

THE Bridge

SEPTEMBER

Connecting services, resources, and information for the community.



SEPTEMBER IS FALLS PREVENTION AWARENESS MONTH:

Take the Next Step Toward Staying Independent

September is Falls Prevention Awareness Month, a time to raise awareness about one of the most common—and preventable—health concerns affecting older adults. Falls can happen to anyone, but they are not an inevitable part of aging. With the right information, simple lifestyle changes, and proven prevention strategies, many falls can be avoided, helping older adults maintain their health, independence, and quality of life.

Falls aren't just a national concern—they're a significant issue right here in Wisconsin and in Green County. According to the Centers for Disease Control and Prevention (CDC), Wisconsin has one of the highest rates of deadly falls among older adults in the nation. The impact is also felt close to home. According to the Wisconsin Department of Health Services & Falls Free Wisconsin Coalition, Green County consistently ranks among Wisconsin counties with some of the highest rates of fall-related injuries and deaths among older adults. Every year, too many local residents experience falls that lead to emergency department visits, hospitalizations, loss of independence, and, in some cases, death.

While these statistics are concerning, they also highlight an important fact: many falls can be prevented with the right knowledge, lifestyle changes, and support.

Nationally, the CDC reports that one in four adults age 65 and older falls each year, making falls the leading cause of injury among older adults. Even when a fall does not result in a serious injury, it can lead to a fear of falling that causes people to become less active. Over time, reduced activity can weaken muscles, decrease balance, and increase the risk of future falls.

The good news is that there are many simple steps you can take to reduce your risk and continue enjoying the activities that matter most. Staying physically active, improving strength and balance, reviewing medications with your healthcare provider or pharmacist, having regular vision and hearing checks, wearing supportive footwear, and making safety improvements around the home can all play an important role in preventing falls.

Falls often happen because of several small risk factors working together rather than one major event. A medication that causes dizziness, poor lighting, loose rugs, cluttered walkways, uneven surfaces, or changes in strength and balance can each contribute to an increased risk. Identifying these factors before a fall occurs is one of the most effective ways to stay safe and independent.

If you are looking for practical ways to improve your balance and confidence, the ADRC of Green County invites you to participate in **Stepping On**, an evidence-based falls prevention workshop designed specifically for older adults who want to remain active and independent.

Stepping On is an interactive seven-week workshop combined with strength and balance exercises and practical education led by trained facilitators and guest experts. Throughout the program, participants learn how vision, medications, footwear, home safety, and everyday habits all play a role in preventing falls. The workshop also provides opportunities to practice new skills, ask questions, and learn alongside others who share similar goals.

Participants frequently share that the biggest benefit isn't just improved balance or increased strength—it's greater confidence. Many leave the workshop feeling more comfortable walking outdoors, navigating stairs, participating in community activities, traveling, gardening, shopping, and enjoying everyday life without the constant worry of falling.

During the seven-week workshop, participants will:

- Build strength and improve balance through simple exercises.
- Learn how medications, vision changes, and other health factors can affect stability.
- Identify and reduce fall hazards inside and outside the home.
- Practice strategies for moving safely in everyday situations.
- Gain confidence to continue living an active, independent lifestyle.
- Connect with others in a supportive and encouraging group environment.
- And much more!

Whether you have experienced a fall, have noticed changes in your balance, or simply want to take proactive steps to protect your health, **Stepping On** offers practical tools that can make a meaningful difference. Taking action today can help reduce your risk of falling tomorrow and support your ability to continue doing the things you love for years to come.

Continued on Page 3



608-328-9499
adrcgreencounty.org



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Aging & Disability Resource Center of Green County

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

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**WE EMPOWER PEOPLE
TO ENRICH LIVES**

CUSTOMER • EMPLOYEE • COMMUNITY

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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



Open Enrollment: October 15-December 7

It is almost time! Yes, you heard that correctly, it is almost time for Medicare Part D open enrollment. If you are new to Medicare or just need a refresher, then this article is for you.

Medicare Part D open enrollment occurs every year (October 15-December 7) to help prepare your drug plan for the following year. During this time individuals on a Medicare Part D plan are able to review their medications and plan options for 2027. It is also the time to review your insurance coverage if you are on an Advantage Plan. The ADRC does not assist with advantage plans but would be happy to provide you with a listing of insurance agents in the area.

