2026

THE Bridge

DECEMBER

Connecting services, resources, and information for the community.



THE POWER OF CONNECTION

Finding Comfort and Community This Winter

Supporting Our Emotional Well-Being Through Social Connection
As the days grow shorter and temperatures drop, winter can bring more than just cold weather. For many, the season can also bring feelings of loneliness, sadness, stress, and grief. Seasonal Affective Disorder (SAD), holiday expectations, changes in routines, and the loss of loved ones can make this time of year especially challenging.

While winter can be a season of celebration and togetherness, it can also bring reminders of the people we miss, traditions that have changed, and challenges we may be facing. Finding ways to care for our emotional well-being is especially important during these months, and staying socially connected is one meaningful place to start.

Understanding Seasonal Affective Disorder (SAD)

For some individuals, the shorter days and reduced sunlight of winter can contribute to Seasonal Affective Disorder (SAD), a type of depression that follows a seasonal pattern. SAD most commonly occurs during the fall and winter months and can affect mood, energy, sleep, motivation, and daily activities.

Symptoms may include persistent sadness, loss of interest in activities once enjoyed, fatigue or low energy, changes in sleep or appetite, difficulty concentrating, and withdrawing from friends, family, or social activities.



There are several ways to help support your mood and emotional well-being throughout the winter:

- **Get some natural light:** Spend time outdoors during daylight hours, even if it is cloudy. Open your curtains and blinds during the day to let natural light into your home.
- **Stay physically active:** Incorporate movement into your daily routine. Walking, stretching, chair exercises, or other enjoyable activities can help improve mood and energy.
- **Maintain a routine:** Try to keep consistent sleep, meal, and activity schedules. Having structure throughout the day can provide a sense of stability.
- **Make time for activities you enjoy:** Whether it is reading, crafting, listening to music, or pursuing a favorite hobby, make time for things that bring you happiness or a sense of accomplishment.
- **Consider light therapy:** Light therapy using a specially designed light box may help reduce symptoms of winter-pattern SAD. Talk with a healthcare professional before starting to determine whether it is appropriate for you.
- **Practice self-care:** Make time to rest, eat balanced meals, manage stress, and participate in activities that help you feel relaxed and refreshed.
- **Stay socially connected:** Make an effort to spend time with friends, family, and others in your community rather than withdrawing or isolating yourself.

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ADRC
Aging and Disability Resource Center
Green County, Wisconsin

CHECK OUT OUR NEW PAGE
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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.

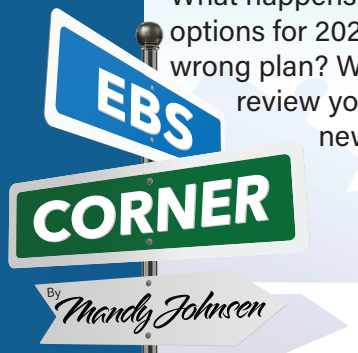
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ADRC
Aging and Disability Resource Center
Green County, Wisconsin

ADRC Manager
Amber Russell
Aging Programs Supervisor
Morgan Kelly
ADRC Office Associate
Karen Daly
Elder Benefit Specialist
Mandy Johnsen
Disability Benefit Specialist
Julie Ames
ADRC Specialists
LA Klug
Heather Krueger
Darcy Toberman
Education & Prevention Specialist
Laura Steiner
Adult Protective Services
Maddy Groenier
Representative Payee
Brenda Ringhand
Program Specialist
Katie Huffman
Bus Drivers
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



Happy December!

We are almost there: the end of Open Enrollment for 2027! I would like to Thank everyone for their patience as I navigated through my first Open Enrollment Season. I'd also like to Thank my co-workers for their assistance, as well as their patience with me over the past few months.

What happens if you did not review your prescription drug options for 2027 and you are worried you might be in the wrong plan? Well, you have until December 7, 2026 to review your options. The ADRC is no longer taking new plan finders due to time constraints.

Here are your options:

- 1-800-MEDICARE or www.medicare.gov
- Medigap helpline 1-800-242-1060
- Disability Drug Helpline 1-800-926-4862 (if under age 60)
- Wisconsin Medigap Prescription Drug Helpline 1-855-67 PART D (1-855-677-2783)

If you miss the deadline, you will remain in your current drug plan for 2027. If you qualify for a Special Enrollment Period you might be able to explore options; however, not everyone meets the guidelines for a Special Enrollment Period.

