

# THE Bridge

## APRIL

Connecting services, resources, and information for the community.

## Spring Cleaning:



### Freshen Your Space, Refresh Your Mind

Spring is the perfect time to shake off the winter blues and breathe new life into your home. While “spring cleaning” often brings to mind dusting and decluttering, it’s also an opportunity to create a safer, more comfortable living space—and to give yourself a little mental refresh.

#### › Start Small and Smart

Tackling your entire home in one day can be overwhelming. Break tasks into manageable steps: focus on one room or even one area at a time. Simple changes, like clearing pathways or reorganizing frequently used items, can make your home feel more open and easier to navigate. Setting a timer for short cleaning bursts can also make tasks feel more manageable.

#### › Safety First

As we age, safety becomes an even bigger priority. Make sure rugs are secure, cords are tucked away, and frequently used items are within easy reach. Use a step stool with a handle or ask a family member or friend for help with high shelves or heavy items. Proper lighting is also essential—adding night lights or brighter bulbs can prevent trips and falls.

#### › Declutter for Peace of Mind

Removing unused items and organizing essentials can reduce stress and make daily routines smoother. Consider donating gently used clothing, kitchen items, or household goods to local charities—helping others can bring a rewarding sense of purpose and connection. Even small decluttering efforts, like clearing off counters or organizing a closet, can create a noticeable difference in your daily life.

#### › Freshen the Air

Open windows to let in spring air, wash curtains, and dust surfaces to improve indoor air quality. Air fresheners, essential oils, or a vase of fresh flowers can brighten both your space and your mood. For those with allergies, wiping down vents and using a HEPA filter can make breathing easier and keep your home feeling light and clean.

#### › Make It Enjoyable

Spring cleaning doesn’t have to be a chore. Play your favorite music, invite a friend to join you, or reward yourself with a cozy break after each task. Small victories—like a sparkling kitchen counter or a neatly organized closet—can give you a sense of accomplishment and make your home feel welcoming.

#### › Beyond the Home

Spring cleaning isn’t just about tidying rooms—it’s a chance to check on safety items like smoke detectors, fire extinguishers, or emergency kits. Replacing batteries, checking expiration dates, and organizing important documents can bring extra peace of mind. This spring, think of cleaning not just as a task, but as an opportunity to care for your space—and yourself. A clean, organized home can lift your mood, improve safety, and create a welcoming environment for both you and your visitors.



Aging and Disability Resource Center  
Green County, Wisconsin

**608-328-9499**  
[adrcgreencounty.org](http://adrcgreencounty.org)



Like Us On  
**facebook** 

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.

**Colony**  
BRANDS, INC.

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TO ENRICH LIVES**

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Catrina Bennett

**Hand in Hand Staff**

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**Dementia Care Specialist**

Bonnie Beam-Stratz

**Ways to contact us!**

Website - [adrcgreencounty.org](http://adrcgreencounty.org)

Facebook - Aging & Disability Resource Center of Green County

Email - [resourcecenter@gchsd.org](mailto:resourcecenter@gchsd.org)

Phone - 608-328-9499

Office - N3152 State Road 81

Monroe, WI 53566



**WISCONSIN VETERANS MUSEUM**

**JOIN US**

April 16th, 2026

10:00AM

Cost \$20

We will depart from the ADRC at 10:00 AM for an 11:30 tour. Lunch to follow.

Cost is \$20. Lunch expense is on your own.

Located on the Capitol Square, guests at this award-winning museum will connect with Wisconsin & men and women in military service from the Civil War to present day. The Wisconsin Veterans Museum is a Smithsonian Affiliate and an educational activity of the Wisconsin Department of Veterans Affairs.

**Caregiver Education Series  
Safe Medication Management and Medications  
April 9th, 4:00 PM - 6:00 PM**

Join the ADRC of Green County and Alison DeVore, PharmD, Pharmacy Resident at SSM Health Monroe for our next installment of the Caregiver Education Series. Ms. DeVore will address safe medication management, looking at strategies to improve safety, and review medications that can affect memory and how to help with medications for folks with memory concerns. Part of the presentation will address current supplements that promise to increase one's cognitive abilities.

