



ADRC CONNECT

AGING & DISABILITY RESOURCE CENTER OF MONROE COUNTY

MAY 2022

315 West Oak Street, Suite A • Sparta, WI 54656 • 1-888-339-7854 • FAX (608) 269-8688

The ADRC of Monroe County now has a Community Health Worker!



Stephanie Haas
Community Health Worker (CHW)

The ADRC of Monroe County is excited to announce the addition of a Community Health Worker (CHW) to our Sparta office. Our CHW is a position employed through the Greater WI Agency on Aging Resources (G Waar). While the position is through G Waar it is designed to serve the residents of Monroe County. G Waar hired long-time local resident Stephanie Haas to fill the position. Stephanie will be working at our office Monday through Friday from 8:00 a.m. to 4:30 p.m. Stephanie shared the following:

“I am Stephanie Haas the new Community Health Worker at the ADRC/G Waar. I have been married for almost 7 years and have 2 boys, Huxley and Hans. I previously worked for my husband and in-laws for almost 12 years at Mike’s TV and Appliance and before that I worked as a certified nursing assistant at The Morrow Memorial Home.

One of my goals, as the community health worker, will be to help customers become better prepared and confident to take care of their health conditions and to make sure their needs are being met during their move

from a hospital stay to back home. I look forward to working with the ADRC and the community.”



Can you help?

WILTON MEAL SITE

Due to lack of staff the Wilton Meal Site is currently closed. Unfortunately, this means many seniors are going without their home delivered meal and daily welfare check. Others are missing their time for socialization at the meal site. We are hopeful someone will find it in their heart to apply for this rewarding paid position as the longer we go without reopening, the harder it will be to resume services.

If you, yourself, are unable to be our next meal site manager please share this with anyone who you think may be interested. Hours are scheduled Monday through Friday working approximately 15-19 hours per week.

Please contact Pam Weber, ADRC of Monroe County Manager, for more information at (608) 269-8691.

What is a CHW? A Community Health Worker addresses disparities in access to local and COVID-19 related services and improves community health by addressing social determinates of health factors that exacerbate chronic illness, and result in long term care needs. CHWs use Care Transitions Intervention which is a program that will help people become more confident managing their health condition(s) and make sure that their needs are being met during their move from hospital back home. This program is available at no charge and will help people:

- Reach a personal goal of their choosing
- Understand and manage medications better
- Help prevent being readmitted to the hospital
- Maintain the good care they received in the hospital after they get home

The Care Transition Program is different from other services such as home health or physical therapy. A Transitions Coach does not provide skilled services (i.e. they

COMMUNITY HEALTH, continued on page 2

A Golden Celebration!

The ADRC of Monroe County is planning a Senior Celebration with musical entertainment and a delicious catered meal of Broasted Chicken, Mashed Potatoes & Gravy, Coleslaw, Fresh Fruit and Birthday Cake!

The event will recognize the 50 year anniversary of the Senior Nutrition Program.

REGISTRATION REQUIRED

If you are 60 years or better, please call The ADRC of Monroe County at (608) 269-8692 to register.

SCHEDULE

- 10:30 a.m. Registration
- 11:15 a.m. Welcome
- 11:30 a.m. Lunch
- 12:00 p.m. Musical Entertainment

THREE LOCATIONS DURING THE MONTH OF MAY

MAY 5 TOMAH
Kupper-Ratsch Senior Center
1002 Superior Ave.
Kevin Matson Performing

MAY 10 CASHTON
Community Hall
812 Main Street
Swingin’ N Singin’ Performing

MAY 19 SPARTA
Barney Center
1000 E. Montgomery St.
Swingin’ N Singin’ Performing





Now Hiring MINI BUS DRIVER

Do you enjoy working with the elderly population and driving?



Julie Leis
ADRC Transportation
Coordinator

If so, the ADRC of Monroe County may have the job for you! We're seeking an On-Call Mini Bus Driver. This is a flexible position and you would know your schedule in advance. Successful candidates are preferred to have a high school diploma. Experience working with older adults and disabled persons of any age

is helpful but not required.

A valid Wisconsin driver's license, with a good driving record, is required. One year of related driving experience is preferred but not required.

Our Mini Bus Driver provides transportation to residents of Monroe County, both ambulatory and non-ambulatory, from various points to their destination and return. Our Mini Bus Drivers assist riders from their

homes, in and out of the mini bus, and ensure their safety to and from their destination. This position is responsible for daily vehicle safety checks, cleaning and refueling the vehicle.



