



Aging & Disability Resource Center
of Winnebago County

August 2023



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

AUGUST: MEDIC ALERT AWARENESS MONTH

A medical bracelet is a tool that many individuals use to communicate health conditions to medical personnel in the event of an emergency. If an individual is experiencing a medical crisis, they will likely not be able to tell them their health history and conditions. Examples of things that an individual may want to communicate are: Diabetes, Epilepsy, Dementia, a DNR (Do Not Resuscitate) order, etc... MedicAlert is one company that has been around for over 65 years. The MedicAlert Foundation is a non-profit agency that was founded in 1956 in California. This company holds a database of medical information for thousands and thousands of individuals that can be used by paramedics and other medical professionals should that individual have an emergency. There are a number of different kinds and size of bracelets. Below is the most common, classic bracelet. This is \$25. This also requires an annual membership fee. Call 1-800-432-5378 or visit www.medicalert.org to learn more.

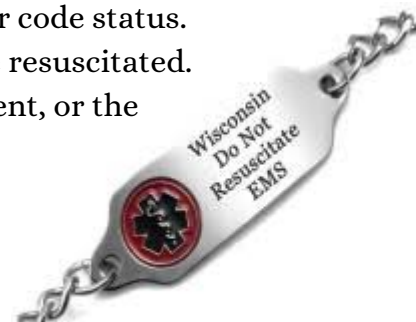


There is also another company that the State of Wisconsin recommends to use for medical bracelets and DNR bracelets: StickyJ Medical. They are based out of Florida. The above MedicAlert bracelets will continue to be recognized. A DNR bracelet is available from StickyJ Medical for a fee of \$30.49. The individual's first & last name must be engraved on the first line of the back of the bracelet and there is room on the back to add other health concerns. If an individual simply wants a medical bracelet, but does not want a DNR order, StickyJ Medical can also provide a basic medical bracelet. These bracelets start at \$20. There is no ongoing membership fee. Call 866-497-6265 or visit www.stickyj.com to learn more.

What exactly do we mean by Do Not Resuscitate (DNR)? If you have multiple medical issues, it is important to talk to your doctor about your code status. What would you want to happen if your heart were to stop? Would you want CPR (Cardiopulmonary Resuscitation)? Start by having a conversation with your doctor. Here is a link to learn more about what a DNR order is: www.dhs.wisconsin.gov/ems/dnr.htm. If an individual does not want to be resuscitated, they first need to have a conversation with their doctor and then wear an approved bracelet (a plastic one given to them at the doctor's office or one from MedicAlert or StickyJ Medical). This bracelet allows emergency medical professionals to know what an individual's wishes are about their code status.

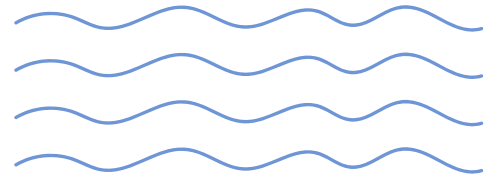
The individual needs to be wearing this bracelet at all times if they do not want to be resuscitated. If you have additional questions you can also contact your doctor, local fire department, or the Wisconsin Department of Health Services, Division of Public Health, Office of Preparedness and Emergency Health Care by calling #608-266-1568 or email dhsemssmail@dhs.wisconsin.gov

For more information on medical alert ideas, please see page 7.





AUGUST



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Winnebago County Fair	3 Winnebago County Fair Omro Thursday Night Market Scott Park 4pm-7pm	4 Lunch Bunch The Roxy Supper Club Oshkosh 11:00am Winnebago County Fair	5 Oshkosh Farmer's Market 8am-12:30pm Neenah Farmer's Market 8am-12pm Winnebago County Fair
6 Winnebago County Fair	7 Memory Care Respite Neenah 1:30-3:30pm Winnebago County Human Service Board Meeting 3pm	8 Empowered Care Partners Neuroscience Group 1:30-3:00pm* Registration required National Alliance on Mental Illness (NAMI) "Friends and Family" Seminar * 6pm-8pm	9 FVMP Memory Cafe Oshkosh Library 1:30pm	10 Virtual Dementia Tour Parkview Health Care Center 9am-12pm Registration required Omro Thursday Night Market Scott Park 4pm-7pm	11 Menasha Committee on Aging 1pm Food Truck Friday * South Park, Oshkosh 4:30pm-8:30pm	12 Oshkosh Farmer's Market 8am-12:30pm Neenah Farmer's Market 8am-12pm
13	14 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	15 SPARK! Bergstrom Mahler Museum 10:30am Specialized Transportation Meeting 1:30pm Welcome to Medicare Presentation * Dept of Human Services - Neenah 2pm	16 Memory Screenings Menasha Senior Center 10am-12pm FVMP Memory Cafe Menasha 1:30pm	17 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	18 Lunch Bunch Ground Round Neenah 11:00am	19 Oshkosh Farmer's Market 8am-12:30pm Neenah Farmer's Market 8am-12pm
20	21 FVMP Memory Cafe Neenah Library 1:30-3pm	22 Memory Care Respite Oshkosh 1:30-3:30pm	23	24 Omro Thursday Night Market Scott Park 4pm-7pm	25	26 Oshkosh Farmer's Market 8am-12:30pm Neenah Farmer's Market 8am-12pm
27	28 FVMP Memory Cafe Oshkosh 20th YMCA 1:30pm Community Impact Night - Alzheimer's Fundraising * Pizza Ranch, Oshkosh 4pm-8pm	29	30 SPARK! The Paine Art Center 1pm	31 Omro Thursday Night Market Scott Park 4pm-7pm	*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 Virtual Dementia Tour	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

