



## January 2024

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

The Dementia Awareness Campaign is to bring more knowledge about the many programs and supports that we have in Winnebago County that can reduce the stigma of dementia. We offer help to connect people to the information and support that they need to live their best life while on the journey with memory loss and dementia.

Check out the website or scan the QR code!

Live Your Best Life

Live Well With Dementia

Community Resources

Find Support



Visit <https://wchd.pub/dementiaawareness>  
or call 920-225-1711 for more information



Made possible by The Dementia Awareness Fund  
at the Oshkosh Area Community Foundation

# Calendar Contact Information

FVMP Memory Cafe's Lunch Bunch	Fox Valley Memory Project (FVMP) (920) 225-1711 <a href="mailto:info@foxvalleymemoryproject.org">info@foxvalleymemoryproject.org</a>
Memory Screens at the Senior Centers Virtual Dementia Tour	Alisa Richetti (920) 236-1227 <a href="mailto:Arichetti@winnebagocountywi.gov">Arichetti@winnebagocountywi.gov</a>
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 <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:pbartelt@winnebagocountywi.gov">pbartelt@winnebagocountywi.gov</a>
ADRC Committee Specialized Transportation Committee 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@ci.menasha.wi.us">khutter@ci.menasha.wi.us</a>



## Slow Cooker Meat Loaf



### Meatloaf Ingredients:

- 1/2 cup tomato sauce
- 2 large eggs, lightly beaten
- 1/4 cup ketchup
- 1 teaspoon Worcestershire sauce
- 1 small onion, chopped
- 1/3 cup crushed saltines (about 10 crackers)
- 3/4 teaspoon minced garlic
- 1/4 teaspoon seasoned salt
- 1/8 teaspoon seasoned pepper
- 1-1/2 pounds lean ground beef (90% lean)
- 1/2 pound reduced-fat bulk pork sausage

### Sauce Ingredients:

- 1/2 cup ketchup
- 3 tablespoons brown sugar
- 3/4 teaspoon ground mustard
- 1/4 teaspoon ground nutmeg

1. Cut three 25x3-inch strips of heavy-duty foil; crisscross so they resemble spokes of a wheel. Place strips on the bottom and up the sides of a 4- or 5-qt. slow cooker. Coat strips with cooking spray.
2. In a large bowl, combine the first 9 ingredients. Crumble beef and sausage over mixture and mix lightly but thoroughly (mixture will be moist). Shape into a loaf. Place meat loaf in the center of the strips.
3. In a small bowl, combine all sauce ingredients. Spoon over meatloaf. Cover and cook on low 3-4 hours or until no pink remains and a thermometer reads 160°. Using foil strips as handles, remove the meat loaf to a platter.

# JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1 ADRC office closed</p> <p><i>Happy New Year</i></p>	<p>2</p>	<p>3 FVMP Oshkosh YMCA Memory Cafe 1:30pm New date*</p> <p>Winnebago County Human Service Board Meeting 3pm</p>	<p>4</p>	<p>5 Lunch Bunch Red Robin Oshkosh 11:00am</p>	<p>6 Oshkosh Farmer's Market 9am-12:30pm Oshkosh Convention Center</p>
<p>7</p>	<p>8 SPARK! Trout Art Museum 1pm</p> <p>Memory Care Respite Neenah 1:30-3:30pm</p> <p>BEAMING INC. Memory Cafe 1:30pm*</p> <p>ADRC Committee Meeting 3pm</p>	<p>9 SPARK! Bergstrom Mahler Museum 10:30am</p> <p>FOOD+ DIVERSITY+ COMMUNITY * 11am Downtown Oshkosh YMCA</p> <p>Virtual Dementia Tour Parkview Health Care Center 1:30-4:30pm Registration required New date/time*</p>	<p>10</p>	<p>11</p>	<p>12 Menasha Committee on Aging 1:30pm</p>	<p>13</p>
<p>14</p>	<p>15 FVMP Memory Cafe Neenah Library 1:30pm</p> <p>Martin Luther King Jr Day</p> 	<p>16 Marketplace Open Enrollment Ends *</p>	<p>17 FVMP Oshkosh Traveling Memory Cafe 1:30pm Carmel Crisp*</p>	<p>18 Neenah Committee on Aging 9am</p>	<p>19</p>	<p>20</p>
<p>21</p>	<p>22</p>	<p>23 "Empower Your Future" Connect with the Board on Aging &amp; Long-Term Care * 10am Downtown Oshkosh YMCA</p> <p>FVMP Memory Cafe Menasha Senior Center 1:30pm New location/date*</p> <p>Memory Care Respite Oshkosh 1:30-3:30pm</p>	<p>24 SPARK! The Paine Art Center 1pm</p> <p>"The Aging Eye" * 12pm-1:30pm 20th Ave Oshkosh YMCA</p>	<p>25</p>	<p>26</p>	<p>27 Oshkosh Farmer's Market 9am-12:30pm Oshkosh Convention Center</p>
<p>28</p>	<p>29</p>	<p>30 Dementia Training * 9:30am-12pm 20th Ave Oshkosh YMCA</p>	<p>31</p>			

