



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

## Options for Independent Living

There are eight independent living centers (ILCs) in Wisconsin. The office for our county is called "Options for Independent Living". They are located in Green Bay. An independent living center (ILC) is a non-profit organization that provides four main services: peer support, information and referral, independent living skills training, and person and systems advocacy. They have a number of useful programs we refer to often in the work we do. Check out two of their programs below. You will also see information on the WISTech program that Options partners with. To learn about these programs and the other programs they administer, you can reach Options by calling 920-490-0500 or visiting [optionsil.org](http://optionsil.org)

### Showcase Model Home



Options for Independent Living offers a showcase model home in their Green Bay office. In this home, you will find state-of-the-art adaptive equipment and assistive technology. These devices and equipment are designed to increase independence, functioning, and quality of life for people with disabilities. Examples of things you may see are accessible plumbing fixtures, ceiling mounted electrical lift, talking microwave oven, cooktop with front controls, etc... Interested in checking it out? Contact them at 920-490-0500. Want to try out an item at home? Read about the WisLoan Program below.

### WisLoan

This is a statewide low interest loan program for adult residents of Wisconsin with disabilities to help them pay for technology or equipment, so they can live with the most independence. Loans can be used to buy: wheelchairs, scooters, hearing aids, magnifiers/visual aids, home modifications, accessible vehicles, stairlift, etc... The loan amounts start at \$500 and could possibly go up to \$80,000. This will depend on what item you are needing and what your ability is to pay back the loan. In addition to the WisLoan, there is a WisLoan Down Payment Assistance Program for those with approved WisLoans, the down payment assistance percentage is based on your household income level.



## Wisconsin's Assistive Technology Program (WisTech)

WisTech is Wisconsin's assistive technology (AT) program. AT is a device or service used by a person with a disability to increase their independence and/or safety. Some examples of AT are: a magnifier for someone with a visual disability, eye gaze computer software, talking devices, vibrating alarm clocks, amplified telephones, etc... WisTech is a program that provides information on how to choose an item, ideas on funding, how to install, and use the equipment. There are many devices available for a short-term loan to "test drive" a device before purchasing. To learn more, please call the Wisconsin Dept of Health Services at 608-514-2513 or visit [dhs.wisconsin.gov/wistech](http://dhs.wisconsin.gov/wistech)

# Calendar Contact Information

|  |  |
|--|--|
| FVMP Memory Cafe's<br>Lunch Bunch  | Fox Valley Memory Project (FVMP)<br>(920) 225-1711<br><a href="mailto:info@foxvalleymemoryproject.org">info@foxvalleymemoryproject.org</a> |
| Memory Screens at the Senior Centers<br>Virtual Dementia Tour            | Alisa Richetti<br>(920) 236-1227<br><a href="mailto:Arichetti@winnebagocountywi.gov">Arichetti@winnebagocountywi.gov</a>                   |
| SPARK!   | Paine Art Center, Oshkosh (920) 235-6903<br>Bergstrom Mahler Museum, Neenah (920) 751-4658<br>The Trout Museum, Appleton (920) 733-4089    |
| Neenah Memory Respite Care   | (920) 383-1180 or <a href="mailto:memorycarerespite@gmail.com">memorycarerespite@gmail.com</a>   |
| Oshkosh Memory Respite Care  | (920) 727-5555 ext. 2217   |
| Winnebago County Human Services Board                                    | <a href="mailto:jkotajarvi@winnebagocountywi.gov">jkotajarvi@winnebagocountywi.gov</a>   |
| ADRC Committee<br>Specialized Transportation Committee<br>I Team Meeting | <a href="mailto:ADRC@winnebagocountywi.gov">ADRC@winnebagocountywi.gov</a>   |
| Neenah Committee on Aging  | <a href="mailto:ckasimor@ci.neenah.wi.us">ckasimor@ci.neenah.wi.us</a>   |
| Menasha Committee on Aging   | <a href="mailto:khutter@menashawi.gov">khutter@menashawi.gov</a>   |
| Lyrics and Laughter  | Valley VNA (920) 727-5555  |

