

May 2025



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

WELCOME TO THE ADRC, ELIZABETH!

*Staff
update*



Elizabeth Wagner was recently hired as the Division Manager for the Long-Term Support (LTS) Division in Winnebago County. Elizabeth graduated from UW-Oshkosh with a bachelors in psychology and minor in criminal justice. After graduation, she began working for Shawano County as a Long Term Support case manager working with older adults and adults with disabilities. During her time at Shawano County, she obtained her WI state licensure in Social Work and then chose to go on for a Masters in Counseling. When the ADRC came to Shawano County, she chose to work at the ADRC which covered Shawano, Oconto and Menominee counties. Over time, she was offered a lead position with the ADRC and eventually became a supervisor of the Oconto ADRC site. In 2016, she decided to move closer to her family in the Oshkosh and was hired as the Children's Long Term Support Supervisor in October 2016 for Winnebago County until becoming the LTS Division Manager in April of 2025.

She looks forward to refreshing her knowledge on Adult Protection Services, Disability Benefit Specialists, Elder Benefit Specialists, aging services and programs, the current ADRC policies and programs as well as supporting our HELP (Homeless, Eviction, and Loss Prevention) team in assisting our community members to thrive and achieve their goals. She missed working with and supporting aging populations and looks forward to now supporting the lifespan of the residents in our county and getting to know more of our community partners. In her free time, she enjoys spending time with family, her 2 cats, and traveling. She loves being out in nature and is looking forward to warmer weather!

WELCOME!

Congratulations, Elizabeth!



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	jkotajarvi@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@menashawi.gov
Lyrics and Laughter	Valley VNA (920) 727-5555

NANNY'S GRAPE SALAD



- 1 cup chopped pecans
- ½ cup white sugar
- 1 (8 ounce) package cream cheese, softened
- 1 teaspoon vanilla extract
- 2 pounds red seedless grapes

1. Place pecans in a skillet over medium-low heat; cook and stir until pecans are toasted and fragrant, 3 to 5 minutes.
2. Remove from heat and pour into a heatproof bowl; stir to prevent nuts from overcooking.
3. Beat sugar, cream cheese, and vanilla extract together with an electric mixer in a bowl until smooth. Fold in pecans and grapes. Stir gently until grapes are coated.
4. May be served immediately, but best if refrigerated for a few hours or overnight.



Source: allrecipes.com



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 FVMP Winnebago Lunch Bunch Cozumel Mexican Restaurant Oshkosh 11am	3 Day at the Derby BEAMING INC 3:30-6pm*
4	5 Memory Care Respite Neenah 1:30pm-3:30pm	6	7 Pre-Aging Advocacy Day Event * Virtual 12pm-1pm Mind Over Matter Zoom Workshop 1-3pm* FVMP Oshkosh YMCA Memory Cafe 1:30pm Lyrics and Laughter 1:30pm Valley VNA	8	9 Menasha Committee on Aging 1:30pm	10
11 	12 Memory Care Respite Neenah 1:30pm-3:30pm ADRC Committee Meeting 3pm	13 Aging Advocacy Day SPARK! Bergstrom Mahler Museum 1:30pm Virtual Dementia Tour Parkview Health Care Center 1:30pm-4:30pm Registration required*	14 SPARK! Trout Art Museum 1pm Lyrics and Laughter 1:30pm Valley VNA	15 Neenah Committee on Aging 9am Welcome to Medicare Dept of Human Services -Oshkosh 10am Registration is required*	16	17 Shred Event * Oshkosh Senior Center 9am-11am
18	19 FVMP Neenah Library Memory Cafe 1:30pm	20 Memory Screening Menasha Senior Center 10:30am-Noon	21 Memory Screening Oshkosh Senior Center 10:30am-Noon Mind Over Matter Zoom Workshop 1-3pm* FVMP Oshkosh Traveling Memory Cafe Garden of Edna 1:30pm Lyrics and Laughter 1:30pm Valley VNA	22 Virtual Dementia Tour Menasha City Center 11am-3pm Registration required*	23	24 Hmong National Memorial Day Festival * Winnebago County Community Park
25 Hmong National Memorial Day Festival * Winnebago County Community Park	26 ADRC office closed 	27 FVMP Memory Cafe Menasha Senior Center 1:30pm	28 National Senior Health Day * Several events happening at local YMCA's SPARK! The Paine Art Center 1pm Winnebago County Human Services Board Meeting Oshkosh 2pm	29	30	31

