



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

# CAREGIVER EVENT

November 14 | 10AM-3PM  
Culver Family Welcome Center  
at UW-Oshkosh

## FREE RESPITE SERVICES PROVIDED BY:



## REGISTRATION REQUIRED

[Link for Registration](#)



**FREE LUNCH PROVIDED FOR  
ATTENDEES AND RESPITE  
PARTICIPANTS**

## JOIN OTHER DEMENTIA CAREGIVERS FOR:

### Speaker

Sheri Fairman of Dementia Care  
Solutions, LLC

### Resource Tables

Connect with and learn about  
local dementia related  
organizations

### Caregiver Panel

Hear from other caregivers how  
the dementia journey has  
impacted their lives

### Virtual Dementia Tour

Experience what it feels like to  
have dementia



FOR QUESTIONS OR ASSISTANCE WITH REGISTRATION  
PLEASE CALL 877-886-2372

# Calendar Contact Information

FVMP Memory Cafe's Lunch Bunch	Fox Valley Memory Project (FVMP) (920) 225-1711 <a href="mailto:info@foxvalleymemoryproject.org">info@foxvalleymemoryproject.org</a>
Memory Screens at the Senior Centers Virtual Dementia Tour	Alisa Richetti (920) 236-1227 <a href="mailto:Arichetti@winnebagocountywi.gov">Arichetti@winnebagocountywi.gov</a>
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 <a href="mailto:memorycarerespite@gmail.com">memorycarerespite@gmail.com</a>
Oshkosh Memory Respite Care	(920) 727-5555 ext. 2217
Winnebago County Human Services Board	<a href="mailto:jkotajarvi@winnebagocountywi.gov">jkotajarvi@winnebagocountywi.gov</a>
ADRC Committee Specialized Transportation Committee I Team Meeting	<a href="mailto:ADRC@winnebagocountywi.gov">ADRC@winnebagocountywi.gov</a>
Neenah Committee on Aging	<a href="mailto:ckasimor@ci.neenah.wi.us">ckasimor@ci.neenah.wi.us</a>
Menasha Committee on Aging	<a href="mailto:khutter@menashawi.gov">khutter@menashawi.gov</a>
Lyrics and Laughter	Valley VNA (920) 727-5555

## Public Health Vending Machines



## FAQ

### What will be in the machines?

Items available will include nasal Narcan/Naloxone, Fentanyl Tests Strips, Detera drug deactivation kits, gun locks, feminine hygiene products, and other items.

### Where will these machines be located?

There will be two outdoor locations in Winnebago County:

- David W. Albrecht Administration Building, 112 Otter Avenue in Oshkosh
- Winnebago County Human Services Building, 211 N. Commercial Street in Neenah

### How were they funded?

Winnebago County Public Health was awarded grant funds from WI DHS to install the Public Health Vending Machines. Grant funds are from the state's \$400 million opioid settlement.

## Chicken Taco Soup

- 1 - 28 oz. can petite diced tomatoes
- 1 - 16 oz. can pinto beans
- 1 - 16 oz. can black beans
- 1 - 11 oz. can Rotel
- 1 1/2 cups frozen corn
- 1/2 cup ranch dressing
- 1 packet (or 3 Tbsp) taco seasoning
- 3 cups chopped/shredded chicken

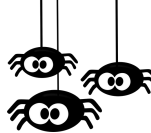
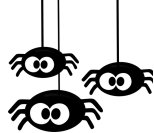
1. Add all ingredients to the crock-pot. (Note: do not drain the cans)
2. Cook on high for 2-4 hours.
3. Serve with shredded cheese, sour cream, and chips



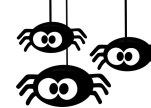
Credit: [www.thetexmexmom.com](http://www.thetexmexmom.com)

How do I access the Public Health Vending Machines?

Anyone will be able to access these free life-saving resources 24/7 by calling the PHVM Hotline to receive a PIN code.