## White Chicken Enchilada Soup

- 1 pound boneless, skinless chicken breasts
- 4 cups low-sodium chicken broth
- 1 teaspoon ground cumin
- 1 onion chopped
- 4 ounces diced green chiles (1 can)
- 15 ounces canned corn drained (1 can)
- 15 ounces canned white beans drained (1 can)
- 10 ounces green enchilada sauce
- 2 cloves garlic minced
- 4 ounces cream cheese (½ brick)

1. In a slow cooker combine the chicken, chicken broth, cumin, onion, green chiles, corn, beans, enchilada sauce, and garlic.
2. Cook on low 6 hours or high 4 hours.
3. During the last hour of cooking add in the cream cheese and stir.
4. Before serving stir to make sure the cream cheese is incorporated and remove the chicken, shred, and add back to slow cooker.
5. Serve with your favorite toppings like cilantro, lime, avocado, cheese, anything!



HAPPY NEW YEAR

January

HAPPY NEW YEAR

| Sunday | Monday  | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday |
|--------|---|--|---|---|--|----------|
|        |   |  | 1<br>ADRC office closed   | 2   | 3  | 4        |
| 5      | 6<br>Memory Care Respite<br>Neenah<br>1:30pm-3:30pm<br><br>Winnebago County:<br>Human Services Board<br>Meeting<br>Oshkosh<br>2pm | 7  | 8<br><br>Book Club<br>20th Ave Oshkosh<br>YMCA<br>10:30am-11:30am<br><br>SPARK!<br>Trout Art Museum<br>1pm<br><br>FVMP Oshkosh YMCA<br>Memory Cafe<br>1:30pm  | 9   | 10<br>FVMP Winnebago<br>Lunch Bunch<br>Mineshaft<br>11am<br><br>Menasha<br>Committee of<br>Aging<br>1:30pm | 11       |
| 12     | 13<br>Memory Care Respite<br>Neenah<br>1:30pm-3:30pm<br><br>ADRC<br>Committee<br>Meeting<br>3pm                                   | 14<br>“Welcome to Medicare”<br>Presentation *<br>Oshkosh<br>10am<br><br>SPARK!<br>Bergstrom Mahler Museum<br>1:30pm<br><br>Virtual Dementia Tour<br>Parkview Health Care<br>Center<br>1:30pm-4:30pm<br>Registration required | 15<br>Tea Presentation and<br>Sampling *<br>Neenah-Menasha<br>YMCA<br>10am-11am<br>Registration required<br><br>Memory Screening<br>Oshkosh Senior Center<br>10:30am-Noon<br><br>FVMP Oshkosh<br>Traveling Memory Cafe<br>Copper Hall<br>1:30pm | 16<br>Neenah<br>Committee<br>on Aging<br>9am<br><br>Book Club<br>Downtown Oshkosh<br>YMCA<br>1pm-2pm<br><br>“Taking Care of Your<br>Kidneys” Educational<br>Event and Lunch *<br>20th Ave Oshkosh<br>YMCA<br>12pm-1:30pm<br>Registration required | 17   | 18       |
| 19     | 20<br>FVMP Neenah Library<br>Memory Cafe<br>1:30pm  | 21<br>Memory Screening<br>Menasha Senior Center<br>10:30am-Noon<br><br>“Socialization, Technology,<br>and Fun for All” Event *<br>Neenah-Menasha YMCA<br>11am-12pm<br>Registration required                                  | 22  | 23  | 24   | 25       |
| 26     | 27  | 28<br>FVMP Memory Cafe<br>Menasha Senior Center<br>1:30pm  | 29<br>SPARK!<br>The Paine Art Center<br>1pm   | 30  | 31   |          |

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



# PROTECT YOUR WALLET

## A Guide to Avoiding Financial Scams

While financial scams and fraud happen throughout the year, the holidays are a predictable time to see an increase. More online shopping and phone or email donation appeals means more opportunities for fraud. It is also an emotional time of year for many people, especially those who may feel lonely or isolated, which scammers can exploit.