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

MEDICAID MEMBER EXPERIENCE COUNCIL



The Wisconsin Department of Health Services (DHS) is creating a Medicaid Member Experience Council (MMEC). This is a new group that will be collaborating with people who use Medicaid so that they can provide information on how to make it better for members in Medicaid. The MMEC will connect with decision-makers to discuss what is going well and what needs work in terms of Medicaid. DHS is looking for:

- People who have Medicaid benefits right now (or their caregivers)
- People who had Medicaid benefits in the last two years (or their caregivers)
- Help spreading the word

DHS is recruiting for the MMEC from now until May 12. You may access more information and an application on their website: DHSWIMedicaidProgram@dhs.wisconsin.gov

Applying does not guarantee that you will be chosen for the council. For help applying, email dhs.wisconsin.gov/medicaid/mmec

Or you can call Member Services at #800-362-3002 8am-6pm Monday through Friday. Once they review your application, they will send you an email or call you with more information.

Welcome to Medicare

Presented by Winnebago County Elder Benefit Specialists

The Aging and Disability Resource Center of Winnebago County invites you to attend a 'Welcome to Medicare' presentation. Current or future Medicare beneficiaries and their loved ones are invited to join us to learn more about Medicare options and benefits.

Oshkosh

May 15 - 10am
July 8 - 2pm
September 9 - 10am
December 16 - 2pm

Neenah

June 17 - 10am
August 12 - 2pm
October 7th - 10am



To RSVP Call 1-877-886-2372 or email us at adrc@winnebagoountywi.gov

"May is the month of expectation, the month of wishes, the month of hope." - Emily Brontë



FOSC is offering a **FREE**

SHRED EVENT

Sponsored by

Rohan Meier & Morgan, LLC

MAY 17, 2025

9:00 AM to 11:00 AM

Oshkosh Seniors Center
North Parking Lot • 234 N. Campbell Rd



- Stay safely in your car and drive right through.
- Personal (not business) shredding only, please.
- Limit of FIVE full paper bags/person.
- What can be shredded?
 - All paper, file folders, hanging files, computer paper, note pads, and envelopes. Staples, paper clips, and bull clips do not need to be removed.
- What cannot be shredded?
 - Three ring binders (remove pages for shredding), batteries, small E-waste items, garbage, plastic cups, paper plates, food wrappers, etc.
- CDs, DVDs, Data Tapes, Hard Drives, Microfilm and X-Rays
 - If you need these items destroyed, PROSHRED is happy to schedule this work for you. Please contact their office at 262.369.0922.

Make a monetary donation to
The Friends of the Oshkosh Seniors Center
or bring a canned good for a local food bank!

Hmong National Memorial Day Festival

May 24-25, 2025

Winnebago County Community Park - Oshkosh, Wisconsin

501 E County Road Y

CONTACT INFORMATION

Chair & Vendor : Mee Yang | 920-203-8665

Topspin Coordinator : Kou Lee | 414-304-9451

Competition Coordinator : Zoua Yang | 920-203-8775

Soccer Coordinator : Pao Thor | 920-810-7844

Volleyball Coordinator : Jerry Thor | 920-841-1016

Cornhole Coordinator : Thong Vang | 920-883-6165



HOSTED BY
Hmong Service Center Inc.

