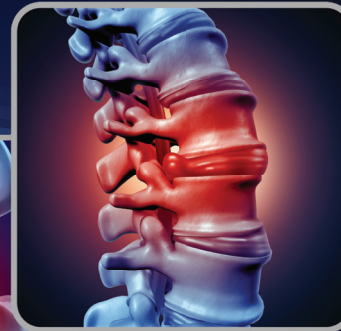
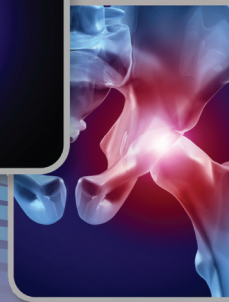
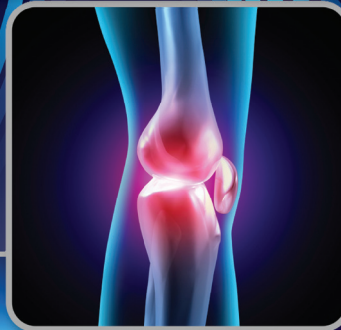


THE Bridge

MAY

Connecting services, resources, and information for the community.

MAY IS NATIONAL ARTHRITIS AWARENESS MONTH



May is recognized each year as National Arthritis Awareness Month—a time dedicated to raising awareness, sharing resources, and supporting those living with arthritis. Many of us are familiar with arthritis, whether through personal experience or knowing someone affected by it. In fact, arthritis impacts over 58 million adults in the United States, along with hundreds of thousands of children. It remains one of the leading causes of disability, affecting daily routines, independence, and overall quality of life.

Here in our community, arthritis is something many individuals and families navigate every day. With that in mind, National Arthritis Awareness Month is a great opportunity to learn more about the condition and explore ways to better manage symptoms and stay active.

What is Arthritis?

Arthritis is often misunderstood. It is not a single disease but rather a general term used to describe joint pain or joint disease. There are more than 100 different types of arthritis and related conditions. Common symptoms include joint pain, swelling, stiffness, and reduced range of motion. These symptoms can vary in severity and may come and go over time.

For some individuals, arthritis can progress and lead to chronic pain or difficulty completing everyday tasks such as walking, climbing stairs, or even opening jars. In more advanced cases, joint damage can become permanent. While arthritis primarily affects joints, certain types can also impact other parts of the body, including the heart, lungs, skin, and eyes.

Common Types of Arthritis

While there are many types, three of the most common include:

- **Osteoarthritis:** The most common form, caused by wear and tear on the joints over time. The protective cartilage breaks down, leading to pain and stiffness.
- **Rheumatoid Arthritis:** An autoimmune condition where the body's immune system attacks the joints, causing inflammation and potential joint damage.
- **Psoriatic Arthritis:** A form of arthritis that can occur in people with psoriasis, leading to joint pain, swelling, and stiffness.

Continued on page 7



Aging and Disability Resource Center
Green County, Wisconsin

608-328-9499
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.

**WE EMPOWER PEOPLE
TO ENRICH LIVES**

CUSTOMER • EMPLOYEE • COMMUNITY

ColonyBrands.com



ADRC Manager

Amber Russell

Aging Programs Supervisor

Morgan Kelly

ADRC Office Associate

Karen Daly

Elder Benefit Specialist

Mandy Johnsen

Disability Benefit Specialist

Julie Ames

ADRC Specialists

LA Klug

Heather Krueger

Education & Prevention Specialist

Laura Steiner

Adult Protective Services

Maddy Groenier

Representative Payee

Brenda Ringhand

Program Specialist

Katie Huffman

Bus Drivers

Jan Lien

Dennis Peterson

Bill Wyss

Meal Site Managers

Linda Johnson

Catrina Bennett

Hand in Hand Staff

Heather Huschitt

Laura Short

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

Office - N3152 State Road 81

Monroe, WI 53566

*Happy Retirement
Mary!*



After 7 years of dedication to the Elder Benefit Specialist Program at the Green County Office, Mary Velcich is retiring! She has been a wealth of knowledge and provide much assistances to those applying for social security and Medicare. Though we will miss her, we know she will enjoy her time outdoors tending to her garden and chickens.

