clients with the goal of enhancing quality of life and quality of care.

Join us on March 26th from 1:30 PM to 3:00 PM at Green County Human Services Building (N3152 State Road 81 Monroe, WI 53566 Lower Level Multi-Purpose Rooms) for an afternoon to a greater understanding of what one's rights are when living in a residential facility and how to advocate for those rights. The program will be hybrid. **To register for the program or you have any questions, contact Bonnie at 608-426-4295 or bbeam@gchsd.org. Registration deadline is March 24th.**

Stepping On FALLS PREVENTION

RESEARCHED & PROVEN TO REDUCE FALLS BY 31%!

STEPPING ON CAN HELP YOU AVOID A DANGEROUS & COSTLY FALL SO YOU CAN KEEP DOING THE THINGS YOU LOVE TO DO. IN JUST SEVEN WEEKS YOU'LL LEARN:

- ✓ To identify and remove or avoid fall hazards in your home and outside
- ✓ To get back on your feet the right way if you do fall
- ✓ Strength and balance exercises you can adapt to your individual level
- ✓ How vision, hearing, medication, and footwear affect your risk for falling
- ✓ AND MORE!



May 12th - June 23rd
Tuesdays, 1:30pm - 3:30pm
Zwingli UCC - Monticello, WI
Suggested Donation: \$15

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

Or register online by scanning the QR code:



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




Survival Coalition

of Wisconsin Disability Organizations

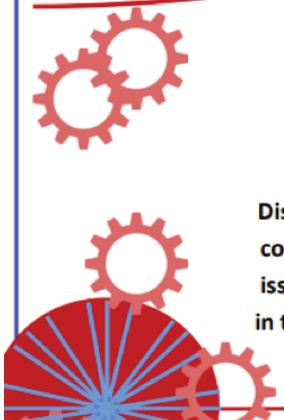
Disability Advocacy Day of Action!

SAVE THE DATE!
March 19, 2026

In -Person 10 A.M. – 3:00 P.M.
Starting at Monona Terrace,
One John Nolen Drive, Madison, WI
(And State Capitol)

Disability Day of Action is back in person! The event is focused on connecting Disability Advocates with their legislators to talk about issues that matter to them. Attendees are expected to participate in the morning briefing and visit their legislators in the afternoon.

REGISTRATION OPENS FEBRUARY 1, 2026



Medicare Coverage for In-Home Health Services

By the GWAAR Legal Services Team

Medicare covers part-time home health care when it's medically necessary, ordered by a doctor, and provided by a Medicare-certified home health agency. Skilled services such as skilled nursing care or physical therapy are covered but custodial care that helps with daily living activities is not covered if it is the only type of care you need. You also need to be considered "homebound," which means that leaving your home is difficult or not recommended because of your medical condition(s). These requirements are explained further below.

Skilled Services

Skilled care is nursing or therapy care that can only be safely and effectively performed by, or under the supervision of, professionals such as nurses or licensed therapists.

Examples of skilled services include:

- **Skilled nursing care** such as wound care, intravenous medications, feeding tube care, injections, or monitoring of a serious illness or condition
- **Physical therapy, occupational therapy, and speech-language pathology services**
- **Part-time or intermittent home health aide care** such as help with bathing, grooming, and feeding but only if you're also getting skilled nursing care, physical therapy, speech-language pathology services, or occupational therapy. Otherwise, Medicare does not cover these types of services when it's the only type of care you need.

These services must be needed on an intermittent basis or part-time. This means less than 8 hours each day and 28 hours or less each week. There is no maximum number of days covered, but payment and care needs are assessed every 30 days.

Homebound

If you're homebound it means that you have trouble leaving your home without help or it requires a significant effort. It could also be that you're normally able to leave your home, but it isn't recommended due to your current illness or injury. This does not mean that you can never leave home like to go to church or a doctor appointment, just that it is very difficult for you to do so. Your doctor will document this when they order the care.