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

**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](http://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.

- January 9
- February 6
- March 5
- April 2
- May 7
- June 4
- July 2

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

Email Lindsey McMullin at [lindseymcmullin@oshkoshymca.org](mailto: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!

January guest: Quinta Caylor from West Africa  
Quinta plans on making two meals to go with white rice: pepper soup (this will be a mix of various meats in a spicy soup we make to help with colds) and sautéed spinach.

Big thank you to the Hernandez brothers who were guests in December for the "Connecting Community Through Food" event. They shared the history of the tamale and provided lots of laughs and fun.  
Thank you!



## INSURANCE MARKETPLACE HEALTH INSURANCE OPEN ENROLLMENT

Open enrollment for 2024 health insurance coverage through the Marketplace ends January 16, 2024! If you enroll in a health insurance plan before January 16, 2024, your coverage will start February 1, 2024. After open enrollment ends, you will only be able to enroll in a Marketplace plan for 2024 coverage or switch Marketplace plans if you qualify for a Special Enrollment Period.

There are several ways to apply for Marketplace coverage. You can apply:

- 1) Online at [www.healthcare.gov](http://www.healthcare.gov)
- 2) By phone at 1-800-318-2596
- 3) With in-person help from local enrollment assisters or in insurance agents or brokers - [you can search for local help here](#)
- 4) With a paper application - [available here](#)

FOREVERWELL  
LIFELONG LEARNING EVENT  
FOR AGES 55+

## THE AGING EYE

Vision – Our Most Precious Sense



Just like the rest of your body, your eyes age and change as you become older. Older eyes are more prone to developing diseases such as cataracts that need surgery, macular degeneration, glaucoma, and dry eyes. Eyes can be impacted by health issues like diabetes, high blood pressure, and strokes. Join Dr. Michael Zoelle to discuss these topics and more!



WEDNESDAY, JANUARY 24 • Noon-1:30 p.m.  
20th Ave • Multi-Purpose Room 1 + 2  
**FREE FOR MEMBERS!** • \$5 for Non-Members  
**Registration is required.** Sign up at the front desk of either location. Please register by January 19, 2024.

**Aurora Health Care**  
Now part of **ADVOCATE HEALTH**

**LUNCH SPONSOR:**  
Helping Seniors Live Well at Home



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



# Ask the ADRC....

Do you have a question that you would like answered in a newsletter? If so, please email us at [adrc@winnebagoctywi.gov](mailto:adrc@winnebagoctywi.gov) and put in the subject line "Question for the ADRC Newsletter". Your name will remain anonymous.

Dear ADRC,

My Mom fell and fractured her hip. She will need some medical equipment to make her recovery easier at home. How do we find things like a shower chair and commode?

Signed,  
*Stressed and Searching*

This question will be answered by an ADRC Specialist



Dear Stressed and Searching,

We're sorry to hear about this unexpected injury. A fall is often a major event in someone's life that can cause stress for all involved. Thankfully there are some beautiful resources available to help ease some of the worry about being safe at home. Some thoughts...

- **Check with neighbors/family/friends** who may have items in storage from a previous surgery/accident
- **Local pharmacies** often have some basic adaptive equipment at their stores
- **Durable medical equipment** stores
  - Can either buy items "off the shelf" or can work with your medical provider to bill your medical insurance
- **Larsen-Winchester Lion's Club - Medical Equipment Loan Locker**
  - Medical equipment loan closets lend to persons in need with only a minimal amount of paperwork required
  - Hours: Tuesdays - 9am to 11am and Saturdays - 9am to 11am
  - They do not have an address but you can put into your GPS the address of the Clayton Town Hall: 8348 Co Rd T, Larsen, WI 54947
  - [e-clubhouse.org/sites/larsenwinchester/page-6.php](http://e-clubhouse.org/sites/larsenwinchester/page-6.php)
  - 920-427-3244
- **Fox Valley Lion's Club Loan Locker (satellite loan locker to Larsen-Winchester)**
  - New! Opened in 2023
  - Hours: Wednesdays - 4:30pm to 6:30pm and Saturdays - 9am to 11am
  - [sites.google.com/view/fvml/homebheading](https://sites.google.com/view/fvml/homebheading)
  - 920-585-7072 or [FoxValleyLions@gmail.com](mailto:FoxValleyLions@gmail.com)
- **Great Lakes Loan Closet**
  - A directory of loan closets in every county of Wisconsin
  - [loan closets.org/wisconsining](http://loan closets.org/wisconsining)
- **Local secondhand stores** may have items (ie: St Vincent DePaul)



To read more about adaptive equipment resources, visit that section of our resource directory by [clicking here](#). Hope this helps!