Changes to the Elder Benefit Specialist (EBS) position in the Green County Office

With the retirement of Mary Velcich on May 1st, there will be changes to the services provided by the Elder Benefit Specialist position till mid/late summer. Our new EBS, Mandy Johnsen will be starting on May 1st, but due to required trainings set by the State of Wisconsin, she is unable to see clients until those trainings are complete. You may recognize Mandy's name as she has been an ADRC Specialist at the Green County office for 11 years!

Though we may not be able to meet with clients until mid/late summer, we do have paper resources to help assist you during this time of transition. Whether you are turning 65 and need to apply for your Medicare Part A & B or looking to retire and starting drawing Social Security income, we can provide you with handouts and other state organizations to contact to help you.

Resources to Assist

- **SHIP: Medicare Counseling for Wisconsin Residents** www.dhs.wisconsin.gov/benefit-specialists/medicare-counseling.htm
- **Medigap Helpline**- 800-242-1060
- **Social Security Administration (SSA)**- 877-850-7826
- **Talk with local insurance agent**



Enjoy a walk in the garden! We will be touring the Rotary Gardens in Janesville. Rotary Botanical Gardens (RBG) is a 20-acre, award-winning nonprofit botanical showcase in the heart of Janesville, Wisconsin, dedicated to enriching lives through natural beauty, education, and the arts.

The Gardens Are:

- Proud to be ranked among the Top 20 Best Public Gardens in America (Good Plant Care)
- Home to one of the Top 25 Japanese Gardens in North America
- Bursting with year-round beauty from stalwart perennials and trees to nearly half a million blooming bulbs
- Dedicated to environmentally sound practices, promoting sustainable care and preservation of natural ecosystems, and providing hands-on outdoor education for all ages



Join Us for a trip to Rotary Botanical Gardens in Janesville, WI 5/27/26

Cost is \$25 which includes admission and transportation. Lunch cost is on own. Contact the ADRC at 608-328-9499 to reserve your spot.



Caregiver Education Series

Building Knowledge, Strength, and Compassion in Caregiving.

Join us for the next session in our 2026 Caregiver Education Series!



Jody Krainer
Diagnostic Clinic Manager
with the Wisconsin's Alzheimer's Institute

Hear about valuable resources and support for caregivers.

Thursday, May 14th
3:30pm - 5:00pm

Green County Human Services Building
(Lower Level) Multipurpose Rooms 2 & 3
N3152 State Road 81, Monroe, WI 53566



Reimagining the Family Caregiver Experience

This session will explore caregiver burnout, highlight the importance of self-care, and share strategies to help prevent burnout in caregiving roles. Attendees will gain practical guidance, learn effective ways to manage stress, and discover resources to support their well-being while providing care.

Hybrid Offering: In-Person or Virtual
Registration is required by May 12th.

To register or ask questions, please contact Bonnie at:

608-426-4295 or
bbeam@gchsd.org

Build your strength, balance, and confidence this spring with **Stepping On**, a seven-week, evidence-based falls prevention program designed for older adults. This supportive, small-group workshop helps participants stay active and independent by teaching simple balance and strength exercises, practical strategies to reduce fall risks at home and in the community, and tips from local experts on medication safety, vision, and proper footwear. Over the course of the program, you'll gain the skills and confidence to move safely in everyday activities—from gardening and walking to volunteering or keeping up with grandchildren.

Join us on **Tuesdays, May 12th - June 23rd**, from 1:30pm - 3:30pm at Zwingli United Church of Christ in Monticello, WI. There is a Suggested Donation of \$15.00 to participate. Pre-registration is required as space is limited. To reserve your spot, scan the QR Code to register online, or call the ADRC at 608-328-9499. Take the first step toward stronger, steadier, and more confident movement.

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.



Zwingli United Church of Christ - Monticello, WI

Dementia Live

Thursday, May 28th 2026

10:00 am-3:30 PM

(Sign up for 30 minute time slot)



ADRC of Green County
N3152 State Road 81
Monroe, WI 53566



Dementia Live is a high-impact dementia simulation experience that immerses participants in life with dementia. Participants will be given some equipment to impair their abilities and given some ability tasks to complete while impaired.

Participants will gain a better understanding of:

- › What it's like to live with a cognitive impairment and sensory changes
- › Develop a greater awareness and understanding of the constant struggles affecting persons with dementia



If you would like to schedule an appointment time or would like more information, contact Bonnie Beam-Stratz at 608-426-4295 or bbeam@gchsd.org.