Aging Advocacy Day: May 13th

The Wisconsin Aging Advocacy Network (WAAN) is hosting it's 9th annual Aging Advocacy Day on May 13th from 10am to 3pm. Registration is now closed. However, there is a virtual Pre-Advocacy Training being held on May 7th from 12pm-1pm. The goal of this training is to prepare citizens for the legislative visits and discuss current issues. WAAN welcomes you to attend a virtual event to learn more about current issues. Follow the below link for updates on this event:

gwaar.org/aging-advocacy-day-2025

WAAN also encourages you to contact your own state legislators if you have stories you feel they should hear. The priority talking points for 2025 include ADRC investment, direct care workforce support, home delivered meal funding, healthy aging grants, and fall prevention. Not sure who your legislators are? Enter your address on this site to find out! myvote.wi.gov

4TH ANNUAL
DAY AT THE DERBY
BEAMING
EQUINE-ASSISTED SERVICES
Saturday, May 3rd, 2025
BEAMING RANCH
3:30 - 6:00 pm

Join us for an exclusive
Kentucky Derby Watch Party
at the NEW BEAMING Ranch
2692 County Road GG • Neenah WI 54956



Come see the
BEAMING Horses
Race to the Finish Line!



GET TICKETS HERE!
Admission \$25/person
(RSVP by April 26)

<https://givebutter.com/DATD2025>

- DRESS UP in your Best Derby Attire
- Raffle Baskets, Prizes and Giveaways
- Hors d'oeuvres
- Soda, Wine and Beer
- Homemade Soups
- CHANCE for Everyone to WIN A 50" Flat-Screen TV!

ALL PROCEEDS WILL BENEFIT BEAMING

All proceeds will go toward supporting BEAMING's equine programs to help improve the lives of children with diverse abilities, veterans, troubled and hurting teens, those living and caring for seniors with dementia and Parkinson's and children and families in crisis.

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Ask the ADRC....

Do you have a question that you would like answered in the 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 wife, Carol, was diagnosed with dementia two years ago. It has not always been easy, but I am retired, so I have been able to care for her with the help of our adult children. At the start of her diagnosis, we were able to hold normal conversations, but lately it seems like talking with her has gotten more difficult. She often appears confused and startled. Do you have any advice on how to communicate more effectively with Carol? I love my wife and want her to feel comfortable and secure.

Sincerely,

Talking Ted

Dear Talking Ted,



It sounds like Carol is lucky to have you. There are several things you can do to improve communication between you and your wife. First, make sure to minimize distractions before you start speaking. When initiating a conversation, approach her from the front, smile, and make eye contact. Maintain friendly facial expressions and open body language.

When you are ready to start communication or respond to Carol, speak clearly and slow down your delivery. Use short sentences, eliminate unnecessary words, and pause between sentences. Make sure you ask one question at a time or give one direction at a time to avoid confusion. Also, do not be afraid to use gestures or rephrase how you are wording things.


Other ways you can make Carol feel included is to encourage conversations. People with dementia often feel ignored by the people around them. Also, offer to help her when she needs extra assistance or appears confused. Be sure to acknowledge and validate her feelings, even if she is misremembering things. It is never helpful to argue with a person with dementia because it can increase feelings of bewilderment and overwhelm them. Try to remain calm at all times and remember to not take things too personally.

Following these tips should have you communicating like a pro with your wife. If you still feel like you may need some additional assistance, please reach out to the ADRC to make an appointment with our Dementia Care Specialist who is an expert on this matter.

Sincerely,

ADRC of Winnebago County





NATIONAL SENIOR HEALTH & FITNESS DAY

YMCA OF THE FOX CITIES
May 28, 2025

Regular physical activity is one of the best things you can do for your health. In recognition of National Senior Health and Fitness Day, the Y has planned some special events for you to participate in!

Apple Creek YMCA

Tuesday, May 27 | 1:00-2:00 PM

Hip Health by Peak Performance: Improve hip mobility, strength, and flexibility through functional movement, stretching, balance, and strengthening exercises. Support surrounding muscles to help prevent injury and falls.

Heart of the Valley YMCA

Wednesday, May 28 | 7:30-10:30 AM

Poker Walk: Drop in 7:30-10:30 AM. Walk the indoor track, grab a card each lap, and play your hand after 5 laps.

Apple Creek YMCA

Wednesday, May 28 | 8:30-9:15 AM

POP-UP! Step Class: Elevate your heart rate with a classic aerobics format! Sculpt muscles with this full-body cardio and toning class.

Ogden YMCA and Valley Tennis Center

Wednesday, May 28 | 10:45-11:45 AM

Learn Pickleball: Our instructors will teach you the basics so you can jump in and play anytime.

