



# THE Bridge

A publication of the Aging & Disability Resource Center - Green County • July | August 2014

## At Last...IT'S SUMMERTIME!

Nothing is better for our mental health than a change of scenery! After a VERY long Wisconsin winter, it's time to indulge ourselves and get out of the house!

On Monday, July 14th, the ADRC of Green County Human Services is offering a shuttle to FREEPORT! We features stops at the following for you to shop for about two hours:

- JoAnn Fabrics & Crafts
- The Meadows Shopping Center (JC Pennys, Serendipity Candy, Maurice's, Shoe Sensation & Book World)
- Menards/Walmart

Best of all, we will eat LUNCH at the FAMOUS UNION DAIRY!! Their ice cream is absolutely mouth-watering – they offer 51 flavors! Try a sample or two and get the cone of your dreams! They have a '50's décor which adds to the fun! With burgers and a wide variety of hot dogs, it's a fun place to have lunch. PLUS – a VERY interesting and well done memorial of the Lincoln – Douglas Debate is right next door! Feel a part of history – and satiate your palate at the same time!



The Freeport Shuttle leaves the Green County Human Services parking lot at 9:30 a.m. on Monday, July 14th and on Monday, August 11th with pick-up also available at Piggly Wiggly parking lot. Cost is ONLY \$6! (This does not include lunch.) We'll be home by 2 pm.

On Wednesday, July 9th & Wednesday, August 13th, we are offering a day in New Glarus! We'll leave Green County Human Services @ 10 am with pick-up again at Green County Human Services (as well as Twining Valley Retirement Community on July 9th – and public lot across from Suisse Haus on August 13th). Shop at the

many special, unique stores and have lunch in downtown New Glarus. The bus will leave New Glarus at 1:45 pm – so there is plenty of time to shop!!



And don't forget our regular Shuttle Bus Service!! It's CHEAP and EASY to use!! Every Wednesday, there is a shuttle to Monticello & New Glarus – most Thursdays there is a shuttle from Monroe to Albany & Brodhead – all for ONLY \$4.50 ROUND TRIP!! And don't forget our once/month (third Thursday of the month) shuttle to Monticello/New Glarus/Madison for all of \$10 ROUND TRIP! As well as to Brodhead/Janesville (first Thursday of the month) for only \$8 ROUND TRIP! See Page 8 for details!!



### 608-328-9499

[www.adrcgreencounty.org](http://www.adrcgreencounty.org)

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



# Medicare 101

## “Navigating the Retirement World”

**Tuesday, July 15th • 5:30 pm**

*New Glarus Village Hall Community Room – New Glarus, WI*

*What you need to know now that you’re nearing the age of 65 and have decided to retire...  
or think you may work awhile longer.*

*For more information or to register contact Linda Gallagher, Elder Benefit Specialist, at 328-9366  
Pre-registration is preferred but not required to attend.*



Linda Gallagher

### Green County **Benefit Specialist** Schedule

Elder Benefit specialists help older adults to understand and access benefits such as Senior Care Medicare, Medicare Part D, Medicaid, Social Security, FoodShare, low-income housing and health insurance.

*Elder Benefit Specialists serve people age 60 or older.*

**What can an elder benefit specialist do for you?**

- Provide accurate, up-to-date information about a wide variety of programs that cover healthcare, food and other household expenses
- Help you to identify and apply for programs that will best meet your needs
- Assist with an appeal when eligibility or coverage is denied
- Advocate on your behalf with other parties
- Refer you to an appropriate attorney when necessary

**Where can I find a benefit specialist?**

*In Green County, contact Linda Gallagher in the Aging & Disability Resource Center at 328-9366.*

