

December 2024




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



Holiday Meals & Assistance

Father Carr's Place 2 Be



Christmas Day Meal Program on December 25th
Delivery 10:30-Noon (accepting orders now)
Dine-In Noon-1:30 (no reservation required)
1062 N Koeller St., Oshkosh, WI
920-231-2378

Salvation Army

Christmas Meal on December 24th
Dine-In Only 11:00-1:00 PM
417 Algoma Blvd, Oshkosh, WI 54901
920-232-7660




St. Paul Lutheran Church

Christmas Meal on December 14th
Dine-In 11:30-12:30 PM, prayer service 10:45-11:30
200 N. Commercial St., Neenah, WI 54956
(920) 725-3961

Assistance:


Salvation Army



Toys, coats, Christmas baskets, and food pantry
(registration by December 9th)
815-972-1135

Babes Inc.

Toys and care packages
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	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

Honey Brown Sugar Ham Glaze

How to Make Honey Brown Sugar Ham Glaze?

1. Wrap the ham in aluminum foil. Transfer the ham from its packaging to aluminum foil and wrapping tightly to seal in the moisture.
2. Begin baking the ham. Place the ham in the oven and bake until the ham reaches 120°F on an instant-read thermometer.
3. Make the glaze. Simmer honey, brown sugar, Dijon mustard, unsalted butter, and apple cider vinegar until reduced, darkened in color, and thickened.
4. Brush the glaze onto the ham. Unwrap the ham, and brush the glaze onto and in-between the ham slices.
5. Finish baking. Continue baking the ham, uncovered, until it reaches an internal temperature of 120°F to 140°F.

Do You Put Glaze on Ham Before Cooking?

No, you should brush the glaze onto the ham toward the end of cooking. When the ham has about 30 minutes remaining, use a pastry brush to apply the glaze (making sure to drip some glaze between the slices for extra flavor). Return the ham to the oven, uncovered, to finish cooking.

How Long Does It Take to Cook Spiral-Cut Ham?

To serve a spiral-cut ham warm, use the following guidelines:



1. Start with the ham wrapped in foil to keep it moist, then glaze and finish cooking, uncovered. The ham is ready when it has reached an internal temperature of 120°F to 140°F.
2. At 275°F: Bake for 20 minutes per pound (about 2 to 2 ½ hours total)
3. At 350°F: Bake for 10 minutes per pound (about 1 to 1 ½ hours total)

Ingredients

- 1 (8- to 10-pound)
- bone-in, spiral-cut ham, with no added water or juices
- 2 cups
- packed light brown sugar
- 1 cup
- honey
- 1/2 cup
- Dijon mustard
- 2 tablespoons
- unsalted butter
- 2 tablespoons
- apple cider vinegar





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 BEAMING INC. Memory Cafe 1pm Memory Care Respite Neenah 1:30pm-3:30pm Winnebago County: Human Services Board Meeting Oshkosh 2pm	3 Connecting Community Through Food * Downtown Oshkosh YMCA 11am-12pm	4 FVMP Oshkosh YMCA Memory Cafe 1:30pm	5 Foot Care Clinics Downtown Oshkosh YMCA * 1pm-4pm Registration required	6 FVMP Oshkosh Lunch Bunch 11am	7 Medicare Open Enrollment Ends 
8	9 Memory Care Respite Neenah 1:30pm-3:30pm ADRC Committee Meeting 3pm	10 Urban Pole Walking Class * 20th Ave Oshkosh YMCA 9:15am-10am SPARK! Trout Art Museum 10am "Welcome to Medicare" Presentation * Oshkosh 10am Eat, Drink, & Be Merry Party * 20th Ave Oshkosh YMCA 12pm-1:30pm SPARK! Bergstrom Mahler Museum 1:30pm Virtual Dementia Tour Parkview Health Care Center 1:30pm-4:30pm Registration required	11 Christmas Potluck with Gift Exchange* Neenah-Menasha YMCA 11am-12pm	12	13	14
15	16	17 Memory Screening Menasha Senior Center 8:30am-10am Book & Puzzle Swap * Ogden YMCA (720 E Shady Ln Neenah) 10:30am-11:30am	18 Memory Screening Oshkosh Senior Center 10:30am-Noon SPARK! The Paine Art Center 1pm FVMP Oshkosh Traveling Memory Cafe Copper Hall 1:30pm	19 Neenah Committee on Aging 9am Book Club * Neenah-Menasha YMCA 11am-12pm	20 Holiday Memory Cafe 1:30pm Neenah Library*	21
22	23	24 ADRC Office Closed	25 ADRC Office Closed Christmas 	26	27	28
29	30	31 ADRC Office Closed New Years Eve 				

FYI: Menasha Committee on Aging is not meeting this month.

