



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

Attention All Community Members!

Winnebago County and the East Central Wisconsin Regional Planning Commission needs your input for specialized transportation coordinated plans. Specialized transportation services in our community include transportation for older adults and individuals with disabilities.

We want to hear from you about specialized transportation services, whether you've used them or not. Your feedback will help develop the transportation plans that prioritize the needs of individuals with disabilities, older adults, and others who require specialized support.

There are paper versions of the survey available at the ADRC located at 220 Washington Ave, Oshkosh (3rd floor) or 211 N. Commercial St, Neenah (2nd floor). Your input matters! Thank you for your help and sharing your experiences and ideas to help improve our specialized transportation services.

You are also invited to join the Winnebago County Specialized Transportation Coordinated Plan 2024 – 2028 Community Meeting. The meeting will be held on 9/6/23 at 12pm at the Downtown Oshkosh YMCA multipurpose room at 324 Washington Avenue, Oshkosh. For more information on this meeting or to give feedback over the phone, please contact Nicole Davis-Dawald, Aging Supervisor at 920 236-4668.

Please click the link below or scan the QR code to take the survey...



www.surveymonkey.com/r/transportationwinnebago

Calendar Contact Information

FVMP Memory Cafe's	Fox Valley Memory Project (FVMP)		
Lunch Bunch	(920) 225-1711		
	info@foxvalleymemoryproject.org		
Manager Canager at the Canior Contary	Alisa Richetti		
Memory Screens at the Senior Centers	(920) 236-1227		
Virtual Dementia Tour	Arichetti@winnebagocountywi.gov		
	Paine Art Center, Oshkosh (920) 235-6903		
SPARK!	Bergstrom Mahler Museum, Neenah (920) 751-4658		
	The Trout Museum, Appleton (920) 733-4089		
Noon oh Mono om Doonito Cono	(020) 202 1100 ou monoconstructure attaction a		
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	ADRC@winnebagocountywi.gov		
I Team Meeting			
Neenah Committee on Aging	ckasimor@ci.neenah.wi.us		
Menasha Committee on Aging	khutter@ci.menasha.wi.us		

Looking to get back and forth from Oshkosh to Neenah? Former Route 10 is now called Go Connect







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
*An asterisk indicates there is more to read about this event in this newsletter.					1 Lunch Bunch Fox River Brewing Company Oshkosh 11:00am	2 Oshkosh Farmer's Market 8am-12:30pm Neenah Farmer's Market 8am-12pm	
3	ADRC office closed	5 FOOD+ DIVERSITY+ COMMUNITY * 11am Downtown Oshkosh YMCA	6 Winnebago County Specialized Transportation Coordinated Plan 2024 – 2028 Downtown Oshkosh YMCA 12pm Winnebago County Human Service Board Meeting 3pm	7 Omro Thursday Night Market Scott Park 4pm-7pm	8 Menasha Committee on Aging Ipm	9 Oshkosh Farmer's Market 8am-12:30pm Neenah Farmer's Market 8am-12pm	
IO HAPPY CRANDY DAY	и 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	12 SPARK! Bergstrom Mahler Museum 10:30am	13 FVMP Memory Cafe Oshkosh Library 1:30pm	14 Virtual Dementia Tour Parkview Health Care Center 9am-12pm Registration required Omro Thursday Night Market Scott Park 4pm-7pm	15	16 Oshkosh Farmer's Market 8am-12:30pm Neenah Farmer's Market 8am-12pm Dragon Boat Race Festival * Leach Amphitheater 9am	
17	18 FVMP Memory Cafe Neenah Library 1:30-3pm Powerful Tools for the Caregiver Workshop Oshkosh Public Library 4pm-5:30pm* Registration is required	19 "Maintain Independence" Lunch 'n Learn * 20th Ave YMCA, Oshkosh 12pm-1:30pm	20 Memory Screenings Menasha Senior Center 10am-12pm FVMP Memory Cafe Menasha 1:30pm	21 Memory Screenings Oshkosh Senior Center 10:30am-12pm Neenah Committee on Aging 9am Omro Thursday Night Market Scott Park 4pm-7pm "Run with the Cops" * Culver Family Welcome Center 4pm-9pm	22 Pitching for Parkinson's Event * Timber Rattler's Stadium 11am-3pm	23 Oshkosh Farmer's Market 8am-12:30pm Neenah Farmer's Market 8am-12pm Walk to End Alzheimer's 9:40 am Lakeshore Park Pavilion- Oshkosh* First Day of Autumn	
24	25 FVMP Memory Cafe Oshkosh 20th YMCA 1:30pm Powerful Tools for the Caregiver Workshop Oshkosh Public Library 4pm-5:30pm* Registration is required	26 Memory Care Respite Oshkosh 1:30-3:30pm	27 SPARK! The Paine Art Center Ipm	28	29 "School for Seniors" * St. Mark's Church, Neenah 8:45am-12pm	30 Oshkosh Farmer's Market 8am-12:30pm Neenah Farmer's Market 8am-12pm	



