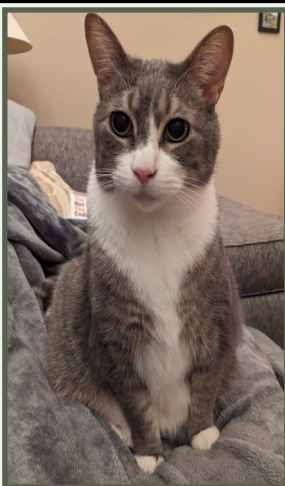
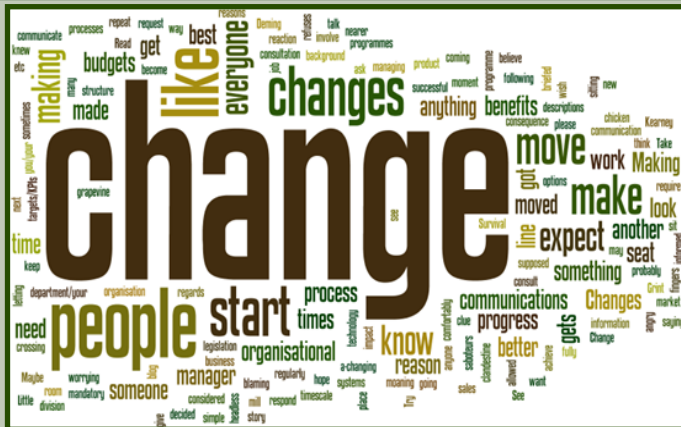


We hope you enjoy this newsletter and find it helpful. If you have any feedback or wish to be added to our email distribution list, please send an email to ADRC@danecounty.gov or call us at 608-240-7400

Spring marks the season of renewal and change. It mirrors the changes occurring in us all. Although change causes growth, it can be scary. In the months and years ahead we will likely experience changes to Federal, State and community programs. Resource Wise is dedicated to providing our readers with facts to help you to be knowledgeable about area resources.



May is National Pet Month

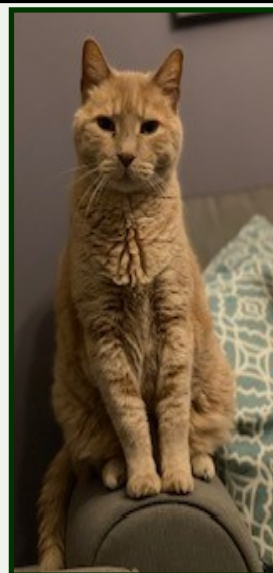
According to the National Institute for Health, pets have been shown to decrease the stress related hormone called cortisol. Pets can also help to lower your blood pressure.

Owning a pet also leads to increased exercise; if it's walking your dog, standing up to feed your fish, or playing with your kitty, all of this leads to increased exercise.

A pet can also cheer you up. Pets can reduce anxiety, depression and loneliness. Cuddling, hugging, or petting your furry fluffy family member can help to calm you down and soothe anxieties.

Studies also suggest that being responsible for something, like a pet or even a plant, can lead to a longer life. Studies also suggest that heart attack patients with a pet survive longer than those without a pet.

The companionship a pet can provide warms all of our hearts. In this issue of Resource Wise, keep an eye out for the very loved animals bringing joy to our ADRC staff!



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Lingo Buster: The Americans with Disabilities Act (ADA)



ADA is a federal law banning discrimination against people with disabilities in everyday activities. The ADA guiding principal is that individuals with disabilities deserve the same opportunities and conveniences as everyone else. The ADA timeline began in 1973 with the Rehabilitation Act which guarantees rights to people with disabilities. It was one of the first U.S. Federal Civil Rights laws to protect people with disabilities, setting precedents for subsequent legislation including the Americans with Disabilities Act in 1990. The ADA of 1990 is a civil rights law that prohibits discrimination based on disability. Affording similar protections to Americans with disabilities as the Civil Rights Act of 1964, which made discrimination based on race, religion, sex, national origin illegal, and later sexual orientation/ gender identity. ADA also requires covered employers to provide reasonable accommodations to employees with disabilities, and accessibility requirements on public accommodations. The ADA forbids discrimination on the basis of disability just as other civil rights laws prohibit discrimination on the basis of race, color, sex, national origin, age, and religion. ADA works to dispel general stereotypes and misconceptions associated with disabilities.

The ADA is divided into Five Titles:

Title I Employment requires covered employers to provide reasonable accommodations for applicants and employees with disabilities, prohibiting discrimination on basis of disability in all aspects of employment. While the employment provisions of the ADA apply to employers of fifteen employees or more, its public accommodations provisions apply to all sizes of business, regardless of number of employees. State and local governments are covered regardless of size.

Title II Public Services includes state and local government agencies, National Railroad Passenger Corporation, and other commuter authorities can not deny participation or services to people with disabilities. In addition public transportation systems such as public transit buses, must be accessible to individuals with disabilities.

