



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

## National Family Caregivers Month



November is National Family Caregiver Month! The Wisconsin Family & Caregiver Support Alliance has developed a caregiver toolkit that we would like to share with you. Each week has a focus area and offers information about caregiver education, resources, and opportunities to connect. Click on the blue links to see each week's toolkit. If you are receiving this newsletter via mail, please let us know if you would like the material sent to you in a different format.

### *Week 1: November 1st - 5th*

Acknowledgement of National Family Caregiver Month and Helping Caregivers Self-Identify. The material and content offered in this week is to help family caregivers answer the question, "Am I a caregiver?"

### *Week 2: November 6th - 12th*

Caregiver Self-Care: "Self-care is not all salt baths and chocolate — it is also creating a life you don't feel the need to escape from." This week's content provides education on how to set boundaries, ask for help, and incorporate self-care as part of a daily routine. Also included in this week's content is information from Nevada Lifespan Respite Care Coalition, which offers 12 short videos and written excerpts of what self-care is and why it's essential, especially for family caregivers.

### *Week 3: November 13th - 19th*

Funding Resources: This week's content offers Wisconsin (and some national) funding resources specific to family caregivers. Funding options range from grants for respite care to support for persons caring for someone with dementia to support for grandparents or other relatives stepping in as the primary caregivers for grandchildren or other relative children.

### *Week 4: November 20th - 26th*

Virtual Supports: From podcasts to radio shows to virtual support groups, oh my! Find all the most convenient ways to get and offer support as a family caregiver. You can also create a Trualta account, FREE for Wisconsin family caregivers!

### *Week 5: November 27th - 30th*

Advocacy & Training: Want to learn how to contact your local leaders about issues important to you? Want practical training that fits into your schedule? Learn about family caregiver issues and Wisconsin's current state of affairs, and get family caregiver training that fits into your schedule.

# 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>

## WHITE CHICKEN CHILI



- 1 tbsp. neutral oil
- 1 medium yellow onion, chopped
- 1 jalapeño, seeded, finely chopped
- 2 cloves garlic, finely chopped
- 1 tsp. dried oregano
- 1 tsp. ground cumin
- 3 boneless, skinless chicken breasts, cut into thirds
- 5 c. low-sodium chicken broth
- 2 (4.5-oz.) cans green chiles
- Kosher salt
- Freshly ground black pepper
- 2 (15-oz.) cans white beans, drained, rinsed
- 1 1/2 c. frozen corn
- 1/2 c. sour cream
- 1 avocado, thinly sliced, for serving
- 1/4 c. chopped fresh cilantro, for serving
- 1/4 c. crushed tortilla chips, for serving
- 1/4 c. shredded Monterey Jack, for serving

- 1) In a large pot over medium heat, heat oil. Add onion and jalapeño and cook, stirring, until softened, about 8 minutes. Add garlic, oregano, and cumin and cook, stirring, until fragrant, about 1 minute. Add chicken, broth, and chiles; season with salt and pepper. Bring to a boil, then reduce heat and simmer, uncovered, until chicken is tender and cooked through, 10 to 12 minutes. Transfer chicken to a plate and shred with 2 forks.
- 2) Add beans to pot and bring to a simmer. Cook, smashing about one-quarter of beans with a wooden spoon, until slightly thickened, about 10 minutes. Add corn and shredded chicken and cook, stirring, until heated through, about 1 minute more. Remove from heat and stir in sour cream.
- 3) Ladle chili into bowls. Top with avocado, cilantro, chips, and cheese.

Credit: [www.delish.com](http://www.delish.com)



