



220 Washington Ave, Oshkosh
211 N. Commercial St, Neenah
(877) 886-2372

April 2023

Do you have questions like this? Join us!

Do I have to sign up for Medicare?

What do I do if I am worried about my neighbor taking care of herself?

My husband is getting more forgetful, when should I be concerned?

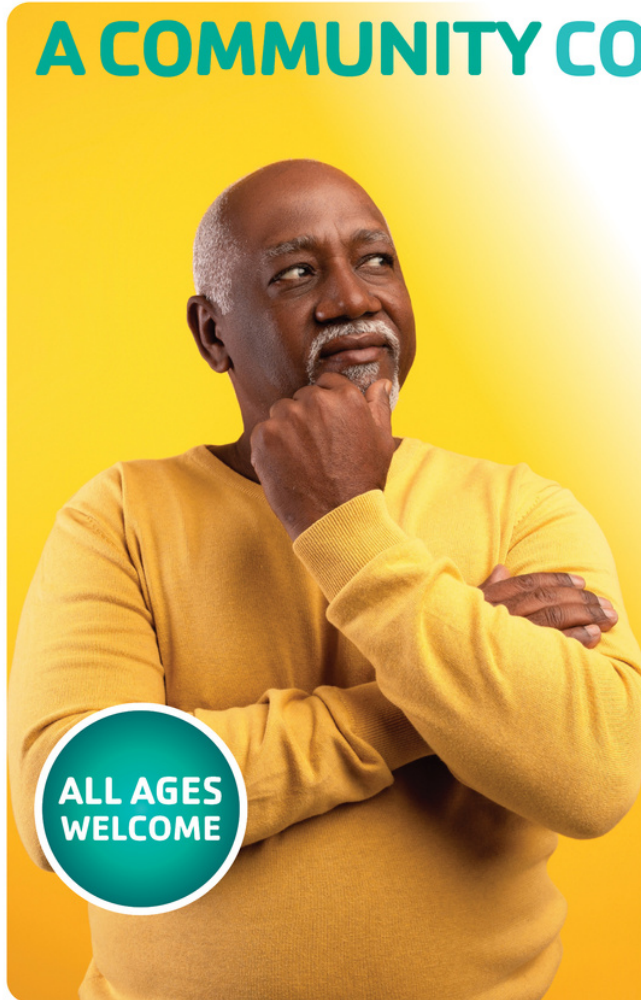
How do I know if I need to move to assisted living?



In partnership with Winnebago County



SNACK & LEARN A COMMUNITY CONVERSATION



Join us in a community conversation on important issues that can impact YOU!

Join leaders from Winnebago County to learn and join in the conversation on current issues in our county. A panel of presenters will share an overview of the following issues followed by a Q & A session.

MONDAY, APRIL 3

11:00 A.M. – NOON
20th Ave Y • MPR 1 & 2
FREE and open to all!

No need to register!
Just show up, snack, and learn.

Snacks will be provided by Winnebago County.



JOIN PANELISTS & LEARN ABOUT:

- **Dementia Care Specialist:** Memory issues and programs for dementia
- **Public Health Specialist:** Harm reduction and Covid-19
- **Adult Protective Services and Crisis:** Scams to be aware of, crisis on homelessness and mental health issues
- **Elderly Benefit Specialist:** Medicare
- **Information and Assistance Specialist:** Powers of attorney & resources

OSHKOSH COMMUNITY YMCA
20th Avenue 920-230-8439 3303 W. 20th Ave.
www.oshkoshymca.org

QUESTIONS? Please email Errah Wheel at errahwheel@oshkoshymca.org.

APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
<p>2</p> <p>Autism Awareness Day</p> 	<p>3</p> <p>Community Conversation * 11am 20th Ave YMCA, Oshkosh</p> <p>Memory Care Respite Neenah 1:30-3:30pm</p> <p>Winnebago County Human Services Board Meeting 3pm</p>	<p>4</p> <p>Oshkosh Committee on Aging 8am</p> <p>FOOD + DIVERSITY + COMMUNITY * Oshkosh Downtown YMCA 11am-12:30pm</p> 	<p>5</p>	<p>6</p>	<p>7</p>	<p>8</p>
<p>9</p> <p>Easter</p> 	<p>10</p> <p>BEAMING INC. Memory Cafe 10-11:30am</p> <p>SPARK! The Trout Museum of Art 1pm</p> <p>Memory Care Respite Neenah 1:30-3:30pm</p> <p>ADRC Committee Meeting 3pm</p>	<p>11</p> <p>Welcome to Medicare Presentation * Dep of Human Services, Neenah 2pm</p> <p>SPARK! Bergstrom Mahler Museum 10:30am</p>	<p>12</p> <p>FVMP Memory Cafe Oshkosh Library 1:30pm</p>	<p>13</p> <p>Virtual Dementia Tour Parkview Health Care Center 9am-Noon Registration required*</p> <p>Virtual ADRC Caregiver Support Group 3:30pm</p>	<p>14</p> <p>Menasha Committee on Aging 1pm</p>	<p>15</p>
<p>16</p>	<p>17</p> <p>FVMP Memory Cafe Neenah Library 1:30-3pm</p>	<p>18</p> <p>Alzheimer's Association Marty Schreiber Presentation Neenah Public Library 1pm*</p>	<p>19</p> <p>Memory Screenings Menasha Senior Center 10am-12pm</p> <p>FVMP Memory Cafe Menasha Meet at the Sweet Lair Cafe 1:30pm</p> <p>Fair Housing Council * "Do You Know The Law?" 5pm Oshkosh Library</p>	<p>20</p> <p>Neenah Committee on Aging 9am</p> <p>Memory Screenings Oshkosh Senior Center 10:30am-12pm</p> <p>Caregiver Support Group Community Church 3:30pm</p>	<p>21</p> <p>FVMP Lunch Bunch Delta Family Restaurant Neenah 11am</p>	<p>22</p>
<p>23</p>	<p>24</p> <p>FVMP Memory Cafe Oshkosh 20th YMCA 1:30pm</p>	<p>25</p> <p>Memory Care Respite Oshkosh 1:30pm</p>	<p>26</p> <p>SPARK! The Paine Art Center 1pm</p>	<p>27</p> <p>Move With Ease * Downtown YMCA - Oshkosh 12pm-1:30pm</p>	<p>28</p> <p>Fox Valley Wheelchair Wash * 11am NuMotion, Appleton</p>	<p>29</p>
<p>30</p>						

*An asterisk indicates there is more to read about this event in this newsletter.

Calendar Contact Information

FVMP Memory Cafes TLC Support Group Lunch Bunch	Fox Valley Memory Project (FVMP) (920) 225-1711 info@foxvalleymemoryproject.org
ADRC Caregiver Support Group Memory Screen Senior Centers	Alisa Richetti (920) 236-1227 Arichetti@winnebagocountywi.gov
SPARK!	Paine Art Center, Oshkosh (920) 235-6903 Bergstrom Mahler Museum, Neenah (920) 751-4658 The Trout Museum, Appleton (920) 733-4089
Neenah Memory Respite Care	(920) 383-1180 or memorycarerespite@gmail.com
Oshkosh Memory Respite Care	(920) 727-5555 ext. 2217
Winnebago County Human Services Board	pbartelt@winnebagocountywi.gov
ADRC Committee Specialized Transportation Committee I Team Meeting	ADRC@winnebagocountywi.gov
Neenah Committee on Aging	ckasimor@ci.neenah.wi.us
Menasha Committee on Aging	khutter@ci.menasha.wi.us
Oshkosh Committee on Aging	Judy.Richey@aol.com



Carrot Cake Cupcakes



FOR THE FROSTING

- 1 (8-oz.) block cream cheese
- 1/2 c. (1 stick) butter, softened
- 4 c. powdered sugar
- 1 tsp. pure vanilla extract
- 1/2 tsp. cinnamon
- 1/4 tsp. kosher salt

FOR THE CUPCAKES

- 2 c. all-purpose flour
- 1 tsp. kosher salt
- 1 tsp. baking soda
- 1 tsp. cinnamon
- 1/4 tsp. grated nutmeg
- 1 c. (2 sticks) butter, softened
- 3/4 c. granulated sugar
- 1/4 c. packed brown sugar
- 2 large eggs
- 1 1/2 tsp. pure vanilla extract
- 1/2 c. milk
- 1 c. grated carrots (from about 2 medium)
- 3/4 c. toasted pecans, roughly chopped

1) Make cupcakes. Preheat oven to 350° and line two muffin tins with liners. In a large bowl, whisk together flour, salt, baking soda, cinnamon, and nutmeg.