Title III Public Accommodations requires public accommodations be accessible to individuals with disabilities including facilities such as restaurants, hotels, grocery stores, retail stores, as well as privately owned transportation systems.

Title IV Telecommunication companies offering telephone service to the general public must have telephone relay service who use telecommunication devices for the deaf (TTYs) or similar devices.

Title V Miscellaneous, this title includes a provision prohibiting either coercing or threatening or retaliating against individuals with disabilities or those attempting to aid people with disabilities in asserting their rights under the ADA.



Disability: The ADA's protection typically applies to those individuals who meet the ADA's definition of disability, usually if: He or she has a physical or mental impairment that substantially limits one or more of his/her major life activities; He or she has a record of such an impairment; or He or she is regarded as having such an impairment. Other individuals who are protected in certain circumstances include 1) those, such as parents, who have an association with an individual known to have a disability, 2) those who are coerced or subjected to retaliation for assisting people with disabilities in asserting their rights under the ADA.

Accessibility: The design of products, devices, services, vehicles, or environments so as to be usable by people with disabilities.

Usability: The capacity of a system to provide its users ease to perform the tasks safely, effectively, and efficiently while enjoying the experience.

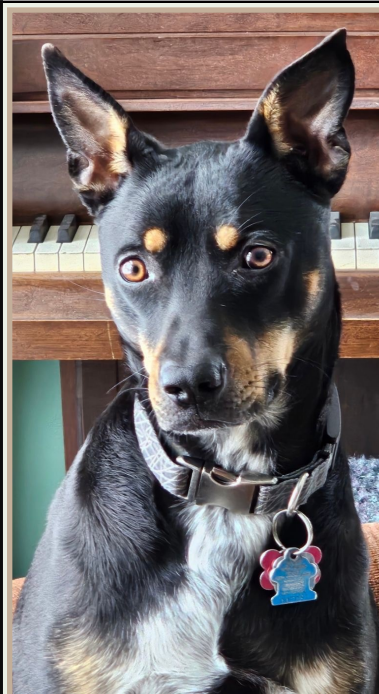
Reasonable accommodation: Any change to the application or hiring process, to the job, to the way the job is done, or the work environment that allows a person with a disability who is qualified for the job to perform the essential functions of that job and enjoy equal employment opportunities. Accommodations are considered “reasonable” if they do not create an undue hardship or a direct threat.

Reasonable accommodations should not be viewed as “special treatment” and they often benefit all employees. Many work place accommodations cost very little and often involve minor changes to a work environment, schedule or work-related technologies. Changes could look like a ramp, rest room grab bars, assistive technologies, screen reader software, videophones to facilitate communications with colleagues who are deaf, or other accessible communications.

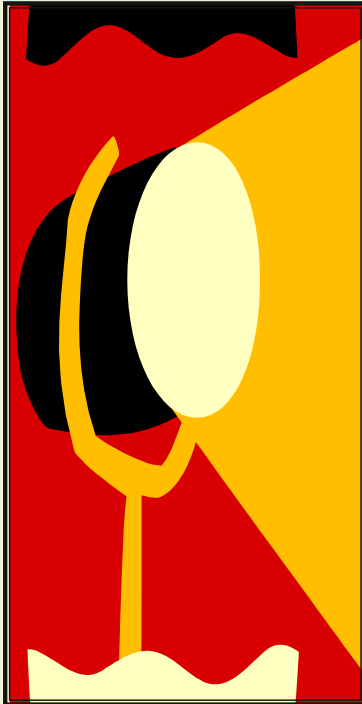
<https://www.ada.gov/topics/intro-to-ada/>

<https://askjan.org/a-to-z.cfm>

<https://adata.org/factsheet/reasonable-accommodations-workplace>



What would our days be like without our pets?



COMMUNITY SPOTLIGHT:

Dane County Veterans Service Office

(608) 266-4158

The Dane County Veterans Service Office's mission is to serve Dane County veterans and family members. The office acts as an advocate and liaison, exploring eligibility for local, state, and federal VA benefits while assisting with the application process. The office has accreditation through the USDVA's Office of General Counsel and allows professionally trained service officers to provide efficient and effective services which help veterans and their families navigate the pathways towards benefits offered by the VA.

In addition to helping newly discharged veterans get forms and establish eligibility for enrollments and benefits, the VSO helps disabled vets with claims, appeals, and employment services and senior veterans to access long term care programming such as veterans homes and Aid and Attendance. They help with financial assistance, medical, education, death and memorial benefits. Other services include:

- Obtaining Military Records
- Obtaining Military Awards
- Providing Grave Care Payments to Cemeteries
- Speaking to Organizations
- Referral to affordable housing resources
- Outreach to Incarcerated Veterans
- Pre-Death Advisement
- Liaison Among Vets Groups
- Vets Ride with Pride Bus Pass Program
- VAP Veterans Assistance Program for Homeless Veterans





Who's Who at the ADRC?

