



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







Our ADRC held an employee's Valentine's bake sale in both of of our Human Services buildings. We raised \$252 that will be put towards an elder abuse awareness event this summer. Special thanks to Adult Protection Supervisor, Nicole Davis-Dawald for her coordination!

Our ADRC recently hosted a "Coffee + Carts + Connections" program. Several older adults had the opportunity to grocery shop, socialize, and enjoy a good coffee. Special thanks to Planet Perk in Oshkosh for letting us use their "Purrk Club"!









Libby Guth is a new Elder Benefit Specialist in our Oshkosh office. She graduated from UW-Whitewater in 2019 with a Bachelor's in Social Work. Libby has had a few different roles in the human services field including being a Family

Care case manager, a medical equipment specialist, and social services director in a skilled nursing home. Libby enjoys spending time with her husband and their dog, Kato, and three cats.

She enjoys reading, trying out new crafts, board/card games, and traveling. Her goal is to visit all of the National Parks.

Welcome, Libby!



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	pbartelt@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		

SAVE THE DATE AGING ADVOCACY DAY 2024 Tuesday, May 14, 2024 | Madison, WI

Join us for the 8th annual Aging Advocacy Day!

Advocates from around the state will gather to help educate state legislators about issues affecting older adults and caregivers in Wisconsin!

No experience necessary; training is provided.

Morning training at the Best Western Premier Park Hotel, 22 S. Carroll St., Madison; and Afternoon visits with your legislators/key staff members at the Wisconsin State Capitol.

We will also be working with local aging network partners to schedule and host follow up in-district meeting opportunities over the summer of 2024.

Make a difference. Let your voice be heard.



Contact: Janet Zander 1414 MacArthur Rd. Madison, WI 53714

janet.zander@gwaar.org

(608) 228-7253

#WIAgingAdvocacyDay #WIAAD24



In 2021, Congress established the
Affordable Connectivity Program (ACP).
This program assisted with reducing
internet costs for eligible households.
The Federal Communications
Commission has announced that the
ACP program will end April 30th, 2024
unless Congress decides to extend
funding. To read more, visit

www.fcc.gov

Disability Advocacy Day

Join us in Madison on Wednesday, March 20th, along with other advocates from around the state to meet with your elected officials. This is a great opportunity to share your story and educate your legislators on disability rights! Registration is free but required to attend. Register by March 1st.









Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Lunch Bunch Mineshaft Oshkosh 11:00am	2
3	4 Memory Care Respite Neenah 1:30-3:30pm Winnebago County Human Services Board Meeting 3pm	5 FOOD+ DIVERSITY+ COMMUNITY * 11am Downtown Oshkosh YMCA	6 "ABLEAmerica" Presentation * SOAR Fox Cities 211 E. Franklin St Suite A, Appleton 10:30am-11:30am FVMP Oshkosh YMCA Memory Cafe 1:30pm	7 "Nourish Your Body" Event * Downtown Oshkosh YMCA 12pm-1:30pm	8 Menasha Committee on Aging 1:30pm	9 Oshkosh Farmer's Market Oshkosh Arena 9am-12:30pm
Daylight Savings Spring Forward!	SPARK! Trout Art Museum Ipm Memory Care Respite Neenah 1:30-3:30pm BEAMING INC. Memory Cafe 1:30pm ADRC Committee Meeting 3pm	12 SPARK! Bergstrom Mahler Museum 10:30am Virtual Dementia Tour Parkview Health Care Center 1:30-4:30pm Registration required "Welcome to Medicare" Presentation * Oshkosh Human Services 2pm		14	15	16
St. Patrick's Day	18 FVMP Memory Cafe Neenah Library 1:30pm	19 Memory Screening Menasha Senior Center 8:30am-10:00am "Moving With Intention" Class Downtown Oshkosh YMCA 8:30am-9:30am	WI Disability Advocacy Day First Day of Spring! "Movie Time" *	Neenah Committee on Aging 9am Memory Screening Oshkosh Senior Center 10:30am-Noon	22	23
24	25	26 Memory Care Respite Oshkosh 1:30-3:30pm FVMP Memory Cafe Menasha Senior Center 1:30pm	SPARK! The Paine Art Center Ipm Lyrics and Laughter Valley VNA 1:30pm-2:30pm Safety Workshop St. Paul Elder Services 3:30pm*	28	ADRC offices closed	30 Oshkosh Farmer's Market Easter Market/Spring Bazaar Oshkosh Convention Center 9am-12:30pm
31 Easter						*An asterisk indicates there is more to read about this event in this newsletter.