2) In another large bowl using a hand mixer (or in the bowl of a stand mixer fitted with the paddle attachment), beat together butter and sugars until light and fluffy. Add eggs, one at a time, beating well after each addition, then add vanilla. Add dry ingredients and mix until just combined. Add milk and mix until combined, then fold in carrots and pecans. Fill liners 3/4 full with batter and bake until a toothpick inserted in middle comes out clean, 20 minutes. Let cool.

3) Meanwhile, make frosting: In a large bowl, beat cream cheese and butter until no lumps remain. Add powdered sugar and beat until smooth, then add vanilla, cinnamon, and salt.

4) Transfer frosting to a piping bag fitted with a large round tip and frost cupcakes. Top with toasted pecans.

MIND OVER MATTER

HEALTHY BOWELS, HEALTHY BLADDER

Class for women 55+

3 sessions. 6 hours. Feel better and do more.



Learn strategies for preventing or lessening symptoms.

Understand how our bladder, bowels, and pelvic floor muscles work together.

Engages women to work together to set and meet personalized goals.

Call to register
920-232-3000

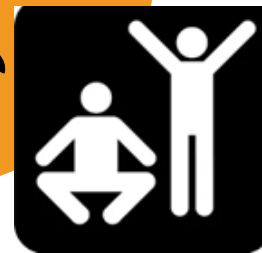
Recommended donation of \$15

OSHKOSH SENIORS CENTER
SOUTH BUILDING
MAY 2, 16, 30
TUES 9:30-11:30 AM

MENASHA SENIOR CENTER
MAY 31, JUNE 14, 28
WED 10-12 PM



Health & Wellness Corner



Looking for upcoming classes to improve your balance and strength? There are many programs and classes offered in our county designed to reduce falls.

Classes can also help improve your mood and introduce you to new people! Check out the below organizations who offer regular classes:

Menasha Senior Center

#920-967-3530

www.cityofmenasha-wi.gov/departments/senior_center/the_senior_chatter_monthly_newsletter.php

Oshkosh Senior Center

#920-232-5300

www.ci.oshkosh.wi.us/seniorservices

Neenah-Menasha YMCA

#920-729-9622

<https://www.ymcafoxcities.org/foreverwell>

Oshkosh YMCAs

#920-230-8916

www.oshkoshymca.org/programs/senior-programs/index.html

Winnebago County Health Department - Wellness Plus

#920-232-3000

www.co.winnebago.wi.us/health/divisions-program-areas/your-health/adult/wellness-plus-healthy-aging-classes

Omro Community Center

Please call #920-685-0380 for current activities.

STRONG BODIES

Strength training class
for men and women 55+



- Increase muscle strength & mass
- Decrease falls risk
- Improve arthritis symptoms
- Increase flexibility
- Lower blood glucose levels
- Increase bone density

Register with the
Winnebago County Health
Department

920-232-3000



SUGGESTED DONATION OF \$15 JOIN ANYTIME!

Neenah Highlands at Mahler Park
1555 Lyon Dr. Neenah
Feb 6 - April 27
Mon & Thurs 11am - 12pm

Neenah YMCA
110 N Water St. Neenah
Jan 3 - Mar 23; April 11 - June 29
Tues & Thurs 10am - 11am

Menasha Senior Center
116 Main St. Menasha
Jan 10 - Mar 30; Apr 6 - June 22
Tues & Thurs 9:30am - 10:30am

Winneconne Highlands Senior Center
424 Cleveland St. Winneconne
Feb 20 - May 11
Mon & Thurs 11am - 12pm

Omro - Bridge of Faith Baptist Church
124 E Main St. Omro
Jan 16 - Apr 6
Mon & Thurs 9:30am - 10:30am

Oshkosh - Briarwood Cottages
1118 W. 20th Ave. Oshkosh - Clubhouse
Jan 3 - Mar 23
Tues & Thurs 10:30 - 11:30am

UPCOMING WELCOME TO MEDICARE PRESENTATIONS

April 11th @ 2pm - Neenah
Dept of Human Services
211 N. Commercial St, Neenah

May 16th @ 2pm - Oshkosh
Dept of Human Services
220 Washington Ave, Oshkosh

Please RSVP to 877-886-2372



**FREE
FOOD + FUN**

CONNECTING COMMUNITY THROUGH FOOD *STUFFED WINGS*



Food often reflects our cultures and ethnicities, and what our family or friends eat. By sharing food with others, we connect as humans and learn more about one another's lived experiences and identities. The sharing of food provides us greater opportunities to hold space for all to explore and share at the table. Join us to learn more about stuffed chicken wings, a recipe that infuses both Mexican and Asian heritage flavors into one mouth watering dish! These wings are gluten free, but FULL of flavor! De-bone a chicken wing and stuff it with pork and veggies *Al Pastor* style. This dish is a representation of what America is - a blend of cultures.

