



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

Free or Reduced Fee Phone Service/Internet Service

Lifeline is a federal program that offers free or reduced fee phone and/or internet service for individuals with limited income.

Individuals may be eligible if they:

- Receive FoodShare
- Receive SSI
- Receive BadgerCare
- Receive a Veterans and/or Survivors Pension Benefit
- Receive Federal Public Housing Assistance (Section 8)
- Are survivors of domestic violence, human trafficking, and related crimes
- If household income is at 135% or below of the federal poverty line
 - 1 person \$20,331 or below
 - 2 people \$27, 594 or below
 - o 3 people \$34,857 or below
 - 4 people \$42,120 or below

Lifeline federal program contact information: Phone: #800-234-9473

Email: lifelinesupport@usac.org

Website: *lifelinesupport.org*



Individuals can apply online or call. Income will need to be verified in writing. One phone is allowed per household. Please note that this Lifeline Program is not the same as the necklace or wristband someone might wear to press if they had fallen and cannot get up. To be screened for this program and learn more, contact one of these companies:

- Access Wireless #866-594-3644
- Airtalk Wireless #855-924-7825
- American Broadband & Telecommunications #866-966-2628 Safelink #800-723-3546
- Assurance Wireless #888-321-5880
- Boomerang Wireless #866-488-8719
- Cellcom #800-236-0055
- Gen Mobile #833-528-1380

- Infiniti Mobile #888-801-0012
- Life Wireless #888-543-3620
- Stand UP Wireless #800-544-4441
- Tag Mobile #800-986-5670
- Truconnect #800-430-0443
- US Cellular #800-944-9400

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		

- ½ cup drained julienne-cut sun-dried tomatoes packed in oil with herbs
- 1 tablespoon oil from sun-dried tomato jar, divided
- 1½ cups chopped yellow onion
- 4 medium garlic cloves, minced (about 4 teaspoons)
- 3 tablespoons tomato paste
- 2 (32-ounce) packages chicken broth
- 1 cup heavy whipping cream
- 4 teaspoons chopped fresh basil, plus more for garnish
- 2 teaspoons kosher salt
- 1½ teaspoons dried Italian seasoning
- 1 teaspoon garlic powder
- ¼ teaspoon crushed red pepper, plus more for garnish
- 8 ounces uncooked medium shell pasta
- 3 cups packed roughly chopped fresh baby spinach
- 2 cups shredded rotisserie chicken
- 8 ounces cream cheese, cubed, at room temperature

• 1½ ounces Parmesan cheese, finely shredded, plus more for

garnish

655 calories in 2 cups



Marry Me Chicken Soup

- 1. Gather all ingredients.
- 2. Heat oil from sun-dried tomatoes in a large Dutch oven over medium until shimmering. Add onion and garlic; cook, stirring often, until softened, 3 to 4 minutes.
- 3. Add tomato paste and sun-dried tomatoes; cook, stirring constantly, until tomato paste is slightly deeper red in color, about 2 minutes.
- 4. Stir in broth, cream, basil, salt, Italian seasoning, garlic powder, and crushed red pepper; bring to a boil over medium, stirring occasionally, about 12 minutes.
- 5. Add pasta and reduce heat to medium-low; cook, stirring occasionally, until pasta is al dente, about 12 minutes.
- 6. Reduce heat to low, and add spinach, chicken, cream cheese, and Parmesan; cook, stirring often, until cream cheese and Parmesan are melted and chicken is heated through, about 5 minutes.
- 7. Garnish with additional Parmesan, basil, and red pepper. Serve immediately.





