

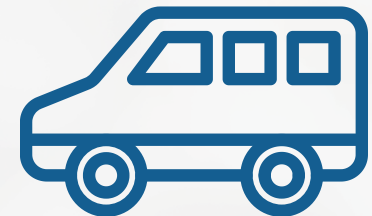


PUBLIC HEARING

2027 Specialized Transportation Application Public Hearing

TUESDAY
OCTOBER 6TH

Green County Government Services Building
N3152 State Road 81
Monroe, WI 53566
Lower Level Room 1
9:00 AM



We will be reviewing Green County's proposed plan for spending \$100,212 plus required match, authorized under Section 85.21 of Wisconsin Statute on accessible vehicle usage and volunteer driver escort program

➤ If you cannot join us or would like to provide comments, please contact:
Morgan Kelly
Aging Programs Supervisor
N3152 State Road 81
Monroe, WI 53566
608-328-9499



Like Us On **facebook**

Aging & Disability Resource Center of Green County

Colony
BRANDS, INC.

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TO ENRICH LIVES**

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ColonyBrands.com

608-328-9499
adrcgreencounty.org

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.



ADRC Manager

Amber Russell

Aging Programs Supervisor

Morgan Kelly

ADRC Office Associate

Karen Daly

Elder Benefit Specialist

Mandy Johnson

Disability Benefit Specialist

Julie Ames

ADRC Specialists

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Darcy Toberman

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Adult Protective Services

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Program Specialist

Katie Huffman

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David Haffele

Dennis Peterson

Bill Wyss

Meal Site Managers

Linda Johnson

Catrina Bennett

Hand in Hand Staff

Heather Huschitt

Laura Short

Dementia Care Specialist

Bonnie Beam-Stratz

Ways to contact us!

Website - adrcgreencounty.org

Facebook - Aging & Disability Resource Center
of Green County

Email - resourcecenter@gchsd.org

Phone - 608-328-9499

Office - N3152 State Road 81
Monroe, WI 53566



Part D season is right around the corner, which means some minor changes with the EBS services the next few months. During the months of October, November and December appointments, will be limited. If you are considering taking your Medicare benefits or Social Security Retirement benefits during this time, we'd be happy to answer questions by phone and will be offering limited appointments for those reaching deadlines. Questions on overpayments, appeals, denials and other time sensitive items will also be assisted with during this time.

If you'd like to arrange an appointment to discuss retirement options for 2027, please feel free to reach out to schedule an appointment for after Part D or early 2027. When in doubt, give us a call and we will figure out whether or not an appointment is necessary at this time or we can get you on the schedule for after Part D.

Coming back in 2027... Medicare 101 Basics! Keep an eye out for more information in the upcoming months. We appreciate your patience as I work through this first Part D season and still learning the position!

FEEL MORE CONFIDENT:

Take Charge of Your Bladder and Bowel Health

Let's talk about something that doesn't always get talked about: bladder and bowel health. Changes in bladder or bowel control are common, but they aren't something you simply have to accept as a normal part of aging. There are practical strategies that can help!

MIND OVER MATTER: Healthy Bowels, Healthy Bladder (MOM) is a three-session program designed to give women the knowledge, tools, and confidence to better manage these concerns—and potentially prevent problems before they start.

Participants will explore pelvic floor exercises, nutrition, healthy habits, and lifestyle strategies that can support better bladder and bowel health. The program also provides a comfortable, supportive environment to learn, ask questions, and share experiences with other women.

And there's no need to leave home! MOM is offered virtually through Zoom, making it easy to participate from the comfort and privacy of your own space.

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.

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**



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.



The Albany and Monroe Lion's Clubs and the Green County Veterans Service Office are sponsoring the annual Veterans Appreciation Lunch on Saturday, November 7th, 2026 at the Albany Lion's Club Building, 402 N. Cincinnati Street, on the northeast side of Albany.

Active Duty Personnel, Veterans, their spouses and widows or widowers of deceased Veterans are invited to this no cost lunch.

There will only be one seating this year, at Noon. There will be no reservations taken. Seating is on a first come, first served basis.