Pecan Chicken Salad

- ½ cup mayonnaise
- ½ cup plain Greek yogurt
- 2 teaspoons white wine vinegar
- ½ teaspoon garlic powder
- ¼ teaspoon dried thyme
- 1/2 teaspoon pepper
- 2 cups chopped cooked chicken
- 2 stalks celery, sliced
- ½ cup chopped toasted pecans
- 2 tablespoons minced red onion



1. Mix mayonnaise, Greek yogurt, vinegar, garlic powder, thyme, and maple pepper together in a bowl until well combined. Add chicken, celery, pecans, and red onion; stir well to incorporate.
2. Serve immediately or refrigerate for up to 3 days.

Credit: allrecipes.com

Upcoming Welcome to Medicare Presentations

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

September 12th @ 2pm
Dept of Human Services
220 Washington St,
Oshkosh

Please RSVP to
877-886-2372

A DAY OF EDUCATION AND SUPPORT FOR THOSE WITH PARKINSON'S, FAMILY, FRIENDS & CAREGIVERS



**PITCHING
FOR
PARKINSON'S**

**FREE EVENT
SEPTEMBER 22**

**TIMBER RATTLER STADIUM
THE FOX CLUB
2400 N CASALOMA DRIVE
11:00 A.M. - 3:00 P.M**

Event Details:

11:00AM REGISTRATION OPENS | 40 SETS OF URBAN POLES TO BE GIVEN AWAY | ENGAGING PRESENTATIONS | FREE BALL PARK LUNCH | TAKE HOME A BAG OF LOCAL RESOURCES| CONTINUED LOCAL SUPPORT| AND SO MUCH MORE!

Registration is required, please scan the QR code to register and to find sponsorship opportunities. See back for more details, call 920-851-8319 with any questions.

GRAND SLAM SPONSORS:



THANK YOU TO OUR SPONSORS!

HOME RUN SPONSORS:



ADRC Outreach

ADRC Specialists Melissa Sell (L) and Amanda Runge (R) recently presented at two local senior apartment complexes about the importance of Powers of Attorney. Are you looking to finally get your documents done? Call the ADRC!



NAMI Family & Friends
National Alliance on Mental Illness

NAMI Family & Friends is a free, 2-hour seminar that informs adult individuals who have loved ones with a mental health condition how to best support them. Participants learn about diagnoses, treatment, recovery, communication strategies, crisis preparation and NAMI resources.

Join us for our upcoming seminar on August 8, 6:00-8:00 PM. This is a hybrid event. You can choose to participate in-person or via Zoom. Space is limited and registration is required.

For questions, please contact Vivian Flanagan, Family Program Coordinator, at vivian@namifoxvalley.org or 920-740-3499.

Goals of the Seminar

The seminar is led by trained people with lived experience of supporting a family member with a mental health condition. They will walk you through the following topics:

- Understanding diagnoses, treatment and recovery
- Effective communication strategies
- The importance of self-care
- Crisis preparation strategies
- NAMI Fox Valley and community resources



Ask the ADRC....

We are excited to start a "question and answer" section in our newsletter! We will share some common questions that our ADRC staff receive. Do you have a question that you would like answered in a newsletter?

If so, please email the us at adrc@winnebagocountywi.gov and put in the subject line "Question for the ADRC Newsletter". Your name will remain anonymous.

Dear ADRC,

I have been noticing that my mom has been having some memory issues, she has been losing things in the house and repeating herself. What should I do?

Signed,
Concerned and Confused

This question will be answered by our Dementia Care Specialist.