Signed,  
*ADRC of Winnebago County*



# TAI CHI

## FOR ARTHRITIS & FALLS PREVENTION

MEMORIAL PARK - 1175 APPLEBLOSSOM DR, NEENAH  
GEORGE SCHERCK SHELTER

TUES & THURS, JANUARY 30 - MARCH 7

BEGINNER: 10:00 - 11:00 AM

INTERMEDIATE: 11:15 AM - 12:15 PM

Class fee: \$20

**Focusing on improving stability, strength and mental health.**

Reduce falls and fear of falling.

Enhance balance and mobility.

Gain serenity through gentle, flowing poses and movements.

LEARN TAI CHI  
POSES IN A BASIC  
BEGINNER CLASS



Register with the  
Neenah Park and Rec  
Call: 920-886-6060



Public Health  
Prevent. Promote. Protect.  
Winnebago County  
Health Department



# STRONG BODIES

Strength training class  
for men and women 55+



- Increase muscle strength & mass
- Decrease falls risk
- Improve arthritis symptoms
- Increase flexibility
- Lower blood glucose levels
- Increase bone density

Register on first day of  
class or with  
Winnebago County  
Public Health

920-232-3000



Public Health  
Prevent. Promote. Protect.  
Winnebago County, WI

SUGGESTED DONATION OF \$15 JOIN ANYTIME!

### Menasha Senior Center

116 Main St. Menasha

Jan 9 - March 28

Tues & Thurs 9:30 - 10:30am

### Neenah/Menasha YMCA

110 W North Water St. Neenah

Jan 2 - March 21

Mon & Thurs 10 - 11am

### Omro Community Center - Bridge of Faith

124 E Main St. Omro

Jan 11 - April 11

Mon & Thurs 9:30am - 10:30am

(No classes on first Monday of month)

### Winneconne

Highlands Senior Center

424 Cleveland St. Winneconne

Jan 29 - March 8

Mon & Thurs 9:30am - 10:30am

# 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

[https://www.menashawi.gov/departments/senior\\_center/index.php](https://www.menashawi.gov/departments/senior_center/index.php)

## Oshkosh Senior Center

#920-232-5300

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

## Neenah-Menasha YMCA

#920-729-9622

<https://www.ymcafoxcities.org/foreverwell>

## Oshkosh YMCAs

#920-230-8916

[www.oshkoshymca.org/programs/senior-programs/index.html](http://www.oshkoshymca.org/programs/senior-programs/index.html)

## Winnebago County Health Department - Wellness Plus

#920-232-3000

[www.co.winnebago.wi.us/health/divisions-program-areas/your-health/adult/wellness-plus-healthy-aging-classes](http://www.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.



ADRC staff in our Neenah office participated in a county door decorating contest. Didn't they do a great job creating their very own "Whoville"?!? We loved your holiday spirit!



Some of our ADRC staff enjoying a team lunch and reflecting on a busy 2023!

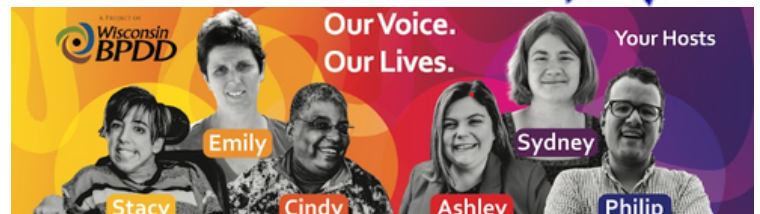


The Wisconsin Board for People with Developmental Disabilities (WPDD) supports a project called the "Self-Determination Channel" that can be found on YouTube. Whether you are living with a disability, an advocate, or just someone who wants to learn more, this is a great personalized channel to share your voice, see successes, and connect with others.

[youtube.com/@SelfDeterminationChannel](https://youtube.com/@SelfDeterminationChannel)

To learn more about this project and more, visit the BPDD website: [wi-bpdd.org](https://wi-bpdd.org)

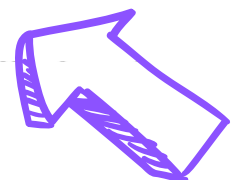
In a recent episode, Self-Determination host and BPDD member, Sydney, shares about her work as an Advocacy and Outreach Specialist at The Arc Wisconsin. Sydney explains why her work is so important to her.