Medical needs change throughout the year, which means medications can change. Insurance companies can make changes to their premiums, deductibles and co-pays each year as well. By reviewing your current medications and plan options you are ensuring that you are in the best option for drug coverage to start the new year. Even if you've had no changes to your medication, it is still a great idea to review your plan and ensure you are in the best plan for the upcoming year, again plans change and it is best to know those changes before an issue arises. It's always a benefit if you can save a buck or two!

When reviewing plan options there are a few things you'll want to pay attention to such as drug restrictions, do you need prior authorization from your doctor? What tier is your medication at, is that causing the higher monthly cost? Ensuring you are in the best plan means taking the time to understand the coverage prior to enrolling.

Overwhelmed? No need to be, we are here to help! Here are options:

- **1-800-MEDICARE** or www.medicare.gov
- **Medigap helpline** 1-800-242-1060
- **Disability Drug Helpline** 1-800-926-4862 (if under age 60)
- **Wisconsin Medigap Prescription Drug Helpline** 1-855-67 PART D (1-855-677-2783)
- **ADRC of Green County:** Mandy Johnsen, EBS 608-328-9499

As an Elder Benefit Specialist part of my job is to help you through this process. Here's what you need to know if you'd like assistance with running plan options for 2027:

› **Obtain a Part D Open Enrollment Packet from the ADRC.** If you were on our mailing list last year you will receive your packet in September. ** Please note, after this year no mailings will be sent, you will need to contact the ADRC to arrange getting a packet. ** If you weren't on the mailing list, we can get you added for the year or you can stop into the ADRC after October 1 to pick-up a packet.

› **Complete the paperwork.** There will be a few worksheets asking for information, which includes a request for a current medication list. This list can be provided by your pharmacy, doctor or through your MyChart. Please note this information is very important, if the dosage is incorrect it could affect your coverage.

› **Return information to the ADRC.** You are welcome to mail the documents back to the or drop off at the ADRC during normal business hours. There will be a locked box in the front entrance at the ADRC, which will be checked daily.

› **Plan options to be explored.** Once the information is received (processed in the order they are received) plan options will be explored and information will be mailed out for you to review. Note, this can take a little bit due to the high volume we receive. Don't worry you will not be forgotten!

› **Review your options.** Once you have reviewed the options and chosen the plan that suits your needs you have the ability to complete the enrollment (steps will be included) or mark your plan selection and return it to the ADRC for us to complete the enrollment. Appointments are not typically needed unless there are questions about the plan or there are issues with the medications listed. Appointments will be limited, again due to the high volume.

› **You're enrolled!** Once a plan has been chosen by you, you will receive notification of your plan selection from the ADRC. In the following weeks/months you will receive information from the plan.

Easy right!? One way to get a little bit ahead of the game is to create an account through Medicare.gov and enter your medications into your account. This will make reviewing your plan options in the months ahead a little quicker.

One last thing, we all love technology, but we also know that at times it can have some challenges. It will likely happen that the Medicare site will be overloaded and yes, even some errors will come into play. We ask for some patience as some things are out of our control and delay the process.

** If you are on SeniorCare please note that you are not affected by this open enrollment period. SeniorCare is renewed annually by the State of Wisconsin. A renewal is mailed to you prior to your renewal. If you are on SeniorCare and have had medication changes, you might want to check on the cost of a part D plan to see if SeniorCare is still the best option for you.

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.

September 14th - October 25th
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.



Caregiver Education Series

Building Knowledge, Strength,
 and Compassion in Caregiving.

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



Lisa Tranel
 Regional Ombudsman
 Wisconsin Board on
 Aging and Long Term Care
 26+ years of resident advocacy



Balancing Rights and Protection:

*Inclusive Relationships,
 Sexuality, and Consent*

All individuals living in long-term care settings retain the right to form friendships and consider intimate or sexual relationships. This session explores the importance of consent, resident rights, and how a person-centered approach is used to support a resident's ability to make decisions about relationships while respecting dignity, autonomy, and safety.

Hybrid Offering: In-Person or Virtual
 Registration encouraged by Sept. 14th.