**NO VISIT THIS MONTH:**

**July 2 • 11:00AM**

Albany Riverview  
Apartments

**NO VISIT THIS MONTH:**

**July 2 • 11:30AM**

Albany Dining Center

**NO VISIT THIS MONTH:**

**July 3 • 12:00PM**

Juda Community Center

**July 7 • 11:00AM-12:00PM**

Monroe Senior Center

**July 9 • 10:30AM-11:30AM**

Brodhead City Hall

**July 9 • 11:30 AM**

Brodhead Dining Center

**July 14 • 11:00AM-12:00PM**

Monticello Public Library

**12:30 PM-1:30 PM**

New Glarus Dining Center

**July 21 • 11:00AM-11:30AM**

St Clare Friedensheim

**1:00 PM -2:00 PM**

Twining Valley

**Aug. 4 • 11:00AM-12:00PM**

Monroe Senior Center

**Aug. 8 • 11:00AM**

Albany Riverview

Apartments

**Aug. 8 • 11:30AM**

Albany Dining Center

**NO VISIT THIS MONTH:**

**Aug. 7**

Juda Community Center

**Aug. 11 • 11:00AM-12:00PM**

Monticello Public Library

**Aug. 11 • 12:30PM-1:30PM**

New Glarus Dining Center

**Aug. 13 • 10:30AM-11:30AM**

Brodhead City Hall

**Aug. 13 • 11:30AM**

Brodhead Dining Center

**Can't make  
it on the  
15th?  
Join us at  
one of the  
following:**

**September 16th  
5:30 pm**

Monroe – Monroe  
Public Library 2nd  
Floor Program  
Room

**December 10th  
1:30 pm**

Brodhead -  
Memorial Public  
Library  
Dr. Seth & Esther  
Cain Meeting Room



# New Voter Registration Law Takes Effect, Is Struck Down

*Published with permission from the Legal Services Team at the Greater Wisconsin Agency on Aging Resources' Elder Law & Advocacy Center.*

On April 4, 2014, legislation signed by Governor Walker took effect significantly changing the requirements for voters to register to vote in Wisconsin. However, on April 29, 2014, U.S. District Court Judge Lynn Adelman struck down the law holding that the law requiring voters to show state-issued photo identification imposed an unfair burden on poor and minority voters. Because the law has been struck down, the new requirements will not be enforced. However, the State of Wisconsin has vowed to appeal the ruling, meaning the registration requirements may be re-introduced if the appeal is successful. While the law has been struck down for the time being, it is still useful to be familiar with the law's

requirements in the event they are contacted with issues or for information.

Under the old law, people were not required to provide proof of Wisconsin residency if they registered to vote more than 20 days before an election. Under the new law, all voters except those in the military and those residing overseas permanently must now provide a valid proof of residence document when registering to vote. This requirement would have existed no matter how soon before an election a potential voter registers.

Voters would have had to provide proof-of-residence when registering for the first time in Wisconsin. All proof-of-residence documents must include the voter's name and

address. Examples of valid proof-of-residence include:

- A current and valid Wisconsin driver license or identification card
- Any other official identification card or license issued by a Wisconsin governmental body or unit
- Any identification card issued by an employer in the normal course of business and bearing a photo of the card holder, but not including a business card
- A real estate tax bill or receipt for the current year or the year preceding the dates of the election
- A university, college, or technical college identification card (must include photo), but only if the voter provides a fee receipt dated within the last nine months or the

institution provides a certified housing list to the municipal clerk

- A utility bill (gas, electric, or telephone) for the period commencing no earlier than 90 days before the election
- A bank statement
- A paycheck
- A check or other document issued by a unit of government
- An affidavit on public or private social service agency letterhead identifying a homeless voter and describing the individual's residence for voting purposes
- Residential lease that is effective on the date of registration; residential leases are not valid if registering by mail.

## Scam of the Month: Unique Powerball Scam Making the Rounds

*from the Wisconsin Department of Agriculture, Trade, and Consumer Protection*

A unique phone scam is targeting Wisconsin consumers with callers telling them that they are eligible for unclaimed Powerball prizes and asking them to pick some numbers. Later, the callers contact the consumers again claiming they won a third or fourth prize for millions of dollars and an automobile. A phony promise of prize winnings is a common scam. What sets these calls apart from traditional scams, however, is that these scammers are not asking for money to cover taxes or fees on the fictional prizes or for personally-identifying information like Social Security numbers.

Rather, they seem to be casing the consumers for future scams, asking them general financial questions about their investments and the values of their homes.

The Wisconsin Department of Revenue (DOR) runs the state's lottery. DOR is aware of these calls and notes that the only time you would receive a call from the lottery is if you have entered and won a lottery mail-in drawing.

