



ADRC CONNECT

AGING & DISABILITY RESOURCE CENTER OF MONROE COUNTY

315 West Oak Street, Suite A • Sparta, WI 54656 • 1-888-339-7854 • FAX (608) 269-8688
www.co.monroe.wi.us/services/aging-and-disability-resource-center-copy

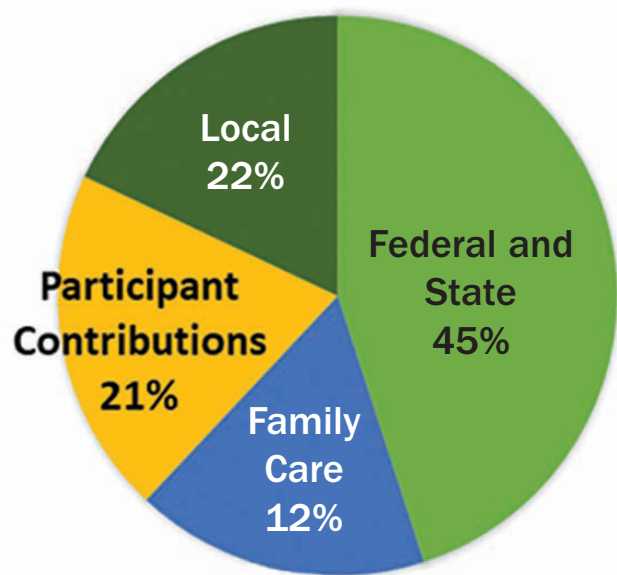
Nutrition Funding: Your Contribution Matters

The ADRC of Monroe County Meal Program is partially funded with State and Federal dollars however those funds only account for approximately 45% of our total costs. We also rely on local funds, family care payments for their members and your contributions.

Our suggested contribution range is \$4 to \$7 per meal. As stated, this is only a suggestion. Customers can contribute whatever they feel they can afford, including nothing at all or up to, and above, the full cost of the meal, which is \$13.35. No eligible individual will be denied a meal if unable or unwilling to donate. Also, please note, participant donations are confidential.

NUTRITION FUNDING: YOUR DONATION MATTERS!

INFORMATION FROM FISCAL YEAR 2023



ADRC of Monroe County Home Delivery Program

On occasion, our nutrition program receives a phone call asking for a meal to be delivered to someone's home the next day. Maybe someone looked at our menu and thought the meal looked good so perhaps a driver could just deliver one to me. The senior home delivery nutrition program does not necessarily work that way. We have guidelines we have to follow to determine eligibility for the home delivery meal service. When someone calls about this service there are screening questions asked, with the first question being, "are you over 60 years of age?" as that is the age required due to the "senior" nutrition program being partially funded with Older American Act (OAA) dollars.

If someone is fully disabled but under 60 years of age, their disability would not make them eligible for the OAA to partially fund their meal. OAA funding is based on the participant being over 60 years of age. (Please note, some people under 60 do get our meals but there are some very specific requirements they have to meet first. For example, if they are enrolled in Family Care then the Family Care program pays the full cost for the meal, which is currently over \$13, and that meal is not partially funded by OAA dollars).

The next question we would ask is "are you homebound and unable to prepare nutritious meals"? We then explore that further, asking more questions. Is there a caregiver available to make meals or is the caregiver also unable to cook. Can you drive to the grocery store or is

someone getting groceries for you? Is there cognitive, or other issues, preventing the ability to prepare or obtain a meal? Maybe you are unable to drive and don't always have enough money for food but that alone is not a qualifying reason for meals to be delivered. When the nutrition director receives a referral and goes over the screening questions the next step, if qualified, is a home visit from the nutrition director to review the program and fill out the registration form.

We have a lot of interest in the home delivery meal service and



we do our best to meet the needs of qualified individuals. On occasion we have to implement a wait list due to the home delivery meal routes being full. Our service is not to be viewed as a convenience delivery service. Our goal we is to serve those most in need with the limited funding we receive.

Many of our home delivery participants are alone and the driver is the only person they might see on any given day so the home delivery meal program also provides a safety check. The home delivery participant is expected to answer the door and accept the meal so the driver knows that they are okay.

Please call 608-269-8692 with any questions or if you have a referral for the program.



Do you have a Medical or Dental Appointment that you need to go to?



Julie Leis
ADRC Transportation Coordinator

Unsure of how you are going to get there? Don't worry, call Julie Leis - Transportation Coordinator at 608-269-8689!