Finally, you must make sure the home health agency is Medicare-certified. To find a home health agency, you can visit the Wisconsin Department of Health Services website at <https://www.dhs.wisconsin.gov/guide/home-health.htm>, and for more information on Medicare coverage of home health services, visit <https://www.medicare.gov/coverage/home-health-services>.

2026 Healthy Living with Mild Cognitive Impairment (MCI) Education Series

A free quarterly support and education series about brain health and living well with MCI

Unpacking Ultra-Processed Foods

Friday, March 6
9:30-11:30 a.m.



Join us to learn what ultra-processed foods are and explore why people who eat less of these packaged foods tend to have better health outcomes. Participants will gain confidence in making food choices that support their brain health and overall well-being. The program will end with a Q&A session. Free and open to all.

Register to attend the program in person at one of ten locations across Wisconsin. Or join us live online via Zoom from anywhere.

Guest Presenter: Beth Olson, PhD

Register to attend in person in Green County by contacting Bonnie Beam-Stratz at 608-426-4295 or bbeam@gchsd.org

Held at:
SSM Health Clinic
St. Clare Conference Room
515 22nd Avenue
Monroe, WI 53566



About the Series:

Healthy Living with Mild Cognitive Impairment (MCI) offers attendees guidance and science-backed strategies for living and coping with memory and thinking changes.

Join **Nathaniel Chin, MD**, and **Jennifer McAlister, BA**, from the Wisconsin Alzheimer's Disease Research Center, and guest speakers, to learn more about MCI. Each program will end with a Q&A session.

Questions?

Contact the Wisconsin ADRC at 608-265-0407 or adrc@medicine.wisc.edu

Presented by:



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

Community Partners:



The ADRCs of Brown, Dane, Dodge, Door, Eagle Country, Fond du Lac, Grant, Green, and La Crosse counties, and the Oneida Nation are committed to unbiased service and cannot endorse nor recommend any organization, product, or service.



WORDS from the ADRC Specialist

March 1st is International Wheelchair Day

International Wheelchair Day serves a dual purpose: enabling wheelchair users to celebrate the positive impact a wheelchair has in their lives, while acknowledging that millions of people in the world need a wheelchair but who do not have access to one. Advancements in mobility technology in recent years have allowed individuals to regain their freedom and independence, but there is still work to do to raise awareness of the challenges they face.

The history of International Wheelchair Day

Steve Wilkinson, a wheelchair user and the founder of the Wheelchair Foundation, established International Wheelchair Day in 2008. Wilkinson's vision was to create a day dedicated to acknowledging the vital role wheelchairs play in enhancing the quality of life for people with mobility challenges. Since its inception, International Wheelchair Day has gained recognition globally, with various organizations, communities, and individuals coming together to celebrate the achievements and promote the rights of wheelchair users. It serves as a reminder of the ongoing efforts needed to ensure equal opportunities and accessibility for all.

Empowering mobility and access for all: The importance of wheelchairs For those with mobility issues, wheelchairs are more than just a mode of mobility. They are a tool for inclusion, empowerment, and independence. A wheelchair makes it possible to move around, participate in daily activities, seek education, and communicate with other people. The availability of a wheelchair that fits well and functions can change the lives of many wheelchair users. They can use it to go about their environment, get medical services, and engage in job and play activities. In addition to improving physical mobility, wheelchairs also improve mental health and general quality of life.

Where can I obtain a wheelchair?

The first thing you should do when looking for a wheelchair would be to contact your primary care physician. Generally, those who need a wheelchair will need an order from their physician to ensure that their insurance will pay for the chair. A physician can also make a referral for you to a durable medical equipment provider on your behalf. Many times a wheelchair will need to be fitted for the user, so working with a specialized provider would be the best.

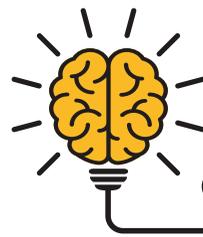
The ADRC has a list of resources to learn more information about wheelchairs, including:

- › Access to Independence
- › National Seating and Mobility
- › A&J Mobility
- › And MORE.

