



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



## Aging Advocacy Day 2025: May 13th

The Wisconsin Aging Advocacy Network (WAAN) is hosting it's 9th annual Aging Advocacy Day on May 13th from 10am to 3pm. Check in begins at 9am. The physical event is held at the Best Western Premier Park Hotel (22 S. Carroll Street, Madison) and at the Wisconsin State Capitol. This event gathers citizens from around the state to meet with constituents from their Senate and Assembly district and their legislators/legislative staff. They want to hear personal stories about how specific specific policy issues and proposals would impact older adults and their families. Lunch will be provided. Registration is open and closes on April 25th.

Click here to register.

There is also 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. If you are unable to attend on May 13th, WAAN welcomes you to attend a virtual event to learn more about current issues. *Follow this link* for updates on the May 7th event. They also encourage 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.govs

## What is the Wisconsin Aging Advocacy Network (WAAN)?



Mission Statement: A collaboration of organizations and individuals working with and for Wisconsin's older adults to shape public policy and improve the quality of life for older people. WAAN advocates for all older adults by educating the community and policy makers on particular issues impacting older adults; mobilizing people on priority issues; and advocating for change.

Vision: WAAN's Vision is to build a society that engages, values, and supports people as they age by increasing the capacity for citizen leadership and action for both individuals and the community.

To learn more, visit gwaar.org/wisconsin-aging-advocacy-network

## 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			

# fabric Carrot Garland

- 1. Download and print the template.
- 2. Trace carrot body template onto orange fabric and cut out. Fold in half, with the right side of the fabric facing in, and sew edges together, leaving top open. Turn right side out and stuff with batting.
- 3. Trace leaf template onto green fabric and cut out. Fold in half, with the right side of the fabric facing in and sew together along edges, leaving the bottom unsewn. Turn right side out and sew bottom closed.
- 4. Sew a running stitch 1/4-inch from the carrot opening, leaving a 3-inch length of thread on ends. Use thread lengths to pull opening partially closed. Insert leaves into opening and pull opening closed completely; use thread to knot opening closed. Tack leaves into place with a few stitches.
- 5. To hang: loop twine around neck of carrots, spacing them evenly, and hang from a mantel, side board, or buffet.





Source: *countryliving.com* 











Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Spring Election  Intergenerational Storytime * Valley VNA, Neenah 10am	2 Autism Acceptance Day Event *  FVMP Oshkosh YMCA Memory Cafe 1:30pm  Lyrics and Laughter * 1:30pm Valley VNA	3 Coffee & Conversation * 20th Ave YMCA, Oshkosh 10am-11am	4 FVMP Winnebago Lunch Bunch Cinder's Charcoal Grill 11am	5
6	7 Memory Care Respite Neenah 1:30pm-3:30pm Winnebago County: Human Services Board Meeting Oshkosh 2pm  "Breaking the Overdose Stigma" Presentation * St. Vincent DePaul, Neenah 4pm	8 Intergenerational Storytime * Valley VNA, Neenah 10am  SPARK! Bergstrom Mahler Museum 1:30pm  Virtual Dementia Tour Parkview Health Care Center 1:30pm-4:30pm Registration required*  "Welcome to Medicare" Presentation * Neenah 2pm  Narcan Training * Winneconne Library 4pm	9 Intergenerational BINGOcize* Omro Community Center 4pm  SPARK! Trout Art Museum 1pm  Lyrics and Laughter* 1:30pm Valley VNA  Veterans Benefit Discussion* Valley VNA 3pm  I-Team Meeting Dept of Human Services (220 Washington Ave, Oshkosh) Room 033 2:30pm	"How To Thrive In Any Emergency" Presentation* Oshkosh Senior Center 1pm-2pm  Premiere of 'Shifting the Narrative' Lorenzo's House virtual screening and panel discussion Noon and 6pm*	Menasha Committee on Aging 1:30pm	12
13	14 Memory Care Respite Neenah 1:30pm-3:30pm  ADRC Committee Meeting 3pm	Intergenerational Storytime * Valley VNA, Neenah 10am Memory Screening Menasha Senior Center 10:30am-Noon	16 Memory Screening Oshkosh Senior Center 10:30am-Noon FVMP Oshkosh Traveling Memory Cafe Oshkosh Food Co-op 1:30pm	17 Neenah Committee on Aging 9am Advanced Directives Presentation * Valley VNA, Neenah 5pm	18 ADRC office closed	19
Father Carr's Easter Sunday Dinner*  Nappy  Easter	21 FVMP Neenah Library Memory Cafe 1:30pm	22 Intergenerational Storytime * Valley VNA, Neenah Ioam FVMP Memory Cafe Menasha Senior Center 1:30pm	Administrative Professionals Day	24 Discover Neenah History * Neenah-Menasha YMCA 10am-11am	25 Last Day to register for Aging Advocacy Day *	26
27	28	29 Intergenerational Storytime * Valley VNA, Neenah 10am Outdoor Walking Club Ogden YMCA 10:30am-11:30am *	30 SPARK! The Paine Art Center 1pm Lyrics and Laughter * 1:30pm Valley VNA			