The Aging & Disability Resource Center of Monroe County provides affordable transportation options to medical and dental appointments for the elderly and disabled citizens of Monroe County.

We offer a Mini-Bus Transport for individuals with wheelchairs and a Volunteer Driver Transport that can take you door to door.

When calling to arrange a ride, please be prepared with the following information:

- Your name, date of birth, pick up address and a phone number where you can be reached.

- Appointment date and time, doctor's name, clinic, department and the approximate length of appointment.
- Information regarding special circumstances that our driver should be aware of. This includes but is not limited to, extra rider that may escort you and any adaptive aids used (wheelchair, walker or cane)

Take the Mystery Out of Medicare

Turning 65 soon? Have questions about what the different parts of Medicare are and what each one provides? Already on Medicare and have questions about a specific coverage issue.

Alice Ackerman, Elder Benefit Specialist with the Aging and Disability Resource Center will be giving a presentation on the different

sections of Medicare – Parts A, B & D. It will include what each part covers as well as what deductibles and copays may apply.

Other topics discussed will include the difference between public and private Medicare options to cover the 20% that Medicare doesn't cover as well as any new features for 2024.

The meeting will be on Monday June 10 from 4:00 – 5:30 pm at the Kupper – Ratsch Senior Center 1002 Superior Ave, Tomah. For more information or to make a reservation please contact Alice at 608-269-8693 or email at Alice.Ackerman@co.monroe.wi.us.



Alice Ackerman
Elder Benefit Specialist



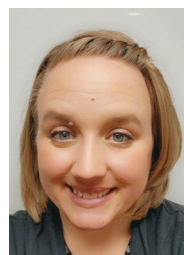
THE HISTORY OF FATHER'S DAY

FATHER'S DAY- JUNE 16, 2024

Far from a "Hallmark holiday," Father's Day has its origins in medieval Europe, when Catholics dedicated a day to honoring fathers, fatherhood, and all paternal relationships. Fast forward a couple hundred years, and it's now a holiday held all over the world — a testament to how important fathers and father figures are in societies everywhere. However, be careful. The date fluctuates around the world. In Spain, for example, it's held on March 19, while in New Zealand, it's the first Sunday in September. Keep this in mind if you're traveling, or have family living overseas. There are few things more upsetting than a disappointed dad.

Father's Day in America has a rich history dating back to the turn of the 20th century. But to really understand Father's Day we must go back to the post-civil war reconstruction era of the 1860s and a day that celebrates the other half of the parenting duo, mothers. The idea of celebrating parents has its roots in one woman: Ann Reeves Jarvis. Shortly after the Civil War, Jarvis sought to soothe the wounds created over four years of bitter conflict in one divided West Virginia town by choosing a day to celebrate mothers of both confederate and Union soldiers. Known as "Mother's Work Days" Jarvis hoped that during the newly installed era of peace and reconciliation that previous enemies could begin to sow unity again by celebrating one thing they all had in common.

BINGO + EXERCISE = BINGOCIZE



Stephanie Haas
Community Health Worker (CHW)

Did you know exercise can help prevent chronic diseases and falls in older adults?

Unfortunately, less than 15% of older adults exercise regularly, which leads to inactivity and related health issues. Bingocize offers a unique solution that mixes exercise, health education and BINGO to help overcome health problems in participants. Evidence shows social, cognitive, and physical improvements from doing Bingocize and the best part is that it's fun and provided at **no-cost**.

PLEASE JOIN US IF...

- 1) You are over the age of 60
- 2) You want to Improve lower/upper body strength, way of walking, balance and range of motion
- 3) You want Increased Social Engagement
- 4) You enjoy BINGO!!

Bingocize participants will meet twice a week for 10 weeks for 45-60 minute sessions of **BINGO** and **Exercise!!**

We are looking to start our 1st Bingocize class in July. Location, Date and Time are to be determined.

If you are interested in joining Bingocize please contact Stephanie Haas at 608-269-8636.

COMPASSIONATE HOSPICE & PALLIATIVE CARE

Close to Home
Serving a five county area.

JACKSON
TOMAH
MONROE
JUNEAU
VERNON
SAUK

Tomah Health
HOSPICE TOUCH & PALLIATIVE CARE

TomahHealth.org
608.374.0250

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

Medicare Fraud Prevention Week



Actions Everyone Can Take

THE WEEK OF 6/5



Beneficiaries

Learn how to read your Medicare statements.