Starting salary for this position is \$10.00 hourly. Hours vary Monday thru Friday and are typically scheduled ahead of time. Typical work hours are between the hours of 8:00 a.m. – 5:00 p.m.

If you would like to learn more about this position, please contact Julie Leis – ADRC Transportation Coordinator at (608) 269-8689!

We are seeking Volunteer Drivers to play a critical role for the elderly and disabled by providing transportation to the residents of Monroe County!

Qualifications: Must hold a valid WI driver's license, have a good driving record, and experience working with older adults and disabled persons of any age is helpful but not required. Mileage Reimbursement is available if your automobile insurance meets the requirements.

- If you are interested and would like more information on becoming a Volunteer Driver, contact Julie Leis, Transportation Coordinator at (608) 269-8689.

Over 30 days, a transitions coach will do home visits and call at convenient times to provide support. We are excited to be able to provide this service to Monroe County residents. For more information you can reach Stephanie at 608-219-1710.

COMMUNITY HEALTH, continued from page 1

will not take your blood pressure or dress wounds). Instead, the Transitions Coach will work with people to help them become better prepared to take care of their health conditions now and into the future. This program focuses on individual's needs.

THANKYOU!

The ADRC of Monroe County Transportation Program would like to thank Gundersen Health System for their contribution to assist our Volunteer Drivers that transport area elderly and disabled residents to and from their medical appointments. This generous donation reflects Gundersen Health System's mission of excellence in patient care, education, research and improved health in the communities they serve. Gundersen Health System is committed to being a responsible corporate citizen and to support those activities that enhance the health and quality of life for the services region.



MOTHER'S DAY MAY 8, 2022

Remember when the Peace Corps adopted the slogan "The toughest job you'll ever love"? No offense, Peace Corps, but that adage is more appropriate for motherhood — a job that is ever-changing and frequently exasperating. Moms don't get days off, nor do they receive handsome salaries or generous pensions. Instead, their rewards come in the form of sticky kisses, necklaces made of elbow macaroni, and the satisfaction of seeing their children grow up to be happy, healthy adults. That's probably not adequate compensation — so give Mom an extra hug on Mother's Day, the second Sunday in May, just in case, and follow our guide to giving back.



Close to Home



Tips for Caregivers: Helping with Medications and Medical Devices

By the GWAAR Legal Services Team

Do you help care for a friend or family member in your home or check on them in their own home? Although you want to help your loved ones stay healthy, managing their medications can be a challenge. These tips can help you keep the people you care for safe.

Keep a list of medicines for each person you care for. In addition to prescription medication, remember to include over-the-counter medication and dietary supplements, like vitamins and herbs. Keep this list with you and bring it to doctor visits. When you go to the doctor, ask: What is the name of the medicine? How much medicine should my loved one take and when should it be taken? Are there any side effects and special warnings? What can be done if my loved one has any problems taking or tolerating this medicine? How should we safely get rid of old or unused medicine?

Give the right amount of medicine. Ask



your loved one's healthcare providers how much medicine you should give and when you should give it. Be sure to use the measuring cup or device that comes with the medicine.

Lock up medication. Make sure medicine is taken only by the person it is meant for. Keep medications and any dietary supplements out of the reach of children, teens,

and other adults who might be harmed if they take it.

Use home medical devices safely. Talk to a doctor or other healthcare provider about how to use medical devices correctly. Read the directions on how to clean the device, as household cleaners should not be used on some devices.

Finally, make a plan for emergencies. Pack a kit with medical supplies, batteries for any medical devices, and a copy of your loved one's medicine list. Put the kit in a place that is easy for your loved one to access. Ask a healthcare provider how to handle medicines or devices affected by flood water or heat. If there is an emergency in your loved one's home, tell the electric company or any first responders if there is a medical device that needs power.

For more resources for caregivers, please see: <https://www.fda.gov/consumers/womens-health-topics/caring-others-resources-help-you>.

Driver License Invisible Disability

By the GWAAR Legal Services Team

When a police officer pulls over a vehicle, it is routine for the officer to run the driver's license or plate to see information about the person's vehicle, driving history, and criminal record. Sometimes, however, the driver may be capable of driving but have certain medical conditions or behaviors that could be misinterpreted by police. These conditions, in turn, could put the driver in danger. For example, conditions could make the driver more anxious, agitated, or cause difficulty communicating.

