

THE Bridge

JULY

Connecting services, resources, and information for the community.

Emergency Medical Information Cards

Family caregivers tend to get a crash course in nursing and managing medical care once they begin helping an aging loved one, and the biggest lesson many learn initially is that organization is key. This is especially true when a senior develops a need for urgent medical care.



The ADRC has red “Emergency Medical Information” cards that can go right onto your fridge. These are available to you for free. These are not only important for the person you may be caring for, but also yourself. It is important to remember to update the information after a doctor visits if new medication was prescribed or a new diagnosis was given.

Keep up-to-date information on the following:

✓ Doctors

Include the name and contact information for the primary care physician. If your loved one sees any specialists regularly for chronic conditions, such as a cardiologist or a gastroenterologist, provide their contact information as well.

✓ Medical Conditions

Provide general information about more serious physical and mental conditions and medical history. For example, diabetes, dementia, and past cardiovascular and cerebrovascular events (with dates) are all important information to include.

✓ Allergies

If there is an allergy to any medications, additives, preservatives or materials like latex or adhesives, be sure to include a list of these things and the severity of their reaction.

✓ Medications

Include a list of all prescription and over-the-counter medications, their exact dosages, and how frequently they are taken. Medication names can be hard to pronounce and remember so many people will say they take a ‘water pill’ or ‘blood pressure pill.’ There are a lot of medications that interact with each other, so detailed information can be a lifesaver.

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



Aging & Disability Resource Center of Green County

The Aging and Disability Resource Center in Green County provides information, assistance, and services to help older people and people with disabilities remain healthy and independent.

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TO ENRICH LIVES**

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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 July! I would like to thank everyone for their patiences as I have transitioned from my previous role to the Elder Benefit Specialist. Training is on going, but I am taking calls and assisting Consumers!

This past month I have received a few calls and questions about creating a 'My Social Security Account'. This can seem very overwhelming and you might wonder why you would need to have an account.

Here are a few things you can see prior to receiving benefits:

- > Personalized retirement benefit estimates
- > Estimates for spouse's benefits
- > Proof you do not receive benefits
- > Check the status of your application
- > View your Social Security Statement

If you are receiving benefits through Social Security, you will be able to access/change:

- > Update or change your direct deposit
- > Update or change your address
- > Access current and historical 1099 tax forms
- > View your annual cost of living adjustment benefit amount
- > View/print your benefit verification letter



Setting up an account is done through the Social Security website and does require a few different verifications. If you'd like more assistance about how to create an account, you can visit the Social Security website- www.ssa.gov.

SENIOR FARMERS MARKET NUTRITION PROGRAM

The Senior Farmers Market Nutrition Program (SFMNP) helps older adults purchase local, fresh foods at farmers markets. The SFMNP is from June 1st through October 31st, 2026. Qualified households will receive a booklet to use at participating Farmers Markets

TO BE ELIGIBLE:

- **BE 60 YEARS OR OLDER**
- **MAKE INCOME AT OR BELOW 185% POVERTY LEVEL**
- **BE A GREEN COUNTY RESIDENT**

To learn more about the program, please contact the ADRC at 608-328-9499



LEARN MORE: <https://www.dhs.wisconsin.gov/wic/fmnp/senior.htm>



We will be doing a pontoon ride around Lake Mendota! All riders must agree and sign a program liability waiver through the Madison School & Community Recreation program prior to the trip.

Trip departs from ADRC at 8:00 AM with pontoon ride starting at 10:00, lasting an hour and a half. We will then enjoy lunch in Madison.

Cost is \$25 which includes transportation and boat fees. Lunch fees are on your own.





STAY ACTIVE & STEADY THIS SUMMER WITH *Stepping On*

Summer is a season filled with activity—community events, gardening, travel, walks outdoors, and spending time with family and friends. While staying active is important for overall health, it's also a good time to think about preventing falls and maintaining confidence while on the move.

