



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

Wisconsin Board for People with Developmental Disabilities (Wisconsin BPDD)

This board was created from the National Developmental Disabilities Act of 1970. The board's goal is to support individuals with developmental disabilities in WI to lead their most independent lives. The board's priorities are solving statewide problems and removing barriers. Sixty percent of the board members are adults living with a developmental disability or a family member of someone with a developmental disability. The board members are appointed by the governor and the board is authorized under the federal government.

[Wi-bpdd.org](http://wi-bpdd.org) offers information on how to get involved with the Wisconsin BPDD project. They have a number of initiatives they are advocates for. They also have a monthly newsletter to help others to stay informed on what's happening at the capitol and find events/trainings that are going on locally. In addition, you will find a great selection of resources available to download at no cost.

One of the biggest events for individuals with developmental disabilities is the Self-Determination Conference. The conference runs from October 20th-22nd at the Kalahari Resort in Wisconsin Dells. Registration opens on July 1st. To read more about the conference, visit sdc.wi-bpdd.org

The Wisconsin BPDD also promotes a Self-Determination Channel which is a group of self-advocates who have a developmental or intellectual disability. This channel offers an outlet for them to share their voice about their lives - successes, challenges, resiliency, etc...

To check out the channel, visit youtube.com/c/SelfDeterminationChannel



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@winnebagoctywi.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@winnebagoctywi.gov
ADRC Committee Specialized Transportation Committee I Team Meeting	ADRC@winnebagoctywi.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

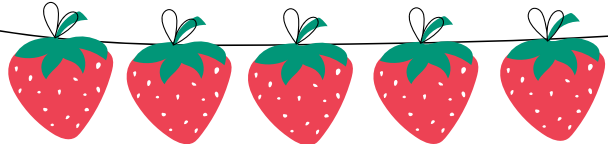


Mexican Street Corn

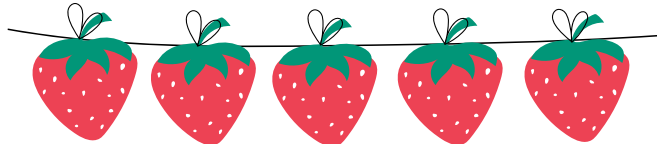
- 2 tablespoons chili powder
- 2 teaspoons smoked paprika
- 1/2-2 teaspoons cayenne pepper, to your taste
- 2 tablespoons extra virgin olive oil
- 1 yellow onion, chopped
- 2 cups corn (3-4 raw)
- 2 cloves garlic, chopped
- kosher salt and black pepper
- 6 ounces cream cheese, at room temperature
- 1/3 cup sour cream
- 4 tablespoon salted butter
- 1/3 cup olive oil mayo or use plain Greek yogurt
- 2 tablespoons fresh lime juice
- 3/4 cup crumbled cotija cheese
- 1 ear grilled corn, kernels removed from the cob
- 1/4 cup fresh cilantro, chopped

1. Mix the spices. In a bowl, combine the chili powder, paprika, cayenne, and a pinch of salt.
2. Heat the olive oil in a skillet over medium-high heat. Add the onion and cook until soft, 5 minutes. Add the corn, garlic, 1 teaspoon of the spice mix, and season with salt and pepper. Cook until the corn is softened, 5 minutes.
3. Reduce the heat to low. Mix in the cream cheese until melted and creamy. Stir in the sour cream. Cook until warmed throughout. If desired, thin the dip with milk.
4. In a separate skillet, melt the butter until golden. Mix in 3 teaspoons of the spice mix, plus a pinch of chili flakes and salt. Cook another minute, then remove from the heat.
5. Mix the mayo and lime juice with a pinch of salt.
6. Spoon the dip into a wide serving bowl. Top with grilled corn and drizzle the mayo and spicy butter over the corn. Sprinkle on the cheese and cilantro. Serve with lots of chips for scooping!

