

August 2025



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

FREE

Winnebago County



WHEELCHAIR AND SCOOTER WASH

When: Saturday, August 9, 2025 10:00 AM - 12:00 PM

Where: J & R Auto Service, 29 Main St, Oshkosh

Services:

- Wash
- Minor Inspections and Repairs
- Food and Music
- Door Prizes and More!

**Clean
vibes**

Sponsored by:

Covey



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 |



- 4 red bell peppers
- Extra-virgin olive oil, for drizzling
- 1½ cups white cheddar cheese
- Avocado slices or guacamole, for serving
- Lime wedges, for serving
- Sea salt and freshly ground black pepper

Stuffed Peppers

Filling

- 1 tablespoon extra-virgin olive oil
- 2 garlic cloves, grated
- 2 jalapeños, diced, more for topping, if desired
- 2 scallions, chopped
- 1 teaspoon lime zest
- 1½ tablespoons lime juice
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1 teaspoon cayenne
- 1 teaspoon sea salt
- ½ cup finely chopped cilantro
- 3 cups cooked white jasmine rice
- 1½ cups cooked black beans, drained and rinsed
- 1½ cups corn kernels

Instructions

1. Preheat the oven to 450°F and line a baking sheet with parchment paper. Slice the peppers in half lengthwise, remove the seeds and membranes, and place on the baking sheet, cut side up. Drizzle with olive oil, salt, and pepper and bake 10 minutes. Tip out and discard any liquid that pools inside the peppers. Set the peppers aside,
2. Make the filling. In a large bowl, mix together the olive oil, garlic, jalapeños, scallions, lime zest, lime juice, cumin, coriander, cayenne, salt, and cilantro. Fold in the rice, black beans, and corn.
3. Scoop the filling into the pepper halves and top them with the cheese. Broil for 2 to 5 minutes or until the cheese is bubbling and browned. Alternatively, continue baking at 450°F for 10 to 15 minutes until the cheese is melted. Serve with the avocado slices, lime wedges, and extra jalapenos, if desired.

BPDD Conversation Cafes



The Wisconsin Board for People with Developmental Disabilities (BPDD) is holding virtual Conversation Cafes to gather ideas for our next 5-year state plan. We want to know the most important issues to you impacting people with disabilities in WI. While our future is uncertain, we are going ahead with our long-term planning as if we will have continued funding. Join us at one of the Conversation Cafes! Registration links below.

Date: July 17, 2025
Time: 6:00-7:30pm
Registration Link:
bit.ly/StatePlanConvo717

Date: August 7, 2025
Time: 12:00-1:30pm
Registration Link:
bit.ly/StatePlanConvo87

Spanish only session!

Date: August 7, 2025
Time: 6:00-7:30pm
Registration Link:
bit.ly/ComConvoSpan87

Can't join us but want to share your ideas?

No problem! Fill out our survey!
[English](#)
[Spanish](#)

Who should attend?

All are welcome: Self Advocates, Families, Caregivers, Service Providers, Employers, Policy Makers, Educators, Health and Safety Professionals, any and all other Community Members.



Need more information?

Contact Molly Cooney at 608-266-0266 or email molly.cooney@wisconsin.gov

This work is supported by the Department of Health and Human Services (HHS) as part of a federal award. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent the official views of nor are endorsed by HHS or the U.S. Government.

JOIN US | FOR THIS FREE FALL PREVENTION COMMUNITY EVENT

Tuesday, August 26th, 2025

Bridgewood Conference Center

1000 Cameron Way, Neenah

Event - 8:30am - Noon

Registration Opens at 8:15am

Welcoming Remarks: 9:00am

What's in Your Finding Balance Toolbox?

Join us for this year's Finding Balance Together event, where you'll discover tools to help you stay steady, safe, and independent!

You'll have the opportunity to:

- Learn new exercises promoting balance and strength
- Gain valuable insights to preventing and managing concussions as you age
- Participate in interactive health screens
- View engaging demonstrations—such as how to use Urban Walking Poles, and nutritious meal ideas
- Explore helpful community resources
- Build your own "Finding Balance Toolbox!"