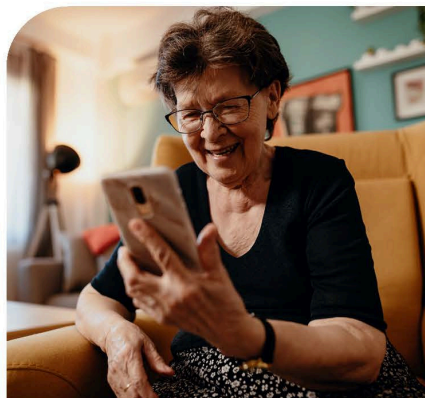
The **Eldercare Locator** can help older adults, caregivers and families to stay safe and worry free by protecting themselves and loved ones from financial fraud and scams during the holiday season.

### Common Scams Targeting Older Adults

Scams targeting people age 60 and older resulted in over \$3.4 billion in losses in 2023 alone, according to the **FBI**. Here are some of the most common types of scams and fraud, according to the Consumer Financial Protection Bureau (CFPB). Read the complete CFPB list [here](#).

- **Charity:** Scammer pretends to represent a real or made-up organization and asks for donations.
- **Non-Delivery:** A person buys something online but never receives the item.
- **Grandparent:** Scammer pretends to be a grandchild or relative in trouble and asks for money or gift cards.
- **Tech Support:** Scammer pretends to be a computer expert offering technical support to trick people into giving access to their computers and personal information.
- **Romance:** Scammer pretends to be romantically interested in someone, develops trust and then asks for money or a loan.
- **Blackmail:** Scammer threatens to release personal information unless the victim sends money using wire transfer or gift cards.
- **Investment:** Scammer pretends to be a financial professional with urgent investment opportunities that are fake, including offers to teach you how to invest in cryptocurrency.

**There is an Adult Protective Services (APS) unit in every county. They help older adults and adults at risk who have been abused, neglected, or financially exploited. If you suspect an older adult or adult at risk has experienced, is experiencing, or is at risk of experiencing abuse, neglect, self-neglect, or financial exploitation, call us at 877-886-2372.**



### 10 Tips to Avoid Scams

Here are some of the things you can do to prevent getting scammed or becoming a victim of financial fraud. Learn more from the **FBI** and **CFPB**.

1. Be wary of someone offering you a “great deal” that seems too good to be true or pressuring you to act quickly.
2. Do not be afraid to say “no” or hang up if you feel uncomfortable or suspicious about a phone call solicitation or to ignore suspicious emails or text solicitations.
3. Never send money using a gift card or wire transfer directly to a seller or unknown person.
4. Do not click on suspicious links or attachments in text messages, emails, websites or social media.
5. Be suspicious of a company asking you by phone or email to update your password or account information. Look up the company’s phone number on your own and call the company to find out if the request is real.
6. Keep personal information in a safe and secure location that unauthorized individuals cannot access.
7. Do not share numbers or passwords for accounts, credit cards or Social Security.
8. Monitor your financial accounts by setting up alerts for unusual activity and reviewing statements more frequently during the holidays.
9. Build a strong support network and keep in touch with others to prevent social isolation. This can decrease the chances that you will experience financial exploitation and the likelihood that it goes unnoticed.
10. Stay informed about current scams and keep older family members up to date on official warnings about current scams or fraud.



Thanks for reading our monthly newsletter! Are there subjects you would like us to share about in 2025? Please email us at [adrc@winnebagocountywi.gov](mailto:adrc@winnebagocountywi.gov) or call us at 877-886-2372.







# 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](mailto:adrc@winnebagocountywi.gov) and put in the subject line "Question for the ADRC Newsletter". Your name will remain anonymous.

Dear ADRC,

I'm worried about falling in my slippery bathroom after I shower since I'm not as steady as I used to be. Are there any safety measures I can try?

Sincerely,

*Stumbling Sally*

Hello Sally,



Falling is always a scary event. I am glad you are looking for ways to prevent a fall. Do you know that according to the National Institute on Aging, 80% of the falls that seniors have happen in the bathroom? This is due to slippery floors and wet surfaces. Also, getting in and out of the shower can be a bit tricky.

One thing you can do to prevent falls is installing grab bars in and around your shower. Grab bars can improve balance and reduce the risks of falls by providing a stable surface to grab onto. They can also reduce fatigue by bearing some of your body weight during transferring. Cost for grab bars typically range from \$20 to \$250. Medicare usually does not cover the cost of bars, even when they are necessary for safety issues. Installation costs range from \$100 to \$350 per bar. Even with the cost, preventing a fall can be priceless.