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

December will mark the last program for this series. Special thanks to the Downtown Oshkosh YMCA for hosting and for the many community volunteers who shared their culture with us!



**FREE
FOOD + FUN**

CONNECTING COMMUNITY THROUGH FOOD



Food often reflects our cultures and ethnicities. By sharing food and our culture with one another, we connect as humans and learn more about one another's experiences. Sharing of food provides us greater opportunities to hold space for all to explore and share at the table.

JOIN US every month with a new special guest to learn more about a culture and their traditions, customs, and recipes! Come with an appetite and open mind and leave educated and with a new cultural recipe.

IN PARTNERSHIP WITH:



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

DIVERSITY + FOOD + COMMUNITY

THE FIRST TUESDAY OF EVERY MONTH

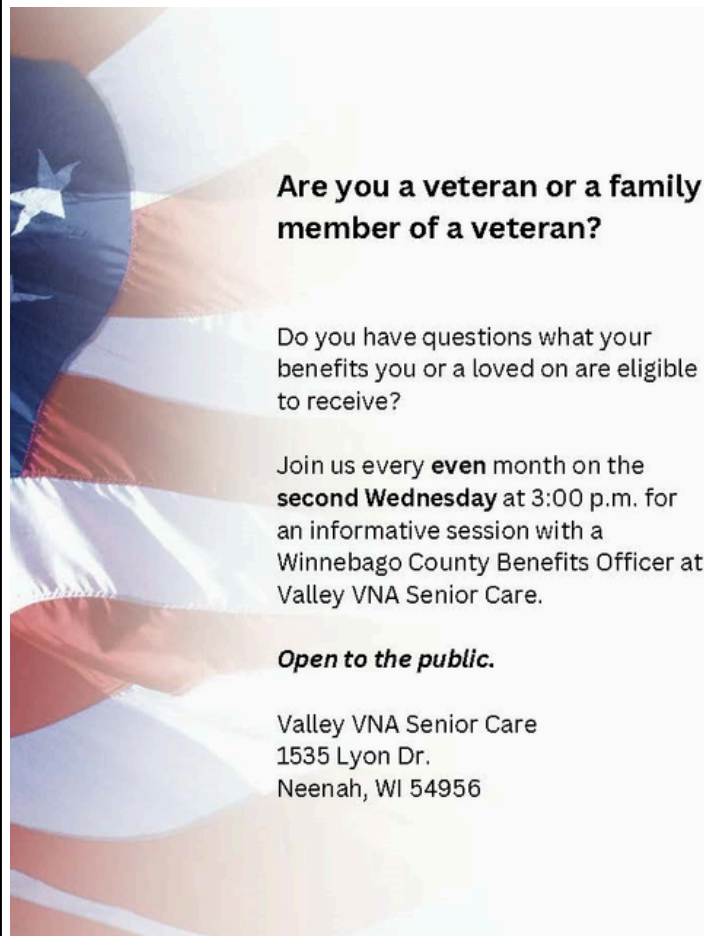
Downtown Y • Teaching Kitchen • 11 a.m. - 12:00 p.m.

- September 10
- November 12
- October 1
- December 3

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

Email Lindsey McMullin at lindseymcmullin@oshkoshymca.org to find out what is on the menu or to present and share a cultural dish or meal of your own!

Pre-registration is required. Sign up at the Front Desk of either location, call 920-236-3380, or register ONLINE!



Are you a veteran or a family member of a veteran?

Do you have questions what your benefits you or a loved on are eligible to receive?

Join us every **even** month on the **second Wednesday** at 3:00 p.m. for an informative session with a Winnebago County Benefits Officer at Valley VNA Senior Care.

Open to the public.