The ADRC invites you to join Stepping On, an evidence-based falls prevention workshop designed to help older adults improve balance, build strength, and reduce the risk of falls. Falls are common, but they are not a normal part of aging. With the right tools and strategies, many falls can be prevented.

During this interactive seven-week workshop, participants will learn practical ways to stay safe and independent through balance and strength exercises, home safety tips, safe footwear guidance, and discussions on how vision and medications can affect fall risk. The program also offers encouragement and support from others with similar goals.

Whether you enjoy gardening, attending summer events, volunteering, or simply staying active in your community, Stepping On can help you feel more confident doing the things you love.

Researched
& proven to
reduce falls
by 31%!

Stepping On FALLS PREVENTION

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



July 16th - August 27th
Thursdays, 2:00pm - 4:00pm
Public Library - Belleville, 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.



CELEBRATING DISABILITY PRIDE MONTH:

**Honoring Inclusion,
Independence,
and Community**



Every July, communities across the country recognize Disability Pride Month—a time to celebrate the achievements, experiences, and contributions of people with disabilities while promoting inclusion, accessibility, and equal opportunity for all.

Disability Pride Month commemorates the signing of the Americans with Disabilities Act (ADA) on July 26, 1990, landmark legislation that protects the civil rights of individuals with disabilities. More than three decades later, the ADA continues to serve as a foundation for greater accessibility and independence in schools, workplaces, healthcare, transportation, and community life.

But Disability Pride Month is about more than legislation. It is a celebration of identity, resilience, and the understanding that disability is a natural and valuable part of human diversity. It encourages all of us to challenge stereotypes, remove barriers, and create communities where everyone can fully participate and thrive.

The Importance of Community Support

For many individuals and families, navigating services and support systems can feel overwhelming. Access to information, resources, and advocacy plays an important role in helping people maintain independence and quality of life.

That is where the Aging and Disability Resource Center (ADRC) makes a difference.

The ADRC is committed to connecting individuals of all ages, abilities, and income levels with the resources they need to live safely and independently in their homes and communities. Whether someone is seeking information about long-term care options, transportation, caregiver support, benefits counseling, or disability-related services, the ADRC serves as a trusted source of guidance and assistance.

Through person-centered support, the ADRC helps empower individuals to make informed decisions about their lives while respecting personal goals, preferences, and independence.

Promoting Inclusion Every Day

Disability Pride Month also reminds us that inclusion is everyone's responsibility. Small actions can make a meaningful impact, such as:

- Using respectful, person-centered language
- Ensuring events and spaces are accessible
- Listening to and amplifying the voices of people with disabilities
- Supporting equal opportunities in employment, education, and community engagement
- Learning more about disability awareness and advocacy

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STAND UP For Your Health

Sit Less. Feel Better. Stand Up for Your Health.

Staying active doesn't always mean adding intense workouts or spending hours at the gym. In fact, one of the simplest ways to support your health may be as easy as standing up more often throughout the day. Many adults spend long periods sitting while watching television, using the computer, reading, driving, or relaxing at home—often without realizing just how much time adds up. Over time, too much sitting can impact overall health, energy levels, mobility, and independence.

That's where Stand Up for Your Health (Stand Up) comes in. This evidence-based program, developed by Dr. Kelli Koltyn at the University of Wisconsin, helps adults reduce sedentary time through realistic, everyday changes. Rather than being an exercise class, Stand Up encourages participants to become more aware of their sitting habits and learn practical ways to build more standing and movement into their daily routines.

Research has shown that participants in the Stand Up program reduce their sitting time by more than an hour each day on average. Those small changes can lead to meaningful benefits, including improved circulation, increased energy, better physical function, and reduced risk for chronic conditions such as heart disease, diabetes, and high blood pressure. Many participants also report feeling more motivated and confident in managing their health after completing the program.

Throughout the four-week workshop, participants explore simple strategies that fit naturally into everyday life. Whether it's standing during commercials, taking short movement breaks, or changing daily routines at home, the program focuses on achievable habits that can make a lasting impact over time. Sessions are interactive, supportive, and designed to help participants encourage one another along the way.