Sleep Well, Live Well: Simple Steps for Better Sleep

Getting a good night's sleep is an important part of staying healthy at every age. Sleep gives your body time to rest and repair, supports memory and concentration, and can help improve mood, balance, and overall well-being. As we get older, changes in sleep patterns are common, but consistently poor sleep is not something you simply have to accept as a normal part of aging.

Why Sleep Matters

Quality sleep can help support your physical and emotional health. Not getting enough restful sleep may leave you feeling tired, irritable, or less focused during the day. Poor sleep can also affect balance and reaction time, which may increase the risk of falls. Establishing healthy sleep habits—sometimes called sleep hygiene—can make it easier to get the restorative sleep your body needs.

Build Healthy Sleep Habits

Small changes to your daily routine can make a big difference. Consider these sleep hygiene tips:



- **Keep a regular schedule.** Try to go to bed and wake up around the same time each day, including weekends. A consistent schedule helps your body establish a natural sleep rhythm.



- **Create a relaxing bedtime routine.** Give yourself 30–60 minutes to wind down before bed. Try reading, listening to calming music, taking a warm bath, or practicing deep breathing. Keep stimulating activities, stressful conversations, and screens to a minimum.



- **Make your bedroom sleep-friendly.** Keep your bedroom comfortable, quiet, and dark. A cool room and a comfortable mattress and pillows can also promote better sleep.



- **Be mindful of caffeine and alcohol.** Caffeine can stay in your system for several hours, so consider limiting coffee, tea, soda, and other caffeinated drinks later in the day. Although alcohol may make you feel sleepy at first, it can interfere with the quality of your sleep.



- **Stay active during the day.** Regular physical activity can help you sleep better at night. Spending some time outdoors during the day can also help your body maintain a healthy sleep-wake cycle. Avoid vigorous exercise too close to bedtime if it makes it harder for you to relax.



- **Pay attention to naps.** A short nap may help you feel refreshed, but long or late-afternoon naps can make it harder to fall asleep at night.



- **Limit fluids before bedtime.** If nighttime trips to the bathroom are interrupting your sleep, try drinking more of your fluids earlier in the day and reducing them in the evening.

When to Talk With Your Health Care Provider

If you regularly have trouble falling asleep, wake frequently during the night, wake up too early, or feel excessively tired during the day, talk with your health care provider. Loud snoring, gasping or pauses in breathing during sleep, restless legs, or persistent daytime sleepiness can also be signs of a sleep disorder that deserves attention.

Sleep is more than just “rest”—it is an important part of healthy aging. By creating consistent routines and making your sleep environment comfortable, you can give yourself a better chance of waking up refreshed and ready for the day. Better sleep starts with small, healthy habits. Give your body—and your mind—the rest they deserve.



October is National Physical Therapy Month

This month highlights the importance of physical therapy in promoting resilience and supporting strength, mobility, and overall wellness throughout the lifespan to optimize the health span, the period of life when people are generally healthy and free from preventable chronic disease. It also emphasizes prevention, wellness, and improving mobility and strength to support all aspects of work, life, and play.

As we age, new health challenges can arise and strength can decline. Physical therapy helps improve function, encourage activity, and prevent injuries — empowering older adults to maintain independence and a high quality of life.

Why physical therapy matters for people in older adulthood:

Living a full, independent life often means staying active and confident, but for many older adults, the fear of falling — or even a fall itself — can significantly diminish their quality of life, leading to injury or a loss of independence. Physical therapy can improve balance, muscle strength, and endurance can help to reduce the risk for falls. Beyond falls, the challenges of frailty — which can leave muscles weak and energy low — and the impact of stroke or chronic disease, can severely limit movement and function, and threaten independence. Physical therapists and physical therapist assistants help improve strength, flexibility, balance, and aerobic capacity (ability of the heart and lungs to get oxygen to muscles).

How Physical Therapy Helps Older Adults Thrive

Physical therapists and physical therapist assistants help older adults:

- Manage chronic pain
- Improve strength and endurance for daily life
- Boost balance and prevent falls
- Maintain independence and mobility
- Stay active and engaged in the things they enjoy

Continued on Page 4.

608-328-9499 | adrcgreencounty.org 3



Caregiver Education Series

Building Knowledge, Strength, and Compassion in Caregiving.