**To register or ask questions, please
 contact Bonnie Beam-Stratz at:**

608-426-4295
bbeam@gchsd.org

Tuesday, September 15th
11:00am - 12:00pm

Green County Human Services Building
 (Lower Level) Multipurpose Room 1

N3152 State Road 81, Monroe, WI 53566

Virtual 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.

Sept. 22nd - Oct. 27th
 Tuesdays, 9:30am - 12:00pm (CST)
 Virtual, Via Zoom*
 Zoom Practice Session: Sept. 15th
 Suggested Donation: \$15

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

Continued from Cover

Workshop Details

- Fridays, September 25th - November 6th
- 9:30am - 11:30am
- Green County Family YMCA - Monroe, WI
- Suggested Donation: \$15



Pre-registration is required, and space is limited. There are no county or state residency requirements to participate, and you do not need to be a member of the Green County Family YMCA to attend.

To register, call the ADRC of Green County at 608-328-9499 or register online by scanning the QR code.

This September, during Falls Prevention Awareness Month, take a positive step toward protecting your health, maintaining your independence, and building the confidence to keep doing the activities you enjoy. Small changes today can help prevent falls tomorrow.

This **Stepping On** workshop is offered in partnership with SSM Health Monroe Hospital and the Green County Family YMCA.

Sources: Centers for Disease Control and Prevention (CDC) Falls Data; Wisconsin Department of Health Services Falls Prevention Data; Falls Free Wisconsin Coalition Wisconsin Falls Data by County.

**To register, please call the
 ADRC Green County Office:
 608.328.9499.**

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



* Must have access to a computer, tablet, or smartphone with internet or data connection.



wiha
 Wisconsin Institute
 for Healthy Aging

ADRC
 Aging and Disability Resource Center
 Green County, Wisconsin

Testimonials from past participants who have taken Stepping On:

"I joined Stepping On after a fall left me hesitant in my daily activities. The program helped me understand what was affecting my balance and gave me simple, practical exercises and safety tips I could use right away. I now feel more confident walking, gardening, and doing everyday tasks without fear."

"The most helpful part was how practical everything was—from balance exercises to learning how footwear, lighting, and medications can affect stability. The group setting was encouraging, and I left each session with strategies I could immediately put into practice at home."

"I had started avoiding activities because I was worried about falling. Stepping On gave me the tools and confidence to stay active safely. I feel stronger, more aware, and back to enjoying walks and daily routines again."



WORDS from the ADRC Specialist

National Preparedness Month: Are You Ready?

September is National Preparedness Month, a perfect time to make sure you are ready for unexpected emergencies. Whether it's a severe storm, power outage, flood, being snowed in, or other emergency, taking a few simple steps today can make a big difference tomorrow.

For older adults, being prepared means planning ahead so you can stay safe, comfortable, and connected during an emergency.

Build an Emergency Kit

Keep a kit in an easy-to-reach place with enough supplies for at least three days. Include:

- Bottled water, non-perishable food(don't forget a can opener)
- Flashlight and extra batteries
- Battery-powered or hand-crank radio
- First aid supplies
- Cell phone charger or portable power bank
- Personal hygiene items
- Extra eyeglasses, hearing aid batteries, or extra cane
- Blankets and warm clothing
- Cash in small bills
- Garbage bags for dry storage and keep areas clean

Most importantly, have at least a week's supply of prescription medications if possible. Keep an up-to-date list of your medications, allergies, doctors, and emergency contacts in your kit.

Make a Plan

Talk with family members, friends, or neighbors about how you will communicate if an emergency happens. Decide:

- Where you will go if you need to evacuate.
- Who will check on you.
- How you will receive important weather and emergency alerts.
- What transportation is available if you cannot drive.

If you rely on electricity for medical equipment, contact your utility company to learn about programs for customers with medical needs and discuss backup options with your healthcare provider.

Stay Informed

Sign up for local emergency alerts on your phone and pay attention to weather forecasts, especially during severe weather seasons. Keep a battery-powered radio available in case power or internet service is interrupted.

Don't Forget Your Pets

If you have pets, include food, water, medications, vaccination records, and a leash or carrier in your emergency plans. Make sure you know which shelters or hotels accept pets if evacuation becomes necessary.

