



AUGUST

Connecting services, resources, and information for the community.

Hand in Hand

ADULT DAY CENTER

Are you caring for a loved one who still wants to be active but has difficulty due to memory or physical concerns? Do you worry about leaving your loved one home alone due to these concerns? Are you overwhelmed with the demands of being a family caregiver? Hand in Hand, Green County's Adult Day Center may be the answer for you!



Hand in Hand is a great location for your loved ones who may have memory concerns or physical limitations that are hindering them from getting out and participating in social activities. Growing older can be an isolative and painful process with losses in mobility, memory and independence and increased concerns in depression and social isolation. Participating in Hand in Hand allows participants to reduce some of those concerns. Our staff at Hand in Hand have witnessed individuals flourish in their independence, improved health and overall enjoyment of life after attending our program and spending time with seniors similar to themselves. Our program provides a structured and supportive environment to give your loved one a sense of belonging along with personal independence. Hand in Hand provides physical, cognitive and social activities throughout the day, touching on the important aspects of one's life to keep them healthy.

Hand in Hand is open on Tuesday's and Friday's from 9:30 AM-2:30 PM. We offer transportation to and from the center for Green County residents along with a nutritiously balanced meal at the noon hour. Participants can attend one or both days. Scholarships are available to help cover the cost with certain eligibility requirements.

**To learn more about Hand in Hand,
please contact the ADRC at 608-328-9499.**

ADRC
Aging and Disability Resource Center
Green County, Wisconsin
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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TO ENRICH LIVES**

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Catrina Bennett

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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



Medicare Open Enrollment is right around the

corner! During Open Enrollment, which takes place October 15 through December 7, you are able to make changes to your coverage. This includes your prescription drug coverage for the following year. We are in the midst of planning for the year and more will be posted in the September issue of the Bridge and on our Facebook Page.

Did you know that you can plan ahead and create an account through the Medicare site (www.Medicare.gov)?

A personal account through Medicare.gov allows you to review your current coverage and gives you access to compare drug plan options during open enrollment. You can also view your premium bills, track claims and access a copy of your Medicare card.



Proven Effective

Developed and researched at the University of Wisconsin-Madison, participants who completed the Stand Up program decreased their sitting time by **68 minutes per day!**

Stand Up for Your Health is best for people who...

- Are aged 55 and older
- Sit for more than 6 hours per day
- Are able to stand up without assistance from another person

How much is too much time sitting during the day? Find out and learn strategies to help you...

Stand Up and Move More!

On average, older adults spend more than 60% of their waking hours in sedentary activities – mostly sitting. Research shows that too much sitting is bad for your health.

Stand Up for Your Health helps you add more standing time into your day so you feel better and improve your health.

Join a Stand Up class to learn:

- The consequences of too much sitting time and the benefits of more standing time
- Strategies for incorporating more standing time into your day
- To set achievable goals and address problems or barriers
- And much more!

**September 10th – October 1st
Thursdays, 1:00pm – 3:00pm**

**Memorial Public Library: Brodhead, WI
Booster Session: October 29th**

Suggested Donation: \$15

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



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

Or register online by
scanning the QR Code:



Sequoia Club New Support Group

**Offering for those with early
stage dementia and/or mild
cognitive impairment.**

Beginning in August, the Sequoia Club will be a support and skills group for individuals living with any type of early stage dementia and/or mild cognitive impairment (MCI).

Why the name Sequoia Club? Sequoia trees stand nearly 300 feet tall but their root system in only 6 to 12 feet deep, but they manage to survive high winds and storms by spreading their roots 50 to 100+ feet wide and interweaving with other sequoias. This provides the stability and support needed. When facing challenges in life, people can be more resilient when surrounded by an expansive support network, thus leading to the name.

The group was created through a partnership of the ADRC of Green County and SSM Health Memory Clinic with co-facilitators being Bonnie Beam-Stratz, Dementia Care Specialist at the ADRC and Melissa Stoltz, Social Worker at SSM Health Memory Clinic. The first meeting will be held on Monday, August 17th from 1 to 2:30pm. This group is only for those individuals with a diagnosis. Pre-registration is required.

**To register or for further
information, contact Bonnie
at 608-426-4295.**



Your Journey to Better Diabetes Management **STARTS HERE** All from the Comfort of Home!