All events are FREE for Y Members and the General Public!

Neenah-Menasha YMCA

Wednesday, May 28 | 11:00 AM-NOON

Chiropractic Health: Join Kaci to explore the benefits of chiropractic care and how it can support your health.

Fox West YMCA

Wednesday, May 28 | 11:00 AM-12:30 PM

Puzzling Mysteries: Hawaii Adventure - Love puzzles or escape rooms? Join us for a mystery-solving journey set in sunny Hawaii.

Appleton YMCA

Wednesday, May 28 | 12:30-3:00 PM

Bring Back Balance Event - Explore how balance, mobility, nutrition, and mental health work together to keep you active and well at every stage of life.



For more information about ForeverWell programs, visit ymcafoxcities.org/foreverwell

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

menashawi.gov/departments/senior_center

Oshkosh Senior Center

#920-232-5300

ci.oshkosh.wi.us/seniorservices

Neenah-Menasha YMCA

#920-729-9622

ymcafoxcities.org/foreverwell

Oshkosh YMCAs

#920-230-8916

oshkoshymca.org/foreverwell-ages-55

Winnebago County Health Department – Wellness Plus

#920-232-3000

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.

Did you know that over half of women age 50 and older experience issues with bladder or bowel control at some time in their lives?

Mind Over Matter: Healthy Bowels, Healthy Bladder is a workshop designed to give women the tools they need to take control of their bladder and bowel symptoms.

The workshop consists of three 2-hour sessions that meet every other week. It provides information and group activities along with simple exercises and dietary changes to practice at home. Even if you don't have leakage symptoms now, it's never too early or too late to think about your bladder and bowel health!

What will I learn in the workshop?

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

Researched and proven to reduce bladder and bowel leakage!

Online Workshop Information

Dates: Wednesdays May 7, 21, and June 4, 2025, 1-3 PM through Zoom

Workshop Fee: \$25

Registration Form: <https://wiha.wufoo.com/forms/s1bwzfuy0bb2i0j/>

Contact: Amie Rein at (608) 852-7251 or amie.rein@wihealthyaging.org

Assistance available to set up a Zoom Account if needed.

May: Older Americans Month

Flip The Script On Aging



Older Americans Month was created in 1963. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens designated May as “Senior Citizens Month” which was later renamed “Older Americans Month”. The purpose of declaring this month is to acknowledge the contributions of past and current older persons in our country.

This year’s theme, “Powered by Connection,” focuses on the impact that meaningful connections have on the well-being and health of older adults.

What can you do to connect?

- Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities in your community
- Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring
- Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors

How can you #FlipTheScriptOnAging?

- The words we use shape our perceptions. This Older Americans Month, we’re sharing ways to rethink how we talk about aging. Instead of “She still drives,” simply say, “She drives.” Phrases like “still” often reinforce ageist assumptions. Small shifts like this can make a big impact. *#FlipTheScriptOnAging*
- Ever heard someone blame forgetfulness on a “senior moment?” It reinforces the stereotype that aging means cognitive decline. Let’s recognize that minor memory lapses happen to people of all ages. Small language changes help us *#FlipTheScriptOnAging*
- Learning doesn’t stop with age—it evolves. In fact, adults over 60 are among the fastest-growing group of online learners. Let’s celebrate the pursuit of knowledge at every stage of life. What new skill or subject are you exploring? *#FlipTheScriptOnAging*
- Physical activity is key to staying healthy at every stage of life. Whether it’s yoga, dancing, hiking, or daily walks, movement helps maintain strength and independence. This Older Americans Month and beyond, let’s challenge the idea that aging means slowing down. *#FlipTheScriptOnAging*
- Many chronic conditions once thought to be a natural part of aging can be prevented/managed through proper nutrition, healthy lifestyle choices, and strong community support. *#FlipTheScriptOnAging*
- Unpaid caregivers save the United States an estimated \$600B annually. During Older Americans Month, we honor the 53 million family caregivers who provide an average of 24+ hours of care each week and help millions of Americans live as independently as possible.

UPCOMING EVENTS

Fox Valley Memory Project Presents:

Dementia Care Partner Conference

Become the best care partner you can be for your loved one with Dementia

Sign up today! Space is limited, and registration is required.