Valley VNA Senior Care
1535 Lyon Dr.
Neenah, WI 54956



Welcome to Medicare

Presented by Winnebago County Elder Benefit Specialists

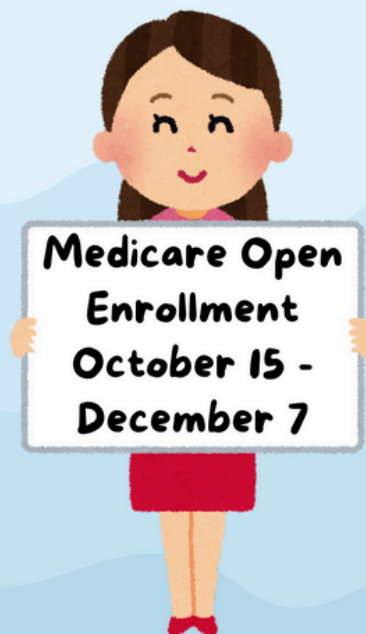
The Aging and Disability Resource Center of Winnebago County invites you to attend a 'Welcome to Medicare' presentation. Current or future Medicare beneficiaries and their loved ones are invited to join us to learn more about Medicare options and benefits.

Oshkosh
December 10th
10 am



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

Medicare Open Enrollment



It's almost time to review your current Medicare health and drug coverage and make needed changes for 2025!

For assistance with open enrollment:

- Contact 1-800-MEDICARE
- Use the online plan finder at medicare.gov
- Contact a Benefit Specialist at the ADRC



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.

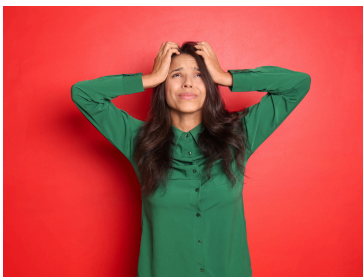
Dear ADRC,

It's holiday season again. Time for activities like shopping, spending time with family, making cookies and decorating the tree. Some people love the hustle and bustle of the season, but I think it's stressful. I feel overwhelmed and sad this time of the year. How can I enjoy the holidays more without so much stress?

Sincerely,

Olivia Overwhelmed

Dear Olivia,



The holiday season can be exhausting. Most people have an idea in their head about the perfect "holiday" and strive to meet that expectation. If you are feeling overwhelmed or even sad over the upcoming holiday season it is important to realize that what you're feeling is normal and many people feel the same way. Sometimes unrealistic expectations for the holidays can add to the stress. Understand that loneliness and grief can also be heightened during the holidays.

Here are some suggestions to reduce feelings of stress:

- Adjust your expectations. Do you really have to spend 3 hours making homemade Christmas cookies if it's something you don't enjoy? Think about what traditions are important to you and talk to your loved ones about what traditions they want to keep and focus on those.
- Plan ahead. It's ok to say "no" to some activities. Some activities may be ones you don't enjoy anymore and it's ok to say "no". Having a calendar that's packed with too many activities can cause you to feel overwhelmed.
- Set a budget: Feeling stressed and overwhelmed can be due to additional holiday shopping and expenses. Set a budget and stick to it.
- Be good to yourself. Enjoy family and friends on your terms. If you've recently (or not so recently) experienced the loss of a loved one give yourself some grace. It's ok to mourn that loss and recognize that you may have feelings of sadness during this time of the year. Make it a priority to care for yourself. Going to a movie, listening to your favorite music or soaking in a bubble bath may be just what you need to destress.

I hope that your holiday season is a wonderful one filled with love, laughter and joy.

Sincerely,

ADRC of Winnebago County



Caregiver Conference

The ADRC hosted an event for dementia care partners and their loved ones on November 14th at the UWO Family Culver Center.



Sheri Fairman of Dementia Care Solutions, LLC presented on skills that remain with dementia. (above)



Resources provided by the ADRC and our community dementia partners.

Caregivers shared their own experiences on the journey of dementia with their family members. (below)



Thank you to the 70+ volunteers for the 2024 “Leaf No One Behind” event! 30 households in Oshkosh received yard clean up on November 3rd. Shout out to students at the Oshkosh Area School District for their participation. And a special thank you to the agencies that partnered with our ADRC to make this event happen: Care Patrol, Winnebago County Public Health, and the Oshkosh Senior Center.

Happy Holidays and Happy New Year to you from our staff at the ADRC! Wishing you happiness and health in 2025!





FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY


FOREVERWELL

IMPROVE STABILITY,
BALANCE & CONFIDENCE!



URBAN POLE WALKING CLASS • HELD MONTHLY AT BOTH LOCATIONS
TUESDAYS • 9:15-10:00 a.m.

Join us for our NEW urban pole walking classes to discover the benefits of this low impact exercise! Andrea Van Dyn Hoven from Care Patrol is experienced in fitting poles and leading dynamic pole walking sessions! If you're looking to increase your cardiovascular activity, want to improve walking posture or improve stability, balance and confidence this class is for you. Classes will be held monthly at both the Downtown and 20th Avenue YMCA facilities. See locations and dates below!