The program will be held at the Green County Government Services Building (lower level, multipurpose rooms 2 & 3), N3152 State Rd. 81, Monroe. The program will be hybrid. Registration required.

To register or for more information, contact Bonnie Beam-Stratz at 608-426-4295 or [bbeam@gchsd.org](mailto:bbeam@gchsd.org).

**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:**





## The Role of the ADRC Dementia Care Specialist (DCS)

Meet the ADRC of Green and Lafayette County DCS  
Bonnie Beam-Stratz

In a recent report from the Alzheimer's Association, nearly 111,000 individuals in Wisconsin aged 65 and older are living with Alzheimer's Disease or another related dementia. Roughly 205,000 Wisconsin residents are serving as unpaid caregivers, resulting in a total value of 6 billion dollars in unpaid care. Unique to the state of Wisconsin, the Dementia Care Specialist (DCS) program at the ADRC exists to provide education about dementia and brain health, navigate and connect to resources, and offer support to those impacted by dementia.

Dementia Care Specialists are not medical providers and do not replace medical care. Instead, they are local professionals with the focus on helping people in the community who are living with dementia, caring for those with dementia, and those concerned about their brain health gain access to the education, support, and resources needed.

### Who can the DCS work with?

#### › Individuals diagnosed with dementia

The DCS can work with individuals who are diagnosed with dementia to provide education, support, and access to local, statewide, and national resources. The goal of the DCS is to meet you where you are now and connect you to resources to maintain independence, social connections, and planning for the future.

#### › Individuals caring for loved ones with dementia

The DCS provides one on one consultations with individuals and/or families that are caring for loved ones with dementia. Dementia is a medical condition that impacts that brain. Because of the disease, day to day activities may be more challenging that they used to be. The DCS can brainstorm tips and strategies for communication, behavioral symptoms, and provide education on dementia specific to the situation. The DCS can also provide connections to local, statewide, and national supports.

#### › Individuals concerned about their brain health

The 2024 Lancet Commission report suggests around 45% of cases of dementia are potentially preventable or could be delayed by addressing 14 modifiable risk factors at different stages during the life course. The DCS can complete a memory screen, which is a not diagnostic, but can capture a baseline score for brain health. After the screen, the DCS will review your results and discuss modifiable lifestyle factors that can contribute to risk of dementia.

#### › Businesses, Groups, and Organizations

The Dementia Care Specialist can help your business become dementia friendly and welcomes opportunities to educate our communities about dementia, the Dementia Care Specialist program, and dementia friendly communities. This includes presentations, trainings, or one on one discussions surrounding dementia.

In addition to working individually, the DCS also provides community outreach and education programs like Boost Your Brain and Memory, Stress-Busting Program for Dementia Caregivers, Dementia Live, and Support Groups.

There is no cost to the services and resources provided by the Dementia Care Specialist. To schedule an appointment to discuss your own brain health, your care for a loved one, your journey with dementia, or any upcoming programming, please contact Bonnie at 608-426-4295.

**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](mailto:bbeam@gchsd.org).



# WORDS from the ADRC Specialist

**Did you know that April is National Stress Awareness Month?** Stress can generally be described as a feeling of being overwhelmed or worried, and it is something that everyone experiences from time-to-time. It is important to learn about stress and how to manage it, because if left uncontrolled, it can have adverse health effects, from headaches, to stomachaches, to difficulty sleeping, to even heart attacks and strokes. Stress can also make it hard to concentrate and make decisions and can even affect our relationships with friends and family.