# NOVEMBER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Lunch Bunch TBD Oshkosh 11:00am	4
5 Daylight Savings 	6 Memory Care Respite Neenah 1:30-3:30pm  Winnebago County Human Service Board Meeting 3pm	7 FOOD+ DIVERSITY+ COMMUNITY * 11am Downtown Oshkosh YMCA	8 FVMP Memory Cafe Oshkosh Library 1:30pm	9 Virtual Dementia Tour Parkview Health Care Center 9am-12pm Registration required	10 Menasha Committee on Aging 1pm	11 Oshkosh Farmer's Market 9am-12:30pm Oshkosh Arena  Veterans Day 
12	13 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	14 SPARK! Bergstrom Mahler Museum 10:30am	15 Craft Fair * 11am-2pm State St Center  FVMP Memory Cafe Menasha 1:30pm	16 Neenah Committee on Aging 9am	17	18 Oshkosh Farmer's Market 9am-12:30pm Oshkosh Convention Center
19	20 FVMP Memory Cafe Neenah Library 1:30-3pm	21 Memory Screenings Menasha Senior Center 8:30-10am* New date/time  Specialized Transportation Meeting 1:30pm	22	23 ADRC office closed 	24 ADRC office closed	25
26	27 FVMP Memory Cafe Oshkosh 20th YMCA 1:30pm	28 Memory Care Respite Oshkosh 1:30-3:30pm	29 SPARK! The Paine Art Center 1pm	30 Home Safety Event & Purple Tube Workshop * 2:30pm-4pm Neuroscience Group		

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

# CONNECTING COMMUNITY THROUGH FOOD



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. Join us to make Chinese dumplings, and a fried rice, and tomato and egg dish. These delicious dishes can be made from items commonly found in your fridges and pantries.

**DIVERSITY + FOOD + COMMUNITY**  
**TUESDAY, NOVEMBER 7**  
 Downtown Y • Teaching Kitchen • 11 a.m. - Noon

**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, November 6 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



Many of our staff enjoy being in the community spreading the word about the ADRC. In the above photo there several of our staff at the Senior Expo in Oshkosh. Below several of our staff are volunteering doing fall clean up in the community.



Each year, Medicare beneficiaries have the opportunity to make changes to Medicare Part C (advantage plans) or Part D (prescription) plans, during the annual open enrollment period. The Benefit Specialists at the ADRC of Winnebago County highly recommend ALL Part C & Part D beneficiaries review their plan during the open enrollment period to ensure maximum coverage and savings for the upcoming year. Good resources for help are calling your local health insurance agent, Partnership Community Health Center - Health Insurance Enrollment Center (920-882-6420), or one of the these



## Medicare Open Enrollment: Ends December 7th

### Additional UNBIASED Medicare Resources:

- Medicare: 1-800-633-4227
- Medigap Helpline: 1-800-242-1060
- WI Prescription Drug Helpline: 1-855-677-2783
- Disability Drug Helpline: 1-800-926-4862 (Disability not required to receive assistance)



### Report Medicare Fraud

- Senior Medicare Patrol - 1-888-818-2611 or [www.smpwi.org](http://www.smpwi.org)

FATHER CARR'S THANKSGIVING DAY DINNER PROGRAM  
 THURSDAY NOVEMBER 23<sup>RD</sup>

THANKSGIVING DAY DINNER DELIVERY 10:30 - NOON  
ACCEPTING ORDERS NOW - CALL 920.231.2378

SAINT MOTHER TERESA CENTER DINE-IN NOON - 1:30  
NO RESERVATIONS NECESSARY



## 25 Years of ADRCs!



WI is celebrating 25 years of ADRCs! There were 9 pilot ADRC counties in Wisconsin starting in 1998. There is now an ADRC in every county in WI and 11 federally recognized Tribal ADRCs. The ADRC of Winnebago County opened in 2010. There are hundreds of thousands of calls/customer contacts across the state each year. [Click here](#) read more about this 25th anniversary and future WI goals for ADRCs.



# Ask the ADRC....

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

Dear ADRC,

I am an only child and have no help with my Mom who has cancer. I am over at her house twice a day helping her with cooking, cleaning, showers, etc.. I'm not sure can keep this up for much longer. I have never thought of myself as a caregiver, but I think that's what I am? What options does she have? What options do I have?

Signed,

*Isolated and Burnt Out*

This question will be answered by an ADRC Specialist



Dear Isolated and Burnt Out,

You are not alone! We get calls like this every day. First off, you are doing awesome. Caregiving is difficult. I'm sure she is so thankful for your help. However, our guess is that she wants you to make sure you are taking care of yourself too! Here are some ideas:

- Are there friends of the family, neighbors, church friends, etc... who may want to pick up a task or two to help out?
- Reviewing options for home care to help Mom in the home
  - Help could be for tasks like: bathing, dressing, toileting, meal prep, grocery shopping, medication reminders, laundry, cleaning, etc...
  - There are home care agencies that can perform these kinds of tasks. These costs can vary upon agencies, but an estimate would be about \$30/hour. Many agencies have hour minimums.
  - Explore caregiving respite programs with the ADRC, which could provide help for both you and Mom. The National Family Caregiver Support Program (NFCSP) and the Alzheimer's Family Caregiver Support Program (AFCSP - for people who have cognitive impairments) are two programs that may be an option.
  - Look into private caregivers through websites like [Care.com](https://www.care.com) or [Respite Care Association of WI](https://www.respitecare.org)
  - Home care can be expensive, and many people cannot afford it. It is a good idea to call the ADRC and speak with an ADRC Specialist about the situation as there may be some Medicaid programs (IRIS - Include Respect, I Self-Direct, Family Care, and Partnership) that she can be assessed for to help subsidize the costs.
- There are a number of caregiver support groups (online and in person) that you may find helpful. You may also consider individual counseling. Feel free to call us and we can provide you these resources.

Signed,

*ADRC of Winnebago County*



# HEALTHY LIVING WITH DIABETES

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



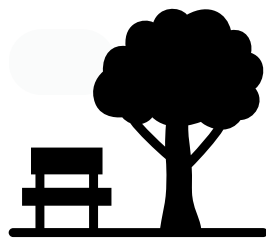
Compliments existing treatments.  
Improves blood sugar levels and A1C.  
Fewer doctor and ER visits.

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



Human Services Board Chairman Larry Lautenschlager, former County Executive Mark Harris, and ADRC Director Beth Roberts recently spoke at an acknowledgement for Mike Norton. Mike was a previous ADRC Board Member who passed away earlier this year. There is a bench and tree now in County Park in honor of him. Thank you Mike for your many years of service to our community!



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.

# HELP

## Homelessness, Evictions, & Loss Prevention

\*Are you struggling with unstable housing? Struggling to keep up on rent/mortgage payments?

\*Is your housing instability leading to a possible eviction/foreclosure?

\*Have you received a Notice to Vacate by your landlord and are having difficulty finding a new place?

\*Do you need assistance getting connected with local community resources?

*If your answer is **yes** to any of these, please reach out as soon as possible to allow HELP time to brainstorm ways to better assist with your housing needs*

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**Winnebago County Human Services**  
**220 Washington Ave P.O. Box 2187**  
**Oshkosh, WI 54903**

Monday-Friday FROM 8 AM - 4:30 PM

Walk-In's Welcome

**\*Appointment preferred**

**[HELPProgram@winnebagocountywi.gov](mailto:HELPProgram@winnebagocountywi.gov)**

HELP On Call Phone  
920-509-7629

Winnebago



County

# VETERAN'S DAY: NOVEMBER 11TH

Thank you to all our Veterans and their families!

Below are a list of events happening on November 11th in Winnebago County....



**11/11 NEENAH/MENASHA**  
AL Post 33 Ceremony @ 10:30 am  
VFW Post 2126 Ceremony @ 11:00am  
Dinner for both @ 6:00 pm

**11/11 OSHKOSH AMERICAN LEGION POST 70**  
Ceremony @ 10:45 am  
Dinner @ 6:00 pm

**11/11 WINNECONNE AMERICAN LEGION POST 364**  
Breakfast for Veterans @ 7:00am

**11/11 OMRO AMERICAN LEGION POST 234**  
10:45 am Ceremony @ Veterans Memorial

### Oshkosh

American Legion Post 70 invites you and your family to join them for Veterans Day. 1332 Spruce Street, Oshkosh, WI 54901  
Ceremony @ 10:45am  
Dinner @ 6:00pm  
Cost for Dinner is \$20. RSVP by 11/02/23 to Francis Mathe (920)410-2015

### Winneconne

American Legion Post 364 invites all veterans to join them for breakfast! 536 W. Main Street, Winneconne, WI 54986  
Free Breakfast starts @ 7:00am  
Sausage and Pancakes will be on the menu!