Effective January 1, 2019, an applicant for a Wisconsin driver license, identification (ID) card and/or vehicle registration can choose to disclose on these documents that they have a disability that may not be immediately apparent to another person.

These conditions include the following:

- Appears deaf or unable to understand;
- Has difficulty speaking or communicating;
- Engages in repetitive or self-stimulating behaviors such as rocking or hand flapping;
- Appears anxious, nervous, or upset;



- Becomes agitated due to physical contact or stressful situations;
- Acts indifferent or unresponsive; and
- Other.

A person can complete the Invisible Disability Disclosure form MV2167 to make such a disclosure and send it to the address on the form or present it to their local DMV Service Center. The disclosure will be available so that when officers run driver license and plate information they will also be alert-

ed to the invisible disability.

An invisible disability disclosure is completely voluntary, and a person can remove information about their invisible disability at any time by using the same form MV2167.

For more information and to access the form, visit wisconsin.gov and search for form MV 2167.

Celebrating Lives Well Lived


Torkelson
FUNERAL HOME

Pre-Planning in-person
or with our online form
(800) 338-0928

Visit Us Online at TorkelsonFuneralHome.com

EAT WELL, AGE WELL: Stress Awareness

Did you know there are health concerns associated with prolonged stress such as high blood pressure, depression, Alzheimer's disease, obesity, and heart disease? The good news is there are many ways to manage & alleviate stress. Completing the weekly challenges can help.

Many times, a person will try to go very fast throughout the day when aggravated. My suggestion for you is to take a break and go outside. By being outside, you can break up your day and clear your thoughts from the chaos going on around you.

Some people stick to themselves and do not want to talk about stress in their lives. Although being social, is an important way to reach out to those that are close to you.

Communication will allow support and they may offer advice that you haven't thought about.

If stress causes you to eat, try to reach for fruit, vegetables, or a high-protein snack such as nuts instead of cookies, ice cream, or sweets. Healthy snacks will provide energy to combat negative stress.

Journaling is a good way to vent and/or understand your thoughts. This can alleviate pressure and limit stress. Take 10 minutes to write about what you are grateful for and what you want the rest of your day to look like.

Source: <https://www.webmd.com/balance/stress-management/features/10-fixable-stress-related-health-problems#1>

WEEKLY CHALLENGES

- When stressed try to calm your mind and breath slowly.
- Communicate with trusted individuals when you feel stressed.
- Get outside and enjoy the weather.
- Journal your thoughts!

DID YOU KNOW...

The American Heart Association has stress management information <https://www.heart.org/> and search "Stress Management"

ADRC of Monroe County Meal Program/Senior Dining Sites Cashton, Kendall, Norwalk, Sparta, Tomah, Wilton

There is a suggested donation of \$4.00 for each congregate meal or each home delivered meal.

MAY 2022

No additional salt added

The menu is subject to change. There may be a substitution due to shortage in supply or other reason beyond our control.