Medicare 101 is back!

Starting in February 2027, we will offer Medicare 101 classes, which will cover the basics of Medicare for those approaching 65 years old or those who would like a refresher on Medicare. Please see the January newsletter for dates, times and how you can sign up.



AGING IN PLACE

By the GWAAR Legal Services Team

The goals of aging in place are staying in your own home and maintaining independence for as long as possible. For many older adults, aging in place can provide significant emotional, social, and economic benefits. People who age in place welcome the emotional security of knowing they will remain supported by the same connections to family, friends, and community that have enriched their lives over many decades. They take comfort in the fact that they are familiar with their external social environment – the local park, pharmacy, grocery store, and post office. And aging in place can be the most financially sensible housing option.

Older adults can take steps to preserve their ability to age in place and maintain their independence:

› **Assess your homes' livability.** It is important to do a thorough assessment of your home to ensure that it properly enables you to comfortably live there. Here is a link (https://www.seniorresource.com/aging_in_place/#items) to a website that has common issues that someone may confront and possible remedies to these issues.

› **Ensure household maintenance is performed.** One of the main reasons older adults move to senior living communities is because they have trouble "keeping up with the house." But if you make a list of household tasks -- both routine and intermittent (mowing the lawn, cleaning the rain gutters, taking the trash cans to the curb) -- and figure out which tasks you can still handle and which ones you need help with, you may be able to avoid an unwanted move. If you are no longer able to perform a task, there may be a professional, neighbor, or nearby loved one who can help.

› **Utilize technology to stay safe and connected.** Technology can be extremely helpful in accomplishing several important steps to remaining independent:
  › Many medical alert buttons use cellphone technology that works anywhere you go and links to a call center 24 hours per day. The buttons come with a monthly monitoring fee.
  › Laptops and smartphones enable video chatting with loved ones, so you can see a friendly face. And you can also place a video camera in your home (for example, the living room) that then connects to an app on your loved one's smartphone. This will enable your loved one to get a visual check on you at any time.

› **Arrange transportation.** If public transportation and taxis are not an option, learn how to use an on-demand ride-sharing service ordered via smartphone. In addition, sometimes local governments provide low-cost bus or taxi rides to seniors.

› **Address in-home safety.** Do a top-to-bottom review of your home for comfort and potential safety hazards. Look for (and be prepared to install) things like bright lighting throughout the house, light switches at the top and bottom of stairs, and grab bars in the bathroom, for starters.

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While these strategies can help support emotional well-being, they are not a substitute for professional care. If feelings of sadness, loneliness, or low energy persist, become overwhelming, or begin interfering with everyday life, consider reaching out to a healthcare professional. A doctor or mental health professional can help determine what may be contributing to these feelings and discuss appropriate treatment options, which may include counseling, light therapy, or medication.

Seeking help is not a sign of weakness. It is an important step toward caring for your emotional health. You do not have to wait until things feel unbearable to ask for support.

Simple Ways to Stay Connected This Winter

Social connection does not have to involve large gatherings or elaborate plans. Small, intentional steps can help strengthen relationships and provide something meaningful to look forward to.

- **Reach out to someone:** Call a friend, visit a family member, or send a simple message to let someone know you are thinking of them.
- **Create meaningful routines:** Schedule regular phone calls, coffee dates, or weekly visits.
- **Participate in community activities:** Attend a class, support group, or local event to meet others and stay engaged.
- **Enjoy shared interests:** Spend time crafting, playing games, cooking, or participating in a hobby with someone else.
- Give yourself permission to set boundaries: It is okay to say no, simplify holiday plans, or create new traditions that better support your needs.
- **Offer kindness to others:** A small gesture, friendly conversation, or check-in can brighten someone else's day.



Finding Support Through the ADRC

The Aging & Disability Resource Center (ADRC) of Green County recognizes that emotional well-being is an important part of healthy aging and overall quality of life. The ADRC offers programs and resources that encourage participation, provide support, and help individuals navigate life's challenges.

ADRC Grief Support Group

For individuals experiencing the loss of a loved one, the ADRC of Green County offers a Grief Support Group that provides a welcoming and supportive environment to share experiences, express feelings, and connect with others who understand the grieving process.

Grief can feel especially heavy during the holiday season, when traditions and special occasions may bring memories of those who are no longer with us. The group offers an opportunity to find comfort in shared experiences, learn from others, and recognize that you do not have to navigate grief alone.