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

About The Presenter

Cori Marsh, ADRC-Aging Unit Supervisor for Rock County, has spent her career supporting older adults, families, and caregivers. Drawing from both her professional experience and her own caregiving journey, she brings honesty, compassion, and humor to the conversation.



**Thursday, October 8th
4:00pm - 5:30pm**

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

Hybrid Offering: In-Person or Virtual
Registration encouraged by Oct. 7th.

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

608-426-4295
bbeam@gchsd.org

The Roller Coaster of Caregiving

Love, Loss, & Resilience
Along the Journey

Join us for an insightful presentation exploring the realities of caregiving for a frail, elderly, or cognitively impaired loved one. Through compassion, honesty, and humor, we'll discuss the challenges, rewards, and shared experiences of the caregiving journey, while highlighting the importance of support, self-compassion, and honoring each caregiver's unique path.



Caregiver Education Series

Building Knowledge, Strength, and Compassion in Caregiving.

Join us for the last session in our 2026 Caregiver Education Series with a Documentary Viewing!

Stay after the film for a Q&A with Bonnie Beam-Stratz, Dementia Care Specialist, and ask questions about Alzheimer's disease, other types of dementia, caregiving, and available resources.

**Thursday, November 12th
4:00pm - 5:30pm**

Green County Human Services Building
(Lower Level) Multipurpose Room 1
N3152 State Road 81, Monroe, WI 53566

Free and open to the public. Registration encouraged, but not required.

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

608-426-4295
bbeam@gchsd.org

Complaints of a Dutiful Daughter

Documentary Viewing & Discussion

Gain a deeper understanding of Alzheimer's disease through a screening of the 1994 Oscar-nominated documentary **Complaints of a Dutiful Daughter**. Filmmaker Deborah Hoffmann's intimate portrayal of her mother's journey explores the progression of dementia, the evolving experience of self-awareness, and the adaptations families make while caring for a loved one. This powerful film offers an honest and compassionate perspective on living with Alzheimer's disease.

* ACADEMY AWARD NOMINEE FOR FEATURE DOCUMENTARY *
"This is the best film about Alzheimer's disease that I have seen."
— GENE SISKEL, CHICAGO TRIBUNE



Continued from page 3.

Examples of Common Specialty Areas in Older Adulthood May Include:

- Geriatrics Physical Therapy: Focuses on improving function and quality of life for older adults
- Neurologic Physical Therapy: Addresses conditions affecting the brain such as Parkinson's, stroke, ALS, MS, and nerves
- Cardiovascular & Pulmonary Physical Therapy: Provides prevention and rehabilitation care for people who are at risk for, or diagnosed with, heart, lung, and other health conditions
- Orthopedic Physical Therapy: Provides physical rehabilitation for people with pain, injury, or diseases of the muscles, bones, or joints that limit mobility and addresses osteoporosis

Conversation Starters for your Physical Therapy Visit

Preparing for your physical therapy appointment is a great step toward taking charge of your health and mobility. To make the most of your visit, write down any questions you have and note your symptoms and medical history. This is also an opportunity to learn about prevention, wellness, and ways to improve strength and movement, helping you stay active in work, life, and play.

1. How long before I can expect to see improvement?
2. Will physical therapy alone be enough to resolve my issue?
3. Which exercises should I be doing at home and how often?
4. Are there any activities I should avoid?
5. What daily habits can support my recovery?
6. How will I know when I'm ready to return to [work/sports/daily activities]?
7. What can I do to prevent this problem from returning?
8. Do I need any special equipment (braces, supports, etc.)?
9. Are there any areas of weakness or imbalance I should be aware of?
10. How often should I see a physical therapist, and for how long?
11. What are the next steps in my therapy plan?

WORDS from the **ADRC Specialist**



National Disability Employment Awareness Month: Everyone Has Something to Contribute

October is National Disability Employment Awareness Month (NDEAM), a time to recognize the many contributions people with disabilities make in our workplaces and communities.

When we think about employment, we often think about a paycheck. But having a job can mean so much more. Work can provide a sense of purpose, independence, friendship, routine and the opportunity to use our talents.

For people with disabilities, finding and keeping a job can sometimes come with additional challenges. Transportation, accessibility, scheduling, technology and finding the right support can all create obstacles.