Saluting: **Joe Purcell**

We are writing Who's Who a bit differently because in this issue we are featuring our former ADRC Supervisor and our fearless Newsletter leader, Joe Purcell, who is hopefully reading this just as you are dear reader. Regrettably for us, but joyously for himself and his spouse Sheila, Joe retired after more than 30 years at Dane County Human Services.

Our Newsletter wanted to recognize Joe and his compassion, humor, wit, attention to detail (as we are sure something in this issue is grammatically incorrect), his kindness, and genuine care for the Dane County community.



Joe led our newsletter committee, Joe led Unit A, and Joe remains a dear friend to many of us at ADRC and beyond.

Joe has a passion for music, gardening, Indian Motorcycles, and providing merriment through his astute anecdotes and sidesplitting stories. Joe never let us down with his love of history and bizarre facts as demonstrated by his, "this day in history", and never forgetting the Lone Wolf's admiration of members of Canis.



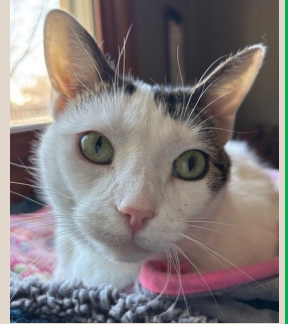
We'd love to take this time to wish Joe absolutely ALL the best in his next chapter of sure to be epic and howling adventures!



Keep Your Cat Safe

In the beginning of March 2025, a bobcat in Fitchburg proved positive for bird flu. Cats are very susceptible to bird flu.

- It is best to keep your cats indoors, especially during spring baby season, birds, bunnies and squirrels are around and your cats' hunting instincts abound.
- Be aware of areas profuse with bird droppings as it is easy to have contact with paws and the virus can be transferred during preening.
- Do not feed raw meat-based diets or treats.
- Avoid contact with sick or dead birds and other wildlife yourself.
- Thoroughly wash your hands after handling your cat and after any encounters with poultry, livestock, or wild birds and other animals.
- Immediately contact your veterinarian if you notice signs of H5N1 or think your cat might have been exposed to the virus.



May is National Military Appreciation Month

What do the words Duty, Honor, Integrity, Loyalty, Personal Courage, Respect, and Selfless Service mean to you? Do you consider them when you are living your life? To those in the United States military service, these are the principles which guide their military lives and their continuing values that serve our country. Below are definitions that our service men and women embrace in their service to America.

Duty: To fulfill your obligations – not just towards your personal goals/tasks/assignments, but to accomplish these as part of a team.

Honor: To carry out, act and live these values.

Integrity: To do what's right – both legally and morally.

Loyalty: To believe and devote true faith and allegiance to the U. S. Constitution.


Personal Courage: To face fear, danger, and/or, adversity – be it physical or moral – by standing up for and acting upon those things that are honorable.


Respect: To treat others with dignity and respect and trust it will be shown back.

Selfless Service: To put the welfare of the nation first without thought of recognition or gain.

Our service members and veterans do much for us all day, every day. Here are some ways to show our appreciation:

 **Express Your Gratitude:** Take a moment to thank military families for their sacrifices and service to the nation.

 **Donate to Military Support Organizations:** Consider making a donation to organizations that provide assistance and resources to military families.

 **Advocate for Military Family Support:** Support policies and initiatives that benefit military families, such as affordable healthcare and educational resources.

When sharing your support for National Military Family Month 2025 and honoring military families on social media use these relevant hashtags to connect with others who appreciate and stand with military families:

#MilitaryFamilyMonth #SupportOurTroops #MilitaryFamilyAppreciation
#GratitudeForService #ThankYouMilitaryFamilies #ThankYouMilitaryFamilies



Check it Out!



Rebuilding Communities while Combatting Loneliness

The post COVID landscape in our communities looks very different because of what we have lost. The ways in which our community has been lost may include loved ones, outings, events, businesses and even organizations. In our remembrance of what we lost we also have survived the pandemic, and that is worth celebration.

Teenagers, young adults, middle aged adults and older adults, are all experiencing loneliness at the highest levels ever reported. As the Police sang in, Message in a Bottle, *"Seems I'm not alone in being alone."*

So, what can we do about it?

- **Meet Your Neighbors:**

Our communities look different than prior generations communities did but that doesn't mean we can't make an effort to try to get to know your neighbors - spend some time outside, stop by for a short visit with your neighbors every once in awhile, even passing a neighbor at the elevator, chat them up. When you get to know your neighbors you may find it's nice to have a neighbor or two who will watch your porch or hold the elevator door open for you. If you notice a neighbor struggles with taking their trash out, ask if you can help, even offer to cat sit or water their plants. After the isolation of COVID and using social media, we are losing touch with the real people right next door.

