



## SSI vs. SSDI: What's the Difference?

### (Supplemental Security Income vs Social Security Disability Insurance)

Once of the most common questions a Benefit Specialist is asked, is "what is the difference between SSI and SSDI?" The Social Security Administration (SSA) defines the term disabled as "the inability to engage in any work because of physical or mental impairment. This impairment must have lasted or be expected to last for a continuous period of at least 12 months or more or result in death"- [www.ssa.gov](http://www.ssa.gov). Doctors outside of SSA cannot approve someone for social security benefits. During the determination and investigation process, SSA has Medical Specialists and Examiners that review medical records to determine if the information in the medical record meet the definition and criteria of disability based on what SSA has determined 'disabled' means for the claimed conditions. For example, for someone claiming blindness/low vision as their disability, SSA has a very specific visual acuity rating. A person is only considered blind by SSA if they meet that rating. Whereas, for something like mental health- determining if a person is disabled is much more complex.

**SSI-** Supplemental Security Income is considered a needs-based program. SSI is funded by general tax revenue. In order to receive SSI a person must meet both the definition of disabled and have low/limited income and low/limited resources. Resources (or assets) are things that you own and that have value. Examples are bank accounts, retirement accounts, properties that you do not live in or on and more than one vehicle. This person would also have very limited work history. For the most part, everyone who receives SSI benefits receive the same amount. Some exceptions to that would be A) if the person has no household expenses such as rent, mortgage or utilities. B) They or their spouse has another source of income, such as employment or C) they are entitled to another SSA benefit. This also means that any other income in the home may affect their ability to receive the SSI payment, even if they meet the definition of disabled.

**SSDI-** Social Security Disability Insurance is funded differently than SSI. SSDI is considered an entitlement program. As a person works and earns a wage, they pay into their Social Security. As a person works, they also earn credits. You can earn up to 4 credits per year, based on your earned income. The number of credits needed in order to qualify for SSDI differs based on age. Once a person is determined to have enough credits, and they meet the definition of disabled, their SSDI income is calculated based off the counted historical earnings. There is not a flat rate of income that a person on SSDI would receive.

One of the biggest differences is that there is not an asset/resource limit, and a spouse, or other household members income does not affect the SSDI income of the recipient. A recipient can have other forms of income that may not affect the benefit amount (wages from employment may affect the benefit amount). Another difference is that SSDI may provide a monetary benefit to family members such as minor child, adult children that have been disabled prior to age 22 as well as surviving spouses. There are some people that could be eligible for both benefits. These people would have enough credits to qualify for SSDI, but their income was low enough that their SSDI benefit is below the current SSI rate. Their resources and assets would still need to be below the SSI limits. If this is the case, then a person would receive their SSDI amount and a portion of SSI.






The good news is that people are not expected to know which benefit they may be eligible for. One of the first steps in the disability application process is a SSA representative reviewing work history, household income and resources to determine which program a person may be eligible for, at least financially speaking. After it is determined that a person is financially eligible, then SSA moves on to the medical determination. The current timeline for an initial application to be processed, and a decision made is on average eleven months. For more information or assistance, please call your local Social Security Office (Oshkosh area: 1-877-445-0834/Appleton area 1-877-694-5495) or the ADRC.

# Calendar Contact Information


FVMP Memory Cafe's Lunch Bunch	Fox Valley Memory Project (FVMP) (920) 225-1711 <a href="mailto:info@foxvalleymemoryproject.org">info@foxvalleymemoryproject.org</a>
Memory Screens at the Senior Centers Virtual Dementia Tour	Alisa Richetti (920) 236-1227 <a href="mailto:Arichetti@winnebagocountywi.gov">Arichetti@winnebagocountywi.gov</a>
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 <a href="mailto:memorycarerespite@gmail.com">memorycarerespite@gmail.com</a>
Oshkosh Memory Respite Care	(920) 727-5555 ext. 2217
Winnebago County Human Services Board	<a href="mailto:pbartelt@winnebagocountywi.gov">pbartelt@winnebagocountywi.gov</a>
ADRC Committee Specialized Transportation Committee I Team Meeting	<a href="mailto:ADRC@winnebagocountywi.gov">ADRC@winnebagocountywi.gov</a>
Neenah Committee on Aging	<a href="mailto:ckasimor@ci.neenah.wi.us">ckasimor@ci.neenah.wi.us</a>
Menasha Committee on Aging	<a href="mailto:khutter@ci.menasha.wi.us">khutter@ci.menasha.wi.us</a>




