



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

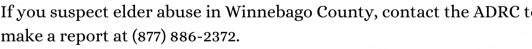
# We've been busy at the ADRC

June 15th was World Elder Abuse Awareness Day. This provided an opportunity for communities around the world to promote awareness of the abuse and neglect of older adults, and take action to advance elder justice.

We recognized elder abuse in Winnebago County with a walk to the park followed by a proclamation from County Executive Jon Doemel and speakers District Attorney Sparr and Sheriff Matz. Thank you to all who participated to raise awareness.

We'd also like to take a moment to recognize and thank our Adult Protective Services unit. In 2022, our APS team responded to over 600 reports of elder abuse. Your hard work and dedication to our community and older adults does not go unnoticed.

If you suspect elder abuse in Winnebago County, contact the ADRC to make a report at (877) 886-2372.



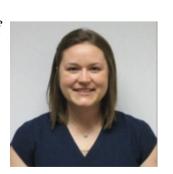
Amanda Runge, one of our Elder Benefit Specialists, has now transitioned to an ADRC Specialist. Congrats, Amanda!



In the first 6 months of 2023, our ADRC administrative staff fielded about 4,600 calls from our main line. This does not count customers that directly called our workers. In the first 6 months of 2023, our ADRC Specialists have connected about 300 customers to Medicaid long-term care programs (IRIS, Family Care, Partnership). Great job, everyone!

Sydney Wienke is one of our ADRC Specialists. She has been at the ADRC for the last 4 years. She is relocating to Marathon County to be closer to family. Sydney, we will miss you SO much! Thank you for all you have done for our ADRC, customers and families

we serve.













Sundan	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Monuay	1 uesuay	weunesday	Inursuay	FFIUAY	1 Oshkosh Farmer's Market 8am-12:30pm Neenah Farmer's Market 8am-12pm
2	3 State Street Center Ice Cream Social * 1pm Memory Care Respite Neenah 1:30-3:30pm	ADRC Office Closed	5	6 Omro Thursday Night Market Scott Park 4pm-7pm	7 FVMP Lunch Bunch Parker John's Oshkosh 11am	8 Oshkosh Farmer's Market 8am-12:30pm Neenah Farmer's Market 8am-12pm BBQ + Bingo Bonanza* Beaming Inc 4pm-6pm
9	IO BEAMING INC. Memory Cafe 10-11:30am  SPARK! The Trout Museum of Art 1pm  Memory Care Respite Neenah 1:30-3:30pm  ADRC Committee Meeting 3pm	SPARK! Bergstrom Mahler Museum	12 FVMP Memory Cafe Oshkosh Library 1:30pm Annual Summer Picnic * Downtown Oshkosh YMCA 12pm-1:30pm	13 Virtual Dementia Tour Parkview Health Care Center 9am-12pm* Registration required Omro Thursday Night Market Scott Park 4pm-7pm	14 Menasha Committee on Aging 1pm	15 Oshkosh Farmer's Market 8am-12:30pm Neenah Farmer's Market 8am-12pm
16	17 FVMP Memory Cafe Neenah Library 1:30-3pm  Winnebago County Human Services Board Meeting 2024 Budget Review Oshkosh Human Services Building Room 33	18	19 Memory Screenings Menasha Senior Center 10am-12pm FVMP Memory Cafe Menasha 1:30pm	Neenah Committee on Aging 9am  Memory Screenings Oshkosh Senior Center 10:30am-12pm  Caregiver Support Group Community Church 3:30pm  Omro Thursday Night Market Scott Park 4pm-7pm	21	22 Oshkosh Farmer's Market 8am-12:30pm Neenah Farmer's Market 8am-12pm
23	24 FVMP Memory Cafe Oshkosh 20th YMCA 1:30pm	<b>25</b> Memory Care Respite Oshkosh 1:30-3:30pm	26 SPARK! The Paine Art Center 1pm	<b>27</b> Omro Thursday Night Market Scott Park 4pm-7pm	28	29 Oshkosh Farmer's Market 8am-12:30pm Neenah Farmer's Market 8am-12pm
30	31	*An asterisk indicates there is more to read about this event in this newsletter.				