Pre-registration is appreciated

Please register to reserve your place as seating is limited. For more information, and to register online, visit

www.FindingBalanceTogether.org or scan the QR code:



**THANK YOU
TO OUR
SPONSORS!**



It's the
Time of Your Life
SENIOR EXPO

OSHKOSH CONVENTION CENTER, 2 N. MAIN ST

TUES. OCT. 7, 2025 9-1

- A Public Expo for Active adults, Retirees, Veterans and Caregivers
- 450+ Attendees with 75+ Exhibitors of Senior Products & Services
- Free Admission, Health Screenings, Speakers, and Door Prizes

**SAVE!
THE DATE!**

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

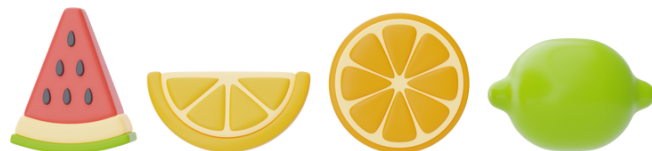
September 9 - 10am
December 16 - 2pm

Neenah

August 12 - 2pm
October 2 - 10am



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



Hmong National Labor Day Festival

Celebrating 50 Years in America

August 30 - 31, 2025

Winnebago County Community Park - Oshkosh, Wisconsin

501 E County Road Y



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|---|---|--|
| * An asterisk indicates there is more to read about this event in this newsletter. | | | | | ¹ FVMP Winnebago Lunch Bunch Ruby Owl Oshkosh 11am Winnebago County Fair | ² Oshkosh Farmers Market 8am-12:30pm Neenah Farmers Market 8am-12pm Carnival & Art BEAMING Inc. 11am-2pm* Winnebago County Fair |
| ³ Winnebago County Fair | ⁴ Memory Care Respite Neenah 1:30pm-3:30pm | ⁵ Intergenerational Storytime* Neenah Library 10am SPARK! Bergstrom Mahler Museum 1:30pm Virtual Dementia Tour Parkview Health Care Center 1:30pm-4:30pm Registration required* | ⁶ | ⁷ Omro Thursday Night Market Scott Park 4pm-7pm BPDD Conversation Cafe 12pm-1:30pm* Fall Prevention Class Valley VNA 5pm * | ⁸ Beginner Pickleball * Ogden YMCA 1:30pm-2:30pm Registration required | ⁹ Oshkosh Farmers Market 8am-12:30pm Neenah Farmers Market 8am-12pm Winnebago County Wheelchair and Scooter Wash J&R Auto Service 10am-Noon* |
| ¹⁰ | ¹¹ Memory Care Respite Neenah 1:30pm-3:30pm ADRC Committee Meeting 3pm | ¹² Welcome to Medicare Dept of Human Services -Neenah 2pm Registration required* Memory Care Respite Oshkosh 1:30pm-3:30pm | ¹³ SPARK! Trout Art Museum (Hosted at the Appleton Library this month) 1pm FVMP Oshkosh YMCA Memory Cafe 1:30pm Veterans Benefit Discussion* Valley VNA 3pm | ¹⁴ Omro Thursday Night Market Scott Park 4pm-7pm | ¹⁵ | ¹⁶ Oshkosh Farmers Market 8am-12:30pm Neenah Farmers Market 8am-12pm |
| ¹⁷ | ¹⁸ BEAMING INC. Stable Minds Support 1:00pm FVMP Neenah Library Memory Cafe 1:30pm | ¹⁹ Memory Screening Menasha Senior Center 10:30am- Noon | ²⁰ Memory Screening Oshkosh Senior Center 10:30am- Noon FVMP Oshkosh Traveling Memory Cafe Oshkosh Public Museum 1:30pm | ²¹ Neenah Committee on Aging 9am Omro Thursday Night Market Scott Park 4pm-7pm | ²² | ²³ Oshkosh Farmers Market 8am-12:30pm Neenah Farmers Market 8am-12pm |
| <div><div><div>²⁴</div><div><div></div><div></div></div><div>³¹ Hmong National Labor Day Festival Winnebago County Park, Oshkosh</div></div></div> | ²⁵ County Human Services Board Meeting Oshkosh 2pm | ²⁶ Fall Prevention Community Event 8:30am to Noon* FVMP Memory Cafe Menasha Senior Center 1:30pm Memory Care Respite Oshkosh 1:30pm-3:30pm Empowered Care Partners Class 1:30pm-3pm* | ²⁷ SPARK! The Paine Art Center 1pm | ²⁸ Omro Thursday Night Market Scott Park 4pm-7pm | ²⁹ | ³⁰ Hmong National Labor Day Festival Winnebago County Park, Oshkosh Oshkosh Farmers Market 8am-12:30pm Neenah Farmers Market 8am-12pm |

Valley VNA Senior Care August Events

**WED
13
3:00
PM**

VETERANS BENEFIT DISCUSSION

Questions about your benefits or whether you or a loved one is eligible to receive them? Join us for an informative session with a Winnebago County Benefits Officer. 60 minute session, no registration required.

