



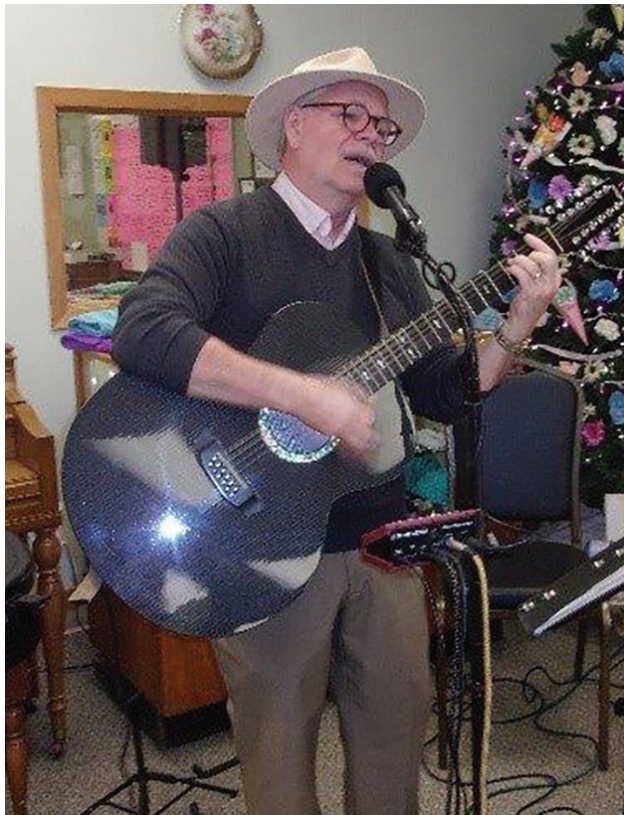
ADRC CONNECT

AGING & DISABILITY RESOURCE CENTER OF MONROE COUNTY

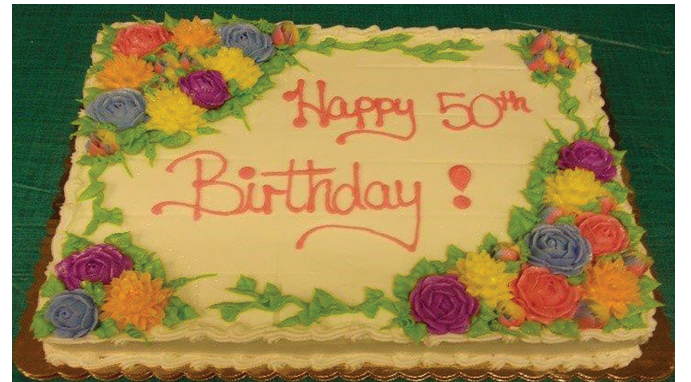
JUNE 2022

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

2022 Senior Celebrations!



In recognition of May being Older American's month the ADRC of Monroe County hosted three Senior Celebrations across the county in Tomah, Cashton and Sparta. This year the theme was A Golden Celebration in honor of the 50th Anniversary of the Senior Nutrition Program. Almost 200 attendees enjoyed a catered lunch of Broasted Chicken, Mashed Potatoes and Gravy, Fresh Fruit, Cole Slaw and Birthday Cake! In Tomah we were entertained by Kevin Mattson and in Sparta and Cashton by Swingin' and Singin'. And a few lucky winners went home with a door prize. Next year we hope to see you there!



Pictured at the Tomah celebration are diners Zetta Fredrickson; Doris Hall; Leona Von Haden; Patti Liddane; Barbara Felker; & Doris Kelley and ADRC Staff Elizabeth Carney, SW; Cathy Neumann, Site Manager; Emily Reitz, Dementia Care Specialist; Patti Abbott, Nutrition Program Coordinator and Pam Weber, ADRC Manager.



OUR 'CYCLING WITHOUT AGE' TRISHAW IS READY TO HIT THE ROAD AGAIN THIS YEAR!

ARE YOU READY TO RIDE?