Stand Up is intended for adults age 55+ who sit for more than six hours each day and are able to stand independently. The program meets once a week for four weeks, with an additional Booster Session held several weeks later to help participants stay on track and continue building healthy habits.

A Deeper Dive into Dementia

Understanding Different Types and Behavioral Symptoms

A four-part educational series for family members, relatives, friends, neighbors, and community members.



Dementia 101 and Risk Reduction

Thursday, July 23rd
1:00 PM - 3:00 PM

During this presentation, participants will gain a clearer understanding of what is considered "normal" aging versus "not normal" changes in the brain. We will also review the 10 warning signs of dementia, explore different types of dementia, and discuss risk factors along with strategies for risk reduction and prevention.



How to Speak Dementia: Understanding Communication Changes

Thursday, August 6th
1:00 PM - 3:00 PM

Gain a better understanding of: how communication changes through the stages of the disease; approaches to improve understanding of what is being said; why greater patience is needed; and the importance of non-verbal communication & attentive listening.



Behavioral Symptoms of Dementia and Positive Interventions

Thursday, August 13th
1:00 PM - 3:00 PM

Learn about common symptom expressions of dementia like repetition, wandering, sundowning and more. Explore the factors impacting the behaviors as well as gain tips and strategies for family members/caregivers.



Emergency Care Planning for Dementia

Thursday, August 20th
1:00 PM - 3:00 PM

Helping care partners to understand and learn what one can do to create a safer, calmer, and healthier caregiving experience. Each attendee will receive a copy of the Family Emergency Care Plan booklet and directions on how to complete it as part of one's preparedness plan.

Location: Memorial Public Library
1207 25th Street, Brodhead, WI 53520

Attendance to all sessions is not required.



If you have any questions or would like to attend any or all of the sessions in this series, please contact Bonnie Beam-Stratz at:
608-426-4295 or **bbeam@gchsd.org**

STAND UP For Your Health

Thursdays, September 10th - October 1st
Booster Session: October 29th
1:00pm - 3:00pm
Memorial Public Library - Brodhead, WI



There is a suggested donation of \$15 and pre-registration is required. Spots are limited, and there are no county or state residency requirements to participate.

TO REGISTER or learn more, please contact the ADRC of Green County at 608-328-9499 or sign up online by scanning the QR code. If you've been looking for a manageable way to improve your health, boost your energy, and stay independent, Stand Up may be a great place to start—one small step, and one stand, at a time.

This program is being held in partnership with SSM Health Hospital - Monroe.

LIVING WITH ALZHEIMER'S

FOR PEOPLE WITH DEMENTIA - IN PERSON OR ONLINE



A diagnosis of Alzheimer's disease may be life changing and lead to many questions. What will this mean for me and my family? How do I plan for the future? Where can I go to get the help I may need?

Join us for this 2 part program to hear from other individuals living with Alzheimer's, other dementias, and mild cognitive impairment (MCI), what to expect, how to build a care team, and how to plan for the future.

This hybrid program is in partnership with:



Mondays July 20 & 27th
1:00-2:30PM

Hybrid Program

Attend IN PERSON

To Register call 608-426-4295

Green Co Gov't Building
N3152 State Rd 81,
lower level, multipurpose rooms 2 & 3
Monroe WI.

Attend VIRTUALLY

To Register call 800.272.3900

WORDS from the ADRC Specialist



The ADRC is proud to welcome our newest ADRC Specialist, Darcy Toberman!

Darcy's first day at Green County ADRC was on June 10th. Since then, she has been up and running, and learning all of the wonderful resources Green County has to offer.

A little about Darcy...

Darcy grew up in Rock County, and still lives on a farm outside of Footville with her family, including a husband, 3 children, a dog and 2 cats. Her hobbies include crafting, thrifting, and attending live music shows, especially 80's rock and roll and hair bands. Darcy also loves true crime and documentaries, and traveling with friends and family... especially to a warm beach!