# October



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1 "Time of Your Life" Senior Expo * Oshkosh Convention Center 9am-1pm</p> <p>Dementia Support Group Bella Vista 9:30am</p> <p>Connecting Community Through Food * Downtown Oshkosh YMCA 11am-12pm</p> <p>Book Club * 20th Ave YMCA, Oshkosh 10:30am-11:30am</p>	<p>2 Oshkosh Senior Center Brain Health &amp; Wellness Fair 10am-2pm*</p> <p>Brain Wellness Fair * Oshkosh Senior Center 10am-2pm</p> <p>FVMP Oshkosh YMCA Memory Cafe 1:30pm</p>	3	<p>4 FVMP Oshkosh Lunch Bunch The Hanger Bar &amp; Grill 11am</p>	<p>5 Oshkosh Farmer's Market 8am-12:30pm</p> <p>Neenah Farmer's Market 8am-12pm</p> <p>Options for Independent Living: Wheelchair &amp; Adaptive Stick Curling * Green Bay Curling Club 10am-12pm</p> <p>Beaming Inc "Birthday Party" * 1pm Beaming Inc</p>
6	<p>7 Memory Care Respite Neenah 1:30pm-3:30pm</p> <p>Winnebago County: Human Services Board Meeting 2pm Oshkosh</p>	<p>8 SPARK! Trout Art Museum 1pm</p> <p>SPARK! Bergstrom Mahler Museum 1:30am</p> <p>Virtual Dementia Tour Parkview Health Care Center 1:30pm-4:30pm Registration required</p>	9	10	<p>11 Menasha Committee on Aging 1:30pm</p>	<p>12 Oshkosh Farmer's Market 8am-12:30pm</p> <p>Neenah Farmer's Market 8am-12pm</p>
13	<p>14 Memory Care Respite Neenah 1:30pm-3:30pm</p> <p>ADRC Committee Meeting 3pm</p>	<p>15 Memory Screening Menasha Senior Center 8:30am-10am</p> <p>"Take Charge of Your Health" Presentation * Downtown Oshkosh YMCA 12pm-1:30pm</p> <p>Medicare Open Enrollment Starts</p>	<p>16 Memory Screening Oshkosh Senior Center 10:30am-Noon</p> <p>FVMP Oshkosh Traveling Memory Cafe Oshkosh Public Library 1:30pm</p>	<p>17 Neenah Committee on Aging 9am</p>	18	<p>19 Oshkosh Farmer's Market 8am-12:30pm</p>
20	<p>21 BEAMING INC. Memory Cafe 1pm</p> <p>FVMP Memory Cafe Neenah Library 1:30pm</p>	<p>22 "Simply Art" Project * Neenah-Menasha YMCA 10am-12pm Registration required</p> <p>Memory Care Respite Oshkosh 1:30pm-3:30pm</p> <p>FVMP Memory Cafe Menasha Senior Center 1:30pm</p>	23	24	25	<p>26 Oshkosh Farmer's Market 8am-12:30pm</p>
27	28	29	<p>30 SPARK! The Paine Art Center 1pm</p>	<p>31 </p>		

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



Quinta Caylor is making a

3-meat pepper soup and ginger lemon tea. This pepper soup is a traditional meal in Sudan, West Africa to eat when you're sick (like chicken noodle soup).



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:



### DIVERSITY + FOOD + COMMUNITY

THE FIRST TUESDAY OF EVERY MONTH

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

- September 10
- October 1
- November 12
- December 3

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

Email Lindsey McMullin at [lindseymcmullin@oshkoshymca.org](mailto: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 COMMUNITY YMCA • [www.oshkoshymca.org](http://www.oshkoshymca.org)  
Downtown • 236-3380 • 324 Washington Avenue

## November 5th: 2024 Presidential Election

Wondering if you're registered to vote?

Where do you go to vote?

Need an absentee ballot?

What's on the ballot?

Check out: [myvote.wi](https://myvote.wi)

"If you don't vote,  
you lose the right  
to complain."

-GEORGE CARLIN



**MyVote**  
WISCONSIN



Winter is on it's way!