DIVERSITY + FOOD + COMMUNITY
TUESDAY, APRIL 4 • STUFFED WINGS
Downtown Y • Teaching Kitchen • 11 a.m. - 12:30 p.m.



FREE AND OPEN TO ALL! Stop in any time to sample a home-cooked dish from a different country.

Pre-registration is required. Sign up by Monday, April 3 at the Front Desk of either location or by calling 920-236-3380. Tours of the Downtown YMCA will be offered from 12:30-1:00 p.m.

OSHKOSH COMMUNITY YMCA • www.oshkoshymca.org
Downtown • 236-3380 • 324 Washington Avenue



Sporting the color green on St. Patrick's Day!



In March, several staff in the Long-Term Support Division donated food and their time serving a meal at the Day by Day Shelter in downtown Oshkosh. We are so excited for them to be opening their new shelter soon!



Administrative Professional's Day

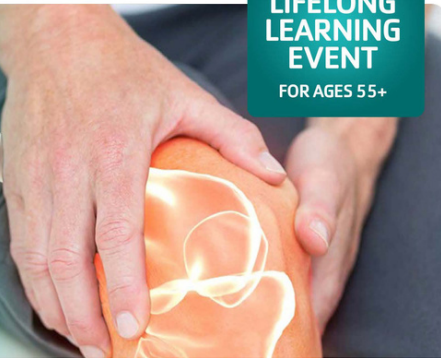
April 26th is Administrative Professionals Day! We are beyond blessed to have a very strong admin team here in the ADRC. Sam Buelter (L) started working at the ADRC in 2022. Dawn Gillett (R) has worked in the ADRC for the past 5 years. If you have ever called the ADRC's main number, you have likely talked to them. They triage callers to make sure they are getting to the appropriate worker in the ADRC. In one month, Sam and Dawn field about 775 calls! On top of answering the busy phone lines, they assist with helping workers get medical records, enter data, greet new customers who walk into the ADRC, and other clerical tasks. Dawn also assists the Family Support Team with gathering intake information for new referrals. They are the oil that keeps our division running each day. Thank you Dawn and Sam for your dedication to our staff and mostly to our customers and their families!



ACTIVE OLDER ADULTS

LIFELONG LEARNING EVENT
FOR AGES 55+

MOVE WITH EASE



Join Dr. Mansoor Aman, interventional pain management physician, to learn about options to manage pain and help you live an active lifestyle.

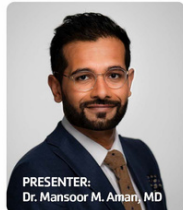
THURSDAY, APRIL 27 • Noon-1:30 p.m.
Downtown • Multi-Purpose Room
FREE FOR MEMBERS • \$5 for Non-Members
Program Includes Lunch

RESERVE YOUR SPOT!
Please sign up at the Front Desk of either location or by calling 920-230-8439.

LUNCH SPONSOR:



(920) 166-0276

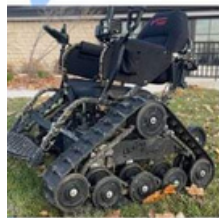


PRESENTER:
Dr. Mansoor M. Aman, MD

Aurora Health Care
We are AdvocateAuroraHealth

OSHKOSH COMMUNITY YMCA www.oshkoshymca.org
DOWNTOWN 236-3380 324 Washington Ave.
20TH AVENUE 230-8439 3303 W. 20th Ave.

FOX VALLEY WHEELCHAIR WASH



Entertainment
by Neil & Morgan
Acoustic

Options for Independent Living is Highlighting Adaptive Recreation

Equipment

- Freedom Trax
- Track Chair
- Electronic Assist Recumbent Trike
- Firefly Electric Scooter Attachment

Power/Manual Wheelchairs, Walkers, and Scooters are Welcome! **Free Admission!**

- 2 Free Meal Tickets to the Brat Fry for Each Registration. Additional tickets are \$5
- Nurse/CNA Assisted Transfers
- Wheelchair Safety Inspection
- Valley Transit will demo the Quantum system

Wash Now!

