

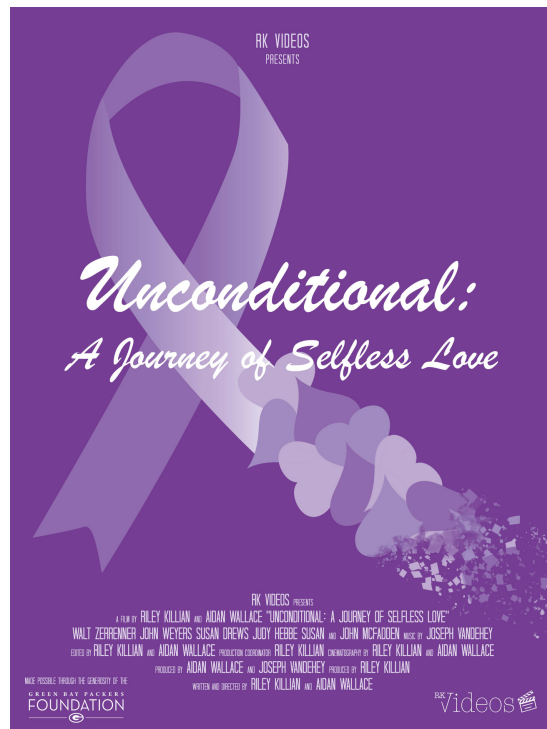


September 2022



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

Unconditional: A Journey of Selfless Love



Mark your calendar! RK Videos of Appleton has finished a 45-minute documentary, *Unconditional: A Journey of Selfless Love*. A generous grant from the Green Bay Packer Foundation and an anonymous donor made this short film possible. Four caregivers from Northeast Wisconsin came together and shared their thoughts and caregiving journeys on how important it is to make time for yourself and to keep laughter in your life. This documentary also explores the love, care, and sacrifices family caregivers give to their loved ones.

Family Caregivers Rock will be hosting these shows in Winnebago County:

Oshkosh Area

October 5th at 5:00 pm and 6:30 pm
Coughlin Community Center: 625 E County Rd Y, Oshkosh

Appleton Area

October 13th at 5:00 pm and 7:00 pm
Eagle Point Senior Care Theatre: 955 E John St, Appleton
Facility tours at 4pm and 6pm

Light food and refreshments between both showings.



RSVP to FamilyCaregiversRock@outlook.com by October 1st for each showing.

SEPTEMBER EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Diversity Speaker Series: Aging * Omro's Thursday Night Market, Scott Park 4pm-7pm	2	3 Farmers Markets Appleton: 8am-12:30pm Neenah: 8am-12pm Oshkosh: 8am-12:30pm
4	5 ADRC Office - Closed 	6 Oshkosh Committee on Aging 8am	7 Winnebago County Human Services Board Meeting 3pm	8 Virtual ADRC Caregiver Support Group 3:30pm Omro's Thursday Night Market, Scott Park 4pm-7pm	9 Menasha Committee on Aging 1pm	10 Farmers Markets Appleton: 8am-12:30pm Neenah: 8am-12pm Oshkosh: 8am-12:30pm "Rhythms of the World" * Downtown Appleton 9am Memory Cafe Beaming Inc. Barn * 10:30am-12pm Free Dentistry Day *
11 Grandparents Day 	12 SPARK! The Trout Museum of Art 1pm Memory Care Respite Neenah 1:30-3:30pm ADRC Committee Meeting 3pm	13 SPARK! The Paine Art Center 1pm	14 FVMP Memory Cafe Oshkosh Library 1:30pm	15 Neenah Committee on Aging 9:15am Caregiver Support Group Community Church 3:30pm Omro's Thursday Night Market, Scott Park 4pm-7pm	16	17 Farmers Markets Appleton: 8am-12:30pm Neenah: 8am-12pm Oshkosh: 8am-12:30pm
18	19 FVMP Memory Cafe Neenah Library 1:30pm	20	21 Memory Screenings Menasha Senior Center 10am-12pm FVMP Memory Cafe Watter's Greenhouse Neenah 1:30pm	22 Memory Screenings Oshkosh Senior Center 10:30am-12pm TLC Caregiver Support Group * Oshkosh Library 1pm Virtual ADRC Caregiver Support Group 3:30pm Omro's Thursday Night Market, Scott Park 4pm-7pm First Day of Fall 	23 FVMP Lunch Bunch * Two Brothers Family Restaurant 11am	24 Farmers Markets Appleton: 8am-12:30pm Neenah: 8am-12pm Oshkosh: 8am-12:30pm Recovery Fest * 8am Alzheimer's Association Walk * Menominee Park, Oshkosh Ceremony 9:40am
25	26 Active Aging Week! * FVMP Memory Cafe Oshkosh 20th YMCA 1:30pm	27 Active Aging Week! * Memory Care Respite Oshkosh 1:30pm	28 Active Aging Week! * SPARK! The Paine Art Center 1pm	29 Active Aging Week! *	30 Active Aging Week! *	