Let's talk about Energy Assistance....

The Wisconsin Home Energy Assistance Program (WHEAP) assists eligible households with their heating and electric bills. Regular energy assistance is a once-a-year benefit available between October 1st and May 15th each year. You can apply online at:

[energybenefit.wi.gov](https://energybenefit.wi.gov)

Please call the statewide Customer Care Center at 1-800-506-5596 with questions about your online application. Due to the high volume of applications, it may take up to 10 business days for an online application to be processed.

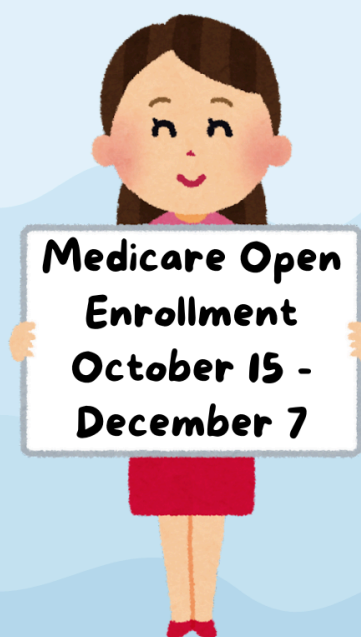
If you're disconnected or without heat, or will be disconnected soon, please call the Customer Care Center at 1-800-506-5596.

To view income limits or get a paper application, visit

[energyandhousing.wi.gov](https://energyandhousing.wi.gov)

**homeenergy+**

## Medicare Open Enrollment



It's almost time to review your current Medicare health and drug coverage and make needed changes for 2025!

For assistance with open enrollment:

- Contact 1-800-MEDICARE
- Use the online plan finder at [medicare.gov](https://www.medicare.gov)
- Contact a Benefit Specialist at the ADRC





# Ask the ADRC....

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

Dear ADRC,

Are there any grief support groups in Oshkosh? My spouse passed away last year but I'm still feeling sad and having a hard time working through the loss. My friends tell me that a grief support group might be helpful.

Sincerely,

**SAMUEL SAD**

Dear Samuel,

We are so sorry to hear about the loss of your spouse. We're glad you are reaching out to get support. Know that you are not alone in your grief. There are many grief support resources in our county. Some grief support groups are general support groups and others are tailored specifically to support individuals who are all experiencing the same type of loss. There are face to face groups and groups available online using Zoom.

If the loss of your spouse has been rather recent, check with hospice agencies in the area. They are sometimes able to support individuals who have lost loved ones even if their loved one was not involved with hospice services. Another idea is to visit the websites of local funeral homes. They generally have a list of the current support groups in your area.

Here are some ideas of local grief support groups:

## General Grief Support Groups

- **Oshkosh Senior Center:** In person. 1st and 3rd Thursday of the month from 1pm-2:30pm. Register by calling 920-232-5300. This group fills up quickly.
- **Immanuel Lutheran Church, Oshkosh:** In person. Sessions include topics such as "your grief journey" and "self care". Mondays from 5:30pm-7pm. Call 920-509-7656.
- **St Raphael the Archangel, Oshkosh.** In person. 2nd and 4th Tuesday of the month from 2pm-3pm. Call 920-233-8044.
- **Aurora Advocate Health at Home:** Online. 1st and 3rd Mondays of the month. Visit [aah.org](http://aah.org). Zoom link will be sent.

## Specific Grief Support Groups

- **Aurora Advocate Health at Home:** Specific support group for those dealing with the loss of a parent. Online. 3rd Tuesday of the month. Visit [aah.org](http://aah.org). Zoom link will be sent. Register one time and can attend as many weeks as you wish.
- **Brighter Days Support Group:** Specific support group for Oshkosh YMCA members who are 55+ who have had a loss of a partner or spouse: In person. Call 920-230-8439.
- **Community of Hope:** Specific group for individuals dealing with loss of loved one due to suicide. In person. 3rd Thursday of the month from 6:30pm-8pm. Held at Mercy Medical Oakwood Center, Oshkosh. Call 920-230-4840.

