



Aging & Disability Resource Center
of Winnebago County

June 2023



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

World Elder Abuse Awareness Day: June 15th

What is elder abuse? Elder abuse may be physical, sexual, emotional, financial, neglect, abandonment, or self-neglect of an individual 60 years or older. In the last year, our Adult Protective Services unit (APS) received over 600 referrals from the community. Referrals may range from a call from a local hospital with concern about a patient to a concerned neighbor who is worried about the older man living next door. Based on the referrals so far in 2023, APS is targeted to receive 960 referrals this year. In the first 10 days of May alone, APS received 40 referrals.

What does an APS worker do? APS staff work with the most vulnerable older adults and adults with disabilities in our community. They complete welfare checks, investigate cases of abuse/neglect, provide resources or coordinate services to help someone stay in their home, and work with customers/families regarding guardianships and protective placements. APS monitors all of the protective placements that are ordered by Winnebago County. Their work involves working closely with customers, families, doctors, law enforcement, other county workers, hospitals, attorneys and Corporation Counsel.

Some Winnebago County statistics from 2022:

- 60% of calls needed an investigation that took more than 1 contact
- 20% of the referrals were for financial exploitation
- 20% were for concerns with dementia that impacted safety
- 30% were for guardianships/protective placements

The biggest concern that APS faces is the issue of competency. They receive a lot of calls for customers who are competent but making poor relationship choices, allowing others to exploit them, and making poor decisions. In those cases, APS can try to encourage more appropriate choices but they cannot "force" anyone to make choices that we believe are better for their health or well-being. This can be difficult for family, friends, neighbors, etc... to hear.

Please read page 4 of this newsletter to read about what Winnebago County is doing on June 15th to acknowledge Elder Abuse Awareness Day.



WARNING SIGNS OF ELDER ABUSE

- Unexplained financial transactions
- Injuries (cuts, bruises, broken bones)
- Weight loss or malnourishment
- Poor hygiene
- Withdrawal from family or friends
- Mood or behavior changes



JUNE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Dementia Care Partner Conference Fox Valley Technical College, Appleton 10am-2pm	3 Oshkosh Farmer's Market 8am-12:30pm CARRnival for Kids * Father Carr's 10am-4pm
4	5 Memory Care Respite Neenah 1:30-3:30pm Winnebago County Human Services Board Meeting 3pm	6 Oshkosh Committee on Aging 8am FOOD + DIVERSITY + COMMUNITY * Oshkosh Downtown YMCA 11am-12:30pm	7	8 Omro Thursday Night Market Scott Park 4pm-7pm	9 Menasha Committee on Aging 1pm Food Truck Friday * South Park, Oshkosh 4:30pm-8:30pm	10 Oshkosh Farmer's Market 8am-12:30pm Neenah Farmer's Market 8am-12pm Wheelchair Wash * J&R Auto - Oshkosh 10am-12pm Repair Cafe * Oshkosh Downtown YMCA 10am-4pm Juneteenth BGosh* Leach Amphitheater 12pm-5pm
11	12 BEAMING INC. Memory Cafe 10-11:30am SPARK! The Trout Museum of Art 1pm Mini Job Fair * Menasha Job Center 1pm-3pm Memory Care Respite Neenah 1:30-3:30pm ADRC Committee Meeting 3pm	13 Welcome to Medicare Presentation * Dept of Human Services - Neenah 10am SPARK! Bergstrom Mahler Museum 10:30am	14 FVMP Memory Cafe Oshkosh Library 1:30pm	15 Neenah Committee on Aging 9am Virtual Dementia Tour Parkview Health Care Center 9am-12pm * Registration required World Elder Abuse Awareness Day * Dept of Human Services - Oshkosh 12pm-1pm Omro Thursday Night Market Scott Park 4pm-7pm	16 FVMP Lunch Bunch Mineshaft Oshkosh 11am	17 Oshkosh Farmer's Market 8am-12:30pm Neenah Farmer's Market 8am-12pm
18 <i>Happy Father's Day</i>	19 FVMP Memory Cafe Neenah Library 1:30-3pm	20	21 Memory Screenings Menasha Senior Center 10am-12pm FVMP Memory Cafe Menasha 1:30pm	22 Memory Screenings Oshkosh Senior Center 10:30am-12pm Caregiver Support Group Community Church 3:30pm Omro Thursday Night Market Scott Park 4pm-7pm	23	24 Oshkosh Farmer's Market 8am-12:30pm Neenah Farmer's Market 8am-12pm
25 Oshkosh Pride * Leach Amphitheater 1pm-8pm	26 FVMP Memory Cafe Oshkosh 20th YMCA 1:30pm	27 Memory Care Respite Oshkosh 1:30-3:30pm SNAP Event* Forward Service Corp - Menasha 2pm-4pm	28 SPARK! The Paine Art Center 1pm	29 SNAP Event* Forward Service Corp - Oshkosh 10am-3pm Omro Thursday Night Market Scott Park 4pm-7pm	30	*An asterisk indicates there is more to read about this event in this newsletter.