Darcy has an extensive knowledge base and experience with providing those in the community with information and resources. Darcy has worked as an ADRC Specialist recently, and has decided to work a little closer to home. In addition to working at an ADRC, she has work experience in Medicaid Long Term Care programming, Children's Long Term Care, and has worked with disabled adults thru Catholic Charities. Darcy has helped with many outreach and informational events in her community, and enjoys meeting those in the community and sharing information and resources. Darcy's special interest is helping those learn assistive technology and equipment. We are very lucky to have such a wealth of knowledge join our team! Please stop in and say "Hi!" to our newest ADRC Specialist. Her warm smile and friendly, helpful manner will be sure to brighten your day!

ADRC Specialists - Heather, LA and Darcy

www.alz.org/wi
24/7 Helpline 800.272.3900
Hablamos Español 414.431.8811



Continued from page 3.

By working together, we can help create a community where all individuals feel valued, respected, and included.

Join Us in Celebrating Disability Pride Month

This July, the ADRC encourages community members to recognize Disability Pride Month by learning, listening, and celebrating the many contributions of individuals with disabilities. Together, we can continue building a more accessible, supportive, and inclusive community for everyone.

If you or someone you know could benefit from ADRC services or resources, please contact our office to learn more about the programs and supports available. The ADRC is here to help connect people to the information and assistance they need—because everyone deserves the opportunity to live with dignity, independence, and pride.



JULY 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
		Sage Roasted Pork w/Gravy 1 Steamed Beets Baked Potato w/Sour Cream Mandarin Oranges	Hamburger w/Cheese 2 Baked Beans Roasted Zucchini Mandarin Orange Cup 	CLOSED 3
Beef Stroganoff w/Noodles 6 Roasted Honey Carrots Green Beans Diced Peach Cup Cookie 	Chicken Piccata 7 Butternut Squash Angel Hair Pasta Caesar Salad Pineapple Tidbits	Tator Tot Casserole w/Peas & Carrots 8 Roasted Broccoli Pear Cup Carrot Cake 	Tuscan Chicken Salad on Croissant 9 Tomato Pesto Salad w/ Mozzarella Tropical Fruit Chocolate Sheet Cake	Baked Tilapia w/Dill Cream Sauce 10 Buttered Peas Roasted Sweet Potatoes Jell O Cut Mixed Fruit Cocktail
Chicken Alfredo w/Noodles 13 Steamed Corn Green Beans Pineapple Tidbits Cookie	Shredded Beef & Broccoli 14 Steamed Rice Seasoned Carrots Tropical Fruit Cup Lemon Bar 	Apple Butter Roast Pork 15 Hot Apple Macaroni Buttered Corn Mashed Sweet Potatoes Diced Peaches and Blueberry Cheesecake	Baked Cod w/Lemon & Butter Sauce 16 Steamed Peas Baked Potato w/Sour Cream Diced Pears Chocolate Pudding	Ham & Scalloped Potatoes 17 Buttered Steamed Cauliflower Roasted Zucchini Mandarin Orange Cup Angel Food Cake w/Strawberries
Pulled Pork Sandwich 20 Steamed Buttered Corn Garlic Mashed Potatoes w/Gravy Coleslaw Tropical Fruit Cup	Basil Chicken Parmesan w/Pasta 21 Roasted Zucchini Caesar Salad w/Dressing Pina Colada Lush Square Mandarin Orange Cup	Baked Ham & Pasta 22 Steamed Broccoli Roasted Honey Carrots Diced Pear Cup Cottage Cheese Cup	BBQ Country Beef Tips 23 Roasted Red Potatoes Steamed Peas w/Butter Pineapple Tidbits Frosted Cupcake	Baked Parmesan & Herb Crusted 24 Tilapia Steamed Seasoned Beets Cauliflower Diced Peach Cup Frosted Brownies
French Onion Meatballs 27 Au Gratin Potatoes Green Beans Jell O Cup Pear Cup 	Lasagna 28 Roasted Italian Vegetables Caesar Salad w/Dressing Diced Peach Cup Cookie	Lemon-Garlic Parmesan Orzo 29 Chicken Roasted Broccoli Steamed Cauliflower Mandarin Orange Cup Confetti Sheet Cake	Tuna Noodle Casserole w/Noodles 30 Peas & Carrots Asparagus Cuts Red Velvet Cake Fruit Cocktail 	Ham Salad on Bread 31 3 Bean Salad Creamy Dill & Cucumber Salad Tropical Fruit