We also have a list of resources that benefit wheelchair users, from ramps to stair lifts to wheelchair transportation. Feel free to contact the ADRC with any questions regarding wheelchairs and other mobility devices.

"The wheelchair should not be a symbol of disability. A wheelchair is a vehicle to liberation and freedom; a chariot for independence" - Rick Hansen

ADRC Specialists - Mandy, Heather and LA



Boost Your Brain and Memory Sugar River Senior Center

Have you ever wondered if there were ways to take care of your brain as you age? Boost Your Brain & Memory is an evidence-based program that takes a holistic approach to improving brain health. Join Bonnie Beam-Stratz, Green County Dementia Care Specialist, and Kayla Olson, Dementia Care Specialist from Dane County Aging & Disability Resource Centers (ADRC) for this 7-session program that focuses on a variety of lifestyle factors such as physical activity, emotional health, nutrition and social engagement.

What to know/bring: This program will run for 7 consecutive Mondays, starting on 3/30/26 to 5/11/26 with each session lasting 1.5 hours in duration (12:30pm to 2:00pm). Classes are FREE but space is limited. Please plan to attend all 7 classes.

Participants receive a workbook with key concepts and targeted follow-up exercises.

**March 30th - May 11th
12:30 pm - 2:00pm
Sugar River Senior Center,
21 S Vine St, Belleville, WI 53508**

Space is limited and registration is required.

To register for this program, contact the Sugar River Senior Center at (608) 424-6007.

For program questions, contact Bonnie Beam-Stratz at (608) 426-4295 or bbeam@gchsd.org.

MIND
over
MATTER

MIND OVER MATTER:

Healthy Bowels, Healthy Bladder

Did you know that over half of women age 50 and older experience issues with bladder or bowel control at some time in their lives?

Researched & proven to reduce bladder and bowel leakage!



**May 21st, June 4th & June 18th
Thursdays, 1:00pm-3:30pm
Memorial Public Library
Brodhead, WI
Suggested Donation: \$15**

*** Attendance at all three sessions is highly encouraged.**
Spots are limited. Pre-registration is necessary.
No living-in county or state requirements.



Or register online
by scanning the
QR code:



BUILDING CONFIDENCE FOR A HEALTHIER, MORE ACTIVE LIFE

Taking small, meaningful steps toward better health can make a powerful difference in how we feel each day. This spring, the Aging and Disability Resource Center (ADRC) is offering two evidence-based programs designed to empower adults with practical tools, encouragement, and support to stay active, manage chronic conditions, and live more confidently. Whether your goal is to move with less pain, become more physically active, or better manage diabetes, both workshops focus on building skills that promote independence, resilience, and overall well-being.

WALK WITH EASE A Program for Better Living

- 👉 Feel better, move easier, and stay active.
- ✔ Safe, proven, and perfect for beginners.
- 💡 Improve your flexibility, strength, and stamina.

April 6th - May 17th

Self-Directed: Anytime/Anywhere

At least 3x per week
For at least 10-40+ minutes
Suggested Donation: \$15.00



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



Walk With Ease: Reduce Pain. Increase Movement. Improve Quality of Life. If joint lack of motivation, pain, arthritis, or stiffness has made it harder to stay active, the Walk With Ease Self-Directed Program offers a safe, flexible way to build strength and confidence through movement. Developed by the Arthritis Foundation, this evidence-based program helps participants reduce pain, increase flexibility, and improve stamina—all at their own pace.

The self-directed format allows you to walk when and where it works best for your schedule, with a 6-week structure that includes a guidebook and weekly support. Participants learn how to set realistic walking goals, track progress, manage pain, and stay motivated. The program emphasizes that movement doesn't need to be intense to be effective—consistent, mindful walking can lead to better mobility, improved mood, and greater confidence in everyday activities.