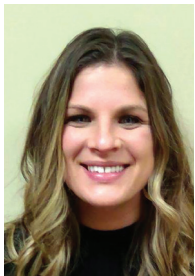


The ADRC of Monroe County has a Trishaw bike that is designed to provide people who cannot ride a bike independently, the opportunity to go for a bike ride and "feel the wind in their hair"! We are now ready to take your reservations for a bike ride! You will need to be able to get to the location of our Trishaw for a ride, which is currently located at Rolling Hills in Sparta. Please call the ADRC at 608-269-8690 to schedule your ride. (Please note we share the bike with Rolling Hills so it is only available to us the first half of each month).



WELCOME ABOARD

WE WELCOME Elizabeth Carney



Elizabeth Carney
Social Worker and
Options Counselor

The ADRC of Monroe County is excited to announce we have hired a new Social Worker to fill the vacancy left by Jamie Reese. Our new Social Worker is Elizabeth Carney and she started with the ADRC on May 2nd. Elizabeth shared a little information about herself:

I am Elizabeth Carney a Social Worker and Options Counselor with the ADRC of Monroe County. Prior to this position, I served as a Child Protection Social Worker for La Crosse County for four years. I am grateful for the knowledge and skills I developed in my work with families there. As an Options Counselor, I look forward to building relationships with consumers and community members. Thus far, I have enjoyed getting to know meal site managers and the many guests who attend each location. When I am

not working I enjoy time with my family in the outdoors. We are looking forward to spending time outside hiking, biking, kayaking and swimming this summer.

As a Social Worker, with the ADRC, Elizabeth will provide information and assistance to both the Elderly and Disabled populations, including benefits and program eligibility and resources and services available for private pay options. In addition, she will work as our Youth in Transition lead focusing on working with disabled High School students through the youth to adult transition process to obtain needed benefits and program eligibility.

Please contact the ADRC at 608-269-8690 if you would like to discuss options or are in need of any services, we can then work together to determine the best fit for your needs.

THANKYOU!

FOR YOUR SERVICE, Ron Hamilton



Ron Hamilton
Monroe County
Human Services
Director (retired)

Mr. Ron Hamilton, Monroe County Human Services Director (who oversees the ADRC) is retiring May 31st. Ron has worked for Monroe County since 2001 and has been Director of HS for the past 8 years. During this role, in 2017, he was instrumental in the Aging and Disability Resource Center becoming part of Monroe County Human Services and integrating with Senior Services. Ron has long supported the ADRC and all of our services and programs to become a successful and vital part of Monroe County. He will be missed but we wish him well in his next chapter!



Tracy Thorsen
Monroe County
Human Services
Director

Replacing Mr. Hamilton is Ms. Tracy Thorsen. Tracy is currently director of Richland County Health & Human Services but prior to her current role she worked at Monroe County as the Clinic Administrator. We are thrilled to be welcoming Tracy back to Monroe County and know all of her experience and knowledge will benefit Human Services and all of our customers. Welcome Tracy!

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES

Are you interested in improving your health, strength and wellness? If so, please join us at the Wilton Community Center, 400 East St, Mondays, Wednesdays and Fridays at 9 a.m. for the StrongBodies exercise program. Our program is led by trained leader Sharon Karis. To sign up contact Sharon at 608-343-1475 or just show up to a class with your exercise shoes on! We hope to see you there!

HAPPY
FATHERS DAY

FATHER'S DAY – JUNE 19, 2022

Father's Day is celebrated on the third Sunday in June every year. Where would we be without dads? Honestly, who would show off 'dad jeans,' tell the same somewhat amusing jokes at Thanksgiving, or spin those charming childhood stories? But of course, there's far more to dads than their wardrobe choices and endless nostalgia for the 'good old days' (Elton John, David Bowie, and Queen — we get it). Still, dads are heroes. On June 19 be sure to let your dad know how much he means to you.