Source: halfbakedharvest.com



July



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 SPARK! Trout Art Museum (Hosted at the Appleton Library this month) 1pm FVMP Oshkosh YMCA Memory Cafe 1:30pm	3 Omro Thursday Night Market Scott Park 4pm-7pm	4 ADRC office closed HAPPY ★ 4TH ★ of JULY	5 Oshkosh Farmers Market 8am-12:30pm Neenah Farmers Market 8am-12pm
6	7 BEAMING INC. Stable Minds Support 1:00pm Memory Care Respite Neenah 1:30pm-3:30pm	8 SPARK! Bergstrom Mahler Museum 1:30pm Welcome to Medicare Dept of Human Services -Oshkosh 10am Registration required* Virtual Dementia Tour Parkview Health Care Center 1:30pm-4:30pm Registration required*	9 Dementia Capability Training for Family and Care Partners Goodwill Community Center 11am-2pm Registration required* Annual Summer Picnic * 12pm-1pm Downtown Oshkosh YMCA Registration required	10 Omro Thursday Night Market Scott Park 4pm-7pm	11 FVMP Winnebago Lunch Bunch Fox River Brewing Company Oshkosh 11am	12 Oshkosh Farmers Market 8am-12:30pm Neenah Farmers Market 8am-12pm
13	14 Dementia Capability Training for Family and Care Partners Fox Valley Technical College Oshkosh 11am-2pm Registration required* BEAMING INC. Stable Minds Support 1:00pm Memory Care Respite Neenah 1:30pm-3:30pm ADRC Committee Meeting 3pm	15 Downsizing Our Home Expanding Our Hearts Event * 10am-11am Neenah-Menasha YMCA Memory Screening Menasha Senior Center 10:30am-Noon	16 Memory Screening Oshkosh Senior Center 10:30am-Noon FVMP Oshkosh Traveling Memory Cafe Ardy and Ed's Drive In 1:30pm	17 Neenah Committee on Aging 9am Omro Thursday Night Market Scott Park 4pm-7pm	18	19 Oshkosh Farmers Market 8am-12:30pm Neenah Farmers Market 8am-12pm
20	21 BEAMING INC. Stable Minds Support 1:00pm FVMP Neenah Library Memory Cafe 1:30pm Winnebago	22 FVMP Memory Cafe Menasha Senior Center 1:30pm	23	24 Omro Thursday Night Market Scott Park 4pm-7pm	25	26 Oshkosh Farmers Market 8am-12:30pm Neenah Farmers Market 8am-12pm
27	28 County Human Services Board Meeting Oshkosh 2pm	29	30 SPARK! The Paine Art Center 1pm	31 Omro Thursday Night Market Scott Park 4pm-7pm		* An asterisk indicates there is more to read about this event in this newsletter.

FREE

Winnebago County

WHEELCHAIR AND SCOOTER WASH

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

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

Services:

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

Clean Vibes



Sponsored by:



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

July 8 - 2pm
September 9 - 10am
December 16 - 2pm

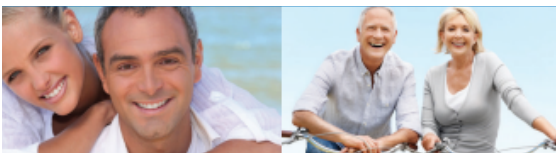
Neenah

August 12 - 2pm
October 2 - 10am

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



"If I had my way, I'd remove January from the calendar altogether and have an extra July instead." —Roald Dahl



It's the
Time of Your Life
SENIOR EXPO

OSHKOSH CONVENTION CENTER, 2 N. MAIN ST
TUES. OCT. 7, 2025 9-1

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



SENIOR FARMERS' MARKET NUTRITION PROGRAM

Individuals who:

- are aged 60+ (55+ if Native American)
- a resident of Winnebago County
- meet income eligibility requirements (as indicated in the table below)

can participate in this program to purchase fresh produce at local farmers' markets with vouchers worth \$25!

Proxies are able to represent up to 4 people. Eligibility forms must be signed by both the proxy and the eligible person when requesting vouchers.

Income Eligibility Table:

Use total gross income- before taxes and deductions- of ALL household members.

Household Size	Yearly	Monthly
1	\$28,953	\$2,413
2	\$39,128	\$3,261
3	\$49,303	\$4,109
4	\$59,478	\$4,957

5+ Call (920)441-1434 for Income Amounts

Vouchers are first come, first served.

This institution is an equal opportunity provider

Available at:

Oshkosh Area Community Pantry

2551 Jackson St.
Oshkosh, WI

June 25 & July 30
10:00am-1:00pm

Oshkosh Senior Center

200 N Campbell Rd.
Oshkosh, WI

June 25 & July 30
2:00pm-4:00pm

Neenah St. Vincent de Paul Food Pantry

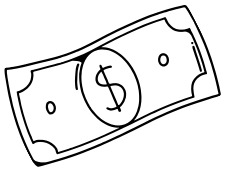
1425 S Commercial St.
Neenah, WI

June 18 & July 18
9:30am-12:30pm

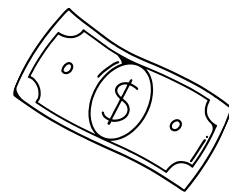


In June, we recognized World Elder Abuse Awareness Month. The ADRC hosted an internal bake sale to raise money for our elder abuse emergency fund. We raised \$207. Thank you to all staff who baked, bought, and ate!





