

June 2024



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

Protect Older Adults: Advocate Against Elder Abuse

June: Elder Abuse Awareness Month

Join us for a community event to learn about ways
to prevent elder abuse!

June 12th, 2024

11am-12:30pm

Winnebago County Administration Building:
112 Otter Ave, Oshkosh (4th floor)

- Free snacks and beverages provided by Altrusa
- Virtual Dementia Tours (simulated tour to experience what physical and mental challenges adults with Dementia face)
- Information on Powers of Attorney
- Connect with staff from the Aging & Disability Resource Center (ADRC)

Guest Speakers

- Jon Doemel
 - Winnebago County Executive
- Mike Rohrkaste
 - Executive Director, Fox Valley Memory Project
- Mike Sewall,
 - Lieutenant, Winnebago County Sheriff's Dept



TYPES OF ELDER ABUSE

- Physical
- Emotional/Psychological
- Sexual
- Neglect/Self-Neglect
- Financial Exploitation



WINNEBAGO COUNTY STATISTICS

- In 2023, Adult Protective Services received 869 referrals
- 60% of calls needed an investigation that took more than one contact
- 20% of the referrals were for financial exploitation
- 20% were for concerns with Dementia that impacted safety



WARNING SIGNS

- Unexplained financial transactions
- New names added to bank accounts
- Weight loss or malnourishment
- Withdrawal from family or friends
- Mood or behavior changes



HELP

- If you suspect someone you know has experienced or is at risk of experiencing elder abuse/neglect, please call the ADRC at 877-886-2372

Contact Nicole Davis-Dawald with any questions - 920-236-4668



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

Several of our staff enjoyed a tour of the Julaine Farrow Museum last month. The museum tells the story of the history of Winnebago Mental Health Institute (WMHI). WMHI had its first patients in April 1873. The museum is in the home that historically housed WMHI's superintendents and their families. The exhibit shares information about mental health and addiction treatment options over the past 150 years. They're open for tours to the public on Thursday afternoons.

[Click here to learn more!](#)





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Oshkosh Farmers Market 8am-12:30pm
2	3 Powerful Tools for the Caregiver Workshop Registration required* 12:30-2pm Memory Care Respite Neenah 1:30-3:30pm Winnebago County Human Services Board Meeting 3pm	4 FOOD+ DIVERSITY+ COMMUNITY* Downtown YMCA, Oshkosh 11am	5 FVMP Oshkosh YMCA Memory Cafe 1:30pm	6 Thursday Night Market * Scott Park, Omro 4pm-7pm	7 Dementia Care Partners Conference * Fox Valley Tech, Appleton 10am-2pm	8 Oshkosh Farmers Market 8am-12:30pm Neenah Farmer's Market 8am-12pm
9	10 Powerful Tools for the Caregiver Workshop Registration required* 12:30-2pm SPARK! Trout Art Museum 1pm Memory Care Respite Neenah 1:30-3:30pm BEAMING INC. Memory Cafe 1:30pm ADRC Committee Meeting 3pm	11 Hydration 101 * Downtown Oshkosh YMCA 9am-11am "Welcome to Medicare" Presentation * Neenah Human Services 10am SPARK! Bergstrom Mahler Museum 10:30am Virtual Dementia Tour Parkview Health Care Center 1:30-4:30pm Registration required	12 Elder Abuse Awareness Event * Winnebago County Administration Building 11am-12:30pm	13 Thursday Night Market * Scott Park, Omro 4pm-7pm	14 Oshkosh Lunch Bunch Fox River Brewery, Oshkosh 11am Menasha Committee on Aging 1:30pm Food Truck Friday * South Park, Oshkosh 5pm-9pm	15 Oshkosh Farmers Market 8am-12:30pm Neenah Farmer's Market 8am-12pm
16 	17 Powerful Tools for the Caregiver Workshop Registration required* 12:30-2pm FVMP Memory Cafe Neenah Library 1:30pm	18 Memory Screening Menasha Senior Center 8:30am-10:00am	19 FVMP Oshkosh Traveling Memory Cafe EAA Aviation Museum 1:30pm*	20 Neenah Committee on Aging 9am Memory Screening Oshkosh Senior Center 10:30am-Noon Thursday Night Market * Scott Park, Omro 4pm-7pm	21	22 Oshkosh Farmers Market 8am-12:30pm Neenah Farmer's Market 8am-12pm
23/30	24	25 FVMP Memory Cafe Menasha Senior Center 1:30pm Memory Care Respite Oshkosh 1:30-3:30pm	26 SPARK! The Paine Art Center 1pm	27 Thursday Night Market * Scott Park, Omro 4pm-7pm	28	29 Oshkosh Farmers Market 8am-12:30pm Neenah Farmer's Market 8am-12pm Oshkosh Pridefest * Leach Amphitheater, Oshkosh 2pm-7pm