Caregivers

Educate yourself and loved ones on how to prevent and detect health care fraud.



Families

Talk to loved ones about protecting their Medicare number.



Partners & Professionals

Share SMP information on social media.
Invite the SMP to speak.



Health Care Providers

Talk to patients about health care-related scams.



Community

Look out for your older neighbors.

ABOUT SMP

Your local Senior Medicare Patrol (SMP) is ready to provide you with the information you need to **PROTECT** yourself from Medicare fraud, errors, and abuse; **DETECT** potential fraud, errors, and abuse; and **REPORT** your concerns.



SMP

Senior Medicare Patrol

Preventing Medicare Fraud

1-877-808-2468

www.smpresource.org

SUPPORTED BY GRANT # 90MPC0002 FROM ACL

Are you a caregiver?

Need advice? Feeling burnt out? Looking for people who understand?

Caregiver Support Group In-person or Virtual

Conference Room A in the ADRC Building

ADRC building (old Gundersen Clinic)
315 W Oak St, Suite A, Sparta, WI 54656

Call Emily Reitz @ 608-387-9250 for more information
or for virtual/phone in information.

The group meets on the
3rd Friday of each month from 1pm - 2pm
June 21st, 2024



Emily Reitz
DCS

humor generosity support love connections thanks care giving help home hope strength family

LUNCH BUNCH MEMORY CAFÉ



June

Food and drink provided by Congregate Meal Site

When: June 3, 2024

Time: 11:00 AM - 12:30PM

Location: Sparta Barney Center
1000 E. Montgomery St.
Sparta WI 54656

RSVP: (608) 387-9250

Let us know if you plan to eat when you register.

Swedish Meatballs, Hardy Mashed Potatoes,
Roasted Beets, Creamy Cucumber Salad,
Rye Bread & Butter and Fruit Bar



Emily Reitz
DCS

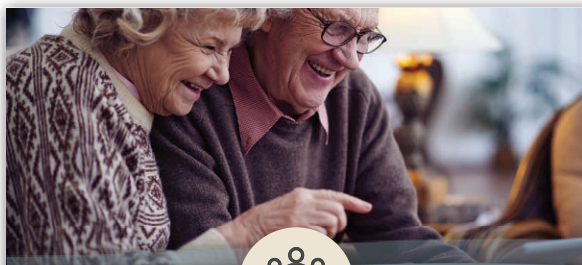
The Memory Café is a place to meet with others living with Mild Cognitive Impairment (MCI), Alzheimer's or other related dementia and their Care Partner in a relaxed and friendly atmosphere. Once a month, this group offers a chance for everyone to have some fun and share a positive experience in a supportive environment. It's a place to talk with others and to learn, "You are not alone." Art, music, health and wellness topics will be featured at each café.

Suggested Contribution of \$4-\$7.

Resources: Community resource information will be available each month. Staff from the Aging & Disability Resource Center will be available to answer questions and visit with Care Partners during the café.



Morrow Home Community ADULT LIVING SERVICES



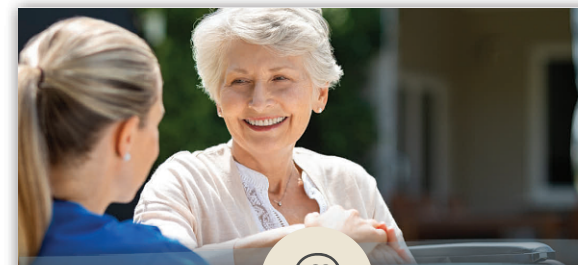
Independent Living

Enjoy a daily noon meal, weekly housekeeping services, free on-site laundry, religious and recreational activities, and on-site gardening. Choose from one or two bedroom apartments.



Assisted Living

Enjoy three meals per day, housekeeping services, activities, activities, and assistance with the daily needs of your choosing. Choose from one or two bedroom apartments in a variety of layouts.



Memory Care

Enjoy a private room and bathroom in a secured facility, three meals per day, housekeeping, and activities. We adjust to the needs of each resident and create individualized care plans.

(608) 269-3168 | housing@morrowhome.org | www.morrowhome.org
331 S Water St Sparta, WI 54656



Monroe County
Dairy Breakfast
June 1st

Hosted by Craig & Kathy Witt and Eric & Lisa Witt of Witt Family Farm.
Dairy address is 27439 Midway Ave., Kendall
Be sure to stop at the ADRC & Health Department displays in the Education Tent.