The group meets on the third Tuesday of each month from 5:30–7:00 p.m. at Green County Human Services. Individuals are welcome to attend and find support at their own pace.

Other Opportunities to Connect

Beyond grief support, the ADRC offers educational programs, wellness classes, caregiver support, and community resources that encourage individuals to remain active and involved. Whether participating in a class, connecting with other caregivers, or exploring available community resources, there are opportunities to find support and engagement throughout the year.



You Don't Have to Face Winter Alone

As we move through the winter months, remember that caring for your emotional well-being looks different for everyone. It may mean making time for a friend, trying a new activity, establishing a healthier routine, attending a support group, or reaching out to a professional.

Whether you are experiencing seasonal changes in mood, navigating grief, feeling overwhelmed by holiday stress, or simply looking for additional support, help is available.

The ADRC of Green County encourages individuals to take steps toward supporting their emotional well-being and exploring the resources available in our community.

Contact the ADRC of Green County at 608-328-9499 or visit www.adrcgreencounty.org to learn more about available programs and resources. Sometimes, the smallest connection can bring the greatest comfort.

December 3: International Day of Persons with Disabilities

Promoting Inclusion, Accessibility, and Equal Opportunities

Each year on December 3, we recognize International Day of Persons with Disabilities, a day dedicated to promoting the rights, well-being, and inclusion of people with disabilities in all areas of life. It serves as an important reminder that everyone deserves the opportunity to participate fully in their communities, pursue their interests, and live with dignity, independence, and respect.

Disabilities can be visible or invisible, and each person's experiences, abilities, and needs are unique. Creating an inclusive community means recognizing individual strengths, removing barriers, improving accessibility, and ensuring everyone has equal opportunities to participate. Sometimes, even small changes in our communities, workplaces, and everyday interactions can make a meaningful difference.

This December, take a moment to consider how you can help make your community more welcoming and accessible. Inclusion starts with understanding, respect, and recognizing the value that every individual brings to our community.

At the ADRC of Green County, we are committed to supporting older adults and individuals with disabilities by providing information, connecting people with helpful resources, and guiding them through available services and support options. Whether someone is looking for assistance with daily living, exploring long-term care options, or seeking ways to maintain their independence, the ADRC is here to help individuals make informed decisions, navigate their options, and live with dignity, choice, and the greatest independence possible.

Winter Movement Challenge

Keep Moving, Keep Feeling Good This Winter!



As winter settles in, finding ways to stay active can be a little more challenging. But staying active doesn't have to mean going outside or following a strict exercise routine! This December, challenge yourself to incorporate a little physical activity into each day. Start where you are and do what you can. If a suggested activity doesn't feel right for you, it's perfectly okay to modify it, substitute something more comfortable, or skip it altogether. The goal is to find simple, enjoyable ways to stay active that work for your abilities!

YOUR DAILY CHALLENGE:

- ❑ **1:** March in place for 2–3 minutes.
- ❑ **2:** Try 5 gentle chair stands.
- ❑ **3:** Stretch your arms and shoulders.
- ❑ **4:** Take a short indoor walk.
- ❑ **5:** Practice balance near a sturdy counter.
- ❑ **6:** Move or dance to your favorite song.
- ❑ **7:** Take a few minutes to stretch.
- ❑ **8:** Walk indoors for 5 minutes.
- ❑ **9:** Try seated marching.
- ❑ **10:** Gently turn your head side to side.
- ❑ **11:** Do ankle circles.
- ❑ **12:** Reach your arms overhead, if comfortable.
- ❑ **13:** Take regular activity breaks.
- ❑ 14: Repeat a favorite activity!
- ❑ **15:** Try seated leg extensions.
- ❑ **16:** Take another short indoor walk.
- ❑ **17:** Practice gentle side-to-side weight shifting.
- ❑ **18:** Stretch your neck and shoulders.
- ❑ **19:** Try gentle heel raises.
- ❑ **20:** Move to a holiday song!
- ❑ **21:** Stretch your legs.
- ❑ **22:** Try seated marching or arm movements.
- ❑ **23:** Stand and move during TV breaks.
- ❑ **24:** Take a short walk or stretch.
- ❑ **25:** Enjoy a little activity today!
- ❑ **26:** Try seated leg lifts.
- ❑ **27:** Walk around your home.
- ❑ **28:** Do a few shoulder rolls.
- ❑ **29:** Repeat your favorite activity.
- ❑ **30:** Spend 5–10 minutes being active.
- ❑ **31:** Celebrate your progress!