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

Keith Arendt is a new Elder Benefit Specialist for Winnebago County. He comes to the county after working at Goodwill North Central Wisconsin for the last 13 years in multiple leadership roles. During his time with Goodwill, he enjoyed helping the team members and members of the community with their basic needs. Keith has a passion for helping people with barriers reach their greatest potential in life. Keith is a 2009 graduate of UW-Oshkosh and is excited to be back working in the community in which he attended school.

Outside of work Keith is married to his wife Amy and has two children Koen (10) and Kali (6). In his free time, he enjoys spending time with family in the outdoors hiking, fishing, and planning family vacations.





The Autism Society of Greater WI defines Autism Spectrum Disorder (ASD) as a "lifelong developmental condition that typically appears during early childhood and can impact a person's social skills, communication, relationships, and self-regulation." Some people with ASD may have a intellectual disabilities while others are highly intelligent. There is no single cause for Autism. To learn more about Autism and Autism resources, visit autismgreaterwi.org



## April: Autism Awareness Month



Mark your calendars and make your voice heard! The Autism Society Affiliates in Wisconsin invite you to Autism Acceptance Day at the Capitol on April 2nd from 12:00 PM to 1:00 PM in the Assembly Parlor of the Wisconsin State Capitol in Madison.

To learn more, click here!

## Administrative Professionals

Our ADRC main line gets between 60 and 70 calls per business day. Our office staff are a very important part of the ADRC. Shout out to our office support staff: Ashley, Sandy, and Ria. Ashley Kettner is the main administrative professional who supports our ADRC. Sandy Hurtado helps answer customer calls, works on our Resource Directory, and helps keep our staff current on resources. Ria mostly provides support to the Family Support Team, but often provides back up to the ADRC. We know your jobs are very fast paced. We appreciate the compassion you give to customers and their families!



**Ashley Kettner** 



Sandy Hurtado



Ria Green

FATHER CARR'S PLACE 2B 1062 N. KOELLER STREET OSHKOSH, WI 54902 He is Risen, Risen Indeed (920) 231-2378 **FATHER CARR'S PLACE 2B EASTER SUNDAY DINNER APRIL 20TH, 2025 EASTER SUNDAY DINNER DELIVERY 10:30AM - NOON TAKING ORDERS NOW (920) 231-2378** EASTER DINNER DINE-IN SERVING FROM NOON - 1:30PM NO RESERVATIONS NECESSARY **ALL ARE WELCOME** 

### 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

April 8 - 2pm June 17 - 10am August 12 - 2pm October 7th - 10am



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





## **Valley VNA Senior Care April Events**

WED 9 3:00 PM

### VETERANS BENEFIT DISCUSSION

**THURS** 17 5:00 PM

### WHAT'S THE BIG DEAL WITH ADVANCE DIRECTIVES?

**EVERY TUES** 10:00 AM

### STORYTIME FOR **EVERYONE**

WED 30 1:30 PM

### LYRICS & LAUGHTER

All free community events take place at Valley VNA Senior Care

Valley VNA **Senior Care** 

To Register: 920-727-5555 Location: 1535 Lyon Dr. Neenah, WI 54956

4TH ANNUAL BEAMING 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 BEAMING Horses Race to the Finish Line!



**GET TICKETS HERE!** Admission \$25/person (RSVP by April 26) https://givebutter.com/DATD2025

- · Raffle Baskets, Prizes and Giveaways
- · DRESS UP in your Best Derby Attire
- · 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.



# Ask the ADRC...

Do you have a question that you would like answered in the newsletter? If so, please email us at <a href="adrc@winnebagocountywi.gov">adrc@winnebagocountywi.gov</a> and put in the subject line "Question for the ADRC Newsletter". Your name will remain anonymous.

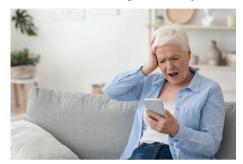
Dear ADRC,

I keep getting calls and emails from people I don't know. I'm never sure whether or should pick up the phone for those calls since I have heard about scams and identity theft. How do I best protect myself from becoming a victim of fraud?

Sincerely,

Do Not Trick Tracy

Dear Tracy,



What a great question. Lately, it seems that there are more and more instances of scammers trying to get financial or other sensitive information from people. Elderly individuals are often targeted by scammers because they have accumulated retirement savings and other assets over the course of their lifetimes. Additionally, there is the assumption that our aging population is more trusting and less tech-savvy, which makes them attractive targets for scammers. While this is alarming, there are a number of things one can do to keep safe.