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 quest 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:



DIVERSITY + FOOD + COMMUNITY

THE FIRST TUESDAY OF EVERY MONTH Downtown Y . Teaching Kitchen . 11 a.m.-12:00 p.m.

- January 9
 - May 7
 June 4
- February 6
 March 5
 April 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 to find out what is on the menu or to present and share a cultural dish

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

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

On March 5th, we will be having Homemade Enchiladas and Mexican Hot Chocolate. Ada, the former owner of Lara's Tortilla Flats on Main St in Oshkosh, will be making the food.



Come join us!







Reuben Skillet Dip and Biscuit Sliders



- 1 package (8 oz) cream cheese, softened
- 1/4 cup Thousand Island dressing
- 2 cups shredded Swiss cheese (8 oz)
- 3/4 cup drained sauerkraut (from 16-oz jar)
- 1/2 lb sliced deli corned beef, chopped (about 2 cups)
- 1/2 teaspoon caraway seed
- 1 can (16.3 oz) refrigerated Pillsbury™ Grands!™ Southern Homestyle Buttermilk Biscuits (8 Count)
- 2 tablespoons butter
- 1/4 teaspoon garlic powder
- 1 tablespoon chopped fresh chives, if desired
- 1. Heat oven to 350°F. Spray 12-inch ovenproof skillet with cooking spray. In medium bowl, beat cream cheese and 2 tablespoons of the dressing with electric mixer on medium speed until smooth. Stir in 1 cup of the cheese, the sauerkraut, 1 cup of the corned beef and 1/4 teaspoon of the caraway seed until mixed well; set aside.
- 2. Separate dough into 8 biscuits. Cut each biscuit in half to form 2 strips. Press each strip into 4x2-inch rectangle. Place about 1 tablespoon of the remaining cheese and slightly less than 1 tablespoon of the remaining chopped corned beef on one half of each rectangle. Fold dough over cheese and corned beef (do not seal), and place around edge of skillet. (Biscuit sandwiches will be full.)
- 3. Transfer dip mixture into center of skillet, spreading evenly. In small microwavable bowl, mix butter and garlic powder. Microwave uncovered on High 20 to 30 seconds or until butter is melted; brush mixture on top of biscuits, and sprinkle tops with remaining 1/4 teaspoon caraway seed.
- 4. Bake 34 to 39 minutes or until biscuits are baked through and deep golden brown on top. Stir dip mixture. Transfer remaining 2 tablespoons dressing into small resealable food-storage plastic bag, and cut small corner from bag; drizzle on top of dip mixture. Garnish with chopped chives. Serve warm.



Ask the APRC...

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 parents are aging and I'm not sure what kinds of things they need to have prepared in terms of "end of life"? What suggestions do you have?

Signed,

Pam Planner

This question will be answered by an ADRC Specialist.

Dear Pam Planner,

Great question! Here are a few thoughts:

- Start having conversations with your parents about end-of-life planning. If you need guidance on how to start the conversation or what to discuss, check out the article called "How to Talk End-of-Life Wishes with your Parents". This article provides a step by step process of the conversation and how to get it started. havenlife.com/blog/questions-to-ask-parents-before-they-die
- Prepare advanced directives Power of Attorney for Finance and Health Care, Living Will. Wisconsin is not a next of kin state. It is important that they appoint decision makers to help manage their health care and finances in the event they no longer can. If they need help with these documents, the ADRC can assist and witness/ notarize documents.
- Estate planning. Encourage them to explore their financial options to prepare for the future. This is often done by working with an elder law attorney.
- Funeral Planning. This can be overwhelming at times but they/you can pre-plan for a funeral by simply
 meeting with a funeral director of their choosing to talk about the specifics. If they choose not to have a
 funeral and want to donate their body to science, they will still have to have a funeral assist with
 transportation.
- Many end-of-life planning checklists can be found with a website search and or the funeral home may have a check list to help navigate other areas that are not thought about, such as, arranging pet care if you or your loved one is no longer able to do so. Here is one example of a checklist:

goodrx.com/health-topic/end-of-life/planning

If there are more questions regarding resources that could support you, please do not hesitate to call and we can do our best to help!

Signed,

ADRC of Winnebago County







Interested in learning more about financial options for your loved ones with differing abilities? Join us and our Coffee Connections group on March 6th at SOAR from 10:30 am-11:30 am. Chad Urban, Financial Consultant, from Fox Communities Credit Union will be presenting "ABLEAmerica" and answering questions. We are so lucky to have such great resources in the Fox Valley and are excited to learn from Chad about how to navigate financial care options for our loved ones. Please email angie@soarfoxcities.com or call 920-731-9831 to register.



