



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

Connecting Community Through Food

November is the kick off month for FOOD + DIVERSITY + COMMUNITY. This event will be held the 1st Tuesday of each month at the Oshkosh downtown YMCA. You do not need to be a member of the YMCA to join this FREE event.

On November 1st, Chou Xiong (Supervisor in Child Welfare for Winnebago County) will be making Khao Poon. This is a traditional curry-like rice noodle dish (also known as Lao royal vermicelli curry soup). The Laotians have been making Khao Poon noodles soup for sale at the market and for their own consumption long before the French arrived in Laos in the 1800s. Neighboring countries have their own versions of Khao Poon, including the Hmong.

Community Health Strategist from the Winnebago County Public Health Department, Susan Garcia Franz, will be preparing Humitas from Ecuador for our December event.

Interested in sharing your culture's cooking with your community? Please contact Nicole Davis-Dawald, Program Supervisor at the ADRC 920-236-4668.

Interested in eating free delicious food? Come check this out!



Food often reflects our likes and dislikes, 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 to learn more about different cultures values and traditions by trying cuisines that you're unfamiliar with.

TUESDAY, NOVEMBER 1

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, October 31 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.

OSHKOSH COMMUNITY YMCA • www.oshkoshymca.org Downtown • 236–3380 • 324 Washington Avenue







NOVEMBER EVENTS



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Oshkosh Committee on Aging 8am FOOD + DIVERSITY + COMMUNITY * Oshkosh Downtown YMCA 11am-12:30pm Marketplace Open Enrollment Begins	2	3 Know Your Rights: Renter Rights * Fox Valley Technical College, Riverside Campus -Oshkosh 10am-11:30am Office for the Deaf and Hard of Hearing Community Connect * 12:30pm-1:30pm Zoom Volunteer Fest * Waverly Beach, Menasha 4pm-7pm	4 FVMP Lunch Bunch The Mineshaft Restaurant 11am	5 'Grandpa and Lucy' Play and Intergenerational Event * Neenah Public Library 12:30pm-4:00pm
Turn your clocks back!	7 Memory Care Respite Neenah 1:30-3:30pm Winnebago County Human Services Board Meeting 3pm	SPARK! Bergstrom Mahler Museum 10:30am Specialized Transportation Meeting 1:30pm Election Day	9 FVMP Memory Cafe Oshkosh Library 1:30pm Oshkosh Job Fair* Oshkosh Arena 1pm -4pm	Learning in Retirement: A Conversation with Governor Tommy Thompson * UWO Culver Family Welcome Center 1:30pm-3pm Virtual ADRC Caregiver Support Group 3:30pm	Menasha Committee on Aging 1pm * Veterans * * Day **	12
13	SPARK! The Trout Museum of Art 1pm Memory Care Respite Neenah 1:30-3:30pm ADRC Committee Meeting 3pm		Memory Screenings Menasha Senior Center 10am-12pm FVMP Memory Cafe Menasha Public Library 1:30pm State St Center Craft Show * 11am-2pm	Neenah Committee on Aging 9:15am Memory Screenings Oshkosh Senior Center 10:30am-12pm Caregiver Support Group Community Church 3:30pm	18	19
20	21 FVMP Memory Cafe Neenah Library 1:30pm	2 2 Memory Care Respite Oshkosh 1:30pm	23	ADRC Closed HAPPY HAP	25 ADRC Closed	26
27	28 FVMP Memory Cafe Oshkosh 20th YMCA 1:30pm	29	30 SPARK! The Paine Art Center Ipm			

*An asterisk indicates there is more to read about this event in this newsletter.