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

For the June 4th class, we will be sampling German cuisine with pork schnitzel, German dumplings and red cabbage 😊 This program will be taking a break for July and August. It will resume in September.



**FREE
FOOD + FUN**

CONNECTING COMMUNITY THROUGH FOOD



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

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

IN PARTNERSHIP WITH:



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

DIVERSITY + FOOD + COMMUNITY

THE FIRST **TUESDAY** OF EVERY MONTH

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

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

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

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

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

Oshkosh Pride

2024

- June 29th (2pm-7pm)
- Leach Amphitheater, Oshkosh
- FREE
- This event will be an all-ages celebration of Pride and an opportunity for community building and empowerment.
- Food and non-alcoholic beverages will be available for purchase
- Free resources will be provided by various non-profits and mutual aid groups.
- There will be free yard games, music, dancing, singing, speakers, and performers.
- Please email info@hopefridge.com if you would like to volunteer, donate, or perform at this event!



- 6 boiled potatoes, cut in chunks
- 4 hard-boiled eggs, chopped
- 1/2 onion, chopped
- 6 green onions, sliced thin
- 3 stalks celery, chopped
- 1/3 cup Miracle Whip
- 1/3 cup mayonnaise
- 1/3 cup sour cream
- salt and pepper
- paprika (optional)
- parsley (optional)

Toss ingredients together, chill, and enjoy!

Classic Potato Salad





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 tooth hurts. I haven't been to the dentist in several years. Where can I go for dental care? Will they be able to follow up with routine cleanings and services?

Signed,

Timmy Tooth

This question will be answered by an ADRC Specialist.



Dear Timmy Tooth,

If you have dental insurance, you can contact the phone number on the back of your dental/medical card to see which dental offices take your dental insurance. Your insurance can direct you to a dental office.

Other dental resources if you are underinsured or uninsured:

- Partnership Community Health Center Dental Health Care has 3 office locations: Oshkosh, Appleton, and Waupaca. Once you start services with one clinic, you need to finish treatment at that location. Partnership Dental can be reached at 920-731-7445.
- Tri-County Community Dental Clinic located in Grand Chute. They are a volunteer-based dental clinic. Services for consumers are provided by volunteer dentists, registered hygienists and dental assistants. Volunteers also include students from Marquette University School of Dentistry and students from Fox Valley Technical College. Tri-County Community Dental Clinic has emergency walk-in times as well as scheduled appointment times. Please call their clinic to find out more about their current hours and walk-in times. They can be reached at 920-882-5550. In order to be seen at Tri-County Dental:
 - You must reside in Outagamie, Winnebago or Calumet County
 - You can either qualify by income or have Forward Health/BadgerCare Insurance
 - You cannot have private dental insurance (Medicare Advantage, Delta Dental, Aetna, United Healthcare are some examples of private dental insurance)
- Familia Clinic has two locations in Green Bay. They can be reached at 920-321-3501.
- Family Health La Clinica has several locations in Wisconsin; the nearest to Winnebago County is in Wautoma. They can be reached at 920-787-5514.

Signed,

ADRC of Winnebago County



2024 FOOD TRUCK FRIDAY



20 FOOD TRUCKS

Variety of tasty foods
from Mexican to American
and Asian to Italian!

RAFFLES • BEER • SODA • WATER

For Purchase

LIVE MUSIC

Featuring



COPPER BOX

FAMILY FUN NIGHT
AT THE PARK!
SOUTH PARK • OSHKOSH

JUNE 14

5:00–9:00PM

PLATINUM
PRESENTING SPONSOR



GOLD SPONSORS



Media Sponsors



FACE PAINTING &
BALLOON TWISTING

Sponsored by **Fox Communities CREDIT UNION**

GROCERY RAFFLE

\$100 IN FREE GROCERIES EVERY MONTH - FOR A YEAR!
Red's Piggly Wiggly - Food Truck Friday Sponsor!