Many big-box stores and contractors for bathroom remodeling carry grab bars. Some local options include stores such as Kitz & Pfeil Ace Hardware, Omro Pharmacy, Home Depot and Lowes along with many other local stores. If you purchase grab bars from one of these locations, the store may have a list of individuals that can install the grab bars. The ADRC also has a "Handyman List" that may also provide the names of individuals who might be able to assist with installation.

Rebuilding Together Fox Valley is an agency that may be able to help with getting grab bars or other safety items. They can even help with installation costs if you meet the financial eligibility. You have to be a homeowner to get assistance from Rebuilding Together Fox Valley. Please call (920) 730-2156 for additional information.

Other fall prevention tips for bathrooms are to:

- place non-skid mats or strips on all surfaces that might get wet
- make sure that soap, shampoo, conditioner, towels, and any other bathing items are within easy reach when showering
- use a shower chair or bench for added safety
- use a nightlight

Stay safe!

*ADRC of Winnebago County*

# New Years Resolutions for Older Adults

# 2025

The New Year provides us with an opportunity to improve our wellbeing through setting goals and taking action. A resolution is a promise to oneself to live a better life and build a better future. Here are some ideas for you!

## **Learn Something New**

Learning new things gets you out of your comfort zone and can improve your memory.



## **Tell Your Life Story**

Your loved ones want to know about your life, so record your life story in some way. You could write your memoir, organize a photo album, or create a scrapbook.

## **Embrace Technology**

New technology can be confusing, but avoiding it means you are missing out on ways to connect with your loved ones.

## **Safety Proof Your Home**

Clear away items in your home that could be a tripping hazard, like rugs or loose cords. Make sure there is proper lighting in all parts of the house so you can see where you're going.

## **Be Proactive About Your Health**

Schedule regular checkups and be proactive about your health. Early detection of health issues can lead to better treatment outcomes.

## **Prepare your Advanced Directives**

You will feel relieved when you complete your Powers of Attorney for Health Care and Finance so that your family/friends know what you do/do not want if your health changes.

## TAKING CARE OF YOUR KIDNEYS

FOREVERWELL

LIFELONG  
LEARNING  
EVENT

FOR AGES 55+

Don't miss out! Dr. Kaur will be here to talk about kidney health including the causes, prevention, and treatment of chronic kidney disease and hypertension due to poor kidney function.

**THURSDAY, JANUARY 16 • Noon-1:30 p.m.**

20th Ave Y • MPR 1 & 2

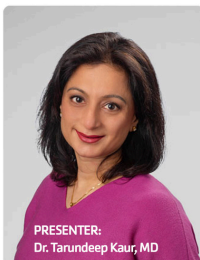
**FREE FOR MEMBERS • \$5 for Non-Members**

Program Includes Lunch

**REGISTRATION REQUESTED**

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

LUNCH CO-SPONSORS



PRESENTER:  
Dr. Tarundeep Kaur, MD

**Aurora Health Care**  
Now part of **ADVOCATEHEALTH**

OSHKOSH COMMUNITY YMCA [www.oshkoshymca.org](http://www.oshkoshymca.org)  
DOWNTOWN 920-236-3380 324 Washington Ave.  
20TH AVENUE 920-230-8439 3303 W. 20th Ave.



## SOCIALIZATION, TECHNOLOGY & FUN FOR ALL

ForeverWell 55+

Video Games

**NEENAH-MENASHA YMCA**



Video gaming has exploded in recent years. It has expanded to help youth build skills that could shape a career, find friends, develop problem solving skills and reduce stress. Learning about gaming could even help you better connect with the youth in your life. You will learn to play a few different games and compete against your fellow classmates in our state of the art technology lab

**NO EXPERIENCE NECESSARY!**

**Date:**

Tuesday, January 21

Registration Deadline Friday, January 17

Thursday, February 13

Registration Deadline Tuesday, February 11

**Time:**

11:00 AM-NOON

**Cost:**

Y Member - Free

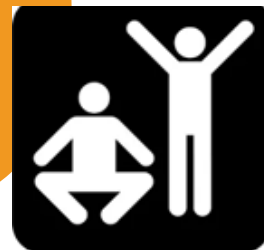
General Public - \$3 Program Pass



Register online at [ymcafoxcities.org/register](http://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](mailto:luehring@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](http://menashawi.gov/departments/senior_center)

