



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

CLEAN VIBES!



Wheelchair/Scooter Wash Recap

The ADRC of Winnebago County hosted their annual free wheelchair/scooter wash on a beautiful summer day in August. About 15 chairs/scooters were washed and inspected for safety. Dirt and grime can clog wheels, brakes and joints, making chairs harder or unsafe to use. Sitting in a clean chair is much more pleasant—especially for the long periods of time many people need to be in them. In addition to getting a clean chair, participants were able to enjoy food, drink, conversation and music. A heartfelt thank you to the many volunteers who made this day possible — your time and effort are appreciated. Special shout out to the Oshkosh Area Ukulele Players for their entertainment and Winnebago County board member Larry Lautenschlager for donating food. We're also grateful to our agency partners for their support in bringing this event to life: Winnebago County Public Health, Covey, J&R Auto Service and Care Patrol.



Oshkosh Area Ukulele Players

THANK
YOU!



ADRC Program Supervisor
Brian Nagler &
Winnebago County Long-
Term Support Division
Manager, Elizabeth Wagner



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@winnebagoctywi.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@winnebagoctywi.gov |
| ADRC Committee Specialized Transportation Committee I Team Meeting | ADRC@winnebagoctywi.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 |



Cinnamon Crunch Swirled Banana Bread

Cinnamon Crunch

- 3/4 cup dark brown sugar
- 1 tablespoon all-purpose flour
- 1 tablespoon cinnamon
- 2 tablespoons salted butter, melted

- 1/4 cup granulated sugar
- 2 teaspoons cinnamon
- 4 overly ripe bananas, mashed (about 1.25 cups mashed)
- 1/4 cup melted salted butter or coconut oil
- 1/4 cup pure maple syrup
- 2 eggs, at room temperature
- 2 teaspoons vanilla extract
- 1.5 cups all-purpose flour
- 1.5 teaspoons baking soda
- 1 teaspoon salt

Servings: 8

Calories Per Serving: 369

Instructions

1. Preheat the oven to 350° F.
2. Butter a (9×5 inch) bread pan.
3. Combine the sugar and cinnamon.
4. In a bowl, stir together the mashed bananas, melted butter, maple syrup, eggs, and vanilla until combined. Add the flour, baking soda, and salt, and mix until just combined.
5. To make the crunch. Mix the butter, brown sugar, flour, and cinnamon.
6. Spoon half the batter into the prepared bread pan. Sprinkle with the cinnamon sugar and 1/4 cup of the crunch mix, reserve the remaining crunch mix for topping. Evenly spoon the remaining batter over the sugar. Sprinkle over the remaining crunch mixture.
7. Bake for 50-60 minutes or until the center is just set. Remove and let cool for 30 minutes before cutting...or eat it warm with a smear of cinnamon butter. Enjoy!

Credit: www.halfbakedharvest.com

Staff
Update

Best WISHES

Our APS/Benefit Specialist Program Supervisor, Jill Butler, has accepted a different position in the county. Her last day in our division will be September 19th. Jill shared that she enjoyed working with an amazing ADRC tribe. She especially enjoyed these experiences: "Leaf No One Behind" (fall clean up event), Caregiver Conference, and Elder Abuse Awareness Month.

Jill, we have valued your leadership and compassion. We wish you well in all you do!

HAPPY GRANDPARENTS DAY

September 7th

"A grandparent is a little bit parent, a little bit teacher, and a little bit best friend."

Housing News!

The Oshkosh/Winnebago County Housing Authority has recently opened the waitlist for several properties. Applications are accepted via their online application website: www.ohawcha.org

Computers, tablets, and smartphones can access this website. If you do not have access to a device or internet access, public computers are available at the following local libraries: Oshkosh, Neenah, and Menasha. The Oshkosh/Winnebago County Housing Authority's main office at 1100 W. 20th Ave, Oshkosh. They allow applicants to use their devices to apply during their regular business hours.

Wait lists are newly opened for these properties:

- Raulf Place Apartments
- Court Tower Apartments
- Waite Rug Apartments – Public Housing
- Housing Choice Voucher Program
- Oshkosh and Winnebago County Scattered Sites



Date
change!