Calendar Contact Information					
FVMP Memory Cafes TLC Support Group Lunch Bunch	Fox Valley Memory Project (920) 225-1711 info@foxvalleymemoryproject.org				
ADRC Caregiver Support Group Memory Screen Senior Centers	Alisa Richetti (920) 236-1227 Arichetti@co.winnebao.wi.us				
SPARK!	Paine Art Center, Oshkosh (920) 235-6903 Bergstrom Mahler Museum, Neenah (920) 751-4658 The Trout Museum, Appleton (920) 733-4089 The Building for Kids, Appleton (920) 734-3226				
Coffee Clutch-Omro Area Community Center	(920) 685- 0380 ext. 21 or bree@omrocommunity.org				
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@co.winnebago.wi.us				
ADRC Committee Specialized Tranportation Committee	ADRC@co.winnebago.wi.us				
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				

Classic Stuffing Recipe

- 2 small onions diced
- 4 ribs celery diced
- ¾ cup butter
- 1½ teaspoons poultry seasoning or ½ teaspoon ground sage
- black pepper
- salt to taste
- 12 cups bread cubes
- 3-4 cups chicken broth
- 2 tablespoons fresh parsley
- 1 tablespoon fresh herbs sage, thyme, rosemary



1) Preheat oven to 350°F.

- 2) Melt butter in a large skillet over medium heat. Add onion, celery and poultry seasoning (and rosemary if using). Cook over medium-low until tender (do not brown), about 10-12 minutes.
- 3) Place bread cubes in a large bowl. Add onion mixture, parsley and fresh herbs.
- 4) Pour broth overtop until cubes are moist (but not soggy) and gently toss. You may not need all of the broth.
- 5) Season with salt and pepper to taste.
- 6) Place mixture in a serving dish, dot with additional butter and cover.
- 7) Bake 35 minutes, uncover and bake an additional 10 minutes.

State Street Center

Craft Fair

Wednesday November 16th 11am - 2pm 206 State Street Oshkosh WI 54901

Members will be selling their homemade crafts & gifts – Start your holiday shopping here!!!! We have featured

"State Street
Center" in a
previous newsletter.
This is a drop in
center for adults
that are working to
manage their
mental health or
substance use
disorder. Check
them out on
November 16th!



Are you looking for a way to give back to your community, but you just don't know where to start? Start here!

Come enjoy a relaxed setting while chatting with representatives from many local nonprofits.



TO OUR SPONSORS







UWO Learning In Retirement (LIR) is inviting guests to



A Conversation with Governor Tommy Thompson

Governor Thompson had an extensive career in government and most recently served as the UW System President. He truly made the most of retirement and will speak about his contribution to public service.

Date: Thursday, November 10, 2022

Time: 1:30 - 3:00 pm

Location: UWO Culver Family Welcome Center

Register by emailing lir@uwosh.edu or calling 920-424-0876







uwosh.edu/lir



The Social Security Administration has announced that Social Security and Supplemental Security Income (SSI) benefits for approximately 70 million Americans will increase 8.7 percent in 2023. On average, Social Security benefits will increase by more than \$140 per month starting in January. Read more by visiting visiting www.ssa.gov/cola.

The Medicare Part B premium was \$170.10 each month. In 2023, the premium will be \$164.90 each month. Wondering if you qualify for help paying that premium? You may be eligible for a Medicare savings plan depending on your income and assets. You can visit the below link to learn more or call the ADRC.

www.medicare.gov/basics/costs/help/medicaresavings-programs



Credit: wordsearch.com



VETERANS DAY CRANBERRIES THANKSGIVING TURKEY GOBBLE FAMILY PIE FEAST MAIZE STUFFING



RENTER'S RIGHTS

Legal Action of Wisconsin Attorneys
will answer the

20 MOST COMMON QUESTIONS

renters have about their rights at inperson trainings throughout November

November 3 10 am - 11:30 am Fox Valley Technical College, Room 115 Riverside Campus 150 N. Campbell Road Oshkosh, WI 54902





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

www.cityofmenashawi.gov/departments/senior_center/the_senior_chatt er_monthly_newsletter.php

Oshkosh Senior Center

#920-232-5300

www.ci.oshkosh.wi.us/seniorservices

Neenah YMCA

#920-729-9622

www.ymcafoxcities.org/adult-classes

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 Area Community Center

#920-685-0380 x 21

www.omrocommunity.org/activites.html

Memo from the Office for the Deaf and Hard of Hearing Community Connect WISCONSIN DEPARTM

What is ODHH Community Connect?



ODHH is hosting a series of informal meetings to share information, answer questions, and connect with our Deaf and Hard of Hearing community. Each meeting will have a general theme, and we encourage you to bring your guestions and comments to share.

When is the next ODHH Community Connect meeting?