You'll learn how to:

- ✔ Manage arthritis pain through safe, effective exercise
- ✔ Set and maintain personal walking goals
- ✔ Make walking enjoyable and sustainable
- ✔ Discover resources to stay active long-term

All you need is a safe place to walk, comfortable shoes, and the provided guidebook. No residency requirements. Pre-registration is required.

HEALTHY LIVING WITH DIABETES: Self-Management Program for Prediabetes, Type 1 & Type 2 Diabetes

- ⚙️ Learn practical tools and support.
- 💡 Build knowledge, confidence and skills.
- 🏥 Reduce doctor visits, hospitalizations & emergency room trips.

April 15th - May 20th

1:00pm - 3:30pm

Behring Senior Center - Monroe, WI

2.5 hrs per week for 6 weeks
Suggested Donation: \$15.00



Pre-registration is required, and spots are limited. No residency requirements. To register for either program, call the ADRC Green County Office at **608-328-9499** or register online by scanning the QR code.



Healthy Living with Diabetes: Take Charge with Practical Tools and Support. Managing diabetes can feel overwhelming, but you don't have to do it alone. The Healthy Living with Diabetes workshop is a highly effective, Stanford University-developed self-management program designed to help individuals living with Type 1 or Type 2 diabetes, prediabetes, or those supporting a loved one living with diabetes. This six-week workshop builds knowledge, confidence, and everyday skills to better manage blood sugar, nutrition, physical activity, stress, and communication with healthcare providers.

Participants learn practical strategies such as healthy meal planning, reading nutrition labels, managing blood sugar levels, preventing complications, caring for feet, and staying active in safe and enjoyable ways. The supportive group environment encourages shared experiences, problem-solving, and motivation—helping individuals feel more in control of their health and daily routines.

Research shows this program can improve confidence while reducing doctor visits, hospitalizations, and emergency department trips. Just 2.5 hours per week for six weeks—15 hours total—can lead to meaningful, life-changing improvements.

INVEST IN YOUR HEALTH THIS SPRING

These workshops are more than just classes—they are opportunities to build confidence, connect with others, and develop healthy routines that last. By participating, you are taking an important step toward better health, greater independence, and a more active, fulfilling life at any age.

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

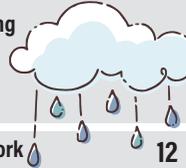
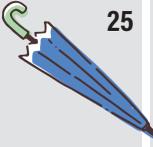
Step into spring with energy, confidence, and the tools to live well—your future self will thank you.

MARCH 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
Bratwurst Patty w/Sauerkraut 2 Roasted Butternut Squash Baked Beans Diced Pears 	BBQ Country Beef Tips 3 Roasted Red Potatoes Steamed Peas w/Butter Tropical Fruit Cup Confetti Sheet Cake	French Onion Pork Chop 4 Au Gratin Potatoes Buttered Corn Cranberry Apple Chips Yogurt	Chicken Baked Ziti w/Pasta 5 Green Beans Salad w/Dressing Pear Cup Cookie 	Breaded Fish w/Cheddar Cheese 6 Roasted Broccoli Mashed Potatoes Coleslaw Fruit Cocktail/Mixed Fruit
Bourbon Glazed Ham 9 Scalloped Potatoes Red Beets Pineapple Tidbits Cookie	Chicken Patty Sandwich 10 Red Potatoes Roasted Broccoli & Cauliflower Mix Cinnamon Apples	Lasagna 11 Roasted Italian Vegetables Caesar Salad w/Dressing Orange Cup Chocolate Sheet Cake	Sweet & Sour Pork 12 Steamed Rice Sautéed Pepper & Onion Mix Salad w/Dressing Diced Peaches	Beef Pot Roast 13 Garlic Mashed Potatoes Creamed Corn Tropical Fruit Cup Mandarin Orange Cake
Pulled Pork Sandwich 16 Steamed Peas w/Butter Herb Roasted Potatoes Tropical Fruit Cup	Taco Casserole w/Black Beans 17 Refried Beans w/Cheese Spanish Rice w/Stewed Tomatoes Pineapple Tidbits 	Sliced Turkey w/Gravy 18 Mashed Potatoes Steamed Corn w/Butter Diced Peach Cup Cheese Cake Cup	Chicken Alfredo w/Peas & Noodles 19 Salad w/Dressing Strawberry Cup	Breaded Fish w/Cheddar Cheese 20 Buttered Red Potatoes Roasted Vegetables Pear Cup Frosted Cupcake 
Sloppy Joe 23 Baked Beans Steamed Broccoli Applesauce Cup 	Baked Cod w/Lemon 24 Asparagus Cuts Mashed Potatoes w/Gravy Diced Peaches	Goulash w/Noodles 25 Peas & Carrots Corn Salad w/Dressing Berry Cobbler 	Brown Sugar Ham Slices 26 Mashed Potatoes Roasted Cauliflower Fresh Melon Mix	Chicken Patty Sandwich 27 Herb Red Potatoes Steamed Peas w/Butter Cinnamon Apple Chips Cookie
Chicken Cordon Bleu 30 Mashed Potatoes w/Gravy Carrots Diced Peaches	Tator Tot Casserole w/Peas & Carrots 31 Green Beans Pear Cup Cookie			