2	3	4	5	6
3 oz./1 Cheeseburger/WG Bun 1 ea. Ketchup/Mustard 1/2 c. Baked Beans 1/2 c. Creamy Cucumbers 1/2 c. Pears 1/2 c./1 ea. Fresh Fruit 8 oz. 1% Milk	3 oz. Garlic Chicken 1/2 c. Herbed Rice 1/2 c. Carrots 1 ea. WG Bread/Butter 1/2 c./1 Fresh Fruit x2 1 Cake 8 oz. 1% Milk	3 oz. 1 Pulled Pork/WG Bun 1 oz. Baked Potato 1 oz./1 Sour Cream/Butter 1/2 c. Mixed Greens Salad 1 Dressing Pkt. 1/2 c. Pineapple 8 oz. 1% Milk	3 oz. Meatballs 1/2 c. Mashed Potato 2 oz. Gravy 1/2 c. Tomatoes/Zucchini 1 ea. WG Bread/Butter 1/2 c. Baked Apples 8 oz. 1% Milk	1 Breakfast Sandwich 1/2 c. Cheesy Hash Browns 1/2 c. Broccoli 1/2 c. Peaches 8 oz. 1% Milk
9	10	11	12	13
3 oz. Meatloaf 1/2 c. Sweet Potatoes 1/2 c. Peas 1 ea. WG Bread/Butter 1/2 c. Peaches 8 oz. 1% Milk	3 oz. Pork Cutlet 1/2 c./2 oz. Ms. Pot/Mushroom Gravy 1/2 c. Carrots 1 ea. WG Bread/Butter 1/2 c./1 ea. Fresh Fruit 1/3 c. Pudding 8 oz. 1% Milk	3 oz. Hamburger Steak/Gravy 1/2 c. Beans and Rice 1/2 c/1 Mixed Greens/Drsg. Pkt. 1/2 c. Apricots 1 ea. WG Bread/Butter 4 oz. Fruit Juice 8 oz. 1% Milk	6 oz. Beef Noodle Casserole 1/2 c. Green Beans 1 ea. WG Bread/Butter 1/2 c. Ambrosia Salad 1/2 c./1 Fresh Fruit 8 oz. 1% Milk	4 oz./1 Chicken Burger/WG Bun 1 Mayonnaise Packet 1/2 c. Wild Rice 1/2 c. Mixed Vegetables 1/2 c./1 Fresh Fruit 1 ea. Fruit Crisp 8 oz. 1% Milk
16	17	18	19	20
3 oz. Oven Roasted Turkey 1/2 c./2 oz. Mashed Potato/Gravy 1/2 c. Squash 1 ea. WG Bread/Butter 1/2 c. Mandarin/Pineapple Mix 1 Cookie 8 oz. 1% Milk	3 oz. Mushroom Swiss Burger 1 WG Bun 1/2 c. Sweet 'n Sour Beans 1/2 c. Corn 1 Fresh Fruit x2 1 Gelatin 8 oz. 1% Milk	6 oz. Chicken Rice Casserole 1/2 c. Mixed Greens Salad 1 Dressing Pkt. 1 Breadstick 1/2 c. Fruit Cocktail 4 oz. Fruit Juice 8 oz. 1% Milk	3 oz. Salisbury Steak/Gravy 1/2 c. Boiled Potatoes 1/2 c. Carrots 1 ea. WG Bread/Butter 1/8 sl Fruit Pie 8 oz. 1% Milk	4 oz. Dijon Chicken Patty 1/2 c. Seasoned Rotini 1/2 c. Broccoli 1/2 c./1 Fresh Fruit x2 1 each WG Bread/Butter 8 oz. 1% Milk
23	24	25	26	27
3 oz. Hamloaf 1/2 c. Scalloped Potato 1/2 c. Squash 1 ea. WG Bread/Butter 1/2 c. Peaches 8 oz. 1% Milk	8 oz./4 Chili/Crackers 1 ea. Cheese/Breadstick 1/2 c. Mixed Greens Salad 1 Dressing Pkt. 1/2 c./1 Fresh Fruit 1 Cookie 8 oz. 1% Milk	3 oz. Chicken Salad 1 Whole Grain Bun 1/2 c. Cowboy Caviar 1 oz. Tortilla Chips 1/2 c./1 Fresh Fruit 1/8 sl Fruit Pie 8 oz. 1% Milk	3 oz. Swiss Steak/Gravy 1/2 c. Au Gratin Potatoes 1/2 c. Carrots 1 ea. WG Bread/Butter 1/2 c./1 Fresh Fruit 1/3 c. Pudding 8 oz. 1% Milk	4 oz. Breaded Fish 1 Tartar Sauce Pkt. 1 Whole Grain Bun 1/2 c. Oven Brown Potatoes 1/2 c. Green Beans 1/2 c. Pineapple 8 oz. 1% Milk
30	31			
MEAL SITE CLOSED	3 oz. Garlic Chicken 1/2 c. Herbed Rice 1/2 c. Carrots 1 ea. WG Bread/Butter 1/2 c./1 Fresh Fruit x2 1 Cake 8 oz. 1% Milk		ADRC Nutrition Program Main Number is (608) 269-8692	Please call by NOON two (2) days before to reserve your meal.

Please call by NOON 2 days before to reserve your meal. Food allergies or intolerances are not able to be accommodated.
Cashton 377-3831 • Kendall 463-7622 • Norwalk 343-3158 • Sparta 269-6778 • Tomah 372-7291 • Wilton 487-6130



Fill Up On Fiber



Fascinating Facts about Fiber!

- 1** Fiber-rich foods include whole-grain breads and cereals; beans and peas; and fruits and vegetables.
- 2** It is recommended that men over 50 years receive 30 g of fiber each day, and women over 50 years receive 21 g of fiber each day.
- 3** Fiber can help prevent disease like cancer and diabetes.
- 4** Fiber helps maintain bowel regularity and alleviate constipation.