It's the *Time of Your Life*

 HOUSING
  LEARNING
  HEALTH
  FINANCE
  LEISURE

# OSHKOSH SENIOR EXPO


TUESDAY, OCTOBER 3<sup>RD</sup> • 9:00AM - 1:00PM  
OSHKOSH CONVENTION CENTER • 2 N. MAIN ST. • OSHKOSH, WI



- 400+ Active Adults, Retirees, & Caregivers
- 75+ Senior Product & Service Exhibitors
- Health Screenings & Seminars
- Door Prizes & Giveaways

Lite Breakfast served from 9-10am

FREE PARKING & ADMISSION

GRAND PRIZE DRAWING FOR A 50" 4K HIGH DEFINITION LED/TV

For Seminars, Exhibitors or Product Search, visit: [www.TimeOfYourLifeExpo.com](http://www.TimeOfYourLifeExpo.com)

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GOLD SPONSOR



COMMUNITY PARTNERS





FLU & VACCINE CLINIC BY





# OCTOBER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b> Memory Care Respite Neenah 1:30-3:30pm  Active Aging Week * Oshkosh YMCAs  Winnebago County Human Service Board Meeting 3pm	<b>3</b> Oshkosh Senior Expo Oshkosh Convention Center 9am-1pm*  Active Aging Week * Oshkosh YMCAs	<b>4</b> Active Aging Week * Oshkosh YMCAs	<b>5</b> Active Aging Week * Oshkosh YMCAs	<b>6</b> Lunch Bunch TBD Oshkosh 11:00am  Active Aging Week * Oshkosh YMCAs	<b>7</b> Oshkosh Farmer's Market 8am-12:30pm  Neenah Farmer's Market 8am-12pm
<b>8</b>	<b>9</b> 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	<b>10</b> FOOD+ DIVERSITY+ COMMUNITY * 11am Downtown Oshkosh YMCA  SPARK! Bergstrom Mahler Museum 10:30am	<b>11</b> FVMP Memory Cafe Oshkosh Library 1:30pm	<b>12</b> Virtual Dementia Tour Parkview Health Care Center 9am-12pm Registration required	<b>13</b> Menasha Committee on Aging 1pm	<b>14</b> Oshkosh Farmer's Market 8am-12:30pm  Neenah Farmer's Market 8am-12pm
<b>15</b>  Medicare Open Enrollment Begins  	<b>16</b> FVMP Memory Cafe Neenah Library 1:30-3pm	<b>17</b>	<b>18</b> Memory Screenings Menasha Senior Center 10am-12pm  Brain Health Fair * Oshkosh Seniors Center 10am-1pm  FVMP Memory Cafe Menasha 1:30pm	<b>19</b> Neenah Committee on Aging 9am	<b>20</b>	<b>21</b> Oshkosh Farmer's Market 8am-12:30pm
<b>22</b>	<b>23</b> FVMP Memory Cafe Oshkosh 20th YMCA 1:30pm	<b>24</b> Memory Care Respite Oshkosh 1:30-3:30pm	<b>25</b> SPARK! The Paine Art Center 1pm	<b>26</b>	<b>27</b>	<b>28</b> Oshkosh Farmer's Market 8am-12:30pm
<b>29</b>	<b>30</b>	<b>31</b> 		*An asterisk indicates there is more to read about this event in this newsletter.		





FREE  
FOOD + FUN

## CONNECTING COMMUNITY THROUGH FOOD CHICKEN YAKITORI



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** and our friends from Manila to learn more about Chicken Yakitori - a bamboo skewered chicken glazed with a savory-sweet sauce of ginger, sake, soy sauce, and more grilled on the robata. Come with an appetite and open mind and leave educated and with a new cultural recipe!