GRIEF SUPPORT GROUP MEETING

Join us to share your grief and find comfort in others.

June 11, 2024
12:00 - 1:00 pm

ADRC Building
315 W Oak St,
Suite A, Sparta
Conference Room A



Emily Reitz
DCS

To register, please call Emily Reitz at 608-387-9250 or email emily.reitz@co.monroe.wi.us

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

There is a suggested contribution of \$4.00 - \$7.00 for each congregate meal or each home delivered meal.

The menu is subject to change. There may be a substitution due to shortage in supply or other reason beyond our control. No additional salt added.

JUNE 2024

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| 3 | 4 | 5 | 6 | 7 |
| 3 oz. Swedish Meatballs 1/2 c Hearty Mashed Potatoes 1/2 c Roasted Beets 1/2 c Creamy Cucumber Salad 1 ea Rye Bread/ Butter 1 Fruit Bar | 1/1 Beef Hot Dog on WG bun 2 tb/1oz Chili & Cheese 1 pk/1 tb Ketchup, Mustard, Onions 1/2 c Steakhouse Potato Salad 1/2 c Baked Beans 4 oz Tomato Juice 1 Plums (hand fruit) | 3 oz/1 Shredded Beef on WG Bun 1/2 c Potatoes O'Brien 1/2 c 3-Bean Salad 1/2 c Seasonal Fresh Fruit 1 Sugar Cookie | 3 oz Turkey Open-Faced S/W 1 on WG Bread 1/2 c Mashed Potatoes 2 oz Gravy 1 c/1 Mixed Garden Salad/Drsg 1/2 c Pears | 3 oz/2 oz Beef Tips in Pesto Cream Sauce 1/2 c Buttered Noodles 1/2 c Seasoned Corn 1 Fresh Seasonal Fruit 1 ea Whole Grain Bread / Butter 1 pc Beetroot Chocolate Cake |
| 10 | 11 | 12 | 13 | 14 |
| 3 oz Breaded Pork w/ Brandy Apple Glaze 1/2 c Mashed Sweet Potatoes 1/2 c Asparagus 1/2 c Tropical Fruit 1 sl, 1WG Bread, Butter 1 W/G Rice Krispy Treat | 3 oz Chicken Ala Rosa 1/2 c Seasoned Rice Pilaf 1/2 c Seasoned Carrots 1 cup Rainbow Chard w/ 1 oz Lemon Vinaigrette 1 ea WG Bread/Butter 1 Fresh Fruit | 3 oz Swissed Cube Steak w/ 1/2 c Mushrooms & Onions 1/4 c Cheesy Scalloped Potatoes 1/2 c Oven Roasted Cauliflower 1 sl/ 1 Whole Grain Bread/Butter 1 Apples | 3 oz Lemon Pepper Haddock 1/2 c Rice Pilaf 1/2 c Roasted Zucchini 1/2 c Mediterranean Bean Salad 1 ea Rye Bread, Butter 1 pk Tartar Sauce 1/2 c Applesauce | 3 oz Chicken Stuffed w/ Broccoli & Cheese 1/2 c Mashed Baby Red Potatoes 1/2 c Roasted Brussel Sprouts 1 ea WG Bread/ Butter 1 Seasonal Fresh Fruit 1 Lemon Bars |
| 17 | 18 | 19 | 20 | 21 |
| 1 cup Italian Cheese Tortellini w/ Smoked Sausage 1/2 c Mixed Vegetables 1/2 c Festive Bean Salad 1 sl/1 WG Bread & Butter 1/2 c Peaches | 3 oz /1 Pizza Burger on WG Bun 1 oz Provolone Cheese 1/2 c Potato Wedges 1 pk Ketchup 1/2 c Carrots 1/2 c Fresh Fruit Mix 1 Oatmeal Raisin Cookie | 3 oz Orange Chicken 1/2 c Rice 1/2 c Asian Vegetables 1 Spring Rolls 1 Sweet& Sour Sauce 1 Vanilla Mango Muffin 1 svg Apple Slices | 1 cup Tater Tot Casserole 1/2 c WK Corn 3 Sliced Tomatoes 1 c Spinach Salad w/ Mandarin Oranges 1 pk Sesame Dressing 1 sl/ 1 WG Bread & Butter | 3 oz Chicken Marsala 1/2 c Herbed Buttered Noodles 1/2 c Normandy Blend Vegetables 1 c/ 1 Caesar Salad w/ Dressing 1 sl/ 1 WG Bread/Butter 1/2 c Pears |
| 24 | 25 | 26 | 27 | 28 |
| 3 oz/2 oz Pork Tips in Gravy 1/2 c Roasted Potatoes 4 oz Tomato Juice 1 WG Bkg Powder Biscuit 1 Butter 1/2 c Pears 1 Black Bean Chocolate Cookie | 1 c Spaghetti Pasta Bake w/ meat 1 c Garden Salad 1 w/ dressing packet 1 Garlic Bread Stick 1 Parmesan Packet 1 Fresh Fruit | 3 oz Glazed Chicken 1/2 c Potato Wedges 1/2 c Glazed Carrots 1/2 c Applesauce 1 sl/ 1 WG Bread/Butter | 3 oz Beef Tips w/ 2 oz Mushroom & Onion Gravy 1/2 c Cavatappi Noodles 1/2 c Broccoli 1/2 c Creamy Cucumbers 1 sl/ 1 WG Bread, Butter 1/2 c Fresh Fruit | 3 oz Brat with Kraut 1 WG Bun 1/2 c Homestyle Potato Salad 1/2 c 3 Bean Salad 1 ea Ketchup / Mustard 1 Raspberry Pie Bars |