Friday, April 28th, 2023
11:00 a.m. - 3:00 p.m.

Visit Us @ NuMotion
920 N Westhill Blvd.
Appleton, WI 54914

Please Register with Alyson Johnson
920-288-7095
Reservations are required.



numotion
Mobility starts here.

LSS Lutheran Social Services of Wisconsin and Upper Michigan, Inc.

ALS ASSOCIATION
Valley Transit
CONNECTING THE FOX VALLEY

easterseals Wisconsin

options for independent living™

Extra FoodShare benefits are ending.

This is what you need to know.



What is changing?

FoodShare members have been getting extra benefits each month due to a federal program during the COVID-19 pandemic. **Starting March 1, 2023, members will only receive their regular FoodShare benefits loaded to the EBT QUEST card. There will not be a second payment later in the month.**

What should I do?

Your benefit amount is based on many factors. It is important to make sure your information is up to date so you receive all the benefits you are eligible for.



Your Address

You may miss important updates if the Department of Health Services (DHS) does not have your current address.



Household Income

Did you lose work hours or have your pay cut? If you are earning less, you may qualify for more Foodshare benefits.



Your Expenses and Deductions

Are you paying more for childcare? If you are a senior or have a disability, do you pay more than \$35 in medical expenses per month? Did your rent, mortgage or property taxes increase? Providing proof of these expenses may help you qualify for more FoodShare. Learn more at: dhs.wisconsin.gov/publications/p03315.pdf

Changes/Questions?

- Use the free MyACCESS mobile app. Learn more at: dhs.wisconsin.gov/forwardhealth/myaccess.htm
- Use your MyACCESS account at: access.wisconsin.gov
- Contact the East Central Call Center at 888-256-4563.
- Visit your local agency to report changes in person. Please be prepared to wait if you do not have an appointment. Find locations and hours for Winnebago County at: dhs.wisconsin.gov/em/winnebago.htm

For more information from DHS, scan the QR code or visit wchd.pub/FoodShare



Food Pantries in Winnebago County

Oshkosh

Father Carrs
1062 North Koeller St, Oshkosh
Friday 9-11am / Saturday, Sunday 10am-2pm
920-231-2378

His Church World Outreach Center
2704 Jackson St, Oshkosh
Friday 9-11am
920-426-4596

Salvation Army
417 Algoma Blvd, Oshkosh
Monday - Friday 9-11:40am
920-232-7660

Saint John's Church
808 N Main St, Oshkosh
Monday 9:30-11am
920-231-5480

Oshkosh Lutheran Church
714 Division St, Oshkosh
Monday, Tuesday, Thursday 8-10:30am
920-379-4774

Oshkosh Area Community Pantry
2551 Jackson St, Oshkosh
Monday 2-6pm
Tuesday, Wednesday, Thursday 10am-2:45pm
920-651-9960

Emmanuel United Church of Christ Church
1306 Michigan St, Oshkosh
Tuesday, Wednesday, Friday 9:30-10:15am
920-232-7660

Neenah/Menasha

St Marks Food Pantry
140 S Greenbay Rd, Neenah
Wednesday 9-11 am
920-725-2828

St. Vincent De Paul
1425 S Commercial Rd, Neenah
Wednesday 10:30am-12:30pm & 3:30-5:30pm
Friday 10:30am-12:30pm
Saturday 10am-12pm
920-729-4571

Immanuel United Church
118 Oak St, Neenah
2nd and 4th Wednesday of the month 12:30-2:30pm
920-722-0381

Cornerstone Church
357 Broad St, Menasha
1st and 3rd Saturday of the month 8:30-10:30am
920-725-7252

Saint Joe's Food Program
1465 Opportunity Way, Menasha
Monday, Wednesday, Friday 9-11am / Monday 5-6pm
920-734-9461

Omro/Larsen/Winneconne

Omro Community Food Pantry
310 N Webster Ave, Omro
Tuesday and Thursday 9:30am-3:30pm
920-231-7546

Ruth's Pantry at Grace Lutheran Church
8401 Steeple Hill Dr, Larsen
Monday 9-11:00am and 4-5pm
920-836-2382

Winneconne Area Assistance Center
1102 S 3rd St, Winneconne
Wednesday 5-6:30pm / Saturday 9-10:30am
920-851-5757

Please contact individual Food Pantries for questions and to confirm eligibility.