**DIVERSITY + FOOD + COMMUNITY**  
**TUESDAY, OCTOBER 10 • CHICKEN YAKITORI**  
Downtown Y • Teaching Kitchen • 11 a.m.-12:00p.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, October 9 at the Front Desk of either location or by calling 920-236-3380.

IN PARTNERSHIP WITH:



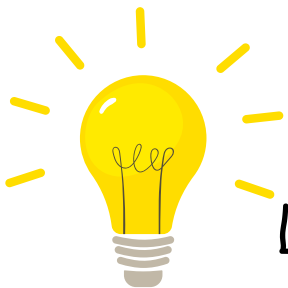
OSHKOSH COMMUNITY YMCA • [www.oshkoshymca.org](http://www.oshkoshymca.org)  
Downtown • 236-3380 • 324 Washington Avenue



## Dirt Cups

- (3.5-oz.) packages instant chocolate pudding mix
- 3 c. whole milk
- 2 c. cold heavy cream
- 1/4 c. powdered sugar
- 1 tsp. pure vanilla extract
- 1 (14-oz.) package Oreos, crushed, divided
- Gummy worms, for garnish

1. In a large bowl, whisk together pudding mix and milk until combined. Let sit until thickened, about 3 minutes.
2. Make whipped cream: In the bowl of a stand mixer using the whisk attachment, or in a large bowl using a hand mixer, beat heavy cream with powdered sugar and vanilla until stiff peaks form.
3. Fold whipped cream and about 1/3 of crushed Oreos into chocolate pudding.
4. Divide between serving cups (or transfer to a trifle dish), then garnish each serving with more crushed Oreos and gummy worms.



Winter is on it's way!  
Let's talk about Energy Assistance...



The Wisconsin Home Energy Assistance Program (WHEAP) assists eligible households with their heating and electric bills. Regular energy assistance is a once-a-year benefit available between October 1st and May 15th each year. Please call the statewide Customer Care Center at 1-800-506-5596 with questions about your online application. Due to the high volume of applications, it may take up to 10 business days for an online application to be processed. If you are disconnected or without heat, or will be disconnected soon, please call the Customer Care Center at 1-800-506-5596. To view income limit information, visit [energyandhousing.wi.gov](http://energyandhousing.wi.gov)

Interested in applying? Call their Customer Care Center or apply online [energybenefit.wi.gov](http://energybenefit.wi.gov)



# 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](mailto:adrc@winnebagocountywi.gov) and put in the subject line "Question for the ADRC Newsletter". Your name will remain anonymous.

**Dear ADRC,**

My Father was recently diagnosed with Dementia and we do not know what to do, we have so many feelings and concerns about the future and we do not know where to start.

Signed,

*Worried and Overwhelmed*



This question will be answered by the Dementia Care Specialist

**Dear Worried and Overwhelmed,**

Getting a diagnosis of dementia can be a scary thing and it is hard to know what to do with this information. You will likely have a lot of different feelings and it can be overwhelming. You can explore your feelings by using a journal and consider joining a support group so that you can meet others who are also affected by this disease. It is important to stay engaged with people and keep up your regular activities that bring you joy as long as you are able to. It is recommended that you share your situation with family and friends that you feel close to and establish a support system, so you do not go through this alone. Explore resources for support and education on the Alzheimer's Association and other informational websites. The ADRC has information on programs in the community that you and your care partners and family can participate in. The Fox Valley Memory Project is an organization that has a Memory Link Resource Navigator, where you can get assistance and individually tailored information along the journey to help guide you to meet your needs.

It is also a good idea to make a list of questions for the doctor to gain a greater understanding of the disease and treatment options for symptom management.

Looking into financial and legal plans is a good idea. Establishing Power of Attorney documents for health care and finances to identify who will make decisions for you in the future will help you avoid challenges down the road.

Safety and driving are also areas where you will want to explore what resources and supports are available for when you need them.

There are a lot of helpful resources, programs and support available in our community; visit our Dementia and Alzheimer's resource page on our ADRC website.