Managing Your Medical Costs



By the GWAAR (Greater Wisconsin Agency on Aging Resources) Services Team

As you age, your medical needs increase, leading to higher medical costs and greater difficulty in managing them. You may require more medical care than you did when you were younger, but that doesn't mean you should pay more for it. There are several things you can do to help keep your medical care costs under control. Listed below are tips to help you manage your healthcare costs.

- **Understand your out-of-pocket costs.** You should talk to an Elder Benefit Specialist (EBS), a State Health Insurance Assistance Program (SHIP) Counselor, or an agent to walk through what your out-of-pocket costs will be with your medical insurance policy. When you know what to expect, you can plan for monthly costs, such as doctor visits and medications. If you know your out-of-pocket cost for out-of-network providers, you can make more informed decisions about your care and potentially save money. You can also coordinate your care to take advantage of savings when deductibles are met.
- **Check eligibility for cost-saving programs.** You can save money on your monthly Medicare premiums if you are low-income by applying for a Medicare Savings Plan. You can also save money on prescription drugs with a program called Extra Help that could lower your Part D premiums, deductibles, and co-pays.
- **Familiarize yourself with your medical plan's formulary.** Most plans have formularies, or lists of medications that they cover. Some plans limit the number of pills you can obtain at a time and specify whether they will cover generic or brand-name medications. Switching to generic medications can save you money because these drugs are usually less expensive than name-brand medications. You may also be able to request to have a drug added to a formulary or placed at a lower tier to reduce your out-of-pocket costs.
- **Ensure that your providers and pharmacies are in network.** You will most likely not be covered or incur higher costs if you visit providers or pharmacies that are out of network. Contact your plan to ensure you stay in network to avoid higher costs.
- **Understand coverage criteria.** Research the services covered by your plan and the requirements for coverage. You can use your plan's website to look up the coverage criteria or contact your plan for more information. Take this information to your provider to ensure they know the coverage requirements to avoid unexpected costs.
- **Don't be afraid to ask questions.** You should be in the habit of asking your healthcare providers questions about your treatment plan and whether there might be less expensive alternatives available. Don't be afraid to ask your insurance provider to look into coverage of items or services before you receive them to help avoid unexpected costs.
- **Know your right to appeal.** You may have a right to appeal a denied service or medication. Keep an eye out for notices or letters that outline your right to appeal. If you have been denied coverage you believe should have been covered, you may have the right to appeal. Usually, instructions on how and where to appeal are included on the notice that outlines the denial or service charge. If you have questions, you can find help at your local Aging and Disability Resource Center (ADRC) or consult your healthcare plan.

It's important to understand your appeal rights, the cost-saving programs available to you, and your healthcare insurance plan to effectively manage medical costs. Saving money on your medical care can help ensure that your budget stretches further. Don't be surprised by medical costs; plan ahead and find answers before they become a problem.



Ask the ADRC....

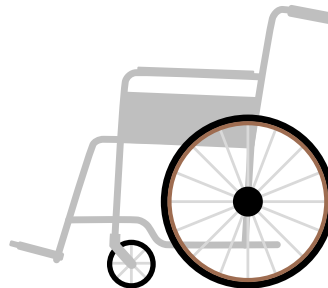
Do you have a question that you would like answered in the newsletter? If so, please email us at adrc@winnebagocountywi.gov and put in the subject line "Question for the ADRC Newsletter". Your name will remain anonymous.

Dear ADRC,

I am having surgery in a few weeks. My doctor said I might need a shower chair and a wheeled walker during my recovery. I don't want to buy these things since I will only need them for a few months and the equipment is expensive. Is there somewhere I can "borrow" this equipment from instead?

Sincerely,
SURGERY STAN

Dear Surgery Stan,



There are a few organizations called medical loan lockers in the area that let you use medical equipment at no cost to you. Some equipment that might be available from a medical loan locker are: 4-wheel walkers, bed rails, bed steps, blood pressure monitors, canes, electric scooters, gait belts, lift chairs, pedal exercisers, personal care products, shower chairs, etc...