Sometimes people are not comfortable with sharing in a group setting. If you are interested in resources to find an individual counselor to help process your grief, give us a call. We're here for you.

*ADRC of Winnebago County*

# ADRC INTERNS



Helena Lowey is in her senior year of graduate school for a Master's in Social Work at the University of Wisconsin- Oshkosh. She will be primarily working with our Dementia Care Specialist and ADRC Specialists. She has a Bachelor's degree in Secondary English Education with an add-on certificate in Special Education from the University of New Orleans. She has experience as a high school and middle school educator, and as a behavior technician providing applied behavior analysis interventions for children with Autism. In her free time, she enjoys camping, reading, the arts, and exploring state and national parks. Helena is very excited to learn more about the incredible work that ADRC provides for their clients and community. Welcome, Helena!



John Thill is in his senior year at the University of Wisconsin- Oshkosh. He is an undergraduate student studying Social Work. John will primarily be working with our Adult Protective Services team. John also runs cross country and track for the University as well. He looks forward to serving our community to the best of his ability. Being from Oshkosh, he has a deep compassion and understanding for the people living here. He hopes to make a difference for the better in the present and the future. Welcome, John!

Estee Mathias is a student at Northcentral Technical College. She will be graduating with an Associates degree in Human Services. She was offered a transfer opportunity to the University of WI-Steven's Point for a Bachelors in Social Work and plans to start in the spring semester. Estee is primarily working with our benefit specialist team at the ADRC.

She was born and raised in Oshkosh and is currently a single mother with twin boys who will be 13 next year. After graduating high school, she began employment at Clarity Care, working as a direct support provider. After four years of employment, she took a job opportunity to work for Oshkosh Defense. She continued employment with Oshkosh Defense as a painter for 11 years. She wanted to contribute more to her community as she was feeling unsatisfied with factory work. She decided to leave Oshkosh Defense and return to school with a goal to become an advocate, more specifically, a victim witness or victim's advocate.



She is looking forward to being an advocate for those who may not be able to for themselves. Her favorite quote from Ghandi sums up how she feels about human service work: "The best way to find yourself is to lose yourself in the service of others." -Mahatma Gandhi. Outside of work you will often find her reading, researching, playing violin, and spending quality time with her children. Lately, she has been learning how to play chess with her kids. Welcome, Estee!



# SIMPLY ART

ForeverWell Age 55+  
NEENAH-MENASHA YMCA  
Held in the Solarium

## BOO-rific Home Decor

Tuesday, October 22| 10:00 AM-NOON  
Registration deadline October 14

Join us in creating this set of two boo-rific wooden ghost home décor pieces. Stylish and spooky. You will want to keep this item stored and displayed for years to come.

### Cost:

Y Member: \$10

General Public: \$15



Register online at [ymcafoxcities.org/register](http://ymcafoxcities.org/register)  
or at the Member Service desk at any Y location.  
Registration opens August 12

For more information contact Luann Luehring at 920.954.7643 or [lluehring@ymcafoxcities.org](mailto:lluehring@ymcafoxcities.org)

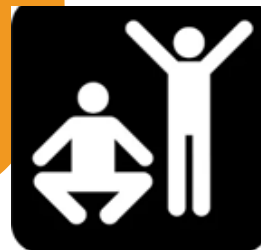
## State Street Center Fall Craft Fair

Wednesday  
November 13<sup>th</sup>  
11am – 2pm  
206 State Street  
Oshkosh WI 54901

*Members will be selling  
their homemade crafts &  
gifts – Start your holiday  
shopping here!!!!*

\*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

[menashawi.gov/departments/senior\\_center](http://menashawi.gov/departments/senior_center)

### Oshkosh Senior Center

#920-232-5300

[ci.oshkosh.wi.us/seniorservices](http://ci.oshkosh.wi.us/seniorservices)

### Neenah-Menasha YMCA

#920-729-9622

[ymcafoxcities.org/foreverwell](http://ymcafoxcities.org/foreverwell)

### Oshkosh YMCAs

#920-230-8916

[oshkoshymca.org/foreverwell-ages-55](http://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](http://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.