[www.co.winnebago.wi.us/adrc/dementia-and-alzheimers-resources](http://www.co.winnebago.wi.us/adrc/dementia-and-alzheimers-resources)

Signed,

*ADRC of Winnebago County*

>>> OSHKOSH SENIORS CENTER PRESENTS

# BRAIN HEALTH FAIR

WEDNESDAY OCTOBER 18

10 AM - 1 PM

200N CAMPBELL RD. OSHKOSH, WI 54902

CONTACT 920.232.5300 TO REGISTER



## GUEST SPEAKERS



**J.J. ALLEN**

>>> 10:15-10:45 AM  
"MEDICATIONS & THE BRAIN"

Join Dr. J.J. Allen, PharmD, CISSN as he discusses how medications can affect our brain health as we age, and what supplements we can use to boost our brain health.

Join our Friends at Network Health as they discuss the latest data of the "Importance's of Exercising Brain" and easy ways to do it.

>>> 11:00-11:30 AM

**NETWORK HEALTH**  
"THE IMPORATNCE OF EXERCISING THE BRAIN"



**ALESE NELSON, PH.D.**

>>> 11:45 AM-12:45 PM

"STRESS, COPING, & HEALTH."

Join our Key Note Speaker Alese Nelson PhD, from UWO as she talks about how stress and coping can affect our Brain Health



### >>> INFORMATION

The Oshkosh Seniors Center is excited to be hosting it's first Brain Health Fair since 2019! Meet our Community Partners, win prizes, and listen to the experts in the field of Brain Health. Hope to see you there!



# 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](https://www.menashawi.gov/departments/senior_center/index.php)

### Oshkosh Senior Center

#920-232-5300

[www.ci.oshkosh.wi.us/seniorservices](http://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](http://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](http://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.

Medicare  
Open  
Enrollment  
Dates  
2023:

October 15th  
to  
December 7th



Please see the next page for some upcoming wellness classes!





Public Health  
Prevent. Promote. Protect.  
Winnebago County  
Health Department

# 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, and more affect your risk of falling.

Learn how to get back on your feet if you fall.

October 2 - November 13 | Mondays 1 - 3 pm

Neenah-Menasha YMCA

110 N Water St, Neenah

You do not need to be a Y member to participate!

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

SUGGESTED DONATION OF \$15 FOR THE SESSION



# TAI CHI FOR ARTHRITIS & FALLS PREVENTION

MEMORIAL PARK - 1175 APPLEBLOSSOM DR. NEENAH  
GEORGE SCHERCK SHELTER

TUES & THURS, OCT 3 - NOV 9

BEGINNER: 10:00 - 11:00 AM

INTERMEDIATE: 11:15 AM - 12:15 PM

Class fee: \$20

**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



# HEALTHY LIVING WITH DIABETES

Class for men and women 18+ that  
have Type 2 Diabetes or Prediabetes



Compliments existing treatments.  
Improves blood sugar levels and A1C.  
Fewer doctor and ER visits.

To get more information or  
register please call the  
Winnebago County Health  
Department  
920-232-3000

MENASHA CITY HALL  
100 MAN ST.  
OCT 17 - NOV 21  
TUESDAYS 10AM-12PM



Public Health  
Winnebago County  
Health Department



Register with the  
Neenah Park and Rec  
Call: 920-886-6060



Public Health  
Prevent. Promote. Protect.  
Winnebago County  
Health Department



OCTOBER 2-6  
ACTIVE AGING WEEK  
SO MUCH TO DO!

Stop at the front desk of either  
Oshkosh Y location for a full list  
of FREE programs, activities, and  
events happening all week long!

Ages 55+

FREE ADMISSION  
TO ATTEND ALL  
PROGRAMS

THANK YOU TO OUR MONTHLY  
LUNCH SPONSOR:

Helping Seniors Live Well at Home



(920) 966-6276

★ PRE-REGISTRATION is required. Register at  
the Front Desk of either location or by calling  
920-236-3380. Limited spots available.

QUESTIONS? Contact Errah Wheel by calling  
920-236-3380 or emailing  
errahwheel@oshkoshymca.org.



**LUNCH & LEARN**  
Living Your Best Life

Join Kim Patterson and Andrea Van Dyn Hoven from Care  
Patrol to learn more about the important elements to living  
a happy, healthy life.