Safety First: Always listen to your body and never push yourself beyond what feels safe. Use a sturdy chair or countertop for support when needed, avoid slippery surfaces, and make sure you have enough space to participate safely. Stop if you experience pain, dizziness, or unusual shortness of breath. If you have concerns about participating in physical activity, consult your healthcare professional.

Remember, activity looks different for everyone, and every little bit counts. Stay safe, stay active, and enjoy the winter season!

Caregiver Conversations: Impact of the Seasons

Bonnie Beam-Stratz, Dementia Care Specialist



At a recent support group meeting, when asked about the seasons in the Midwest, each caregiver had their own perspective. One said, *"I never have liked winter. Last year it felt interminable!"* Other responses were *"I don't mind the seasons. I think they break the monotony " "I think fall and winter really impact the person with dementia, it's so dark, so when my wife and I play games in the evening, I use a full spectrum light. It really helps."*

"There is that day that comes when you can smell fall in the air. It makes me feel melancholy." "I've had some medical issues that make me sensitive to the cold but I can dress for that, I just need to get outside and there's something you see or feel that can change your whole demeanor." "I like rainy days, London fog, and blizzards. When you're getting rid of the snow it gives you something you can push against." "Each season has its own traditions and I look forward to every one. My favorite season is spring and I'm looking for new growth."

The group talked about the ups and downs of the seasons, we talked about depression and what causes us to be depressed. We talked about Seasonal Affective Disorder. No matter what type of depression, we talked about what to do, the importance of treatment. In dementia caring there are many losses that most non-caregivers don't see. Coming to a group gives you a chance to talk about and acknowledge the loss and reinforce the need for self-care. You don't get over the losses, you work through them. Depression doesn't go away on its own, you may need to see a therapist. As one person said, *"a therapist is not someone you pay to care about you; it's someone that helps you work at caring about you."*

Medications can also be considered in addition to various talk therapies. Exercise and connecting with the earth can ground us and help with depression. Each person added something to the treatment discussion. There's no one right way to care nor only one treatment for depression, the important thing is to get the help you need when you need it.

Toward the end of the meeting, one caregiver said, *"Isn't this amazing, we got together in the spirit of humanity and helped each other grow to better understand the need to help ourselves as we give help to others."*

Living in the past can lead to depression; considering future areas of concern can cause us anxiety, the best place to be is in the moment. We learn this from the person with dementia.

"I look back and see things I could have done differently." "You do the best job with the tools you have." "All you need is love and something meaningful to do." "I'm happy where I am right now." "We're lucky to have each other in this group."

As you can see from these quotes, each of us is so different, and yet we glean these nuggets of wisdom as we listen to and support each other. ***"We offer each other HOPE."***

WORDS from the **ADRC** Specialist



The Gift of Time:

The Most Meaningful Gift You Can Give This Holiday Season

As the holiday season approaches, many of us begin making shopping lists, searching for the perfect presents, and planning festive gatherings. We are often thinking of how we can brighten someone's holiday. One of the greatest gifts we can give is the gift of time.

In a world where schedules are busy, distractions are everywhere, and life seems to move faster every year, spending quality time with someone can be more valuable than any material gift. Time tells people they matter. It shows that we care enough to slow down, be present, and make memories together.

Making Memories That Last

For many people, especially older adults, the holidays can bring a mixture of joy, nostalgia, and loneliness. Traditions may have changed, loved ones may no longer be here, and family gatherings may not look the way they once did. A simple visit or phone call can make a tremendous difference.

Consider spending an afternoon with an older relative, neighbor, or friend. Bring a cup of coffee, look through old photographs, listen to stories about holidays past, or ask about family traditions. You may hear a story you have never heard before or learn something new about someone you have known your entire life.

These moments create connections that last far beyond the holiday season.

