



December 2023

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



HOLIDAY Meals and Assistance

Father Carr's Place 2 Be

Christmas Day Meal Program on December 25th
Delivery 10:30am-Noon (accepting orders now)
Dine-In Noon-2 pm (no reservation required)
1062 N Koeller St, Oshkosh, WI
920-231-2378

Salvation Army

- Christmas Meal on December 22nd
Dine-In only 11am-1pm
417 Algoma Blvd, Oshkosh, WI 54901
920-232-7660

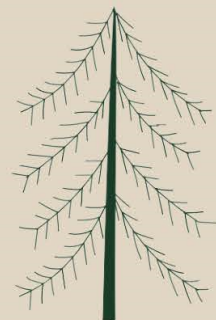
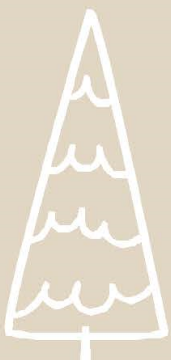
BABES Inc. Child Abuse Prevention Program

Choose from a selection of new toys (three toys per child ages birth to 13 years)
More details on Facebook Events

<https://facebook.com/events/s/holiday-general-giveaway-2023/390999543252407/>

Sign-up deadline is Tuesday, December 5th at 12pm

- Pre-register <https://www.signupgenius.com/go/70AoA44ADAB2EABFF2-46105131-general>
1331 E Wisconsin Ave, Appleton, WI
920-733-6886



Calendar Contact Information

FVMP Memory Cafe's Lunch Bunch	Fox Valley Memory Project (FVMP) (920) 225-1711 info@foxvalleymemoryproject.org
Memory Screens at the Senior Centers Virtual Dementia Tour	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
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 I Team Meeting	ADRC@winnebagocountywi.gov
Neenah Committee on Aging	ckasimor@ci.neenah.wi.us
Menasha Committee on Aging	khutter@ci.menasha.wi.us

- 15 sugar cookies hard, not soft (homemade or store bought)
- 3 ounces cream cheese, room temperature, cut into cubes
- 1 teaspoon vanilla
- 2 cups candy melts (any color!)
- sprinkles, for finishing (optional)



Sugar Cookie Truffles

1. Line a baking sheet with parchment and set aside.
2. Place the cookies in the bowl of a food processor and pulse until they turn into fine crumbs. Add in the cream cheese and vanilla, process again until well combined and mixture can be pressed together without crumbling.
3. Using a small cookie scoop, form dough into 1-inch balls; place on the baking sheet.
4. Transfer the baking sheet to the freezer for about 20 minutes, or until firm.
5. Melt the chocolate candy melts according to package directions, until melted and smooth.
6. Using a fork, dunk the truffle balls, one at a time, into the chocolate and coat fully. Tap the fork on the side of the bowl to let any excess chocolate drip off, then place back onto the lined baking sheet. (Use a toothpick to help slide the ball off onto the sheet, if necessary.)
7. Add sprinkles (if using) immediately after dipping each ball.
8. Place in the refrigerator to set. Then remove from fridge at least 30 minutes before serving





DECEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 FVMP Holiday Memory Cafe 1:30pm Kimberly Public Library *	2
3	4 Memory Care Respite Neenah 1:30-3:30pm* Winnebago County Human Service Board Meeting 3pm	5 FOOD+ DIVERSITY+ COMMUNITY* 11am Downtown Oshkosh YMCA	6	7 Virtual Dementia Tour Parkview Health Care Center 9am-12pm Registration required Medicare Open Enrollment Ends 	8 Menasha Committee on Aging 1pm	9 Oshkosh Farmer's Market 9am-12:30pm Oshkosh Arena
10	11 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	14 YMCA Holiday Party Noon - 1:30pm*	15	16
17	18 FVMP Memory Cafe Neenah Library 1:30-3pm FVMP Memory Cafe Oshkosh 20th YMCA 1:30pm	19 Memory Screenings Menasha Senior Center 8:30-10am YMCA Cookies and Carols 11:15am-12:15pm*	20	21 Neenah Committee on Aging 9am	22	23
24	25 ADRC office closed 	26 ADRC office closed Memory Care Respite Oshkosh 1:30-3:30pm	27 SPARK! The Paine Art Center 'Nutcracker in the Castle' 1pm	28	29	30 Oshkosh Farmer's Market 9am-12:30pm Oshkosh Convention Center
31 ADRC office closed 						