MARCH MENU



Monticello

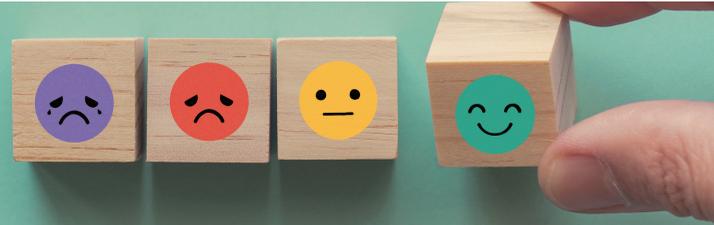
1% milk only served. Meals are prepared without salt. For serving times and more information, call the Aging and Disability Resource Center at 608-328-9499. Monticello meals are available through Gempeler's Supermarket, 938-4927. *all menus are subject to change*

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Stew w/Carrots 2 Wax Beans Orange 	Chicken Breast w/Wild Rice 3 Mashed Potatoes Carrots Pears	Baked Ham 4 Au Gratin Potatoes Peas 3 Bean Salad Peanut Butter Cookie	Turkey & Dressing 5 Squash Tossed Salad Apple Chips	Baked Cod 6 Potato Wedges Coleslaw Grapes 
Baked Chicken 9 Scalloped Potatoes Carrots Banana	Roast Beef 10 Mashed Potatoes w/Gravy Peas Fruit Cocktail	Lasagna 11 Broccoli Tossed Salad Chocolate Cake Applesauce	Pork Cutlets 12 Sweet Potatoes Corn Cherry Pie 	Hamburger Bean Bake 13 Wax Beans Orange Chocolate Chip Cookie
Ham Balls 16 Scalloped Potatoes Green Beans Applesauce	Mushroom Steak 17 Mashed Potatoes w/Gravy Carrots Peaches 	Chicken Breast 18 Wild Rice Peas & Carrots Banana	Turkey & Dressing 19 Sweet Potatoes Green Beans Canned Peas	Baked Cod 20 Potato Wedges Baked Beans Coleslaw Grapes
Pork Cutlets 23 Mashed Potatoes w/Gravy Broccoli Apple Pie 	Chicken Cordon Bleu 24 Boiled Potatoes Beets Fruit Cocktail	Roast Beef 25 Potato Wedges Wax Beans Applesauce	Swiss Steak 26 Mashed Potatoes w/Gravy Corn 3 Bean Salad Chocolate Cake 	Tuna Noodle Casserole 27 Stewed Tomatoes Orange 
Meatloaf 30 Baked Potato Green Bean Casserole Peaches	Spaghetti 31 Carrots Tossed Salad Oatmeal Cookie Peaches			