MONDAY, OCTOBER 2  
NOON-1:30 p.m.  
Multi-Purpose Room 1 & 2 • 20th Ave Y

REGISTRATION  
REQUIRED



PRESENTED BY Kim Patterson



PRESENTER: Andrea Van Dyn Hoven



**TRY IT TUESDAY!**

TUESDAY, OCTOBER 3  
INTRO TO TRX:  
9:00 a.m. • Studio 2 • Downtown Y  
INTRO TO PILATES:  
2:30 p.m. • Studio 1 • Downtown Y

**BLOOD PRESSURE CLINIC**  
BY VALLEY VNA

WEDNESDAY, OCTOBER 4  
9:30-11:00 a.m. • Main Lobby • 20th Ave Y



**COMMUNITY RESOURCE FAIR**

Join us for a FREE Community Resource Fair for ALL AGES!  
Featuring over 20 local organizations. Learn, connect and  
explore community options for all of your wellbeing needs.

THURSDAY, OCTOBER 5  
9:00-11:30 a.m. • Ice Arena Lobby • 20th Ave Y

**ADVANCED CARE PLANNING**  
What's the big deal?

Come learn about creating or revising a power of  
attorney to ensure you are taken care of the way  
you desire.

FRIDAY, OCTOBER 6 • 8:30-9:30 a.m.  
Teaching Kitchen • Downtown Y

**AGING IN PLACE**

The Winnebago County ADRC will share home  
modifications, falls prevention, and advocacy tips to help  
you stay in your home safely for as long as possible.

FRIDAY, OCTOBER 6 • 11:00 a.m. - NOON  
Teaching Kitchen • Downtown Y

REGISTRATION  
REQUIRED

**MORE OFFERINGS:**

WEDNESDAY, OCT. 4 • CHAIR VOLLEYBALL  
10:30-NOON • Main Gym • 20th Ave Y

THURSDAY, OCT. 5 • FOOT CARE CLINIC  
1:00-4:00 p.m. • Teaching Kitchen • Downtown Y

THURSDAY, OCT. 5 • OUTDOOR WALK  
1:00 p.m. • Meet in Main Lobby • 20th Ave Y

**MEMORY SCREENING:**

FREE memory screening by the Winnebago  
County ADRC. Only takes 10-15 minutes!

WEDNESDAY, OCTOBER 4  
1:00-2:30 p.m. • Multi-Purpose Room •  
Downtown Y

Email Errah Wheel at  
errahwheel@oshkoshymca.org  
or call 920-236-3380 to sign up!

REGISTRATION  
REQUIRED

# October 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](http://www.foxvalleymemoryproject.org)

## Menasha

**Menasha Public Library, 440 1st St., Menasha - Wednesday, October, 18th -1:30pm-3pm.**

Join us for Lyrics and Laughter, a music program that will stimulate your brain and bring out your laughter and enjoyment! Christy Feuerstahler, Music Director from the Valley VNA will facilitate this program for our memory café.

## Neenah

**Neenah Public Library, 240 E. Wisconsin Avenue, Neenah- Monday, October 16th -1:30pm-3pm**

Tom Sutter Presents: John Muir will present his tour of the Yellowstone National Park back in 1901. You don't want to miss this travelogue.

## Oshkosh

**Oshkosh Public Library, 106 Washington Avenue, Oshkosh - October, 11th -1:30pm-3pm**

¡Viva Frida! : Join Kelsey Raschke and Cristian Andersson from the Paine Art Center and Gardens SPARK! Program as we look at the work of Frida Kahlo, and create Kahlo inspired collage artwork.

**Oshkosh YMCA, 3303 W 20th Avenue, Oshkosh - Monday, October 23rd - 1:30pm -3pm**

Join us for a delightful afternoon filled with festive activities and memorable moments. Come and be a part of our Harvest and Halloween celebration where joy, laughter, and delightful moments await. We'll enjoy the taste of fall with some seasonal treats! Everyone is encouraged to dress up in their favorite spooky or whimsical attire.

## 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](mailto:incbeaming@gmail.com)



# Contact Us!

220 Washington Ave, Oshkosh  
211 N. Commercial St, Neenah  
Email: [adrc@winnebagocountywi.gov](mailto: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](http://www.co.winnebago.wi.us/adrc)