Dressing

- ¹/₃ cup olive oil
- 2 tablespoons lime juice fresh preferred
- 2 tablespoons red wine vinegar
- 1 teaspoon sugar
- ½ teaspoon salt
- ½ teaspoon pepper
- ¼ teaspoon garlic powder
- Tortilla chips for serving

Ingredients

- 3 Roma tomatoes seeds removed, diced
- 2 ripe avocados diced
- ¹/₃ cup red onion diced
- 15 oz black beans rinsed and drained
- 15 oz black eyed peas rinsed and drained •
- $1\frac{1}{2}$ cups corn
- 1 bell pepper diced
- ¹/₃ cup Cilantro finely chopped

Instructions

- Combine tomatoes, avocado, onion, black beans, black eyed peas, corn, pepper, and cilantro in a large bowl.
- Toss/stir well so that ingredients are well-combined.
- In a separate bowl, whisk together olive oil, lime juice, red wine vinegar, sugar, salt, pepper, and garlic powder.
- Pour dressing over other ingredients and stir/toss very well.
- Keep refrigerated. If not serving immediately, be sure to toss/stir well before serving.

COWBOY CAVIAR



www.spendwithpennies.com



Ask the ADRC.

Do you have a question that you would like answered in a newsletter? If so, please email us at *adrc@winnebagocountywi.gov* and put in the subject line "Question for the ADRC Newsletter". Your name will remain anonymous.

Dear ADRC,

A friend told me I should have a Power of Attorney for Healthcare and Finances completed, but I am only in my 40s. I'm healthy and I don't really have any extra cash to pay for an attorney to write one up. Won't my decisions just default to my spouse?

Signed, Perplexed and Powerless

This question will be answered by an ADRC Specialist.

Dear Perplexed and Powerless,

Good questions! Let's start with the Power of Attorney for Health Care. This document should be completed by every capable adult. The State of Wisconsin is not a "next of kin" state, so decisions will not automatically default to a child, parent, or spouse. The form allows you to name a trusted adult as your health care decision maker (agent) in the event you become incapacitated and cannot make decisions for yourself. It also provides an opportunity for you to express preferences about your care. You can list a second adult as a backup in the event that the first person listed as agent is not available. This document only takes effect when two doctors agree that you are indeed incapacitated and cannot make your own decisions. You can get this legal form online at *https://gwaar.org/guardianship-resources* or contact the ADRC of Winnebago County. You can complete the document yourself and sign/date in the presence of two appropriate witnesses.

A Power of Attorney for Finances allows you to choose a trusted adult who will manage or help you manage your money and assets. You determine what money or assets you want that person (agent) to have authority over. The point at which your agent's authority becomes effective depends on the language you use in your Power of Attorney for Finances. If you give your agent "immediate power," your agent's power will start when you sign the document. Even if you sign a document granting your agent immediate power, you may continue to handle all of your own property and finances as long as you are able. Essentially, either you or your agent makes decisions about your finances. You can visit the website: https://gwaar.org/guardianship-resources to print the form. The form will need to be notarized. The ADRC of Winnebago County can provide you with this document. You may hire a lawyer to draft a document that fits your needs as well.

Let us know if you have any additional questions!

Signed, ADRC of Winnebago County





TAI CHI FOR ARTHRITIS & FALLS PREVENTION

MENASHA SENIOR CENTER - 116 MAIN ST. THURSDAYS, SEPT 7 - NOV 9 1:00 - 2:00 PM



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



LEARN TAI CHI

POSES IN A BASIC

BEGINNER CLASS

ellness

STEPPING ON

Falls prevention class for men and women 55+



Strength and balance exercises. Learn how to identify and remove fall hazards. Learn how vision, hearing & more affect your risk of falling. Learn how to get back on your feet if you fall.

September 19 - October 31 | Tuesdays 10:30 am - 12:30 pm Oshkosh Seniors Center 200 N Campbell Rd. (South Building)

> For more information or to register call the Winnebago County Health Department 920-232-3000

SUGGESTED DONATION OF \$15 FOR THE SESSION

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_ce nter/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.