**FOREVERWELL**

**LIFELONG  
LEARNING  
EVENT**

FOR AGES 55+

# TAKE CHARGE OF YOUR HEALTH

Join Dr. Gowda to learn and discuss proactive steps to prevent cancer as well as a few new advances in cancer treatment. Education is the first step in taking charge of your health.

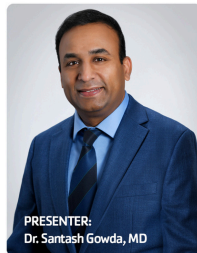
**TUESDAY, OCTOBER 15 • Noon-1:30 p.m.**  
**Downtown Y • Multi-Purpose Room (Lower Level)**  
**FREE FOR MEMBERS • \$5 for Non-Members**  
Program Includes Lunch

### REGISTRATION REQUIRED

Please sign up **ONLINE**, at the  
Front Desk of either location  
or by calling 920-236-3380.

### LUNCH SPONSOR:

**senior stride.**  
Home Care



PRESENTER:  
Dr. Santash Gowda, MD

OSHKOSH COMMUNITY YMCA [www.oshkoshymca.org](http://www.oshkoshymca.org)  
DOWNTOWN 920-236-3380 324 Washington Ave.  
20TH AVENUE 920-230-8439 3303 W. 20th Ave.

**Aurora Health Care**  
Now part of **ADVOCATEHEALTH**

Note: This is for Oshkosh residences,  
applicants do not need to own the home



# LEAF

*no one behind*

## YARD WASTE CLEAN UP

**Sunday November 3rd, 2024**  
**Starting @ 10:00am**

Partners of the Oshkosh Healthy Aging  
Group are organizing another volunteer  
event to engage neighborhoods in a day  
of yard cleanup.

Seeking yard help or  
interested in volunteering?

Contact: [ADRC@winnebagocountywi.gov](mailto:ADRC@winnebagocountywi.gov)  
Residents must pre-register for assistance by **Monday,  
October 28th**. Priority given to people with disabilities  
or aging conditions that inhibit leaf removal.



Thank you  
Partners:

For more information or to fill out  
an application please visit  
[wchd.pub/leafnoonebehind2024](http://wchd.pub/leafnoonebehind2024)  
or scan the QR code:



# MEET PEOPLE. SOCIALIZE. LEARN.

Book Clubs are a great way to meet people and to learn from diverse perspectives. Join us at one of our monthly Book Club meetings!

Book Club will meet at the 20th Ave Y the first Wednesday of the month and will read and discuss a NEW book each month. Books will be provided to those who participate and can be picked up at the front desk. Books must be returned after each meeting.

**REGISTER** at the front desk of the 20th Ave Y or call 920-230-8439. Remember to stop at the 20th Ave Y to pick up your book. **SEE YOU AT BOOK CLUB!**

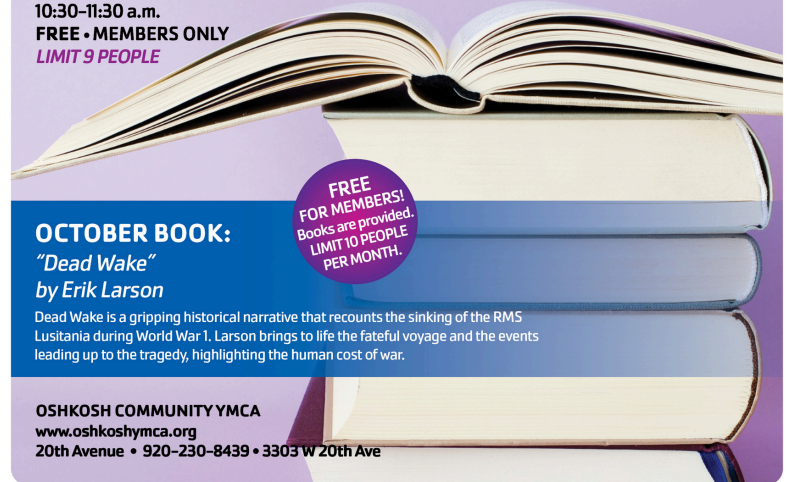
**WEDNESDAY, OCTOBER 2**

20TH AVE Y • MPR 3

10:30-11:30 a.m.