Review Your Plan Each Year

Preparedness isn't something you do just once. Every year:

- Replace expired food, water, and medications.
- Check flashlight batteries.
- Update emergency contact information.
- Review your emergency plan with family members.

Peace of Mind Through Preparation

Emergencies can happen without warning, but being prepared can reduce stress and help you respond with confidence. This National Preparedness Month, take a little time to gather supplies, update your emergency plan, and talk with loved ones. A few simple preparations today can help protect your health, safety, and independence tomorrow.

Remember: Being prepared isn't about expecting the worst—it's about being ready for whatever comes your way.

ADRC Specialists - Heather, LA and Darcy

8 TIPS TO HELP PREVENT FALLS



✓ Keep Your Home Safe

Remove clutter, secure loose rugs, keep walkways clear, and make sure your home is well-lit—especially hallways, stairways, and entryways.



✓ Improve Strength and Balance

Regular physical activity, especially exercises that focus on strength and balance, can help you stay steady and confident on your feet.



✓ Wear the Right Shoes

Choose supportive, well-fitting shoes with non-slip soles. Avoid walking in socks or footwear that may increase your risk of slipping.



✓ Review Your Medications

Talk with your healthcare provider or pharmacist about your medications. Some medications can cause dizziness, drowsiness, or changes in balance.



✓ Have Regular Vision and Hearing Checks

Clear vision and good hearing help you recognize hazards, navigate your surroundings, and move safely.



✓ Use Assistive Devices When Needed

Canes, walkers, handrails, and grab bars can provide extra support and help you stay independent.



✓ Take Your Time and Pay Attention

Avoid rushing, especially when getting up from a chair or bed. Slow, steady movements can help prevent dizziness and loss of balance.



✓ Speak Up About Falls or Balance Concerns

If you have fallen or feel unsteady, talk with your healthcare provider. Addressing concerns early can help prevent future falls.



Remember: Falls are not a normal part of aging. Small changes can make a big difference in helping you stay safe, active, and independent.

Confidence Starts from Within: Join Mind Over Matter Women's Incontinence Program

With World Menopause Month observed each October, September is an ideal time to bring attention to women's health topics that are often overlooked. While bone health and heart health frequently receive the spotlight, bladder and bowel health are equally important to maintaining confidence, independence, and overall well-being as we age.

Many women experience occasional bladder or bowel control concerns as they age. In fact, more than half of women age 50 and older report symptoms that range from minor leaks to more bothersome issues that affect daily activities, travel, exercise, social events, and overall confidence. Yet these concerns are often kept private, leaving many women feeling alone in their experiences.

The good news is that bladder and bowel changes are not simply something women have to accept. There are practical, proven strategies that can help improve symptoms, build confidence, and support long-term health.

This fall, the Aging and Disability Resource Center (ADRC) of Green County invites women to participate in Mind Over Matter: Healthy Bowels, Healthy Bladder, a virtual, evidence-based workshop designed specifically for women age 50 and older. Through interactive discussions, goal setting, and simple lifestyle techniques, participants learn skills that can make a meaningful difference in their everyday lives.

Participants will discover how to:

- Strengthen muscles that support bladder and bowel health
- Identify habits and triggers that may contribute to symptoms
- Improve confidence and reduce worry about accidents
- Develop healthy routines that support long-term wellness
- Take proactive steps to prevent future concerns

While the workshop does not focus specifically on menopause, many women who are experiencing or have gone through menopause find the information especially valuable. Even women who are not currently experiencing bladder or bowel issues can benefit from learning prevention strategies and healthy habits that support lifelong wellness.

Workshop Details

- Wednesdays: October 7th, October 21st, and November 4th
- 5:00pm – 7:30pm (CST)
- Virtual, Via Zoom
- Optional Zoom Practice Session: September 30th
- Suggested Donation: \$15

Who Can Participate:

- Women age 50 and older.

Space is limited and advance registration is required. No residency restrictions apply. Participants are encouraged to attend all three sessions to gain the greatest benefit from the program. Must have access to computer, tablet, or smartphone with internet or data connection.