- 1** Eat whole fruits instead of drinking fruit juices.
- 2** Replace white rice, bread, and pasta with brown rice and whole grain products.
- 3** For breakfast, choose cereals that have a whole grain as their first ingredient.
- 4** Snack on raw vegetables instead of chips, crackers, or chocolate bars.
- 5** Substitute beans or legumes for meat two to three times per week in chili and soups.

Learn more at Eatright.org and Nutrition.gov/topics/whats-food/fiber harvard.edu/nutritionsource/carbohydrates/fiber/

Tips To Get Started



What's the difference between soluble and insoluble fiber?

SOLUBLE FIBER

- Dissolves in water
- Can help lower glucose levels as well as help lower blood cholesterol
- Foods with soluble fiber include oatmeal, nuts, beans, lentils, apples, and blueberries

INSOLUBLE FIBER

- Does not dissolve in water
- Can help food move through your digestive system, promoting regularity and helping prevent constipation
- Insoluble fiber is like a broom for your colon
- Foods with insoluble fibers include wheat, whole wheat bread, whole grain couscous, brown rice legumes, carrots, cucumbers and tomatoes

Find Words Related to Fiber!

- Carbohydrate
- Swimming
- Walking
- Cereal
- Whole Grains
- Oatmeal
- Stretch
- Fiber
- Vegetables
- Glucose
- Fruits
- Beans
- Movement
- Dancing
- Health
- Water

CWESALMU YUURKDGT XGJV
 BWADVIVEGETABLESHPTL
 JAMOVEMENTLRXCDHRDOR
 JTRPNOCSINDXHWLMSFEL
 OESUUBHXWZDDRAZEJVU
 SRQGOYOXUEXKOUELPTJK
 QTBALFCAWDFTWEOWKOPH
 WQRTTURATRLIPVHUKIKK
 WHFEOQCURMPKPGKCKINR
 HMIJTACOIBEVPHWPHWG
 OYBICCTTSTOADXNRVIRB
 LZEECTSHGJESHLCQTDWDOE
 EQRZDCKFPDHWYRKZAMWA
 GYTNTSCKUAZIDUVLDVN
 RPCBDVSGEAHNSZRUBQYS
 ADXSYPKZRUCIBAZITQ
 IHAITCYJVZEVNIUFTZE
 NSWIMMINGXZALLNWF EWG
 STNHEALTHPSPLNUGCLDO
 OCQSNEBLYITVWAFSMUFN

Puzzle Page – Engage Your Brain!

Los Angeles Times Sunday Crossword Puzzle

Edited by Patti Varol and Joyce Nichols Lewis

“WORK CLOTHES” BY PATTI VAROL

- ACROSS**
- 1 Kills time in an airport terminal, say
 - 6 “Be there in ___”
 - 10 Deposed Iranian ruler
 - 14 ___ Scotia
 - 18 “Who’s there?”
 - 19 Cuarón film nominated for 10 Oscars
 - 20 As yet
 - 22 “Young Sheldon” star Armitage
 - 23 No-frills type
 - 24 Debit slip
 - 25 What the housekeeper wore to work?
 - 27 What the actor wore to work?
 - 30 Look that way
 - 31 Genesis locale
 - 32 Body image, briefly
 - 33 Pass on, in a way
 - 35 Runs
 - 38 Wraparound dress
 - 40 Hyland of “Modern Family”
 - 41 Bumbling one
 - 44 “Abbott Elementary” TV network
 - 47 What the messenger wore to work?
 - 50 Country name on some euro coins
 - 51 Jam
 - 53 Hotmail alternative
 - 54 Writer Zora ___ Hurston
 - 56 Schlep
 - 57 Romance
 - 58 Backing
 - 59 Mennen product
 - 61 Outlying communities
 - 63 Indian royalty
 - 64 Available if needed
 - 66 Back in
 - 67 Routing abbr.
 - 68 What the truffle hunter wore to work?
 - 71 Big do
 - 74 “Shaun of the Dead” director Wright
 - 76 Pie choice
 - 77 Relinquishes
 - 78 Quite steamy
 - 80 Hazmat monitor
 - 82 Color nuance
 - 83 Naysayers
 - 84 E-file org.
 - 85 Tree surgeon’s transplant
 - 87 Orch. work