### Here are some helpful suggestions for how to manage stress in everyday life:

- 1. Exercise:** Moving our bodies can help reduce stress and improve our mood. Try going for a walk, riding a bike, or playing a sport you enjoy.
- 2. Deep breathing:** Taking slow, deep breaths can help us feel calmer and more relaxed. Try inhaling for a count of four, holding for a count of seven, and exhaling for a count of eight.
- 3. Talk to someone:** Sometimes, sharing what is bothering us with someone we trust can help make us feel better. You can try talking to a spouse, friend, or counselor about what's troubling you.
- 4. Write in a journal:** Writing down our thoughts and feelings can be a helpful way to express ourselves and reduce stress. Try keeping a journal, whether electronic or in paper form, and writing in it every day.
- 5. Practice mindfulness:** Mindfulness refers to paying attention to the present moment without judging our thoughts or feelings. Try sitting quietly and focusing on your breath or the sensations in your body. This can help you relax and remove yourself, at least for a few minutes, from a stressful thought or situation, and may help give you more perspective on the matter.
- 6. Sleep:** Make sure you are getting enough sleep. Experts recommend that adults should get at least 7 hours of sleep per night. Although stress can make it more difficult to fall and stay asleep, not getting enough shut-eye can make it harder to control and manage stress. If you are struggling with sleep issues, it might be time to talk to your doctor about ways to improve your sleep.

Remember, there is only one YOU! So be sure to take care of yourself.

*"In times of stress, the best thing we can do for each other is to listen with our ears and our hearts" – Fred Rogers*

*ADRC Specialists – Mandy, Heather and LA*

## Grow Stronger & Build Confidence This Spring with SteppingOn



As spring arrives and gardens begin to bloom, many of us look forward to spending more time outdoors — planting flowers, tending vegetables, and enjoying the fresh air. Gardening is a wonderful way to stay active, but it also reminds us how important balance, strength, and steady footing really are. Uneven ground, bending, reaching, and carrying can all increase the risk of falling.

That's why spring is the perfect time to focus on building a stronger foundation. This spring, the ADRC is offering Stepping On, an evidence-based falls prevention workshop designed to help older adults stay active, independent, and confident. Just like preparing soil helps a garden thrive, Stepping On helps participants build the strength and skills needed to move safely in everyday life.

Falls are common, but they are not a normal part of aging. The good news? Many falls can be prevented. Stepping On provides practical tools and strategies that make a real difference. Participants learn simple balance and strength exercises, identify ways to reduce hazards at home and in the community, and gain valuable insights from local experts who discuss topics like medication safety, vision, and safe footwear.

This interactive, small-group workshop also provides something equally important: confidence. Many participants report feeling steadier on their feet and more comfortable doing the activities they enjoy — whether that's gardening, walking on trails, traveling, volunteering, or keeping up with grandchildren.

### Over the course of seven weeks, you'll:

- Practice easy-to-follow balance and strength exercises
- Learn how medications and vision can affect fall risk
- Explore strategies to make your home safer
- Discuss how to move safely in different environments
- Connect with others who share similar goals
- And much more!

**Stepping On** is not about limiting activity — it's about helping you continue doing the things you love with greater confidence and safety.

### Join us for our next Stepping On offering:

Tuesdays, May 12th – June 23rd  
1:30 pm – 3:30 pm  
Zwingli United Church of Christ –  
Monticello, WI

**Suggested Donation:** \$15.00

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

**To register, please call the ADRC at 608-328-9499 or register online by scanning the QR Code.**



Spring is a season of growth and renewal. Consider this your opportunity to "plant the seeds" for better balance, increased strength, and lasting independence.

### Testimonials from past participants who have taken Stepping On:

*"I feel stronger on my feet, and my family is relieved knowing I'm taking precautions to stay independent in my own home."*

*"Living out in the country, I'm on uneven ground all the time. Stepping On helped me feel more stable when walking to the mailbox or out in the garden."*

*"This program isn't just about exercise — it helped me understand how medications, vision, and even footwear play a role in preventing falls."*

## Take Charge with Mind Over Matter:



**Picture this:** You're out with friends, attending a community event, or simply running errands — and suddenly you're worried about finding the nearest restroom. For many women, concerns about bladder or bowel control can quietly shape daily routines and limit confidence.