## Disability Advocacy Day Save the Date

Save the date for the 2024 Disability Advocacy Day

March 20th.





# EMPOWER YOUR FUTURE

Connect with the Board on Aging and Long Term Care



FOREVERWELL

LIFELONG LEARNING EVENT

FOR AGES 55+

Connect with the Board on Aging and Long Term Care for comprehensive support, resources, volunteer opportunities, and advocacy tailored to enhance your well-being and interdependence.

**TUESDAY, JANUARY 23**

10:00-11:00 a.m.

**DOWNTOWN**

Multi-Purpose Room Lower Level  
Quick bread and coffee will be served

**FEE:** FREE for Members • \$5 Activity Members

**REGISTRATION REQUIRED.**

Please sign up at the Front Desk of either location!



OSHKOSH COMMUNITY YMCA [www.oshkoshymca.org](http://www.oshkoshymca.org)  
DOWNTOWN 920-236-3380 324 Washington Ave.



# LEARN. UNDERSTAND. BE ABLE TO HELP.

## Dementia Training *Back by popular demand!* The Fish Approach: Getting Into the Water with People Living With Dementia

People with dementia experience the world around them differently than we do. Understanding their experience and guided that to guide our approach can make all the difference when caring for a person with dementia. Guided by Teepa Snow's Positive Approach to Care, attendees will walk away with tools to aid in their caregiving for their loved one with dementia.

**TUESDAY, JANUARY 30**

20th Ave Y • MPR 1 & 2

Light Snacks & Beverages: 9:30-10:00 a.m.

Presentation: 10:00 a.m.-Noon

**FREE** for members and the community

Register with Jen Marty at Home Care Assistance by calling (920) 808-0943.



**PRESENTER:**  
Sheri Fairman, MS

**CERTIFICATIONS:**  
Mentor with Teepa Snow,  
Positive Approach to Care  
Certified Trainer, Consultant,  
Advanced Consultant,  
Champion Teacher with Teepa  
Snow's Positive Approach to  
Care DICE Approach to  
Dementia Care Certification



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

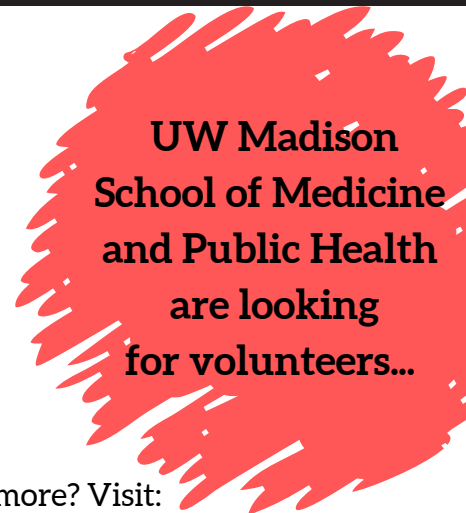


Researchers at the University of Wisconsin-Madison seek women volunteers, age 50 or older, for a research study about incontinence (bladder or bowel leakage). The purpose of this study is to see how women use an online program that offers simple exercises, and tips on eating and drinking intended to prevent or improve the symptoms of incontinence.



Interested in learning more? Visit:

[obgyn.wisc.edu/womenonthego](http://obgyn.wisc.edu/womenonthego)



### Who can participate?

- Women 50 years and older
- Have access to email
- Have an Internet-connected device (like a computer, tablet, or smartphone)
- Individuals able to read and write English

### What does participation involve?

- Using a free online continence program
- Completing 4 surveys spread over 6 months
- Some participants will be invited to participate in a video or phone interview
- Participants will receive up to \$125 for their time and participation



**Women on the Go**



# What is new in 2024?



2024



## JOIN US FOR A LOOK INSIDE DEMENTIA

SIGN UP TO PARTICIPATE IN A LIVE EXPERIENCE TO BETTER UNDERSTAND WHAT IT FEELS LIKE TO HAVE DEMENTIA.

SECOND TUESDAY OF EACH MONTH FROM 1:30-4:30PM @ PARKVIEW HEALTH CARE CENTER 725 BUTLER AVENUE, OSHKOSH

TO REGISTER FOR YOUR FREE 30 MINUTE SESSION: [forms.gle/mfCHdU5owAQwAztc7](https://forms.gle/mfCHdU5owAQwAztc7) OR CALL THE ADRC 1-877-886-2372

CONTACT US IF YOU ARE INTERESTED IN BRINGING THE EXPERIENCE TO YOUR GROUP



THIS PROGRAM HAS BEEN MADE POSSIBLE BY THE

CHANGING LIVES,  
ONE RIDE AT A TIME.