*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 Transportation 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

Thanks to all who came to our "Berry Fun" Summer Open House. We are happy to have shared more about what our staff does each day. We are glad our friends in the Veteran's Service Office and the Winnebago County Public Health Department joined us in presenting! Looking to learn more about what we do? Give us a call!



Rhythms of the World
& COMMUNITY PARTNERS PRESENT

DIVERSITY DOWNTOWN

SEPTEMBER 10, 2022

DOWNTOWN APPLETON



A celebration of multicultural music and dance from around the world will be in our neighborhood this month! Music will be from 9am-3pm in the Houdini Plaza. Listen to music from cultures such as African American, Brazilian, Caribbean, Central and South America, Chinese, European, Hmong, Indian, Japanese, Native American, Philippine, Thai, and more! The Building for Kids is hosting "Diversity Discovery Day" and offering free admission from 12pm-5pm. The Performing Arts Center (PAC) is also having tours of their facility from 12pm-5pm. Food and craft vendors will also be present in downtown Appleton.



The Winnebago County Diversity Affairs Commission (DAC) invites you to join us!

The DAC Speaker Series is an opportunity for you to meet diverse community members who are living and working in our community and to increase your understanding of how we as individuals and a community can do better in building inclusive environments. The DAC invites various speakers to share their perspectives and experiences. We respect that everyone has their own opinions. Our goal is supportive learning opportunities. Speakers tell their stories, share historical perspectives and provide the audience with ideas for doing their own learning and work.

THURS, SEPT. 1
3:00-4:30 PM
No Registration Required

<https://zoom.us/join>
Or Phone: 312-626-6799
Meeting ID: 885 0893 4866
Passcode: 072737

AGING

Guest Speaker:
Judy Richey
Chairperson
Oshkosh Committee
on Aging



Some of the things Judy will discuss are various areas that lack accessibility (from digital to ramps, elevators, etc); stores with narrow aisles and high shelves; taller bistro tables / bar stools rather than regular tables and chairs; few places with senior parking; clothing construction; medical; etc.

Our Mission: "Winnebago County's Diversity Affairs Commission embraces diversity, inclusion, and belonging by bringing the community together to listen to one another, learn together, and encourage our community to act in ways that help people thrive. We support justice, equity and compassion in human relations. We affirm the inherent worth and dignity of every person."

Free Dentistry Day



RLJ Dental in Oshkosh is giving back by participating in Free Dentistry Day! Residents of Oshkosh and the surrounding area are able to access free dental services on September 10th. This includes cleanings, dental fillings, and tooth extractions. First come, first serve. RLJ Dental is located at 1460 W. South Park Ave, Oshkosh. For more information, call them at 920-303- 1803. Thank you RLJ Dental - Oshkosh! Read more about Free Dentistry Day by visiting <https://www.freedentistryday.org/> If you are not able to attend this event and are looking for other dental resources, give the ADRC a call and talk to one of our ADRC Specialists.



Staff Update!

Our ADRC Assistant, Kayla Ross was recently promoted to an ADRC Specialist! Congratulations, Kayla! She has been working in the ADRC since January 2022. She has a degree in Psychology with an emphasis in Applied Behavior Analysis. Kayla has worked with children, adults with disabilities, and older adults for over 15 years. As an ADRC Specialist, she will be assisting adults with disabilities and older adults and their families to understand what kind of options they have in terms of resources and programs. She assesses for long-term care programs (Family Care and IRIS) and assists customers with Medicaid. Kayla helps provide support to customers who are looking for help with anything from dental resources to transportation, and everything in between!
Keep up the great work, Kayla!