Simple Ways to Give the Gift of Time

You do not need to spend a lot of money or plan an elaborate activity to make someone's holiday brighter. Often, the simplest gestures mean the most. Here are a few ways to give the gift of time this holiday season:

- **Share a meal.** Invite someone over for dinner, meet for lunch, or enjoy making a batch of homemade cookies together. Have them show you how to make that famous family recipe that has been handed down for generations.
- **Make a phone call.** Reach out to someone you have not spoken with in a while. A familiar voice can brighten an otherwise ordinary day.
- **Help with holiday preparations.** Offer to decorate, wrap presents, bake cookies, or put up holiday lights for someone who could use a helping hand.
- **Create new traditions.** Watch a favorite holiday movie, drive around to see Christmas lights, play a board game, or make ornaments together.
- **Listen to their stories.** Give someone your full attention and let them share their memories, experiences, wisdom, and traditions.
- **Volunteer in your community.** Spend time helping at a local food pantry, senior center, or community organization.
- **Plan a regular visit.** Instead of promising to get together someday, choose a day and make it happen.
- **Offer to take someone** that has stopped driving, to their favorite store or restaurant.
- **Ask if there are any tasks** that they need completed around their home such as changing a lightbulb or putting new batteries in their smoke detector. What seems like an everyday task to some, can be difficult and even dangerous for someone with physical limitations.

Remember Those Who May Feel Alone

While the holidays are often portrayed as a time of celebration and togetherness, not everyone experiences the season that way. Some people live far from family, have lost a spouse or loved one, or face challenges that make it difficult to participate in holiday activities.

A neighbor who lives alone, a friend who is grieving, or an older adult who no longer drives may especially appreciate an invitation or a visit.

Do not assume someone is too busy, does not want company, or has plenty of people checking in on them. Reach out and ask. A simple invitation can help someone feel remembered and included.

And remember, connection does not always require being in the same room. A handwritten card, a video call, or a thoughtful conversation over the phone can help bridge the distance.

Give Time Throughout the Year

Although the holidays provide a wonderful reminder to reconnect, the gift of time is something we can offer all year long.

Instead of giving a present that may eventually be forgotten, consider giving a promise of time together. Write an invitation for a monthly lunch, a weekly phone call, or a future outing.

Most importantly, follow through. The value of the gift comes not from the promise itself, but from the time spent together.

When we make time for others, we strengthen relationships, create meaningful memories, and remind people that they are important to us.

Happy Holidays from the ADRC Specialists - Heather, LA and Darcy

DECEMBER 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
	1 Ham & Scalloped Potatoes Seasoned Roasted Zucchini Steamed Cauliflower Pineapple Tidbits	2 Honey Garlic Chicken Thighs w/Sauce Mashed Potatoes w/Butter Buttered Steamed Peas Apple Slices Cinnamon & Brown Sugar Pumpkin Fluff	3 Lasagna Roasted Italian Vegetables Salad w/Dressing Diced Peach Cup Cookie	4 Herb & Parmesan Crusted Tilapia Steamed Corn Baked Potato w/Sour Cream Applesauce Jell O Cup 
7 BBQ Pulled Pork Sandwich Steamed Butternut Squash Steamed Broccoli Mixed Fruit Cup Chocolate Chip Cookie	8 Meatloaf w/Ketchup Glaze Au Gratin Potatoes Green Beans Cottage Cheese & Peaches Diced Pears	9 Shredded Chicken Broccoli w/Savory Brown Sauce Steamed Rice Seasoned Carrots Mandarin Orange Cup	10 Beef Stroganoff w/Noodles Buttered Corn Roasted Sweet Potatoes Tropical Fruit Cup Brownie	11 Cranberry Roast Pork Baked Beans Roasted Cauliflower Apple Slices
14 Baked Ham & Pasta Steamed Broccoli Roasted Honey Carrots Applesauce Cup Jell O Cup	15 Meatball Sub Italian Vegetables Salad w/Dressing Tropical Fruit Cup	16 Shake N Bake Pork Chops Mashed Potatoes w/Gravy Roasted Carrots Cinnamon Apple Cobbler	17 Beef Pot Roast Baked Potato w/Sour Cream Buttered Corn Mandarin Orange Cup	18 Baked Cod Loin w/Butter Sauce Steamed Buttered Beets Au Gratin Potatoes Coleslaw Diced Peaches
21 Sloppy Joes Buttered Green Beans Baked Beans Tropical Fruit Cup Banana Cream Pudding	22 Tuna Noodle Casserole Peas & Carrots Buttered Asparagus Red Velvet Cake w/Cream Cheese Mandarin Oranges	23 Chicken Fried Steak w/Gravy Mashed Potatoes w/Gravy Roasted Broccoli & Cauliflower Diced Peach Cups	24 CLOSED! 	25 CLOSED! 
28 Hamburger w/Cheese Baked Beans Roasted Zucchini Mandarin Orange Cup 	29 Maple Glazed Ham Steaks Baked Potato Steamed Asparagus Tropical Fruit Cup Peanut Butter Oreo Pie	30 Sliced Turkey w/Gravy Mashed Potatoes w/Gravy Steamed Buttered Broccoli Mixed Fruit Jell O	31 Sage Roasted Pork w/Gravy Steamed Beets Diced Butternut Squash Pineapple Tidbits	