This fall, invest in yourself and your well-being. Join Mind Over Matter to gain practical tools, connect with other women, and take positive steps toward improved bladder and bowel health—because confidence, comfort, and healthy aging matter.



Participant Testimonials:

"In the last three months, I've had only 3 small leakages. Before the workshop, I used to have several leakages a week. I am so glad I took this workshop because it has greatly improved my confidence."

- Past Participant

"Not everyone is familiar with what are the strategies that can be used. This course has a whole resource page on what treatments are possible. So, if a doctor says well the only cure for this is surgery for bladder or bowel problems. The truth is, no not really, there may be other solutions. You may go through a few different treatments to find what works for you or you may need the surgery, but it gives you the tools to try non-invasive things first."

- Past Participant

To register or learn more, contact the ADRC Green County Office at 608-328-9499 or visit www.adrcgreencounty.org.

You can also register online by scanning the QR code.



Small Steps, Big Impact: Making Time for Self-Care

September is Self-Care Awareness Month—a wonderful opportunity to pause and reflect on the importance of caring for yourself. Self-care is not selfish; it is an essential part of maintaining your physical, emotional, and overall well-being.

As we age, life can become busy with many responsibilities, from managing health needs and household tasks to supporting family members and staying connected with our communities. It is easy to put our own needs aside, but making time for ourselves can help us feel more energized, reduce stress, and continue doing the activities and things we enjoy.

Self-care does not have to be complicated or time-consuming. It can be as simple as taking a walk, enjoying a favorite hobby, spending time with loved ones, getting enough rest, or taking a few quiet moments to recharge. It also means listening to your body, staying active, eating well, keeping up with healthcare appointments, and reaching out for support when needed.

For caregivers, self-care is especially important. Taking care of yourself helps you maintain the strength, patience, and energy needed to care for others. Remember that your needs matter too. This September, consider choosing one small way to prioritize yourself. Even small steps can make a big difference in your health, happiness, and quality of life. If you or someone you know needs information, resources, or support to help maintain independence and well-being, the ADRC of Green County is here to help connect you with the services and programs that are right for you.

5 Simple Self-Care Ideas

1 Move Your Body

Take a walk, stretch, garden, or participate in an activity you enjoy. Regular movement can improve your mood, energy, balance, and overall health.

2 Stay Connected

Call a friend, visit with family, join a community group, or attend a local activity. Social connections play an important role in emotional well-being.

3 Make Time for Something You Enjoy

Read a book, listen to music, spend time outdoors, or enjoy a favorite hobby. Doing things that bring you joy is an important part of self-care.

4 Give Yourself Time to Rest and Recharge

Prioritize quality sleep and allow yourself moments of relaxation throughout the day. Rest helps your body and mind recover.

5 Ask for Help When You Need It

Whether you are feeling overwhelmed, need information, or simply need support, reaching out is a sign of strength—not weakness.