**THURS
7
5:00
PM**

LIVE WELL, STAY ACTIVE: FALL PREVENTION TIPS

Discover ways to stay safe and prevent falls at this 60-minute educational session. No registration required.

**TUES
5
10:00
AM**

STORYTIME FOR EVERYONE

Join us at Valley VNA Senior Care for intergenerational fun with the Neenah Public Library! Enjoy read-alouds, rhymes, music, movement. 30-45 minutes with visiting with residents afterward, no registration required.

**MULTIPLE
DATES
AND
TIMES**

RESPIRE

Free respite is offered in both Oshkosh & Neenah. The first and second Monday of each month from 1:30 - 3:30 pm is held at St. Paul Lutheran Church 200 N Commercial St., Neenah. Pre-register by calling 920-383-1180. The second and fourth Tuesday of each month from 10:00 am - 12:00 pm is held at Our Savior Lutheran Church 1860 W Wisconsin St., Oshkosh. Pre-register by calling 920-727-5555.

All free community events take place at Valley VNA Senior Care except respite



Questions: 920-727-5555

Location: 1535 Lyon Dr. Neenah, WI 54956

MIND OVER MATTER

HEALTHY BOWELS, HEALTHY BLADDER

Class for women 55+

Learn strategies for preventing or lessening symptoms.

Understand how our bladder, bowels, and pelvic floor muscles work together.

Engages women to work together to set and meet personalized goals.



Thursdays

September 11th, September 25th, and October 9th
9:30 - 11:30 am

Oshkosh Community YMCA Downtown
324 Washington Ave, Oshkosh, WI 54901

Register with the YMCA by calling: 920-236-3380
Participants do not need to be a YMCA member to attend.
Recommended donation of \$15



ADVOCAP Volunteer Transportation Program

Providing transportation in Winnebago county region, enabling people to be more independent, healthier, and less socially isolated.

ADVOCAP's volunteer transportation program provides rides for participants who are referred to us through Winnebago County ADRC and Veteran Services. Drivers provide rides utilizing their personal vehicles and are reimbursed for their mileage.

Apply to be a Volunteer Transportation Driver:

Those interested in becoming Transportation Volunteers must be age 55 or over, have a valid license, insurance, registration, and a reliable vehicle.

All drivers must pass a background check and receive training on program rules & regulations, and driver etiquette.

Drivers receive requests for rides and choose which rides they will provide. Drivers are reimbursed for mileage monthly.

To apply to become a Volunteer Transportation Driver, contact Kari Tschech to discuss the program and receive an application.

Kari Tschech

Program Assistant, Volunteer Services
920-426-0150 ext 3234
kari.tschech@advocap.org

Are you in need of transportation services?

Contact ADRC to learn more.

To receive transportation services through ADVOCAP, you must be at least 60 years old and/or disabled and live in Winnebago County.

Contact ADRC by phone at 877-886-2372 to obtain a transportation referral. ADRC will ask you a few questions to determine your eligibility. If you are eligible, they will then send the referral to ADVOCAP.

Please do not contact ADVOCAP directly, as you will need a referral from ADRC to receive services.

Are you a U.S. military veteran?

Contact Veterans Services for a transportation referral at 920-232-3400. To be eligible, you must be a veteran and reside in Winnebago County.

Medicaid/BadgerCare & Transportation



- If you have Medicaid/Badgercare, you can use MTM for all non-emergent medical appointments (ie: dentist, optometry, physician, physical therapy, etc...)
- They prefer two business days' notice of the ride (includes the day of the call but not the day of the appointment). Consult with them regarding urgent appointments that have less than 2 days' notice
- MTM may provide help with mileage reimbursement, bus fare, or van/wheelchair transportation.

#866-907-1493

www.mtm-inc.net/wisconsin





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 doctor advised me to complete Power of Attorney forms while I still can make decisions. I don't want someone making my healthcare decisions for me while I still can. I could use some help with banking and money management sometimes since I don't drive anymore. What are Power of Attorney forms and how can I get them completed?

Signed,

PETER POWER

Dear Mr. Power,



We're so glad you asked. Wisconsin is not a "next of kin" or "family consent" state for adults. Wisconsin law does not authorize family members to make medical/financial decisions for incapacitated adult family members unless named in a legal document.