WORDS from the ADRC Specialist

Skilled Nursing Facility Denials

By the GWAAR Legal Services Team

Every day, Americans face insurance claim denials. Many denials are processed through private insurance, but a significant number also come from federal programs, such as Medicare. These denials can be for medications, medical procedures, or even long-term care. For example, you may find yourself or a loved one in a skilled nursing facility, also known as a SNF, and within a couple of weeks, you're told that Medicare is no longer covering your care. You're told you will have to pay out of pocket for the SNF care going forward. This can be stressful, alarming and frustrating because SNF care is expensive. Your first reaction may be to stop services like physical therapy to mitigate costs, but this could ultimately lead to you incurring more out-of-pocket expenses. So, what should you do?

First, you need to understand the requirements for SNF coverage before tackling your next step. Coverage eligibility begins with a three-day qualifying hospital stay. The doctor should order skilled care that can only be performed in a SNF. The SNF care should be for the issue that led to your hospitalization. The qualifying skilled nursing services must be performed daily, or you must receive skilled rehabilitation services at least five days a week. These skilled services can only be performed by skilled nursing or rehabilitation professionals. Finally, the skilled services are found to be reasonable and necessary to treat the injury or condition that led to the SNF stay. This is a general overview of the SNF coverage requirements.

Understanding the appeals process will help you determine what your next step is after a SNF denial of coverage. The appeals process starts with a Notice of Non-Coverage. A Notice of Non-Coverage is a letter that serves to inform you that SNF care coverage will be discontinued 48 hours from the date of the notice. There are five levels of appeals, and the entity that reviews the appeal depends on whether you have Original Medicare or a Medicare Advantage plan. Each level has different time frames for submitting an appeal and varying wait times for appeal decisions. Reading the notice of denial will provide you with deadlines for submitting appeals and will outline the general appeal process.

Below are the five levels of appeals.

- **Level 1** Beneficiary and Family Centered Care-Quality Improvement Organization (BFCC-QIO) or plan reconsideration
- **Level 2** Qualified Independent Contractor (QIC) or the Independent Review Entity (IRE)
- **Level 3** Administrative Law Judge
- **Level 4** Medicare Appeals Council
- **Level 5** Federal District Court

May is National Stroke Awareness Month: Know the Signs, Save a Life

May marks National Stroke Awareness Month, a time to focus on one of the leading causes of serious disability and death in the United States: strokes. The ADRC encourages our community members, caregivers, and families to take this month as an opportunity to learn, share, and act when it comes to stroke prevention and recognition.

Understanding Stroke

A stroke occurs when blood flow to a part of the brain is interrupted, either due to a blockage (ischemic stroke) or a blood vessel rupture (hemorrhagic stroke). Without immediate treatment, brain cells begin to die, which can result in permanent disability or death.

Know the Warning Signs - Act FAST

Recognizing a stroke quickly can save lives and improve recovery outcomes.

Prevention is Key

While strokes can affect anyone, there are steps you can take to reduce your risk:

- › Maintain a healthy blood pressure and cholesterol level
- › Exercise regularly and eat a balanced diet
- › Avoid smoking and limit alcohol intake
- › Manage chronic conditions such as diabetes or heart disease
- › Take medications as prescribed by your healthcare provider

Supporting Stroke Survivors

Recovery after a stroke can be challenging. Physical, occupational, and speech therapy, along with social and emotional support, are critical to help survivors regain independence and quality of life. Caregivers play a vital role in providing support, encouragement, and advocacy.

Get Involved During National Stroke Awareness Month, consider:

- › Sharing educational resources with friends and family
- › Participating in community health screenings
- › Supporting stroke research and survivor programs

Remember: Strokes are largely preventable, treatable, and beatable—if recognized and addressed promptly. Take a moment this May to learn the signs, support survivors, and help spread awareness in your community. For more information and resources, visit the American Stroke Association website or contact the ADRC for local support programs.

REMEMBER F.A.S.T:

› **F - Face:** Ask the person to smile. Does one side droop?

› **A - Arms:** Ask them to raise both arms. Does one drift downward?

› **S - Speech:** Ask them to repeat a simple sentence. Is their speech slurred or strange?