COMPASSIONATE
HOSPICE &
PALLIATIVE CARE

Close to Home

Tomah Health
HOSPICE TOUCH &
LIFE CHOICES PALLIATIVE CARE

TomahHealth.org

TAP Hearing Aid Assistance

By the GWAAR Legal Services Team

Recently, the Wisconsin Department of Health Services (DHS) announced an increase in hearing aid assistance (HAA) funding through the Telecommunications Assistance Program (TAP). TAP HAA provides funding toward the purchase of new and refurbished hearing aids and cochlear implant external processors to increase the efficiency and use of telecommunications devices for distance communications. HAA can provide up to \$1,500 towards the cost of a telecoil or Bluetooth-enabled hearing aid or cochlear implant external processor. HAA is available to eligible applicants with an out-of-pocket expense and can be combined with additional benefits or discounts available through applicant insurance or supplemental plans.

Funding is limited and is on a first-come first-served basis. Applicants must meet the TAP program eligibility requirements. Specifically, applicants must:

- Be a Wisconsin resident;
- Meet income eligibility guidelines;
- Not be applying for TEPA, Copay, or TAP+;
- Purchase equipment through a certified audiologist or licensed hearing aid provider;
- Submit a quote for a hearing aid or cochlear implant external processor (must



have a telecoil or Bluetooth program enabled and specified on quote);

- Submit a current completed hearing loss certification form, F-22554, signed by a certified audiologist or licensed hearing aid provider within the past six months (available at: <https://www.dhs.wisconsin.gov/library/f-22554.htm>); and
- Not be receiving Medical Assistance, like BadgerCare Plus or Medicaid.

The online application is available here: www.surveygizmo.com/s3/6068207/e39f48a4ce15. Applicants may also use the printable application form, F-02743, available here: <https://www.dhs.wisconsin.gov/forms/f02743.pdf>. As noted above, applicants must also submit a completed current hearing loss certification form,

F-22554, and a quote noting that a T-coil or Bluetooth program is included and enabled.

HAA vouchers will be mailed to the applicant or the applicant's legal representative to be redeemed with an approved vendor. These vouchers will serve as a credit towards the total purchase price.

HAA funding is not intended to cover costs associated with hearing exams, other clinical or office expenses, medical expenses, or past purchase amounts. In addition, the following items are not covered: over-the-counter (OTC) hearing aids, mail-order hearing aids, personal sound amplification products (PSAP) like pocket talkers, online testing documentation, battery replacements, hearing aid or external processor repairs, non-certified or unlicensed providers, and providers not approved or active as a vendor in DHS's accounts payable system.

To search for a hearing aid provider, please see www.healthyhearing.com/hearing-aids/WI-Wisconsin and npino.com/audiologists/wi/.

If you have any questions or need assistance, please contact the TAP Program Coordinator via email at dhstap@dhs.wisconsin.gov or call 608-267-7195.

Fort McCoy Wellness Fair



On Wednesday May 11th the ADRC of Monroe County participated in the Fort McCoy MWR Wellness Fair. Shown is Lynn Edwards, Registered Dietician Nutritionist; Alice Ackerman, Elder Benefit Specialist and Emily Reitz, Dementia Care Specialist. The event showcased health services available in our community. Visitors to our table were able to play corn hole while learning nutritional information, get questions answered about available benefits, be introduced to dementia resources and receive so much information about all the ADRC has to offer! We look forward to participating in more community events in 2022!

Celebrating Lives Well Lived



Torkelson

FUNERAL HOME

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or with our online form
(800) 338-0928

Visit Us Online at TorkelsonFuneralHome.com

Driver Safety Class

Take the AARP Smart Driver classroom course and you could save money on your care insurance!*

- Refresh your driving skills and knowledge of the rules of the road.
- Learn techniques for handling left turns, right-of way and roundabouts
- Discover proven driving methods to help keep you and your loved ones safe on the road.

*Upon completion you may be eligible to receive a multiyear auto insurance discount. Other restrictions may apply. Consult your agent for details.



Tuesday June 21st, 2022
9 a.m. to 1 p.m.

at the Monroe County Assembly Room 112 South Court Street, Sparta, WI (entrance is on Oak St)
Call Pam Weber, ADRG of Monroe County Manager, at 608-269-8691 to register \$20 for AARP members, \$25 for non-members.



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.

JUNE 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.