Dear Concerned and Confused,

This is a common question that many people inquire about. There can be many reasons why a person can have a decline in memory. It is important to observe and ask others that know your mom well to see if they have picked up on any changes. I would keep track of what you are observing and if there are things that she is not doing that are a part of her normal routine. Talk to your mom in a supportive way to find out what she is feeling regarding any changes that she is experiencing. Making her feel supported and that you are in her corner is important because this can be a hard thing for people to talk about. A good first step is to get a memory screen done. This will pick up on any abnormalities with thinking and memory and can be done by the ADRC or a primary care physician (PCP). If the testing indicates that there is an impairment, the next step is to have the PCP rule out if there are any medical issues that are causing the change. There are many things like having a urinary tract infection (UTI), vitamin deficiencies, depression, or an untreated medical condition that can cause a person to have cognitive impairments. If there are no other causes, then the PCP should make a referral to a Neurologist to do further testing. If a person does get a diagnosis of dementia, there are many treatments and programs that offer education, support, and social opportunities to meet others dealing with similar issues. The ADRC is a great place to find out about these programs. Being in charge of your future is important to ensure that people in your life know what really matters to you.

Memory screenings are a free service offered by the ADRC and can be done at the ADRC office or in your home. Our Dementia Care Specialist is available at the following Senior Centers to complete memory screenings and answer questions regarding memory loss, dementia, and caregiving.

OSHKOSH SENIOR CENTER

200 North Campbell Road
Oshkosh

3rd Thursday of the month
10:30am—Noon

Call to set up your appointment
(920) 232-5300

MENASHA SENIOR CENTER

116 Main Street
Menasha

3rd Wednesday of the month
10 am—11:30am

Call to set up your appointment
(920) 967-3530





TAI CHI

FOR ARTHRITIS & FALLS PREVENTION

MENASHA SENIOR CENTER - 116 MAIN ST.

THURSDAYS, SEPT 7 - NOV 9

1:00 - 2:00 PM

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.

LEARN TAI CHI
POSES IN A BASIC
BEGINNER CLASS



Register with the
Menasha Senior Center
920-967-3530

Suggested Donation \$15



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

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.



In July, our ADRC Specialists experienced the Virtual Dementia Tour at Park View Health Care Center. This tour is designed to help caregivers and family/friends of adults with Dementia better understand how it feels to have the disease. This tour temporarily alters participants physical and sensory abilities. This is a free program for the community.

Sign up for our next Virtual Dementia Tour

Thursday, August 10th

Time slots from 9am to Noon

Contact the ADRC to register

1-877-886-2372

or follow this link:

<https://forms.gle/mfCHdU5owAQwAztc7>



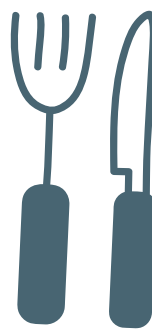
VIRTUAL DEMENTIA TOUR

YOUR WINDOW INTO THEIR WORLD

Thanks to Ruben from Wagner's Market for presenting at the "Connecting Community Through Food" program at the Downtown Oshkosh YMCA in July! The Houevos Ranchero brats were a hit!

Please note that there will not be a presenter for the month of August, but this program will resume in September.

Do you have a dish you'd like to share from your culture/heritage, please reach out to, Lindsey McMullins, Program Director at the Oshkosh Community YMCA. You can reach her by calling 920-236-3380 x390 or emailing her at lindseymcmullin@oshkoshymca.org. There is some reimbursement available for food costs.



Personal Emergency Response System

A Personal Emergency Response System (PERS) helps an individual get the help they need when they have an emergency. Many have heard them referred to as "Lifelines". This is generally a necklace that an individual can wear around their neck or a band around their wrist. The button on the necklace or wristband is what the individual would press to indicate they need help. There are multiple agencies that offer this kind of support. Some agencies also offer things like GPS tracking, fall detection (hard falls), medication reminders and more. Some systems require landlines, and some can run off signals from cell towers. If you would like a list of agencies that offer this service, please call the ADRC or visit our website and look under the "Resource Library" or visit:

www.co.winnebago.wi.us/adrc/resource-library/personal-emergency-response-systems

2023 FOOD TRUCK FRIDAY



15 FOOD TRUCKS



Live Music By
GOT WISCO

ENJOY!
FAMILY FUN NIGHT
AT SOUTH PARK!

AUGUST 11TH
4:30 to 8:30 PM



\$100 IN FREE GROCERIES EVERY MONTH FOR A YEAR!
Red's Piggly Wiggly – Food Truck Friday Sponsor!
Raffle tickets will be available for purchase at the store and at each FTF event! Winner drawn at FTF on August 11th!

BEER SODA WATER



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.

File of Life

File of Life is another way to communicate to medical responders in the event of any emergency. This tool can let them know an individual's name, date of birth, medications, allergies, medical history, doctor, emergency contact person, etc... This information is listed in a packet (like shown to the R) and placed on the front of the refrigerator. It is important to make sure that this is kept up to date.

Please note that this does not replace any type of DNR order/bracelet. Your free File of Life can be obtained by contacting the ADRC or Advocap #920-426-0150.