### Oshkosh Senior Center

#920-232-5300

[ci.oshkosh.wi.us/seniorservices](http://ci.oshkosh.wi.us/seniorservices)

### Neenah-Menasha YMCA

#920-729-9622

[ymcafoxcities.org/foreverwell](http://ymcafoxcities.org/foreverwell)

### Oshkosh YMCAs

#920-230-8916

[oshkoshymca.org/foreverwell-ages-55](http://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](http://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.





**FOREVERWELL**  
Ages 55+

**REDUCE STRESS +  
IMPROVE YOUR HEALTH**

**WeCOPE**



Managing life's challenges in healthy ways to take better care of ourselves and others.

WeCOPE is a six-week evidence-based program that helps adults cope with daily life stress. WeCOPE has been shown to reduce stress and depression, increase positive affect, and improve health behaviors in randomized trials.

### TUESDAYS

1:00-2:00 p.m.

20th Ave Y • Meeting Room

**FREE FOR ALL**

**REGISTRATION REQUIRED!**

Please sign up on our website, at the front desk of either location or by calling (920) 230-8439.

- **FEBRUARY 4:**  
WeCOPE Overview, Emotional Awareness
- **FEBRUARY 11:**  
Gratitude, Noticing and Savoring Positive Events
- **FEBRUARY 18:**  
Everyday Mindfulness, Mindfulness Meditation
- **FEBRUARY 25:**  
Positive Reappraisal
- **MARCH 4:**  
Self-Compassion, Acts of Kindness
- **MARCH 11:**  
Personal Strengths, Attainable Goals

**OSHKOSH COMMUNITY YMCA • [www.oshkoshymca.org](http://www.oshkoshymca.org)**  
20th Avenue • 920-230-8439 • 3303 W 20th Avenue



## HEALTH BENEFITS & ENJOYMENT

### Tea Presentation & Sampling ForeverWell (ages 55+) NEENAH-MENASHA YMCA

January is National Tea Month. What a great month to learn all about tea, the health benefits, and sample different teas. A huge thank you to Amy from The Natural Boutique in Neenah for sharing her knowledge and samples with us.

#### Date

Tuesday, January 14

Deadline to register January 12

#### Time

10:00-11:00 AM

#### Cost

Members: Free

General Public: \$3



Register online at [ymcafoxcities.org/register](http://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](mailto:luehring@ymcafoxcities.org)

### Disability Advocacy Day:

March 12, 2025

Disability Advocacy Day is a day-long event focused on connecting self-advocates with their legislators to talk about issues that matter to them. Registration will open early in 2025 - more to come!

**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

January 14 - 10am

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 [adrc@winnebagocountywi.gov](mailto:adrc@winnebagocountywi.gov)



## MONTHLY BOOK CLUB

**FREE  
FOR MEMBERS!**  
Books are provided  
LIMIT 9 PEOPLE  
PER MONTH.

## CONNECT THROUGH READING

Book Clubs are a great way to meet people and to learn from diverse perspectives. The **Downtown Book Club** meets on the 3rd Thursday of each month and the **20th Ave Book Club** meets on the 1st Wednesday of the month.

Books will be provided to those who participate and can be picked up at the front desk of the respective branch. Books must be returned after each meeting. Each branch will read a different book monthly.

**REGISTER** at the front desk of the respective branch. Please register in person. You can pick up your book upon registration.

**FREE & FOR MEMBERS ONLY!**

### 20H AVE BOOK CLUB

20th Ave Y • MPR 1

10:30-11:30 a.m.

January 8 • February 5 • March 5

• April 2 • May 7

### DOWNTOWN BOOK CLUB

Downtown Y • Teaching Kitchen

1:00-2:00 p.m.

