



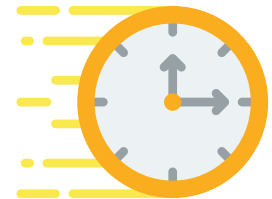
220 Washington Ave, Oshkosh
211 N. Commercial St, Neenah
(877) 886-2372

May : National Stroke Awareness Month

By the GWAAR Legal Services Team

Strokes can happen to anyone, regardless of age. If you've had one stroke, you're at higher risk of having another one. Read on to learn more about the warning signs of a stroke. Recognizing the warning signs of a stroke and calling 911 immediately may affect whether someone recovers from a stroke or faces long-term disability or even death.

When you spot a stroke warning sign, act F.A.S.T.!



- F = Face Drooping: Does one side of the person's face droop, or is it numb? Ask the person to smile – is the smile uneven?
- A = Arm Weakness: Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- S = Speech Difficulty: Is the person's speech slurred?
- T = Time to call 911! Stroke is an emergency. Call 911 immediately, and keep track of the time when any symptoms first appeared.

Other stroke symptoms may include sudden:

- Numbness or weakness of the face, arm, or leg, especially on one side of the body
- Confusion, including trouble speaking or understanding speech;
- Trouble seeing in one or both eyes;
- Trouble walking, dizziness, loss of balance or coordination; and
- Severe headache with no known cause.



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

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@gwaac.org
 (608) 228-7253

#WIAgingAdvocacyDay
 #WIAAD24

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

May 16th - 10:00 am
 July 9th - 2:00 pm
 September 10th - 10:00 am

Neenah

April 9th - 10:00 am
 June 11th - 2:00 pm
 August 13th - 10:00 am



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

FOSC is offering a **FREE** Spring housekeeping

SHRED EVENT

Sponsored by

Rohan Meier & Morgan, LLC

MAY 18, 2024

9:00 AM to 11:00 AM

Oshkosh Seniors Center

North Parking Lot • 234 N. Campbell Rd

What can be shred?

All paper, file folders, hanging files, computer paper, note pads, and envelopes. Staples, paper clips, and bull clips do not need to be removed.

What cannot be shred?

Three ring binders (remove pages for shredding), batteries, small E-waste items, garbage, plastic cups, paper plates, food wrappers, etc.

CDs, DVDs, Data Tapes, Hard Drives, Microfilm and X-Rays

If you need these items destroyed, PROSHRED is happy to schedule this work for you. Please contact their office at 262.369.0922.


**Make a monetary donation to
 The Friends of the Oshkosh Seniors Center
 or bring a canned good for a local food bank!**





May



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 State St Center Craft Fair * 206 State St, Oshkosh 11am-2pm FVMP Oshkosh YMCA Memory Cafe 1:30pm Lyrics and Laughter Valley VNA 1:30pm-2:30pm	2	3 Lunch Bunch Olive Garden Oshkosh 11:00am	4
5 The 38th Annual Alzheimer's Association Conference *	6 The 38th Annual Alzheimer's Association Conference * Memory Care Respite Neenah 1:30-3:30pm Winnebago County Human Services Board Meeting 3pm	7 FOOD+ DIVERSITY+ COMMUNITY * Downtown YMCA, Oshkosh 11am	8 Lyrics and Laughter Valley VNA 1:30pm-2:30pm	9 SOAR - Fox Cities Education Class * 5pm-7pm	10 Menasha Committee on Aging 1:30pm	11 Repair Cafe Downtown Oshkosh YMCA *
12	13 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	14 Aging Advocacy Day Madison * SPARK! Bergstrom Mahler Museum 10:30am Virtual Dementia Tour Parkview Health Care Center 1:30-4:30pm Registration required	15 FVMP Oshkosh Traveling Memory Cafe 1:30pm Paine Art Center Gardens Lyrics and Laughter Valley VNA 1:30pm-2:30pm	16 Neenah Committee on Aging 9am "Welcome to Medicare" Presentation * Oshkosh Human Services 10am Memory Screening Oshkosh Senior Center 10:30am-Noon SOAR - Fox Cities Education Class * 5pm-7pm	17	18 Shred Event * 9am-11am Oshkosh Senior Center *North parking lot
19	20 Powerful Tools for the Caregiver Workshop Registration required* 12:30-2pm FVMP Memory Cafe Neenah Library 1:30pm	21 Memory Screening Menasha Senior Center 8:30am-10:00am Specialized Transportation Meeting 1:30pm	22 Lyrics and Laughter Valley VNA 1:30pm-2:30pm	23 SOAR - Fox Cities Education Class * 5pm-7pm	24	25
26	27 	28 FVMP Memory Cafe Menasha Senior Center 1:30pm Memory Care Respite Oshkosh 1:30-3:30pm	29 SPARK! The Paine Art Center 1pm	30	31	

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

Join us on May 7th for Meat pies, rice
and corn chaff and fried spinach



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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
- July 2

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

Email Lindsey McMullin at lindseymcmullin@oshkoshymca.org 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!