Managing diabetes can be challenging, but you don't have to do it alone. The Aging and Disability Resource Center (ADRC) invites you to join Healthy Living with Diabetes, an evidence-based virtual workshop designed to help participants build confidence and learn practical tools for managing their health.

Developed through Stanford University research, this interactive six-week program covers topics such as healthy eating, meal planning, staying active, managing stress and fatigue, monitoring blood sugar, and communicating with healthcare providers. The workshop is open to adults living with diabetes (type 1 or type 2) or prediabetes, as well as those living with and/or supporting someone with diabetes.

Classes are held virtually through Zoom, allowing you to participate from the comfort of home while connecting with others on a similar journey. Whether you're newly diagnosed or have actively been managing your diabetes for years, this workshop is for you!

Take the next step toward better health and greater confidence — join us this fall for Healthy Living with Diabetes!

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.**

**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

Preventing Heat Exhaustion and Heat Stroke Recognizing the Warning Signs

By the GWAAR Legal Services Team

As the temperature rises, so does the risk of heat-related illnesses like heat exhaustion and heat stroke. Recognizing the warning signs and understanding the differences between these conditions can help keep you safe and healthy all summer long.



Heat Exhaustion

Heat exhaustion occurs when the body overheats, often due to strenuous activity in hot, humid weather. Symptoms include:

- Heavy sweating
- Cold, pale, and clammy skin
- Muscle cramps
- Fast, weak pulse
- Fatigue, weakness, or dizziness
- Headache
- Nausea or vomiting
- Dark urine or decreased urination

If left untreated, heat exhaustion can escalate to heat stroke, so it is essential to seek shade, rest, loosen your clothing, and hydrate immediately, when you first experience symptoms. Get medical help right away if you are throwing up, your symptoms worsen, or your symptoms last longer than one hour.

Heat Stroke

Heat stroke is more severe and occurs when the body's temperature rises to 103°F or higher. It can cause damage to the brain, kidneys, and muscles. Warning signs include:

- High body temperature
- Headache
- Dizziness
- Nausea
- Hot, dry, damp, or red skin
- Rapid heartbeat
- Confusion, agitation, or unconsciousness
- Seizures

Heat stroke is a medical emergency and requires immediate medical attention, so call 911 if you suspect someone is suffering from this life-threatening condition! In addition, move the person to a cool place, and help lower their body temperature by putting cool cloths or ice on them. Do NOT give the person anything to drink unless they are fully awake and alert and sitting completely upright. Otherwise, doing so could cause them to choke and aspirate.

PREVENTION IS KEY

To avoid heat-related illnesses, on hot, humid days, be sure to stay hydrated, wear light-colored and breathable clothing, and take breaks in cool, shaded areas. Additionally, never leave children or pets in hot cars. Be sure to also check on neighbors at high risk, such as the elderly or those with chronic health conditions. If you or someone you know is at high risk and is living in a home without air conditioning, be sure they at least have a fan. In addition, on very hot days, suggest they go to a local shelter that has air conditioning. Most communities offer shelters with air conditioning where high risk individuals can go to stay cool on particularly hot days.

CONCLUSION

Knowing the signs of heat exhaustion and heat stroke and taking steps to prevent them can make all the difference when it comes to enjoying a safe and healthy summer. Remember to stay cool, stay hydrated, and stay informed.

608-328-9499 | adrcgreencounty.org

WORDS from the ADRC Specialist

Are you struggling with vision loss, and need information and resources to help cope?

The Office for the Blind and Visually Impaired (OBVI) is a fantastic free resource to help at any stage of visual loss. Here is some helpful information on The Office for the Blind and Visually Impaired:

What is The Office for the Blind and Visually Impaired?

The Office for the Blind and Visually Impaired, or OBVI, is a state office that helps improve the lives of people with vision loss. Professional OBVI staff provide one-on-one services at a local office or in your home. They also run group trainings and give presentations. All services provided by OBVI are completely free of charge.

Who can contact OBVI?

Anyone can contact OBVI for information or help with vision loss. OBVI staff serve:

- Adults in Wisconsin who are blind or visually impaired
- Friends, family and caregivers of people with vision loss
- Anyone interested in learning about vision loss

How can OBVI help?

