2026

THE Bridge

NOVEMBER

Connecting services, resources, and information for the community.

November: A Great Time to Focus on Diabetes Awareness and Healthy Living



Taking care of our health is important at every stage of life, and November is a great opportunity to learn more about diabetes and the steps we can take to live well. National Diabetes Month brings attention to a condition that affects millions of Americans and highlights the importance of education, healthy habits, and support for those living with diabetes.

For older adults, managing a chronic condition can sometimes feel overwhelming, especially when balancing medications, other health concerns, and everyday responsibilities. However, with the right information and support, people living with diabetes can continue to enjoy their favorite activities, maintain their independence, and focus on what matters most to them.

What Should You Know About Diabetes?

Diabetes affects the way the body processes glucose, commonly known as blood sugar. Insulin helps glucose move from the bloodstream into the body's cells, where it is used for energy. When the body does not produce enough insulin or cannot use it properly, blood sugar levels can become too high. For people taking certain diabetes medications, blood sugar can also fall too low.

Diabetes and related blood sugar conditions come in several forms:

- **Type 1 Diabetes:** An autoimmune condition in which the body produces little or no insulin. Daily insulin treatment is necessary.
- **Type 2 Diabetes:** The most common form of diabetes. It occurs when the body does not use insulin effectively or cannot produce enough to keep blood sugar within a healthy range.
- **Gestational Diabetes:** A condition that develops during pregnancy and can increase the risk of Type 2 diabetes later in life.
- **Other Specific Types of Diabetes:** Some forms are associated with genetic conditions, pancreatic diseases, hormonal disorders, or certain medications.
- **Prediabetes:** Blood sugar levels are higher than normal but not yet in the diabetes range. Taking steps to improve eating habits, increase physical activity, and manage weight when appropriate may help prevent or delay Type 2 diabetes.

Because diabetes does not always cause noticeable symptoms, regular health appointments and recommended blood sugar screenings are important.

Continuted on page 3.

ADRC
Aging and Disability Resource Center
Green County, Wisconsin

CHECK OUT OUR NEW PAGE
Like Us On facebook
Aging & Disability Resource Center of Green County

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.

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Green County, Wisconsin

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Ways to contact us!
Website - adrcgreencounty.org
Facebook - Aging & Disability Resource Center of Green County
Email - resourcecenter@gchsd.org
Phone - 608-328-9499

Office - N3152 State Road 81
Monroe, WI 53566



Hello!

We are well underway with Medicare Part D Open Enrollment. A few reminders as we work through this busy time of year. First, how can you review your options for prescription drug plans for 2027?

You can do one of the following:
- 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 (ask for a Part D packet to be mailed)

If you have mailed or dropped off a plan finder at the ADRC we are working on running plan options. Please understand that this will take time and it may be a few weeks before you hear back from the ADRC.

Open enrollment runs until December 7, 2026. The ADRC will be taking plan finder requests up until December 1, 2026. After that date you will need to reach out to one of the other options listed above.

We understand how stress it can be to choose a plan that is best for you. We appreciate and are grateful for your patience this Open Enrollment Season!



November is National Gratitude Month, a time to slow down, reflect on the big and small things we appreciate, and recognize the positive impact gratitude can have on our daily lives. Taking a moment to focus on what we're thankful for can brighten our outlook, lift our spirits, and strengthen our connections with others.

This November, the Aging and Disability Resource Center (ADRC) invites you to help our Gratitude Tree bloom! Located in the ADRC office lobby, our community tree offers a simple way to share a little positivity and celebrate the things that make life meaningful.

Participating is easy! Stop by the ADRC lobby, pick up a paper leaf, and write down something you're grateful for. It can be something big, like family and friendships, or something small, like a beautiful fall day, a kind gesture, or a favorite daily routine. Once you've written your message, add your leaf to the tree and watch it grow throughout the month.

By the end of November, our Gratitude Tree will be filled with the thoughts, experiences, and appreciation of our community members. Each leaf will serve as a reminder that even small moments of gratitude can make a difference.



We hope you'll stop by, share what you're thankful for, and help us fill our tree with gratitude, kindness, and community spirit this November!

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Listen to Your Body and Know the Warning Signs

Changes in blood sugar can affect how you feel throughout the day. High blood sugar may cause increased thirst, frequent urination, fatigue, blurred vision, increased hunger, and slow-healing sores. Some people may also experience unexplained weight changes.