WORKSHOP LEADER:
Andrea Van Dyn Hoven

URBAN POLE WALKING CLASSES
20th Ave Y MPR 3
Downtown YMCA Studio 3
FREE FOR MEMBERS!
\$5/Workshop for Non-Members
Please sign up at the Front Desk of either location!

20TH AVENUE:

- September 10
- October 8
- November 12
- December 10


DOWNTOWN:

- September 24
- October 22
- November 26
- NO CLASS in December at the DT location.

OSHKOSH COMMUNITY YMCA • www.oshkoshymca.org

Downtown • 920-236-3380 • 324 Washington Avenue

20th Avenue • 920-230-8439 • 3303 W. 20th Avenue



CARE Patrol™
Your Partner in Senior Care Solutions

30 YEARS



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FRIENDS, FOOD, FUN

ForeverWell (ages 55+)
Holiday Luncheons
OGDEN YMCA & NEENAH-MENASHA YMCA

Wednesday, December 11
Christmas Potluck with Gift Exchange
Location: NEENAH-MENASHA YMCA
11:00AM-NOON
Fun, Friendship & Food! Join us for a Christmas potluck luncheon. Bring a wrapped \$5 gift, a dish to pass, and your Christmas spirit. We will start out with a fun and interactive Christmas ice breaker to get to know everyone. Then we will enjoy our potluck lunch while visiting with friends and listening to Christmas music. We will finish up the luncheon with a fun and somewhat fast paced gift exchange with lots of laughs.




Cost
Members: Free
General Public: \$3

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

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.

STEP UP & TAKE CARE

Foot Care Clinics

Offered at the Downtown YMCA!

Proper foot care is an important component of a person's overall health. Experts recommend that seniors pay special attention to their feet!

THURSDAYS: October 3 • December 5

1:00–4:00 p.m.

DOWNTOWN YMCA • Teaching Kitchen Area

FEE: \$39

WHAT DOES A FOOT CARE CLINIC ENTAIL?

- A nurse from Valley VNA Senior Care will provide a foot soak, nail trim, filing, foot massage, and treatment of minor corns or callouses.
- The nurse will look out for any concerning issues and refer you to a podiatrist, if necessary.
- One-on-one conversation with a friendly nurse!

RESERVE YOUR SPOT TODAY!

To schedule your next Foot Care appointment, call 920-426-1931.

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



EAT, DRINK & BE MERRY

SPECIAL
EVENT
FOR AGES
55+

FOREVERWELL

Ring in the holidays at the Y! Join us for an Ugly Sweater Party, Potluck & Cookie Exchange!
Cookie exchange optional.

TUESDAY, DECEMBER 10

20TH AVENUE YMCA • MPR1 & 2

Noon–1:30 p.m.

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.

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

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



REFRESH YOUR BOOKS & PUZZLES WHILE CONNECTING WITH OTHERS

Book & Puzzle Swap

ForeverWell (ages 55+)

OGDEN YMCA OR NEENAH-MENASHA YMCA

Bring your gently used puzzles and books. Enjoy socializing with others while browsing for something new to take home. Extra donations are welcomed and will be kept and used at future swap dates.

Dates/Times

Tuesday, November 19 (NMY–11:00 AM–NOON)

Tuesday, December 17 (OGY–10:30–11:30 AM)

Location

OGY: Front Commons Area

NMY: Solarium

Cost

Members: Free

General Public: \$3



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.

YMCA BOOK CLUB

ForeverWell Age 55+

Third Thursday of each month
11:00 AM–NOON

NEENAH-MENASHA YMCA
Meets in the Conference Room



Reading with a purpose! A new book will be chosen each month. Meetings will provide regular opportunities to read, unwind and have thought-provoking conversations with others who share the love of reading.

Monthly Book Choices

- October 17: The Art of Racing in the Rain by Garth Stein
- November 21: A Man Called Ove by Fredrik Backman
- December 19: Redbird Christmas by Fannie Flagg
- January 16: Raft of Stars by Andr w Graff
- February 20: Water for Elephants by Sara Gruen
- March 20: Lessons in Chemistry by Bonnie Garmus
- April 17: Thursday Murder Club #1 by Richard Osman

Pick up your book at Member Services today! You may also get your own copy of the book if you choose not to borrow.