Wisconsin residents have contacted the Consumer Information Hotline at the Wisconsin Department of Agriculture, Trade, and Consumer Protection (DATCP) looking for

help in verifying the legitimacy of these calls. Because these Powerball calls have not included the usual scam red flags such as requests for money, sensitive personal data or bank or credit account numbers, it has been a challenge for the hotline staff to persuade consumers that the calls are fraudulent.

Even if the caller does not ask for personally-identifying information in these initial contacts, they are still gathering data that allows them to build a profile on the consumer that they can use for future scams. If a consumer freely and eagerly answers the scammer's

questions, that scammer now has two important pieces of information: the overall wealth of the consumer and a sense that the consumer will be an easy and receptive target for future scams. These profiles are valuable for scammers and may be sold and shared among these criminals.

For additional information or to file a complaint, visit the Consumer Protection Bureau at [datcp.wisconsin.gov](http://datcp.wisconsin.gov), send an e-mail to [datcphotline@wisconsin.gov](mailto:datcphotline@wisconsin.gov), or call the consumer information hotline toll-free at 1-800-422-7128.

## Caregivers Support Group

The Caregiver Support Group will continue to meet on the 2nd Thursday of each month at 6:00pm-7:30pm at the Monroe Clinic Hospital. If help is needed to care for a loved one during the group time, please contact the Aging & Disability Resource Center at (608) 328-9499 for information about respite options and funding. Please contact Deanna Truedson at 843-3402 for questions or more information. The group is co-sponsored by the Aging & Disability Resource Center, the Alzheimer's & Dementia Alliance and Monroe Clinic.

**The Caregiver Support Group has a new respite program, "Our Time". The purpose of "Our Time" is to allow caregivers who cannot leave their family member home alone have the ability to attend the caregiver support meeting with peace of mind. They know that their loved ones are nearby, receiving supervision along with involvement in activities coordinated by trained staff volunteers. Registration is required. Please contact Cindy Keller at 608-324-2692 for more information.**

## Parkinson's Support Group

The Parkinson's Support Group will meet at 2 p.m. on the third Saturday of every month, with meetings held in the second-floor cafeteria dining room of Monroe Clinic, 525 22nd Ave.

The meeting is for Parkinson's patients, their caregivers and any friends or family. For more information, call (608) 263-9950 or (608) 966-1398 after 7:30 p.m.

# What did the doctor say?

Barb's husband, James, has always been her best friend and biggest supporter. A few months ago, she noticed some changes in his mood and memory. They both agreed to talk with the doctor about it. Barb likes and respects their doctor, but left confused about what the next steps were and if they should be worried. She tells herself that everyone gets forgetful when they get older, so maybe it is nothing. Barb is not sure. She would like to go back and ask more questions, but she knows their doctor is very busy.

*Do you ever feel mixed up or have questions after leaving the doctor's office?*

Did you know that 9 out of 10 adults have difficulty using everyday health information? With some planning and practice, you can make sure you have a good understanding of what the doctor tells you and to ask the right questions before you walk out. Dr. Paul Smith, with the University of Wisconsin School of Medicine, has developed a research study designed to help.

*The research study is called BeST*

*Communication. In this study, you will learn:*

- To get ready for a doctor visit with the person you help

- To get your questions answered

- To get the most out of your time with the doctor

Classes start June 17th from 5 to 7 pm - For more information about BeST Communication, please call the Aging & Disability Resource Center at **608-328-9499** or email the Aging & Disability Resource Center at [resourcecenter@gcs hd.org](mailto:resourcecenter@gcs hd.org)

BeST Communication is supported by the University of Wisconsin, the Aging & Disability Resource Center, Monroe Clinic, and the Green County Caregiver Coalition.

# Keep Stepping On – It's worth it!

Carla is a retired Register Nurse living in Brodhead, Wi. Since her retirement, she had noticed that she was getting weaker and her knee was giving her more trouble than it used to. She still gets around fairly well using her cane and taking her time. Carla signed up for a Stepping On class after reading about it in the Aging & Disability Resource Center Newsletter. She knew the basics from her work as an RN, but also knew she needed some help and was curious.