Our next ODHH Community Connect meeting is scheduled for November 3, 2022, from 12:30 to 1:30 p.m. Please drop in during this time to connect with us and other people in the community. If you can't stay for the entire meeting, no problem! Drop in just to say "hi," or stay for the entire hour.

What is the topic for the next meeting?

Kimberly Mueller, PhD, CCC-SLP, is an assistant professor in the Department of Communication Sciences and Disorders at the UW School of Medicine and Public Health. She is also a researcher at the Wisconsin Alzheimer's Disease Research Center. Dr. Mueller's research focuses on understanding the impact of changes to the ability to communicate as people age normally, and how those changes in communication impact people that develop a type of dementia. She will discuss the latest research findings on the relationship between deafness, hearing loss and risk for developing dementia

Are the meetings accessible?

Yes, the meetings are accessible. We will have interpreters and live captioning for all of our meetings.

> Community Connect November 3rd 12:30pm-1:30pm Click here connect to Zoom *Don't use Internet Explorer

Further questions? Email

dhsodhh@dhs.wisconsin.gov

Reminder to "Fall Back"

Daylight Savings Time ends on Sunday, November 6th. Turn your clock back 1 hour before going to bed on Saturday, November 5th.

Marketplace Health Insurance - Open Enrollment

Open Enrollment starts November 1st and ends on January 15th, 2023. Individuals need to be enrolled by December 15th, 2022 for coverage that starts January 1st, 2023. Starting November 1st, you can log into HealthCare.gov, fill out an application, and enroll in a 2023 Marketplace health plan.

Need some help? Partnership Community Health Center has enrollment experts available to help individuals with their Marketplace enrollment. To learn more about their services, call 920-882-6420 or visit:

www.partnershipchc.org/our-services/health-insurance-enrollment/



Several of our staff were busy doing outreach in the community this Fall! You may have seen us at the Community Resource Fair at the 20th St YMCA, the Milwaukee VA Mental Health Summit, and the "Time of Your Life" Senior Expo in October. We enjoyed meeting many of you and sharing what we do!



ADRC Specialist Sydney Wienke (L) and Adult Protection Worker Linda Carder (R) "Time of Your Life" Senior Expo, Oshkosh Convention Center



Elder Benefit Specialist Lisa Madell (L)

Dementia Care Specialist Alisa Richetti (R)

Community Resource Fair, Oshkosh 20th St YMCA





ADRC intern Taylor Vandeberg Milwaukee VA Mental Health Summit, Fond du Lac Expo Center

meet our APRC Interns!



Nick Martina

Nick will be an intern at the ADRC until May 2023. He is currently a student at the University of Wisconsin-Oshkosh (UWO). He received his Bachelor's in Social Work from UWO and is currently working on his Master's Degree in Social Work. During his internship, he is looking forward to engaging with many customers in the many populations that the ADRC serves. Nick is interested in learning more about the resources in our county so that he can help customers find growth and self-determination to the best of their ability. Additionally, he is interested in networking and creating some professional relationships with the ADRC staff. In his spare time, Nick likes to hike, read, and swim.

Welcome, Nick!



Taylor Vandeberg

Taylor will be an intern at the ADRC until December 2022. She will be working with customers of the ADRC as well as families who have children enrolled in the Children's Long-Term Support Program. She is currently a student at the University of Wisconsin Oshkosh. She will graduate in May 2023 with her Bachelor's degree in Human Service Leadership. Taylor has been a respite care provider for children with disabilities for over 6 years.

She is looking forward to learning about all of the resources in Winnebago County. When she is not working or at school, she enjoys spending time outdoors, hiking, boating, and being with family and friends!

Welcome, Taylor!



Veteran's Day



November 11th is Veteran's Day. This holiday started as a day to remember those service members who died during World War I. November 11th, 1918 was the day that the signing of the Armistice that helped end World War I. The Armistice was dedicated to world peace. After World War II and the Korean War, President Dwight D. Eisenhower changed the name from Armistice Day to Veteran's Day in 1954. The day will always remain November 11th each year.