*Books available one month prior to the book club discussion

Cost: Members: Free, General Public: \$3

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

please join us for the

Holiday Memory Cafe

1:30 PM

Friday 20 December

Neenah Public Library - Shattuck Rm
240 E Wisconsin Ave, Neenah

Get into the holiday spirit with us! Enjoy an afternoon filled with festive games, tasty light bites, and a delicious holiday beverage (alcohol-free). It's the perfect way to celebrate the season with friends, laughter, and good cheer. Don't miss out on this joyful gathering!

FOX VALLEY MEMORY PROJECT

UNIVERSITY OF WISCONSIN OSHKOSH
CENTER FOR COMMUNITY DEVELOPMENT, ENGAGEMENT
AND TRAINING (CCDET)



WISCONSIN DEMENTIA CARE PROJECT

<https://www.uwosh.edu/dementia>

20% off all registrations between Nov 15-Dec 31, 2024!

Interested in learning more about dementia, including Alzheimer's Disease? Are you a family or professional caregiver or do you play another role in the life of someone who is living with dementia? The Wisconsin Dementia Care Project offers dementia courses, developed for, and approved by the Wisconsin Department of Health Services.

Introductory Courses for Family Caregivers

Free Online Community Member Course

20-minute video is available in English and Espanol at no cost. Available at <https://www.uwosh.edu/dementia>.

Dementia Care Generalist for Family and Friends

Online course offering general information about the different types of dementia, warning signs, risk factors, and more from the perspective of friends & family of people with dementia. Register at <https://ccdet-uwoh.nbsstore.net/dementia-generalist-for-family-and-friends>.

Introductory Courses for Professional Caregivers

Dementia Care Generalist for Crisis Responders

Online course for law enforcement personnel, judiciary/court officials, fire/EMS personnel, dispatchers, county adult protective services personnel, hospital ER Staff, spiritual leaders, and other crisis team members. Register at <https://ccdet-uwoh.nbsstore.net/dementia-generalist-template>.

Dementia Care Generalist for Healthcare Providers

Online course for professional caregivers in any behavioral or health care setting including long-term care, assisted living, in-home care, and outpatient settings. Register at <https://ccdet-uwoh.nbsstore.net/dementia-generalist-for-healthcare-providers>.



Center for Community Development, Engagement and Training (CCDET)

SERVICES

Consulting
Data Management
Training & Education
Curriculum Design
Project Management

CONTACT US

Visit our page at <https://uwosh.edu/ccdet/contact-ccdet/> and complete our contact form.

Tell us a little bit about your project and timeline, and executive director, Kim Stuyvenberg, will get back to you.

We look forward to working with you to meet your project needs!

UWO-CCDET

(920) 424-3034
ccdet@uwosh.edu

UWO - WHERE EXCELLENCE AND OPPORTUNITY MEET

2025



**Changing Lives,
One Ride at a Time**



Where does Santa cash
his checks?

At the snow bank



Stable Minds Support, 1:00pm.

For those living with dementia and their loved ones: Spend quality time in an uplifting setting, meeting and supporting one another through the power of horses. With a physician's release, select candidates and their caregivers have the opportunity to ride. *Barn is partially heated*

March 3	April 7, 14, 21	May 5, 12, 19
June 2, 9	July 7, 14, 21	August 18
September 8, 15, 22	October 6, 13, 20	November 3, 10
December 1, 8		





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

Holiday Memory Cafe for all!

Neenah Public Library, 240 E. Wisconsin Avenue, Neenah- Friday, December 20th - 1:30pm-3pm

Get into the Holiday Spirit with us! Enjoy an afternoon of festive games, tasty light bites, and a delicious holiday beverage. It's the perfect way to celebrate the season with friends, laughter, and good cheer! Don't miss out on this joyful gathering.

Menasha

Menasha Senior Center, 116 Main Street, Menasha - Cancelled for December

Oshkosh

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

Copper Hall, 203 Otter Avenue, Oshkosh - Wednesday, December 18th - 1:30pm-3pm

Healthy Holidays- Celebrate the season with fun trivia, food tips and a hands on cooking demo! Discover simple ways to enjoy the holidays while making healthier choices and sharing favorite traditions.

Oshkosh YMCA, 3303 W 20th Avenue, Oshkosh - Wednesday, December 4th - 1:30pm-3pm

Trim the Tree Party - Get into the holiday spirit with us at our festive Trim Holiday Party! We will decorate our Memory Cafe themed tree in the lobby, enjoy seasonal music, and light refreshments. Bring a special ornament to share in our Ornament Show and Tell!

BEAMING INC.

BEAMING Barn, 2692 County Road GG, Neenah - Monday, December 2nd 11th - 1pm


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