Carla enjoyed the class and never missed a week. She found the speaker on vision changes quite informative, as she also is dealing with problems with her eyes. Carla graduated and felt her balance was much better than before, but continued with the exercises because she knew if she didn't use it – she would lose it!

Three months later at the Stepping On Booster Session, she brought her

exercise sheet to show the leaders and talked about her improvements. She also shared a story about a fall she almost had. It was a normal day and she was at the clinic. She sat down to fill out paperwork and hooked her cane on her chair so it wouldn't fall. Before she was finished, the nurse called her name to come back for her appointment. In a hurry, she stood up and caught her foot on the cane she had hooked on her chair. "I know I would have fallen," she said, "but I was able to use the strength in my legs to bring my other foot around to catch myself."

Carla will not be stopping her balance and strength exercises anytime soon!

You, too, can learn how to prevent falls. Join a Stepping On class in starting on Wednesday, July 2nd from 1:30 to 3:30 pm in New Glarus. Cost is \$10.

For more information or to sign up, please call the ADRC at 608-328-9499.

## \* NAME THE CAFÉ CONTEST \*

Behring Senior Center and the Aging & Disability Resource Center (ADRC) of Green County Human Services are co-hosting a CONTEST to name the new Breakfast Café!

*Contest dates are July 1st – August 1st.*

Please submit your suggestion with your name, address, phone # and email address to the following address

**NO LATER than August 1, 2014:**

Behring Senior Center, ATTN: Tammy Derrickson  
1113 – 10th Street, Monroe WI 53566

*The winner will win a "Breakfast Café Breakfast AND Coffee Card" worth ten free breakfasts AND coffee!*

## A special

*Thank You*

**goes to...**

**Angie Werth** – Physical Therapist  
Monroe Clinic Homecare/Hospice

**Jean Kalschuer** – Vision Expert  
Wisconsin Council of the Blind

**Officer Plenge** – Community Safety Expert  
Monroe Police Department

**Kayla McGowan** – Pharmacist  
Monroe Clinic Hospital

**For sharing your expertise in our Stepping On class!**

## SENIOR DAY

First Wednesday of Every Month

# SHOPKO

*my life. my style. my store.™*

405 W. 8th St., Monroe • 328-3300



# IN THE KNOW....

At the ADRC, we receive many question everyday and hear from our consumers, *“Boy, I wish I had known about this sooner!”* or *“I know other people who could use this information, too.”*

This column will be used to share our knowledge with you about some of the frequently asked questions to our ADRC, so you too will be **IN THE KNOW**.

## What is Information and Assistance?

Information and Assistance (or I&A) is a service of the ADRC that **EVERYONE** can access and most can benefit from. When providing I&A, we are providing information about help that you are looking for... as well as assistance in connecting to that help. There are many different services and programs available in Wisconsin and locally in Green County, but these are not always the easiest to find. If you have never had to ask for help in the past, you would probably not know where to go to start to ask questions or to find out what is available. You also might not know what the help you are looking for is called in order to look it up in the phone book or on the internet. That is why we are here!

It is our job to be knowledgeable about all the programs and services available to help persons remain as independent as possible in the community. We can talk to you about your situation, what is important to you, and what

things you need assistance with. We can then talk to you about the different ways you could meet that need, how much it might cost, and how to access the help. If you are unable to fill out any needed paperwork, we can help with that, too. We will give you all the options to meet your need so you have the information to help you make the best choice for you.

You can also call about a loved one. We are happy to talk to family members, caregivers, and friends of someone who is getting older or has a disability and wants to begin to explore what help may be available. When you come in or call the ADRC, you are not required to give us your loved one’s name if you so choose and we can still explore the options available. With this information, you can talk to your loved one about some options and, if agreeable, we can all meet and discuss together.

We also have the availability to come to your home. Some people do not like to talk on the phone. Transportation to come to an appointment can be an issue as well, so we are happy to come to you. You are welcome to have any family or friends present as well during that home visit, were they-and you- may feel more at ease.