		1	2	3
		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 Potato Cheddar Crusted Cod 1/2 c. Cheesy Hash Brown 1/2 c. Broccoli 1/2 c. Fruit Cocktail 8 oz. 1% Milk
		6	7	8
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
13	14	15	16	17
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
20	21	22	23	24
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
27	28	29	30	
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 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 Potatoes 2 oz. Gravy 1/2 c. Tomatoes/Zucchini 1 ea. WG Bread/Butter 1/2 c. Baked Apples 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

Senior Farmers Market Coupon Distribution

ADRC of Monroe County

Summer 2022

Coupon books valued at \$25 which can be used to buy fresh produce at designated Monroe County farmer's markets will be distributed at the dates and times noted below. **To qualify you must be a Monroe County resident, age 60 or older, or Native American aged 55 or older.** Your household income must be below 185% of the federal poverty guidelines below:

- \$2,096 per month for a household of one,
- \$2,823 per month for a household of two,
- \$3,551 per month for a household of three.
- \$4,279 per month for a household of four.

Distribution is first come, first served at each site. Individuals who are unable to attend any of the sessions noted below may designate an authorized representative to complete the application form. Please send a dated, signed, written permission slip with the person you are authorizing to represent you. All coupons must be picked up by you or your authorized representative, in person. Coupon books can be used until October 31, 2022. Anyone needing special accommodations can call Alice Ackerman, Elder Benefit Specialist, 608-269-8693.

Forms and brochures are available in Spanish.
 "This institution is an equal opportunity provider."

DATE		PLACE
Wed June 8	10:30– 11:30	Norwalk Dining Site 206 West Center St
Monday June 13	11:00-12:00	Kendall Dining Site Kenview Manor 412 Spring St
Thursday June 16	9:00 – 10:00	Hilltop Apartments 405 Market St., Warrens
Thursday June 16	11:00 – 12:00	Tomah Dining Site Kupper-Ratsch Sr Center, 1002 Superior Ave
Friday June 17	10:30-11:30	Sparta Dining Site Barney Center 1000 E Montgomery St
Monday June 20	10:00–11:00	Brookside Apartments 307 N. Court St., Sparta
Tuesday June 21	9:00-10:00	Heritage Haven 622 S Court St
Wednesday June. 22	9:00 – 11:00	Courtyard at Willow Woods 1500 Lincoln Ave., Tomah
Wednesday June. 22	11:30 12:30	Tomah Manor 901 McLean Ave., Tomah
Thursday June 23	10:30 11:30	Cashton Dining Site 812 Main Street



D-Day • June 6, 1944

D-Day, observed annually on June 6, brings overwhelming memories of the brave men and women who fought a strategically planned and well-executed battle that ultimately led to the end of the Second World War. More than 75 years after the end of World War II, these memories remain fresh to the over 300,000 living U.S. veterans of the war. The rest of us look to their legacy and the rich history of events told through museums and memorials. There is not a more important time than today for us to remember and honor them as we reflect on D-Day, June 6, 1944.

Puzzle Page – Engage Your Brain!

Los Angeles Times Sunday Crossword Puzzle

Edited by Patti Varol and Joyce Nichols Lewis

“DAY TRADING”
BY DAVID ALFRED
BYWATERS

- ACROSS**
- Prepare for parking or driving
 - Stared open-mouthed
 - Liabilities
 - Did laps
 - Mountain goat
 - Not out of contention yet
 - Word for a lei-person?
 - “Hmm ... I doubt that”
 - First the chardonnay, then the merlot, then the cabernet?
 - Invisible walls?
 - Be there for
 - Sandler of “Uncut Gems”
 - Brewpub pour
 - Ran across
 - Mystical gathering
 - Felt hats
 - Has a good cry
 - Vocal quality
 - Land
 - Imitate a horse
 - Place for a deep-tissue massage
 - Hands out cards
 - Unwrapped with enthusiasm
 - Land parcel
 - Inept caner’s resource?
 - Meteorology lectures?
 - Voting no
 - Fleet parts
 - Have followers
 - British co.
 - Fair shelters
 - Cookbook offering
 - WSJ headline topic
 - Watches on Hulu, say
 - Like farmers’ market veggies
 - River through Reno
 - ___ and vigor
 - Intervene
 - Quick post office run, say
 - Subj. for a non-native speaker
 - Ear-related
 - “Time is money” or “money is power”
 - Greek Cupid
 - Bungalow owner’s challenge to a roofer?

