



December 2022

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



**WISCONSIN**  
**Help for Homeowners**

Wisconsin Help for Homeowners (WHH) is a statewide program that can help with overdue bills like mortgage payments, property taxes, and utilities. The program is open to individuals and families who live in Wisconsin with overdue housing-related bills, both with and without a mortgage, who meet income and other eligibility requirements, and have experienced a qualified economic hardship since January 21, 2020. All information regarding the WHH program can be found online at [www.homeownerhelp.wi.org](https://doa.wi.gov/Pages/LocalGovtsGrants/Homeowner-Assistance.aspx). This program does not require that the applicant(s) had to have been diagnosed with COVID. The application deadline is now December 30th. To learn more and apply, you can visit <https://doa.wi.gov/Pages/LocalGovtsGrants/Homeowner-Assistance.aspx>. Please call Advocap at 920-922-7760 if you have additional questions.

### Who can Apply for WHH?

- If you are a Wisconsin homeowner living in a:
  - Single-family home
  - Duplex
  - Condo
  - Factory-built home
- You have been negatively financially impacted since January 21, 2020
- Your household income is less than or equal to \$90,000 (1-4 people)

### What can WHH help with?

- Utility and home energy payments
- Mortgage payments
- Other household bills.

Application Deadline Extended to 12/30/22!

Up to \$40,000 per household may be available to help with overdue housing bills.



Utility and Home Energy Payments



Help with Mortgage Payments and  
Other Household Bills





Services to help you stay in your  
home



# DECEMBER EVENTS



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> Oshkosh Tree Lighting 6pm  Oshkosh Holiday Parade 6:15pm	<b>2</b> FVMP Lunch Bunch Olive Garden - Oshkosh 11am  A Very Neenah Christmas 6pm-8pm	<b>3</b> Holiday Celebration Future Omro 8am-6pm Omro City Hall  Omro Holiday Parade and Tree Lighting 5pm
<b>4</b> Pickett Tree Lighting 4-6pm	<b>5</b> Memory Care Respite Neenah 1:30-3:30pm  Winnebago County Human Services Board Meeting 3pm	<b>6</b> Oshkosh Committee on Aging 8am  FOOD + DIVERSITY + COMMUNITY * Oshkosh Downtown YMCA 11am-12:30pm	<b>7</b> Medicare Open Enrollment Period Ends	<b>8</b> Virtual ADRC Caregiver Support Group 3:30pm	<b>9</b> Menasha Committee on Aging 1pm  FVMP Holiday Memory Cafe Kimberly Public Library 1:30pm	<b>10</b> Oshkosh Farmer's Market Oshkosh Arena 9am-12:30pm  Winneconne Holiday Parade 4:30pm
<b>11</b>	<b>12</b> SPARK! The Trout Museum of Art 1pm  Memory Care Respite Neenah 1:30-3:30pm  ADRC Committee Meeting 3pm	<b>13</b> SPARK! Bergstrom Mahler Museum 10:30am  Welcome to Medicare Training * ADRC - 211 N. Commercial St, Neenah 2pm	<b>14</b> FVMP Memory Cafe Oshkosh Library 1:30pm	<b>15</b> Neenah Committee on Aging 9am  Memory Screenings Oshkosh Senior Center 10:30am-12pm  Caregiver Support Group Community Church 3:30pm  Marketplace - enroll by today to get January 1st coverage	<b>16</b>	<b>17</b> Oshkosh Farmer's Market Oshkosh Convention Center 9am-12:30pm
<b>18</b>	<b>19</b> FVMP Memory Cafe Neenah Library 1:30pm  FVMP Memory Cafe Oshkosh 20th YMCA 1:30pm	<b>20</b>	<b>21</b> Memory Screenings Menasha Senior Center 10am-12pm	<b>22</b>	<b>23</b> ADRC Closed	<b>24</b>
<b>25</b> Christmas Day 	<b>26</b> ADRC Closed	<b>27</b> Memory Care Respite Oshkosh 1:30pm	<b>28</b> SPARK! The Paine Art Center 1pm	<b>29</b>	<b>30</b> ADRC Closed	<b>31</b> 