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



FREE
FOOD + FUN

CONNECTING COMMUNITY THROUGH FOOD



Food often reflects our cultures and ethnicities. 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 a chef from Wagner Market to make pork Tamales! A tamale, also known as a tamal, is a traditional Spanish/Mexican dish made of masa and steamed in a corn husk. Stuffed with tender pork, this recipe and dish is sure to delight!

DIVERSITY + FOOD + COMMUNITY
TUESDAY, DECEMBER 5 & THE FIRST TUESDAY OF EVERY MONTH!
Downtown Y • Teaching Kitchen • 11:00-11:45 a.m.

FREE AND OPEN TO ALL! Stop in any time to sample a delicious dish from a different country.

Pre-registration is required. Sign up by Monday, December 4 at the Front Desk of either location or by calling 920-236-3380.

IN PARTNERSHIP WITH:



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



Thank you to Lindsay Yang Roake for teaching us about some traditional Chinese from the Northeast WI Chinese Association (NEWCA). The mission of the NEWCA is to support the local Chinese-American population and the people who are friends of Chinese Americans who live in Northeast WI. NEWCA encourages “cultural exchange, building mutual trust and respect in our community”. To read more about them, visit:

www.newca.org



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

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



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,

My Mother has Alzheimer's disease and has not seen many people in her family over the past year and I am worried about the Holidays. We have a large family and usually have a big gathering on Christmas. I am not sure how to handle this now with her disease getting worse.

Signed,

Confused and Worried

This question will be answered by our Dementia Care Specialist

Dear Confused and Worried,

There is a lot of stress surrounding the holidays, especially for caregivers and those impacted by Alzheimer's and Dementia. Taking care of yourself and approaching the holidays with a new set of expectations is important.

Involve your mother as much as possible in the planning and holiday preparations. Reminiscing and looking at photos of your loved ones may be a nice activity leading up to the gathering. It is important to keep in mind what brings her joy during the holiday season, to maintain some type of routine and not plan to many activities.

You will want to communicate to family members up front about your mother's needs and changes due to the disease. This will help them develop a better understanding of what to expect. You can send an email and share some resources for them to learn more about the disease and how it affects your mother.

Being in large groups of people can be quite confusing to individuals experiencing dementia and it may be hard to follow conversations. Adapting traditions to smaller gatherings or using technology for video messages or chats is also a good option.

Be kind to yourself and reach out for support. There are many organizations that have information and resources that can help. You can find these all on the ADRC's website:

<https://www.co.winnebago.wi.us/adrc/dementia-and-alzheimers-resources>

Signed,

ADRC of Winnebago County



*Happy Holidays from the staff at the
ADRC!*



FRIENDSHIP MAKES THE SEASON BRIGHT



Join your friends at the Y for a festive holiday party! Bring along your favorite side dish and dress in festive attire! Hot sandwiches and beverages will be provided. Enjoy holiday music, fun games, and awesome prizes!

THURSDAY, DECEMBER 14 • Noon-1:30 p.m.
20TH AVE YMCA • MPR 1 & 2
FREE FOR MEMBERS! • \$5 for Non-Members

Registration is required. Please sign up at the Front Desk of either location. Questions? Contact Errah Wheel at 920-230-8916 or errahwheel@oshkoshymca.org!

SHARE THE HOLIDAY SPIRIT:

This holiday season we'd like to share what we can spare with the community and encourage anyone who is able to bring a non-perishable food item to our holiday party! All items collected will be donated to our local food pantry.