DECEMBER 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
	1 Roast Beef Mashed Potatoes w/Gravy Peas Fruit Cocktail	2 Lasagna Broccoli Tossed Green Salad Chocolate Cake Applesauce	3 Pork Tenderloin Sweet Potatoes Corn Cherry Pie 	4 Hamburger Bean Bake Wax Beans Orange Chocolate Chip Cookie
7 Ham Balls Scalloped Potatoes Beets Banana 	8 Mushroom Steak Mashed Potatoes w/Gravy Carrots Peaches	9 Chicken Breast w/Wild Rice Peas & Carrots Banana	10 Turkey & Dressing Sweet Potatoes Green Beans Canned Pears	11 Baked Cod Potato Wedges Baked Beans Coleslaw Grapes
14 Veal Sausage Mashed Potatoes w/Gravy Mixed Vegetables Pears Peanut Butter Cookie	15 Goulash Tossed Green Salad Mandarin Oranges Apple Pie	16 Baked Chicken Au Gratin Potatoes Carrots Fruit Cocktail	17 Pork Roast Mashed Potatoes w/Gravy Corn Applesauce Chocolate Chip Cookie	18 Chicken Noodle Casserole Green Beans Banana Vanilla Pudding
21 Pork Cutlets Mashed Potatoes w/Gravy Broccoli Apple Pie	22 Chicken Cordon Bleu Boiled Potatoes Beets Fruit Cocktail	23 Roast Beef Potato Wedges Wax Beans Applesauce	24 CLOSED! 	25 CLOSED! 
28 Meatloaf Baked Potato Green Bean Casserole Peaches	29 Spaghetti Carrots Tossed Salad Oatmeal Cookie Peaches 	30 Pork Roast Sweet Potatoes Mixed Vegetables Baked Beans Pumpkin Pie	31 Baked Chicken Mashed Potatoes w/Gravy Green Beans Pears	



Do you know about the Health Risks of Delta-8?

By: Green County Delta-8 Awareness Partnership

If you've stepped into a gas station or even a wellness shop lately, you may have seen a variety of products in colorful packaging. Delta-8 is often branded as relaxation or stress-relieving products. In public health, it is our job to look beyond the marketing and look at the data and impacts of these products on our community. Right now, the data on Delta-8 tells a very different story from the packaging and marketing. Delta-8 products are leading to increased calls to the Wisconsin Poison Center Hotline and community concern.

To understand the risks, we have to look at how these products are made. Delta-8 is a cannabinoid and a close sibling to traditional marijuana THC. Delta-8 products are chemically created in a lab, and due to a loophole in the 2018 Farm Bill, products with less than 0.3% of THC are legal, but just because it is legal does not mean it is tested, pure, or safe.

Because Delta-8 sits in a regulatory gray zone, it completely bypasses the testing mandates required for medical or recreational marijuana dispensaries. When independent labs test these products, they have found that the dosing is misaligned with the packaging. A packaged delta-8 product can contain varying concentrations throughout. For example, in a bag of Delta-8 chips, each chip could have varying levels of Delta-8 sprinkled on, causing one chip to have high amounts of Delta-8, while another chip might not have as much Delta-8.

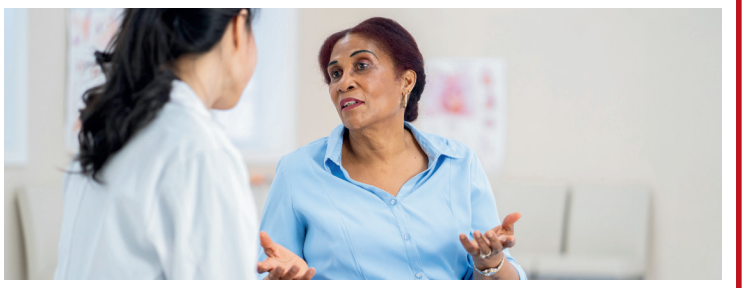
This lack of quality control and regulation is what can lead to consumers unknowingly ingesting unpredictable doses that can lead to increased heart rate and nausea. It can also lead to dizziness and lack of coordination, which can increase the risk of falls. It is also important to know that some retailers will suggest these products for anxiety, sleep, and other mental health concerns, but it has been shown to lead to paranoia, hallucinations, nervousness, and racing thoughts. Delta-8 is also unproven to help with pain control. If you are experiencing chronic pain, it is much better to talk with your healthcare provider.