MOM-Mind Over Matter

Mind Over Matter is a program designed to give women the tools they need to take control of their bladder and bowel symptoms.



- Information about bladder and bowel control
- At-home techniques and exercises to help prevent or improve symptoms
- Tools to help you set your goals and mark your progress

FOX CROSSING

OGDEN YMCA
720 SHADY LANE

Thursdays
9:30-11:30am
Sept 1, 15, 29

Just \$15- Includes materials

To register call the
Health Dept @
920-232-3000

YMCA membership not
required to attend this
class

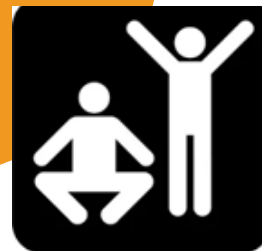


Public Health
Prevent. Promote. Protect.
Winnebago County
Health Department



GO TO WINNEBAGOPUBLICHEALTH.ORG FOR MORE INFORMATION ON CLASSES

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.cityofmenasha-wi.gov/departments/senior_center/the_senior_chatter_monthly_newsletter.php

Oshkosh Senior Center

#920-232-5300

<https://www.ci.oshkosh.wi.us/seniorservices>

Neenah YMCA

#920-729-9622

<https://www.ymcafoxcities.org/active-older-adults>

Oshkosh YMCAs

#920-230-8916

<http://www.oshkoshymca.org/programs/senior-programs/index.html>

Winnebago County Health Department – Wellness Plus

#920-232-3000

<https://www.co.winnebago.wi.us/health/divisions-program-areas/your-health/adult/healthy-aging>

Omro Area Community Center

#920-685-0380 x 21

<https://www.omrocommunity.org/activites.html>

Walk With Ease

A walking program for adults who have arthritis, are new to exercise, or have pain when exercising



- Reduce the pain and discomfort of arthritis
- Build strength and confidence while easing into physical activity
- Improve overall health

OSHKOSH

SENIORS CENTER

Mondays & Thursdays
9:30-10:30am
Sept 12- Oct 20

Just \$15 and includes book

REGISTER:

Call: (920) 232-5300
Oshkosh Seniors Center



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



GO TO WINNEBAGOPUBLICHEALTH.ORG FOR MORE INFORMATION ABOUT

THANK YOU!

Huge shoutout to our interns Marta Rigstad (R) and Rachele Watkins (L)! Rachele and Marta are both pursuing their Master's in Social Work at UW Oshkosh and have been with us since February 2022.

Rachele has been a huge asset on our outreach team. She has updated many fliers, presentations, and our newsletter to look more polished. She introduced new software for our newsletter and helped make our website more accessible. Rachele will be doing her next internship at "Power for Change" where she will explore her interest in working with clients with mental illness.

Marta has worked with both our adult protective service team and children's long term support team. She has had some really tough cases and handled them with patience and compassion. Marta will be doing her next internship in Ashwaubenon School District working with middle schoolers as she is passionate about working with kids.

Thank you both for all your hard work over the past 6 months. We wish you best on your next endeavors, but you will certainly be missed!



A few staff at the ADRC creatively organize a potluck and fun activity for staff once a month. This month we had a Mexican fiesta and took some swings at a piñata! Big thanks to two of our ADRC Specialists (Karena Jolin - left, Kayla Ross, right) for all their planning!



GO PACK!

The Oshkosh YMCA participates in the Silver&Fit, Renew Active, and Silver Sneakers® programs for Medicare-age members. They encourage people to check with their insurance provider to determine if they are eligible for a free Y membership. Call 236-3380 for more information.



FREE AND OPEN TO ALL

SAVE THE DATE!

ACTIVE AGING WEEK
A SPECIAL FREE WEEK FOR SENIORS!

September 26-30

- ✓ FREE Classes
- ✓ FREE Community Resource Fair
- ✓ FUN Events

Thank you to our Sponsor:



920-230-8439

Oshkosh Community YMCA



The Marinette County Aging and Disability Center and the Marinette County Parks Department are partnering up to hold a "Wheel Hike Together" event from October 4th-9th. This will be held at the Thunder Mountain Overlook which is northwest of Crivitz. This is a great time to view the autumn colors! Thunder Mountain Nature Area is about 2 hours from Oshkosh and 1 hr 50 minutes from Neenah.