Register Online: <https://www.foxvalleymemoryproject.org>

For assistance in registering, call (920) 225-1711

Friday, June 13th

10am-2pm

Fox Valley Technical College

1825 N. Bluemound Drive

Appleton, WI 54912

Entrance 16-North parking lot

- Conference Schedule -

9:30 AM : Registration and Respite Care Open

10:15 - 11:00 AM: Fraud, Finances & Future planning-Fox Communities Credit Union

11:15 - 12:00 PM: What is & When do we need Palliative Care?- ThedaCare

12:15 - 12:45 PM: Lunch & Resource Fair

12:50 - 1:50 PM: Grief Support- Traci Edmundson & Susan Kazik

1:45 - 2:00 PM: Resource Fair

Register with your
Smart Device



Free respite care for your loved one with dementia available on-site. Must register in advance



Conference Partners



This project is supported, in part by grant number 90ADPI0068, from the U.S. Administration for Community Living, DHHS, Washington, D.C.



JOIN US FOR A LOOK INSIDE DEMENTIA

There are approximately 3,951 people in Winnebago County that are living with Alzheimer's Disease and related Dementia.

Sign up to participate in a simulated experience and receive information to learn what it feels like to live with Dementia.



Thursday, May 22nd
Menasha City Center
100 Main Street, Menasha
11am to 3pm

To register for your free 30 minute session call 920-967-3520, scan the QR code or use this link:

[Register Here](#)



Have you heard about Zinnia TV?

Zinnia TV is therapeutic TV that helps to support activities of daily living; reduce social isolation, soothe anxiety and lift the mood and create meaningful connection for those with memory loss and dementia.

It was created by the spouse whose husband had dementia to reduce her stress as a caregiver and for her husband. There are many unique videos that include nature, activities of daily living, quizzes, bedtime, pets and babies, to name a few..

Website: <https://www.zinniatv.com/>



Gentle, calming videos for caregivers and those they support

▶ How To Use Zinnia

My list



Channels



May 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 refreshments. For more information and other cafe' locations throughout the Fox Valley, visit the Fox Valley Memory Project website: www.foxvalleymemoryproject.org

Menasha

Menasha Senior Center, 116 Main Street, Menasha - Tuesday, May 27th - 1:30pm-3pm

Join us for a *patriotic* and *heartwarming* Memory Cafe as we celebrate Memorial Day and honor the brave men and women who have served our country. This special event will feature a guest speaker from, the **Winnebago County Veterans Services**, who will share powerful stories and insights about the sacrifices of service of our veterans. It's a day of reflection, respect, and connection, with a chance to reminisce about the true meaning of Memorial Day and the heroes who have shaped our history. Enjoy a festive atmosphere, engage in meaningful conversations, and share your own memories while enjoying camaraderie. Let's come together to celebrate our nation's heroes and make this a Memorial Day to remember.

Neenah

Neenah Public Library, 240 E. Wisconsin Avenue, Neenah- Monday, May 19th- 1:30pm-3pm

Come and sing-a-long with the popular YNot choir. They always lift our spirits and send us home with a smile in our hearts.

Oshkosh

Traveling Oshkosh Memory Cafe - We will have a different location each month to experience many of the fun things to do in Oshkosh.

Garden of Edna, Oshkosh - Wednesday, May 21st - 1:30pm-3pm

Join us for a special celebration of growth, legacy, and community at one of Oshkosh's most beloved gardens. This remarkable property, originally purchased by Edna in 1950, has blossomed through the years into a testament to family dedication and love for nature. After Edna's passing in 2022, her son Jim and his sister have continued to nurture and expand the garden, which has become a vibrant part of Oshkosh's landscape. The garden won the prestigious "Curve Appeal" award in 1999 and was also featured as a highlight of the Oshkosh Garden Walk in 2022 with over 500 visitors marveling at its splendor.

Oshkosh YMCA, 3303 W 20th Avenue, Oshkosh - Wednesday, May 7th - 1:30pm-3pm

April showers bring May flowers! Join us for May baskets and Mother's Day celebration.

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