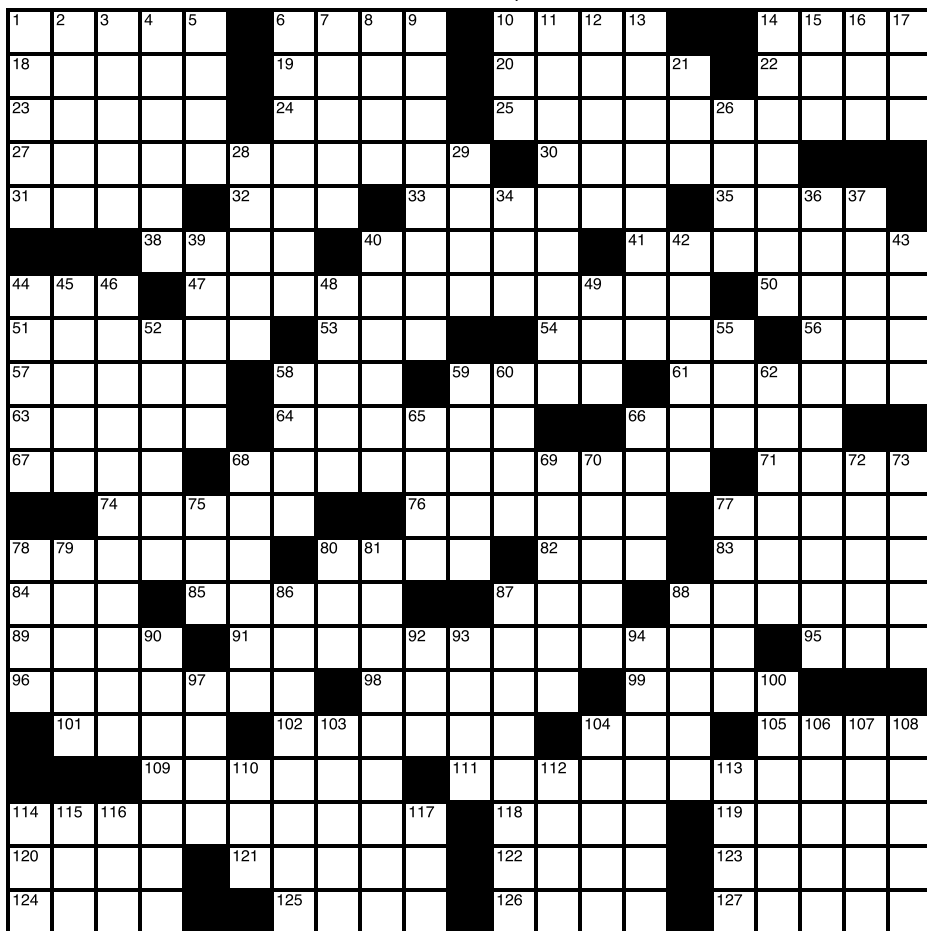
- 88 Tempt
- 89 Art Spiegelman graphic novel
- 91 What the NASA scientist wore to work?
- 95 Pack it in
- 96 Snobbery
- 98 Brink
- 99 Michelle of “Crazy Rich Asians”
- 101 A/C units
- 102 Jagged
- 104 Tuning pin on a cello
- 105 Rae who has won five Black Reel Awards
- 109 Football Hall of Famer Jones
- 111 What the scholar wore to work?
- 114 What the groundskeeper wore to work?
- 118 Cleveland’s lake
- 119 Rarely ordered meat?
- 120 Diaper cream ingredient
- 121 Church law

- 122 Deep-dish chain, familiarly
 - 123 Shampoo brand with an Essentials line
 - 124 Touch down
 - 125 Dispatch
 - 126 Fortified wine from the Douro Valley
 - 127 Expressed disdain
- DOWN**
- 1 Embarrassment
 - 2 Early Judean king
 - 3 “___ Kitteridge”:
 - 4 Pulitzer winner by Elizabeth Strout
 - 4 Grasslands
 - 5 Lone
 - 6 Really, really old-school
 - 7 “You’re not looking ___ yourself!”
 - 8 Mideast title
 - 9 Kim who narrates “How I Met Your Father”

- 10 Avg.
- 11 Work with a real estate agent, say
- 12 Photographer Adams
- 13 Posh spot for a weekend getaway
- 14 Classic salade
- 15 State tree of Iowa
- 16 Try (for)
- 17 Tiny tunneler
- 21 Lou Grant’s TV station
- 26 Somewhat
- 28 Narrow piece
- 29 Sun-cracked
- 34 Choose, in Duck, Duck, Goose
- 36 What the conductor wore to work?
- 37 Clean
- 39 Borders on
- 40 “Shift over a bit, will ya”
- 42 Out
- 43 Brewery array
- 44 Ghana’s capital