Low blood sugar, or hypoglycemia, can cause shakiness, sweating, dizziness, hunger, weakness, and confusion. Severe low blood sugar can be dangerous and requires immediate attention. If you take insulin or certain diabetes medications, ask your healthcare provider how to recognize and respond to low blood sugar.

If you notice unusual symptoms or have concerns about your blood sugar, talk with your healthcare provider.

Everyday Choices That Support Better Health

Living well with diabetes does not mean making every change overnight. Small, manageable steps can help build healthier routines over time.

Make meals work for you. Include a variety of vegetables, fruits, whole grains, lean proteins, and healthy fats. Drinking water instead of sugary beverages and paying attention to portion sizes can also support blood sugar management.

Find ways to keep moving. Physical activity does not have to mean going to a gym. Walking, gardening, dancing, chair exercises, and other activities suited to your abilities can help improve strength, balance, and blood sugar control.

Stay connected with your healthcare team. Keep scheduled appointments, take medications as directed, and ask questions if you are having difficulty following your treatment plan. Regular checkups also help monitor vision, kidney function, circulation, and foot health.

Make prevention a priority. If you have prediabetes, healthy lifestyle changes may reduce your risk of developing Type 2 diabetes. Your healthcare provider can help you identify practical goals that fit your needs and lifestyle.

Ask for support when you need it. Managing diabetes can be easier when you have people to turn to for encouragement, information, and assistance. Family, friends, caregivers, healthcare professionals, and community programs can all play a role.

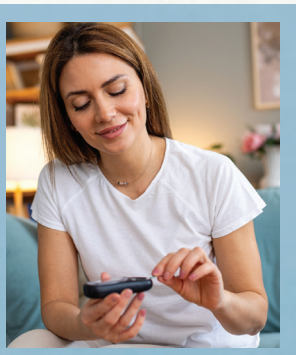
Learn New Skills Through the ADRC's Healthy Living with Diabetes Program

Managing diabetes involves more than knowing what to eat or remembering to take medication. It also means learning how to handle everyday challenges, set realistic goals, and feel confident making decisions about your health.
The ADRC offers Healthy Living with Diabetes, a six-week workshop that helps participants develop practical skills for managing diabetes and improving their quality of life.

During the workshop, participants explore topics such as healthy eating, physical activity, medication use, symptom management, and communicating effectively with healthcare providers. The program also introduces action planning and problem-solving strategies that can be used in everyday life. Participants have the opportunity to learn from one another and share experiences in a welcoming, supportive setting.

Whether you have been living with diabetes for many years or are looking for new ways to manage your condition, this program can help you build knowledge, confidence, and helpful routines. Family members and caregivers are welcome to participate as well.

If you would like to be notified when Healthy Living with Diabetes is scheduled for this upcoming 2027 year, please contact the ADRC at 608-328-9499 to be added to our interest list.



For additional details and resources, visit our website at www.adrcgreencounty.org.

Take a Step Toward Healthier Living

November is a wonderful time to check in with yourself, learn something new, and explore resources that can support your well-being. Whether you are managing diabetes, have been diagnosed with prediabetes, or want to make healthier choices for the future, you do not have to figure everything out on your own. Remember, even small steps toward healthier habits can make a meaningful difference in your overall health and quality of life.

TECHNOLOGY RESOURCES

By the GWAAR Legal Services Team

Technology is useful when it works and you know how to use it. Learning to use technology can take some time and be frustrating. There are many organizations that offer free help with technology issues. Many public benefits, medical providers, and social programs use technology to allow access to a broader audience. Understanding how to use technology can ease anxiety around its use and allow you to stay connected. Below are a few places to go for help when you're trying to use technology that isn't cooperating.

PUBLIC LIBRARIES

Many of the public libraries in Wisconsin have not only technology available for you to use, but may offer classes or one-on-one tech support. They may have classes available to help you learn how to use the internet, a laptop, or even your smartphone. Some even offer time slots to meet with someone to walk through technology issues. If you don't have internet or a computer, you can use theirs for free. Call or visit your local library to see what technology support they offer.

UNITED WAY

United Way offers a program called Techquity that focuses on developing digital skills, tech support, and connecting individuals with technology and the internet. They have navigators available to help one-on-one with technology issues like setting up the internet. They can troubleshoot technology issues and help walk you through issues. They also help connect people with low-cost internet access and laptop computers. Find a navigator near you at https://www.techquitywi.org/digital-navigator or look up more information about this program at https://www.techquitywi.org/.