We would like to highlight our county's Veteran Service Office. Our county is blessed to have a great team that leads our local offices. Their mission: "We believe in strengthening the lives of our veterans and their families by connecting them with their earned benefits." Areas that they can provide assistance with are: help Veterans establish with VA health care, education benefits (like the GI bill), help disabled Veterans with compensation claims, wartime service and non-service connected pensions, VA home loans, transportation to doctor appointments, obtaining military records, outreach to prisoners, survivor benefits, government life insurance, burial allowance, financial assistance, Veteran caregiver resources, and much more.

Their offices are open Monday-Friday from 8am-4:30pm. They recommend that you make an appointment. The link to their website is www.co.winnebago.wi.us/veterans. On their website, you will find additional information on their services, upcoming events, job opportunities, and a great monthly newsletter called "Veterans Voice". Below are their locations and phone numbers.

Local Veteran Services Offices

220 Washington Ave, Oshkosh (920) 232-3400211 N. Commercial St, Neenah (920) 729-4820

The staff at the ADRC of Winnebago County would like to thank all Veterans and their families!

Why the red poppy?

The red poppy became a symbol for Veteran's Day to represent the blood that was shed during battles of World War I. This symbol was established after the poem "In Flanders Fields" was written by John McCrae in May of 1915. He was a Lieutenant-Colonel and physician in World War I.





IN FLANDERS FIELDS

by John McCrae

In Flanders fields the poppies blow Between the crosses, row on row, That mark our place; and in the sky The larks, still bravely singing, fly Scarce heard amid the guns below

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

National Family Caregiver Month



Celebrated throughout November, **National Family Caregiver Month** is a chance to recognize the estimated 580,000 Wisconsin caregivers and appreciate the 490 million hours of unpaid care provided annually. Wisconsin Family &Caregiver Support Alliance (WFACSA) is a team of professionals and family caregivers who work to address family caregivers' needs and who celebrate caregivers during November's National Family Caregiver Month. WFACSA Steering. Committee Organizations include:



Wisconsin Bureau of Aging and Disability Resources (BADR)
WisconsinSibs, Inc

Wisconsin Board for People with Development Disabilities (BPDD)

Community Living Alliance

Respite Care Association of Wisconsin (RCAW)

Greater Wisconsin Agency on Aging Resource, Inc. (GWAAR)



Family and Caregiver

Support Alliance

In preparation for National Family Caregiver Month, our Alliance has crafted this Statewide Toolkit highlighting education, resources, and supports to improve advocacy, increase access, and sustain Wisconsin families into the future. The Toolkit follows the 2022 joint National Strategy to Support Family Caregivers. The National Strategy was created to support family caregivers of all ages, from youth to grandparents, regardless of where they live or what caregiving looks like for them and their loved ones.

Toolkit focus areas & weekly themes, each week is an active blue link:

Nov 01 to Nov 06 - Helping Caregivers Self Identify

Materials and content to help family caregivers answer the question, "Am I a caregiver?"

Nov 07 to Nov 13 - Relative & Grandparent Caregivers

Materials and content to recognize our state's relative caregivers and efforts to understand their unique needs. This week's content includes Siblings' Choice Awards sponsored by WisconsinSibs, Inc.

Nov 14 to Nov 20 - Employed Family Caregivers

Materials and content to support, promote, and increase the sustainability of working caregivers. This information includes an Exemplary Employer Award as well as resources for employers on how to identify & support working family caregivers, including the positive financial impact of attracting and retaining family caregivers as employees.

Nov 21 to Nov 30 - Underserved Communities

Materials and content to support Native American, Asian American, Black, Children / Parents / Siblings, Hispanic & Latino, Kin & Grandparent, LGBTQIA, and rural family caregivers.

*This article is from the GWAAR Newsletter 10/25/22 Volume 4 No 38. More information about the Wisconsin Family Caregiver Support Alliance can be found at *wisconsincaregiver.org*

FALL ELECTION DAY - NOVEMBER 8TH

Are you wondering...