- Help with adjustment to vision loss
- Assess optical aides and lighting
- Teach new ways to complete daily tasks
- Connect people with vision loss support groups
- Teach how to safely access the community outside of the home
- Suggest helpful resources
- Provide information about eye diseases and disorders

When should I contact OBVI?

OBVI staff help individuals with any level of vision loss. Having vision loss does not usually mean that you cannot see anything. Some signs of vision loss include:

- Having trouble reading mail, the newspaper, books or street signs
- Straining to see the lines on your checkbook
- Being unable to see the numbers or text on your phone or remote control
- Faces or playing cards looking blurred

Where can I learn more?

Local OBVI offices are located across Wisconsin. OBVI serves all Wisconsin counties and tribes. For more information call 1-888-879-0017



Central Office:

Office for the Blind and Visually Impaired
1 West Wilson St
PO BOX 2659
Madison, WI 53701



Website: www.dhs.wisconsin.gov/blind

"The best and most beautiful things in the world cannot be seen or even touched-they must be felt with the heart"-Helen Keller

Enjoy the Season

One Step at a Time with Walk With Ease



Looking for a simple way to stay active, ease joint pain, and feel your best when summer comes to an end? The ADRC invites you to join the Walk With Ease Self-Directed Program — a flexible, evidence-based walking program created by the Arthritis Foundation to help you safely improve strength, stamina, and overall well-being.

This 6-week program is designed for adults of all activity levels and can be completed wherever and whenever it works best for you. Whether you prefer neighborhood sidewalks, local parks, indoor tracks, or walking with a friend, Walk With Ease helps you build healthy habits at your own pace.

Participants receive a helpful guidebook, weekly encouragement, and easy-to-follow tools for setting goals, tracking progress, and staying motivated.

Throughout the program, you'll learn how to:

- ✓ Reduce joint pain and stiffness through safe movement
- ✓ Increase energy, flexibility, and endurance
- ✓ Build a regular walking routine that fits your lifestyle
- ✓ Stay motivated with practical tips and support



No special equipment or experience is needed — just comfortable shoes and a safe place to walk. Everyone is welcome, regardless of where they live.

Program Details:

- September 14th – October 25th, 2026
- Self-Directed — walk anytime, anywhere
- Walk at least 3 days each week for 10–40+ minutes
- Suggested Donation: \$15.00

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



Take the first step toward a healthier, more active season with Walk With Ease!

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!

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

Suggested Donation: \$15

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

Please Note: You do NOT need to be an active member of the YMCA to participate.



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

Or register online by
scanning the QR code:

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
4:00 PM - 5:30 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

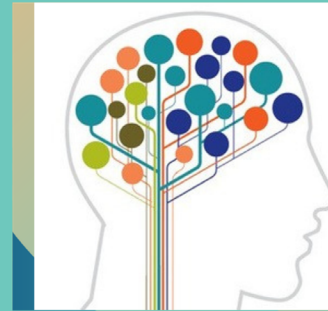
Helping care partners to understand and learn what one can do to create a safer, calmer, and healthier caregiving experience. Each attendee will receive a copy of the Family Emergency Care Plan booklet and directions on how to complete it as part of one's preparedness plan.

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**



BOOST YOUR BRAIN & MEMORY

Have you ever wondered how you can take care of your brain as you age?

The **Boost Your Brain & Memory** program is evidence-based and takes a holistic approach to improving brain health.

This 7-session program focuses on a range of lifestyle factors, including physical activity, emotional health, nutrition, and social engagement.

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

Mondays
Sept. 14th - Oct. 26th
2:30pm - 4:30pm

Albertson Memorial Public Library - Albany

200 N. Water Street
Albany, WI 53502

Classes are free. Space is limited. Pre-registration is necessary.

Participants should be able to attend at least 6 of the 7 sessions.

For more information or to register, please contact Bonnie:

608-426-4295
bbeam@gchsd.org



Caregiver Education Series

Managing Money: A Caregiver's Guide to Finances"
Thursday, September 10th 4:00 PM - 5:00 PM

The fall sessions will kick off with a presentation by the Alzheimer's Association on the topic of "Managing Money: A Caregiver's Guide to Finances". Many times, we may ask "How can I afford to pay for care?" The session provides tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning. This is offered hybrid so attendance can be virtually or in person. Presentation will be held at the Green County Government Service Building (N3152 State Road 81, Monroe, WI 53566).