First, do not provide personal information like your bank account, Social Security number, passwords, credit cards, or any other identifying information. These requests should never be made over the phone or through email. Second, the majority of the time, it is best to ignore people who contact you uninitiated; it is safer to look up the organization's contact information and contact them yourself if you believe it might be valid. Third, be familiar with common scams so you will be less likely to fall for them. Some common scams include government impersonation scams, bank fraud calls, fake charity appeals, claims that you won the lottery or some sweepstakes, and some even pretend to be a loved one who is injured, incarcerated or in need of assistance. Additionally, for online scams, do not click on suspicious links in unsolicited emails, texts, or social media messages.

Lastly, if you suspect you have fallen victim to a scam, call the National Elder Fraud Hotline at 1-833-FRAUD-11 or the Wisconsin Elder Abuse Hotline at 1-833-586-0107. Another local contact would be your local Adult Protection Services (APS) unit in the county you live in. Winnebago County's APS unit is housed within our ADRC (#1-877-886-2372). It is recommended that you close or place a freeze on financial accounts that may have been compromised. Although it may seem daunting at first, just follow these simple tips and you'll be an expert at avoiding scams in no time.

Sincerely,

ADRC of Winnebago Country



## **OUTDOOR WALKING GROUP** ForeverWell 55+ **OGDEN YMCA**

Tuesday, April 29 10:30-11:30 AM Schildt Park Approximately 2 mile walk

Monday, May 12 9:15-10:45 AM Café Nutrition Bring a few dollars to enjoy a snack Approximately 3 mile walk

Thursday, July 17 8:00-9:00 AM Neighborhood walk Approximately 2 mile walk

Thursday, September 11 9:00-11:00 AM Community First Credit Union - Café \*Bring a few dollars to enjoy a snack Approximately 4 mile walk

Register online at ymcafoxcities.org/register or at the Member Service desk at any Y location.

For more information contact Luann Luehring at 920.954.7643 or lluehring@ymcafoxcities.org

Cost: Y Member - FREE General Public - \$3 Pass



## **BRIGHTER DAYS** SUPPORT PROGRAM

### WHAT IS BRIGHTER DAYS?

A support program for those ages 55+ that have experienced the loss of

### GOALS OF THE PROGRAM:

- To support those, 55+ years old in their grief following the loss of their partner by bringing people of like experience together
- To improve feelings of isolation and depression through social connectedness, mindfulness activities, and physical activity
- To help participants maintain independence through regular physical activity and falls prevention measures.

### PROGRAM OUTLINE

- Support group led by YMCA staff following the GPS Model. Each session will include mindfulness, check in, discussion, and a closing.
- Small Group Training with a Certified Personal Trainer or Group Exercise Instructor
  - Monthly Enrichment Sessions such as bowling, visiting public

attractions, potluck socials, and more!

### NEXT STEPS

Please contact Brandy Hankey at brandyhankey@oshkoshymca.org or (920) 230-8439 to learn more about the program and to schedule an intake appointment.

### **MEMBERSHIP BENEFIT**

Participants that do not receive a membership as an insurance benefit will receive a complimentary membership if they participate in a minimum of 4 sessions per month.

OSHKOSH COMMUNITY YMCA www.oshkoshymca.org Downtown (920) 236-3380 20th Avenue (920) 230-8439





SUPPORTED BY:



emotional, and physical resources to your measure of





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/divisionsprogram-areas/your-health/adult/wellnessplus-healthy-aging-classes

### **Omro Community Center**

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



### **DISCOVER NEENAH HISTORY**

ForeverWell (ages 55+)
NEENAH-MENASHA YMCA



Thursday, April 24 | 10:00-11:00 AM

Come join the Neenah Historical Society to learn about what they offer, their new exhibit, and what historic walks they will be partnering with the Neenah-Menasha YMCA to offer this summer.

### Cost:

Y Member - FREE General Public - \$3 Program Pass

Register online at ymcafoxcities.org/register or at the Member Service desk at any YMCA of the Fox Cities locations.

For more information contact Luann Luehring at 920.954.7643 or luehring@ymcafoxcities.org



Join us for an informative session on hearing loss, hosted by Hearing Life. The basics of hearing health, common signs of hearing loss, and the importance of early detection will be discussed. A hearing specialist will be available to answer your questions and provide guidance on next steps. Coffee and a light breakfast will be served.

### THURSDAY, APRIL 3

10:00 - 11:00 A.M. • 20TH AVE YMCA • MEETING ROOM

FEE:

ree for Members & \$5 Non-members

REGISTRATION IS REQUIRED.