If you're pregnant or care for a child under age 5, you may be able to get food and support through the WIC program. Call 920-232-3350 to learn more and find out if you're eligible.



For additional Food Pantries, point your phone's camera at the QR code or visit wchd.pub/211



DON'T BE IN THE DARK ABOUT WHAT IT TAKES TO PREVENT FALLS

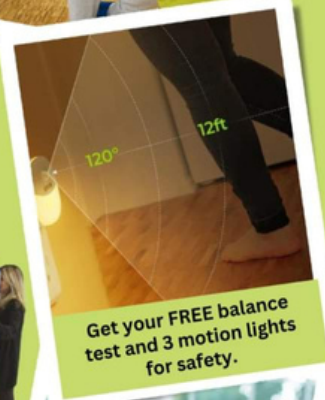
FALLS ARE NOT A NORMAL PART OF AGING. RESEARCH SHOWS STRENGTH AND BALANCE TRAINING CAN HELP PREVENT YOU FROM FALLING.

The statistics are sobering every 11 seconds; an older adult somewhere in the U.S. is admitted to an Emergency Department for a fall.

The Oshkosh Seniors Center and the Oshkosh Fire Department want you to **light up** your home for safety and become more knowledgeable about fall prevention. The first 200 people to schedule and complete a FREE balance test at the Oshkosh Seniors Center will receive information on fall prevention and a three-pack of motion sensor lights. The test will help you determine your personal risk for falling. Exercise and making safety changes in your home are great strategies to avoid falling.

SCHEDULE YOUR APPOINTMENT TODAY WITH THE OSHKOSH SENIORS CENTER

920-232-5300



Get your FREE balance test and 3 motion lights for safety.



FAIR HOUSING:

Do you know the law?

You're invited to attend a **FREE training seminar** for owners and managers of rental housing in **Oshkosh:**

Wednesday, April 19, 5 - 7pm
Oshkosh Public Library, Meeting Room B
106 Washington Avenue

- Seminar topics include:**
- Local, state and federal fair housing laws
 - Advertising units in compliance with fair housing law
 - Non-discriminatory negotiation with prospective tenants
 - Interacting with current tenants in a fair and legal manner
 - Reasonable accommodations and modifications for tenants with disabilities

Visit <https://tinyurl.com/OshkoshFH> or call 414-278-1240 to register.

This material presented during this seminar is intended for general information purposes only and does not constitute legal advice. Recording of seminars is not permitted.

The Fair Housing Center of Northeast Wisconsin is a satellite office of the Metropolitan Milwaukee Fair Housing Council. This seminar is supported by funding from the City of Oshkosh, Community Development Block Grant Program. If you need materials in alternate formats or other accommodations to access our services, call 414-278-1240.

Program possible through a grant from Wisconsin Institute for Healthy Aging



Voting News from the Disability Vote Coalition

The Wisconsin Disability Vote Coalition is a non-partisan effort to help ensure full participation in the electoral process of voters with disabilities. Check out our resources at disabilityvote.org/ and follow us on [Facebook](#)

Voting Questions? Contact the DRW Voter Hotline at 844-347-8683 or email us at info@disabilityvote.org

Please share the information in this newsletter!

Help Turn Out the Disability Vote for the April 4th Spring Election

April 4th is a very important election in Wisconsin. Let's work together to ensure that people with disabilities are registered to vote and cast a ballot! The Disability Vote Coalition is available to provide voters with disabilities and community agencies with the information needed so more people with disabilities can participate in our democracy.

- Do you have a voting question? Contact the DRW Voter Hotline at 844-347-8683.
- Would you like to order voting materials or schedule a training? Call the Hotline or email us at info@disabilityvote.org
- Need information about voter registration, photo ID, or ballot return assistance? Our Voter Toolkit for the 2023 Elections has what you need: [Voter Toolkit - 2023 Elections](#).