JULY MENU



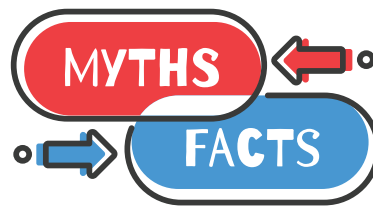
Monticello

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
		Pork Cutlets 1 Mashed Potatoes w/Gravy Green Beans Peaches Chocolate Cake 	2 Turkey & Dressing 2 Squash Tossed Salad Apple Chips	CLOSED 3
Pork Roast 6 Mashed Potatoes Carrots Cantaloupe Chocolate Pudding 	Ham Balls 7 Mashed Potatoes w/Gravy Green Beans Applesauce	Oven Fried Chicken 8 Stewed Tomatoes Potato Salad Canned Pears Peanut Butter Cookie	Swiss Steak 9 German Potatoes Corn Green Grapes German Chocolate Cake	Tuna Noodle Casserole 10 Wax Beans Peaches
Chicken & Rice 13 Potato Salad Broccoli Peaches	Roast Pork 14 Mashed Potatoes w/Gravy Carrots Applesauce 	Turkey Tetrazzini 15 Potato Wedges Corn Orange	Sharron's Goulash 16 Cauliflower Fruit Cocktail Fruit Pie	Baked Cod 17 Potato Wedges Coleslaw Banana Sugar Cookie
Pizza Casserole 20 Carrots Tossed Salad Pineapple	Chicken Breast 21 Scalloped Potatoes Green Beans Mandarin Oranges Peanut Butter Cookie 	Pork Cutlets 22 Sweet Potatoes Baked Beans Fruit Cocktail Butterscotch Pudding	Turkey Stroganoff 23 Corn Tossed Salad Canned Pears 	Ring Bologna 24 Peas Potato Salad Melon
Chicken w/Wild Rice 27 Broccoli Potato Salad Fruit Cocktail Chocolate Cake 	Ham Balls 28 Mashed Potatoes w/Gravy Corn Banana	Spaghetti 29 Carrots Tossed Salad Fruit Cocktail Oatmeal Cookie	Chicken, Broccoli & Rice Casserole 30 Stewed Tomatoes Apple Chips	Lasagna 31 Peas & Carrots Orange Slices Vanilla Pudding

Generational Differences: ARE THEY A MYTH?

By the GWAAR Legal Services Team



Differences between generations are talked about in popular culture and the workplace, from communication styles and work ethics to dating preferences and life goals. But as we know, stereotypes can be harmful. There has been a shift in attitude toward the concept of “generations” lately, with the Pew Research Center noting that arbitrary labels for generational cutoffs have no scientific basis.

➡ **In The Myth Of Generational Differences:** Why It’s Time To Drop The Labels, Forbes discusses how reducing people to generational differences decreases trust, is divisive, and prevents the formation of genuine relationships. This is true whether in the workplace, your family, or your social networks. Also, the Wall Street Journal debunks myths in Age Is but a Number: 8 Generational Myths to Rethink - WSJ. Myths examined include that older generations don’t use social media, or that only older generations use coupons and discounts. While focused on customers and marketing, the article shows that assumptions about people based on generations may unnecessarily narrow a pool of people or lead to you discounting someone for a project or group that would bring value.

➡ A study, Generations and Generational Differences: Debunking Myths in Organizational Science and Practice and Paving New Paths Forward, busts myths such as “generational explanations are obvious”, “talking about generations is largely benign”, and “generations are easy to study”. So where does that leave us if we want to move away from generational stereotypes?