The good news is that many of these barriers can be overcome. Look at the person—not the disability

One of the most important things we can do is change the way we think about disability and employment.

Instead of asking, *“What can’t this person do?”* we should ask, *“What can this person do, and what can we do to help them succeed?”*

People with disabilities have skills, talents, experience and ideas that can make workplaces stronger. They are teachers, customer service representatives, healthcare workers, office employees, business owners, tradespeople, volunteers and leaders.

A disability doesn’t erase a person’s abilities. Small changes can make a big difference

Sometimes a person doesn’t need a completely different job—they simply need a different way of doing the job.

Flexible scheduling, accessible workspaces, assistive technology, modified equipment or the ability to work from home may help an employee be successful.

These changes can benefit everyone. A flexible workplace can make it easier for employees to balance work with family responsibilities, health needs or other challenges.

Where does the ADRC fit in?

The Aging and Disability Resource Center (ADRC) is a great place to start when you don’t know where to turn for help.

ADRCs connect people with information, resources and services that can help them live independently and reach their goals. For someone with a disability who wants to work—or continue working—the ADRC can help identify resources and connect them with organizations that specialize in employment, transportation, benefits, independent living and other supports.

You don’t have to figure everything out on your own.

Sometimes the hardest part is simply knowing who to call.

Everyone benefits when everyone can participate

When people with disabilities have the opportunity to work, the benefits reach far beyond the individual.

Employees gain independence and a sense of accomplishment. Employers gain dedicated workers with unique skills and perspectives. And our communities become stronger when everyone has the opportunity to participate and contribute.

This October, let’s celebrate the accomplishments of people with disabilities and the employers who recognize their value.

Most importantly, let’s remember that disability is only one part of a person. Their talents, dreams, experience and contributions are what make them unique.

Everyone has something to contribute. Everyone deserves the opportunity to be included. And sometimes, all it takes is the right support to make that opportunity possible.

If you or someone you know has a disability and needs help finding resources related to employment, transportation, benefits or independent living, contact your local ADRC at 608-328-9499. We are here to help you find the answers and connect you with the resources you need.

ADRC Specialists - Heather, LA and Darcy

OCTOBER

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
Hamburger w/Cheese 5 Baked Beans Roasted Zucchini Mandarin Orange Cup	Maple Glazed Ham Steaks 6 Baked Potato w/Butter & Sour Cream Steamed Asparagus Tropical Fruit Cup Oreo Pie	Sliced Turkey w/Gravy 7 Mashed Potatoes w/Gravy Steamed Buttered Broccoli Mixed Fruit & Jell-O	Tuscan Chicken Salad on Croissant 1 Tomato Pesto Salad w/Mozzarella Tropical Fruit Frosted Chocolate Sheet Chake	Baked Tilapia w/Dill Cream Sauce 2 Butter Peas Roasted Sweet Potatoes Jell-O Cup Mixed Fruit Cocktail
Crack Ranch Chicken over Noodle 12 Seasoned Roasted Broccoli Buttered Steamed Carrots Diced Peaches	Sweet & Sour Diced Pork 13 Steamed Rice Sauteed Stir-Fry Mix Applesauce Cup Spring Rolls	Roast Turkey Breast w/Gravy 14 Mashed Potatoes Green Beans Fresh Melon Mix	Garlic Parmesan Meatballs 15 Noodles Green Beans Roasted Sweet Potatoes Cinnamon Apple Chips Brownie Cheesecake	Honey Ginger Soy Cod w/Steamed 9 Rice Steamed Buttered Asparagus Cuts Roasted Seasoned Carrots Diced Pears
Garlic Beef Bowtie Pasta 19 Steamed Green Beans Brown Butter Carrots Diced Pear Cup Pudding	Ham & Scalloped Potatoes 20 Seasoned Roasted Zucchini Steamed Cauliflower Pineapple Tidbits	Honey Garlic Chicken Thighs w/ 21 Sauce Mashed Potatoes w/Butter Buttered Steamed Peas Apple Slices Pumpkin Fluff	Lasagna 22 Roasted Italian Vegetables Caesar Salad w/Dressing Diced Peach Cup Cookie	Red Chicken Enchiladas 16 Spanish Rice w/Steamed Tomatoes Roasted Seasoned Zucchini Cold Mexican Street Corn Pasta Salad Pineapple Tidbits
BBQ Pulled Pork Sandwich 26 Steamed Butternut Squash Steamed Broccoli Mixed Fruit Cup Chocolate Chip Cookie	Meatloaf w/Ketchup Glaze 27 Au Gratin Potatoes Green Beans Cottage Cheese & Peaches Diced Pears	Shredded Chicken 28 Broccoli w/Brown Sauce Steamed Rice Seasoned Carrots Mandarin Orange Cup Yogurt	Beef Stroganoff w/Noodles 29 Buttered Corn Roasted Sweet Potatoes Tropical Fruit Cup Brownie	Cranberry Roast Pork 30 Baked Beans Roasted Cauliflower Apple Slices