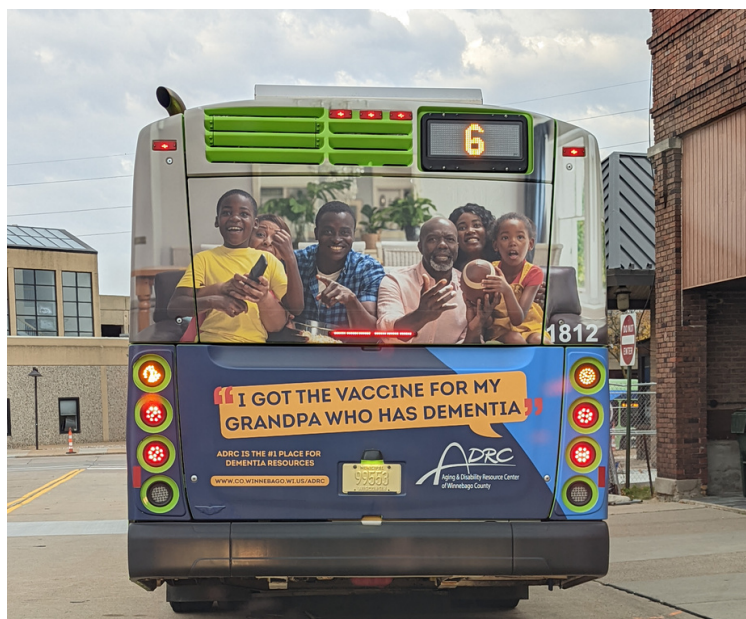
\*An asterisk indicates there is more to read about this event in this newsletter.

# 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@winnebagocountywi.gov
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
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
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

## BEEP BEEP!

The Wisconsin Department of Health Services (DHS) awarded \$17.9 million in grants to 149 organizations to promote health equity in COVID-19 vaccinations in Wisconsin. This includes community-based organizations, local and tribal health departments, school districts, and health systems. Our ADRC used this money to promote COVID vaccines for the vulnerable populations we work with every day. You may have seen our bus wraps on the backs and sides of city buses around the city of Oshkosh.



The ADRC is open on Friday afternoons again! Our offices in both locations are now returning to Monday - Friday (8am-4:30pm). As always, after hour appointments can be accommodated as needed.



Staff  
Updates!

## Hannah Ullwelling

Hannah is our newest ADRC Specialist.

Hannah has her Bachelor's of Science in Human Services from the University of Wisconsin Oshkosh.

She has worked for 8 years with youth in the Children's Long-Term Support Waiver program in various counties.

She is most excited about working with a new population and learning about resources in our community that work directly with adults.

Outside of work she loves cooking, baking, spending time with her husband, son, and dog, and going up north during the summer. Welcome, Hannah!

We wanted to shout out our Medicaid Assistant, Colyn Falk and Elder Benefit Specialist, Lisa Madell. They have recently resigned to pursue other adventures. Best wishes to both of you as you start a new chapter! You will be missed!

## Sam Buelter



Sam Buelter is a new Administrative Associate in the ADRC. She has her Bachelor's Degree in Psychology from the University of Wisconsin Oshkosh.

She is originally from Menomonee Falls but moved to Oshkosh to attend college and then met her husband while working together at Fleet Farm.

She most recently worked at the Wisconsin Institute of Urology for the past 5.5 years. Prior to this, she had worked at a medication-assisted treatment facility serving clients with opiate addictions. Sam is excited to learn more about our community and the resources available to our residents.

Outside of work, she enjoys spending time with her family, reading, and taking care of her ever-growing houseplant collection. She has been married 5 years now and has two beautiful children, 2 dogs, and 2 cats.

## Amanda Runge



Amanda is our newest Elder Benefit Specialist.