OCTOBER 1ST, 2025

- Public expo for active adults, retirees, Veterans and caregivers
- 75+ exhibitors of senior products and services
- Free admission, health screenings, speakers and door prizes



It's the
Time of Your Life
SENIOR EXPO

OSHKOSH CONVENTION CENTER, 2 N. MAIN ST



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|--|--|---|
| | <p>1 ADRC office closed</p> <p>LABOR DAY</p> | <p>2</p> | <p>3 FVMP Oshkosh YMCA Memory Cafe 1:30pm</p> <p>Lyrics and Laughter Valley VNA 1:30pm Registration required*</p> | <p>4 Omro Thursday Night Market Scott Park 4pm-7pm</p> | <p>5 FVMP Winnebago Lunch Bunch Players Pizza & Pub Oshkosh 11am</p> | <p>6 Oshkosh Farmers Market 8am-12:30pm</p> <p>Neenah Farmers Market 8am-12pm</p> |
| <p>7 HAPPY GRANDPARENTS DAY</p> | <p>8 Boost your Brain and Memory Omro Community Center 11am Registration required*</p> <p>BEAMING INC. Stable Minds Support 1:00pm</p> <p>Memory Care Respite Neenah 1:30pm-3:30pm</p> <p>ADRC Committee Meeting 3pm</p> | <p>9 Welcome to Medicare Dept of Human Services -Oshkosh 10am Registration required*</p> <p>SPARK! Bergstrom Mahler Museum 1:30pm</p> <p>Virtual Dementia Tour Parkview Health Care Center 1:30pm-4:30pm Registration required</p> <p>Dementia Champion Course YMCA on 20th 2-4pm RVSP*</p> | <p>10 Lyrics and Laughter Valley VNA 1:30pm Registration required*</p> | <p>11 Omro Thursday Night Market Scott Park 4pm-7pm</p> | <p>12</p> | <p>13 Oshkosh Farmers Market 8am-12:30pm</p> <p>Neenah Farmers Market 8am-12pm</p> |
| <p>14</p> | <p>15 Boost your Brain and Memory Omro Community Center 11am*</p> <p>BEAMING INC. Stable Minds Support 1:00pm</p> <p>FVMP Neenah Library Memory Cafe 1:30pm</p> | <p>16 Memory Care Respite Oshkosh 1:30pm-3:30pm</p> <p>Memory Screening Menasha Senior Center 10:30am-Noon</p> <p>Dementia Champion Course YMCA on 20th 2-4pm RVSP*</p> | <p>17 Memory Screening Oshkosh Senior Center 10:30am-Noon</p> <p>FVMP Oshkosh Traveling Memory Cafe Menomonee Park 1:30pm</p> <p>Lyrics and Laughter Valley VNA 1:30pm Registration required*</p> | <p>18 Neenah Committee on Aging 9am</p> <p>Omro Thursday Night Market Scott Park 4pm-7pm</p> | <p>19</p> | <p>20 Oshkosh Farmers Market 8am-12:30pm</p> <p>Neenah Farmers Market 8am-12pm</p> |
| <p>21</p> | <p>22 Boost your Brain and Memory Omro Community Center 11am*</p> <p>BEAMING INC. Stable Minds Support 1:00pm</p> <p>County Human Services Board Meeting Oshkosh 2pm</p> | <p>23 FVMP Memory Cafe Menasha Senior Center 1:30pm</p> <p>Dementia Champion Course YMCA on 20th 2-4pm RVSP*</p> | <p>24 Lyrics and Laughter Valley VNA 1:30pm Registration required*</p> | <p>25</p> | <p>26</p> | <p>27 Oshkosh Farmers Market 8am-12:30pm</p> <p>Neenah Farmers Market 8am-12pm</p> |
| <p>28</p> | <p>29 Boost your Brain and Memory Omro Community Center 11am*</p> | <p>30 Memory Care Respite Oshkosh 1:30pm-3:30pm</p> <p>Dementia Champion Course YMCA on 20th 2-4pm RVSP*</p> | | | | <p>* An asterisk indicates there is more to read about this event in this newsletter.</p> |

Medicare Annual Open Enrollment Period

Medicare's Annual Open Enrollment Period is **October 15 – December 7**. If you are on Medicare, this is an important time to review your current coverage and see if you need to make any changes for next year. Medicare Part D and Medicare Advantage plan details seem to change every year. Sorting through all the options to find the right plan for your prescriptions can be confusing, but help is available.