8 oz. 1% Milk Served with every meal

Food allergies or intolerances are unable to be accommodated. ADRC Nutrition Program
Main Number is (608) 269-8692

Please call by NOON 1 day before to reserve your meal.

Cashton 377-3831 • Kendall 463-7622 • Norwalk 343-3158 Sparta 269-6778 • Tomah 372-7291 • Wilton 487-6130

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



Patti Abbot
Nutrition Program
Coordinator

If you don't have an ingredient, try substituting with something similar:

- Making black bean burgers but running short on black beans? Try them with pinto beans instead.

- Having pasta but forgot the sauce? Toss together canned tomatoes, a drizzle of olive oil and season with herbs to provide that extra flavor.

- If you're missing sour cream, plain Greek yogurt can be used in its place in chili, on potatoes and in baked goods.

- Cauliflower can replace broccoli in casseroles and soups.

Mix and Match

These easy combinations pair well and contain many items you may already have on hand:

- Whole grain pasta with garbanzo beans and canned tomatoes, seasoned with basil and served with a medley of microwaved frozen vegetables on the side.

- Quinoa with black beans, corn, and bell pepper, dressed with olive oil and lime juice.

- Salad with lettuce, hard boiled eggs, tuna, tomatoes and olives and dressed with a little olive oil and vinegar.

- Soup using grilled or baked chicken, low-sodium broth, veggies and brown rice.

Find more healthy eating tips at:
eatright.org kidseatright.org MyPlate.gov

eat right. Academy of Nutrition and Dietetics

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit eatright.org.

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

Smart Tips for Successful Meals

Preparing food at home can be a great way to save money, express creativity and stay on track with healthy eating. However, cooking can also be a challenge for many people.

With a few tips and tools, cooking at home becomes a little bit easier for everyone!

Keep a Well-Stocked Pantry

If you don't have time to plan meals some days or have unexpected guests, a well-stocked pantry can relieve some of the pressure when it comes time to make a meal. Keep the following on hand for quick, easy-to-fix dishes.

Shelf Stable Products

- Dried or canned beans, peas and lentils (such as black, garbanzo, kidney, white and pinto beans; green, yellow or split peas and lentils)
- Canned vegetables with no added salt (such as diced tomatoes, peas, green beans and corn)
- Whole grains (such as brown rice, quinoa, oats, millet and whole-grain pasta)
- Pouches or canned fish and chicken
- Olive, canola or other vegetable oils
- Dried herbs and spices

Frozen Foods

- Vegetables (such as broccoli, cauliflower, carrots and brussels sprouts)
- Fruit (such as berries, cherries and bananas)
- Whole wheat pizza dough
- Frozen poultry or seafood

Invest in the Right Tools

While you may be able to improvise, the following kitchen tools make working in the kitchen easier.

- Baking sheets and roasting pans
- Stock pot, sauce pans and skillets
- Tongs and spatulas
- Slotted and mixing spoons
- Potholders and towels
- Colander or strainer
- Mixing bowls in various sizes
- Separate cutting boards for raw and cooked foods
- Measuring cups and spoons
- Chef knives and vegetable peelers

Don't Stress

You don't need to be a master chef in order to whip up something tasty and nutritious.