Easter Meals

Father Carr's Place 2B

April 9th

Serving in person at Father Carr's -
1062 N Koeller St, Oshkosh

Doors open at 12pm – serving until
1:30pm (no reservations necessary)

For delivery – call 920-231-2378

We Care Meals

April 9th

Serving in person at The Grand
Meridian – 2621 Oneida St, Appleton

Doors open at 10:30am – serving
until 1:30pm

For delivery – call 920-358-9671

H D P Q A Q C S Q C A Q Z T N U H G G E
O E K W E A H F D F S W D Q O Z Q R Y L
P R L D F S O T H E F D X S D S A I U P
F G H G G D C V Q J C F C D T W T O V J
G H Y J N H O J D O T O L O F D Z J N I
J J G D U J L I C P Y G R F G F X M L C
A N N U J T A O H J H R Y A H J H C O G
W K X I T C T H O U A I U J T L U L Z F
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K P A F C V S U N F J J O Y D R K L E Y
M J T N G T E V F N I N J M F U L O R F
N H Y X D D G X S J L B V U D I M K T U
B Q H Y I Y Y S R F O F L G Y O V M Y A
P W N E P H U V E V P C D B U P D G N S
O Z D E L S I B W B J E Y H V X R D H T
Y X H B P U J N O M F S U N D A Y R V E
F T K R G B O M L U D T J U F E T F C K
S V I T D M Y U F R S V S F J R B T D S
A N J H X V F F A D H J H D S H Y S H A
G N D X E A S T E R B U N N Y J U K J B

- | | |
|--------------|---------|
| CARROTS | BASKETS |
| SUNDAY | SPRING |
| DECORATE | CANDY |
| FLOWERS | HOP |
| EASTER BUNNY | |
| EGG HUNT | |
| COLORFUL | |
| CHOCOLATE | |





I don't think of myself as a caregiver. I'm his daughter. He needs me. And because he needs me, I know I need to take care of myself. Powerful Tools helped me do that.

Caregiving is rewarding. But it can be challenging too.

Caring for someone with an injury or illness — such as dementia, cancer, heart disease, Parkinson's disease, stroke or others — can be physically, emotionally and financially demanding.

Taking care of yourself is important.

Powerful Tools for Caregivers (PTC) can show you the way!

What is Powerful Tools for Caregivers? And why should I take it?

Powerful Tools focuses on **your** well-being. The class meets once a week for six weeks and has been studied and shown to help family caregivers:

- Reduce stress, guilt, anger, and depression and improve emotional well-being
- Manage time, set goals, and solve problems
- Master caregiving transitions and be part of decision-making
- Communicate effectively with the person needing care, family members, doctors, and other helpers
- Find and use community resources

There's a Powerful Tools for Caregivers workshop starting soon near you!

Tuesdays May 2nd through June 6th 2023

2:00pm-3:30pm

Neenah Public Library

240 E. Wisconsin Avenue

To register and for more information

Contact: Alisa Richetti @ 920-236-1227

Email:

arichetti@winnebagocountywi.gov

If you need for respite for your loved one to attend this workshop please contact Alisa

Registration deadline is April 27th



Do You Know Someone With Memory Loss?

Imagine your loved one with memory loss actively engaging in singing, games, activities, conversation, and creative fun.

Memory Cafés provide social engagement for people living with dementia, cognitive decline, or other memory loss.

These innovative events are enjoyed by people living with memory loss, their care partner, family and friends.

Memory Cafés create a rich and diverse environment where friendships are built and continually enjoyed.

All Memory Cafés begin at 1:30 PM



Winnebago County Memory Cafés

Oshkosh Public Library
2nd Wednesday of each month
106 Washington Avenue, Oshkosh

Neenah Public Library
3rd Monday of each month
240 E Wisconsin Avenue, Neenah

Menasha Public Library
3rd Wednesday of each month
440 1st St, Menasha

Oshkosh YMCA 20th Ave
4th Monday of each month
3303 W 20th Avenue, Oshkosh



We also have a variety of other programs including respite care, support groups, personalized resource consultation, and more!

Check us out at www.FoxValleyMemoryProject.org or call 920-225-1711

Memory Care Respite Partners

Respite for people with memory loss and their care partners



A safe and engaging activity for people with memory loss.
A chance to rejuvenate for their care partners.

- Two hours of respite
- Care provided by Valley VNA Senior Care staff
- Volunteer-led program includes activities, music, snack
- Care partners can participate or take time for themselves
- FREE

Neenah Respite

First and Second Monday of each month
1:30-3:30 p.m.

St. Paul Lutheran Church
200 N Commercial Street, Neenah
Call 920-383-1180 to Pre-register

Oshkosh Respite

Fourth Tuesday of each month
1:30-3:30 p.m.

Christ Our Savior Lutheran Church
1860 Wisconsin Street, Oshkosh
Call 920-727-5555 to Pre-register

Brought to you by Memory Care Respite Partners

Funded by Bader Philanthropies Inc.