- **Volunteer:**

At this moment there are local community centers, libraries, animal shelters, schools, senior centers, parks, and food banks that need your help! There is a place in your town that needs you! Consider volunteering with an organization that you are interested in, for even an hour a month. All of us have talent, whether it's being able to drive a car, check the mailbox, mow a lawn, balance a checkbook, or help deliver a hot meal to a neighbor, please share your skills!

- **Join an Organization:**

What is the hobby or activity that you have always wanted to try but didn't know how to start? There is no way to start but by starting. Push yourself out of your comfort zone and do something new. There are groups and organizations that may interest you. Start with the interest you have, check the internet, local library or call 211 for the club, group, organization, or place that specializes in your activity and make a call (or email). You may find yourself making new friends that is the balm to loneliness!





Social Security is Vital to Americans Nationwide

Social Security is our trusted nationwide program that reflects our core values of hard work, fairness, and dignity. Americans rely on Social Security for stability in retirement, in case of disability, or when they lose a working spouse. Most people receiving Social Security have paid into it all their lives.

Social Security lifts more than 22 million people out of poverty, including older adults and children. Half of older adults rely on Social Security for the majority of their income.

Over 1,200 Social Security field offices nationwide serve an average of 120,000 people each day.



Medicaid and Medicare work together for Wisconsinites

Sixty-Eight million individuals are enrolled in Medicare and one in five rely on Medicaid (Medical Assistance or MA) to afford and access essential health and long-term care. **Without Medicaid (MA), 12 million Medicare enrollees could not access the care they need, jeopardizing their health and well-being.** Given that nearly 30% of all Medicaid dollars directly support Medicare

enrollees, any proposed cuts to Medicaid are, in effect, impacting Medicare as well. Medicaid saves Medicare enrollees dollars.

By filling in gaps in coverage and affordability, Medicaid prevents hospitalizations and poor health outcomes for Medicare enrollees.

Medicaid is the primary payer of nursing facility care for Medicare enrollees.

While Medicare covers short-term skilled nursing facility stays following a hospitalization, Medicaid covers the majority of long-term stays. More than 6 in 10 nursing facility residents rely on Medicaid, including those with Alzheimer's and dementia.





April is the Month of Hope: This April, Challenge Yourself to Spread Hope!

Start with Yourself:

Ask for help.

If you recognize you are feeling depressed, anxious, despair, intense hopelessness, or isolated, ask for help. Remember that you are never alone.

Re-connect with your doctor or call the Dane County Behavioral Health Resource Center (BHRC) 608-267-2244. The Dane County BHRC can help you find mental health resources.

Speak kindly to yourself.

Often we are harder on ourselves than we are to others. If you notice yourself doing negative self-talk, holding yourself to a higher standard than you would hold someone else, or blaming yourself for things out of your control, practice grace and patience towards yourself. Notice the negative self talk and be gentle to yourself. Practice reframing the negative comment. If you notice yourself saying things like, "how could I mess that up!" Practice a re-frame like, "this is tricky, let's slow down and keep learning how to do this." Practice positive self talk, like encouraging yourself, giving yourself a compliment, or giving yourself a positive affirmation like "my fear may be big but my courage is bigger."

Practice acts of kindness towards yourself.

Take 20 minutes to go on a walk, or 10 minutes to practice meditation, drinking water, or taking a shower, do an act of kindness for yourself everyday this month.

Retrain your brain.

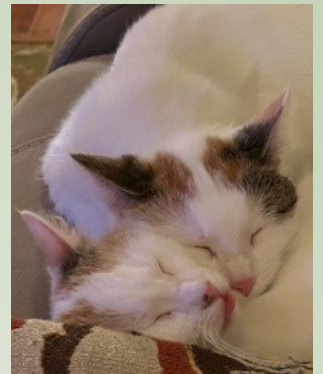
Evolution shaped our brains to recognize threats to our safety. This negativity bias helped humans survive. However, this survival mechanism also makes us notice the negative, where we might be overlooking the positive. Try to cultivate joy. Every night before bed, try to think of one thing that brought you joy, one thing that you are grateful for, and one thing that was meaningful. Another way to cultivate joy is to try to belly laugh once a day. Sometimes art or music can bring a deep sense of joy to retrain your brain.

Try to slow down!

When you are experiencing a positive moment, enjoy it! If the food is good or the sunshine feels warm, take a moment to enjoy it and experience it!

Spread Hope to Others:

After spreading hope to yourself, spread hope to others!
Visit a friend or neighbor who may be experiencing loneliness.
Give compliments.
Help a loved one, neighbor or friend with a chore.
Volunteer your time in something that is meaningful to you.
Share stories of hope.





Be the
person
your
pet
thinks
you are.



What is a QR code?

A QR code is a scannable picture. It is a machine readable code that stores information for websites, contact info, or can hold other digital content like menus at a restaurant. If you hold your smart phone camera up to take a picture of the image on the left, it will offer to take you to a website. If you follow the link to the website, this QR Code will take you to the ADRC of Dane County Newsletter Archive. Take a moment and enjoy our past issues.