Unbiased assistance is available by calling Medicare directly at **1-800-MEDICARE (1-800-633-4227)**. Help from Medicare is available 24 hours a day, 7 days a week, except some federal holidays. You can also use the Medicare Plan Finder at www.medicare.gov.

You can also contact a Benefit Specialist at the Winnebago County ADRC for unbiased information and assistance. Our Benefits Specialists do not sell or endorse any insurance plans. There is no charge for this service. They are trained to carefully review your current coverage and compare your plan with other options based on your medications and other details. They will also check to see if you qualify for programs or benefits that can save you money. For further information and assistance call the ADRC at 877-886-2372.

Back to School!



Bus
Apple
Teacher
Homework
Math
Science
Art
Book
Library
Backpack

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| L | O | U | X | T | N | J | Q | H | F |
| I | M | N | Z | W | S | R | A | T | S |
| B | M | B | G | B | F | N | A | E | C |
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| R | W | A | U | A | K | A | L | H | N |
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| J | C | W | B | O | O | K | B | Q | K |

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

September 9 - 10am
December 16 - 2pm

Neenah

October 2 - 10am



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



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 and put in the subject line
"Question for the ADRC Newsletter". Your name will remain anonymous.

Dear ADRC,

I recently received a phone call from Publishing House Sweepstakes stating that I won \$100,000. I don't remember entering any sweepstakes but I could really use the money. To collect my winnings, all I have to do is send them \$1,000 to cover taxes/expenses and they would deposit the money into my account. My best friend was over having coffee when I got the phone call about my winnings and said it was a scam so I didn't send them any money. Was this a scam?

Sincerely,
Wilma Winnings

Dear Wilma,



This sounds like a sweepstakes or lottery scam. These scams are so successful because they exploit people's trust and emotions. Scammers can be really convincing and sneaky. Sweepstakes and lottery scams have scammers call you with good news such as "You have won the lottery" or a huge prize of some kind. In order to claim your winnings, you must send money, cash, or gift cards up front—sometimes amounting to thousands of dollars. Supposedly, this money covers "taxes" and "processing fees". Scammers may impersonate well-known sweepstakes organizations. Of course, no prize is ever delivered.

Grandparent scammers exploit people's emotions. First, a caller gains trust by tricking their target into thinking it's their grandchild calling. The caller may ask "Hi Grandma, do you know who this is?" The impersonator then asks for financial help from the "grandparent" with car repairs, late rent, or a medical emergency. The grandchild impersonator can beg the grandparent to keep this from their family members because they are so embarrassed they have to ask for help. These scammers ask to be paid through gift cards or wire transfers which don't require identification to use.

Government impersonation scams involve having callers pretend to be from the Internal Revenue Service (IRS), Social Security Administration, or Medicare. They threaten to arrest the person who picks up the phone if they don't pay their "unpaid taxes", or, they may threaten to cut off Social Security or Medicare benefits unless the person provides personal details. This information can then be used to commit identity theft. Using special technology, the scammers can make the phone number they are calling from look like it's from a government agency. This can trick some people into thinking the caller is from a valid source.

How can you avoid being scammed? Scams are specifically designed to catch you off guard, and they can happen to anyone. There's nothing to be ashamed of if you think it's happened to you. If a business, government agency, or even a grandchild in need contacts you, it's important to check who you're really dealing with. Never panic or react quickly.

If you think you have been scammed, contact the Winnebago County Sheriff's Department at (920) 236-7300. The Winnebago County Sheriff's Department also runs a Fraud Class occasionally so you can learn more about scams and how they work. You can also report scams to the Federal Trade Commission online: reportfraud.ftc.gov
Sharing your experience can help prevent it from happening to someone else.