LUNCH SPONSOR

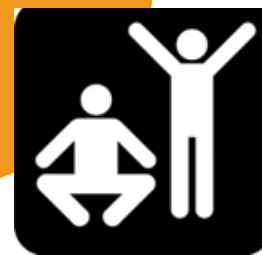
Helping Seniors Live Well at Home



(920) 966-6276

OSHKOSH COMMUNITY YMCA • www.oshkoshymca.org
Downtown 920-236-3380 324 Washington Avenue
20th Avenue 920-230-8439 3303 W. 20th Avenue

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

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/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

Omro Community Center

Please call #920-685-0380 for current activities.

SHARE THE JOY

COOKIES & CAROLS

Celebrate the holidays with cookies, candies, and snacks! Join us to mix and mingle, listen to holiday music, taste holiday treats and share your favorite holiday traditions. Please bring a homemade cookie, candy, or snack to pass. Prizes will be awarded to the best tasting and best looking cookie/candy/snack.

TUESDAY, DECEMBER 19

DOWNTOWN Y • TEACHING KITCHEN
11:15 A.M.-12:15 P.M.

FREE FOR MEMBERS! • \$5 for Non-Members

REGISTRATION IS REQUIRED.

Please sign up at the Front Desk of either location or by calling 920-230-8439.

OSHKOSH COMMUNITY YMCA • www.oshkoshymca.org
DOWNTOWN 920-236-3380 • 324 Washington Ave



Cost-Saving Programs for People with Medicare

By the GWAAR Medicare Outreach Coordinator



The Holiday Season brings thoughts of family, friends, gifts, and good cheer. But for some, it can also be a stressful time filled with worries about not only the cost of those extras this month, but the ongoing costs of their monthly bills. For people with Medicare, there may be a program that can help.

There are several Medicare-related programs for beneficiaries who have limited income and assets. “Medicare Savings Programs” can help qualified individuals by paying their Part B premium for them. That alone can save them over \$174 per month. Some also have their co-pays and deductibles paid, based on their income and assets. If your monthly income is \$1,660 or less for an individual, or \$2,238 for a couple, and your resources are under \$9,090 for an individual or \$13,630 for a couple, you may already be eligible for one of these programs.

Another program, known as “Extra Help,” assists qualified individuals with their prescription drug costs, like premiums, deductibles, and copays. Enrollment in a Medicare Savings Program will automatically qualify you for Extra Help.

If you don’t automatically qualify for Extra Help, you may still be eligible if your monthly income is \$1,822 or less for an individual, or \$2,465 for a couple, and your resources are under \$16,600 for an individual and \$33,240 for a couple. Resources include money in a checking, savings, or retirement account, stocks, and bonds. Resources do not include your home, one car, burial plots, up to \$1,500 for burial expenses if you have put that money aside, furniture, and other household and personal items. You can apply online for Extra Help with the Social Security Administration at www.ssa.gov or by calling: 1-800-772-1213 (TTY 1-800-325-0778)

This year, remember those who may be struggling to make ends meet. When you are out spreading holiday cheer, take a moment to spread the word about the money-saving Medicare programs. That will surely be a gift that keeps on giving! To apply for Medicare Savings Plans in Winnebago County, you can call the East Central Income Maintenance Partnership at:

1-888-256-4563

**LEGAL ACTION
OF WISCONSIN**



Providing free legal services to low-income Wisconsin clients since 1968 • Proporcionando servicios legales gratuitos a clientes de bajos ingresos en Wisconsin desde 1968

**KNOW
YOUR
RIGHTS**

WHEN
DECEMBER 18, 2023
2 PM - 4 PM

WHERE
OSHKOSH AREA UNITED WAY
16 Washington Ave
Oshkosh, WI 54901
(parking available behind the building)



Oshkosh Area United Way

Legal Action of Wisconsin Attorneys
will answer the
20 MOST COMMON QUESTIONS
renters have about their rights
at an in-person training