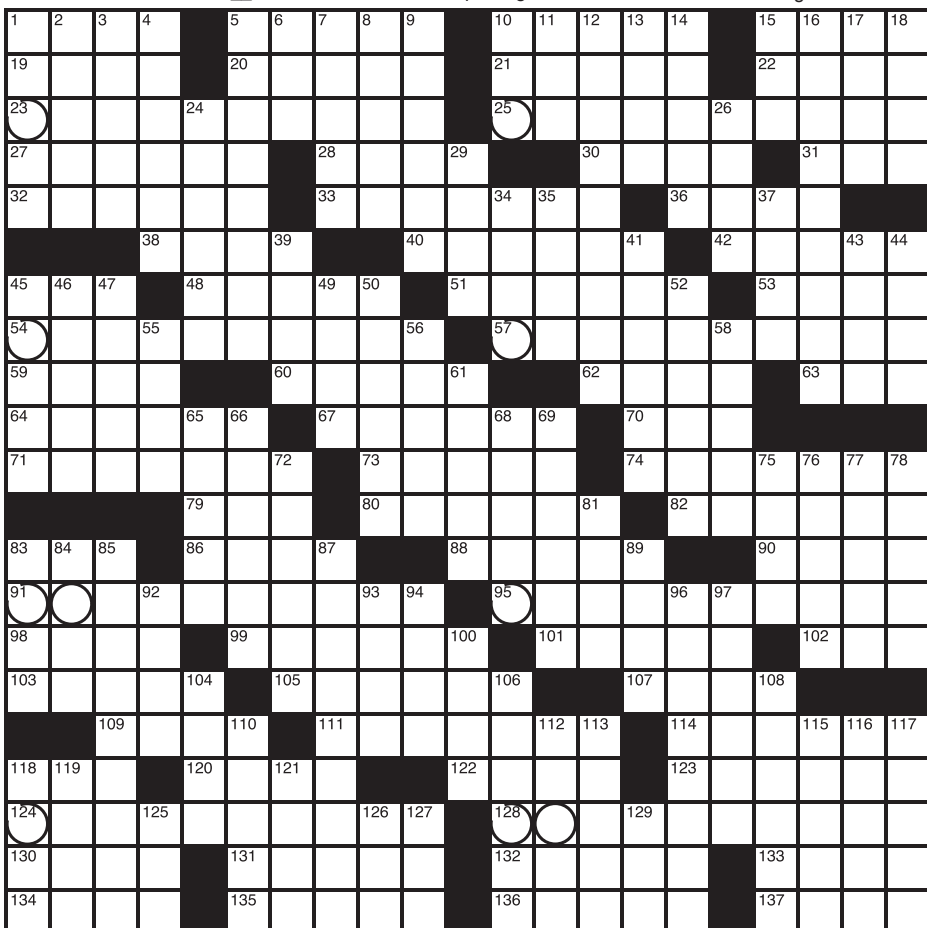
- Makes doubly sure everyone’s in on the joke?
- World Baseball Classic team
- Came off as
- Chopper blade
- Org. followed by “puckheads”
- Outkast hit single
- Touch-screen gestures
- Puts into words
- CrossFit sets
- Embassy employee
- Snap, crackle, and pop
- Sashimi choice
- Ticket remnant
- Revived villain in Domino’s ads, with “the”
- Food critic Hines whose name is on cake mixes
- Appreciative sound from the alumni luxury box?
- Water cooler?
- Midrange voice
- Wide-awake

- Chocolate source
 - Region
 - Cheers
 - Lasagna staple
 - Part of a protected URL
 - Office surface
- DOWN**
- Fillable flatbreads
 - Taper off
 - Roman goddess of the hearth
 - Range
 - Person who makes beds?
 - European mountain
 - Rice dish
 - Get around
 - “Gracias” response
 - Beaver creation
 - Pharmaceutical giant ___ Lilly
 - 2019 film starring Charlize Theron as Megyn Kelly
 - “Good News” rapper Megan ___ Stallion