You can create healthy and tasty meals without a recipe.

For example:

- Baked fish with sautéed veggies and rice
- Black bean and vegetable burrito
- Scrambled eggs with cheese, salsa and whole grain toast



Cucumber Tidbits

Cucumbers contain most of the vitamins you need. Everyday, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.

Feeling tired in the afternoon? Put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B Vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.

Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.

Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.

Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing, also works great on crayons and markers that the kids have used to decorate the walls!!



Select – Choose firm cucumbers with dark green color.

Store – Refrigerate in a plastic bag for up to 1 week.

Prepare – Rinse with cool running water and slice. Keep the skin on for extra nutrients!

Cucumbers are The Harvest of the Month!

Add cucumbers to your favorite family meals:

- Add cucumbers to pasta salad for a cool crunch.
- Pair with tomatoes and feta cheese for a simple salad.
- Use cucumber slices instead of crackers for dips and spreads.

Make meals and memories together. It's a lesson kids will use for life.

Did you know?

Have you heard the phrase "cool as a cucumber"? The inside of a cucumber is 20 degrees cooler than outside temperatures during the summer. You can cool off with cucumber!



Nutritious, Delicious, Wisconsin!
#WitHarvestofTheMonth



This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs. Funding for this publication was made possible by the U.S. Department of Agriculture's (USDA) Agricultural Marketing Service through grant AM200100XXXXG060. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.



SENIOR FARMERS MARKET COUPON DISTRIBUTION ADRC of Monroe County Summer 2024

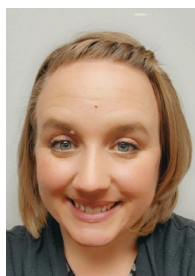
Coupon books valued at \$45 which can be used to buy fresh produce at designated Monroe County Farmer's Markets will be distributed at the dates and times noted. **To qualify you must be a Monroe County Resident, age 60 or older, or Native American aged 55 or older.** Your household income must be below 185% of the federal poverty guidelines below:

\$2,322 per month for a household of one.

\$3,152 per month for a household of two.

\$3,981 per month for a household of three.

\$4,810 per month for a household of four.



Stephanie Haas
Community Health Worker (CHW)

Distribution is first come, first served at each site. **Individuals who are unable to attend any of the sessions noted 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, 2023. Anyone needing special accommodations can call Stephanie Haas, Community Health Worker 608-269-8636.

Coupon books will be available at the ADRC of Monroe County reception desk from June 26th - September 30th.

Forms and brochures are available in Spanish.

"This institution is an equal opportunity provider."

| | | |
|---------------------|-------------|--|
| Wednesday June 5th | 11:00-12:00 | Kendall Dining Site Kenview Manor 412 Spring St. |
| Tuesday June 11th | 10:30-11:30 | Cashton Dining Site 812 Main Street |
| Wednesday June 12th | 10:30-11:30 | Wilton Dining Site 806 Railroad Street |
| Thursday June 13th | 9:30-10:30 | Tomah Manor 901 McLean Ave, Tomah |
| Thursday June 13th | 11:00-12:00 | Tomah Dining Site Kupper-Ratsch Sr Center, 1002 Superior Ave |
| Tuesday June 18th | 9:00-10:00 | Hilltop Apartments 405 Market St., Warrens |
| Tuesday June 18th | 11:00-1:00 | Courtyard at Willow Woods 1500 Lincoln Ave, Tomah |
| Wednesday June 19th | 9:00-10:00 | Heritage Haven 622 S. Court St, Sparta |
| Thursday June 20th | 2:00-3:00 | Brookside Apartments 307 N. Court St., Sparta |
| Friday June 21st | 10:30-11:30 | Sparta Dining Site Barney Center 1000 E Montgomery St |
| Tuesday June 25th | 11:00-12:00 | Norwalk Dining Site 206 West Center St |

Snack on Strawberries



Select – Choose firm, bright red berries with green caps (leaves) attached. Avoid berries with soft spots or mold.

Store – Wash strawberries when ready to eat. Refrigerate in a non-airtight container. Eat within 1-3 days.

Prepare – Rinse under cold water and remove green tops just before eating.