We are easily accessible **Monday-Friday, 8:00 am – 4:30 pm**. No appointments necessary. You can call or stop in. We are located at the Pleasant

View Complex in the Human Services Building. Our local phone number is **608-328-9499**. We also have a website with our services on it, [www.adrcgreencounty.org](http://www.adrcgreencounty.org)

Whether you are struggling to make ends meet or have saved for that rainy day, gathering all necessary information can help you live independently in your home, help you know what assistance is available, and could even save you money. Call today so we can help you be **IN THE KNOW!**



*Information & Assistance Specialists of ADRC*

GREEN COUNTY  
**Alzheimer's**  
Alzheimer's & Dementia Alliance **Walk**

**Saturday, September 6**  
**Behring Senior Center**  
**1113 10th St., Monroe**  
Registration 7:30 a.m. • Walk 8:30 a.m.

Proceeds Benefit the Alzheimer's & Dementia Alliance of Wisconsin  
[www.alzswisc.org](http://www.alzswisc.org) • 888.308.6251

# Music Therapy Enhancing Cognition

While researchers from around the world work to find new ways to treat Alzheimer's and prevent the on-set of dementia, families and people affected by different stages of dementia must make good use of all available tools to address the cognitive and emotional symptoms of the condition. One important such tool is music.

Many Alzheimer's patients can remember and sing songs even in advanced stages, long after they've stopped recognizing names and faces. Dementia care homes often use music as recreation, since it brings patients pleasure. But beyond the entertainment value, there's growing evidence that listening to music can also help stimulate seemingly lost memories and even help maintain some cognitive functioning.

World renowned Rebecca Center for Music Therapy in New York promotes the use of music therapy to help stimulate communication and memory skills. Its founder, John Carpenter, a licensed, board-certified music therapist, believes that listening to live music and being involved in live music-making experiences empowers clients to emerge from the isolation imposed by Alzheimer's disease and dementia. Some of the benefits he cites include: memory recall; positive changes in moods and emotional states; a sense of control over life; non-pharmacological

management of pain and discomfort; stimulation that promotes interest even when other approaches are ineffective; promotes rhythmic, continuous movement and vocal fluency; opportunities to interact socially with others.

"Basically", Carpenter says, "music is used to maintain or increase levels of physical, mental, social, and emotional functioning". Music



*Juda Jazz Band Performing at Hand in Hand Adult Day Center, May 13, 2014*

used as a sensory and intellectual stimulation can help maintain quality of life or even improve it.

## How does it work?

For centuries, music has been known to calm people down and provide relief from stress and tension. Neuroscientists, now equipped with brain scanning technology, have a renewed interest in finding how music affects our neural circuits.

Researchers in Finland using

magnetic resonance imaging (fMRI) found that music listening recruits not only the auditory areas of the brain, but also employs large-scale neural networks. For instance, they discovered that the processing of musical pulse recruits motor areas in the brain, supporting the idea that music and movement are closely inter-twined. Limbic areas of the brain, known to be associated with emotions, were found to be involved

in rhythm and tonality processing. Processing of timbre was associated with activations in the so-called default mode network, which is assumed to be associated with mind-wandering and creativity.

Music also engages areas of the brain involved with paying attention, making predictions and updating events in memory. Findings suggest that music can help the brain organize incoming information.

Recent research also showed that listening to music releases dopamine (a neuro-transmitter) in the brain sending pleasure signals to the rest of the body.

## Incorporating Music in your Treatment Plan

For people in the early stages of dementia, music therapy can help maintain cognitive levels and enhance overall brain functioning.

Day care centers and homes specialized in dementia care routinely incorporate music therapy programs in their schedules, as a way to keep residents engaged and stimulated. These programs are often made available to the community at large. Families caring for their loved ones at home should check their local resources for opportunities to attend music therapy programs.

In home, care can be also enhanced by the use of music tools (see Tips panel). A personalized music playlist in an Ipad can be an effective non-pharmacological way to promote well-being and enhance quality of life.

If you need help setting a playlist for your loved one, there is a non-profit organization Music & Memory ([musicandmemory.org](http://musicandmemory.org)) that can help set one up.

Written by Care Consultant Luciana Cramer for the Alzheimer's Association.