- BOGO events
- Dim ___
- Amusingly capricious
- Upfront stake
- More than half
- Provide privacy protection, in a way
- Remove wrinkles from
- Slip some skin
- Laugh-a-minute sort
- Taj Mahal site
- “The Martian” actor Sean
- Has for lunch
- “Here!”
- Determination
- Do the impossible with cats, proverbially
- DNA lab items
- Wine grape
- One in a cast
- Cowardly Lion portrayer
- Pitches to customers
- Term with a check mark on an airport sign

- Beach toy for a windy day
- Florida theme park with a geodesic dome
- Poorly ventilated theatre phenomenon
- Command to an attack dog
- Utter chaos
- Metalworkers
- Green-skinned tropical fruit
- Cure-all mixture
- Wallops, quaintly
- All hands on deck
- “Pieces of Her” novelist
- Slaughter
- “How to Get Away With Murder” actor
- Alfred ___
- Unsuccessful Ford model
- Spanish boy
- Mark for good
- Actress
- Elisabeth
- Maze

- Pills for pets, often
- NYSE, NASDAQ, etc.
- Diggs of “Empire”
- “There’s no one else”
- Labor Day mo.
- Scoundrels
- Experiment with
- Academic VIP
- Cathedral alcove
- Single-malt pour
- Storied sailor
- Backpack holder
- Drum kit
- cymbals
- Official mandate
- Induce fear in
- Makes less harsh
- Be sly
- Way off
- Polynesian dance
- Golden St. campus
- Haircuts
- Fine print, e.g.
- Sch. group
- Flo Milli’s music genre



5/29/22

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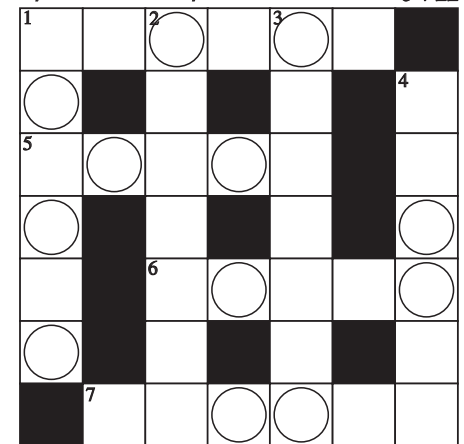
JUMBLE ANSWERS

1A-Export 5A-Gecko 6A-Antic 7A-Nearby 1D-Eighty
 2D-Package 3D-Rooster 4D-Catchy B-Patrick Henry

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 CROSSWORDS™

by David L. Hoyt 6-1-22



CLUE ACROSS ANSWER

- Sell out of the country: XTREOP
- Type of lizard: KCOGE
- Funny act: NCAIT
- Close: NBYERA