The Rollercoaster of Caregiving
Thursday, October 8th 4:00 PM - 5:30 PM

Cori Marsh, Dementia Care Specialist from the ADRC of Rock County, will present the "The Rollercoaster of Caregiving", addressing the emotional and physical struggles of caregiving. Presentation will be held at the Green County Government Service Building (N3152 State Road 81, Monroe, WI 53566).

Viewing of "Complaints of a Dutiful Daughter"
Thursday, November 12th 4:00 PM

The final program of the series will be the viewing of "Complaints of a Dutiful Daughter". The documentary reveals the various stages of a daughter's mother's journey with Alzheimer's and her personal response to the illness. Following the film, the attendees are invited to discuss insights they gained or ask questions regarding the disease progression and its symptoms. Viewing will be held at the Green County Government Service Building (N3152 State Road 81, Monroe, WI 53566).

If interested in attending any of these sessions or have further questions, please contact Bonnie at 608-426-4295 or bbeam@gchsd.org.

608-328-9499 | adrcgreencounty.org

AUGUST
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
Tortellini & Shredded Beef w/Mushroom Sauce Peas Carrots Pineapple Tidbits 3 	Ham & Swiss Croissant Roll Ups Steamed Broccoli Baked Beans Salad w/Dressing Cherry Cheesecake 4	Sliced Turkey w/Gravy Mashed Potatoes Steamed Corn w/Butter Diced Peach Cup Cinnamon Apple Chips 5	Sage Roasted Pork w/Gravy Steamed Beets Baked Potato w/Sour Cream Mandarin Oranges 6 	Baked Cod w/Lemon & Butter Sauce Steamed Asparagus Cuts Mashed Potatoes w/Butter Sauce Diced Pears Butterscotch Pudding 7
Spice Rubbed BBQ Chicken Thighs w/Sauce Half Baked Potato w/Sour Cream Buttered Peas Peach Cup 10	Goulash w/Noodles Peas & Carrots Corn Salad w/Dressing Mandarin Orange Cake 11	Sage Roasted Pork w/Gravy Steamed Beets Baked Potato w/Sour Cream Mandarin Oranges 12	Hamburger w/Cheese Baked Beans Roasted Zucchini Mandarin Orange Cup 13	Orange Chicken w/Rice Stir Fry Vegetables Spring Roll Tropical Fruit Cup Banana Pudding Trifle w/Graham Cracker Crust 14
Beef Stroganoff w/Noodles Roasted Honey Carrots Green Beans Diced Peach Cup Cookie 17	Chicken Piccata Butternut Squash Angel Hair Pasta Caesar Salad Pineapple Tidbits 18 	Tator Tot Casserole w/Peas & Carrots Roasted Broccoli Pear Cup Carrot Cake 19	Tuscan Chicken Salad on Croissant Tomato Pesto Salad w/Mozzarella Tropical Fruit Frosted Chocolate Sheet Cake 20	Baked Tilapia w/Dill Cream Sauce Buttered Peas Roasted Sweet Potatoes Jell O Cup Mixed Fruit Cocktail 21 
Chicken Alfredo w/Noodles Steamed Corn Green Beans Pineapple Tidbits Sugar Free Cookie 24	Shredded Beef & Broccoli Steamed Riced Seasoned Carrots Tropical Fruit Cup Lemon Bar 25	Apple Butter Roast Pork Hot Apple w/Macaroni Buttered Corn Mashed Sweet Potatoes Diced Peaches Blueberry Cheesecake 26	Baked Cod w/Lemon & Butter Sauce Steamed Peas Baked Potato w/Sour Cream Diced Pears Chocolate Pudding 27	Ham & Scalloped Potatoes Buttered Steamed Cauliflower Roasted Zucchini Mandarin Orange Cup Angel Food Cake w/Strawberry Topping 28
Pulled Pork Sandwich Steamed Buttered Corn Garlic Mashed Potatoes w/Gravy Coleslaw Tropical Fruit Cup 31	hello AUGUST 			