- how to vote absentee by mail?
- where to vote?
- what's on your ballot?
- if you need to register?
- how to track your vote?
 Visit: myvote.wi.gov

Key dates remaining for the Fall General Election

- November 3 Absentee ballot request deadline
- November 4 Last day to register to vote in the clerk's office before Election Day
- November 8 Election Day
 - Polls are open from 7am-8pm
 - Voters can register in person on Election Day
 - Deadline to return an absentee ballot is 8pm
- November 11 Deadline for provisional voters to show missing information to their clerk

-The Elderly and Voters with Disabilities-

Information Provided by the Wisconsin Elections Commission

WHAT ACCOMMODATIONS ARE AVAILABLE IF I VOTE AT MY POLLING PLACE?

- Curbside voting is available if a voter cannot enter the polling place due to a disability on Election Day. Two poll workers will bring a ballot to the individual needing assistance, and conduct voting at their vehicle, or at the polling place entrance. Proof of residence must be provided if a voter is not registered. Proof of identification must also be provided in order to receive a ballot. These voters are not required to sign the poll list. Instead, the poll workers will write "Exempt by order of inspectors" in the signature space on the poll list.
 - VOTE

- If a voter inside the polling location cannot sign the poll list due to a physical disability, they should inform a poll worker. The poll worker will write "Exempt by order of inspectors in the signature space on the poll list.
- An accessible voting machine will be available in every polling place. This machine will allow voters to independently mark the ballot. These machines will be set up to allow voters who use a wheelchair to reach the controls, and have an audio ballot-marking option for voters with visual impairment.
- If a voter needs help marking the ballot, he or she may have a person assist them. That person does not need to be qualified to vote. The voter may not receive assistance from an employer or a representative of that voter's labor organization. Any other person, including a poll worker, may assist the voter to mark the ballot. The assisting elector must sign their name on the ballot under the section entitled "Signature of Assisting Individual." Poll workers must record the fact that the voter received assistance, and the full name and address of the assisting person, in the poll list. Voters who have difficulty reading and writing in English may also receive assistance in marking their ballot.
- Other reasonable accommodations can be requested. Speak to the chief inspector at the
 polling place or the municipal clerk.

"If you don't vote, you lose the right to complain."

-GEORGE CARLIN

WHAT ACCOMMODATIONS ARE AVAILABLE IF I VOTE BY ABSENTEE BALLOT?

- If a voter needs help registering to vote, any person may assist them with filling out the form and returning it to their municipal clerk. The assisting person must sign the voter registration form in the space provided.
- If a voter needs help requesting an absentee ballot, any person may assist them with filling out the form and returning it to their municipal clerk. The assisting person must sign the absentee ballot request form.
- If a voter needs help marking the ballot, see the section above.
- No one may mark or cast a ballot without the voter's knowledge or contrary to the voter's wishes, even if they have power of attorney or other guardianship status.

"The most important office, and the one which all of us can and should fill, is that of private citizen."

-Louis Brandeis

"Someone struggled for your right to vote. Use it."

-SUSAN B. ANTHONY

November 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

Menasha Public Library, 440 1st St., Menasha - Wednesday, November 16 - 1:30-3pm

Bare Bones Brewery will share their story about being a part of Northeast Wisconsin's thriving beer scene.

Neenah

Neenah Public Library, 240 E Wisconsin Avenue, Oshkosh - Monday, November 21 - 1:30pm-3pm

Celebrate World Television Day with reminisces of early TV shows, watch and discuss famous television clips, and play a game of television trivia.

Oshkosh

Oshkosh Public Library, 106 Washington Avenue, Oshkosh - Wednesday, November 9 -1:30pm-3pm

Thanksgiving is the perfect time to practice thankfulness. We'll discuss the importance of gratitude, share what we are most grateful for, and celebrate all of these things by creating a gratitude tree. We are excited to see the leaves fill up on the tree!

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

Bingo! ~ Better get here early "B4" all the lucky cards are taken.

Don't miss this free event with your family! Seats are still available for Grandpa and Lucy!



Please take a short survey to share your experiences and help us build a dementia care system that works for everyone! Open your camera app and tap the image of the code above or visit: tinyurl.com/sdplan



Contact Us!

220 Washington Ave, Oshkosh 211 N. Commercial St, Neenah Email: adrc@winnebagocountywi.gov Monday - Thursday - 8am-4:30pm Fridays - 8am-12pm (after hour appts available upon request) Like us on Facebook! Phone: 877-886-2372

www.co.winnebago.wi.us/adrc