Calendar Contact Information

FVMP Memory Cafes Lunch Bunch	Fox Valley Memory Project (FVMP) (920) 225-1711 info@foxvalleymemoryproject.org
Memory Screens at the 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

Pico de Gallo



www.tasteofhome.com

Ingredients:

- 6 plum tomatoes, chopped
- 1 small onion, finely chopped
- 1/2 cup chopped fresh cilantro
- 1 to 2 jalapeno pepper, seeded and finely chopped
- 3 tablespoons lime juice (about 1 lime)
- 1 tablespoon cilantro stems, finely chopped
- 1 garlic clove, minced
- 1/4 teaspoon salt

Instructions:

- 1) In a medium bowl, combine all ingredients.
- 2) Cover and refrigerate for 1-2 hours before serving.

Upcoming Welcome to Medicare Presentations

June 13th @ 10am
Dept of Human Services
211 N. Commercial St,
Neenah

July 11th @ 10am
Dept of Human Services
220 Washington Ave,
Oshkosh

Please RSVP to
877-886-2372

Congrats!

Congratulations to our community partner, Day by Day! They have opened their brand new shelter at 420 Ceape Avenue in Oshkosh. The shelter can now house 50 individuals, will be open every day of the year and is ADA assessible. Thank you, Day by Day, staff for the work you do each day!

Join us for an event to learn what YOU can do to prevent elder abuse...

Walk Against Elder Abuse

WEAR PURPLE TO SHOW YOUR SUPPORT

Thursday, June 15th, 2023

12:00 p.m. - 1:00 pm.

Meet at 12:00 p.m. at the Main Entrance of
Oshkosh Human Services/ADRC

220 Washington Ave, Oshkosh

Walk down Washington Ave to Opera House Square to enjoy snacks & refreshments and learn about what you can do to prevent elder abuse in our community!

Special Guests:

District Attorney Spar & Sheriff Matz



Thank you to Altrusa of Oshkosh for providing a donation for our elder abuse awareness event!

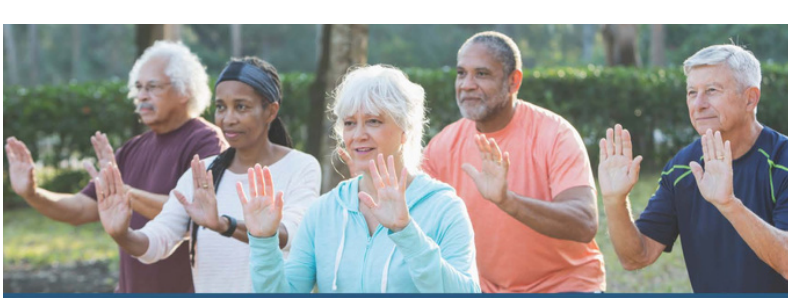


Oshkosh Pride 2023 is a free, family-friendly event. Food and non-alcoholic beverages will be available for purchase. There will be music, dancing, yard games, and speakers. Come check it out!



- | | |
|-------------|------------|
| VACATION | LAKE |
| SWIMMING | BEACH |
| POOL | SHOPPING |
| LEMONADE | DRAMA FREE |
| LIMEADE | BOATING |
| ICE CREAM | HOT DOGS |
| MANOFSTEEL | MOVIES |
| BASEBALL | JUNE |
| CAMP | JULY |
| VIDEO GAMES | SLEEP IN |





TAI CHI

FOR ARTHRITIS & FALLS PREVENTION

OSHKOSH SENIORS CENTER NORTH- 234 N CAMPBELL
THURSDAY, JUNE 29-AUG 31
9:45 - 10:30 AM

Class fee \$25

Focusing on improving stability, strength and mental health.

- Reduce falls and fear of falling.
- Enhance balance and mobility.
- Gain serenity through gentle, flowing poses and movements.