AUGUST
MENU



Monticello

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

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The Bridge |
August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Veal Sausage Mashed Potatoes Mixed Vegetables Peaches Sugar Cookie 3 	Taco Noodle Bake Peas Banana Vanilla Pudding 4	Pork Sweet Potatoes Green Beans Fruit Cocktail 5	Baked Chicken Mashed Potatoes Broccoli Pineapple Jell O 6 	Baked Cod Potato Wedges Coleslaw Red Grapes Oatmeal Raisin Cookie 7
Bean Casserole Beets Canned Pears Chocolate Chip Cookie 10	Chicken Breast Mashed Potatoes Peas & Carrots Melon 11	Pork Cutlets Mashed Potatoes w/Gravy Green Beans Peaches Chocolate Cake 12	Turkey & Dressing Squash Tossed Salad Apple Chips 13	Roast Beef Boiled Potatoes Corn Mandarin Oranges 14
Pork Roast Mashed Potatoes Carrots Cantaloupe Chocolate Pudding 17	Ham Balls Mashed Potatoes w/Gravy Green Beans Applesauce 18	Oven Fried Chicken Stewed Tomatoes Potato Salad Canned Pears Peanut Butter Cookie 19	Swiss Steak German Potatoes Corn Green Grapes German Chocolate Cake 20	Tuna Noodle Casserole Wax Beans Peaches 21 
Pizza Casserole Carrots Tossed Salad Pineapple 24 	Roast Pork Mashed Potatoes w/Gravy Carrots Applesauce 25	Turkey Tetrazzini Potato Wedges Corn Orange 26	Sharron's Goulash Cauliflower Fruit Cocktail Fruit Pie 27	Baked Cod Potato Wedges Coleslaw Banana Sugar Cookie 28
Pizza Casserole Carrots Tossed Salad Pineapple 31	HELLO AUGUST			

Grief Awareness Month:

Understanding Grief, Honoring Loss, and Finding Hope

Each August, Grief Awareness Month serves as a reminder that grief is a universal human experience—one that touches each of us in different ways and at different times in our lives. While grief is often associated with the death of a loved one, it can also arise from many other significant losses, including declining health, loss of independence, retirement, changes in family roles, divorce, the loss of a cherished pet, or moving away from a familiar home and community.

Grief is not something to "get over." Rather, it is a process of learning to live with loss while honoring the memories, relationships, and experiences that have shaped our lives. It is deeply personal, and no two people grieve in exactly the same way. Some people openly express their emotions, while others grieve quietly. Some begin to heal quickly, while others need months or years to adjust. There is no timeline for grief, and there is no right or wrong way to experience it.

The emotional effects of grief can include sadness, anger, guilt, anxiety, loneliness, disbelief, or even relief, depending on the circumstances surrounding the loss. Grief can also affect us physically, causing fatigue, changes in appetite, difficulty sleeping, trouble concentrating, or a lack of motivation. These reactions are normal responses to significant loss.

For older adults, grief may be especially complex. Many experience multiple losses over time, including the deaths of spouses, siblings, lifelong friends, or neighbors. Health challenges, changes in mobility, or increased caregiving responsibilities can compound feelings of loss and isolation. Caregivers themselves may also experience grief—not only after the death of a loved one, but throughout the caregiving journey as they witness changes in the person they care for. This is often referred to as anticipatory grief, the mourning that begins before a loss actually occurs.

Although grief can feel overwhelming, healing does not mean forgetting. Healing means learning to carry our loss while continuing to find purpose, connection, and moments of joy. It often begins with allowing ourselves to acknowledge our feelings rather than suppress them. Sharing memories, talking with trusted friends or family members, participating in meaningful activities, and seeking support from others who understand can all be important steps toward healing.

One of the greatest challenges people face after a loss is feeling alone. Friends and family may want to help but may not know what to say or do. Connecting with others who have experienced similar losses can provide reassurance that your feelings are understood and that you do not have to walk this journey by yourself.

It is equally important to recognize when grief feels too heavy to carry alone. If feelings of sadness, hopelessness, anxiety, or loneliness become overwhelming, interfere with daily life, or persist without improvement, seeking help from a mental health professional, grief counselor, therapist, or healthcare provider can be an important step toward healing. Asking for help is not a sign of weakness—it is an act of courage and self-care. Professional support can provide tools for coping, a safe place to process emotions, and guidance through the grieving journey. If you or someone you know is experiencing thoughts of self-harm or feels unable to cope, seek immediate help by contacting a healthcare provider or calling or texting 988, the Suicide & Crisis Lifeline.