## ~ Caregiver Tips ~

~ When verbal communications fail, using familiar songs can help soothe and take the edge of difficult moments. ~

~ Playing soft music can help creating a calm environment and ease sun-downers. ~

~ Try playing soft music in the background during bathing to create a calming and relaxing atmosphere. ~

~ Playing animated, happy songs in the morning can help with getting your loved one started. ~

~ Singing a familiar song together can offer a welcome distraction and help a person "snap-out" of a repetitive action or behavior. ~



~ Think ahead: make playlists of different kinds of songs for different kinds of mood. ~

~ There are many apps available for music learning and sing-along. Sing-Fit is an excellent app designed specifically for people with memory loss. ~

~ Make sure that the songs you select do not bring up bad memories and are not connected to sad events of the past. ~



July 2014 Menu - Monroe/Brodhead/Albany New Glarus Monticello

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Monroe Turkey Monticello Roast Pork New Glarus Fried Chicken	2 Albany Beef Stew Brodhead Same Monroe Same Monticello Sharon's Goulash New Glarus Beef Brisket	3 Monroe Brat Monticello Turkey Tetrazzini New Glarus Kalburwurst	4 Dining Center Closed
Albany Beef Italian Tortellini 7 Brodhead Same Monroe Same Monticello Pizza Casserole New Glarus Roast Beef	8 Monroe Chicken Thigh Monticello Chicken Breast New Glarus Meatloaf	9 Albany Meatloaf Brodhead Same Monroe Same Monticello Pork Cutlettes New Glarus Chicken/Dumplings	10 Monroe Hamburger Monticello Turkey Stroganoff New Glarus Corned Beef	11 Albany Ham 'N Cheese Salad Brodhead Same Monroe Same Monticello Baked Chicken New Glarus Breaded Fish
Albany Chicken Patty 14 Brodhead Same Monroe Same Monticello Chicken w/Wild Rice New Glarus Ring Bologna	15 Monroe Turkey Casserole Monticello Ham Ball New Glarus Turkey Burger	16 Albany Spaghetti Brodhead Same Monroe Same Monticello Spaghetti New Glarus Pork Chop Suey	17 Monroe Ham Monticello Chicken Broccoli & Rice Casserole New Glarus Lasagna	18 Albany Mac 'N Cheese Brodhead Same Monroe Same Monticello Lasagna New Glarus Beef Stroganoff
Albany Goulash 21 Brodhead Same Monroe Same Monticello Turkey New Glarus Ham Loaf	22 Monroe Roast Beef Monticello Taco Noodle Bake New Glarus Pork Chops	23 Albany Turkey Salad Brodhead Same Monroe Same Monticello Pork New Glarus Pepper Steak	24 Monroe Tator Tot Casserole Monticello Baked Chicken New Glarus Chicken Kiev	25 Albany Baked Fish Brodhead Same Monroe Same Monticello Baked Cod New Glarus Breaded Fish
Albany Chicken Breast 28 Brodhead Same Monroe Same Monticello Bean Casserole New Glarus Oven Fried Chicken	29 Monroe Porkloin Monticello Chicken Breast New Glarus Sweet-n-Sour Pork on Rice	30 Albany Turkey Broccoli Casserole Brodhead Same Monroe Same Monticello Pork Cutlettes New Glarus Polish Sausage	31 Monroe Lasagna Monticello Turkey New Glarus Scalloped Potatoes/Ham	