Raffle tickets available for purchase at Red's Piggly Wiggly in Oshkosh and Omro, the Oshkosh Seniors Center, and Food Truck Fridays.

DRAWING AT 7:00 PM ON AUGUST 9, 2024 - AT FOOD TRUCK FRIDAY



These events are sponsored by
The Friends of the Oshkosh Seniors
Center and all proceeds will benefit
programs and services provided
by the Oshkosh Seniors Center.



You're invited to the Winnebago County
Wheelchair Wash for adaptive devices!

Please join us for a wash, inspection, food,
music by Neil Holub, door prizes, and more!



Saturday
August 10,
2024



10am to
12pm



J & R Auto Service
629 Main St.
Oshkosh



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

Oshkosh Senior Center

#920-232-5300

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

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

Omro Community Center

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

Social Security and Overpayments



What should you do if you receive an overpayment notice?

Getting an overpayment notice may be unsettling or unclear, but Social Security will help you navigate the process. When you receive an overpayment notice, you should read the notice carefully. Each person's situation is unique, so Social Security handles overpayments on a case-by-case basis. The notice will include the amount they overpaid you, the reason you were overpaid, and options to repay the overpayment, request an appeal, or request a waiver. If you would like to request an appeal or a waiver of your overpayment and have questions about it, you should contact Social Security. If you do not contact them within 60 days, they may begin reducing your monthly benefit payments to recover the overpayment.

What is an appeal?

An appeal is your opportunity to request a review of an overpayment decision. You can appeal an overpayment if you don't agree that you've been overpaid or believe the overpayment amount is incorrect. The form you should use is SSA-561—U2-Request for Reconsideration. You have 60 days from the date you received the original overpayment notice to request an appeal. Social Security will assume you received this notice 5 days after the date on it. Unless you show that you didn't get it within the 5-day period, you must have a good reason for waiting more than 60 days to ask for an appeal.

What is a waiver?

A waiver is a request to excuse some or all of your overpayment. You can request that Social Security waive collection of the overpayment if you believe it was not your fault for causing the overpayment, you cannot afford to pay it back or think it is unfair for some other reason. You can do this by submitting form SSA-632-BK-Request for Waiver of Overpayment Recovery. There is no time limit for filing a waiver. If your overpayment is \$1,000 or less, you can request a waiver by calling 1-800-772-1213 or your local Social Security office. They may be able to process your request quickly over the phone.

Are there repayment options?

Social Security examines every waiver request to determine if the person caused the debt and their ability to repay. If Social Security can't waive the debt, they have flexible repayment options – including repayment amounts as low as \$10 per month. You may request a lower repayment rate without requesting a waiver of recovery. You can do this by submitting form SSA-634-BK-Request for Change in Overpayment Recovery Rate. Social Security just announced it will decrease the default overpayment withholding rate for Social Security beneficiaries to ten percent (or \$10, whichever is greater) from 100 percent, significantly reducing financial hardship on people with overpayments.

Source: SSA.gov

Laughter = The Best Medicine!



Did you know you can improve your immune system by laughing? Laughter can also relieve pain and improve your mood according to the Mayo Health System. Negative thoughts can cause stress which lowers your immune system. Positive thoughts can release messengers to your brain that help fight stress and improve immunity. Laughter lets you release negative emotions. Laughter just makes you feel happier. Laughter is good for you.

People get caught up in things they must do and forget to find the humor in life. Laughter and humor can help you cope and get through the tough times. By laughing at your situation, it helps you gain a more positive perspective. Everyone has a unique sense of humor. What we find amusing can change as we age. Children are constantly learning new things that they find funny, surprising, or just absurd that make them laugh. Remember those toilet jokes that toddlers and young children find hilarious? As we age, life's demands and stressors make it more difficult to find the humor in everyday life. The good news though is that humor can be learned. Seriously-try practicing laughing. It's contagious.

Here are some ways to add humor to your life:

- *Hang up some funny photos or comic strips around your home.
- *Watch a funny movie or TV show.
- *Find a way to laugh about your own situations.
- *Schedule a meeting with that person or group of people who you always find a laugh with.
- *Share a joke or funny story with someone around you.
- *Browse the library or local bookstore for some funny reading materials.
- *Smile-Smiling leads to laughter.