CELL PHONE PROVIDERS

If you have issues with your cell phone, you should call or visit your cell phone provider. They are there to help with technical issues and to answer your questions. They can walk you through issues and help solve problems related to your cell phone or cell phone service.

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Going Purple for Alzheimer's Disease Awareness Month



Many of us know someone who has been impacted by Alzheimer's disease or other type of dementia, whether it's touched our own family or a friend's loved one. November was recognized and designated as National Alzheimer's Disease Awareness Month by President Ronald Reagan on November 8, 1985 (Proclamation 5405) for heightened awareness of this disease. According to the Alzheimer's Association, there are over seven million Americans with Alzheimer's disease at that time. The cases of dementia in Southwest Wisconsin (Grant, Green, Iowa and Lafayette counties) is **projected to increase by 77.48% from 2020** (2691 cases) **to 2040** (4776 cases)*.

Whether it's during November or any other time of the year, understanding Alzheimer's disease and other types of dementia can improve the quality of life for those living with the diagnosis and their care partners. It can be a long and challenging journey but understanding the disease and how to support those on that journey can help them feel less frightened and secluded. And that's what National Alzheimer's Disease Awareness Month is all about!

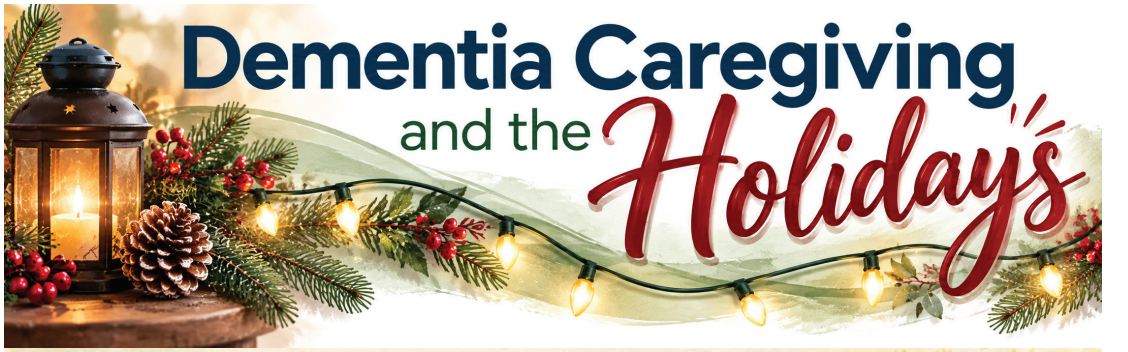
In closing, Laura Wyman (author and speaker) states in her blog Laura Wyman Dementia Whisper,

"Color can be a powerful tool in helping us to remember, notice and celebrate important things in life. The next time you see purple, take a moment to think about all of those living with dementia and the many caregivers who are joining them on their vast journeys. Let it inspire you to continuously look for ways to unify with these people and help raise dementia awareness on their behalf. In that sense, the color purple can serve as our purple light of hope shining on the world."



If you would like more information about Alzheimer's Disease, other forms of dementia or find resources that support individuals with dementia in your community, please contact Bonnie Beam-Stratz, Dementia Care Specialist at the Aging and Disability Resource Center 608-426-4295 or email bbeam@gchsd.org.

*Source: Wisconsin Department of Health Services



Dementia Caregiving and the Holidays

Halloween is over and now people are thinking about the holidays. The holidays always bring me thoughts of warm feelings, togetherness, traditions and love. Preparing for the holidays can bring joy and stress and if you are a caregiver it can be overwhelming. As written in an article by the Mayo Clinic, when caring for a person with dementia "families may experience a sense of loss for the way things used to be".

Here are some tips to help create a more peaceful and enjoyable holiday for a person with dementia. (as written by the Mayo Clinic)

✔ **Try to avoid blinking lights or large displays that can cause confusion.** Consider not using decorations that would cause clutter or require rearranging a room. Familiarity with one's space helps to reduce confusion.

✔**Avoid using burning candles, fragile decorations or decorations/ornaments that can be mistaken for edible items.** Secure the tree so it cannot be tipped over.

✔ **Play favorite and enjoyable music.** The use of music can bring back many pleasant memories and encourage conversations. Be aware of the volume to not overwhelm or distress the person with dementia.

✔ **Enjoyable holiday activities to engage the person with dementia.**

✔ **Preparing foods together such as mixing batter and/or decorating cookies.** Opening and reading holiday cards or making simple decorations. Perfection is not the goal. The goal is to engage with one another.