› **T - Time:** If any of these signs are present, call 911 immediately. Other potential warning signs include sudden confusion, trouble seeing, severe headache, dizziness, or loss of balance. Acting quickly is critical—every minute counts.

The SNF appeal process for coverage denials can be time-consuming and frustrating, but understanding the appeals process and the requirements for SNF coverage helps to make the process a little less complicated. Remember to reference the denial letters or notices that you receive from your SNF provider and throughout the appeal process to ensure you are following the correct steps for each level of appeal. The notices will inform you of the necessary actions, the appeal deadlines, and the address to send your appeal requests.

If you are ever in doubt about the process, talk to your SNF provider, Medicare coverage plan, or go to your local Aging and Disability Resource Center to request help with the process.

WHAT TO KNOW

ABOUT AGING IN PLACE

By the GWAAR Legal Services Team

"Aging in place" refers to remaining in your own home rather than going to an assisted living or retirement community. Most people would prefer to remain in their home for as long as possible, but there are different things to consider when deciding what is right for you. Everyone's situation isn't the same, so even if your friends or family feel strongly about what's right for them, or give advice about what you should do, you should make the best decision for you. Home offers comfort, familiarity, and independence. Think about the following:

✓ **Home safety modifications:** Is your home equipped to safely accommodate you should current or future health issues develop or get worse? Will your current setup meet your needs in 10 years? Small upgrades like installing grab bars in bathrooms, improving lighting, adding handrails, and removing loose rugs can reduce the risk of falls if mobility declines. Walk-in showers, stair lifts, or first-floor bedroom conversions are more expensive projects that may enable you to stay in your home longer. Check out the National Institute on Aging's Worksheet:

Home Safety Checklist for more safety considerations.

Habitat for Humanity Wisconsin is creating an aging in place program to focus on helping seniors stay in their homes with zero-interest loans for modifications based on income. Visit Aging in Place — HFH Wisconsin for more information and updates.

✓ **Long-term financial planning:** Think about the increasing costs of healthcare, as well as the price of maintaining a home. Property taxes and insurance premiums, routine maintenance, and potential major repairs like roofing require planning and consideration.

✓ **Healthcare access:** Visiting nurses, physical therapists, personal care aides, and traveling meal programs may assist you in staying in your home longer if your healthcare and personal needs are moderate. However, think about the cost of these services and where you live. Sometimes finding in-home assistance is hard in rural areas.

✓ **Community support and transportation:** Will you be able to get to and from doctor's appointments, the grocery store, your senior center, family members' homes, activities with friends, etc. if you stay in your home? If you have a vehicle and can drive, this doesn't present a problem but think about whether that will be the case 10 years from now. It's important to maintain social connections and reduce isolation, and if you don't live in an area with safe, reliable public transportation, you may need an alternative plan for staying in your home.

Have a candid conversation with your loved ones as you start to think about the benefits and challenges of aging in place. If you assume your children or other relatives will provide support or transportation as needed, it's best to confirm their availability and willingness to take on that commitment ahead of time. If you live with a spouse, partner, roommate, or relative, talk to them about their expectations for taking care of each other as you age. It can be scary to think about leaving your home, or making needed changes to keep you in it, but planning ahead and involving others in the conversation can help prepare you for decision-making around the issue.

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.

To register, please call
ADRC Green County at
608.328.9499.



Or register online
by scanning the
QR code:



MAY 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.