➡ Use what you know about specific individuals to enhance your relationship with them. If stereotypes say that Gen Z will only text, but your grandchild loves to call or Facetime, let that guide how you communicate with them. Take advantage of the opportunity to participate in intergenerational groups or activities. Better connecting the generations could change the world talks about the potential for younger and older people working together to tackle societal problems like climate change, improve work, and strengthen marginalized communities. Focus on shared experiences and behaviors. We are all individuals with strengths that can be used to benefit each other in the home, at work or school, and in the community.

➡ Potential activities for younger and older people to do together are numerous, from genealogy and storytelling to cooking and gardening. There are opportunities for everyone to learn new skills and teach each other. Check out Resources on intergenerational practice — #AWorld4AllAges - Global Campaign to Combat Ageism for info on how to connect with people of all ages and reduce harmful stereotypes.

➡ If you find the concept of generational differences hard to give up, explore learning from other generations and how to improve yourself using traits of others. From boomer frugality to gen Z fintech: my week of intergenerational finance hacks | Get Money Confident | The Guardian explores the different financial practices of younger and older generations. The author learned a lot through her week of exploration and ultimately concluded that “there is something we could all learn from listening to each other on any topic”. This is probably the best approach to community and relationships for all of us. Approach younger and older generations with curiosity and openness, rather than letting stereotypes keep you away from potential connections and learning opportunities.

Continued from cover.

✓ Surgery In the Last 5 Years

Keeping note of different procedures that an individual had can help first responders and medical staff know if there is something they need to be cautious of.

✓ Do Not Resuscitate (DNR) Order

If a senior does not wish to receive cardiopulmonary resuscitation (CPR) or intubation in the event of cardiac or respiratory arrest, be sure to include a copy of their state-sponsored and physician-signed DNR order or Physician Orders for Life-Sustaining Treatment (POLST) form. (POLST forms are more comprehensive than a basic DNR but are only available in some states.)

✓ Medical POA

If there has been someone designated as their medical power of attorney, make sure a copy of this legal document is included in their packet. This is crucial for communicating with medical staff and making healthcare decisions.

✓ Most Recent Labs

Including copies of most recent laboratory tests can be very helpful for physicians who are trying to make a diagnosis and decide on a course of treatment without a complete medical history to reference.

✓ Insurance Information

Include copies of all up-to-date insurance cards. This information can help ensure medical care is billed correctly from the start, even if their original cards are left behind in the rush to the hospital or clinic.

✓ Photo Identification

While emergency rooms must treat patients regardless of whether they have identification or insurance information, many urgent care centers typically require a picture ID to see patients. Include a copy of the driver's license (or ID card if they do not drive) in the folder to avoid any problems.



Using the Emergency Medical Folder

Make sure you keep this in an easy to find, localized location in your home. If you share caregiving responsibilities with other family members, friends or professional in-home caregivers, inform them of this file's existence and location.

This packet should be given to paramedics responding to 911 calls, and it should be brought along to walk-ins at the emergency room or urgent care clinic.

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]

July 16th - August 27th
2:00pm-4:00pm, Thursdays
Belleville, Public Library

STAND UP FOR YOUR HEALTH:

[Reduce Sedentary Time Program:
4 consecutive weeks]

September 10th - October 1st
Booster Session: October 29th
1:00pm-3:00pm, Thursdays
Brodhead, Memorial Public Library

WALK WITH EASE:

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

September 14th - October 25th
3x per week, for at least 10-40 minutes
Self-Directed: Anytime/Anywhere

HEALTHY LIVING WITH DIABETES:

[Diabetes Self-Management Workshop:
6 consecutive weeks]

September 22nd - October 27th
9:30am-12:00pm (CST), Tuesdays
Virtual, Via Zoom
Zoom Practice Session: September 15th

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
July 23rd	Monroe - Juda - Brodhead - Albany to Janesville	\$15.00
July 8th & 22nd	Belleville - New Glarus - Monticello to Monroe	\$8.00
July 1st & 15th	Albany - Brodhead - Juda to Monroe	\$8.00
July 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