To borrow equipment from any of the local loan closets, just show up during open hours and check out the needed equipment for as long as needed. When you are done with the equipment, return it to the warehouse. Here are a few local loan closets:

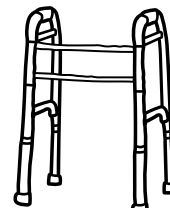
- Larsen/Winchester Lions Club Loan Locker: Their phone number is 920-427-3244. Their address is 8348 Trailhead Drive Larsen, WI. Their current open hours are Tuesdays 9am-11am and Saturdays 9am-11am.
- Greenville Lions Fox Valley Medical Equipment Loan Locker. The mission of the Fox Valley Lions Medical Equipment Loan Locker is "to provide access to medical equipment without charge to the residents of the Fox Valley communities". They can be reached at 920-585-7072. Their address is 312 West Northland Avenue, Appleton. They are open on Wednesdays from 4:30pm-6:30 p.m. and Saturdays from 9am-11:00am.
- Westlake Medical Equipment Locker: Their phone number is 920-517-2724 or 920-960-7484. They are located at the Van Dyne Lions Park at 700 E. Lone Elm Rd, Van Dyne. They are open on Tuesdays from 3pm-6pm and Saturdays 9am-12pm.

Inventory changes by the minute at the loan lockers so they cannot guarantee what items will be available. Although it's free to borrow equipment, you could consider leaving a monetary donation. You can also donate your old medical equipment you have laying around and aren't using anymore. The donations help to replace and repair equipment.

Best wishes on your upcoming surgery!

Sincerely,

ADRC of Winnebago County





FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPECIAL EVENT
for members and
guests ages 55+

FRIENDSHIP, FUN + FOOD

ANNUAL SUMMER PICNIC

JOIN US for food, fun and fellowship! Socialize with friends while enjoying a picnic buffet with burgers, hot dogs, all the fixings, and more! We will gather by the side park entrance outside of the Downtown Y.



WEDNESDAY, JULY 9 • DOWNTOWN
12:00-1:00 p.m.

FREE for Y Members • \$5 for Guests

SIGN UP at the Front Desk of either location. For an accurate food count, please register no later than Tuesday, July 8.

In case of inclement weather, the picnic will be held in the MPR.

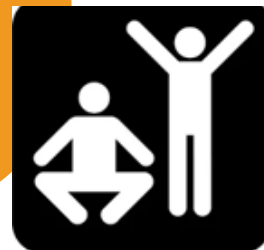
OSHKOSH COMMUNITY YMCA • www.oshkoshymca.org
Downtown • 920-236-3380 • 324 Washington Avenue

THANK YOU TO OUR SPONSORS:

senior stride
Home Care



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

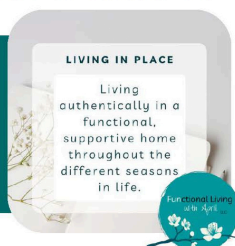
Omro Community Center

Please call #920-685-0380 for current activities.

Downsizing Our Home Expanding Our Hearts

Tuesday, July 15 | 10:00-11:00 AM

NEENAH-MENASHA YMCA
Meet in the Solarium



Did you know that July 15 is National Give Something Away Day?

Join "Functional Living with April" for a special class filled with heart, helpful ideas, and the joy of giving. Together, we'll talk about practical ways to simplify your home, let go of what you no longer need & pay it forward to others while creating a functional home that supports you through all of life's seasons...aka "Living in Place."

We invite you to bring a gently used household item(s) from your home to bless local families in need struggling with medical debt. All donations will go to the Community Benefit Tree and their thrift store, Life's Celebration Center. Proceeds directly support families facing financial hardship during a medical crisis.

**Double
Punch
Day**

Cost: Free



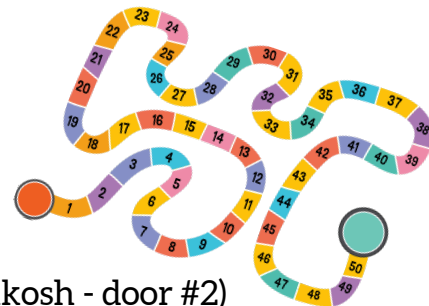
Register online at ymcafoxcities.org/register or at the Member Service desk at any YMCA of the Fox Cities locations.

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

Adaptive Adventures



- Fun classes for adults with disabilities who are 18+
- Activities will be facilitated by Mary Beth Conners and Dana Zander, Oshkosh Area School Area School District educators
- Participants in each class must be able to self-manage behaviors
- Transportation to/from classes is not provided
- Each class costs \$20



Game Night!

7/14/25 6pm-8pm

Location: Christ Our Savior Lutheran Church (1860 Wisconsin St, Oshkosh - door #2)

Play group games like Apples to Apples, Skip Bo, BINGO, Uno, etc... to enhance social skills. Small snack provided.

Hobbies for Life Class

7/28/25 6pm-8pm

Location: Christ Our Savior Lutheran Church (1860 Wisconsin St, Oshkosh - door #2)

Learn about and participate in hobbies that can be done at home. Small snack provided.