Register with the
Oshkosh Seniors Center
920-232-5300



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

https://www.menashawi.gov/departments/senior_center/index.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

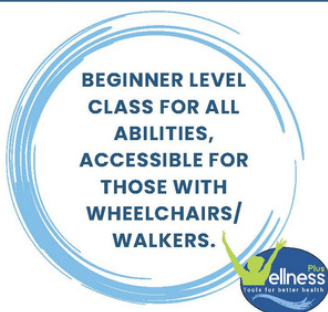
Omro Community Center

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



ADAPTIVE TAI CHI

MENASHA MEMORIAL BUILDING
640 KEYES ST
WEDNESDAY, JUNE 14 - AUG 2
8:30 - 9:30 AM



Focusing on improving daily living skills with stability and strength

- Reduce falls and fear of falling.
- Enhance balance and mobility.
- Gain serenity through gentle, flowing poses and movements.

Register with the
Menasha Senior Center
920-967-3530
Suggested Donation \$15



FREE!

Bring broken items to Oshkosh's first REPAIR CAFE Event

Neighbors Helping Neighbors Fix Stuff

SMALL APPLIANCES COMPUTERS SEWING & MENDING

 ← The Repair Cafe event is free and organized by and for the community.

Follow us on Facebook:  or send an email to: RepairCafeOshkosh@gmail.com 

BICYCLES JEWELRY & WATCHES

Downtown YMCA

Saturday, June 10th @10am - 4pm

*Under 18, guardian required. No firearms or weapons.

FREE WHEELCHAIR WASH

YOU'RE INVITED TO THE WINNEBAGO COUNTY WHEELCHAIR WASH!
PLEASE JOIN US FOR A WASH, INSPECTION, FOOD, ENTERTAINMENT BY JEDIDIAH,
DOOR PRIZES & MORE!

WHEN: SATURDAY JUNE 10, 2023 10AM-12PM
WHERE: J&R AUTO SERVICE 629 MAIN ST. OSHKOSH



AGING ADVOCACY DAY - MADISON

May was Older American's Month. On May 9th, the Wisconsin Aging Advocacy Network (WAAN) hosted the 7th annual "Aging Advocacy Day" at the Capitol in Madison. The ADRC of Winnebago County was represented by Adult Protective Service supervisor (Nicole Davis-Dawald) and one of our Elder Benefit Specialists (Kathryn Noll-Arias). They met with Senator Dan Feyen and WI State Representative of the 54th Assembly District Lori Palmeri to advocate for increased funding for caregivers, transportation, meals, and resources for older adults. WI state legislators are working on drafting budget motions to support funding for proposals for the final 2023-2025 state budget.

Thank you Nicole and Kathryn for advocating for the older adults of Winnebago County!



MEDICATION DROP-OFF

NEW GUIDELINES

Pharmaceutical waste constitutes a significant environmental risk, especially to our drinking water. Residents in the Fox Valley and surrounding areas can safely dispose of leftover or expired medications free of charge at the designated locations below.

Accepted

Only Prescription and Over the Counter:

- Pills
- Creams
- Ointments
- Liquids
- Powders
- Inhalers
- Pet Medications

Not Accepted

- Sharps
- Needles
- Syringes
- Lancets
- Biological Waste
- Mercury Devices

Take sharps, needles & lancets to a local emergency room.

For Residents Only. No clinic, hospital or business disposal.



EMPTY ALL PILLS into sandwich-sized sealable bags

KEEP ALL LIQUIDS, CREAMS & POWDERS in original containers



RECYCLE empty pill bottles that are 3" x 3" or larger & paper boxes

DISCARD all plastic caps, small pill bottles & plastic blister packaging in the garbage



DROP OFF all bags of pills, liquids, creams and powders at designated locations throughout Outagamie, Winnebago and Calumet Counties

SAFE DRUG DROP-OFF LOCATIONS

Calumet County

- Calumet County Sheriff's Dept.
- Appleton Police Dept.
- Brillion Police Dept.
- New Holstein Police Dept.

Outagamie County

- Appleton Police Dept.
- New London Police Dept.
- Seymour Police Dept.

Winnebago County

- Oshkosh Public Safety Building
- Neenah Police Dept.
- Menasha Police Dept.
- Village of Fox Crossing Police Dept.

Sponsored with funding from Wisconsin Department of Agriculture, Trade and Consumer Protection (DATCP).



FREE
FOOD + FUN

CONNECTING COMMUNITY THROUGH FOOD



Manila
Oshkosh, Wisconsin

Food often reflects our cultures and ethnicities. 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 and our friends from Manila to learn more about Pancit Sotanghon, a stir-fry noodle dish that's sure to be a crowd favorite. A fusion of Filipino, Asian and American flair, it is made with vermicelli noodles and assorted vegetables and makes for a delicious meal.