# Calendar Contact Information

FVMP Memory Cafe's 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		

# Raspberry Jemonade

- 1¾ cups fresh squeezed lemon juice, from 8-12 lemons, strained
- ½ pound (8 oz.) raspberries, plus more for serving
- 5 cups water
- · 1 cup sugar
- · Lemon wedges, for serving
- · Fresh mint, for serving
- 1. Combine the raspberries and ½ cup of the lemon juice in a blender; purée until smooth, then pass the mixture through a fine strainer into a large bowl to strain out the seeds (the fastest way to force it through is by pressing a ladle against the strainer in a circular motion).
- 2. Add the remaining lemon juice, water, and sugar to the bowl and stir until the sugar is dissolved.
- 3. Taste, then and add more sugar, lemon juice or water if necessary (keep in mind that ice cubes will water it down).
- 4. Pour into glasses with ice cubes and garnish with lemon wedges, raspberries and fresh mint, if desired.
- 5. The lemonade will keep in the fridge for a few days. www.onceuponachef.com



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

August 15th @ 2pm
Dept of Human Services
211 N. Commercial St,
Neenah

Please RSVP to 877-886-2372

# Wisconsin Senior Medicare Patrol

# **Fraud Alert**

Senior Medicare Patrols (SMPs) empower and assist Medicare beneficiaries, their families, and careaivers to prevent, detect, and report heath care fraud, errors, and abuse through outreach, counseling, and education.

Please feel free to share this publication with others who may benefit from its contents.

#### TO CONTACT WI SMP

Call: (888) 818-2611

E-mail: smp-wi@gwaar.org

Website: www.smpwi.org

@WisconsinSeniorMedicarePatrol



#### Surge of Unrequested and Unwanted **COVID-19 Test Kits**

On May 11, 2023, the COVID-19 public health emergency ended, and with that, Medicare stopped paying for over-the-counter tests (though it continues to cover those provided in a clinic, doctor's office, or other health care setting and processed by a laboratory).

The end of the public health emergency, unwittingly, initiated a surge of Medicare beneficiaries receiving test kits in their homes.

A recent NPR article pointed out that fraudsters are using testing sites, telemarketing calls, text messages, social media platforms, and door-todoor visits to perpetrate COVID-19-related scams. Fraudsters are offering COVID-19 services in exchange for personal details, including Medicare information. However, these services are unapproved and

These scammers take advantage of COVID-19-related needs and services to benefit themselves, putting beneficiaries at risk of potential harm. The personal information collected can be used to fraudulently bill federal health care programs and commit medical identity theft. For more on the NPR article, click here: A COVID Test Medicare Scam May Be a Trial Run for Further Fraud : Shots - Health News : NPR

According to Ingrid Kundinger, Senior Medicare Patrol Project Manager, the toll-free Helpline in Wisconsin has had a significant increase in the number of calls related to unwanted tests kits. Medicare beneficiaries are receiving test kits that they did not order and do not want These are then billed to the beneficiary's account with Medicare often paying \$94.08 per test.

Funded by: This project was supported, in part by grant number 90MPPG0102-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking project government sponsoribia are encouraged to express freely their findings and conclusions. Points of view or opinions do therefore, necessarily represent official Administration for Community Living policy.

#### Noted Concerns

How did the scammer get my Medicare number? A scammer may have obtained your number through a previous unscrupulous situation that you were unaware of, or it may have bought on the "dark web". You may never know how the number was obtained, but it can be used fraudulently again.

How will I know if this happens again? You will need to review your Medicare Summary Notices (MSN) or Explanation of Benefits (EOB) to know if your number has been used again by the fraudster. You can check your MSN or EOB online or when they are mailed (the MSNs are mailed quarterly).

What do I look for on MSN or EOB? When reviewing your statements, look for any tests or services that were not ordered by your health care provider, or that you did not receive. For a tutorial on how to read your MSN, go to Read Your Medicare Statements (smpresource.org)

Do I need to get a new Medicare card? You may need to contact Medicare to get a new number if your number has been used to falsely file claims to your Medicare account. You can call SMP at 888-818-2611 to discuss the process of requesting a new Medicare number.

#### What You Can Do

- Refuse the tests, if possible, return to sender.
- If it has already been delivered, call the supplier, and ask for a return label. (Do not return if there is a cost to you.)
- Be cautious of offers for "free" medical services.
- Contact Senior Medicare Patrol to talk about the steps you can take.

#### Learn More on How to Protect Yourself

- The Senior Medicare Patrol website: www.smpwi.org
- Contact your local Aging and Disability Resource Center, ADRC. To find the office in your area, visit: https://www.dhs.wisconsin.gov/adrc

Wisconsin SMP is available for outreach events, educational sessions for beneficiaries, caregivers and professionals, workshops and exhibits at events.

Please contact us at www.smpwi.org for more information.