Mental Health Resources

By the GWAAR Legal Services Team



Your mental health is just as important as your physical health. One in five Americans are living with a mental illness according to the National Institute of Mental Health. Many things like stress, lack of sleep, isolation due to colder weather, and current events can trigger mental health issues. You may experience changes in your sleep, changes in your appetite, mood swings, social withdrawal, low energy, and cognitive issues. Some people may feel physical pain, irritability, confusion, and feelings of hopelessness. If you notice these changes in yourself or a loved one, reach out to your healthcare provider or find immediate help. Most health insurance plans cover mental health services whether you have a Marketplace plan, Medicare, or Medicaid.

Medicare and Medicaid cover mental health services. They cover the diagnosis and treatment of mental health issues like anxiety and depression. It's important to contact your plan or call 1-800-MEDICARE to find out what is covered and where the services are covered. Understanding your plan's mental health coverage will help you avoid costly bills. If you don't have medical coverage, there are programs that help individuals meet their mental health needs.

There are nonprofit organizations that provide resources to those who need them in Wisconsin. One organization is the National Alliance on Mental Illness (NAMI) which helps individuals find support and care. They have information about finding a provider, treatment, and crisis resources. Their Wisconsin guide has a lot of information to help individuals get the care they need. Another organization is Mental Health America of Wisconsin (MHA). They help individuals find providers that accept Medicaid, provide information about support groups, and have general information about mental illness. If you need assistance finding a provider that will see you without insurance, use the FindHelp.org website to search for providers near you that may have reduced fees.

Whether you have insurance or not, if you feel like you or a loved one are in a crisis, there are resources to help. If you or a loved one is in immediate physical danger, you can call 911. Let them know that you are having a mental health crisis and ask for a mental health officer or request a Crisis Intervention Team or CIT. If you are in a mental health crisis, you can also call 988 to be connected to a trained mental health counselor. You can call the mental health hotline for Wisconsin at (866) 903-3787 to talk to a mental health specialist. You can call the National Alliance on Mental Illness hotline at (800) 950-6264 or text NAMI to 741-741 to talk through it and get help finding resources locally. Dialing 211 can help you find immediate assistance for acute mental health issues near you. Just remember that you are not alone, and there are resources available to you whether you have mental health coverage or not.

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.

Mental Health Resources

- › **NAMI Resource Guide**
<https://namiwisconsin.org/resources/resource-guide/>
- › **NAMI Navigating a Mental Health Crisis Guide**
<https://www.nami.org/wp-content/uploads/2025/04/Navigating-a-Mental-Health-Crisis-2025.pdf>
- › **National Alliance on Mental Illness (NAMI) website**
<https://namiwisconsin.org/>
- › **Mental Health America of Wisconsin (MHA) website**
<https://www.mhawisconsin.org/home.aspx>
- › **Find Help** is a resource to help you find a variety of resources near you.
<https://www.findhelp.org/>
- › **Medicare and Your Mental Health Benefits**
<https://www.medicare.gov/publications/10184-medicare-and-your-mental-health-benefits.pdf>
- › **Medicare Learning Network: Medicare & Mental Health Coverage**
<https://www.cms.gov/files/document/mln1986542-medicare-mental-health-coverage.pdf>
- › **ForwardHealth**
<https://www.forwardhealth.wi.gov/WIPortal/Subsystem/KW/Print.aspx?ia=1&p=1&sa=44&s=2&c=61>

Crisis Helplines

- › **911**—Call if you are in immediate physical danger and ask for a mental health officer or the Crisis Intervention Team (CIT).
- › **988**—Call to be connected to a mental health counselor.
- › **(866) 903-3787**—Call to be connected to a mental health specialist in Wisconsin.
- › **(800) 950-6264 or text NAMI to 741-741**—Call or text to talk through the issue and find resources.
- › **211**—Call to get help finding resources for acute mental health issues.

608-328-9499 | adrcgreencounty.org 7



Mental Health Resources



Crisis Helplines

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