DIVERSITY + FOOD + COMMUNITY

TUESDAY, JUNE 6 & THE FIRST TUESDAY OF EVERY MONTH!
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, June 5 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.

IN PARTNERSHIP WITH:



WHAT IS SNAP AND HOW TO APPLY?

IF YOU OR SOMEONE YOU KNOW NEEDS EXTRA HELP BUYING GROCERIES, YOU MAY QUALIFY FOR SNAP.

THE FEEDING AMERICA NETWORK CAN HELP YOU LEARN ABOUT YOUR OPTIONS AND COMPLETE YOUR APPLICATION IF YOU QUALIFY

JOIN US

FORWARD SERVICE CORP OSHKOSH

2201 OREGON ST, OSHKOSH

6/29 10AM TO 3PM

OR

FORWARD SERVICE CORP. MENASHA

1050 MIDWAY RD, MENASHA

6/27 2-4PM



SNAP =
Supplemental
Nutrition
Assistance
Program

June 2023 marks the 3rd anniversary for our monthly newsletter! We hope you enjoy reading it as much as we enjoy creating it for you! As always, please let us know if there is something you'd like to see more of!





Mini JOB FAIRS

wisconsinjobcenter.org/events/

FREE ADMISSION

2nd Monday of the Month

1:00 p.m. – 3:00 p.m.

- June 12th – Menasha Job Center
- July 10th – Wautoma
- August 14th – Menasha Job Center
- September 11th – Fond du Lac
- October 9th – Menasha Job Center
- November 13th – Oshkosh Public Library
- December 11th – Menasha Job Center

Participating employers are subject to change

Employers may Register at this link:

<https://www.schedulicity.com/scheduling/FVJ6DX>



A proud partner of the AmericanJobCenter network

DWD is an equal opportunity employer and service provider. If you have a disability and need assistance with this information, please dial 7-1-1 for Wisconsin Relay Service. Please contact the Division of Employment and Training at 888-258-9966 and press 6 or the Division of Vocational Rehabilitation at 608-261-0050 or toll-free at 800-442-3477 to request information in an alternate format, including translated to another language.

2023 FOOD TRUCK FRIDAY



15 FOOD TRUCKS

Variety of tasty foods from Mexican to American and Asian to Italian!

RAFFLES • BEER • SODA • WATER
For Purchase

LIVE MUSIC BY



FAMILY FUN NIGHT AT THE PARK!
SOUTH PARK • OSHKOSH

JUNE 9

4:30–8:30PM

PLATINUM PRESENTING SPONSOR



GOLD SPONSORS



Media Sponsors



GROCERY RAFFLE

\$100 IN FREE GROCERIES EVERY MONTH - FOR A YEAR!
Red's Piggly Wiggly - Food Truck Friday Sponsor!

Raffle tickets available for purchase at Red's Piggly Wiggly in Oshkosh and Omro, the Oshkosh Seniors Center, and Food Truck Fridays.

DRAWING AT 7:00 PM ON AUGUST 11, 2023 - AT FOOD TRUCK FRIDAY



These events are sponsored by The Friends of the Oshkosh Seniors Center and all proceeds will benefit programs and services provided by the Oshkosh Seniors Center.



Fox Valley Teenage Mentoring Program Presents

Juneteenth BGOSH 2023



Introduction Celebration

SATURDAY JUNE 10

Noon to 5:00pm

Leach Amphitheater

303 Ceape Ave Oshkosh, WI

COME TOGETHER FOR PEACE & UNITY

FREE TO PUBLIC
CHILDREN UNDER 18
MUST BE ACCOMPANIED
BY AN ADULT

ON STAGE ENTERTAINMENT AT
1PM 2PM 3PM

SPORTS CLINIC FOR SCHOOL AGE CHILDREN
SOCCER-FOOTBALL-BASEBALL-
AFRICAN DRUMMING

OPENING CEREMONY WITH CITY LEADERS AT 12:30PM

FREE HOT DOGS FOR KIDS

OVER 100 PRIZE GIVE AWAYS
BIG SCREEN TV
TOYS - BICYCLES
AND MUCH MORE

SOUL FOOD DINNERS AND BEVERAGES AVAILABLE TO PURCHASE

FOOD • FUN • MUSIC • VENDORS



SATURDAY, JUNE 3

10:00 am - 4:00 pm

CARNIVAL RIDES
KIDS GAMES & CHALLENGES

LIVE MUSIC
FOOD & DRINK
RAFFLE PRIZES & MORE!