These hikes offer battery powered chairs that operate on a track system so that it can get places in the park that an individual in a wheelchair normally wouldn't be able to get to with a traditional wheelchair. The chairs are owned by Access Ability Wisconsin. There is no cost to using the chairs. Registration is first-come-first-serve basis and available online. There is a \$5 entry fee to enter the park. Chairs may be used in one hour increments. The participant will require a companion to assist as needed; event staff will not be able to assist with transfers. Any transfer gear needed should be brought with to the event. There are no residency requirements, so anyone in Winnebago County can register! To register, call 715-732-7530 or click:

<https://www.signupgenius.com/go/10c0e4bafaa2ba3ffc07-together>

Access Ability Wisconsin (AAW) is a grass roots, non-profit organization. Their mission is to make outdoor recreational activities available to individuals who have temporary or permanent physical limitations. To learn more about Access Ability Wisconsin, visit

<https://www.accessabilitywi.org/>

Photo credit: AAW

"Wheel Hike Together" Event



2022 Rethink Addiction Run/Walk Solutions Recovery Fest

Sept 24th @ 8am

Location: Solutions Recovery Center, Oshkosh

Run/walk followed up a bags tournament, food, and a place for kids to play. This is an annual substance abuse disorder event.

To learn more, call 920-233-0888 or register at <https://sri-wi.org/family-fitness-festival-payment-v2/>



Crockpot Creamy Ranch Chicken

Ingredients

- 4 boneless skinless chicken breasts
- 6 medium Russet potatoes cut into 2-inch pieces
- 2 cups baby carrots
- 1 can (23 ounces) condensed cream of chicken soup
- 1 packet (1 ounce) dry ranch dressing mix
- 1/2 cup milk
- fresh chopped parsley optional



Instructions

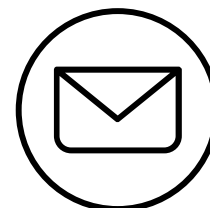
1. Spray a large crock pot (I use a 7 quart) with non-stick spray. Place cut potatoes and baby carrots in the bottom of crock pot. Lay chicken breasts over the top. Season with a little salt and pepper.
2. In a medium bowl, whisk together cream of chicken soup, dry ranch dressing mix and milk. Pour this mixture evenly over the chicken. Cover with lid and cook on High heat 5 to 6 hours OR on Low heat 8 to 9 hours.
3. Top each serving with fresh chopped parsley, if desired.



We wanted to share a few pictures of our dear colleague, Beth Biesinger who retired last month. Beth, we hope you are enjoying retirement!

update

Starting September 1st, you will find that our county email addresses are being updated to .gov
Please update your email address book!



Example:

County employee: Mickey Mouse

Old email: *mmouse@co.winnebago.wi.us*

New email : *mmouse@winnebagocountywi.gov*

New groups in Oshkosh!

OSHKOSH

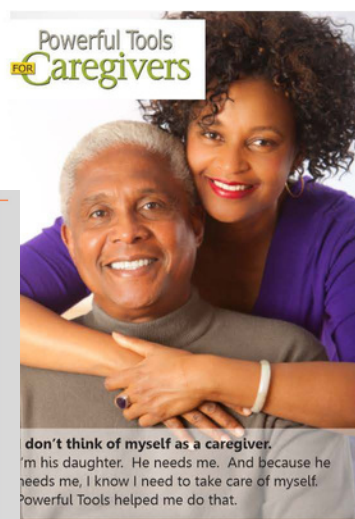
TLC CAREGIVER SUPPORT GROUP



EVERY 4TH THURSDAY AT 1 PM

TLC is a support group for caregivers and loved ones who care for a person with memory loss or dementia.

Oshkosh Public Library
106 Washington Ave., Oshkosh
920-225-1711
www.FoxValleyMemoryProject.org



don't think of myself as a caregiver. I'm his daughter. He needs me. And because he needs me, I know I need to take care of myself. Powerful Tools helped me do that.

There's a Powerful Tools for Caregivers workshop starting soon near you!