✔ **Have smaller gatherings which can be more relaxed and less commotion to reduce anxiety and confusion.** Have these gatherings at the best time of the day for the person with dementia. Try to keep as much of their normal routine of the day. If you are having guests over, provide a quiet place for the person with dementia to have time alone or to visit with one person at a time.

✔ **Use the person's strength of their long term memory to read a favorite holiday story, looking through photos of past holidays, singing favorite songs/hymns and watching a favorite movie.**

✔ **"If you'll be attending a holiday gathering, plan to be brief or be prepared to leave early if necessary.** Make sure there is a place to rest or take a break."

As the caregiver, it is important to look at self-care as well. Focus on what is most important to you, set realistic expectations for the holidays, delegate some duties to others and designate some time for you without caregiving responsibilities. Meal prep can be very time consuming, think about ordering your meal from a local store or restaurant or have others provide many of the items and you make your favorite dish to add to the meal.

When it comes down to it, the real meaning and memories of the holidays does not always include what you ate or how the room was decorated, it was the people you were with and the feelings that were experienced together.

For further tips for celebrating the holidays or ideas for gift giving, contact the Dementia Care Specialist through your local Aging and Disability Resource Center (ADRC).

WORDS from the ADRC Specialist



November is Family Stories Month and Long-Term Care Awareness Month—two important observances that may seem unrelated at first, but together they offer families a meaningful opportunity: to share our stories, learn what matters most to one another, and make plans for the years ahead.

Every family has stories. We remember the holidays at Grandma's house, the traditions passed down through generations, the challenges someone overcame, and the values that shaped the people we love. These stories help us understand where we've come from. But they can also help us prepare for where we're going.

Start with the Stories

Conversations about long-term care can feel uncomfortable. No one likes to imagine a time when a parent, spouse, sibling, or even we ourselves may need help with everyday activities.

That's why starting with family stories can be so powerful. Ask questions such as:

- "What was it like when you cared for your parents?"
- "What did you learn from that experience?"
- "What would you want your family to know if you ever needed additional care?"
- "Where would you feel most comfortable receiving care?"
- "What makes a place feel like home to you?"
- "What traditions or routines would you want to continue if your health changed?"
- "Who would you trust to help make decisions on your behalf?"

These conversations aren't simply about future medical or financial needs. They're about understanding a person's values, preferences, priorities, and wishes.

Turn Family Knowledge into a Plan

Once families begin talking, the next step is turning those conversations into a practical plan.

A long-term care plan might address:

Where care could be provided.

Would the person prefer to remain at home? Would family members be able to provide some assistance? What other options might be available if more support is eventually needed?

Who will help.

Identify family members, friends, professionals, or other resources who may be part of the support network.

How care could be paid for.

Long-term care can create significant expenses. Families should understand what resources may be available, including personal savings, insurance, government programs for which someone may qualify, and other financial resources.

Who will make important decisions.

Families can discuss advance directives, powers of attorney, and other documents that help ensure someone's wishes are understood and respected.

What matters most to the individual.

A good plan isn't just about finances and paperwork. It should reflect the person's lifestyle, relationships, values, routines, and definition of quality of life.

Make the Conversation Part of the Family Story

Planning for long-term care doesn't mean expecting the worst. It means giving your family a roadmap if circumstances change.

The conversations you have today can reduce uncertainty tomorrow. They can help family members understand what their loved one wants, who should be involved, and where to turn for help.

Most importantly, planning can allow families to spend less time making decisions during a crisis and more time being there for one another.

This November, consider gathering your family around the table—not just to remember the stories that brought you together, but to begin creating the story of how you will care for one another in the years ahead.

Because every family has a story. And part of that story can be making sure the people we love are cared for with dignity, compassion, and according to their wishes.