Kathryn Noll-Arias (L), Libby Guth (R)

May was Older American's Month. Two of our ADRC staff (Elder Benefit Specialists Libby Guth and Kathryn Noll-Arias) attended "Aging Advocacy Day" at the Capitol in Madison. They met with WI state legislators to support ADRCs and programming for older adults. The state budget for 2025-2027 is being drafted. Thank you Libby and Kathryn for advocating for the older adults of Winnebago County!



STAY REFRESHED!

HYDRATION 101 • HYDRATION STATION

FOREVERWELL

LIFELONG
LEARNING
EVENT
FOR AGES 55+

JOIN US and learn the ins and outs of why water is so important. Consider what affects hydration status such as exercise, medication, environment and more! Bring your questions! A light breakfast will be served.

HYDRATION STATION: Following Hydration 101, Care Patrol will have their "Hydration Station" set up for members to stop by and enjoy a drink or some fruit!

TUESDAY, JUNE 11

DOWNTOWN YMCA • Teaching Kitchen

HYDRATION 101 • 9:00-10:00 am

HYDRATION STATION • 10:00-11:00 am

FREE for Y Members • \$5 for Guests

REGISTER at the Front Desk of either location or call 920-236-3380.

IN PARTNERSHIP WITH:



LEARN NEW + FUN WAYS TO STAY HYDRATED ALL SUMMER LONG!

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

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 9th - 2:00 pm
September 10th -
10:00 am

Neenah

June 11th - 10:00 am
August 13th - 10:00 am



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



Oshkosh Traveling Memory Cafe

EAA Aviation Museum

JUNE 19

1:30PM-3:00PM

FREE ADMISSION

3000 Poberezny Rd, Oshkosh

Fox Valley Memory Project Presents:

Dementia Care Partner Conference

Become the best care partner you can be for your loved one with Dementia

Friday, June 7th

10am-2pm

Fox Valley Technical College

1825 N. Bluemound Drive

Appleton, WI 54912

Entrance 16-North parking lot

Sign up today! Space is limited, and registration is required.

Register Online: <https://www.foxvalleymemoryproject.org/conference/>
For assistance in registering, call (920) 225-1711

- Conference Schedule -

9:30 AM : Registration and Respite Care Open

10:00 - 11:00 AM: Mindfulness in Caregiving- Joy Jordan

11:15 - 12:15 PM: Communication & Dementia -Sheri Fairman

12:15 - 12:45 PM: Lunch & Resource Fair

12:50 - 1:50 PM: Ageless Grace-Stacy Parish

1:45 - 2:00 PM: Resource Fair

Register with your
Smart Device



Free respite care for your loved one with dementia available on-site. Must register in advance

Conference Partners



Registration is required
Call 920-851-8319

June 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 contact the Fox Valley Memory Project at www.foxvalleymemoryproject.org

Menasha

Menasha Senior Center, 116 Main Street, Menasha- Tuesday, June 25th - 1:30pm-3pm

Join us for a buzzing good time as we dive into the world of beekeeping! Come embark on an adventure filled with sweet honey, busy bees, and fascinating insights into the secret life of these incredible insects. You'll learn the art of beekeeping, from setting up your hive, to harvesting honey. We'll explore the mesmerizing world of pollination and uncover the vital role that bees play in our ecosystem.

Neenah

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

Come fishing off the docks right out the library doors. The Neenah Fishing Team will be here to provide all equipment and assistance. DNR will provide a one time exemption for anyone without a fishing license.

Oshkosh

Traveling Oshkosh Memory Cafe - We will have a different location each month to experience many of the fun things to do in Oshkosh. Wednesday, June 19th - 1:30-3pm.

EAA Aviation Museum - 3000 Poberezney Road, Oshkosh

Discover the fascinating world of aviation at this memory café! We will tour exhibits and learn about the amazing world of aviation! Registration is required – please call 920-851-8319.

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

Fun in the Sun! - Enjoy lemonade and summer treats as we soak up some sunshine in the garden area outside the Y! Relish in nostalgia of summer days gone by as we participate in a storytelling circle and sing along to our favorite summer camp songs.

BEAMING INC.

BEAMING Barn, 2692 County Road GG, Neenah - Monday, June 10th - 1:30pm-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

Contact Us!

220 Washington Ave, Oshkosh
211 N. Commercial St, Neenah
Email: adrc@winnebagocountywi.gov

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



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