The Salvation Army - Oshkosh Seasonal Assistance Program Sign - Up Information There will be NO In-Person Sign-Up

Coats For Kids Sign - Up For Birth - 18 yrs. (school age) September 5th - October 23rd, 2023 To sign - up online go to: saoshkosh.org Go to Program & Services Page and click on the corresponding link OR Scan QR Code with phone camera & follow link





ff no online access, call 920-232-7660 ask for: Al Rolph, Lisa Winkler or Patty Zastrow To Register Over The Phone



"It's the first day of autumn! A time of hot chocolatey mornings, and toasty marshmallow evenings, and, best of all,

leaping into leaves!"

- Winnie the Pooh

Time to Review Your Medicare Plan -Prepare Early This Year!

Do you have a Medicare Prescription Drug (Part D) plan? Every year Medicare Part D plans can change the list of prescription medications they will cover. That means even f you are taking the same medications, the amount you pay for your medications may change in 2023! The plans' premiums, deductibles, and co-pays can also change each year.

What can people do about this? All Medicare beneficiaries should check their Part D coverage each year during Medicare's annual open enrollment period which runs **October 15 through December 7th.** This is the time of year to find out if your current plan will cost you more, or less than other Part D plans in 2023. If it is no longer the best plan for your medications, this is the time to make a switch to a Part D plan that will suit you better.

Make sure you will have appropriate prescription drug coverage in the new year. You can compare plans on the official Medicare website at Medicare.gov.

Assistance is available through the following resources:

• 1-800-MEDICARE or *medicare.gov*

• Medigap Helpline 1-800-242-1060

• Disability Rights Wisconsin Medicare Part D Helpline 1-800-926-4862 (if under age 60)

• Wisconsin Medigap Prescription Drug Helpline 1-855-677-2783



This information was gathered from GWAAR.

Special Olympics Wisconsin: "Ryn With The Cops" Event

Join officers from local law enforcement agencies in and around Oshkosh. We will hit the lights and sirens all along the course for this fun-filled, community night

run!

Thursday, September 21 @ 4:00 pm - 9:00 pm



<u>Location</u> Culver Family Welcome Center 625 Pearl Ave, Oshkosh

Event Schedule Thursday, September 21 5:00 pm – 7:15 pm: On-site registration & packet pick-up 5:30 pm – 7:30 pm: Law Enforcement Vehicle Expo 6:30 pm – Kids' Dash 7:00 pm – Kids and Cops Donut Hole Eating Contest 7:30 pm – 5K Run/Walk

> Event Fees* 5K Run/Walk Pre-registration – \$30 5K Run/Walk Walk-up Registration – \$35 Kid's Dash/Obstacle Course – \$15









Session #3: Artificial Intelligence Andrew Damp, Lakeland University

Session #4: Laughter and Wellness Joanne Murphy Spice, Winnebago County Health Depart

SEATING LIMITED, RSVP by Monday, Sept. 25. Call the City of Neenah at 920-886-6125 or complete the School for Seniors RSVP form at: https://www.ci.neenah.wi.us/departments/community-development/

Registration, refreshments and information tables will be available beginning at 8 a.m. on the day of the event, and classes will be held between 8:45 a.m. and 12 p.m. All are welcome!



Join Dr. Eric Koehler to learn how to keep up your strength so that you can continue to enjoy your favorite exercise activities, outings in the community, and traveling with family. Learn practical tips and strategies that will enable you to reach your goals confidently, even with balance, mobility, and strength concerns. Dr. Eric Koehler and his team help eople achieve greater mobility and strength for their active lifestyle without medications, injections or surgery.



TUESDAY, SEPTEMBER 19 • Noon-1:30 p.m. 20th Ave • Multi-Purpose Room 1 & 2 FREE FOR MEMBERS! • \$5 for Non-Members

LUNCH INCLUDED. Registration is required. Please sign up at the Front Desk of either location!



OSHKOSH COMMUNITY YMCA www.oshkoshymca.org DOWNTOWN 920-236-3380 324 Washington Ave. 20TH AVENUE 920-230-8439 3303 W. 20th Ave. THANK YOU TO OUR MONTHLY LUNCH SPONSOR:

nebago County Aging & I



At the Alzheimer's Association Walk to End Alzheimer's[®], we're fighting for a different future. For families facing the disease today. For more time. For treatments.

We're closer than ever to stopping Alzheimer's. But to get there, we need you. Join us for the world's largest fundraiser to fight the disease.

