



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

Best wishes, Beth!

Beth Roberts, our Long-Term Support Division Manager is about to embark on a new chapter in her life. Beth's last day with our county will be March 10th. She has accepted a new position as the Health and Human Services Director for Outagamie County.

In February of 1993, she started as a Service Coordinator for adults with disabilities after a few years of working in residential settings. She was promoted to a supervisor in August 1996. She left 2 years later to move to Minnesota where she had an invaluable experience working with children with severe emotional disturbances, adults with brain injuries and people with developmental disabilities. She returned to Wisconsin and worked with the State of Wisconsin Bureau of Developmental Disabilities for 2.5 years, when she had an opportunity to come back to Winnebago County.

She started as a supervisor for Adult Protective Services, Adult Foster Care, Home Consultants and contracted case management. She filled in as the supervisor for the adult waiver program during the transition to Family Care/IRIS and then became the supervisor for Children's Long-Term Support. She was in that position for over 8 years. She started in her current position as Long-Term Support Division Manager in June 2016.

Beth shared that in these past 9 years that she has benefitted from numerous relationships with very talented staff and community partners while continuing to learn from the people we serve. She shared that she will miss having regular contact with these people, the wide variety of activities that her current position entails and being able to advocate for people with disabilities, older adults and people with housing instability.

She looks forward to an opportunity to expand her ability to both help and learn from others in our neighboring county. Beth shared that she wishes everyone well and knows that Winnebago County will continue to provide stellar service.

-_ CONGRATULATIONS

Beth, our division wants to congratulate you on this new opportunity. We

appreciate all of the positive things you have brought to our division and county. Best wishes to you!

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		

- 1) Preheat oven to 425° and lightly grease a large cast-iron skillet with cooking spray (alternatively, line a large baking sheet with parchment).
- 2) In a large bowl, whisk all-purpose flour, whole wheat flour, granulated sugar, baking soda, and salt. Add butter and, using your hands, mix until peasized and some slightly larger pieces form.
- 3) In a small bowl, whisk egg and buttermilk. Make a well in center of flour mixture. Add egg mixture to well and, starting from the center, mix with a wooden spoon until dough is too stiff to stir.
- 4) Turn out dough onto a lightly floured surface. With floured hands, form dough into a ball as best you can, then knead until no dry streaks remain, about 30 seconds. Don't overwork or bread will turn out tough.
- 5) Transfer dough to prepared skillet or baking sheet. Using a very sharp knife, score a 1/2"-deep X on top.
- 6) Bake bread 15 minutes, then reduce oven temperature to 400°. Continue to bake until bread is golden brown and bottom sounds hollow when tapped, 30 to 35 minutes more.
- 7) Let cool 5 to 10 minutes, then transfer to a wire rack. Serve warm, at room temperature, or toasted.

Irish Brown Bread

- Cooking spray
- 2 cups all-purpose flour, plus more for dusting
- 2 cups whole wheat flour
- 2 tbsp granulated sugar
- · 1 tsp baking soda
- 1 tsp kosher salt
- 3 tbsp cold unsalted butter, cubed
- 1 large egg
- 1 2/3 cups buttermilk



Credit: www.delish.com







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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Memory Care Respite Neenah 1:30pm-3:30pm Winnebago County: Human Services Board Meeting Oshkosh 2pm	4	5 BINGOcize * Neenah-Menasha YMCA 11am-12pm FVMP Oshkosh YMCA Memory Cafe 1:30pm	6 "Delicious, Nutritious & Easy Meals" * Ogden YMCA 10am-11am	7 FVMP Winnebago Lunch Bunch Dublin's Irish Pub Family Restaurant 11am	8
9	11am-12pm Memory Care Respite Neenah	11 SPARK! Bergstrom Mahler Museum 1:30pm Virtual Dementia Tour Parkview Health Care Center	12 BINGOcize * Neenah-Menasha YMCA 11am-12pm SPARK! Trout Art Museum 1pm	13 "Coffee & Conversation - Manage and Reduce Swelling" * Downtown Oshkosh YMCA 10am-11am	14 Menasha Committee of Aging 1:30pm	15
16	1:30pm-3:30pm ADRC Committee Meeting 3pm	1:30pm-4:30pm Registration required* "Welcome to Medicare" Presentation * Oshkosh 2pm	Disability Advocacy Day Support Disabilities Rights	20	21	2.2
10	BINGOcize * Neenah-Menasha YMCA 11am-12pm FVMP Neenah Library Memory Cafe 1:30pm St. Patrick's*	"Elevate Your Wellbeing" *	Memory Screening Oshkosh Senior Center 10:30am-Noon BINGOcize * Neenah-Menasha YMCA 11am-12pm	Neenah Committee on Aging 9am		22
23	24 BINGOcize * Neenah-Menasha YMCA 11am-12pm	25 FVMP Memory Cafe Menasha Senior Center 1:30pm	26 BINGOcize * Neenah-Menasha YMCA 11am-12pm SPARK! The Paine Art Center 1pm Lyrics and Laughter 1:30pm Valley VNA	27	28	29
30	31 BINGOcize * Neenah-Menasha YMCA 11am-12pm					