Learning, Coping & Surviving As An Alzheimer's Caregiver

Former Governor
Marty Schreiber



Join us for a Special Session

Join former Wisconsin Governor Martin J. Schreiber as he shares lessons from his journey as a caregiver for his late wife, Elaine, who lived with Alzheimer's disease. Gov. Schreiber will candidly describe his challenges and missteps, and highlight how compassion and humor provide comfort to both caregiver and the person with dementia. His raw honesty and practical advice will inspire other caregivers to find the patience, courage and love as they climb the Alzheimer's mountain.

Following Governor Schreiber's presentation, there will be a chance to learn about resources offered by the Alzheimer's Association and ways to get involved in this year's Walk to End Alzheimer's.

5 Location Speaking Tour

April 17
Antigo

Senior Center of Langlade County,
5:00-6:30 p.m.
Register: <https://bit.ly/msantigo>

April 18
Fox Cities

Fox Cities, Neenah Public Library
1:00-2:30 pm.
Register: <https://bit.ly/msfoxcities>

April 19
Green Bay

Brown County Library
Weyers Hilliard Branch
5:00-6:30 pm
Register: <https://bit.ly/msgreenbay>

April 20
Sturgeon Bay

Door County Community Foundation
10:30-12:00 pm
Register: <https://bit.ly/mssturgeonbay>

April 20
Sister Bay

Village Hall of Sister Bay
4:00-5:30 pm
Register: <https://bit.ly/mssisterbay>



April Memory Cafe's



Memory Cafe's welcome people experiencing memory loss, along with family and friends who love and care for them. Participants get involved in activities, learning, music, conversation, laughter, fun and also enjoy refreshments. For more information and other cafe' locations throughout the Fox Valley contact the Fox Valley Memory Project at www.foxvalleymemoryproject.org

Menasha

Meet at **The Sweet Lair LLC, 204 Main Street , Menasha** - Wednesday, April 19th - 1:30pm-3pm

What is your favorite treat? Meet us at the Sweet Lair, a Bakery and Board Game Café to decorate cupcakes, play some games and have some fun!

Neenah

Neenah Public Library, 240 E Wisconsin Avenue, Oshkosh - Monday, April 17th - 1:30pm-3pm

Spend the afternoon with the talented NewVoices Choir. They will sing songs you know. Sit back and enjoy or sing along with them.

Oshkosh

Oshkosh Public Library, 106 Washington Avenue, Oshkosh - Wednesday, April 12th -1:30pm-3pm

Love of Laughter - They say laughter is the best medicine and we'll be getting a double dose today! Jokes, funny websites, laughter yoga; all the yuk yuks in one place.

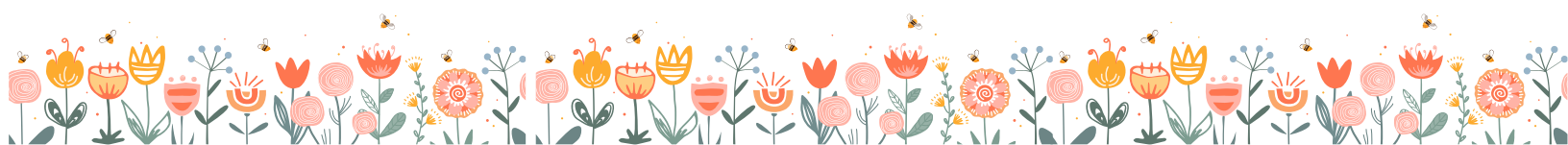
Oshkosh YMCA, 3303 W 20th Avenue, Oshkosh - Monday, April 24th - 1:30pm -3pm

April showers bring Memory Cafe` flowers. We are blooming activities for the warmer weather approaching. Spring themed snacks and drinks will be provided to end your winter blues.

BEAMING INC.

BEAMING Barn, 2692 County Road GG, Neenah - Monday, April 10th - 10am-11:30am

Equine-assisted memory cafe`s for seniors with memory loss and their caregivers to enjoy the horses and other interactive activities. To register call 920-851-6160 or email incbeaming@gmail.com



Contact Us!

220 Washington Ave, Oshkosh
211 N. Commercial St, Neenah
Email: adrc@winnebagocountywi.gov

Hours:
Monday - Friday- 8am-4:30pm
(after hour appts available upon request)



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www.co.winnebago.wi.us/adrc