Strawberries are the Harvest of the Month! Add strawberries to your favorite family meals:

- Add strawberry slices to flavor your glass of water
- Blend strawberries into your favorite smoothie
- Top your salad greens with delicious strawberries

Make meals and memories together. It's a lesson kids will use for life.

Did you know?

The average strawberry has 200 seeds. Strawberries can be yellow, blue, purple, white, black, and red.



Harvest of the Month



Physical Activity for Brain Health

According to the Centers for Disease Control and Prevention (CDC), physical activity can help you think, learn, and problem-solve. It can improve your memory as well as reduce anxiety or depression. Physical activity benefits your brain by promoting cardiovascular health, improving blood flow to your brain, reducing inflammation, and by lowering levels of stress hormones. Regular physical activity can also reduce the risk of cognitive decline, including dementia.

To reap the most benefit, adults need at least 150 minutes of moderate-intensity physical activity weekly or 75 minutes of vigorous-intensity activity. It doesn't have to happen all at once and can be broken down into smaller amounts. Adults need muscle-strengthening activities two or more days a week. Adults 65 and older need balance activities about three days a week.

A study published in the Journal of the American Geriatrics Society found that tai chi showed the potential to enhance cognitive function in older adults. This is especially true in the area of executive function, which manages cognitive processes such as attention, planning, problem solving, verbal reasoning, and working memory. This may be because tai chi involves slow, focused movements and requires learning and memorizing new skills and movement routines.

There are simple activities you can do to increase your physical activity. Put some upbeat music on and dance at home. Take active breaks between television programs and march in place, do some squats, or balance on one leg. The possibilities are endless. Include physical activity in your daily routine. When you go shopping park in the back of the parking lot. Consider walking around the perimeter of the store prior to getting what you need. As you're out and about use the stairs instead of the elevator, if possible. If you have a dog take your dog for regular walks. No matter how old you are or your fitness level, any amount of physical activity can make a difference. Keep in mind that some activity is better than none and every little bit counts.

This article was submitted on behalf of the Healthy Brain Coalition formerly known as Dementia Friendly Monroe Coalition.

Check out their website at: healthybraincoalition.org

Sources:

<https://www.cdc.gov/nccdphp/dnpao/features/physical-activity-brain-health/index.html>

<https://health.clevelandclinic.org/exercise-and-brain-health>

<https://www.health.harvard.edu/mind-and-mood/exercise-can-boost-your-memory-and-thinking-skills>



July Vintage Vagabond Trip Want to make the "Earth Move under Your Feet"?

Then join Vintage Vagabond July 17th at the Chanhassen Dinner Theatre in Chanhassen, MN to see Beautiful – The Carole King Musical. The soundtrack of a generation inspired this BROADWAY SMASH HIT! A HUGE CAST of 29 singers and dancers bring many of Carole King's GREATEST HITS to life in a triumphant CELEBRATION! For nearly six years, Beautiful: The Carole King Musical thrilled Broadway audiences with the inspiring true story of Carole King's remarkable journey from teenage songwriter to Rock & Roll Hall of Fame music legend. As a woman in the music industry, King broke barriers and became one of the most prolific songwriters of our time!



Cost for July Trip: \$112 includes transportation on Lamers Deluxe Motorcoach, meal including gratuity and the show. Pick up times: Tomah- 7:30 a.m. and Sparta -8:00 a.m. at Southeast corner of Wal-Mart parking lots. Estimated return times: Sparta-7:30-8 p.m. and Tomah- 8-8:30 p.m. Deadline for registering: June 10.

Please complete the form below and either mail or bring in person to the ADRC office. Cash or check must accompany your reservation. Make checks out to ADRC of Monroe County. If it has been more than a year since you traveled with us, we will also need you to complete a Medical Emergency Form which can be found at our website. <https://www.co.monroe.wi.us/departments/aging-and-disability-resource-center/senior-vintage-vagabond-trips>

RESERVE YOUR SPOT TODAY! Deadline: June 10

Vintage Vagabond Trip: July 17 Beautiful -Chanhassen Dinner Theatre

Number attending: _____ (Please print) Pick up location: Tomah ____ or Sparta ____

Name(s) 1. _____ X if age 60+ ____ 2. _____ X if age 60+ ____

Address w/city: _____

Phone number: _____ Email: _____

Lunch: Order off menu Payment: Total Enclosed \$ _____ Cash ____ or Check ____

Mail or bring in person to: ADRC, 315 W. Oak St, Suite A Sparta, WI 54656