She has a Bachelor's of Business Administration Degree in Finance from the University of Wisconsin Oshkosh and has over 15 years of experience working in the financial industry with both corporate and individual clients. Amanda also has volunteered with the Outagamie County Legal Guardian program and has always had a passion for working with the elderly.

In her new role, she is most excited to help empower, support and advocate for older adults in her community.

Amanda is married and has four adult children; two sons and two step-daughters, as well as a dog and two cats. Outside of work, Amanda enjoys exploring nature and attending local events with her husband and sometimes her pup, as well as spending time with friends, family and her fur-babies. Welcome, Amanda!

Welcome, Sam!



# Decades Dinner

AARP sponsored Winnebago County's first annual "Decades Dinner". On November 15th, a group of 14 adults gathered at Beckett's in Oshkosh. The theme of the night was "Disrupt Aging". We had individuals in their 20s, 30s, 40s, 50s, 70s, 80s, and 90s who all shared dinner together. We had people from all walks of life who brought many different perspectives to the table. The goal of this conversation was to learn more about the challenges that our community faces while aging and brainstorm solutions.



# 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

[www.cityofmenasha-wi.gov/departments/senior\\_center/the\\_senior\\_chatter\\_monthly\\_newsletter.php](http://www.cityofmenasha-wi.gov/departments/senior_center/the_senior_chatter_monthly_newsletter.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 Area Community Center**

#920-685-0380 x 21

[www.omrocommunity.org/activites.html](http://www.omrocommunity.org/activites.html)

# Quick and Easy Hot Chocolate

- 1 generous tablespoon granulated sugar
- 1 generous tablespoon cocoa powder
- 1 cup 2% milk
- 1/4 teaspoon vanilla
- Marshmallows or whipped cream for topping (optional)



1) Heat all the ingredients in a small pan over medium-low heat while whisking.

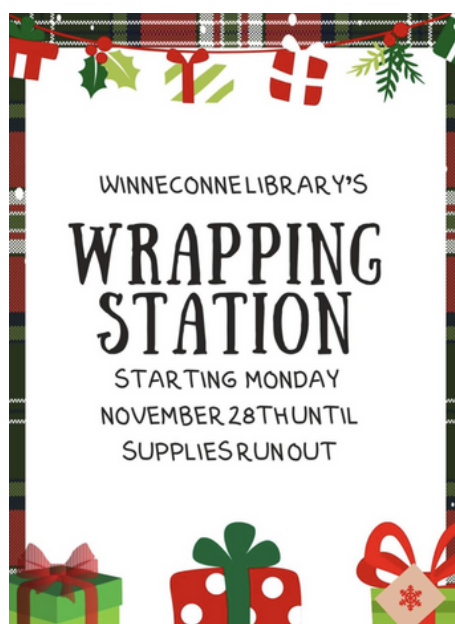
2) Whisk continuously until the sugar and cocoa powder have dissolved into the milk, and the cocoa is heated, about 3-4 minutes.

[www.girlgonegourmet.com](http://www.girlgonegourmet.com)

## Message from the Neenah Public Library...



We know it can be hard to find time, and privacy, at home to wrap presents. Sneak away to the library's second floor reference desk and use the free Wrapping Cart this holiday season. No library card required.



... Message from  
the  
Winneconne  
Public Library

## CHRISTMAS DAY MEAL PROGRAM

- DELIVERY 10:30 – NOON
  - Accepting Orders Now
- DINE-IN NOON- 1:30PM
  - No Reservations Required

FATHER CARR'S PLACE 2B  
DECEMBER 25TH, 2022  
920.231.2378



Winnebago County  
Holiday Meals

Oshkosh Salvation Army  
417 Algoma Blvd, Oshkosh  
December 23rd  
11am-1pm  
Dine in Only  
No reservation required



Happy Holidays from the staff at the APRC!



# Marketplace Health Insurance – Open Enrollment

Open Enrollment ends on January 15th, 2023. Individuals need to be enrolled by December 15th, 2022 for coverage that starts January 1st, 2023. You can go to [HealthCare.gov](https://www.healthcare.gov) 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/](https://www.partnershipchc.org/our-services/health-insurance-enrollment/)



FREE  
FOOD + FUN

## 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. 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 Ecuador and one of their delicious dishes – Humitas! In Ecuador, humitas are very popular in the Sierra or Highland region and are typically eaten for breakfast or with the afternoon coffee.