Bladder and bowel challenges are more common than many realize. In fact, over half of women aged 50 and older experience some level of incontinence. These issues can range from mild inconveniences to symptoms that significantly affect daily life, confidence, and independence. The fear of embarrassment often leads to withdrawal from social activities and limits freedom in everyday routines—but you don't have to face it alone. The good news? There are proven strategies that can help.



**Mind Over Matter:** Healthy Bowels, Healthy Bladder (MOM) is a supportive, evidence-based workshop designed specifically for women 50 and older. This program provides practical tools, simple exercises, and guidance on diet and lifestyle changes that can help manage — and even prevent — incontinence. Participants also benefit from group discussion and peer support in a safe, respectful, and understanding environment.

Whether you're currently experiencing symptoms or want to take proactive steps to protect your health, MOM empowers you with knowledge and strategies that can improve your quality of life.

### What to Expect:

- Three 2½-hour sessions held every other week
- Educational materials, group discussions, and interactive activities
- Easy exercises and dietary strategies to practice at home
- Support and guidance in a relaxed, non-judgmental setting

### Join us for our next upcoming MOM offering:

- Thursday, May 21st
- Thursday, June 4th
- Thursday, June 18th

**Please Note:** Attendance at all three sessions is highly encouraged to maximize program benefits.

**Time:** 1:00pm – 3:30pm

**Location:** Memorial Public Library – Brodhead, WI

**Suggested Donation:** \$15.00

No living in county or state requirements.

Pre-registration is required — spots are limited!



To register, please call the ADRC at 608-328-9499 or register online by scanning the QR Code. Take control of your bladder and bowel health, regain your confidence, and return to the activities you enjoy — join Mind Over Matter today.

## 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**

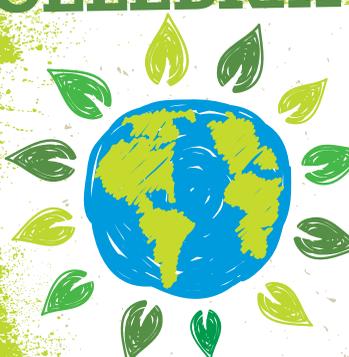
At least 3x per week  
For at least 10-40+ minutes  
Suggested Donation: \$15.00



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



## CELEBRATE



Small steps make a big impact! This Earth Day:

- Recycle & reuse what you can.
- Plant something green – even a small garden helps.
- Walk, bike, or carpool to reduce emissions.
- Save energy – turn off lights and electronics.
- Enjoy nature – take a walk and appreciate the outdoors.

## EARTH DAY

### APRIL 22

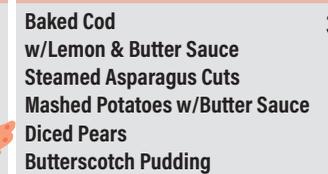
Every action counts towards a healthier planet!