SEPTEMBER
MENU

Albany
Brodhead
Monroe
New Glarus

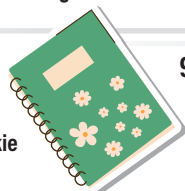
Monroe & New Glarus receive hot meals Monday-Friday. Albany & Brodhead receive hot meals Monday & Friday with options for frozen on other days. The Monroe Dining Center is located in the Behring Senior Center, 325-3040. The Brodhead Dining Center is located at the Brodhead Senior Center, 897-4796.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 CLOSED  7	Basil Chicken Parmesan Pasta Roasted Zucchini Caesar Salad w/Dressing Pina Colada Lush Square Mandarin Orange Cup 1	Baked Ham & Pasta Steamed Broccoli Roasted Honey Carrots Diced Pear Cup Cottage Cheese Cup  2	BBQ Country Beef Tips Roasted Red Potatoes Steamed Peas w/Butter Pineapple Tidbits Frosted Cupcake 3	Baked Parmesan & Herb Crusted Tilapia Steamed Seasoned Beets Cauliflower Diced Peach Cup Frosted Brownie  4
Tortellini & Shredded Beef w/Mushroom Sauce Peas Carrots Pineapple Tidbits 14	Lasagna Roasted Italian Vegetables Caesar Salad w/Dressing Diced Peach Cup Cookie 8	Lemon-Garlic Parmesan Orzo Chicken Roasted Broccoli Steamed Cauliflower Mandarin Orange Cup Confetti Sheet Cake  9	Tuna Noodle Casserole w/Noodles Peas & Carrots Asparagus Cuts Red Velvet Cake w/Cream Cheese Frosting Fruit Cocktail 10	Ham Salad 3 Bean Salad Creamy Dill & Cucumber Salad Tropical Fruit 11
Spice Rubbed BBQ Chicken Thighs w/Sauce Baked Potato w/Sour Cream Buttered Peas Peach Cup  21	Ham & Swiss Croissant Roll Ups Steamed Broccoli Baked Beans Salad w/Dressing Cherry Cheesecake 15	Sliced Turkey w/Gravy Mashed Potatoes Steamed Corn w/Butter Diced Peach Cup Cinnamon Apple Chips 16	Sage Roasted Pork w/Gravy Steamed Beets Baked Potato w/Sour Cream Mandarin Oranges 17	Baked Cod w/Lemon & Butter Sauce Steamed Asparagus Cuts Mashed Potatoes w/Butter Sauce Diced Peas Butterscotch Pudding 18
Beef Stroganoff w/Noodles Roasted Honey Carrots Green Beans Diced Peach Cup Cookie 28	Goulash w/Noodles Peas & Carrots Corn Salad w/Dressing Mandarin Orange Cake  22	Sage Roasted Pork w/Gravy Steamed Beets Baked Potato w/Sour Cream Mandarin Oranges 23	Hamburger w/Cheese Baked Beans Roasted Zucchini Mandarin Orange Cup 24	Orange Chicken w/Rice Stir Fry Vegetables Spring Rolls Tropical Fruit Cup Banana Pudding Trifle w/Graham Crackers 25
Chicken Piccata Butternut Squash Angel Hair Pasta Caesar Salad Pineapple Tidbits 29	Tator Tot Casserole w/Peas & Carrots Roasted Broccoli Pear Cup Carrot Cake      30			

SEPTEMBER
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
 CLOSED  7	Chicken Breast Scalloped Potatoes Green Beans Mandarin Oranges Peanut Butter Cookie 1	Pork Cutlets Sweet Potatoes Baked Beans Fruit Cocktail Butterscotch Pudding 2	Turkey Stroganoff Corn Tossed Salad Canned Pears  3	Ring Bologna Peas Potato Salad Melon 4
Veal Sausage Mashed Potatoes Mixed Vegetables Peaches Sugar Cookie 14	Ham Balls Mashed Potatoes w/Gravy Corn Banana 8	Spaghetti Carrots Tossed Salad Oatmeal Cookie  9	Chicken, Broccoli & Rice Casserole Stewed Tomatoes Apple Chips 10	Lasagna Peas & Carrots Orange Slice Vanilla Pudding  11
Bean Casserole Beets Canned Pears Chocolate Chip Cookie 21	Taco Noodle Bake Peas Banana Vanilla Pudding 15	Pork Sweet Potatoes Green Beans Fruit Cocktail 16	Baked Chicken Mashed Potatoes Broccoli Pineapple Jell O 17	Baked Cod Potato Wedges Coleslaw Red Grapes Oatmeal Raisin Cookie 18
Pork Roast Mashed Potatoes Carrots Cantaloupe Chocolate Pudding  28	Chicken Breast Mashed Potatoes Peas & Carrots Melon 22	Pork Cutlets Mashed Potatoes w/Gravy Green Beans Peaches Chocolate Cake 23	Turkey & Dressing Squash Tossed Salad Apple Chips 24	Roast Beef Boiled Potatoes Corn Mandarin Oranges 25
Ham Balls Mashed Potatoes w/Gravy Applesauce 29	Oven Fried Chicken Stewed Tomatoes Potato Salad Canned Pears Peanut Butter Cookie 30	   		

DEMENTIA STRESS-BUSTING PROGRAM



Caring for someone with dementia can be overwhelming. Learn practical tools for managing stress while connecting with others who understand the caregiving journey.

WENDESAYS,
SEPTEMBER 2ND TO OCTOBER 28TH
3:00PM TO 4:30PM
VIRTUAL CLASS

FREE CLASS AND WORKBOOK!