What is Quishing:

It stands for QR code phishing. It is where scammers will create a QR code that takes you to a fraudulent website where the con artist will steal your personal information, or install spyware onto your device.

Common Quishing Tactics:

- **Parking Meter Scams:**

Placing fraudulent QR codes on the back of a parking meter. You may think the QR code will take you to the city's website to pay, but unfortunately it takes you to a fraudulent website to steal your bank information.

- **Mail Scam:** You receive a package from an unknown person, the letter directs you to a QR code to find the sender. Unfortunately, the QR code will take you to a website to steal your personal information or put spyware onto your device.
- **Government Imposters:** You may receive information from a scammer pretending to be your utility company, IRS, Social Security or another government agency lying that you owe money. The scammers lie about you owing money so you feel frightened and forget to slow down. The con artist will direct you to a QR code which will take you to a fraudulent web site. The scammer website may look like it is legitimate so you will have a false sense of security so you will enter in your real information.

Proceed with Caution!

Never scan anything you're not certain is safe. Never scan QR codes from unknown people.

Scammers will try to make you panic so you act quickly instead of slowing down, checking it is legitimate, and never provide your personal information to someone you are not certain is legitimate.

Report it:

If you have experience with a fraudulent QR code, report it to <https://www.bbb.org/scamtracker>



AgrAbility of Wisconsin

Serving Wisconsin Farmers Since 1991



Did you know, over 4,000 injuries occur on Wisconsin farms each year and many result in permanent disabilities?

AgrAbility does and they estimates there are 38,740 Wisconsin farmers with some type of limitation or disability. Knowing that agricultural production is one of the most hazardous occupations with the highest disabling injury rate of any industry in the U.S. the USDA funded AgrAbility to help farmers with disabilities get back onto the plow. Besides addressing returning injured farmers to their fields or livelihoods, it serves those agricultural workers who are limited by any type of physical, cognitive, or illness-related disability with the aim to help the farmers and their families succeed in agricultural production.

AgrAbility works for those who have experienced:

Amputation	Arthritis
Back impairment	Developmental disabilities
Disabling diseases	Mental/behavioral health problems
Respiratory diseases	Spinal cord injuries
Stroke	Traumatic brain injury



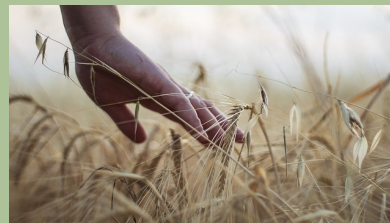
To make farming tasks easier, safer, and more assessable, AgrAbility provides:

- ◇ Access to assistive technology – to find and provide tools, equipment, and machinery modifications.
- ◇ Education and training - to adapt to their needs and learn new skills for identifying and implementing necessary modifications to their farms and homes.
- ◇ Peer Support - to connect farmers with disabilities with each other to foster a sense of community and support.
- ◇ The Toolbox - a searchable database that contains assistive technology solutions for farmers and ranchers with physical disabilities.

To learn more about AgrAbility or enroll in the program, you can call 608-262-9336 or visit agrability.org.

<https://agrability.bse.wisc.edu/services/#Disabilities>

<https://agrability.bse.wisc.edu/>



Be Well



June is National Smile Month.

This month is dedicated to encouraging exceptional oral health and boosting our nation's smiles.

We can all enhance the overall health of Wisconsinites by increasing oral health awareness and teaching people how to care for their smiles.

Remember:

- * Make your dental appointments
- * Brush twice per day
- * Reduce your intake of sugary foods and drink
- * Get a new toothbrush after being sick or twice per year
- * Floss your teeth

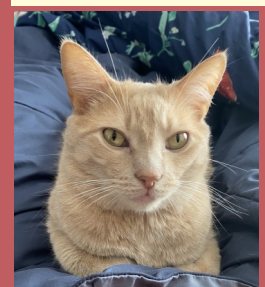


McCabe's at the Movies

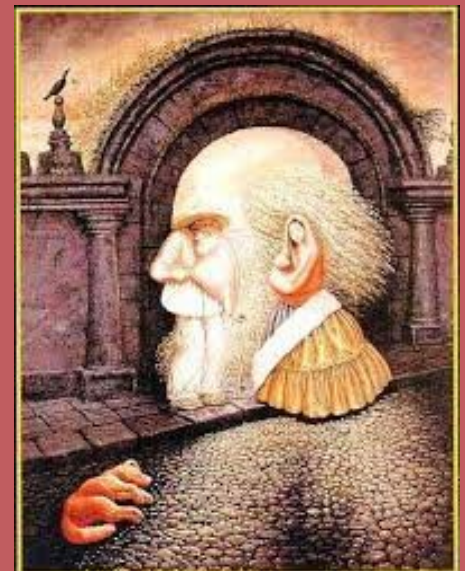


20 LIFE CHANGING MOVIES

WE CELEBRATE CHANGE DURING THE SPRING. WE HONOR THE RENEWAL AND GROWTH AS THE GRASS BECOMES GREEN AND GROWS, THE FLOWERS BLOOM AND THE RAINS FALL. HERE ARE 20 MOVIES THAT JUST MIGHT CHANGE YOU AND HELP YOU GROW TOO.