OCTOBER

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 |

October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat Loaf 5 Baked Potato Green Bean Casserole Peaches	Spaghetti 6 Carrot Salad Oatmeal Cookie Peaches	Pork Roast 7 Sweet Potatoes Mixed Vegetables Baked Beans Pumpkin Pie	Swiss Steak 1 Mashed Potatoes w/Gravy Corn Chocolate Cake 3 Bean Salad	Tuna Noodle Casserole 2 Stewed Tomatoes Orange
Beef Stew w/Carrots 12 Wax Beans Orange	Chicken Breast w/Wild Rice 13 Mashed Potatoes Carrots Pears	Baked Ham 14 Au Gratin Potatoes Peas 3 Bean Salad Peanut Butter Cookie	Baked Chicken 8 Mashed Potatoes w/Gravy Green Beans Pears	Ham Balls 9 Scalloped Potatoes Peas & Carrots Banana
Baked Chicken 19 Scalloped Potatoes Beets Banana	Roast Beef 20 Mashed Potatoes w/Gravy Peas Fruit Cocktail	Lasagna 21 Broccoli Salad Chocolate Cake Applesauce	Turkey & Dressing 15 Squash Corn Apple Bar Cranberry Orange Relish	Baked Cod 16 Potato Wedges Coleslaw Grapes
Ham Balls 26 Scalloped Potatoes Green Beans Applesauce	Mushroom Steak 27 Mashed Potatoes w/Gravy Carrots Peaches	Chicken Breast w/Wild Rice 28 Peas & Carrots Banana	Pork Tenderloin 22 Sweet Potatoes Corn Cherry Pie	Hamburger Bean Bake 23 Wax Beans Orange Chocolate Chip Cookie
			Turkey & Dressing 29 Sweet Potatoes Green Beans Canned Pears	Baked Cod 30 Potato Wedges Baked Beans Coleslaw Grapes

Check Your Beneficiary Designations!



By the GWAAR Legal Services Team

When was the last time you checked the beneficiary designations on your retirement and other investment accounts? When you sign up for a 401(k) or any other bank or investment account, you are asked to name a beneficiary who will receive the money in the account when you pass away. Many people fill out the form and forget who is listed as a beneficiary on an account. Some people even leave the beneficiary designation blank when they open an account.

Although many people make sure that important documents like wills are updated when necessary, they overlook beneficiary designations on financial accounts and retirement plans. If it's been awhile since you checked, you may find that your designated beneficiary is not who or what you think it should be. For example, if you named a charity as your beneficiary many years ago, that charity may no longer exist. If you're divorced, your ex-spouse may still be listed as a beneficiary. It is important to notify your financial institution or the administrator of any retirement plan of any changes in your family status. You should be sure to ask what documentation the financial institution or retirement plan requires to show the change in your family status. Your family status can affect the benefit you, your spouse, or your former spouse will receive. If you don't choose a beneficiary or ensure that your financial institution or retirement plan has accurate information, your beneficiary may be determined by federal or state law or by the plan document that governs your retirement accounts. Whatever your beneficiary statement says will trump your will.

Fortunately, changing your beneficiary isn't hard to do. If you do not remember who you've chosen as a beneficiary, you can request a copy of your beneficiary forms from your financial institution. You can revoke your beneficiary designation and choose a new beneficiary with a change of beneficiary form. You can also add additional beneficiaries. If you change or add beneficiaries, make sure that your account administrator has received the form and any other necessary documentation. Beneficiary designations are only effective if they are received by the account administrator before the account owner dies.