This is a free, fun and safe family event for the entire community.



Father Carr's Place 2B is a Life Enrichment Center that provides transitional housing for those experiencing homelessness. We have a Food Pantry that provides weekly groceries and daily meals. Our Saint Francis Free Clinic provides health care to our residents and the community. We provide hope. We help people. We change lives.

1062 N. KOELLER ST. • OSHKOSH, WI

fathercarrs.org

Medicaid Members

9

Are you age 65 or older or an adult with a disability?

Since March 2020, Medicaid has been keeping everyone enrolled. **Normal enrollment rules will start again soon.** Your health insurance could end if you no longer meet the rules for Medicaid.

If you lose your Medicaid benefits, you may be able to get Medicare if you:


- Are age 65 or older
- Have a qualifying disability
- Have been getting Social Security disability benefits for two years

If you qualify, you have **six months** to enroll in Medicare.

To get started:

 Call Social Security at 800-772-1213 (TTY 800-325-0778)

or

 Find your local Social Security Office at ssa.gov/locator

Free, expert help is available.

If you have questions about Medicare, a benefits counselor can help. Visit the **State Health Insurance Assistance Program (SHIP)** at dhs.wi.gov/medicare-help or call:

- Wisconsin's Medigap Helpline: 800-242-1060
- Disability Rights Wisconsin Part D Helpline: 800-926-4862
- Your local aging and disability resource center (ADRC). Find your county's phone number at [FindmyADRC.org](https://findmyadrc.org).

Do you want to better understand what it feels like to have Dementia?

Are you a care partner that wants to learn more about your loved one's symptoms?

Sign up for the Virtual Dementia Tour at

Park View Health Care Center. We still have openings on Thursday, June 8th

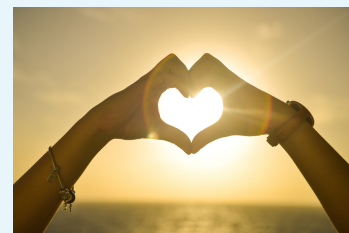
from 9am to Noon

Contact the ADRC to register

1-877-886-2372

or follow this link:

<https://forms.gle/mfCHdU5owAQwAztc7>



June is

Brain Health Month

Exercise

Sleep well

Eat a Healthy Diet

Challenge your Brain



June 21st - The Longest Day

June 21st is "The Longest Day". This is the day of the year with the most light and is referred to as the summer solstice. Every year during the summer solstice, people across the world will combat the darkness brought by Alzheimer's disease. People do this by fundraising for the Alzheimer's Association, doing a special activity to honor or remember someone who has passed from Alzheimer's, or by hosting a gathering of family and friends. If you are looking for some ideas or want to learn more about "The Longest Day", please visit www.alz.org.

June 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

Elisha D. Smith Public Library, 440 First Street, Menasha - Wednesday, June 21st -1:30pm-3pm

Join us for some fun playing Bingo! We will have treats, some prizes, and jokes... of course!

Neenah

Neenah Public Library, 240 E Wisconsin Avenue, Oshkosh - Monday, June 19th -1:30pm-3pm

Fishing! Come fish off the dock by the Neenah Public Library! We'll meet inside the library and then head out to see how many fish we can catch. We received a special fishing license waiver from the Wisconsin DNR.

Volunteers will need a license if they plan to fish. We will have fishing poles, but feel free to bring your own. If the weather is poor, we'll share our fish stories and engage in other fish related activities in the library.

Oshkosh

Oshkosh Public Library, 106 Washington Avenue, Oshkosh - Wednesday, June 14th -1:30pm-3pm

Birds of Wisconsin. Sounds, colors, behaviors and what food to fill your feeders with.

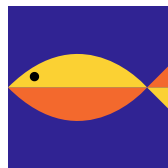
Oshkosh YMCA, 3303 W 20th Avenue, Oshkosh - Monday, June 26th - 1:30pm -3pm

Take a trip down memory lane exploring vintage toys! Do you remember the original Mr. Potato Head? Do you have any of your favorite toys that you'd like to bring in and share? Bring it to our Memory Café! We'll enjoy remembering toys of the past including Barbies, toy tractors and more!

BEAMING INC.

BEAMING Barn, 2692 County Road GG, Neenah - Monday, June 12th - 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)



Like us on Facebook!

Phone: 877-886-2372

www.co.winnebago.wi.us/adrc