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Memory Care Respite Neenah 1:30pm-3:30pm Winnebago County: Human Services Board Meeting Oshkosh 2pm	4	5 SPARK! Trout Art Museum 1pm FVMP Oshkosh YMCA Memory Cafe 1:30pm Lyrics and Laughter 1:30pm Valley VNA* Green and Gold Movie* Marcus Theatre Appleton 1:30pm Registration required	6	7 FVMP Winnebago Lunch Bunch Two Brothers Family Restaurant 11am	8 Cabin Fever* BEAMING Rancl 10am RSVP requested
9	IO Memory Care Respite Neenah 1:30pm-3:30pm ADRC Committee Meeting 3pm	"Welcome to Medicare" Presentation * Neenah 10am SPARK! Bergstrom Mahler Museum 1:30pm Virtual Dementia Tour Parkview Health Care Center 1:30pm-4:30pm Registration required Empowered Care Partners* Neuroscience Group 1:30pm-3pm	Lyrics and Laughter 1:30pm Valley VNA* Veterans Benefit Discussion* Valley VNA 3pm	13	Menasha Committee of Aging 1:30pm Valentine; Day	15 Music in Motion' Performing Art Center - Appletor Noon
16	17 FVMP Neenah Library Memory Cafe 1:30pm	18 Funeral Planning Class* 10am-11am Neenah-Menasha YMCA Memory Screening Menasha Senior Center 10:30am-Noon	19 Memory Screening Oshkosh Senior Center 10:30am-Noon FVMP Oshkosh Traveling Memory Cafe Copper Hall 1:30pm Lyrics and Laughter 1:30pm Valley VNA*	20 Neenah Committee on Aging 9am	National Caregivers Day	22
23 Bridging Past and Present* Exploring Native Interican Cultural Heritage Oshkosh Convention Center 2pm		25 Better Health Better Sleep Class* Noon-1:30pm YMCA on 20th FVMP Memory Cafe Menasha Senior Center 1:30pm Empowered Care Partners* Neuroscience Group	26 SPARK! The Paine Art Center Ipm Lyrics and Laughter 1:30pm Valley VNA* Senior Safety and Scam Prevention* Valley VNA 5pm	27	28	* An asterisk indicates there is more to read about this event in this newsletter.

Free, confidential tax preparation

Fox Cities AARP Foundation

SERVICE BY APPOINTMENT ONLY

<u>Service Provided January 31st – April 11th, 2025 (Varies by Location)</u>

Call 920-215-1040 M-F, 8:30-5:00

MENASHA GOODWILL	1800 Appleton Rd, Menasha	8:15-Noon, Monday - Friday
KAUKAUNA LIBRARY*	207 Thilmany Rd, Ste 200, Kaukauna	10:30-2:00 Thursdays
MENASHA BOYS & GIRLS CLUB	600 Racine St, Menasha	9:00-2:00 Wednesdays
NEENAH LIBRARY	240 E Wisconsin Ave, Neenah	9:15-2:30 Thursdays
LITTLE CHUTE CENTER	625 Grand Ave, Little Chute	8:15-1:00 Fridays
RIDGEVIEW HIGHLANDS (limited appointments)	640 Ridgeview Circle, Appleton	8:15-Noon Mondays

Volunteer appointment schedulers will return your calls as soon as possible

It is very important to obtain the pre-appointment packet, follow instructions, complete the required forms & gather tax documents prior to the appointment

Forms will need to be completed PRIOR to your appointments

- * Returns at the Kaukauna Library are prepared using the Same Day Drop -off method
- · Photo ID <u>and Social Security Card or other proof of Social Security Number is required.</u>
- \cdot Social Security <u>Cards</u> are <u>required</u> for any dependent that will be shown on the return.

VITA UWO

(Geared toward working people and those with families)

SERVICE BY APPOINTMENT ONLY - Call 920-424-1454 and leave a message with your name & number.

Please only leave ONE message and someone will get back to you.

Appointment line opens mid-January; Appointments scheduled from 2/3/25 - 3/21/25

Oshkosh AARP Foundation

(Geared toward retired people with low to medium income)

SERVICE BY APPOINTMENT ONLY - Call 920-385-6756, M-F, 8 am - 12 pm to schedule. Appointments are for DAYTIME only held at Algoma Boulevard United Methodist Church, 1174 Algoma Blvd on Tuesdays and Fridays.

2 step process - Pick up envelope the week BEFORE the appointment & fill out forms at home. (No help available on day of appointment to do that)

Appointment line opens 1/6/25; Appointments scheduled from 1/28/25 - 3/28/25

One of our Elder Benefit Specialists, Kathryn Noll-Arias has moved onto a new chapter after 2 years at the ADRC. Kathryn started at our agency in February 2022 and her last day was January 17th, 2025. Kathryn, thank you for your service to our community and agency. Best wishes to you!