Register today at act.alz.org/oshkosh

Walk to End Alzheimer's - Oshkosh Saturday, September 23, 2023 8:30 AM Event Opens | 9:40 AM Opening Ceremony | 10:00 AM Walk Begins

Lakeshore Park Pavilion - Punhoqua St, Oshkosh *Pre-registration highly encouraged

We raised a total of \$548.59 at the Pizza Ranch Community Impact Night on August 28th for the Walk to End Alzheimer's in Oshkosh. This amount is being matched for \$500 by Modern Woodman of America, Appleton Summit Chapter.

'For the Cure Team' is pictured with ADRC staff Alisa Richetti, Nicole Davis Dawald, CLTS staff Liz Riley, former ADRC staff Linda Carder and Karla Stark and Mike Riley, Liz's husband. FRIENDSHIP NOW connect smile healing kindness• COMPASSION purpos Caregiver healthcare patient caregiver healthcare patient support Love unconditional of time activity mobility dignity family THE inclusion community

Powerful Tools for the Caregiver

Sign up for our Powerful Tools for the Caregiver workshop starting on Monday, September 18th 4-5:30pm at the Oshkosh Public Library . This free class runs for 6 weeks and will empower you as a caregiver and provide you with tools to focus on your own well being.

Contact Alisa Richetti to register at 920-236-1227 or email arichetti@winnebagocountywi.gov



Fox Valley Memory Project's Mindworks Oshkosh Riverside FVTC

- Starting Monday, August 28th
- Mondays 11:00am 2:00pm
- Oshkosh Riverside FVTC -150 N Campbell Rd, Oshkosh, WI 54902

• Room #113



To register, call **920.225.1711** or visit our website for more information! FoxValleyMemoryProject.org/Mindworks FOX VALLEY MEMORY PROJECT WILL BE ADDING AN ADDITIONAL MINDWORKS PROGRAM ON MONDAYS AT THE OSHKOSH RIVERSIDE FOX VALLEY TECHNICAL COLLEGE STARTING ON AUGUST 28TH.

WALK IN END

ALZHEIMER'S QLASSOCIATION

2023 NATIONAL PRESENTING SPONSOF Edward Jones' 2023 NATIONAL DIAMOND TEAMS BROOKDALE Edward Jones SIGMA () KAPPA 2023 NATIONAL DIATINIM TEAMS

Senior

ZHEIMER'S

LCS

SPORTSCASTER CRAIG COSHUN

ANKS TO OUR SPONSORS

5,...

Mindworks is a facilitated program designed for people with early symptoms of memory loss. The curriculum promotes overall health and wellness, brain health, and social connections through sensory activities, community engagement, service projects, and physical activity.







September 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>

Location is at Watters Greenhouse and Farm 2015 County Road II, Neenah -Wednesday, September 20th -1:30pm-3pm. We will spend time enjoying the plants in the greenhouse and will make up a flower pot to bring home. **Limited space - Registration is required . To register, please call 920-225-1711.**

<u>Neenah</u>

Neenah Public Library, 240 E. Wisconsin Avenue, Neenah- Monday, September 18th -1:30pm-3pm

Music is the road to memories. Listen and join in song during a 'Lyrics and Laughter' program facilitated by Christy Feuerstahler, Valley VNA Senior Care's Music Director at the Neenah Public Library. Oshkosh

Oshkosh Public Library, 106 Washington Avenue, Oshkosh - September 13th -1:30pm-3pm

Join us for Lyrics and Laughter with Christy Feuerstahler from the Valley VNA. A fun and popular music program that will stimulate your brain and body**.**

Oshkosh YMCA, 3303 W 20th Avenue, Oshkosh - Monday, September 25th - 1:30pm -3pm

Oktoberfest - We'll have a special guest accordion player, Oktoberfest themed games and enjoy root beer floats. BEAMING INC.

BEAMING Barn, 2692 County Road GG, Neenah - Monday, September 11th - 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*

Are you interested in becoming a Purple Angel Business or Organization?



The Purple Angel is a universal symbol to indicate that your establishment has received dementia friendly training and that you are sensitive to the needs of individuals experiencing this disease. We offer this free training which assists your organization to recognize and welcome individuals with dementia and their caregivers to a provide a place where they can feel comfortable and safe. The training is 30 minutes and provides information on what Dementia is as well as resources and tools tailored to your organization. We are working to build a dementia friendly community by offering this training in our county. Please contact the ADRC if you are interested in scheduling this training for your business.

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