# STATE STREET CENTER'S

# **ICE CREAM SOCIAL**

MONDAY JULY 3RD AT 1:00

206 STATE ST OSHKOSH

BUILD YOUR OWN SUNDAE :)



**FLAG FREEDOM** LIBERTY **FIREWORKS AMERICA UNCLE SAM** STARS STRIPES

INDEPENDENCE DECLARATION PARADE FAMILY **FRIENDS** RED

WHITE

**BLUE** 





# 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







# ADAPTIVE TAI CHI

MENASHA MEMORIAL BUILDING 640 KEYES ST WEDNESDAY, JUNE 14 - AUG 2

8:30 - 9:30 AM

BEGINNER LEVEL
CLASS FOR ALL
ABILITIES,
ACCESSIBLE FOR
THOSE WITH
WHEELCHAIRS/
WALKERS.

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







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

hhttps://www.menashawi.gov/departments/senior\_c enter/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/seniorprograms/index.html

## Winnebago County Health Department – Wellness Plus

#920-232-3000

www.co.winnebago.wi.us/health/divisions-programareas/your-health/adult/wellness-plus-healthyaging-classes

## **Omro Community Center**

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

## Become a Volunteer Ombudsman for Long Term Care Residents

The Board on Aging and Long Term Care is recruiting volunteers in North Eastern Wisconsin. Volunteer Ombudsmen come from all walks of life, are carefully screened, trained, and receive ongoing support and supervision from the area Volunteer Coordinator.

Volunteer Ombudsmen make a difference in the lives of nursing home residents by:

- · Advocating for residents
- Being a Voice for residents
- · Educating residents, families, and staff about Residents Rights
- · Empowering the residents to speak for themselves.
- · Listening to the residents

Volunteer Ombudsmen are a valuable resource for residents and their efforts are respected.

Volunteer Ombudsmen give their time and energy to provide residents with a sense of security. Residents look forward to the Volunteer Ombudsman's weekly visits. Those weekly visits bring smiles to the faces of residents, and to the faces of the Volunteer Ombudsmen! For more information please call:

Kim Verstegen at 920-366-4201 E-mail kim.verstegen@wisconsin.gov

Or call the Board on Aging today: 1-800-815-0015.





# CONNECTING COMMUNITY THROUGH FOOD

















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 Ruben from Wagner's Market in July and learn how to make a from-scratch Houevos Rancheros brat, served on a bun with slaw and bacon aoli. The brat itself is stuffed with chorizo that is flavored with salsa, potatoes, cheese, and eggs. YUM!

#### DIVERSITY + FOOD + COMMUNITY

TUESDAY, JULY 11 & 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, July 10 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:



# Check Out WI State Parks with Your Library Card!

This is a collaborative effort between the DNR,
Wisconsin Library Association of Public Libraries and
Wisconsin Department of Public Instruction. This
program provides library cardholders the opportunity
to check out a day pass and vehicle admission pass to
state parks, forest, and recreation areas.
In addition, the cardholder will receive an
informational kit of state park system materials, maps,
stickers, accessibility information and more.

Participating libraries in Winnebago County: Elisha D. Smith Public Library, Menasha Neenah Public Library, Neenah Oshkosh Public Library, Oshkosh

To learn more, click here or talk to your local library





Thank you Marlo Ambas and family
for presenting at the June
"Connecting Cultures" event at the
Downtown Oshkosh YMCA! Marlo
shared information on the Filipino
culture and a fan favorite dish:
Pancit Sotanghon. Try this dish at his
downtown Oshkosh restaurant,
Manila Resto.





Attending a gathering, been exposed, think it's just a cold or allergies?

Do a quick COVID-19 antigen test to help keep yourself and others healthy.

# Why not know before you go?

Stop by one of these community locations to get your FREE at-home antigen test kit.

Winnebago County Human Services 211 N Commercial St, Neenah

Oshkosh Public Library 106 Washington Ave. Oshkosh

> Carter Memorial Library 405 E Huron St. Omro

Winneconne Public Library 31 S 2nd St, Winneconne County Administration Building 112 Otter Ave, Oshkosh

Oshkosh Seniors Center

Winneconne Village Hall 30 S 1st St. Winneconne

Winneconne Area Assistance Center 102 S 3rd St, Winneconne

Pick up test kits during the individual business' normal hours. Test kits subject to availability. While supplies last.

**Test Positive?** You may be eligible to receive free treatment without having to leave your home. Call 833-273-6330 to see if you can get antiviral medication or scan the QR code here for more information.





Questions? Contact the Winnebago County Health Department 920-232-3000 | winnebagopublichealth.org

# FREE COVID-19 VACCINE CLINIC! Just walk in!



## Tuesdays, 8am - 4pm

Winnebago County Health Department 112 Otter Ave, Oshkosh (County Administration Building)

Updated bivalent vaccine available for anyone eligible, 6 months & older!