**DIVERSITY + FOOD + COMMUNITY**

**TUESDAY, DECEMBER 6**

Downtown Y • Teaching Kitchen • 11 a.m.-12:30 p.m.

**FREE AND OPEN TO ALL!** Stop in anytime to sample a home-cooked dish from a different country.

*Pre-registration is required.* Sign up by Monday, December 5 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.

IN PARTNERSHIP WITH:



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

## Reminder:

Medicare open enrollment  
ends December 7th!



## Welcome to Medicare Presentations

Our Benefit Specialists will be doing a few upcoming "Welcome to Medicare" presentations. This is an introductory presentation for anyone becoming eligible for Medicare to familiarize themselves with the various parts of Medicare and understand the options available. The presentations average about 1.5 hours long.

Upcoming presentations:

Neenah: December 13th @ 2pm

Oshkosh: January 10th @ 2pm

Oshkosh:

220 Washington Ave, Oshkosh

Neenah:

211 N. Commercial St, Neenah

Please RSVP to the ADRC

How does the  
gingerbread  
man make  
his bed?

He starts  
with a  
cookie  
sheet.



# FALLS RISK ASSESSMENT

## FALLS DON'T HAVE TO HAPPEN

Falls are common but preventable. Let our trained staff provide a free, in home visit to conduct a falls risk assessment.

### What is included in a falls risk assessment?

A public health registered nurse visits your home to:

- Discuss your health history (past falls, blood pressure, medication, vision)
- Assess physical home conditions (rugs, grab bars)
- Provide education (tips, resources, and available classes)
- Connection to community resources
- Telephone check-in one month after your visit

### How can you benefit from a falls risk assessment?

- Explore ways to build strength and balance
- Review potential risks in your home to decrease the chance of falling
- Provide tips for improving the safety of your environment and lifestyle
- Develop a plan for staying healthy and active



Did you know there is a fall prevention coalition in your community? **"Finding Balance Together"** is a coalition made up of several community members and healthcare professionals who are worried about the high fall rates in our community and state. Their goals are to work together to reduce falls by raising awareness of fall prevention to reduce fall related injuries.

Some participating agencies are Thedacare, Winnebago County Public Health Dept, ADRC of Winnebago County, Rebuilding Together, local fire departments, Coyle Case Management, and several other organizations. Below are a few statistics from their website:

[www.findingbalancetogether.org](http://www.findingbalancetogether.org)

A progressive loss of muscle mass occurs starting **at age 40** and loss can continue to increase each decade.

**3 out of 4 adults** who are hospitalized after a fall either die or require long term care.

The **top 5 causes of falls** in the Fox Valley include: tripping/stumbling, falling from a chair, falling down steps, falling from a height (off of a roof/object), and falling off of ladders.



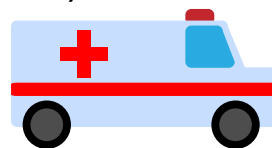
**Public Health**  
Prevent. Promote. Protect.  
Winnebago County  
Health Department

For more information or to schedule your visit, please contact the Winnebago County Health Department:  
Phone: 920-232-3000 | Email: [health@winnebagoountywi.gov](mailto:health@winnebagoountywi.gov)

## Falls Application Referral Project

The Falls Application Referral Project was designed to connect individuals who have fallen with services that can improve their health, environment, and overall well-being in an effort to prevent further falls. The referrals are usually generated by the local fire department when an individual who has fallen gives permission for their contact/personal information be sent to the ADRC of Winnebago County. The ADRC receives the information and contacts the individual to discuss any unmet needs they have and connects them with resources/services to decrease their likelihood of falling again. The ADRC staff member may discuss potential services/resources such as: walkers, lift chairs, home care, medical equipment, home delivered meals, referrals to Public Health nurse for a home assessment, personal emergency response systems or fall prevention classes. The goal of these conversations is to increase the independence and safety of the individual in their home so that they can remain there as long as possible.