ADRC Specialists - Heather, LA and Darcy

NOVEMBER 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
2 Baked Ham & Pasta Steamed Broccoli Roasted Honey Carrots Applesauce Cup Jell O Cup	**3** Meatball Sub Italian Vegetables Salad w/Dressing Tropical Fruit Cup	**4** Shake N Bake Pork Chops Mashed Potatoes w/Gravy Roasted Carrots Cinnamon Apple Cobbler	**5** Beef Pot Roast Baked Potato w/Sour Cream Buttered Corn Mandarin Orange Cup	**6** Baked Cod Loin w/Butter Sauce & Lemon Steamed Buttered Beets Au Gratin Potatoes Coleslaw Diced Peaches
9 Sloppy Joes Buttered Green Beans Baked Beans Tropical Fruit Cup Banana Cream Pudding	**10** Sherry's Tuna Noodle Casserole Peas & Carrots Buttered Asparagus Red Velvet Cake w/Cream Cheese Frosting Mandarin Oranges	**11** Chicken Fried Steak w/Gravy Mashed Potatoes w/Gravy Roasted Broccoli & Cauliflower Diced Peach Cup	**12** Ham & Scalloped Potatoes Roasted Zucchini Butternut Squash Diced Pears	**13** Huli Huli Chicken Thighs Steamed Rice & Pineapple Ring Roasted Diced Sweet Potatoes Hawaiian Pineapple Slaw Mandarin Orange Cake
16 Hamburger w/Cheese Baked Beans Roasted Zucchini Mandarin Orange Cup	**17** Maple Glazed Ham Steaks Baked Potato Steamed Asparagus Tropical Fruit Cup Peanut Butter Oreo Pie	**18** Sliced Turkey w/Gravy Mashed Potatoes w/Gravy Steamed Buttered Broccoli Mixed Fruit	**19** Sage Roasted Pork w/Gravy Steamed Beets Butternut Squash Pineapple Tidbits	**20** Honey Ginger Soy Cod w/Steamed Rice Steamed Buttered Asparagus Cuts Roasted Seasoned Carrots Diced Pears
23 Crack Ranch Chicken over noodles Seasoned Roasted Broccoli Buttered Steamed Carrots Diced Peaches	**24** Sweet & Sour Diced Pork Steamed Rice Sautéed Stir-Fry Mix Applesauce Cup	**25** Roast Turkey Breast w/Gravy Mashed Potatoes Green Beans Fresh Melon Mix	**26** CLOSED HAPPY THANKSGIVING	**27** CLOSED
30 Garlic Beef Bowtie Pasta Steamed Green Beans Brown Buttered Carrots Diced Pear Cup				

NOVEMBER 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
2 Veal Sausage Mashed Potatoes w/Gravy Mixed Vegetables Pears Peanut Butter Cookie	**3** Goulash Tossed Green Salad Mandarin Oranges Apple Pie	**4** Baked Chicken Au Gratin Potatoes Carrots Fruit Cocktail	**5** Pork Roast Mashed Potatoes w/Gravy Corn Applesauce Chocolate Chip Cookie	**6** Chicken Noodle Casserole Green Beans Banana Vanilla Pudding
9 Pork Cutlets Mashed Potatoes w/Gravy Broccoli Apple Pie	**10** Chicken Cordon Bleu Boiled Potatoes Beets Fruit Cocktail	**11** Roast Beef Potato Wedges Wax Beans Applesauce	**12** Swiss Steak Mashed Potatoes w/Gravy Corn Chocolate Cake 3 Bean Salad	**13** Tuna Noodle Casserole Stewed Tomatoes Orange
16 Meat Loaf Baked Potato Green Bean Casserole Peaches	**17** Spaghetti Carrots Tossed Green Salad Oatmeal Cookie Peaches	**18** Pork Roast Sweet Potatoes Mixed Vegetables Baked Beans Pumpkin Pie	**19** Baked Chicken Mashed Potatoes w/Gravy Green Beans Pears	**20** Ham Balls Scalloped Potatoes Peas & Carrots Banana
23 Beef Stew w/Carrots Wax Beans Orange	**24** Chicken Breast w/Wild Rice Mashed Potatoes Carrots Pears	**25** Baked Ham Au Gratin Potatoes Peas 3 Bean Salad Peanut Butter Cookie	**26** CLOSED HAPPY THANKSGIVING	**27** CLOSED
30 Baked Chicken Scalloped Potatoes Beets Banana				



Free Dementia Stress-Busting PROGRAM

We're Looking for Participants!

Are you currently providing care for a loved one living with dementia?

You are not alone. While caregiving can be rewarding, it can also bring stress, frustrations, and emotional challenges. The Dementia Stress-Busting Program is an evidence-based, 9-week program that provides caregivers with support, practical strategies for managing stress, and an opportunity to connect with others who understand the challenged of caring for someone with dementia.

Right now, we are recruiting individuals who are interested in learning more or participating in the program! We are in the only recruiting for the program at this time, there is not a program scheduled.

If you would like to learn more or are interested in participating, please contact Bonnie, Dementia Care Specialist at the ADRC, at 608-426-4295 or bbeam@gchsd.org.