First, second, and booster doses available. Please bring your vaccine card.

Enter through the main door and look for the sign.

Please call if you need accommodations or an appointment outside of our walk-in time.

Walk ins welcome! No appointment needed.

The vaccine is free. No ID or insurance required.

# Offering the Pfizer COVID vaccine!

For more information call the Winnebago County Health Department 920-232-3000 or visit wcvaccine.org



Thank you to everyone who participated in our annual wheelchair wash in June! We washed about 16 chairs.

Thank you to J&R Auto for letting us use their space.



THANK











End-of-life planning is the ultimate gift you can give your loved ones. Join us for a multisession program that gives you the tools and resources to help begin or continue the endof-life planning process. This type of planning, including advance care planning, is not just for people who are very old or ill.

At any age, a medical crisis could leave you unable to communicate your own health care

Plan ahead. Don't leave a mess, leave a legacy.



hoices in End-of-Life Care

Inderstanding Grief

Tuesdays/Thursdays (must try to attend all 7 sessions) Dates: 7/18, 7/20, 7/25, 7/27, 8/1, 8/3, 8/8 Times: 12:00-1:30 PM

Online via Zoom (participants will receive the link after registering) No cost to attend!

Scan to register



Registration Deadline: July 11

Register: https://bit.ly/PlanningAhead23

Todd Wenzel | Human Development & Relationships Educator todd.wenzel@wisc.edu | (920) 232-1982

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(920) 966-6276



# Winnebago County Fraud School

From the Winnebago County Sheriff's Office: "Winnebago County has seen a dramatic increase in fraud related victimization. The steady rise in technology as well as its ease of access, creates a breeding ground for criminals to take advantage of others. We are proud to offer the Winnebago County Sheriff's Office Fraud School to any community members interested in learning about what types of frauds/scams are currently being used, how to proactively protect yourself from these scams, and what someone needs to do if they fall victim. Participants will be given a handout at class to utilize when they get home to take the steps necessary to avoid victimization. "To see upcoming events, please click the below link:

# Dementia Care Partner Conference



On June 2nd, the Fox Valley Memory Project held the second annual Dementia Care Partner Conference at Fox Valley Technical College. The conference had speakers to inspire, educate and provide resources to family members and care partners of those living with dementia. Respite was also provided onsite at the conference to make it easier for folks to attend. The Winnebago County ADRC and other partner organizations had resource tables and were available to speak with the participants about how we can support them on their journey of living with dementia. Alisa Richetti, Dementia Care Specialist and Kathy Sison, Adult Protective Services hosted the resource table for the Winnebago County ADRC.

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, July 13th

from 9am to Noon Contact the ADRC to register 1-877-886-2372

or follow this link:

https://forms.gle/mfCHdU5owAQwAztc7





AT THE BEAMING BARN 2692 COUNTY ROAD GG, NEENAH - RAIN OR SHINE



# WALKIEND ALZHEIMER'S

ALZHEIMER'S (\) ASSOCIATION

Save the Dates:

Oshkosh Walk is on Saturday, September 23rd at the Lakeshore Park Pavilion

Fox Cities Walk is on Sunday,
October 8th at the Fox Cities Stadium
in Appleton

Walk details found on alz.org

# July 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

### <u>Menasha</u>

## Elisha D. Smith Public Library, 440 First Street, Menasha - Wednesday, July 19th -1:30pm-3pm

Anne Anderson (local artist) will take you on a journey with watercolors. Join us in learning about watercolors and paint a masterpiece for you or a loved one. Anne has worked with every level of painter, so enjoy!

#### **Neenah**

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

Tom Sutter Presents: The time is 1897, and Mr. Dwight Elmendorf has just returned from his Grand Tour of the World. Stop by the Neenah Public Library to hear all about his travels.

### Oshkosh

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

It's Show and Tell with Joyce Anderson, well known antique dealer with 50 years of experience. Bring an antique item you would like to show and tell about, Joyce can add information to the item. She will also bring a few items to show. Let's let our memories come alive with some of our treasured items from years past.

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

Let's Celebrate America! We'll sing some patriotic songs, recognize our US symbols like the Statue of Liberty, US coins, National Monuments and enjoy a patriotic snack.

#### **BEAMING INC.**

### BEAMING Barn, 2692 County Road GG, Neenah - Monday, June 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 incheaming@gmail.com

Special July Event: "Barbeque & Bingo Bonanza" (see the prior page for event details)



# **Contact Us!**

Hours: Monday - Friday - 8am - 4:30pm

Like us on Facebook! Phone: 877-886-2372 www.co.winnebago.wi.us/adrc

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

(after hour appts available upon request)