When you complete a Power of Attorney for Health Care Document you are choosing an agent to make healthcare decisions if there comes a time when you are not able to make those medical decisions for yourself anymore. The Power of Attorney for Healthcare document allows you to make your healthcare wishes known ahead of time. To make the Power of Attorney for Health Care a legal document, you need to complete and sign the document at the same time in front of two unrelated witnesses. The Power of Attorney for HealthCare Document becomes "active" when two physicians personally examine you and sign a statement stating that you are incapacitated (not able to make health care decisions).

The Power of Attorney for Finances and Property is another document that you can choose an agent to assist you with managing money and finances on your behalf. If you complete the Power of Attorney for Finance document, you still have the ability to manage your own finances as well. The document allows you to determine the powers you want the agent to have authority over. The agent's authority takes effect immediately after you sign the document unless you indicate otherwise on the form. The Power of Attorney for Finance and Property needs to be notarized by a notary. Notaries are available at the ADRC, as well as some banks, financial institutions and libraries.

Both the state forms for the Power of Attorney for Healthcare and Power of Attorney for Finance Documents are available online gwaar.org/guardianship-resources or you can request blank copies from the ADRC office.

Sincerely,

ADRC of Winnebago County



INSTRUCTOR LED BEGINNER PICKLEBALL

**FOREVERWELL
OGDEN YMCA**

August 8 | 1:30-2:30 PM

It is National Pickleball Day! Come join us and learn the game. Pickleball is all the rage right now. It is a great way to stay active and meet new friends. Come by yourself, or bring your friends. This class is perfect for the beginner who has little or no experience. The instructors will teach you everything you need to know and how to play the game so you can continue to play whenever you want. Bonus - if you are participating in the Frequent Y'er program, you will earn double punches for this event.

REGISTRATION IS REQUIRED.

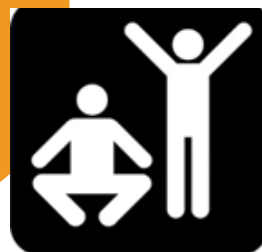
COST:

Members - FREE

General Public - \$3 Program Pass

Register online at ymcafoxcities.org or by contacting the Member Services desk of any YMCA of the Fox Cities Locations

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.



CREATE LEARN. CELEBRATE.

The Great Wisconsin Quilt Show Bus Trip

FOREVERWELL

LIFELONG
LEARNING
EVENT
FOR AGES 55+



THE GREAT
WISCONSIN
QUILT
SHOW

Take a trip with us to the Alliant Energy Center in Madison to celebrate the art of quilting!

THURSDAY, SEPTEMBER 4

Departing from the 20th Ave Y

DEPART • 8:00 a.m.

RETURN • 7:30 p.m.

FEE: \$45 Members • \$50 Non-Members

NEW Lower Price thanks to our sponsor:

VISTA
SENIOR LIVING MANAGEMENT
BELLA VISTA LAKESHORE MANOR
A VISTA COMMUNITY RESIDENCE

Price includes admission to show, bus transportation and driver tip. Workshops, lectures + food not included.

REGISTER at the front desk, by calling 920-230-8439, or register online!

MEET NEW PEOPLE, SOCIALIZE + TRAVEL WITH FRIENDS!

Make a Difference!

Join the Winnebago County Aging and Disability Resource Center (ADRC) Commission!

Our Commission Members:

- Serve a 3-year term or 2-year term, if elected official, and are Winnebago County residents
- Attend monthly meetings, actively engage in commission work, and contribute your time and talents to make your community better!
- Stay informed about our programs, partnerships, and operations of our ADRC and Aging unit programs
- Are committed to supporting our aging populations and individuals with disabilities in Winnebago County
- Represent and promote the ADRC and the services it provides to the community at large.

We are looking for individuals who are over the age of 60 or individuals over 18 who can represent the populations the ADRC serves which primarily include those with Intellectual Disabilities and Physical Disabilities.

For more information or to join our committee, please contact:
Elizabeth Wagner at 920-236-1225 or ewagner@winnebagocountywi.gov



A promotional banner for the Winnebago County Fair. At the top, it features logos for Winnebago County, the local radio station 92.3 FM, 4imprint, and sponsors COMPEER FINANCIAL and Culver's. The central text reads 'Winnebago County Fair' in a large, stylized font, with 'Sunnyview Expo Center • Oshkosh, Wisconsin • July 30 - August 3, 2025' below it. A row of six small images shows various fair attractions: a colorful wheel, a green tractor, two women smiling, a truck, people in costumes, and a Ferris wheel. At the bottom, the text 'Carnival Lights & action packed nights...' is written in a cursive font, followed by the website 'winnebagocountyfaironline.com' and social media icons for Instagram, TikTok, and Facebook.