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

FOODSHARE, BADGERCARE PLUS, AND WISCONSIN MEDICAID PROGRAMS CONTINUE TO SERVE THE PEOPLE OF WISCONSIN

At this time Medicaid/Waivers/FoodShare/Medicare/SSA/HUD payments are not included in the any proposed freezes. As a reminder, only respond to notices that are coming directly from the source. If there are any changes, Economic Support/Income Maintenance, Medicare and/or SSA will reach out directly and formally via mail. They will **NOT** call and ask for information or for payments to continue service.

Per the WI Dept of Health Services:



"Recent federal policy actions have raised a lot of questions about their potential impact on state benefits. Please know that, at this time, Wisconsin's FoodShare, BadgerCare Plus, and other Medicaid programs are operating and serving members across Wisconsin.

What happened?

A federal memo issued on January 27th instructed federal agencies to pause sending out federal funds supporting many federal programs. This prompted confusion as to which programs were or were not impacted. While the January 27th memo has been rescinded at this time, the White House has made comments indicating that the funding freeze itself has not been rescinded. The effort to pause federal funding is the subject of active and ongoing litigation. Nevertheless, these events caused concern and questions.

What does this mean for members of these programs?

To be clear: Wisconsin's Medicaid and FoodShare programs continue to serve the Wisconsinites who rely on them for health care and food benefits. They should continue to get the health care and services they need. This includes prescriptions, doctor's visits, ongoing treatments, and other benefits. They can use the FoodShare benefits available on their QUEST cards. February FoodShare benefits are scheduled to go on cards as usual.

What does this mean for entities that work with Wisconsin Medicaid to serve members, like health care providers, managed care organizations, county agencies and others?

We do not believe there is any impact at this time. They should continue to provide services to members in BadgerCare Plus and Wisconsin Medicaid programs. Health care providers can check member eligibility, get policy information, and submit claims for payment as usual through the ForwardHealth portal. Wisconsin's Medicaid program will continue to make payments to providers, managed care organizations, and other agencies and entities that work with us to serve our members.

Stay informed.

Wisconsin will continue to monitor developments at the federal level to understand the impacts on our state's benefit programs. We will share information on our member news pages. Go to dhs.wi.gov/medicaidnews for Medicaid news and dhs.wi.gov/fsnews for FoodShare news."

^{***}Disclaimer: Updates to federal policy and their impact on benefits are ever-changing and will be available on the dhs.wi.gov website as they become available. Check back for the latest information. You will be notified directly if your benefits are affected. Contact your agency if you have questions.

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

March 11 - 2pm May 13 - 10am July 8 - 2pm September 9 - 10am December 16 - 2pm

Neenah

April 8 - 2pm June 17 - 10am August 12 - 2pm October 7th - 10am



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

Winnebago County I-Team Meeting



An interdisciplinary group of community partners such as county departments, hospitals, police, managed care organizations, IRIS consultant agencies, nursing homes, etc.. regularly meet to discuss current concerns in our community, gaps, unmet needs, etc... This is open to the public. The next meeting will be held on Wednesday April 9th at 2:30pm at the Dept of Human Services in Oshkosh (220 Washington Ave-Room 033, Oshkosh) or via Microsoft Teams. Please contact APS/ Benefit Specialist Program Supervisor Jill Butler for more information at jbutler@winnebagocountywi.gov or 920-236-4668.

hat is a medical equipment loan locker? It is a collection of new and used medical equipment and supplies housed in one place that can be loaned out at no charge to those who have a need.

ow does it work? People simply show up during the hours the loan locker is open and check out the equipment they need for as long as they need it. It is a loan. There is no charge and minimal paperwork is involved. When they no longer need the equipment they return it to the locker.

onations are always
welcomed and are used to
help replace worn equipment and
fund our operation and community
projects.





700 E. Lone Elm Road Van Dyne, WI 54979

(920) 517-2724 (Tom W) (920) 960-7484 (Tom C) WestLakeLions@gmail.com www.wilionsb1.org

The WestLake Equipment
Medical Loan Locker
is a non-profit organization.
We offer access to
medical equipment
without charge
to the residents of the
Fond du Lac Area and beyond.

Hours of Operation: Tuesdays 3 p.m. to 6 p.m. Saturdays 9 a.m. to Noon

Where there's a need there's a Lion.