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/seniorprograms/index.html

Winnebago County Health Department – Wellness Plus

#920-232-3000

www.co.winnebago.wi.us/health/divisions-programareas/your-health/adult/wellness-plus-healthyaging-classes

Omro Community Center

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



GAME ON

Board & Card Games ForeverWell 55+ NEENAH-MENASHA YMCA

Join others to connect and create friendships while playing games. Bring your favorite game or come learn a new one. Cards and a variety of games will be provided.

Registration is not required. Open to Y Members and day pass holders.

Beginning January 9
Tuesday's 1:00-3:00 PM
Neenah-Menasha YMCA Solarium
Free

QUESTIONS?

JANICE O'CONNELL 920.729.9622

JOCONNELL@YMCAFOXCITIES.ORG

GAME TIME! SEE YOU ON TUESDAY



MOVE WITH INTENTION UNDERSTANDING EXERCISE GUIDELINES

What's the difference between movement for daily living, exercise and training? The Y's knowledgeable Personal Trainers will illustrate the benefits of each type of exercise.

TUESDAY, MARCH 19 • 8:30–9:30 a.m. 20th Ave Y • Multi-Purpose Room 3 FREE FOR MEMBERS! • \$5 for Non-Members A light breakfast will be served.

Registration required. Please sign up at the Front Desk of either location!

MOVIE TIME Wednesday, March 20 1:00 PM in the Keller Room NEENAH-MENASHA YMCA Join us for this film series, "Hollywood Master Directors" presented by Walt Ulbricht. The next film is based on the life of Alvin C. York, a Tennessee farmer and marksman who became a war hero in World War I. JOIN US FOR THIS **FREE MOVIE** Pizza compliments of Sammy's Pizza: Neenah WALTER BRENNAN - JOAN LESLIE Future Movies & Dates: April 17: Rio Bravo YMCA Members: Free General Public: \$5 per movie For more information contact:



Neenah

Discover the powerful connection between diet, inflammation and gut health. Join guest speakers from Nutritional Healing as they cover essential nutrition action steps for a healthier life today! Join us for an enlightening presentation on how healthy mindful eating can foster a harmonious balance within, promoting overall well-being and vitality. Bring any questions you may have.



Janice O'Connell, ForeverWell/M

THURSDAY, MARCH 7• Noon-1:30 p.m.
Downtown Y • Multi-Purpose Room (Lower Level)
FREE FOR MEMBERS! • \$5 for Non-Members

LUNCH INCLUDED. Registration is required. Register at the Front Desk of either location or by calling 920–230–8439 no later than March 4, 2024.



LUNCH SPONSOR:

Hoping Seniors Live Well at Home

HOME CARE
ASSISTANCE

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

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State of Wisconsin Board on Aging & Long-Term Care

Wisconsin has a premier agency that supports
Resident Rights for Long-Term Care residents and
helps consumers make informed insurance
decisions. The Board on Aging and Long-Term
care advocates for residents living in Long Term
Care Communities.

Our agency supports residents in both Skilled Nursing Homes and Assisted Living communities through the Regional Ombudsman Program and Volunteer Ombudsman Program. We also offer the Medigap Insurance Help Line as part of the State Health Insurance and Assistance Program. Licensed Insurance professionals are available to help with your insurance concerns for no cost.

In 2023 the Board on Aging and Long-Term Care received a grant to develop a Volunteer Advocate Program for Assisted Living Communities. With the increase of Assisted Living Communities in Winnebago County we are recruiting Volunteer Advocates to contribute 2 hours a week to support residents and families with concerns they may have regarding their rights in Assisted Living Communities.

Listening to residents' voices, we honor their lives, experiences and wisdom and we treat residents with dignity and respect. The Board on Aging and Long Term Care is reaching out to those who might wish to become an advocate for individuals residing in Assisted Living Communities. If you would like to become a Volunteer Advocate, call our toll-free line at 1-800-815-0015 or Kim at 920-366-4201

kim.verstegen@wisconsin.gov longtermcare.wi.gov





CHILDCARE PROVIDERS

2024 Dates: February 22nd March 21st April 24th May 23rd



We are looking to create a qualified pool of 4 – 6 caregivers (adults, age 18 years and older) to work as part of a team of professionals supervising and interacting with several children (ages 0 – 16 years) while the children's grandparents/caregivers are attending their support group meeting. We are seeking candidates with experience working with children with diverse needs in group-based environments.

Time commitment is 3 hours, one evening per month, 8 months per year. Pay is \$17.00 per hour.