BEAMING presents...

COMMUNITY CARNIVAL & ART SHOW

A collaborative fundraiser between BEAMING and local non-profits.

Saturday, August 2nd
11am-2pm

Enjoy a fun-filled day with **horses, craft booths, food trucks and carnival games.**
Plus, **meet other local non-profits** that are doing amazing work in our community.

Held rain or shine!
Close-toed shoes are required.

BEAMING RANCH
2692 COUNTY RD GG
NEENAH, WI 54956

Only \$10/Car



Donate
door prizes
now!

Boost Your Brain and Memory

Join the Boost Your Brain and Memory Program to improve your health today! This evidence-based, six-week class takes a holistic approach to improving brain health. It is not intended for people who are diagnosed with dementia. This program is designed for adults 55+ learn ways that they can lower their risk factors for dementia.

Omro Area Community Center
1005 E. Main Street, Omro
Mondays 11am-Noon

September 8th to October 13th
for more information and to
register for this class:

Alisa Richetti 920-236-1227
arichetti@winnebagoctywi.gov



Powerful Tools FOR Caregivers

**A FREE 6 WEEK EVIDENCE-BASED WORKSHOP
THAT CAN HELP CAREGIVERS:**



- Reduce stress
- Improve self-confidence
- Set goals and problem solve
- Make tough decisions
- Communicate effectively with family, doctors, and paid caregivers

Six week workshop held every Thursday

Oct 16th to Nov 20th

3:00 - 4:30pm

Oshkosh Public Library
106 Washington Avenue, Oshkosh
Conference room in lower level



For Registration and Questions: Alisa Richetti | 920.236.1227
arichetti@winnebagoctywi.gov

Author Visit!

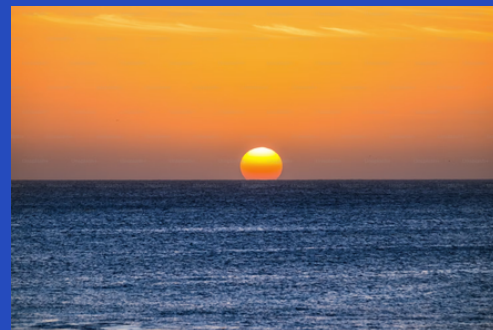
**Tuesday, August 5
at 3:30 pm**

**Carter Memorial Library
405 E Huron Street
Omro, WI**

Marty Schreiber is visiting the Carter Memorial Library on Tuesday, August 5 at 3:30 pm to speak about his book. In *My Two Elaines: Learning, Coping, and Surviving as an Alzheimer's Caregiver*, Marty candidly counsels those taking on this caregiving role. As an award-winning crusader for Alzheimer's caregivers and persons with dementia, Marty uses humor and compassion as he shares his lessons from this nearly twenty-year journey as a caregiver.



August 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 St, Menasha - Tuesday, August 26th - 1:30pm-3pm

Come meet Koda, Menasha Joint School District's emotional support dog, and her handler, Rick, for an inspiring and heartwarming session! Learn about Koda's special training and how she became an essential resource for the school community. Discover how Koda helps students and staff navigate stressful moments, offering comfort and emotional support. Koda will be available for petting and cuddles (trust us, you'll want to meet her!) Whether you're a dog lover, curious about emotional support animals, or just need a little furry pick-me-up, this event is for you!

Neenah - Location change

Valley VNA 1535 Lyon Dr, Neenah - Monday, August 18th - 1:30pm-3pm

This month's cafe will be held at Valley VNA 1535 Lyon Dr Neenah. We will enjoy rides around the neighborhood in their rickshaw bikes as well as have fun with Christy Feuerstahler, their music director, with a drum circle.

Oshkosh

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

Oshkosh Public Museum, 1331 Algoma Blvd - Wednesday, August 20th - 1:30pm-3pm

Join us at the Oshkosh Public Museum for an afternoon of discovery. Entertain our curiosities with learning about the history of Oshkosh.

Oshkosh YMCA, 3303 W 20th Ave, Oshkosh - Wednesday, August 6th - 1:30pm-3pm **No membership needed**

Dog Days of Summer - Join us for a tail-wagging good time as we celebrate the Dog Days of Summer! We'll be making homemade dog treats and sharing fun memories of our favorite furry friends.

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

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