Mondays, April 4th through May 9th

1:45pm-3:15pm

Neenah Public Library

240 E Wisconsin Avenue

To register and for more information

Contact: Alisa Richetti @ 920-236-1227

Email: arichetti@co.winnebago.wi.us

If you need for respite for your loved one to attend this workshop please talk to Alisa

Registration deadline is March 31st



**Caregiving is rewarding.
But it can be challenging too.**

Caring for someone with an injury or illness — such as dementia, cancer, heart disease, Parkinson's disease, stroke or others — can be physically, emotionally and financially demanding.

Taking care of yourself is important.

Powerful Tools for Caregivers (PTC) can show you the way!

What is Powerful Tools for Caregivers? And why should I take it?

Powerful Tools focuses on **your** well-being. The class meets once a week for six weeks and has been studied and shown to help family caregivers:

- Reduce stress, guilt, anger, and depression and improve emotional well-being
- Manage time, set goals, and solve problems
- Master caregiving transitions and be part of decision-making
- Communicate effectively with the person needing care, family members, doctors, and other helpers
- Find and use community resources



New Lunch Bunch

NEW Oshkosh Lunch Bunch

Two Brothers Family Restaurant

1930 Rath Lane, Oshkosh, WI

Friday, September 23rd at 11:00AM

Cost is \$10 per person



Registering online or by phone is required
920-225-1711



Join us on Friday, September 23rd at Two Brothers Family Restaurant
1930 Rath Lane, Oshkosh, Wisconsin

Walk to End Alzheimer's Oshkosh

The Alzheimer's Association Walk to End Alzheimer's® is the world's largest fundraiser for Alzheimer's care, support and research. This inspiring event calls on participants of all ages and abilities to join the fight against the disease.



Thank You

On Community Impact night at Pizza Ranch in Oshkosh, our team was able to raise over \$400 for the Alzheimer's Association for the Walk to End Alzheimer's! Special thanks for our volunteers and to Pizza Ranch for donating a portion of your sales that night.

When: Saturday, September 24th

Where: Menominee Park

520 Pratt Trail

Oshkosh, WI 54901

Ceremony is held at 9:40 a.m.

Walk begins at 10:00 a.m.

Register now: act.alz.org/Oshkosh

For questions contact:

Tracy Nikolai | 920-904-6705 | tanikolai@alz.org

September 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 <https://www.foxvalleymemoryproject.org/>

Menasha

Menasha Public Library Cafe will be held at Watters Greenhouse and Farms - 2015 County Rd II Neenah - Wednesday, September 21 - 1:30-3pm

Come out to Watter's Greenhouse where we will learn about a variety of the plants from the experts. We will also be creating our own planters ...Dont' forget to bring your green thumb!

Neenah

Neenah Public Library, 240 E Wisconsin Avenue, Oshkosh - Monday, September 19 - 1:30pm-3pm

Music is a road to memories. Back by popular demand! Listen and join in song during a "Lyrics and Laughter" program facilitated by Christy Feuerstahler, Valley VNA Senior Care's, Music Director.

Beaming Inc. Barn, 2692 County Road GG, Neenah - Saturday, September 10 - 10:30am-12pm

Come and enjoy a horse experience of grooming horses, pumpkin crafts, bird watching, making horse treats and socializing. This event is 'rain or shine'. RVSP to Beaming Inc. at 920-851-6160 or incbeaming@gmail.com.

Oshkosh

Oshkosh Public Library, 106 Washington Avenue, Oshkosh - Wednesday, September 14 - 1:30pm-3pm

Owls, monsters, and pythons~ oh my! M Toxins Lab will be visiting the Café, bringing exotic animals to meet.

Oshkosh YMCA, 3303 W 20th Avenue, Oshkosh - Monday, September 26 - 1:30pm -3pm

Join Oshkosh YMCA Group Exercise Instructor, Sue, and her therapy dog, Echo, for a Chair Zumba experience like no other! Music, maracas, and laughter - get ready to move to the beat and have some fun!

Lyrics & Laughter™



Contact Us!

220 Washington Ave, Oshkosh
211 N. Commercial St, Neenah
Email: adrc@co.winnebago.wi.us

Hours: Monday - Friday 8am-4:30pm
(after hours appts available upon request)

Like us on Facebook!
<https://www.co.winnebago.wi.us/adrc>
Phone: 877-886-2372