- 45 Swell up
- 46 What the soda jerk wore to work?
- 48 Rambling accounts
- 49 ___ culpa
- 52 Gay dating app
- 55 Interoffice no.
- 58 Rain hard
- 59 Hi or bye on Lanai
- 60 Arctic chunk formation in Bryce Canyon
- 66 Susan or Collin of country music
- 68 Multicolored fabric
- 69 Literary alter ego
- 70 Roomba target
- 72 German camera
- 73 Plus
- 75 Play date?
- 77 Poem section
- 78 “Pencils down”
- 79 G-U-M rival
- 80 Frequently found in a sonnet?

- 81 Scottish writer who created 69-Down
- 86 To an equal degree
- 87 “Sounds awesome!”
- 88 Melancholy poem
- 90 Star-___
- 92 Crank (up)
- 93 Smelter input
- 94 Chart-reading exam
- 97 “Ohhhhh”
- 100 Short break
- 103 “... said ___ ever”
- 104 Earlier
- 106 Weasel
- 107 Ward (off)
- 108 Did something appealing?
- 110 Mandela’s org.
- 112 River of Pisa
- 113 “Hey, c’mere!”
- 114 “Wonder Woman” star
- 115 ___ carte
- 116 Mets color commentator Darling
- 117 Conclusion



5/1/22

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JUMBLE ANSWERS

WHILE SWOON LOCALE HUDDLE
 When bats turned the small cave’s chamber into a shrine, it
 was a – HALLOWED HOLLOW

Whether it’s a crossword, jigsaw, or Sudoku, puzzles engage our brain in more ways than one. Scientists have discovered that when we work on a jigsaw puzzle, we utilize both sides of the brain, improving memory, cognitive function and problem solving skills in the process. By utilizing puzzles, people can stimulate the brain improve a number of skills.

JUMBLE

THAT SCRAMBLED WORD GAME
By David L. Hoyt and Jeff Knurek

Unscramble these Jumbles, one letter to each square, to form four ordinary words.

LIHEW



OWSNO



CLEALO



LDHUED

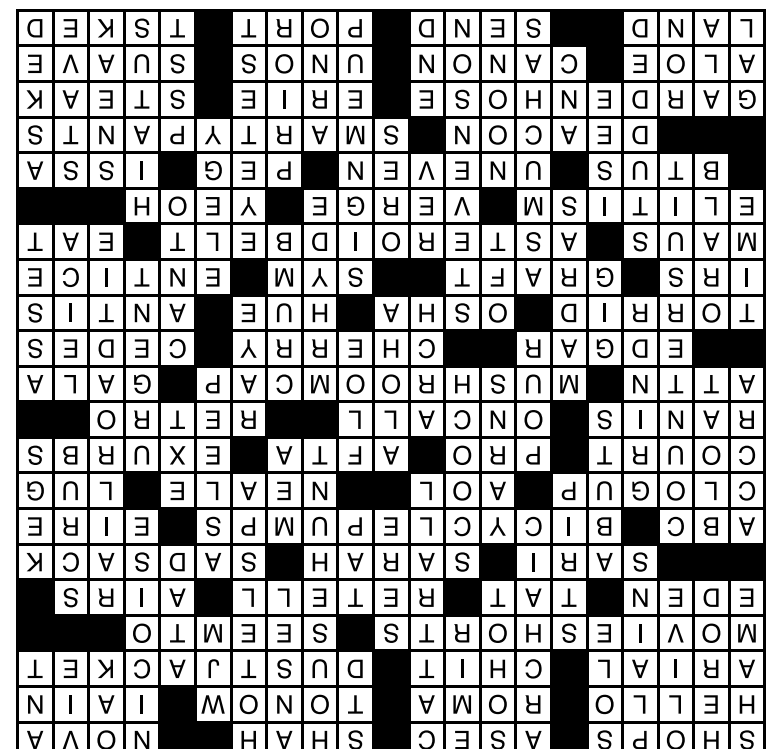


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Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

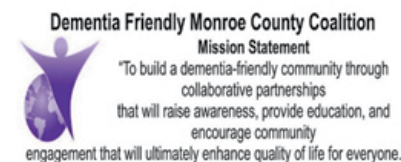
ANSWER TO TODAY'S PUZZLE



The Dementia Friendly Monroe County Coalition Presents: **DEMENTIA AWARENESS: Because Brain Health Matters!**

Farmers Market Stage
Saturday, May 21 • 8 a.m.-12 p.m.