### Omro

American Legion Post 234 invites you and your family to join them for their Veterans Day Ceremony. Ceremony to be hosted at Omro Veterans Memorial  
Start time will be roughly at 11:15am

### Neenah/Menasha

VFW Post 2126 invites you and your family to join them for Veterans Day. Ceremony @ 11:00am held at 440 1st Street, Menasha, WI 54952 (Lower Level of the Library)  
American Legion Post 33 invites you and your family to join them for Veterans Day. Ceremony @ 10:30am held at Shattuck Park  
Dinner will be hosted at Stone Toad Bar and Grill @ 6:00 pm  
Tickets can be purchased at American Legion Post 33, American Legion Post 152, or VFW Post 2126  
Cost is \$30 and will need to be purchased by 10/25/2023

## 2024 RESOURCE DIRECTORY

Our 2024 Resource Directories are here! This free booklet is filled with Winnebago County specific information. Our staff verify every phone number, address, etc... to provide you the most accurate information. If you would like a directory, feel free to give us a call or stop by either of our locations (Neenah or Oshkosh). An online directory is also available:

<https://www.co.winnebago.wi.us/adrc/resource-manual>



### Don't Be Safety Blinded...Be Safety Minded

Home Safety Event & Purple Tube Workshop for Dementia Caregivers

You are invited to attend this free safety workshop sponsored by the Dementia Awareness Work Group

- Learn ideas and techniques as to how you can keep both you and your loved ones living with memory loss safe at home
- Have the opportunity to enroll in the Purple Tube Initiative and Project Safe Response

**Guest Speaker: Sgt. Carrie Peters—Appleton Police Department**

**Date: Thursday November 30, 2023**

**Time: 2:30–4:00 pm**

**Location: Neuroscience Group, 1305 W. American Drive, Neenah, WI 54956**

RSVP Today to secure your spot and take the first step in creating a safer living environment for your loved ones.

To register or for questions, please contact Julie Schwamb Feil, LCSW at 920-725-9373 X6850



The Purple Tube project was implemented to provide first responders and emergency personnel with important information about the medical and behavioral needs of individuals living with Alzheimer's disease and dementia. The tube is placed in the home, providing easy and quick access to specific information about the individual on how to best care for their needs in the event of an emergency.

## STATE ST CENTER CRAFT FAIR

November 15th

11am-2pm

206 State St, Oshkosh

The center's mission is to provide holistic support services for any adult that is working to manage their mental health or substance use disorder. Members will be selling homemade crafts and gifts. Start your shopping now!





Visit <https://wchd.pub/dementiaawareness>  
or call 920-225-1711 for more information



Made possible by The Dementia Awareness Fund  
at the Oshkosh Area Community Foundation

We are launching a Dementia Awareness Campaign starting this month to bring more awareness to the many programs and supports that we have in Winnebago County that can reduce the stigma of dementia and help connect people to the information and support that they need to live their best life while on the journey with memory loss and dementia.

Memory screening is provided at the Oshkosh and Menasha Senior Centers each month.

The date and time of the memory screening in Menasha has changed.

**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 Tuesday of the month\*

8:30am - 10:00am\*

Call to set up your appointment

(920) 967-3530

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

## Menasha

**Menasha Public Library, 440 1st St., Menasha - Wednesday, November 15th -1:30pm-3pm.**

Come meet Menasha Police Department's Lt. Nelson and K9 Cami. Lt. Nelson and K9 Cami will provide a demonstration and answer questions about their partnership. K9 Cami is excited to meet everyone!!

## Neenah

**Neenah Public Library, 240 E. Wisconsin Avenue, Neenah- Monday, November 20th -1:30pm-3pm**

Shari Sarazin, harpist, will entertain us with her musical talents.

## Oshkosh

**Oshkosh Public Library, 106 Washington Avenue, Oshkosh - Wednesday, November 8th -1:30pm-3pm**

Step into Oshkosh's Rich Tapestry with Local Historian Randy Domer as he shares highlights of Oshkosh's history including The Mighty Oaks, Carl Laemmle, The Day the Singing Cowboy Rode Into Town, and The Mob – Just Passing Through.

**Oshkosh YMCA, 3303 W 20th Avenue, Oshkosh - Monday, November 27th - 1:30pm -3pm**

We invite you to be a part of our Thanksgiving Celebration, where love, gratitude, and shared memories abound. Together we'll share stories of cherished Thanksgiving memories from our past, reminisce about family gatherings, favorite recipes, and heartwarming traditions. Enjoy community and connection as we give thanks for the blessings that fill our lives.

## BEAMING INC.

**BEAMING Barn, 2692 County Road GG, Neenah - Monday, November 13th - 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)