January 16 • February 20 • March 20

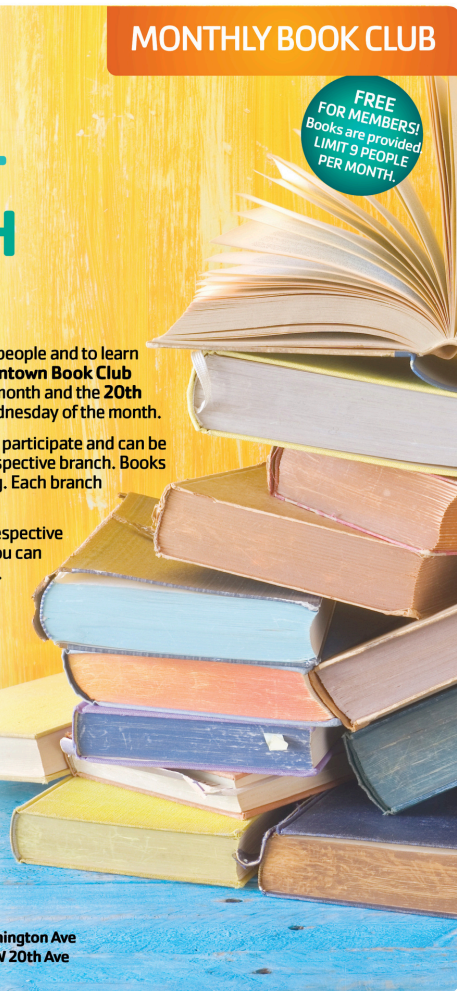
• April 17 • May 15

**OSHKOSH COMMUNITY YMCA**

[www.oshkoshymca.org](http://www.oshkoshymca.org)

Downtown • 920-236-3380 • 324 Washington Ave

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





# 2025

New hours for Memory screening at the  
Menasha Senior Center  
116 Main Street  
3rd Tuesday of the month 10:30am-Noon  
Call to schedule your free appointment  
920-967-3530



## 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](mailto:beamingoutreach@gmail.com) or  
call us at (920) 851-6160.

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

BEAMING, Inc. is a 501(c)(3) nonprofit organization



## Are you a Caregiver who needs a break?

If you care for someone who experiences memory loss or dementia, there is a free program called:

### Memory Care Respite Partners

Will give you a break for 2 hours each session.  
This is a facilitated program that will provide activities and engagement for your loved one while you are away.

#### *Our Savior Lutheran Church*

1860 Wisconsin Street, Oshkosh  
4th Tuesday of each month 1:30-3:30pm  
Call 920-727-5555 ext. 2217 to pre-register

#### *St. Paul Lutheran Church*

200 N. Commercial Street, Neenah  
1st and 2nd Mondays of each month at 1:30-3:30pm  
Call 920-383-1180 or email  
to pre-register.



### 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

**2<sup>ND</sup> AND 4<sup>TH</sup> 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.







# January 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](http://www.foxvalleymemoryproject.org)

## Menasha

**Menasha Senior Center, 116 Main Street, Menasha - Tuesday, January 28th 1:30-3pm**

We will play our own version of the Super Bowl with a dice football game. We will also enjoy Super Bowl snacks and remember our favorite Super Bowl memories. So, wear your favorite NFL apparel and have some fun with us.

## Neenah

**Neenah Public Library, 240 E. Wisconsin Avenue, Neenah- Monday, January 20th - 1:30pm-3pm**

Histories Mysteries! Delve into the history of mysteries with the Neenah Historical Society's 'Histories Mysteries'. Observe what you see by examining historical photographs and other artifacts; reflect on what you see and wonder what it all means.

## 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, January 15th - 1:30pm-3pm**

As we get older, we need to remind ourselves to look at ways that can help us live healthier and happier lives. Tools like the 'Wellness Wheel' can be a helpful guide in accomplishing our best lives if we remember to use it every day.

**Oshkosh YMCA, 3303 W 20th Avenue, Oshkosh - Wednesday, January 8th - 1:30pm-3pm**

"Let us celebrate together" - Join us for a fantastic birthday celebration to recognize all of our birthdays to come in 2025. We will enjoy delicious cake, sing along to 'Happy Birthday', and get moving with some exciting and active party games.

## 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](mailto:incbeaming@gmail.com)

# Contact Us!

220 Washington Ave, Oshkosh

211 N. Commercial St, Neenah

Email: [adrc@winnebagocountywi.gov](mailto: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](http://www.co.winnebago.wi.us/adrc)