Interested candidates may email introduction, experience, and other information to:
Amy Hendrickson,
Administrative Associate, at ahendrickson@winnebagocountywi.gov or call 920-232-1973 for more information.





An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA/504 requirements. Please make requirests for reasonable accommodations to ensure equal access to educational programs as early as possible preceding the scheduled program, service or activity

ADVOCAP AmeriCorps Seniors

VOLUNTEERS NEEDED!

ADVOCAP's Volunteer Services Program has immediate need for Senior Friends.

ADVOCAP's Volunteer Services Program helps to connect retired volunteers with seniors in our community in need of support.

Call (920) 426-0150 to find out more!

If you are 55 or older, enjoy spending time with others, and would like to make a difference to the seniors in your community, give ADVOCAP a call. Find out how you can start helping today!

Be a changemaker in your community. VOLUNTEER TODAY!

VOLUNTEER OPPORTUNITY

...Transportation Drivers Needed...

ADVOCAP's Retired & Senior Volunteer Program (RSVP) wants to reward volunteers. If you are 55 and over and reside in Winnebago County and would like to know more about becoming a volunteer driver, contact Theresa at 920-273-9229.

BE A CHANGEMAKER IN YOUR COMMUNITY.

Volunteer today!







Caregiver Support Groups

Have you ever been to a Support Group? A support group provides an opportunity for people to share personal experiences, feelings, coping strategies, as well as firsthand information about diseases/treatments. We have so many support groups locally for caregivers who are helping people who have memory loss and/or dementia.

Alzheimer's Association Support Groups

Virtual and in person support groups www.alz.org/wi



Alzheimer's/Dementia - Bethel Home

225 N. Eagle St, Oshkosh 1st Thursday of each month at 1:30pm

Caregiver Group-Community Church

2351 Ryf Rd, Oshkosh 2nd Tuesday of each month at 3:30pm

Dementia Support Group - Bella Vista

631 Hazel Street, Oshkosh Last Monday of each month at 9:30am

Men's Caregiver Group - Café Nutrition

1350 West American Drive, Neenah 3rd Tuesday of the month at 10:30am



Fox Valley Memory Project

TLC/Caregiver Support Group-Goodwill Campus in Menasha

1800 Appleton Road

1st Monday, 2nd and 4th Tuesday and 3rd Wednesday of each month at 1pm

TLC/Caregiver Support Group - Oshkosh Senior Center

200 N Campbell Road

1st Monday and 4th Thursday of the month at 1pm

Frontal-Temporal Dementia Caregiver Support Group

Goodwill Campus in Menasha

1800 Appleton Road

3rd Monday of each month at 1pm





Are you caring for someone living with dementia?

Learn ideas and techniques for keeping you and your loved one living with dementia safe at home

Topics covered include:

- Frequent Crimes & Safety Tips
- Police Dementia Response
- · Silver Alert
- · Project Safe Response
- Purple Tube Project along with an opportunity to enroll

Presented By: D.A.W.G., Dementia Awareness Work Group Special Guest: Sergeant Carrie Peters, Appleton Police Department

MARCH 27 3:30 PM

Registration Required

Courtney Tienor - (920) 766-6186

More Information

www.foxvalleymemoryproject.org/purple-tube

SPES - Memory Care Resource Center 221 E. 13th Street Kaukauna, WI 54130











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.



March 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, March 26th - 1:30pm-3pm

Show and Tell: Bring your favorite book (novel, cookbook or photo of a book) or photos or souvenirs from a place you have traveled or a menu from your favorite restaurant or tell us about a place that you want to go! We want to learn about you!

Neenah

Neenah Public Library, 240 E. Wisconsin Avenue, Neenah- Monday, March 18th - 1:30pm-3pm

Come take a virtual field trip to locations near and far with the help of Google Earth Travel!

Oshkosh

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

Carmel Crisp & Cafe at 200 City Center D, Oshkosh- Wednesday, March 20th 1:30pm - 3pm

Get ready to mingle, munch and master the art of card-making at our Memory Cafe! Indulge in tasty bakery delights! Sip on the magic of homemade hot chocolate and let the creativity flow! Let's make memories and cards that are as sweet as our treats!

Oshkosh YMCA, 3303 W 20th Avenue, Oshkosh - Wednesday, March 4th - 1:30pm -3pm

March into fun with our memory cafe! Strum along as the Oshkosh Ukulele brings a melody of joy to our gathering! Let the good times roll!

BEAMING INC.

BEAMING Barn, 2692 County Road GG, Neenah - Monday, February 12th - 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

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