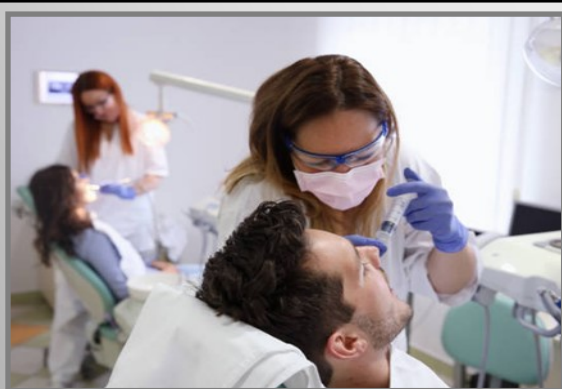
THE COLOR PURPLE (1985)
HURRICANE (1999)
HAROLD AND MAUDE (1971)
UNBROKEN (2014)
ERIN BROCKOVICH (2000)
V FOR VENDETTA (2005)
SELMA (2014)
HIDDEN FIGURES (2016)
THE SHAWSHANK REDEMPTION (1994)
A LEAGUE OF THEIR OWN (1992)
SCHINDLER'S LIST (1993)
COOL RUNNINGS (1993)
CASINO (1995)
THE BOOK THIEF (2013)
THE BRIDGE OVER THE RIVER KWAI (1957)
GREEN BOOK (2018)
THE DALLAS BUYERS CLUB (2013)
ROCKY (1976)
THELMA & LOUISE (1991)
THE BOY WHO HARNESSSED THE WIND (2019)



Sunday May 18th is International Museum Day

Dane County has many FREE and fabulous museums:

- * Chazen Museum of Art is free and open daily. Check them out at 750 University Ave, Madison, WI.
- * Geology Museum won't be open on Sunday, but it is open Monday-Saturday and is free. Check them out at 1215 W. Dayton St., Madison, WI.
- * L. R. Ingersoll Wonders of Physics Museum is open weekdays and some Saturdays. Free to the public, reservations are not required but they do offer scheduled guided tours for groups. On the second floor of Chamberlin Hall at 1150 University Ave, Madison, WI. Call at 608-262-1137 to schedule a group tour.
- * Wisconsin Veterans Museum is open Tuesday- Sunday, is free and is located at 60 W Mifflin St, Madison, WI .
- * The National Mustard Museum on 7477 Hubbard Avenue, Middleton, WI 53562. Open daily, 10 to 5, free and free parking is available next to the Museum. For information on booking group tours with the Curator, see mustardmuseum.org/group-tours.



Dental Clinic Services available and performed by dental hygiene students, under the supervisor of instructors include:

- Oral prophylaxis (cleaning)
- Periodontal therapy (deep cleanings)
- X-Rays
- Fluoride treatments
- Oral cancer exam
- Oral hygiene instruction

To schedule an appointment, please call the Dental Hygiene Clinic at (608) 258-2400 or send an email to:

dentalclinic@madisoncollege.edu



Wisconsin Addiction Recovery
Helpline
Call 211
Find the help you need



The Wisconsin Addiction Recovery Helpline is a statewide resource for finding substance use treatment and recovery services.

The helpline is free, confidential, and available 24/7. Trained specialists will help you understand treatment and support options.

Call 211 or 833-944-4673

Offering Hope:
The Wisconsin Addiction Recovery Helpline answers thousands of phone calls, texts, and chats for support since 2018.



The Sampler! Interesting Events Happening in our Community:

What: Native Garden Learning Hub Community Gathering.

When: Sunday, 04/27/2025 2:00 p.m. - 4:00 p.m.

Where: Lussier Family Heritage Center 3101 Lake Farm Road Madison WI 53711

Why: To discover, through engaging community sessions, presentations, panel discussions, hands-on workshops, one-on-one guidance, and much more, how to convert larger areas, such as a lawn or larger property, to native plants and how to make your existing lawn more pollinator friendly.

How: Contact - Susan Sandford (608) 669-1816

Cost: \$5 per person (proceeds support environmental education and native plant programming). To request fee assistance, email sandford.susan@danecounty.gov.



What: Learn to Geocache

When: Sunday, 04/27/2025 9:30 a.m. - 11:00 a.m.

Where: Festge County Park 4894 Scherbel Rd Cross Plains, WI 53528

Why: Have you ever wanted to be a modern day treasure hunter?