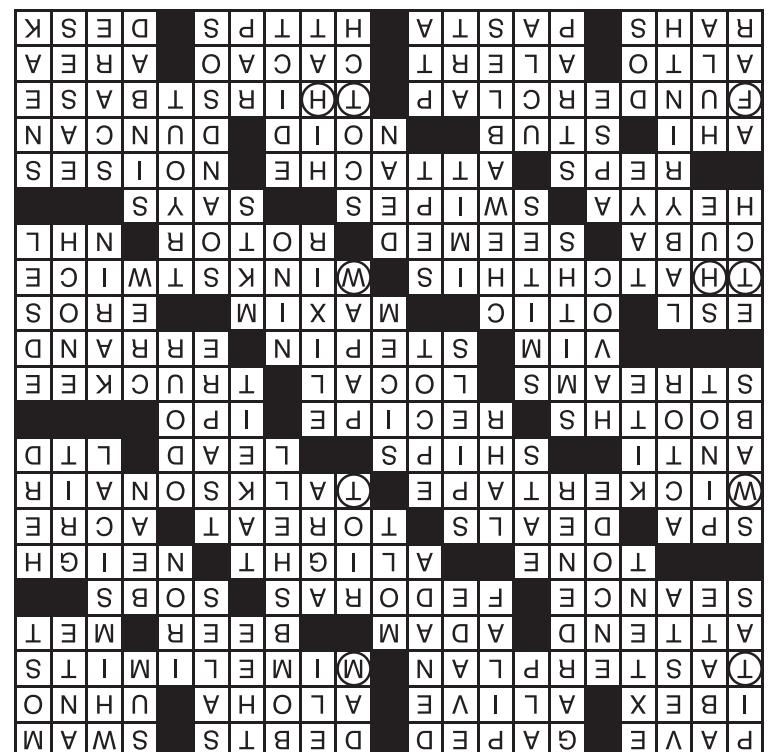
CLUE DOWN ANSWER

- Square root of 6,400: ETYIGH
- Bundle, container: PGACEKA
- Male fowl: ROSREOT
- Memorable: THCYCA

CLUE: ___ served as the first and sixth post-colonial governor of Virginia.



ANSWER TO TODAY’S PUZZLE

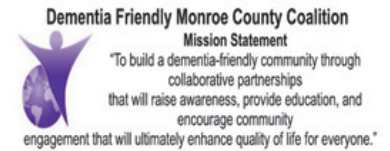




YOU'RE
invited
The Longest Day

Tuesday, June 21 • 10 a.m.-2 p.m.
Mueller Square, Downtown Sparta
presented by

The Longest Day is an event that provides education, information, and resources for people who are living with dementia and their caregivers. Join us for some self-care and some yummy food!



For more information, contact the ADRC of Monroe County at (609) 269-8690.

Health Benefits of



Cocoa



Cocoa vs. Chocolate


Cocoa is the non-fat component of ground cocoa beans. It is used to make chocolate or is made into cocoa powder for cooking.
Chocolate refers to the combination of cocoa, cocoa butter, sugar, milk and other added ingredients.

How is cocoa good for me?

- Cocoa has been found to improve antioxidant status in the body. Antioxidants protect cells from damage and reduce inflammation.
- Cocoa can improve blood flow and decrease blood pressure, thus reducing the risk of heart of disease.
- Cocoa is a great source of essential vitamins and minerals like iron, magnesium, and iron.

How much and what kind should I eat?

- 100% cocoa powder and high cocoa content dark chocolate tends to be richest in antioxidants.
- Choose dark chocolate products that are low in sugar and fat like 2 tablespoons of 100% unsweetened cocoa powder or 1-2 ounces of 70% dark chocolate bar.

 + = 30 calories 2 g protein 4 g fiber

2 tablespoons of 100% cocoa powder

Cooper KA, Donoval JL, Waterhouse AL, Williamson G. Cocoa and health: a decade of research. Br J Nutr. 2008;99(1):1-11.

COCOA OVERNIGHT OATS

- INGREDIENTS:**
- 1/2 c. old fashioned oats
 - 2 T. cocoa powder
 - 1 t. honey
 - 1/2 c. milk (whole, 2%, almond, coconut, soy, etc.)

- OPTIONAL ADD-INS**
- Berries
 - Chocolate chips
 - Chia seeds
 - Nuts or nut butter
 - Greek yogurt

METHOD:
In Mason jar or small Tupperware container, add all ingredients and stir to combine.
Secure lid and place in the refrigerator overnight.
Serve with your favorite add-ins like berries, chocolate chips, nuts, or nut butter to add extra fiber, fat, or protein.
NOTE: Use 100% unsweetened cocoa powder to avoid added sugar.
This recipe makes 1 serving!
NUTRITION (using whole milk) Calories 275; Fat 5g, Protein 11g, Carbs 45g, Fiber 8g

For more information and recipes visit:

<https://www.hsph.harvard.edu/nutritionsource/food-features/dark-chocolate/>

Vintage Vagabond is Back!

Please join us for a matinee performance at the **PALACE THEATER IN WISCONSIN DELLS** where we will enjoy a set of gifted singers and instrumentalists performing some of the greatest songs of one of America's most brilliant singer/songwriters, **Johnny Cash!**

THURSDAY AUGUST 11TH • SHOW IS AT 1 P.M.
Transportation and meal included.
Tickets are \$70 per person.

Please call the ADRC of Monroe County at **608-269-8690** to make your reservation.
Payment must be made by July 1st.



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