The bottom line is that right now, the Delta-8 market operates like the Wild West. Until federal or state regulations mandate testing, set dose parameters, and health warning labels, these products remain a gamble. If you are looking for stress or sleep support, talk to a healthcare provider about healthy, regulated pathways. Stay safe, look out for your neighbors, and keep these products completely out of reach of little hands. For more information about Delta-8, visit FDA.gov

2026 Healthy Living with Mild Cognitive Impairment (MCI) Education Series

How to Address Memory and Thinking Changes with Your Doctor

Friday, December 18
9:30–11:30 a.m. CT



Gain the confidence, tools, and practical strategies you need to effectively discuss thinking and memory concerns with your doctor. This session will provide guidance on navigating medical care, from preparing for appointments to voicing concerns, and understanding diagnostic tools such as blood tests and second opinions. Attendees will gain practical tips for building a strong support network, leading productive family conversations and moving forward together. The program will end with a Q&A session. Free and open to all.

Guest Presenters: Nathaniel Chin, MD, Adrienne Johnson, PhD, and Jody Krainer, MSW, LCSW, MBA

Register to attend the program in person at one of ten locations across Wisconsin. Or join us live online via Zoom from anywhere.

Register to attend in person in Green County by contacting Bonnie Beam-Stratz at 608-426-4295 or bbeam@gchsd.org

Held at:
SSM Health Clinic
St. Clare Conference Room
515 22nd Avenue
Monroe, WI 53566

SSMHealth

About the Series:
Healthy Living with MCI is a free quarterly support and education series about brain health and living well with MCI. Sessions offer attendees guidance and science-backed strategies for living and coping with memory and thinking changes.

Join **Nathaniel Chin, MD,** and **Jennifer McAlister, BA,** from the Wisconsin Alzheimer's Disease Research Center (ADRC), and guest speakers.

Questions?
Contact the Wisconsin ADRC at 608-265-0407 or adrc@medicine.wisc.edu

Presented by:

Wisconsin Alzheimer's Disease Research Center
UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH

Community Partners:

ONEIDA

ADRC
Aging and Disability Resource Center
Your Bridge to Support

The ADRCs of Brown, Crawford, Dane, Dodge, Door, Fond du Lac, Grant, Green, and La Crosse counties, and the Oneida Nation are committed to unbiased service and cannot endorse nor recommend any organization, product, or service.

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› **Personal care.** Some older adults find bathing, washing their hair, or dressing to be difficult tasks. Ask if a relative or friend could help. Or you can hire a trained aide for a short time each day.

› **Have food delivered.** While it remains important to get out and about and going to the grocery store may be one way of achieving this goal, sometimes not having this responsibility may help with remaining in your home. Many large grocery stores and online retailers offer grocery delivery. You can also order subscription meal kits that deliver fresh, premeasured ingredients ready to prepare. And there are nonprofit meal delivery services specifically for older adults, such as Meals on Wheels. Some nonprofit groups also deliver medically tailored meals based on a person's individual needs.

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

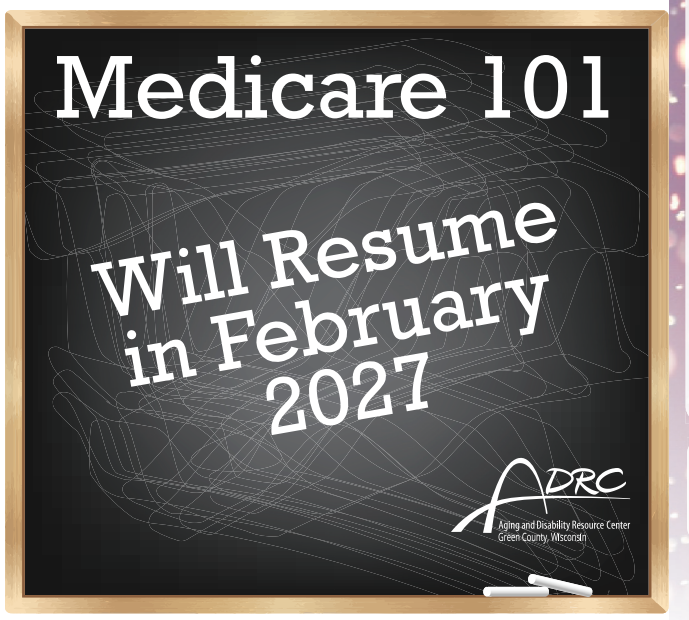
CAREGIVER SUPPORT GROUP

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.