Try geocaching! Geocaching involves using GPS coordinates to locate a hidden container. There will be a brief overview of geocaching, instruction on using the GPS units, and then time to go try out your new skill around the park! All equipment will be provided.

How: contact: heritagecenter@danecounty.gov

Cost: \$15 per team. We recommend that teams be four or fewer individuals. You only need to register one person from your team.



*Geocache event will also be at: Walking Iron County Park 6064 Beckman Rd. Mazomanie, WI 53560, Sunday, 05/18/2025 10:00 a.m. - 11:30 a.m.



What: Stop the Bleed Training

When: Friday, 05/02/2025 9:00 a.m. - 11:00 a.m.

Where: Deerfield Community Center 10 Liberty Street, Room 103 Deerfield, WI

Why: Free, training to learn life-saving skills. You will be taught how to use various techniques such as applying pressure, packing a wound and applying a tourniquet. No prerequisites in medical training needed, come as you are. Get the skills you need to save a life and Stop the Bleed. Certificates presented upon completion.

How: Pre-registration is required: https://www.signupgenius.com/go/10C0B49AEAB2BA0F8C25-53676781-stop#/

or contact Deputy Zach Barton barton.zachary@danesherriff.com
Office: 608-212-8742

Stop the bleed: Friday 05/16/2025, 1 – 3 PM, Town of Westport Town Hall, 5387 Mary Lake Rd also on Wednesday 05/28/2025, 1 – 3 PM, Roxbury, 7167 Kippley Road. For more info on how to register for these sessions, please contact Deputy Jodi Hager hager.jodi@danesherriff.com

The Sampler Continued:



What: Walk Into Wonder: Shirin-Yoku for the Weary

When: Wednesday, 05/07/2025 3:00 p.m. - 4:30 p.m.

Where: Holy Wisdom Monastery -- 4200 County Highway M, Middleton, WI 53562

Why: To find rest, beauty and community by strolling on the trails of the beautifully restored Holy Wisdom prairie and woodlands on a fully-guided a mile or a mile and a half walk by trained forest therapist Valerie Vervoort through moderate trails.

How: Learn more & register:

<https://holywisdommonastery.org/event/walk-into-wonder/>

Cost: \$35.

What: Lower Mud Lake Restoration Work Days

When: Fridays June 13, 20, and 27 from 9 AM – 12 PM.

Where: Lower Mud Lake Natural Resource Area - Hidden Farm Road, McFarland, WI 53558 Meeting at the small DCP parking lot at the very end of Hidden Farm Rd.

Why: To enhance the beauty of this area by pulling, digging, cutting, mowing, or spraying invasive weeds, cutting brush, or other tasks.

How: Contact kepease@gmail.com

What: Trash Lab @ Truck Fest

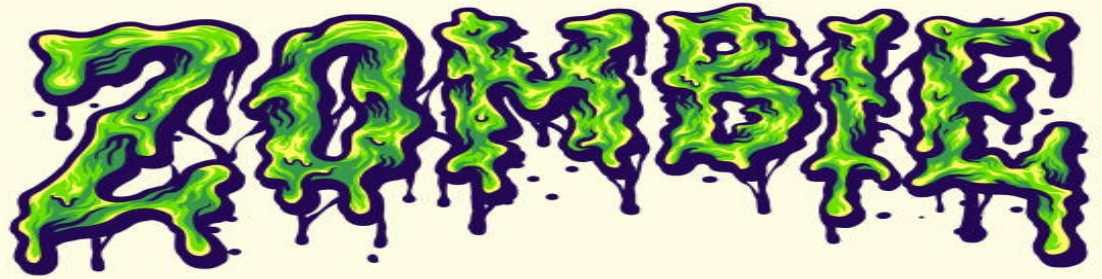
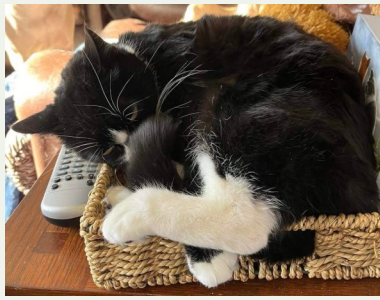
When: Saturday, 06/14/2025 10:00 a.m. - 2:00 p.m.

Where: Ahuska Park, 400 E Broadway, Monona, WI 53716

Why: Learn about solid waste and recycling through a trip aboard the fully accessible Trash Lab – Whimsical and immersive the Trash Lab will help citizens of all ages better understand the implications of the waste they produce, how landfills work, and new opportunities for more sustainable solutions.