Baked Ziti with Sausage



- cooking spray
- 1 (16 ounce) package dry ziti pasta
- 1 pound mild Italian sausage
- 1 (15 ounce) container ricotta cheese
- 1 large yellow onion, minced
- 1 large egg
- 2 teaspoons minced garlic
- 1 teaspoon dried oregano
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 1 ½ (26 ounce) jars spaghetti sauce, divided
- 1 (8 ounce) package shredded Italian cheese blend
- 1 teaspoon dried basil (optional)

1. Preheat the oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
2. Bring a large pot of lightly salted water to a rolling boil over high heat. Stir in ziti and return to a boil. Cook pasta uncovered, stirring occasionally, until cooked through but still firm to the bite, about 8 minutes. Drain well.
3. While pasta is cooking, heat a large skillet over medium heat. Add sausage; cook and stir until brown, about 10 minutes. Drain sausage and set aside.
4. Stir together ricotta, onion, egg, garlic, and oregano in a large bowl until well combined. Stir in pasta, sausage, salt, pepper, and the half jar of spaghetti sauce; mix well.
5. Cover the bottom of the prepared baking dish with 1/3 of the full jar spaghetti sauce. Layer with 1/2 of the pasta mixture, 1/2 of the remaining spaghetti sauce, and 1/2 of the shredded cheese. Repeat layers once more using remaining pasta, sauce, and cheese. Sprinkle basil over top and cover the dish tightly with aluminum foil.
6. Bake in the preheated oven until heated through, about 20 minutes. Uncover; return to the oven and bake until cheese is melted, 5 to 10 more minutes.



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.

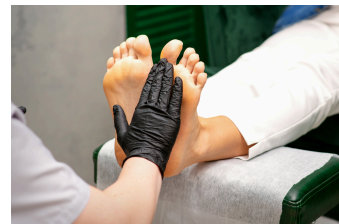
Dear ADRC,

I need to have foot and nailcare done. How can I schedule an appointment?

Thanks,

In Need of Footcare Fred

Dear Fred ,



There are a few options for you. The Valley VNA offers Foot Care Clinics at various locations. Each appointment is approximately 20 minutes and the cost varies, but is about \$28 per session. The appointment includes a foot exam by a Registered Nurse, foot soak, massage, callus reduction, toenail file/trim, education, and other referrals as appropriate. Please call 920-727-5555 for an appointment. The Valley VNA Winnebago County locations include the Neenah YMCA, Downtown Oshkosh YMCA, and the Valley VNA building. Valley VNA also goes to the Oshkosh Senior Center. To schedule an appointment at the Oshkosh Senior Center location please contact them directly at 920-232-5310. Currently they schedule appointments on Tuesdays and Wednesdays from 9:00am to 3:00pm.

Below are some other local agencies that will come right to your home for foot and nailcare:

* Nail Care, LLC: A registered nurse will come to your home to complete foot care. She serves the Fox Valley area. Please contact 920-840-3521 for more information and to discuss pricing.

* Lotus Foot Care, LLC: Provides in-home foot care and serves Winnebago County. The cost is approximately \$55 per home visit. The visit is an hour long, which includes an assessment of lower legs and feet, trimming toenails, checking for corns and calluses and reduction, education, and referrals to doctor if needed. Please contact 920-637-0754 for more information. .

*Soleful Solutions of Wisconsin: Provides routine and diabetic footcare by experienced and skilled nurses. Please contact 414-368-9166 or Solefulsolutionswi@gmail.com for more information.

Best wishes, Fred!

Signed,

ADRC of Winnebago County



State Street Center's Spring Craft Fair

Where: 206 State Street Oshkosh WI
54901

When: Wednesday May 1st 2024

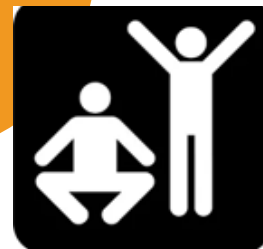
Time: 11am – 2pm

*Members will be selling their
homemade crafts & gifts.*

Cash Only Please



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.



Neighbors Helping Neighbors Fix Stuff

**HANDY WITH REPAIRS?
WE NEED YOU**

**VOLUNTEER FIXERS NEEDED
SATURDAY, MAY 11
DOWNTOWN OSHKOSH YMCA**

small appliances
bicycles
sewing • mending

computers • electronics
furniture
jewelry • watches

CONTACT

RepairCafeOshkosh@gmail.com



[facebook.com/RepairCafeOshkosh](https://www.facebook.com/RepairCafeOshkosh)

PROTECT Older Adults: Advocate Against Elder Abuse

• • • • •
June:
World 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

MAY THE EDUCATION BE WITH YOU!