Community Connections Class

8/11/25 6pm-8pm

Location: TBD

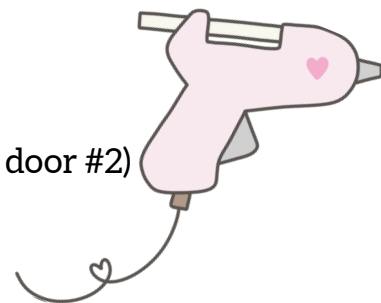
Increase awareness of social options within our community, how to benefit from them, as well as learn tips on how to use them in the future.

Craft Class

8/25/25 6pm-8pm

Location: Christ Our Savior Lutheran Church (1860 Wisconsin St, Oshkosh - door #2)

Make a craft and take it home!



To register, call the Oshkosh Recreation Dept
at (920) 424-0150 or go online:

oshkoshrecdept.com/adult-programs/activities-for-adults-with-disabilities



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 AUGUST 26, 2025)

NEW! VIRTUAL OPTION NOW AVAILABLE!

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. Materials included.



Fox Valley Memory Project and the ADRC are offering Dementia Capability Training for Family and Care Partners

Sharing skills and resources for interacting with people with dementia or memory loss.

Come and learn how changes in the brain can cause sensory and communication challenges in those that are affected by dementia. The Virtual Dementia Tour and training will be offered along with lunch and respite.

Registration is required. Call 920-225-1711.



July 9th

11am to 2pm



Goodwill Community Center - Menasha
1800 Appleton Road, Menasha

July 14th

11am to 2pm

Fox Valley Technical College - Oshkosh
150 N Campbell Rd, Oshkosh



Memory Care Respite Partners

Two hours of free respite

A safe and engaging activity for people with memory loss and a chance to rejuvenate care partners.

Volunteer led program with care provided by Valley VNA.

DEMENTIA EDUCATION SUMMER SERIES

Dates & Topics

June 10
Understanding Alzheimer's and Dementia

June 24
Building Foundations of Caregiving

July 8
Supporting Independence

July 22
Communicating Effectively

August 12
Responding to Dementia Related Expressive Actions

August 26
Exploring Care & Support Services

With:
COURTNEY TIENOR
Executive Director of Community Services
St. Paul Elder Services, Inc.

A free series offered by
St. Paul Elder Services, Inc.

Memory Care Resource Center
221 E 13th Street
Kaukauna, WI

3:00 - 4:30 PM

(920) 766-6186



REGISTER NOW

*This series is offered in partnership with the Alzheimer's Association

**New date
added in
Oshkosh!**

Christ Our Savior Lutheran Church
1860 Wisconsin St. Oshkosh
2nd and 4th Tuesdays of the month
to register call 920-727-5555

St. Paul Lutheran Church
200 Commercial St. Neenah
1st and 2nd Mondays of each month
to register call 920-383-1180





July 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, July 22nd - 1:30pm-3pm

Step up to the plate and join us for a *grand slam* of fun! Come dressed in your favorite baseball apparel- whether it's a jersey, cap or team spirit - and get ready for an *all-star* experience. We'll be having our very own baseball game, complete with friendly competition and plenty of laughs! But that's not all - we'll also enjoy some classic baseball songs to get us in the spirit; plus, a tasty snack to fuel our fun! Whether you're a seasoned pro or just here for the fun, this is a *home run* event that you won't want to miss! Come for the game, stay for the memories! Let's hit it out of the park together!

Neenah

Neenah Public Library, 240 E. Wisconsin Avenue, Neenah- Monday, July 21st - 1:30pm-3pm

Come celebrate National Ice Cream Day (one day late) complete with a sundae bar, trivia and ice cream fun!

Oshkosh

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

Ardy and Ed's Drive In, 2413 S Main Street, Oshkosh - Wednesday, July 16th - 1:30pm-3pm

Join us at Ardy and Ed's to have a fun experience at the iconic and authentic 1950's drive in for some ice cream and great times with friends. We will also play some 1950's trivia games and reminisce about some of those '*good old times*' in our lives.

Oshkosh YMCA, 3303 W 20th Avenue, Oshkosh - Wednesday, July 2nd - 1:30pm-3pm **No membership needed**

Step right up and join the fun at our parade-themed Memory Cafe! Enjoy the memories of festive hometown parades that will bring back the joy of watching or marching in parades of the past.

Contact Us!

220 Washington Ave, Oshkosh
211 N. Commercial St, Neenah
Email: adrc@winnebago.wi.us

Hours:
Monday - Friday- 8am-4:30pm
(after hour appts available upon request)



Like us on Facebook!
Phone: 877-886-2372
www.co.winnebago.wi.us/adrc

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