Call 920-230-8439, stop at the Front Desk of either location, or register online!

CAREPatrol Your Partner In Senior Care Solutions

Oshkosh Community YMCA • www.oshkoshymca.org • Downtown (920) 236-3380 • 20th Avenue (920) 230-8439



Winnebago County Public Health celebrates...

HearingLife



## PUBLIC HEALTH WEEK!

2



Breaking the Overdose Stigma + General Public Health Service Information

4:00 PM doors open, 4:30 PM presentation begins

Location: Vinnie's Pantry: 1425 S. Commercial St., Neenah WI 54956

O



Narcan Training + General Public Health Service Information

4:00 PM doors open, 4:30 PM Narcan Training begins

Location: Winneconne Library, 31 S 2nd St. Winneconne, WI 54986

2



Intergenerational Bingocize + General Public Health Service Information

4:00 PM doors open, 4:30 PM Bingocize begins! Fun for all ages!

Location: Omro Community Center, 1005 E Main St, Omro, WI 54963

5



How To Thrive In Any Emergency: Tips From a Preparedness Specialist

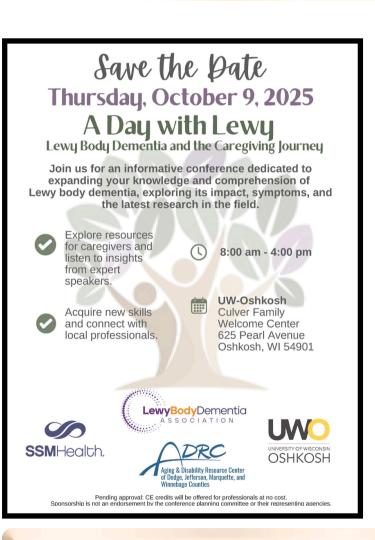
1:00 PM - 2:00 PM (Call 920-232-5300 to register)

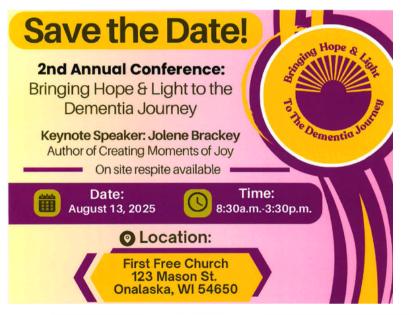
Location: Oshkosh Seniors Center, 200 N Campbell Rd, Oshkosh, WI 54902

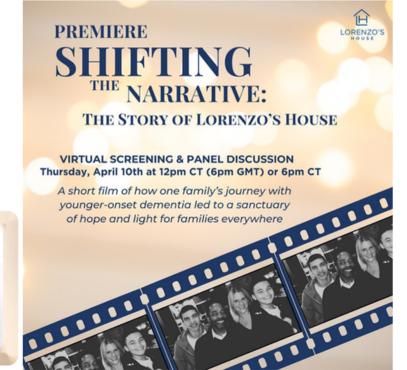
### **UPCOMING EVENTS**



Click here to register for the Alzheimer's Conference







To learn more about **Lorenzo's House** which is a nonprofit organization designed to empower youth and families, living with younger-onset dementia and to register for this screening:

<u>Lorenzoshouse.org</u>



## April 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: <a href="https://www.foxvalleymemoryproject.org">www.foxvalleymemoryproject.org</a>

### Menasha

### Menasha Senior Center, 116 Main Street, Menasha - Tuesday, April 22nd - 1:30pm-3pm

Get ready to ignite your creativity and celebrate our planet like never before! Join Taylor from the Bergstrom-Mahler Museum of Glass for an unforgettable Earth Day Project that will leave you inspired. Together, we'll craft something extraordinary while honoring the beauty of the Earth.

### Neenah

### Neenah Public Library, 240 E. Wisconsin Avenue, Neenah- Monday, April 21st - 1:30pm-3pm

Come and be part of our baseball-themed Memory Cafe, filled with trivia, baseball activities, and a whole lot more fun!

### **Oshkosh**

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

### Fire Escape - 927 Oregon Street, Oshkosh - Wednesday, April 16th - 1:30pm-3pm

Come and Paint with us! Learn the story of how the paint your own pottery store found itself in downtown Oshkosh and about the family that brought it to life! Enjoy painting a piece of pottery of your choice.

### Oshkosh YMCA, 3303 W 20th Avenue, Oshkosh - Wednesday, April 2nd - 1:30pm-3pm

Vintage Treasures Memory Cafe - Step back in time and relive the joy of childhood! Share stories of favorite childhood playthings and enjoy a nostalgic atmosphere. We invite you to bring along your favorite childhood toy(s) or vintage collectable(s) as we journey down memory lane!



## **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) f s on Fa

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