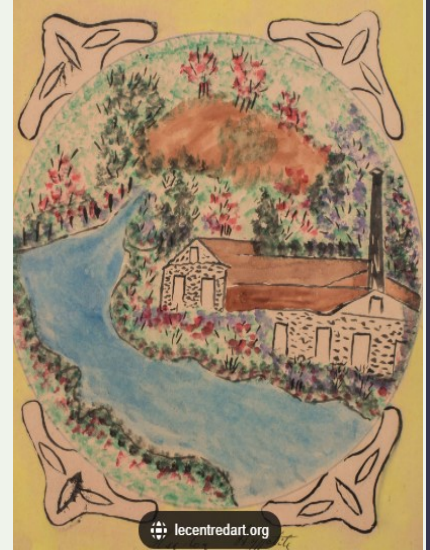
How: Visit the park! If questions please e-mail: kohn.hanna@danecounty.gov





They are everywhere on TV, movies, books and video games. Zombies continue as a source of fascination, awe, and terror. Zombie mythology has been around for centuries in Haitian folklore and traditions going back to when West African enslaved people were taken to Haiti's sugar cane plantations. Brutal conditions left these African enslaved people longing for freedom. Articles suggested the life or rather the afterlife of a zombie represented the horrific plight of slavery. The enslaved peoples of Haiti during the 17th through the 19th centuries, believed upon death, their souls would be released to stay in a paradise called *Lan Guinée*, another name for Guinea or West Africa. The recently departed souls would be shown to this realm by Baron Samedi, a Vodou Lwa whose purpose was to dig the graves of the newly deceased and welcome them into the afterlife.

Hector Hyppolite (1894 – 1948) was a prolific Haitian painter who depicted Vodou scenes and created 600 paintings during his life. Hyppolite died at age 54 in Port-au-Prince. Several pieces of Mr. Hyppolite's work are part of the Milwaukee Art Museum Haitian Art Collection and can be seen on the Haitian Art Society's website.



May was selected as **Zombie Awareness Month** because a number of notable zombie films are set in May, like George A. Romero's classic zombie flick, *Night of the Living Dead*. In 2012, the U.S. Center for Disease Control (CDC) promoted a Zombie Awareness Month, with the CDC director of the Office of Public Health Preparedness, Dr. Ali Khan saying "If you are generally well equipped to deal with a zombie apocalypse you will be prepared for a hurricane, pandemic, earthquake, or terrorist attack." <https://www.ready.gov/ur/community-preparedness-webinar-series-zombie-awareness>



Home Sweet Home!

The housing counselors at Movin' Out help first time home buyers. They help at every step of the home buying process, from discussing plans and strategies for budgeting, to connecting households with down payment assistance funds. Movin' Out has an impressive record of success helping people with permanent disabilities, and their families, find and maintain housing of their choice in communities throughout WI. Those interested in connecting with a Movin' Out team call (608) 251-4446.



Paws & Pages Reading Program



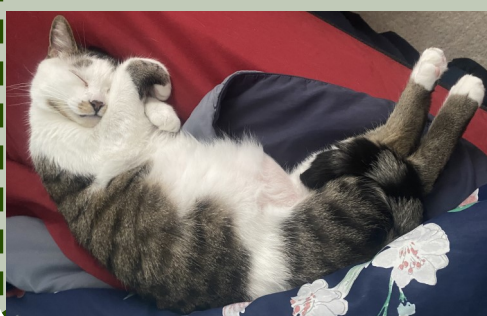
Paws & Pages is a reading program designed to help shelter animals feel more comfortable around people by being read to aloud. These positive experiences with people that do not involve touching helps feel more social and get adopted quicker! To become part of this program, participants give \$5 for each 30 minute reading shift or by becoming a Book Buddy monthly member that includes unlimited shifts for each month for \$15 per reader,

visit the DCHS website <https://www.giveshelter.org/community-outreach/paws-pages-reading-program> or Please email questions to education@giveshelter.org





**2865 North Sherman Avenue
Madison, WI 53704**



The Mission of the ADRC

To support seniors, adults with disabilities, their families and caregivers by providing useful information, assistance and education on community services and long-term care options and by serving as the single entry point for publicly funded long-term care services while at all times respecting the rights, dignity and preference of the individual.

CALL— EMAIL—STOP IN—REQUEST A ZOOM VISIT

HOURS: MONDAY - FRIDAY 7:45 A.M. – 4:30 P.M.

OTHER HOURS BY APPOINTMENT

BILINGUAL STAFF & INTERPRETERS AVAILABLE UPON REQUEST

Web: www.daneadrc.org

Email: adrc@danecounty.gov

Phone: 608-240-7400

TTY: 608-240-7404

FAX: 608-240-7401

Toll Free: 1-855-417-6892

Our Experts can help you with information about:

- | | |
|--|---------------------------------------|
| ◆ Assisted Living & Nursing Home Options | ◆ Energy Assistance |
| ◆ Caregiver Supports | ◆ Legal Resources |
| ◆ Housing Options | ◆ Respite Care |
| ◆ In-Home Personal Care | ◆ Social Security, Medicare, Medicaid |
| ◆ Meals & Nutrition Programs | ◆ Support Groups |
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