August 2014 Menu - Monroe/Brodhead/Albany New Glarus Monticello

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Albany Tuna Salad 1 Brodhead Same Monroe Same Monticello Roast Beef New Glarus Salmon Patty
Albany Ham 'N Scalloped Potatoes 4 Brodhead Same Monroe Same Monticello Pork Roast New Glarus Swedish Meatballs	5 Monroe Chicken A La King over Mashed Potatoes Monticello Ham Ball New Glarus Chicken Teriyaki	6 Albany Roast Beef Brodhead Same Monroe Same Monticello Oven Fried Chicken New Glarus Meatloaf	7 Monroe Turkey Monticello Swiss Steak New Glarus Baked Ham	8 Albany Cold Chicken Salad Brodhead Same Monroe Same Monticello Tuna Casserole New Glarus Baked Cod
Albany Goulash 11 Brodhead Same Monroe Same Monticello Chicken & Rice New Glarus Beef Stew	12 Monroe New England Boiled Dinner Monticello Pork Roast New Glarus Ring Bologna	13 Albany Egg Salad on Lettuce Brodhead Same Monroe Same Monticello Sharon's Goulash New Glarus Pork Chop	14 Monroe Turkey Noodle Casserole Monticello Turkey Tetrazzini New Glarus Brat	15 Albany Mac 'N Cheese Brodhead Same Monroe Same Monticello Baked Cod New Glarus Sirloin Tips
Albany Hot Dog 18 Brodhead Same Monroe Same Monticello Pizza Steak New Glarus Swiss Steak	19 Monroe Meatloaf Monticello Chicken Breast New Glarus Fried Chicken	20 Albany Chicken Thigh Brodhead Same Monroe Same Monticello Pork Cutlettes New Glarus Beef Brisket	21 Monroe Chicken Patty Monticello Turkey Stroganoff New Glarus Kalburwurst	22 Albany Lasagna Brodhead Same Monroe Same Monticello Baked Chicken New Glarus Salmon Loaf
Albany Ham/Potato Casserole 25 Brodhead Same Monroe Same Monticello Chicken w/ Wild Rice New Glarus Roast Beef	26 Monroe Spaghetti Monticello Ham Ball New Glarus Meatloaf	27 Albany Tator Tot Casserole Brodhead Same Monroe Same Monticello Spaghetti New Glarus Chicken/Dumplings	28 Monroe Pork Monticello Chicken Broccoli & Rice Casserole New Glarus Corned Beef	29 Albany Fish Square Brodhead Same Monroe Same Monticello Lasagna New Glarus Breaded Fish

1% milk is served with all meals. Meals are prepared without salt. For serving times and more information, call the Aging and Disability Resource Center at 608-328-9499. The Monroe Dining Center is located in the Behring Senior Center, 325-3040. The Albany Dining Center is located in the EMS meeting room, 208 Water Street. The Brodhead Dining Center is located at the Brodhead Senior Center, 897-4796. Monticello meals are available through Gempeler's Supermarket. New Glarus meals are available through the New Glarus Home Inc., 608-527-2126 ext.706. \*\*Menu subject to change\*\*



## Special Trip Monday, August 4<sup>th</sup>, 2014

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

Bus will leave from the Green County Human Services parking lot at 8:30am.

Pick-up available in Monticello & New Glarus.

~ Cost is \$25.00 for both transportation and train ride! ~

Monies for the entire trip can be paid on day of the trip.

Bring your own sack lunch to eat on the train.



**Only 14 spots, reserve by noon, August 1, 2014! Call Katie at 608-328-9499**

# Need a Ride? Give us a Call!

The Aging & Disability Resource Center works with people of any age to help you find transportation to where you need to go. Just call the ADRC at **608-328-9499** to get started.



## Shuttle Bus Service

Buses provide transportation to and from multiple locations on a regular schedule.

Riders are picked up at home and taken to all the places they need to go. Drivers also help with packages.

**To guarantee a spot please call by noon 2 days before the trip**



All buses are walker and wheelchair accessible.

Wed, July 2 Wed, August 6	Belleville-Monticello-New Glarus to Monroe	\$4.50
Thurs, July 3 Thurs, August 7	Monroe-Juda-Brodhead to Janesville	\$8.00
Wed, July 2, 9, 16, 23, 30 Wed, August 6, 13, 20, 27	New Glarus-Monticello to Monroe	\$4.50
Thurs, July 10, 24 Thurs, August 14, 28	Albany-Brodhead-Juda to Monroe	\$4.50
Thurs, July 17 Thurs, August 21	Monroe-Monticello-New Glarus to Madison	\$10.00
Mon, July 14 Mon, August 11	Monroe to Freeport	\$6.00



## Driver Escort Service

Driver escorts are qualified volunteer drivers who use their own vehicles to provide rides. To use this service, you must be able to get into and out of the vehicle on your own. Drivers can assist you, but cannot lift or provide medical care. When you schedule your ride, we'll let you know how much the service will cost.

Reservations are required 48 hours in advance and co-payments are collected at the time of the ride.