318 South Washington Street Office 920.432.4645 www.legalaction.org
Suite 310 Fax 920.432.5078
Green Bay, WI 54301 General 855.947.2529

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LOCAL SERVICES COOPERATION

Affordable Connectivity Program

By the GWAAR Legal Services Team

The Affordable Connectivity Program is an Federal Communications Commission benefit program that helps ensure that households can afford the broadband internet they need for work, school, healthcare and more. The benefit provides a discount of up to \$30 per month toward internet service for eligible households and up to \$75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than \$10 and less than \$50 toward the purchase price. The Affordable Connectivity Program is limited to one monthly service discount and one device discount per household.

Who Is Eligible for the Affordable Connectivity Program? A household is eligible for the Affordable Connectivity Program if the household income is at or below 200% of the Federal Poverty Level (FPL) Guidelines, or if a member of the household meets at least one of the criteria below:

- Received a Federal Pell Grant during the current award year
- Meets the eligibility criteria for a participating provider's existing low-income internet program
- Participates in one of these assistance programs:
 - Free and Reduced-Price School Lunch Program or School Breakfast Program, including at U.S. Department of Agriculture (USDA) Community Eligibility Provision schools
 - SNAP (FoodShare in Wisconsin)
 - Medicaid
 - Federal Housing Assistance, including:
 - Housing Choice Voucher (HCV) Program (Section 8 Vouchers)
 - Project-Based Rental Assistance (PBRA)/ Section 202/Section 811
 - Public Housing
 - Affordable Housing Programs for American Indians, Alaska Natives or Native Hawaiians
 - Supplemental Security Income (SSI)
 - WIC
 - Veterans Pension or Survivor Benefits
- Participates in one of these assistance programs and lives on Qualifying Tribal Lands:
 - Bureau of Indian Affairs General Assistance
 - Tribal TANF or Food Distribution Program on Indian Reservations
 - Tribal Head Start (income-based)



Two Steps to Enroll

1. Go to [GetInternet.gov](https://www.getinternet.gov) to submit an application or print out a mail-in application.
2. Contact your preferred participating provider to select a plan and have the discount applied to your bill. Some providers may have an alternative application that they will ask you to complete.

Which Internet Service Providers Are Participating in the Affordable Connectivity Program?

Various internet providers, including those offering landline and wireless internet service, are participating in the Affordable Connectivity Program. Find internet service providers offering benefits and additional information by visiting affordableconnectivity.gov



Memory Care Respite Partners

Memory Care Respite Partners is a program that provides a safe and engaging activities for individuals with memory loss, as well a chance to rejuvenate for their care partners. This program is from 1:30-3:30pm on the first and second Monday of each month at St. Paul's Lutheran Church in Neenah and on the fourth Tuesday of the month at Christ Our Savior Lutheran Church in Oshkosh.

On Monday, December 4th at St. Paul Lutheran Church, Christy Feuerstahler from the Valley VNA's Lyrics and Laughter program will bring her musical talents to share with the group. If you are interested in attending this program, pre-registration is required. Contact Kathy to register at 920-383-1180.




TWO PERFORMANCES
1:00 PM & 7:30 PM



The spirit of Christmas music, past and present.

THE SPIRIT OF CHRISTMAS MUSIC PAST AND PRESENT

Annual Christmas Concert
December 21, 2023 | 1:00 & 7:30 PM
Held at Fox Cities Performing Arts Center

TICKETS*:
\$45 – Orchestra
\$35 – Rear Orchestra and Dress Circle
\$25 – Grand Tier and Family Circle

*Service fees apply to all ticket levels. Purchasing online includes larger fees, for best prices call or visit the PAC Box Office.

GENEROUSLY SPONSORED BY



FOR BEST PRICES, CALL OR VISIT THE PAC BOX OFFICE!