## EQUINE-ASSISTED MEMORY CAFÉS

A horse experience for adults with dementia & their caregivers

### 2024 DATES

All Memory Cafés are free 1.5-hour sessions



JANUARY 8 1:30pm  
FEBRUARY 12 1:30pm  
MARCH 11 1:30pm  
APRIL 8 1:30pm  
MAY 13 1:30pm  
JUNE 10 1:30pm  
JULY 8 10am  
AUGUST 19 10am  
SEPTEMBER 9 10am  
OCTOBER 14 10am  
NOVEMBER 11 10am  
DECEMBER 2 1:30pm  
DECEMBER 7 *Seniors with Santa at noon*

▶ To register, please RSVP to 920-851-6160 or [incbeaming@gmail.com](mailto:incbeaming@gmail.com)

### You're invited...

We welcome community members with early- to moderate-stage dementia and their caregivers to enjoy horse experiences and other interactive activities at the BEAMING Barn every month at our no-cost Equine-Assisted Memory Cafés.

Participants can enjoy grooming, walking and riding horses; riding our Equicizer horse simulator; making and feeding horse treats; short educational presentations; live music; dancing; watercolor painting; arts and crafts activities; planting flowers; a scavenger hunt; "show and tell" sharing of memories; our Sensory Walking Path, socializing with snacks; listening to and identifying birds and butterflies in our gardens; and other outdoor and barn activities. All activities take place with BEAMING staff and volunteers to encourage participation and maintain safety.

Equine-assisted Memory Cafés are a wonderful way for participants and their families to engage in a social gathering and meet others for camaraderie and support.



HELD RAIN OR SHINE AT THE BEAMING BARN  
2692 County Road GG, NEENAH



## STARTING IN JANUARY OSHKOSH TRAVELING MEMORY CAFE



Have a treat, a warm drink and meet new friends. Learn about the traveling cafe

Join us  
January 17 @ 1:30PM  
Carmel Crisp Cafe  
200 City Center  
Oshkosh, WI



### 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 13, 2024)

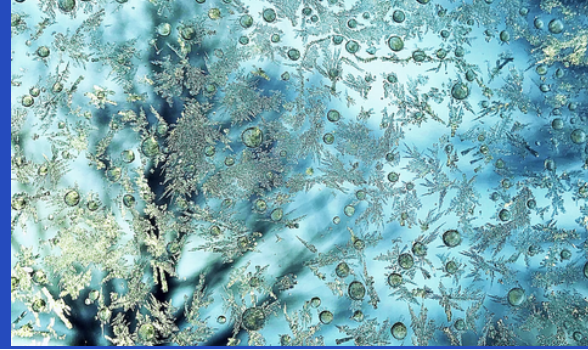
NEUROSCIENCE GROUP, 1305 W. AMERICAN DRIVE, NEENAH

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 also enjoy refreshments. For more information and other cafe' locations throughout the Fox Valley contact the Fox Valley Memory Project at [www.foxvalleymemoryproject.org](http://www.foxvalleymemoryproject.org)

**We have made some changes to the Memory Cafe' locations and times for 2024!\***

## Menasha

**Menasha Senior Center, 116 Main Street, Menasha- Tuesday, January 23rd - 1:30p-3pm\***

In Harmony partners a Fox Valley Symphony Orchestra music ensemble with a board-certified music therapist and community site to represent a music-therapy informed performance in a variety of community based centers within the Fox Cities. This session's theme is Winter and will explore all the things that we love about this cozy time of year!

## Neenah

**Neenah Public Library, 240 E. Wisconsin Avenue, Neenah- Monday, January 15th - 1:30pm-3pm**

Get ready to shout "BINGO!" and dance your way to victory at our Bingo Bonanza! Join us this month at the Neenah Library for an afternoon filled with laughter, luck, and excitement!

## Oshkosh

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

**We will start our new cafe at Carmel Crisp - 200 City Center, Suite C - Wednesday, January 17th- 1:30-3pm**

Have a treat, a warm drink and meet new friends. Learn about the Traveling Cafe.

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

Snow day! We'll spend a fun and cozy winter day together playing games, sipping on hot cocoa, and enjoying treats.

## BEAMING INC.

**BEAMING Barn, 2692 County Road GG, Neenah - Monday, January 8th - 1:30-3pm\***

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)