- Dementia and caregiver information provided by members of the Dementia Friendly Monroe County Coalition
- The impact of Healthy Eating and the Brain
- Create Flower Crowns with your family and friends
- ADRC of Monroe County sponsored trishaw bicycle rides



Strong Bodies Exercise Classes

UW-Madison Extension continues to offer FREE virtual StrongBodies exercise classes on a Zoom platform. The next session will begin Monday, April 18th and go through Wednesday, June 29th.

What is StrongBodies? StrongBodies is an evidenced-based community strength training program for older adults. Adults of any age are welcome and encouraged to participate though. Participation in the program has proven to increase muscle strength, balance, flexibility, and improve chronic health conditions such as diabetes, arthritis, and osteoporosis as well as decrease medication and reduce medical costs. This program has also been proven to create and improve social connectedness.

Exercise in your own home and build or maintain your strength with exercises that are low impact and adaptable for ALL ability levels. Classes are held on Mondays and Wednesdays at 9:00 a.m. or Tuesdays and Thursdays at 9:00 a.m.

What you will need for class:

- Computer or smart phone
- Chair and water bottle
- Hand/ankle weights (if you have them)

To register for these classes or if you have any questions, please email april.anderson@wisc.edu or call the Extension office at 608-269-8722 between the hours of 8:00-4:30 Monday-Friday.

Take the Mystery Out of Medicare

Know someone who is turning 65 and has questions on Medicare? Have you been on Medicare for several years and have questions on coverage or insurance co-pays?



Alice Ackerman
Elder Benefit Specialist

Learn what services are covered under Medicare, different options for covering prescription medications and the differences between traditional supplement or "Medigap" policies

and Advantage plans.

Alice Ackerman, Elder Benefit Specialist with the ADRC will be giving a presentation on Medicare benefits and the enrollment process on May 12 from 4:00 – 6:00 pm at the Kupper Ratsch Senior Center 1002 Superior Ave Tomah.

Reservations are appreciated but not required. For more information, contact the ADRC office at 608-269-8690 or 888-339-7854 or on our website <https://www.co.monroe.wi.us/services/aging-and-disability-resource-center-copy>




TOMAH
NURSING & REHABILITATION CENTER

**Our Community
is Your
Home for Healing**

www.atriumlivingcenters.com
1505 Butts Ave, Tomah, WI 54660

CALL US AT **608.387.4405**





MINDFUL MOVEMENT

>>>>> for <<<<<<

MENTAL WELLNESS


Join us for the entire month of May as we raise awareness for **Mental Wellness** in this **Free Virtual Event!**
Presented by
The Monroe County Mental Health Coalition
#mentalhealthmatters #movementformentalwellness

Walk, stroll, cycle, hike, stretch, run, meditate.
Move how you like!

WHEN: May is Mental Health Month
WHO: Everyone can join! Individuals, groups, clubs, families

HOW TO PARTICIPATE:

- Register online (see below)
- Set a goal and track your minutes of movement for the month
- Move how you like and as much as you want
- Be creative and HAVE FUN
- Complete your movement goal and be entered for a chance to win a prize!

REGISTER HERE: <https://form.jotform.com/220816102647046>
Find us on  [Mindful Movement for Mental Wellness | Facebook](#)

Questions? Contact:
April Anderson april.anderson@wisc.edu or Eryn Leahy eryn.leahy@co.monroe.wi.us



ENJOY FREE ROOM & BOARD!

MORROW HOME COMMUNITY - MARYCREST ASSISTED LIVING



Take advantage of free room and board for your first two months of residence at Marycrest Assisted Living - a discount of over **\$3,700!**

 ONE AND TWO BEDROOM UNITS	 THREE MEALS SERVED DAILY	 CARPORTS & GARAGES	 ON-SITE BEAUTY & BARBER SHOP	 COMPLIMENTARY INTERNET
 WEEKLY HOUSEKEEPING	 24/7 CALL PENDANT	 GAZEBO	 WHIRLPOOL SPA	 SOCIAL & RELIGIOUS ACTIVITIES

(608) 269-3168 | morrowhome.org | housing@morrowhome.org