920.
730.
3760

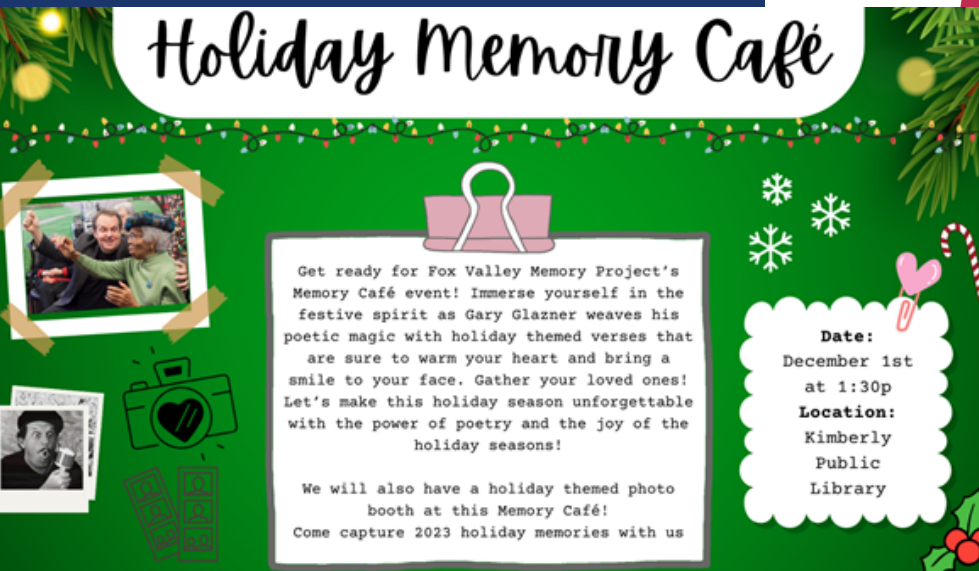
TO BENEFIT




Why are Christmas trees so fond of the past?

Because the present's beneath them...

Holiday Memory Café



Get ready for Fox Valley Memory Project's Memory Café event! Immerse yourself in the festive spirit as Gary Glazner weaves his poetic magic with holiday themed verses that are sure to warm your heart and bring a smile to your face. Gather your loved ones! Let's make this holiday season unforgettable with the power of poetry and the joy of the holiday seasons!

We will also have a holiday themed photo booth at this Memory Café! Come capture 2023 holiday memories with us

Date:
December 1st
at 1:30p

Location:
Kimberly
Public
Library

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

Holiday Memory Cafe' for All!

Kimberly Public Library, 515 W. Kimberly Avenue, Kimberly – Friday, December 1 – 1:30pm

Get ready for Fox Valley Memory Project's Memory Café event! Immerse yourself in the festive spirit as Gary Glazner weaves his poetic magic with holiday themed verses that are sure to warm your heart and bring a smile to your face. Gather your loved ones! Let's make this holiday season unforgettable with the power of poetry and the joy of the holiday seasons!

We will also have a holiday themed photo booth at this Memory Café!

Come capture 2023 holiday memories with us!

Menasha

Menasha Public Library, 440 1st St., Menasha - ~~Cancelled for December~~

Neenah

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

Unwrap the Magic: Join us for an Unforgettable Holiday Celebration!

Oshkosh

Oshkosh Public Library, 106 Washington Avenue, Oshkosh - ~~Cancelled for December~~

Oshkosh YMCA, 3303 W 20th Avenue, Oshkosh - Monday, December 18th - 1:30pm -3pm

Come and celebrate the spirit of the season through games, the joy of moving to music and favorite holiday treats. From festive trivia challenges to holiday-themed Bingo, these activities provide both mental stimulation and joyful moments. We'll have a chance to move to the music! Feel the rhythm and allow the joyous melodies to stir your soul while tapping your feet, swaying in sync or embracing the music in your heart. We may even have a guest performance from some of our younger Y singers! Throughout our holiday memory café, you will find opportunities to connect with others, laugh, sing, and create new memories.

BEAMING INC.

BEAMING Barn, 2692 County Road GG, Neenah - Monday, December 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

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