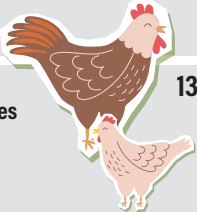




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAY				
French Onion Meatballs 4 Au Gratin Potatoes Green Beans Jell O Cup Pear Cup 	Lasagna 5 Roasted Italian Vegetables Salad w/Dressing Diced Peach Cup Cookie	Lemon Garlic Parmesan Orzo 6 Chicken Roasted Broccoli Steamed Cauliflower Mandarin Orange Cup Confetti Sheet Cake 	Tuna Noodle Casserole w/Noodles 7 Peas & Carrots Asparagus Cuts Red Velvet Cake w/Cream Cheese Frosting	Baked Parmesan & Herb 1 Crusted Tilapia Steamed Seasoned Beets Cauliflower  Diced Peach Cup Frosted Brownie
Tortellini & Shredded Beef w/Mushroom Sauce 11 Peas Carrots Pineapple Tidbits	Ham & Swiss Croissant Roll Ups 12 Steamed Broccoli Baked Beans Salad w/Dressing Cherry Cheesecake 	Sliced Turkey w/Gravy 13 Mashed Potatoes Steamed Corn w/Butter Diced Peach Cup Cinnamon Apple Chips	Sage Roasted Pork w/Gravy 14 Steamed Beets Baked Potato w/Sour Cream Mandarin Oranges	Baked Cod w/Lemon & Butter Sauce 15 Steamed Asparagus Cuts Mashed Potatoes w/Butter Sauce Diced Peas Butterscotch Pudding
Spice Rubbed BBQ Chicken w/Sauce 18 Baked Potato w/Sour Cream Buttered Peas Peach Cup	Goulash w/Noodles 19 Peas & Carrots Corn Salad w/Cucumber & Cheese w/ Dressing Mandarin Orange Cake	Black Forest Ham w/Gravy 20 Mashed Potatoes w/Gravy Roasted Cauliflower Fresh Melon Mix	Hamburger w/Cheese 21 Baked Beans Roasted Zucchini  Mandarin Orange Cup	Orange Chicken w/Rice 22 Stir Fry Vegetables Spring Rolls  Tropical Fruit Cup Banana Pudding w/Graham Crackers
WE WILL BE CLOSED FOR Memorial Day 25	Chicken Piccata 26 Butternut Squash Angel Hair Pasta Caesar Salad Garlic Bread Stick Pineapple Tidbits	Tator Tot Casserole w/Peas & Carrots 27 Roasted Broccoli Pear Cup Carrot Cake 	Tuscan Chicken Salad on Croissant 28 Tomato & Lettuce Tomato Pesto Salad w/Mozzarella Tropical Fruit Frosted Chocolate Sheet Cake	Baked Tilapia w/Dill Cream Sauce 29 Buttered Peas Roasted Sweet Potatoes Jell O Cup Mixed Fruit Cocktail

MAY 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
May has SPRUNG!				
Chicken w/Wild Rice 4 Broccoli Potato Salad Fruit Cocktail Chocolate Cake 	Ham Balls 5 Mashed Potatoes w/Gravy Corn Banana	Spaghetti 6 Carrots Tossed Salad Fruit Cocktail Garlic Bread	Chicken, Broccoli & Rice Casserole 7 Stewed Tomatoes Apple Chips	Ring Bologna 1 Peas  Potato Salad Melon
Veal Sausage 11 Mashed Potatoes Mixed Vegetables Peaches Sugar Cookie	Taco Noodle Bake 12 Peas Banana Vanilla Pudding	Pork 13 Sweet Potatoes Green Beans Fruit Cocktail 	Baked Chicken 14 Mashed Potatoes Broccoli Pineapple Jell O	Lasagna 8 Peas & Carrots Orange Slices Vanilla Pudding Garlic Bread
Bean Casserole 18 Beets Canned Pears Chocolate Chip Cookie	Chicken Breast 19 Mashed Potatoes Peas & Carrots Melon 	Pork Cutlets 20 Mashed Potatoes w/Gravy Green Beans Peaches Chocolate Cake	Turkey & Dressing 21 Squash Tossed Salad Apple Chips 	Baked Cod 15 Potato Wedges Coleslaw Red Grapes Oatmeal Raisin Cookie
WE WILL BE CLOSED FOR MEMORIAL DAY 25	Ham Balls 26 Mashed Potatoes w/Gravy Green Beans Applesauce	Oven Fried Chicken 27 Stewed Tomatoes Potato Salad Canned Pears Peanut Butter Cookie	Swiss Steak 28 German Potatoes Corn Green Grapes German Chocolate Cake 	Roast Beef 22 Boiled Potatoes Corn Mandarin Oranges
				Tuna Noodle Casserole 29 Wax Beans Peaches 



Limited Space Available - Register Today!
 Program for Family Caregivers of People with Dementia.
 Facilitated by the Dementia Care Specialists from the
 ADRC of Grant County, ADRC of Iowa County, ADRC of Green County, ADRC of Lafayette County

Do you provide care for a loved one with Alzheimer's disease or other form of dementia?