Understanding Dementia

Through the Dementia Live Experience

Thursday
November 19th
2 to 4pm

N3152 WI - 81
Monroe, WI 53566



Dementia Live is an experience that gives participants an idea of what it is like to have dementia. This is accomplished by altering the participants senses and providing him/her with tasks to do in a controlled setting. Following the experience there is an opportunity to share one's feelings and thoughts; and to ask questions.

In approximately 15 - 30 minutes, participants gain greater awareness and understanding of the daily struggles affecting persons living with dementia.

Family and professional caregivers are encouraged to participate as well as any business or community member who may encounter individuals living with dementia. Increasing one's understanding about how dementia can affect the brain and the resulting response to the world around them can help to heightened empathy and support for those diagnosed with dementia and their caregivers. An additional result is the building of a foundation to creating a dementia friendly community.

This is a FREE event!

This free event will be conducted at the Aging and Disability Resource Center of Green County on Thursday November 19th from 2 to 4pm.

Please contact Bonnie to schedule an appointment:

608-426-4295

bbeam@gchsd.org

TECHNOLOGY RESOURCES

Continued from page 3.

AARP

AARP offers free online classes on a variety of topics. They offer classes about technology. You can learn about online safety, online scams, cell phones, and artificial intelligence, or AI. Once you learn more about technology and get comfortable with it, you can take other online classes like a stretch class or join an online discussion on aging. You can find a class on SeniorPlanet at https://seniorplanet.org/classes?page=1.

CYBER-SENIORS

Cyber-Seniors is an online nonprofit organization that offers technology support and online classes. This organization offers one-on-one technology support phone calls. They also provide online classes to help update technology skills. To learn more about this organization go to https://cyberseniors.org/.

Utilize these free technology resources to solve technology issues and build your technology skills. Understanding technology will help you stay connected and ensure that you use technology safely. Build confidence using technology to utilize telehealth appointments, request prescription refills online, sign up and manage health benefits on your cell phone, pay bills online, learn something new in an online class, and connect with loved ones or new friends online.

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.



World Kindness Day, celebrated on November 13th, is a reminder that even the smallest acts of kindness can make a big difference. A friendly smile, a thoughtful phone call, helping a neighbor, or simply taking time to listen can brighten someone's day and strengthen our community.

This November, let's look for opportunities to spread kindness, support one another, and make Green County a warmer, more caring place for everyone!

Health & Wellness

Embracing Wellness, Connection, & Gratitude

November gives us a wonderful opportunity to slow down, appreciate the season around us, and reflect on the things that bring meaning to our lives. As we grow older, taking care of our health involves more than simply caring for our physical well-being. Staying connected, nurturing our minds, and finding reasons to be grateful are all important parts of living well.

Wellness can look different for everyone. It may be enjoying a daily walk, doing gentle stretches, getting enough restful sleep, or choosing foods that help us feel our best. It can also mean staying socially active, trying something new, spending time with family and friends, or simply setting aside a few quiet moments each day for ourselves. Small choices, practiced consistently, can make a meaningful difference in how we feel and enjoy our daily lives.

The Thanksgiving season reminds us of the importance of connection. Sharing a meal, making a phone call, welcoming a neighbor, or reminiscing about special memories can lift our spirits and strengthen the relationships that matter most. For those who may experience loneliness or changes in their social circles, reaching out and finding opportunities to connect can be especially meaningful.

Gratitude can also help us notice the good that is present in our lives. It might be a beautiful autumn afternoon, a favorite family recipe, a familiar song, a helping hand, or simply another day to enjoy the people and activities we love. Taking time to recognize these moments can bring a greater sense of peace and appreciation.

As we celebrate Thanksgiving this November, let's remember that healthy aging is about more than the passing of time. It is about continuing to care for ourselves, staying connected to others, finding purpose in our days, and appreciating the moments that make life special.

May this season bring you warmth, companionship, good health, and many reasons to be thankful. From all of us at the ADRC, we wish you and your loved ones a safe, happy, and meaningful Thanksgiving!

Grateful!

ADRC
Aging and Disability Resource Center
Green County, Wisconsin

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
Nov 26th	Monroe - Juda - Brodhead - Albany to Janesville	$15.00
Nov 11th & 25th	Belleville - New Glarus - Monticello to Monroe	$8.00
Nov 4th & 18th	Albany - Brodhead - Juda to Monroe	$8.00
Nov 5th	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