# APRIL 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
				
Spice Rubbed BBQ Chicken w/Sauce Half Baked Potato w/Sour Cream Buttered Peas Peach Cup 6	Goulash w/Noodles Peas & Carrots Corn Salad w/Dressing Mandarin Orange Cake 7	Sage Roasted Pork w/Gravy Steamed Beets Baked Potato w/Sour Cream Mandarin Oranges 8	Hamburger w/Cheese Baked Beans Roasted Zucchini Mandarin Orange Cup 9	Orange Chicken w/Rice Stir Fry Vegetables Spring Rolls Tropical Fruit Cup Graham Crackers & Nilla Wafers 10
Beef Stroganoff w/Noodles Roasted Honey Carrots Green Beans Diced Peach Cup Cookie 13	Chicken Piccata Butternut Squash Angel Hair Pasta Salad Pineapple Tidbits 14	Tator Tot Casserole w/Peas & Carrots Roasted Broccoli Pear Cup Carrot Cake 15	Tuscan Chicken Salad on Croissant Tropical Fruit Frosted Chocolate Cake 16	Baked Tilapia w/Dill Cream Sauce Buttered Peas Roasted Sweet Potatoes Jell O Cup Mixed Fruit Cocktail 17
Chicken Alfredo w/Noodles Steamed Corn Green Beans Pineapple Tidbits Cookie 20	Shredded Beef & Broccoli Steamed Rice Seasoned Carrots Tropical Fruit Cup Lemon Bar 21	Roast Pork Hot Apple Macaroni & Cheese Sweet Potatoes Corn Blueberry Cheesecake 22	Baked Cod w/Lemon & Butter Sauce Steamed Peas Baked Potato w/Sour Cream Diced Pears Chocolate Pudding 23	Ham & Scalloped Potatoes Buttered Steamed Cauliflower Roasted Zucchini Mandarin Orange Cup Angel Food Cake w/Strawberry Topping 24
Pulled Pork Sandwich Steamed Buttered Corn Garlic Mashed Potatoes w/Gravy Coleslaw Tropical Fruit Cup 27	Basil Chicken Parmesan Pasta Roasted Zucchini Dressing Pina Colada Lush Square Mandarin Orange Cup 28	Baked Ham and Pasta Steamed Broccoli Roasted Honey Carrots Diced Pear Cup Cottage Cheese Cup 29	BBQ Country Beef Tips Roasted Red Potatoes Steamed Peas w/Butter Pineapple Tidbits Frosted Cupcake 30	

# APRIL 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 Scalloped Potatoes Carrots Banana 6	Roast Beef Mashed Potatoes w/Gravy Peas Fruit Cocktail 7	Lasagna Broccoli Tossed Salad Chocolate Cake Applesauce 8	Pork Cutlets Sweet Potatoes Corn Cherry Pie 9	Hamburger Bean Bake Wax Beans Orange Chocolate Chip Cookie 10
Ham Balls Scalloped Potatoes Green Beans Applesauce 13	Mushroom Steak Mashed Potatoes w/Gravy Carrots Peaches 14	Chicken Breast Wild Rice Peas & Carrots Banana 15	Turkey & Dressing Sweet Potatoes Green Beans Canned Pears 16	Baked Cod Potato Wedges Baked Beans Coleslaw Grapes 17
Pork Cutlets Mashed Potatoes w/Gravy Broccoli Apple Pie 20	Chicken Cordon Bleu Boiled Potatoes Beets Fruit Cocktail 21	Roast Beef Potato Wedges Wax Beans Applesauce 22	Swiss Steak Mashed Potatoes w/Gravy Corn 3 Bean Salad Chocolate Cake 23	Tuna Noodle Casserole Stewed Tomatoes Orange 24
Meatloaf Baked Potato Green Bean Casserole Peaches 27	Spaghetti Carrots Tossed Salad Oatmeal Cookie Peaches 28	Roast Beef Potato Wedges Wax Beans Applesauce 29	Swiss Steak Mashed Potatoes w/Gravy Corn 3 Bean Salad Chocolate Cake 30	

# NATIONAL HEALTHCARE DECISION DAY – APRIL 16TH

Advanced-Directives and Decision-Making Assistance in Wisconsin  
In Wisconsin, there are several different types of decision-making assistance available to support persons that are unable to do so independently. The more common are POAs, guardians, representative payees, and supported decision-makers.

**The list below is in order of least restrictive option to most restrictive.**

**Supported Decision-Makers** — This option is a way for people to get help from trusted family members, friends, and professionals, to help to them understand the situations and choices they face so that they can make their own decisions. The supported decision-making agreement allows a trusted person (supporter) to help gather and understand information, compare options, and communicate their decisions to others. It does not restrict or remove the individuals right to make their own decisions or allow the supporter to make decisions on their behalf.

• **POAs — Power of Attorney** is the role that most persons believe they understand and will work on filling out “when they need to do them”. However, it is important to thoroughly read, understand, and complete these documents prior to a crisis, when you may feel pressured to sign or no longer understand the forms that you are signing.