There is a new loan closet in our area!



To locate any loan closet in WI, you can check out this website:

loanclosets.org/wisconsin

To read more about other local loan closets and adaptive equipment resources, visit our website:

co.winnebago.wi.us/adrc/resourcelibrary/adaptive-equipment



Ask the ADRC.

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

Dear ADRC,

My grandma Rose was recently diagnosed with dementia, and it is something that all of the grandkids suspected for a while. She has been getting lost going to and from the grocery store, and she misses steps while cooking family recipes. The person who was surprised by this is my grandpa, who claims there is nothing wrong with her and that she is only a little bit forgetful. His denial and dismissiveness of her condition is concerning for the rest of the family, because she is only going to get worse and we're not sure grandpa will be able take care of all her needs. We have also noticed he gets short and annoyed with her when she gets confused. How do we get him to accept this and see how this is serious?

Sincerely, Concerned Grandchild

Dear Concerned Grandchild,

Thank you for writing in, it sounds like your grandfather is experiencing a bit of denial over Rose's diagnosis. This is a fairly common response, because dementia can be scary, as well as the fear of the unknown. Accepting her condition might be difficult because it could mean acknowledging a change in their relationship and the plans they had for their future together.

In the long-term, his acceptance can result in better care for Rose and for himself. If he is open to seeking professional help, he could reach out to the ADRC which can provide education, resources, and referrals for Rose. Additionally, he may benefit from attending one of our free virtual dementia tour (VDT) sessions. These free 30-minute sessions are offered the second Tuesday of each month at Parkview Health Care Center on 725 Butler Avenue, Oshkosh from 1:30 PM to 4:30 PM. The tour provides caregivers and loved ones the opportunity to experience a simulated reality of what it feels like to have dementia, and it truly is an eye-opening experience. In addition to the tour, resources and educational materials on dementia and Alzheimer's are provided. 名外名外名外名外

Sincerely,

ADRC of winnebago country



DELICOUS, **NUTRITIOUS** & EASY MEALS

FOREVERWELL OGDEN YMCA

March 6 | 10:00-11:00 AM

Delicious. Nutritious and EASY! Join Dietitian Kate Jenkins who will share easy breakfast, lunch, dinner and snack options that are not only easy to make, but also tasty and nutritious too. Please bring some of your favorite recipes to share with the group as well.

FREE EVENT FOR MEMBERS & GENERAL PUBLIC!

Register online at ymcafoxcities.org/register or at the Member Service desk at any Y location.





TUESDAY, MARCH 18 • Noon-1:30 p.m. 20th Ave • Multi-Purpose Room 1 & 2 FREE FOR MEMBERS! • \$5 for Non-Members

LUNCH INCLUDED. Registration is requested. Please sign up at the Front Desk of either location!



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







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/divisionsprogram-areas/your-health/adult/wellnessplus-healthy-aging-classes

Omro Community Center

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

MIND OVER MATTER

HEALTHY BOWELS, HEALTHY BLADDER

Class for women 55+

Learn strategies for preventing or lessening symptoms.

Understand how our bladder, bowels, and pelvic floor muscles work together.

Engages women to work together to set and meet personalized goals.



Tuesdays March 20th, April 3rd, and April 17th 9:30 - 11:30 am

OSHKOSH SENIORS CENTER 200 N Campbell Rd, Oshkosh, WI 54902

Register with Winnebago County Public Health
Call 920-232-3000 or email health@winnebagocountywi.gov
Recommended donation of \$15











MONTHLY EVENT • MANAGE AND REDUCE SWELLING

Join Jared Freund, certified lymphedema therapist at Mercy Ascension Hospital, to learn more about lymphedema. Lymphedema, or chronic swelling, can be a huge concern for many Americans, and can lead to severe health concerns. In this presentation you'll learn exactly what lymphedema is, what makes it such a large concern, what can cause it, and of course, what can be done about it!

THURSDAY, MARCH 13

10:00-11:00 A.M.
DOWNTOWN Y • TEACHING KITCHEN

FEE: FREE for members \$5 non-members

REGISTRATION IS REQUIRED.

Call 920-230-8439, stop at the Front Desk of either location, or register online!

SPONSORED BY



Oshkosh Community YMCA • www.oshkoshymca.org • Downtown (920) 236–3380 • 20th Avenue (920) 230–8439



A HEALTH PROMOTION PROGRAM THAT COMBINES THE GAME OF BINGO WITH INCLUSIVE EXERCISES FOR EVERYONE!

Designed for those beginning their fitness journey.

Learn and use health information focused on beginner level stretches & exercise, falls prevention, nutrition education.



NEW CLASS!