If you are interested in fall prevention resources, give us a call!





# Successful Holidays & Dementia:

## *Tips for Caregivers and Loved Ones*

**WHILE HOLIDAYS ARE A JOYOUS TIME FOR MANY FAMILIES, THEY CAN BE CHALLENGING FOR FAMILIES AFFECTED BY ALZHEIMER'S.**

Holidays can be a stressful and overwhelming, but there are ways to include persons living with dementia in activities with some planning and preparation.

### **PREPARE THE PERSON WITH ALZHEIMER'S DISEASE FOR THE GATHERING:**

- Talk about and show photos of family members and friends who will be visiting.
- Have a "quiet" room in case things get too hectic.
- Play familiar music and serve favorite meals.
- Schedule naps/rest periods.
- Schedule family and friend visit times and/or in smaller numbers.
- Consider having multiple holiday meals with smaller groups of people instead of larger gatherings where it can be challenging for those with dementia.

### **INVOLVE EVERYONE WHEN SELECTING ACTIVITIES:**

- Consider taking walks, icing cookies, telling stories, doing chores, making a memory book or family tree, or keeping a journal.
- To encourage conversation place magazines, scrapbooks, or photo albums in reach; play music to prompt dancing or movement and upbeat moods.

**Visit [alz.org](http://alz.org) for more information.**

### **CREATING A SAFE ENVIRONMENT IN THE HOME**

- Keep decorations simple. Avoid "real" candles, artificial fruit/vegetables, or other edibles as decorations.
- Limit access to places where injury can occur such as the kitchen or stairwells.
- Supervise in taking necessary medications.
- Keep emergency numbers and lists of medications on hand.
- Limit the availability of alcohol.
- Consider seating options so the person with Alzheimer's can best focus on conversation and be least distracted.
- Assign a "buddy" to watch out for the person to ensure their comfort.

### **COMMUNICATION TIPS FOR FAMILY AND FRIENDS:**

*We can make everyone comfortable at family gatherings with a few simple strategies.*

- Address the person by name and identify who you are by name.
- Be patient and supportive.
- Be a good listener.
- Maintain eye contact while having a conversation.
- When struggling to find words, encourage him or her to communicate non-verbally.
- Focus on their feelings.
- Limit the distractions.
- Allow time for their responses.
- Use short and simple phrases.
- Don't argue. Arguing can make things worse and could cause a behavior outburst.
- Share with friends and family a simple tip to avoid common phrases like, "Don't you remember?"



**alzheimer's  association®**

**THE BRAINS BEHIND SAVING YOURS®**



## December 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 - **Cancelled this month.**

### Neenah

Neenah Public Library, 240 E Wisconsin Avenue, Oshkosh - Monday, December 19 - 1:30pm-3pm  
It's a holiday party! Join our fun filled Memory Cafe for holiday-themed music, crafts and games!

### Oshkosh

Oshkosh Public Library, 106 Washington Avenue, Oshkosh - Wednesday, December 14 -1:30pm-3pm  
The Oshkosh Madrigals will be performing Christmas carols and other vocal melodies to celebrate the holidays! For this memory cafe we will be meeting 'Under the Dome' on the 3rd floor of the library. Coffee and cookies will be served.

Oshkosh YMCA, 3303 W 20th Avenue, Oshkosh - Monday, December 19 - 1:30pm -3pm  
Happy Holidays! Join us for cookie decorating, share your favorite holiday traditions, and sing along to the Christmas classics. Let's eat, drink and be merry! **(One week earlier due to the holidays)**

### **Holiday Memory Cafe - Kimberly Public Library**

**515 W Kimberly Avenue, Kimberly**

**Friday, December 9 - 1:30-3:00pm**

Our special holiday Memory Cafe will be having NewVoices choir perform!  
We will also get crafty by making our own snow globes.



## 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)