There are two different power-of-attorney (POA) documents that can be completed in Wisconsin: POA of Finances and POA of Health-Care. The state forms are free and can be completed without legal assistance. Power of Attorney of both finances and health-care allow a designated person to make decisions on behalf of the individual, while legally respecting the best wishes of the individual. The individual can revoke POAs even after incapacity. POAs can also relinquish their duties if-necessary, without the cumbersome court processes of guardianship, as long as the individual can still vocalize whom they want as an alternate.

**POA of Finances (POA-F)** documentation allows you to determine who you want to manage your money, property, income, assets, and general finances. The powers of the POA-F can be as specific or broad as you specify. A POA-F becomes active immediately upon executing and notarizing the document — unless otherwise specified in the Special Instructions section of the document.

**POA of Health-Care (POA-HC)** documentation allows you to determine who you want to be able to make healthcare decisions on your behalf in the event of incapacity, either temporary or permanent. In Wisconsin, a POA-HC is not active upon signing! This allows a person to designate a POA-HC proactively, but not give up decision-making power unless determined incapacitated by two physicians.

The ADRC of Green County has Power of Attorney document folders to assist you with completion of these advanced directives. Our POA folders have blank state forms, frequently asked questions, rights and responsibilities of agents, information on rights retained by the individual, and info on how to revoke the POA.

• **Representative Payees** — A representative payee is assigned through social security to manage social security funds. A doctor must fill out documentation stating that an individual is unable to manage their own finances and this must be sent to social security prior to applying to be their rep. payee. A representative payee cannot manage income from employment, pensions, or other sources outside of social security.

• **Guardianships** — Guardians of Person and Guardians of Estate are the most restrictive options for decision-making assistance. They involve restricting most rights of the individual and going to court in order to be appointed. If a guardian wishes to resign, they must go to court in order for guardianship to be changed prior to resignation. Having POA documentation in-place can mitigate the need for guardianship in the event of a medical emergency.

No matter what you age, it is important to discuss with your loved ones about your health care wishes and documenting those. If you have questions, consider consulting an attorney.



**WISCONSIN FARM CENTER**  
MONDAY-FRIDAY, 7:45 A.M. - 4:30 P.M.  
1-800-942-2474 | FARMCENTER@WISCONSIN.GOV  
FARMCENTER.WI.GOV

Since the mid-1980s, thousands of farm families have turned to the Wisconsin Farm Center, which provides services to farmers, often in cooperation with university, government or private sector resources. Services include:

- Financial and business consultation
- Succession and transition planning
- Conflict, legal and financial mediation
- Herd-based diagnostics
- Veteran farmer assistance
- Farmer Wellness Program

All services are free and confidential.

Wisconsin Department of Agriculture, Trade and Consumer Protection

MK-FC-101 (06/21)

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

### 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

### MIND OVER MATTER:

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

May 21st, June 4th, & June 18th  
1:00pm-3:30pm, Thursdays  
Brodhead, Memorial Public Library

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](http://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
April 23rd	Monroe - Juda - Brodhead - Albany to Janesville	\$15.00
April 8th & 22nd	Belleville - New Glarus - Monticello to Monroe	\$8.00
April 1st & 15th	Albany - Brodhead - Juda to Monroe	\$8.00
April 2nd	Monroe - Monticello - New Glarus - Belleville to Westside of Madison	\$15.00

## Day by Day Memory Café

Join us social gathering for individuals living with memory loss, early stage dementia including Alzheimer's, and their family and friends.



It will be a time to gather for laughter, relaxation, activities and companionship. It is not an educational workshop or support group about dementia. It is fun, welcoming, friendly environment where everyone will be accepted and no one will feel alone.

**4th Thursday of the Month**  
**1:00 PM - 2:30 PM**

**St. Johns United Church of Christ**  
**(1724 14th Street Monroe, WI)**

Please call 608-205-8203 to RSVP