You Are Not Alone

- This program will teach:
 - stress management techniques
 - relaxation and coping strategies
- Program available at no cost to Grant, Green, Iowa, and Lafayette County residents
- SPACE IS LIMITED – Registration Required!

Information

Who: Family caregivers of a loved one with dementia

What: Multi-component program meets

- 9 weeks
- 90-minute, virtual classes

Where: Virtual Class via Google Meet

When: Thursdays, June 24th through August 19th
 2:00pm to 3:30pm

Developed at



Please call for more information or to register:
 Grant or Iowa County Residents: Call Hailey at 608-426-0185
 Green or Lafayette County Residents: Call Bonnie at 608-426-4295

Continued from cover.

Tips for Managing Arthritis

While there is no cure for arthritis, there are many ways to manage symptoms and improve quality of life:

- **Stay active:** Gentle, regular movement helps keep joints flexible. Activities like walking are especially beneficial.
- **Practice good posture:** Proper body mechanics can reduce strain on joints.
- **Balance rest and activity:** Listen to your body and avoid overexertion.
- **Maintain a healthy weight:** Reducing extra stress on joints can help decrease pain.
- **Avoid smoking:** Smoking can worsen joint issues and overall health.
- **Stay positive and connected:** Mental and emotional well-being play an important role in managing chronic conditions.

Even small, consistent changes can make a meaningful difference over time.

LOCAL SUPPORT & PROGRAMS

If you're looking for a simple way to get started, the ADRC offers programs designed to help you stay active and manage arthritis symptoms.

One such program is the Walk With Ease: Self-Directed program, a 6-week, evidence-based program developed by the Arthritis Foundation. This self-directed program is designed to help participants safely increase physical activity, reduce pain, and build confidence in movement. It's a great option whether you have arthritis or are simply looking to become more active.

Participants should be able to walk at least three times per week for 10-40+ minutes at a time. The flexibility of this program allows you to walk when and where it works best for you.

UPCOMING WALK WITH EASE: SELF-DIRECTED PROGRAM:

DATES: June 22nd – August 2nd, 2026

FORMAT: Self-Directed

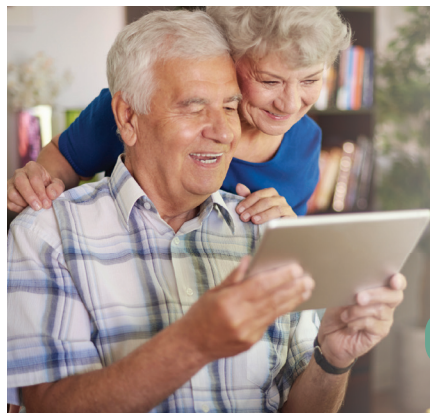
SCHEDULE: Anytime, anywhere

COMMITMENT: Walk at least 3 times per week for 10-40 minutes



To learn more or to register, scan the QR Code or contact the ADRC at 608-328-9499. You can also visit the Green County ADRC website at www.adrcgreencounty.org.

National Arthritis Awareness Month is a reminder that you are not alone. By learning more, staying active, and taking advantage of local resources, you can take meaningful steps toward managing arthritis and improving your overall well-being.



Home Internet Reimbursement Program

Green County Development Corp (GCDC) and the Green County IT Department offer a new program to help seniors and disabled residents with home internet costs. Eligible Green County residents may receive a \$150 reimbursement for three months of service. Applications open April 13 and are first-come, first-served. Applicants must complete a form and submit the last three months of paid internet bills. Participants may reapply every three months if funds remain.

Call GCDC at 608-328-9452 or email gcdc@greencountydevelopment.com for further information or to apply.

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

POSTPONED
until further
notice



Health & Wellness

UPCOMING 2026 PREVENTION WORKSHOPS

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

WALK WITH EASE:

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

June 22nd - August 2nd
3x per week, for at least 10-40 minutes
Self-Directed: Anytime/Anywhere

STEPPING ON:

[Falls Prevention Program:
7 consecutive weeks]

July 16th - August 27th
2:00pm-4:00pm, Thursdays
Belleville, 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 by scanning the QR Code or visiting: 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
May 28th	Monroe - Juda - Brodhead - Albany to Janesville	\$15.00
May 13th	Belleville - New Glarus - Monticello to Monroe	\$8.00
May 6th & 20th	Albany - Brodhead - Juda to Monroe	\$8.00
May 7th	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