Every Monday/Wednesday March 3rd - May 7th (10 weeks) 11 am - 12 pm

Neenah-Menasha YMCA 110 W North Water St, Neenah

To register: Please call Winnebago County Public Health at 920-232-3000 or email ajbeattie-lokken@winnebagocountywi.gov

\$15 suggested donation for material and facilitator fees to be paid to Winnebago County Public Health











Extension

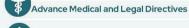
End-of-life planning is the ultimate gift you can give your loved ones. Join us for a multisession program that gives you the tools and resources to help begin or continue the end-of-life planning process. This type of planning, including advance care planning, is not just for people who are very old or ill.

At any age, a medical crisis could leave you unable to communicate your own health care decisions.

Plan ahead. Don't leave a mess, leave a legacy.



Handling Financial Changes



\$ Estate Planning







Wednesdays for 6 weeks (must try to attend all sessions)

Dates: April 2 - May 7 | Times: 10:00 - 11:30 am

Westgor Funeral Home, 1140 Appleton Road, Menasha Cost: \$20 includes workbook, materials, and guest speakers *Scholarships available to cover the cost if you are unable to pay

Register: https://bit.ly/PlanningAheadWestgor | 920-832-5121

Katie Gellings Human Development & Relationships Educator Outagamie County Katie.Gellings@wisc.edu | 920-832-5126 Todd Wenzel
Human Development & Relationships Educator
Winnebago County
Todd.Wenzel@wisc.edu | 920-232-1982

An EEC/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirement



A FREE 6 WEEK EVIDENCE-BASED WORKSHOP THAT CAN HELP CAREGIVERS:



- Reduce stress
- Improve self-confidence
- Set goals and problem solve
- Make tough decisions
- Communicate effectively with family, doctors, and paid caregivers

6 week class held every Thursday April 3rd - May 8th

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3:00 - 4:30pm

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Neenah Public Library 240 E Wisconsin Avenue, Neenah

Room 201

of Winnebago County

For Registration and Questions: Alisa Richetti | 920.236.1227 arichettiewinnebagocountywi.gov



Valley VNA Senior Care's Lyrics & Laughter™ Community Program is a lively, fun group activity designed around the benefits of music and singing for individuals with dementia and their caretakers. Through music, participants are able to engage and socialize in ways that they normally would not do. To register or for more information, call 920-727-5555.

Wednesdays from 1:30 - 2:30 p.m.

March 19 - April 9 April 30 - May 21





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

forms.gle/mfCHdU5owAQwAztc7

OR CALL THE ADRC 1-877-886-2372

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







Become Dementia Friendly in Winnebago County

Dementia is everyone's business.

There are approximately 3,951 people in Winnebago County living with Alzheimer's disease and related dementia. This number is projected to increase by 77% by 2040. In addition, about 70% of Alzheimer's caregivers are under the age of 65 and employed. These numbers will touch us all because they represent family members, friends, neighbors, coworkers, colleagues, clients and customers.

Making it easier for people do business has clear benefits:

- \cdot 70% of people with dementia live at home. They and their family caregivers will use businesses that are easy to navigate and staff who are more accommodating to their needs.
- · A dementia friendly business or organization receives recognition and increased visibility in the community.



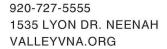
What is Dementia Friendly business training?

A free 30 minute training for staff of businesses and organizations to understand more about Alzheimer's disease and dementia, learn dementia friendly communication tips, become familiar with local resources and create an environment that is safe, respectful and welcoming for people living with dementia.

> To learn more about this training and to schedule your session please contact:



Alisa Richetti ADRC Dementia Care Specialist



arichetti@winnebagocountywi.gov

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, visit the Fox Valley Memory Project website: www.foxvalleymemoryproject.org

Menasha

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

Join us at the Menasha Senior Center's Memory Café for an engaging session with Network Health, sharing insights on the dimensions of wellness. Don't miss this opportunity to learn, connect, and discover new ways to enhance overall well-being!

Neenah

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

Come learn about Qigong with Mackee Hoffmann. Qigong is a Chinese practice that combines movement, breathing, and meditation to improve your health and well-being.

Oshkosh

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

Oshkosh Food Co-op 115 Jackson St #101, Oshkosh - Wednesday, March 19th - 1:30pm-3pm

Join us at the Oshkosh Food Co-op to learn about this community driven business that has so many wonderful things to offer. We will learn, share, and enjoy some healthy parfaits in the community room.

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

"Set Sail with Us" – Join us for a relaxing and engaging cruise-themed Memory Café. We'll enjoy tropical refreshments and participate in ship-inspired activities. The Magic of Mardi Gras" – Join us for a festive Mardi-Gras themed Memory Café! Enjoy delicious treats, creative activities and make memories!

BEAMING INC.

BEAMING Barn, 2692 County Road GG, Neenah - On hold

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!

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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