THURSDAYS IN MAY FROM 5:00 PM-7:00 PM
SOAR FOX CITIES: 211 E. FRANKLIN ST. APPLETON



DETAILS:

- You may sign up for one, two, or all three classes
- Food provided at each session
- Cost: FREE
- *Registration is REQUIRED by the Wednesday before*
- Contact: angie@soarfoxcities.com or 920-731-9831



Thursday May 9th

CLASS TOPICS:

ABLE ACCOUNTS AND AGING AND IDD

Learn about saving options and aging resources and support

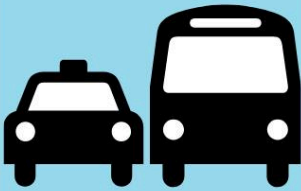
TARGET AUDIENCE:

CAREGIVERS

PRESENTERS:

CHAD URBAN, FOX COMMUNITIES CREDIT UNION

SARAH SWANT, FOX VALLEY MEMORY PROJECT



Thursday May 16th

CLASS TOPIC:

OVERCOMING TRANSPORTATION BARRIERS

Navigating transportation resources

TARGET AUDIENCE:

CAREGIVERS AND PARTICIPANTS

PRESENTER:

MAKE THE RIDE HAPPEN



Thursday May 23rd

CLASS TOPIC:

INTERNET SAFETY

Current tips and trends to staying safe online

TARGET AUDIENCE:

CAREGIVERS AND PARTICIPANTS

PRESENTER:

OFFICER LERUM, APPLETON POLICE DEPARTMENT

FOR QUESTIONS PLEASE CONTACT ANGIE AT ANGIE@SOARFOXCITIES.COM OR 920-731-9831 X111

**EVENT FOR COMMUNITY PROFESSIONALS
PASSIONATE ABOUT DEMENTIA CARE:**



DEMENTIA AND SAFETY PROGRAMS IN THE FOX VALLEY

Presented by:

Dementia Awareness Work Group
and

Sergeant Carrie Peters, Appleton Police Department

Discussing topics such as:

- Police Dementia Response
- Project Safe Response
- Purple Tube Project
- Programs to promote dementia education and social engagement

May 7
1:30 - 3:00pm

James P. Coughlin Center
625 E. County Road Y
Oshkosh, WI 54901



St. Paul Elder Services, Inc.



Powerful Tools FOR Caregivers

**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 Monday
May 13th through June 24th
(no class held on Memorial Day)

12:30 - 2:00 pm

Goodwill Community Campus
1800 Appleton Road, Menasha

Respite is
available!



For Registration and Questions: Alisa Richetti | 920.236.1227

Fox Valley Memory Project Presents:

Dementia Care Partner Conference

**Friday, June 7th
10am-2pm**

Fox Valley Technical College
1825 N. Bluemound Drive
Appleton, WI 54912
Entrance 16-North parking lot

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

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

ALZHEIMER'S ASSOCIATION

38TH ANNUAL WISCONSIN STATE CONFERENCE

Presenting sponsor:



**Pioneering
HOPE**

*through research, treatment,
education and support.*

MAY 5-6

Kalahari Resort,
Wisconsin Dells

Register today: alzconference24.eventbrite.com

May 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, May 28th - 1:30pm-3pm

Meet some local heroes! The firemen at the Neenah/Menasha Fire Department have a wide range of responsibilities and use a variety of skills to perform important duties for the community. Learn about a day in the life of a local firefighter! If weather permits, we will be able to go outside and check out the fire truck!

Neenah

Neenah Public Library, 240 E. Wisconsin Avenue, Neenah- Monday, May 20th - 1:30pm-3pm

We will bring back our favorite Kentucky Derby Party, complete with horse racing!

Oshkosh

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

Paine Art Center and Gardens, 1410 Algoma Blvd, Oshkosh- Wednesday, May 15th - 1:30pm-3pm

Exploring the Paine gardens with all of our senses and creating cyanotypes (sun printing) with plant materials. We will meet under the ceremony tent in the gardens. If the weather is bad, we will use the conservatory at the back of the property.

Oshkosh YMCA, 3303 W 20th Avenue, Oshkosh - Wednesday, May 1st- 1:30pm -3pm

May Day! Let's usher in summer with a May Day celebration! We'll make a May basket to give to a neighbor or a bird feeder for your backyard. Enjoy cake to mark the beginning of summer!

BEAMING INC.

BEAMING Barn, 2692 County Road GG, Neenah - Monday, May 13th - 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