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 mother and I are looking at different assisted living facilities for her. There are so many different options, and I am so overwhelmed! Mom really still likes being independent, but she does need help with bathing, dressing and help taking her medications. I want to make sure that her new home will be the best fit for her. What do I look for in assisted living

facilities?

Sincerely,

Overwhelmed Olivia

Hello Olivia,



Thank you for your question; it can be overwhelming knowing what to look for or where to start in this process. Since your mother is still fairly independent, a residential care apartment complex (RCAC) or a community based residential facility (CBRF) might be appropriate. A RCAC offers apartment style units that can offer up to 28 hours per week of care. A CBRF is a group setting with single or double occupancy rooms, sometimes with a half bath, and offers assistance with bathing, dressing, toileting, transferring, medications, etc.

It is recommended that you tour a few different facilities. Many times, it is best to schedule a tour, but it is also important to try touring unannounced. Things to make note of are staff-resident interactions, clear pathways, activities going on, etc. Questions to ask include: what is the staff to resident ratio, what are the meal plan options, is there an emergency response system, what does staff training look like, how many staff work there, how many residents live there, etc.? See if you can pay for a meal to see how the food is. Also, be aware of potential additional fees, since many facilities require an entrance fee or a period of time where residents are required to fully private pay (sometimes up to 2 years or more). Facilities are regularly surveyed by the Dept of Health Services Division of Quality Assurance (DQA). To view survey results of facilities, visit: dhs.wisconsin.gov/guide/survey-info.htm

Feel free to reach out to the ADRC for a tour checklist and list of facilities. There are case management organizations (some free, some at cost) that aide in making calls, setting up tours, debriefing after tours, etc. You can find more information about facilities by visiting this link off our website:

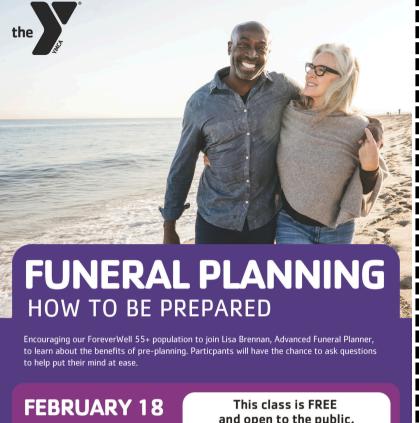
www.co.winnebago.wi.us/adrc/resource-library/housing-options

Best wishes in your search!

Sincerely,

ADRC of Winnebago County





10:00-11:00 AM

NEENAH-MENASHA YMCA

and open to the public.

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 Iluehring@ymcafoxcities.org



LUNCH SPONSORS:

senior stride.

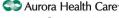
Home Care

MIRAVIDA

TUESDAY, FEBRUARY 25 · Noon-1:30 p.m. 20th Ave Y • Multi-Purpose Room 1 & 2

FREE FOR MEMBERS • \$5 for Non-Members **Program Includes Lunch**

PRESENTER: Jessica Prill, RPSGT, CCSH - Sleep Department Lead



Now part of ADVOCATEHEALTH

REGISTRATION REQUESTED

Please sign up ONLINE, at the Front Desk of either location or by calling 920-230-8439.

OSHKOSH COMMUNITY YMCA www.oshkoshvmca.org DOWNTOWN 920-236-3380 324 Washington Ave. 20TH AVENUE 920-230-8439 3303 W. 20th Ave.

Classes can also help improve your mood and introduce you to new people! Check out the below organizations who offer regular classes:

Looking for upcoming classes to improve your balance and strength? There are many programs and

classes offered in our county designed to reduce falls.

Health & Wellness Corner

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.