FILE OF LIFE

KEEP INFORMATION UP TO DATE !!
Review At Least Every Six Months /
MEDICAL DATA REVIEWED AS OF: ___/___/___

Name: _____
Address: _____ Phone # _____
Doctor: _____ Phone # _____
Name: _____
Address: _____ Phone # _____
Name: _____
Address: _____ Phone # _____





- ONION
- PORK
- BURGERS
- FAST FOOD
- RADISH
- MACARONI
- LETTUCE
- VEGETABLES
- NOODLES
- BREAD
- CEREAL
- HAM
- FRUIT
- TUNA SALAD
- SPAGHETTI
- BUTTER
- ROLLS
- TV DINNER
- HOTDOGS
- STEAK
- GRAVY



Credit: thewordsearch.com

THE PLACE
to be **IN 2023**

AUGUST 2-6, 2023
OSHKOSH, WISCONSIN

N.E.W. DRAGON BOAT FESTIVAL

Oshkosh, WI

newdragonboat.com

Registration **NOW OPEN**

NOW ACCEPTING VENDOR APPLICATIONS!

TEAMS OF 20 PADDLERS • 1 DRUMMER

Leach Amphitheater | 303 Ceape Avenue

SEPT 16th 2023

9:00 AM Races Start | 10:00 AM Opening Ceremony | 5:00 PM Closing Ceremony
Global Market & Affinity Fair | Cultural Performances | Immersive Activities

Hosted by the City of Oshkosh and Northeast Wisconsin Chinese Association (NEWCA). In partnership with ColorBold Business Association as a fiscal sponsor. Proceeds will help support NEWCA, a 501(c)3 nonprofit, and Oshkosh Area School District Cultural Programming.

Find us on Facebook @northeastwisconsinindragonboatfestival

YOU ARE INVITED TO A

COMMUNITY IMPACT

FUNDRAISING EVENT

TO BENEFIT

Walk To End Alzheimer's
Team: "For the Cure"

DATE: Monday, August 28th TIME: 4:00-8:00PM

LOCATION: 1051 S. Washburn St. Oshkosh

PIZZA RANCH WILL DONATE 10% OF YOUR QUEST CHECK TO THE DESIGNATED ORGANIZATION

EQUINE-ASSISTED
MEMORY CAFÉ Monday August 14
10-11:30am

A horse experience for adults with dementia & their caregivers



AT THE BEAMING BARN
2692 County Road GG, NEENAH

Please RSVP to incbeaming@gmail.com

FREE
RAIN OR SHINE



EMPOWERED CARE PARTNERS!

Education for Individuals Caring for a Loved One with a Memory Disorder

- Learn communication approaches and strategies
- Receive practical tips and information
- Problem-solve solutions for those tough situations
- Facilitated by a Licensed Clinical Social Worker who specializes in Memory Disorders

2ND AND 4TH TUESDAY OF EACH MONTH/1:30-3:00

(8 SESSIONS: BEGINNING AUGUST 8, 2023)

NEUROSCIENCE GROUP, 1305 W. AMERICAN DRIVE, NEENAH

Registration is required for this free series. Contact Julie Feil, MSW, LCSW (920) 725-9373 ext. 6850 for more information and to register. Book and materials included.



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.

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

Mondays September 18th to October 23rd 2023

4:00pm-5:30pm

Oshkosh Public Library

106 Washington Avenue

To register and for more information

Contact: Alisa Richetti @ 920-236-1227

arichetti@winnebagocountywi.gov

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

Registration deadline is September 15th



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



WALK TO END 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

August 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, **Location at Smith Park - 301 Park Street, Menasha**

Wednesday, August 16th -1:30pm-3pm

Join us at Smith Park with the NewVoices Choir. Let's enjoy some music, fun and treats in the park together!

Neenah

Neenah Public Library, **Location at Valley VNA - 1535 Lyon Drive, Neenah**

Monday, August 21st -1:30pm-3pm

The Rickshaw drivers will take participants on a short tour of Neenah, plus more activities!

Oshkosh

Oshkosh Public Library, **106 Washington Avenue, Oshkosh - August 9th -1:30pm-3pm**

Moving with Fusion Stephanie Pereria da Silva will introduce us to safe exercises for movement and flexibility.

Oshkosh YMCA, 3303 W 20th Avenue, Oshkosh - Monday, August 28th - 1:30pm -3pm

'Dog Days of Summer' - We'll be doing all things dogs! If you are or have been a dog owner, bring a picture of your dog(s) and we'll share about our dogs. We'll play some dog themed games, have a 'doggy bark along', enjoy a dog-themed snack and maybe even have a visit from a therapy dog.

BEAMING INC.

BEAMING Barn, 2692 County Road GG, Neenah - Monday, August 14th - 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