Health & Wellness

The Gift of a Gentler Holiday Season

Finding Comfort, Connection, and Wellness in the Winter

December often brings a mix of celebration, reflection, and change. While the holiday season can be filled with meaningful traditions and time with loved ones, it can also bring stress, disrupted routines, and feelings of loneliness or grief. As winter settles in and the year comes to a close, remember that taking care of yourself is just as important as caring for others. This season, give yourself permission to slow down and make your well-being a priority.

Keep Your Routine, Even When Life Gets Busy

Holiday gatherings and changing schedules can make it difficult to maintain everyday habits. Simple routines, however, help support physical and emotional wellness. Aim to get enough sleep, eat regular meals, stay hydrated, and incorporate movement into your day. Gentle stretches, indoor exercises, or short walks when conditions are safe can help you stay active. Remember, consistency matters more than perfection!

Make Room for Moments of Joy

Wellness does not always require a big change. Sometimes, it begins with enjoying the little things that make a day special. Listen to your favorite music, work on a puzzle, read a good book, or enjoy the peaceful beauty of winter. Making time for activities you enjoy can lift your spirits, keep your mind engaged, and bring a sense of purpose to your day.

Nurture Your Connections

Social connection plays an important role in our overall health, especially during winter when colder temperatures may limit opportunities to get out. Reach out to a friend, visit with family, attend a community activity, or call someone you have not spoken with in a while. If travel is difficult, consider a video call or a thoughtful note. Sometimes, a simple conversation can help someone feel remembered and valued.

Give Yourself Grace During Difficult Moments

The holidays do not feel the same for everyone. Changes in traditions, the loss of a loved one, health concerns, or financial pressures can make this season challenging. Allow yourself to acknowledge difficult feelings without judgment. Consider creating new traditions, adjusting expectations, or reaching out to someone you trust. You do not have to do everything or make the season perfect. It is okay to set boundaries and make choices that support your needs.

Prepare for a Healthy Start to the New Year

As the year draws to a close, consider what helps you feel your best and what you would like to carry into the months ahead. Rather than focusing on major resolutions, choose one or two realistic goals. You might prioritize regular movement, reconnect with a hobby, spend more time with loved ones, or establish a relaxing bedtime routine. Small, sustainable changes can build confidence and support healthy aging.

A Season of Care, Comfort, and Kindness

This December, remember that wellness is not about doing more or getting everything right. It is about recognizing what you need, appreciating moments of joy, and offering yourself the same care and compassion you give others. May you find comfort in familiar traditions, warmth in meaningful connections, and hope for the year ahead. Wishing you a peaceful holiday season and a healthy, happy New Year!

Our Education & Prevention Specialist is developing next year's class schedule to promote health, wellness, independence, and quality of life. Watch for upcoming classes in future newsletters or visit www.adrcgreencounty.org for more information.

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
Dec 17th	Monroe - Juda - Brodhead - Albany to Janesville	$15.00
Dec 9th & Dec 23rd	Belleville - New Glarus - Monticello to Monroe	$8.00
Dec 2nd & Dec 16th	Albany - Brodhead - Juda to Monroe	$8.00
Dec 3rd	Monroe - Monticello - New Glarus - Belleville to Westside of Madison	$15.00

Day by Day Memory Café

Join us social gathering for individuals living with memory loss, early stage dementia including Alzheimer's, and their family and friends.



It will be a time to gather for laughter, relaxation, activities and companionship. It is not an educational workshop or support group about dementia. It is fun, welcoming, friendly environment where everyone will be accepted and no one will feel alone.

4th Thursday of the Month
1:00 PM- 2:30 PM

St. Johns United Church of Christ
(1724 14th Street Monroe, WI)

Please call 608-205-8203 to RSVP