Valley VNA Senior Care **February Events**

WED 3:00 PM

VETERANS BENEFIT DISCUSSION

WED 5:00 PM

SENIOR SAFETY AND SCAM PREVENTION

EVERY TUES 10:00 AM

STORYTIME FOR EVERYONE

EVERY WED 1:30 PM

LYRICS & LAUGHTER

music and singing for individuals with dementia and

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

Bridging Past and Present:

Exploring Native American Cultural Heritage





event may be directed to

ne Schaefer, 920.232.5306

and informational opportunities to help understand the region's indigenous communities, both past and present. It begins with the recent Menominee haeological work viewed through the lens of our neighboring Tribal Nations and archaeology professionals. It will continue with program offerings of Native American Artists celebrating their vibi cultural heritage of the past through their art.

Sunday, February 23 at 2 pm **Oshkosh Convention Center**

Light refreshments will be rved. Questions about the



NATIONAL & ARTS



oshkesh

Disability Advocacy Day: March 12, 2025

Disability Advocacy Day is a daylong event focused on connecting self-advocates with their legislators to talk about issues that matter to them. Registration will open February 1st. Visit the Wisconsin Board for People with **Developmental Disabilities**

website for updates this month: wi-bpdd.org



Patients Needed-Dental Cleaning & X-rays!

CHILDREN THROUGH ADULT- AGES 5 & UP

FVTC Dental Hygiene Clinic

Providing Dental Hygiene Services in a Clinical Setting



Students learn while the following services are performed:

Digital X-Rays Professional Dental Cleaning Fluoride Treatments Personal Dental Health Education https://www.fvtc.edu/CampusResources

(920) 735-4884 Fee: \$30

Scan this code to sign up now!



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

March 11 - 2pm May 13 - 10am July 8 - 2pm

September 9 - 10am December 16 - 2pm

Neenah

February 11 - 10am April 8 - 2pm June 17 - 10am August 12 - 2pm October 7th - 10am



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





BUY TICKETS



Saturday, Feb. 15 • 12 p.m. Fox Cities Performing Arts Center Tickets are \$15.









CABIN FEVER

February 8, 2025 10:00-12:00 PM BEAMING Ranch

2692 Cty Rd GG, Neenah

You are invited to a special day at the BEAMING Ranch. It is going to be a fantastic opportunity to get up close with our horses, learn about grooming, feeding, and enjoy some educational activities on horse care. Whether you are experienced or not, it will be an enriching and fun experience.

We would love for you to join us.
Please RSVP to: beamingoutreach@gmail.com or call us at (920) 851-6160.

Please like and follow our Facebook page: https://www.facebook.com/beaminginc







EMPOWERED CARE PARTNERS!

Education for Individuals Caring for a Loved One with a Memory
Disorder

- Learn communication approaches and strategies
- Receive practical tips and information
- Problem-solve solutions for those tough situations
- Facilitated by a Licensed Clinical Social Worker who specializes in Memory Disorders

2ND AND 4TH TUESDAY OF EACH MONTH/1:30-3:00

(8 SESSIONS: BEGINNING FEBRUARY 11, 2025)

NEUROSCIENCE GROUP, 1305 W. AMERICAN DRIVE, NEENAH

Registration is required for this free series. Contact Julie Feil, MSW, LCSW (920) 725-9373 ext. 6850 for more information and to register. Book and materials included.



February 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, February 25th - 1:30pm-3pm

Christine Kennedy Cedergren from STEAM Team will join us for an introduction to Robotics. This program will give you a chance to drive robots by using simple commands on an iPad or a remote. Join us for an afternoon of fun with robots and STEAM stations.

Neenah

Neenah Public Library, 240 E. Wisconsin Avenue, Neenah- Monday, February 17th - 1:30pm-3pm

To be determined. Stay tuned to the FVMP website and social media for a revised description.

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, February 19th - 1:30pm-3pm

Let's have a joyous experience of music and movement with the Fox Valley Symphony Orchestra's - In Harmony Program. This will be a fabulous time to have our spirits lifted with the beauty of music and time with our friends.

Oshkosh YMCA, 3303 W 20th Avenue, Oshkosh - Wednesday, February 5th - 1:30pm-3pm

'The Magic of Mardi Gras' - Join us for a festive Mardi-Gras themed Memory Cafe! Enjoy delicious treats, creative activities and make memories!

BEAMING INC.

BEAMING Barn, 2692 County Road GG, Neenah - On hold until March 2025

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!

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