You should check your financial and estate plans periodically, including your will, power of attorney documents, and any beneficiary designations. You should also check these documents after major life events, like marriage or divorce. If you have any questions about your beneficiary designation, you should contact your financial institution. If you are in the process of getting a divorce, and either spouse has a retirement plan, talk to a family law attorney about what will happen to any pensions or retirement accounts.

If you have any questions about your own, a spouse's, or an ex-spouse's eligibility for payments under a retirement plan, contact the plan. You can also request assistance from Trellis Pension and Retirement Rights at (866) 783-5021.

If you have questions about any other documents in your estate plan, you should contact an estate planning attorney. To find an estate planning attorney near you, you can contact the State Bar of Wisconsin's Lawyer Referral Service at (800) 362-9082.

Memory Screening *A Check Up for Your Brain*

A memory screen provides useful health information about your brain, just like a blood pressure test provides information about your heart. You can be screened if you are concerned about your memory due to changes, a family history of dementia, had an injury to your head, or those who want a baseline to monitor brain health.

The screening tool does not diagnose Alzheimer's disease or other types of dementia. It identifies how your brain is functioning in a single moment. There are many reasons a screen may show concerns, including experiencing depression, stress, medical issues, sleep imbalances, chronic pain, medication side effects... the list goes on. If your brain changes result from one of these conditions, diagnosis and treatment may improve your quality of life. At your request, the screening results can be shared with your doctor.

Early detection does matter. If the results from the memory screen are shared with your doctor and it is determined that you may have some type of dementia, you can plan for your future. You can take steps now to develop a support system to maintain independence and/or become involved in early intervention programs that may slow the disease.

Knowing your baseline also allows you to monitor any future changes. Free memory screens are being offered in various locations in Green County and are conducted by a trained Dementia Care Specialist.



NOVEMBER 4TH

Sugar River Senior Center
21 S. Vine St., Belleville
1pm to 3pm



NOVEMBER 5TH

Monticello Public Library
512 E Lake Ave., Monticello
10am to 2pm



NOVEMBER 9TH

ADRC of Green County
N3152 State Rd. 81, Monroe
10am to 2pm



NOVEMBER 16TH

Albertson Memorial Library
200 N. Water St., Albany
1pm to 3:30pm

If you would like to schedule a memory screen or obtain more information, contact Bonnie at 608-426-4295 or bbeam@gchsd.org.

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 | 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. Day & night time offerings.

4th Thursday of the month | 10:30am-12:00pm
Green County Human Services Building
Lower Level: Multipurpose Room 1
N3152 State Road 81, Monroe, WI

SEQUOIA CLUB

For individuals living with early-stage dementia or mild cognitive impairment (MCI) who have a diagnosis.

3rd Monday of the month | 1:00pm-2:00pm
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.



EUGSTERS FARM MARKET

JOIN US 10/15/2026

Try their fresh produce or simply stop by to visit the animals and get some fresh air! The farm has plenty to explore and offer for everyone such as produce, summer truck stands, market shops, petting zoo, u-cut flowers and more.

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

Health & Wellness

REMAINING 2026 PREVENTION WORKSHOPS

MIND OVER MATTER:

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

October 7th, October 21st, & November 4th
5:00pm-7:30pm (CST), Wednesdays
Virtual, Via Zoom
Zoom Practice Session: September 30th

What Are You Doing to Age Healthfully?

Healthy aging is about taking care of yourself so you can continue to live a full, active, and meaningful life. Eating well, staying physically active, getting enough rest, maintaining social connections, caring for your mental and emotional health, and keeping up with regular health screenings are all important steps toward aging well. It's also about staying curious, trying new things, nurturing the relationships that matter, and finding joy in everyday life.

Remember, it's never too late to make positive changes and invest in your health. What can you do today to take charge of your well-being, keep moving forward, and make the most of the years ahead? Your healthiest years can still be ahead of you—make them count!

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
Oct 22nd	Monroe - Juda - Brodhead - Albany to Janesville	\$15.00
Oct 14th & 28th	Belleville - New Glarus - Monticello to Monroe	\$8.00
Oct 7th & 21st	Albany - Brodhead - Juda to Monroe	\$8.00
Oct 1st	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