The Aging and Disability Resource Center (ADRC) of Green County recognizes the importance of compassionate support during times of loss. Our Grief Support Group provides a safe, welcoming, and confidential space where individuals can share their experiences, listen to others, and receive encouragement in a caring environment. Whether your loss is recent or occurred years ago, you are welcome to join us. Sometimes, simply knowing that others understand can be one of the most powerful steps toward healing.

As Laura Steiner, who helped establish the ADRC Grief Support Group and has facilitated it each month for the past four and a half years, shares:

"It is truly inspiring to see how shared loss can bring people together and create such a caring, supportive community. Over the years, our grief support group has become like a family. The compassion, connection, and hope shared amongst members are truly what this space is all about. I've seen meaningful friendships form, resilience grow, and people find the strength to work through their grief and keep moving forward in a way that works for them. It's a privilege to be part of this group and welcome others to join. Always remember, you are not alone in this journey."

The ADRC Grief Support Group meets on the third Tuesday of every month from 5:30pm – 7:00pm in Monroe at the Green County Human Services Building, in the Lower Level: Multipurpose Rooms. The group is open to adults who are grieving the loss of a loved one. There is no cost to attend, and participants are welcome to come as they are, knowing they will be met with compassion, understanding, and respect.

As we observe Grief Awareness Month, let us also remember the importance of supporting those around us. A simple phone call, a shared meal, a handwritten note, or taking time to listen without trying to "fix" someone's pain can make a lasting difference. Grief does not need to be carried alone, and small acts of kindness can offer tremendous comfort.

If you or someone you know is struggling with grief, we encourage you to reach out. Whether through family, friends, a faith community, a support group, or a mental health professional, support is available. The ADRC's Grief Support Group is here to provide understanding, hope, and connection. For more information, please contact the ADRC at 608-328-9499.

While grief changes us, it can also remind us of the depth of our love, the strength of our resilience, and the importance of community. Together, we can honor those we have lost while supporting one another on the path toward healing.

Green County Home-Delivered Meal Program Receives Grant from Monroe Fund



The Green County Aging & Disability Resource Center announces it has received a grant from the Monroe Funds Spring 2026 Grant Cycle of the Community Foundation of Southern Wisconsin, Inc. to support the Home-Delivered Meal Program.

This grant is made available from the Community Foundation's Clifford & Dorothy Reasa Charitable Fund of the Monroe Fund. The Community Foundation of Southern Wisconsin is a resource for area nonprofit organizations whose programs and services are working for the betterment of our communities. Grants from the Clifford & Dorothy Reasa Charitable Fund of the Monroe Fund., of the Monroe Fund have supported the arts, education, environment, health and human services and historic preservation.

For more information on how you can support you community through the Community Foundation, contact Linda Gebhardt at 608-758-0883, ext. 7007, email at linda@cfsw.org or visit our website at www.cfsw.org. The Community Foundation of Southern Wisconsin serves nine Wisconsin counties: Crawford, Grant, Green, Iowa, Lafayette, Rock, Sauk, Vernon, and Walworth. For good. For ever.

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.

ADRC DAY TRIP - AUG 20th

Mid-Continent Railway Museum

North Freedom, WI

Cost \$60 - includes transportation, admission into museum and train ride.

Luch cost will be on own.



Take a memorable, seven-mile, 55-minute round-trip train ride on a former branch line of the Chicago & North Western Railway nestled in a valley between the Baraboo Hills in rural Sauk County. Passengers ride in restored steel coaches built a century ago. An authentically attired conductor will call "all aboard!" before the train leaves from a historic wooden depot, built in 1894.

Mid-Continent is much more than just a train ride. Explore the indoor/outdoor museum filled with award-winning restorations and railroad exhibits. In all, there are over 40 train cars and locomotives on display and more under restoration.

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
Aug 27th	Monroe - Juda - Brodhead - Albany to Janesville	\$15.00
Aug 12th & 26th	Belleville - New Glarus - Monticello to Monroe	\$8.00
Aug 5th & 19th	Albany - Brodhead - Juda to Monroe	\$8.00
Aug 6th	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