REGISTRATION IS REQUIRED.

Please contact one of the facilitators to complete registration.

BONNIE BEAM-STRATZ
ADRC of Green County,
ADRC of Lafayette County
608-426-4295

HAILEY ZILLIOX
ADRC of Grant County,
ADRC of Iowa County
608-426-0185



STAND UP For Your Health

Stand Up for Your Health Starts This Month!

It's not too late to take a stand for your health! Stand Up for Your Health is a fun, evidence-based workshop for adults age 55+ who want to reduce sitting time, move more throughout the day, and improve their overall well-being. Discover simple strategies that can help increase energy, improve circulation, and support long-term health and independence.

Program Details:

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

A suggested donation of \$15 helps support the program.

Pre-registration is required, and space is limited.

There are no residency restrictions.



To register or learn more,
contact the ADRC of
Green County at
608-328-9499 or register
online by scanning the
QR Code.

Stand Up for Your Health
is offered in partnership
with SSM Health Monroe.

DEMENTIA CARE SPECIALIST UPDATES

September 10th 4:00 PM-5:00 PM

How Can We Afford to Pay for Care? – Managing Money: A Caregiver's Guide to Finances.

If you are providing care for a person with a chronic illness (such as dementia), it's important to look at and put into place financial plans. One will learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.

The ADRC is partnering with the Alzheimer's Association to offer this hybrid program located at the Green County Government Services Building (lower level, multipurpose rooms 2 & 3) at N3152 State Rd 81 in Monroe or one can sign up to join virtually. If you have questions or would like to register, call Bonnie at 608-426-4295 or email bbeam@gchsd.org.

September 11th 9:30 AM- 11:30 AM

What's Next in Alzheimer's Detection and Treatment?

The 3rd session of the Healthy Living with Mild Cognitive Impairment (MCI) series. The presentation is being put on by a partnership between the ADRC of Green County, SSM Health and the Wisconsin Alzheimer's Research Center to host this program. Dr. Henrik Zetterberg, MD, PhD, will be the guest speaker to share how blood tests and brain scans are transforming Alzheimer's clinical trials. He will break down how researchers are using these tools to identify right study participants, track how treatments are working and monitor safety. He will explore newer areas of research, including inflammation and other brain changes. The program is free and open to all. One can join in person viewing at the SSM Health Clinic – St Clare Conference Center in Monroe (515 22nd Avenue) or register to participate virtually. To register contact Bonnie at 608-426-4295 or bbeam@gchsd.org.

Mondays, September 14th - October 26th 2:30 PM- 4:30 PM

Albertson Public Library Albany, WI Boost Your Brain and Memory

The popular 6-week brain health program will be offered at the Albertson Memorial Public library in Albany, WI. This program focuses on a range of lifestyle factors, including physical activity, emotional health, nutrition, intellectual activity and social engagement and how changes in those areas can help reduce one's risk for developing dementia and improve brain health. The classes are free. Space is limited. Pre-registration is necessary. Contact Bonnie at 608-426-4295 or email bbeam@gchsd.org if you have questions or would like to register.

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.

JOIN US
9/17/2026



Located on the Great River Road at the foot of towering bluffs atop Nelson Dewey State Park, Stonefield includes a re-created 1900s rural village. It is also home to the State Agricultural Museum, which documents the story of Wisconsin's agricultural growth and development, and the homesite of Wisconsin's first governor Nelson Dewey.

Cost is \$25 which includes transportation and tour. Lunch cost on own.

Contact ADRC at 608-328-9499 to reserve your spot.

Health & Wellness

UPCOMING 2026 PREVENTION WORKSHOPS

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

STEPPING ON:

[Falls Prevention Program:
7 consecutive weeks]

September 25th - November 6th
9:30am-11:30am, Fridays
Monroe, Green County Family YMCA

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
Sept 24th	Monroe - Juda - Brodhead - Albany to Janesville	\$15.00
Sept 9th & 23rd	Belleville - New Glarus - Monticello to Monroe	\$8.00
Sept 2nd & 16th	Albany - Brodhead - Juda to Monroe	\$8.00
Sept 3rd	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