**FREE • MEMBERS ONLY**

**LIMIT 9 PEOPLE**



### OCTOBER BOOK:

*"Dead Wake"*  
by Erik Larson

Dead Wake is a gripping historical narrative that recounts the sinking of the RMS Lusitania during World War I. Larson brings to life the fateful voyage and the events leading up to the tragedy, highlighting the human cost of war.

OSHKOSH COMMUNITY YMCA  
[www.oshkoshymca.org](http://www.oshkoshymca.org)  
20th Avenue • 920-230-8439 • 3303 W 20th Ave

**options**  
for independent living inc.

## WHEELCHAIR AND ADAPTIVE STICK CURLING

**SATURDAY OCTOBER 5 @ 10AM-12PM**  
**FREE EVENT FOR ANYONE TO JOIN**

Anyone, any age, with a disability is welcome to join. Bring your family, friends, caregivers to try out stick curling and learn about the sport, no experience necessary. Dress warm, room temperature is 40°. Please bring a pair of clean athletic shoes if you plan to walk on the ice, sticks and instruction provided. **Due to limited availability RSVP required.** Please contact Dave at 920-393-1055 or [davew@optionsil.org](mailto:davew@optionsil.org) with questions.



**FREE event to try out  
wheelchair and  
adaptive CURLING!**

Meet other  
individuals with  
similar interests!

Lead by Options for  
Independent Living  
and Green Bay  
Curling Club's very  
own **ICE BADGERS**  
wheelchair curling  
team.

Help grow the sport  
and show a demand  
for more accessible  
sports

### EVENT HELD AT:

Green Bay Curling Club  
781 Mike McCarthy Way  
Green Bay, WI 54304

[www.optionsil.org](http://www.optionsil.org)

Dave Samsa and Penny Greely, USA Wheelchair Curling Paralympians will be on hand for instruction and meet and greet!



Oshkosh Seniors Center Presents the 2024

# Brain Health & Wellness Fair

The Oshkosh Seniors Center is excited to be hosting its annual Brain Health and Wellness Fair! Meet our Community Partners, Health and Wellness Vendors, win prizes, and listen to the experts in the field of Brain Health.

October 2, 2024, 10 am - 2 pm, 200 Campbell Rd. Contact: 920-232-5300 to RSVP



**Carrie Esselman**  
Fox Valley Memory Project  
10:30am-11:00am

## The Future of Dementia

Carrie Esselman, Grant Manager of the Fox Valley Memory Project, will present on the initiative to make Northeast Wisconsin more dementia-friendly. A dementia-friendly community ensures that individuals with dementia can live good lives and be as independent as possible, while receiving understanding and necessary support. Learn about the efforts the Fox Valley Memory Project has undertaken and its future plans to make our communities dementia-friendly.



**Ted Regalia, RPh**  
Network Health  
11:30am - 12:00 pm

## Medications & Brain Health

Relax, listen, and learn as Ted Regalia, RPh., Network Health's Vice President of Pharmacy Benefits, discusses the importance of preventative factors for optimal brain health and reviews the effects of medications on cognition.



**Dr. Kerry Ahrens**  
Aurora Health Care  
12:45pm - 1:45pm

## Insights into Stroke Care, & Prevention: A Global Perspective on Improving Patient Outcomes

Join Dr. Ahrens as she unveils shocking stroke statistics and shares her passion for cutting-edge stroke care and early detection. Discover her expert tips to lower stroke risk and learn how raising awareness can improve patient outcomes worldwide. Don't miss this insightful session aimed at enhancing global health!

In Partnership with



# It's the Time of Your Life SENIOR EXPO



**TUESDAY, OCTOBER 1st**  
**9:00AM - 1:00PM**

**Oshkosh Convention Center, 2 N. Main St.**

- 400+ Active Adults, Retirees, Caregivers & Veterans
- 75+ Exhibitors with Senior Products & Services
- Informative Seminars • Health Screenings
- Door Prizes & Giveaways • Lite Breakfast served from 9-10am

Grand Prize Drawing for a \$250 Piggly Wiggly Gift Card

**FREE ADMISSION & PARKING**

Premier Sponsor



Gold Sponsor



Community Partners



Flu & Vaccine Clinic by



For Seminars, Locate Exhibitors or Search Products, visit: [TimeOfYourLifeExpo.com](http://TimeOfYourLifeExpo.com)

# HAPPY 20<sup>TH</sup> BIRTHDAY BEAMING

EQUINE-ASSISTED SERVICES

**Come CELEBRATE With Us!**  
**Saturday October 5th, 1pm**

We want to thank you for your commitment and generosity and for being an integral part of our BEAMING Inc. Family!

**Refreshments • Cake • Hayrides**



TOGETHER, we will continue to shine brightly and pave the way for a bright and hopeful future filled with opportunities for growth, healing, and connection.



BEAMING Inc.  
2692 Cty Rd GG  
Neenah, WI 54956  
920-851-6160  
[www.BEAMINGinc.org](http://www.BEAMINGinc.org)

Huntington's Disease Society of America

WISCONSIN CHAPTER

# 2024 HDSA Wisconsin State Conference

**Saturday, November 9th**

**Check in: 8:00AM - Start 9:00AM**

Tundra Lodge

865 Lombardi Ave Green Bay, WI 54304

Register Here

[wisconsin.hdsa.org/wied24](http://wisconsin.hdsa.org/wied24)



SCAN ME

For questions contact:  
Deb Zwick at [dzwick@hdsa.org](mailto:dzwick@hdsa.org)

This event is funded by the Huntington's Disease Society of America with support from Genentech, Teva, uniQure, Neurocrine, PicnicHealth, PTC Therapeutics & MassMutual SpecialCare.

Genentech **teva** **NEUROCRINE** BIOSCIENCES  
A Member of the Roche Group

PTC **25** **MassMutual** **PicnicHealth** **uniQure**  
SpecialCare

# October 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](http://www.foxvalleymemoryproject.org)

## Menasha

**Menasha Senior Center, 116 Main Street, Menasha- Tuesday, October 22nd - 1:30pm-3pm**

Come share a fun Halloween memory like a costume party where everyone dressed up in creative outfits, or a spooky story about a haunted house visit that turned into a thrilling adventure or a scary haunting event that you have experienced.

## Neenah

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

Officer Joe Benoit, Community Policing Coordinator from the Neenah PD, will be joining us to provide valuable safety tips and answer your questions in an interactive Q&A session. Don't miss this opportunity to learn how to stay safe in your community!

## 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 Public Library, 106 Washington Avenue, Oshkosh - Wednesday, October 16th - 1:30pm-3pm**

The Readers' Advisory Librarian – and award-winning horror novelist – Sarah Read is excited to join our group and share some thrilling ghost stories. Don't miss this spooky and imaginative session!

**Oshkosh YMCA, 3303 W 20th Avenue, Oshkosh - Wednesday, October 2nd - 1:30pm-3pm**

To be determined.

## BEAMING INC.

**BEAMING Barn, 2692 County Road GG, Neenah - Monday, October 7th - 1pm**

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](mailto:incbeaming@gmail.com)



# Contact Us!

220 Washington Ave, Oshkosh  
211 N. Commercial St, Neenah  
Email: [adrc@winnebagocountywi.gov](mailto:adrc@winnebagocountywi.gov)

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



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Phone: 877-886-2372  
[www.co.winnebago.wi.us/adrc](http://www.co.winnebago.wi.us/adrc)