Stay safe!


ADRC of Winnebago County



FREE FOR COMMUNITY MEMBERS



DEMENTIA CARE CHAMPION COURSES

Learn the Positive Physical Approach™ to improve connections, relationships, and task completion. 

The Champion Courses are designed to guide care partners in developing an awareness about how brain changes impact people's everyday experiences and how our approach impacts this experience. In these workshops, we explore our role as a care partner in enhancing the quality of life for someone living with dementia. By building skills specifically to meet the needs of the person we are providing cares with, we enhance the experience for us and the person living with dementia.

★ Champion 1

Tuesday, Sept 9
2-4pm

Explore the parts of the brain, understand what each part is responsible for, and practice the skills needed to successfully approach and provide care.

★ Champion 2

Tuesday, Sept 16
2-4pm

This skill building workshop focuses on Teepa Snow's HUH™ approach to care. How can we support people living with dementia to walk, eat, brush their teeth, and more.

★ Champion 3

Tuesday, Sept 23
2-4pm

Learn about Teepa Snow's GEMS™ State Model paired with skill building opportunities to shift our approach and care specific to the GEM™ State of the person living with dementia.

★ Champion 4

Tuesday, Sept 30
2-4pm

This workshop explores the importance of dynamic assessment and supports learners in identifying the GEM state of the person living with dementia.

SIGN UP TODAY!



Held at YMCA
3303 W 20th Ave,
Oshkosh, WI

Limited Space - Save Your Seat!

RSVP Today! Email or call:
errahwheel@oshkoshymca.org
920-230-8916



Series Presented By:



SHERI FAIRMAN | Owner
Dementia Care Solutions, LLC
Certified PAC™ Mentor

Learn more about Dementia Care Solutions at:
www.dementiacaresolutions.org

This opportunity is
FREE for participants
thanks to these
generous sponsors:



senior stride
Home Care



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.



Thursdays

September 11th, September 25th, and October 9th
9:30 - 11:30 am

Oshkosh Community YMCA Downtown
324 Washington Ave, Oshkosh, WI 54901

Register with the YMCA by calling: 920-236-3380
Participants do not need to be a YMCA member to attend.
Recommended donation of \$15



Public Health
Prevent. Promote. Protect.
Winnebago County, WI



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

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/divisions-program-areas/your-health/adult/wellness-plus-healthy-aging-classes

Omro Community Center

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

Join the Winnebago County Aging and Disability Resource Center (ADRC) Commission!

Our Commission Members:

- Serve a 3-year term or 2-year term, if elected official, and are Winnebago County residents
- Attend monthly meetings, actively engage in commission work, and contribute your time and talents to make your community better!
- Stay informed about our programs, partnerships, and operations of our ADRC and Aging unit programs
- Are committed to supporting our aging populations and individuals with disabilities in Winnebago County
- Represent and promote the ADRC and the services it provides to the community at large.

We are looking for individuals who are over the age of 60 or individuals over 18 who can represent the populations the ADRC serves which primarily include those with Intellectual Disabilities and Physical Disabilities.



For more information or to join our committee, please contact:
Elizabeth Wagner at 920-236-1225 or ewagner@winnebagoctywi.gov

Paul Janty has been on the ADRC Commission for many years. He is the current chair for the commission for the 2nd time. Paul, thank you for your work! We asked him a few questions about being part of the commission

What does a typical meeting look like?

Paul: The typical meeting agenda is to hear presentations from ADRC staff on various topics of interest to the participants in the Family Care program, IRIS (Include Respect, I Self-Direct) program, disability and elder communities. Sometimes, these presentations result in giving feedback and/or direction to staff on a topic of interest.

What have you learned/gained from being on the commission?

Paul: It has been an honor to be part of this committee for three reasons: the people that I have met and the people served by committee are personally inspiring to me; the ADRC staff are dedicated to providing excellent service to the Winnebago County community; and despite the challenges, the ADRC provides many services in a cost-effective manner. The ADRC has fostered partnerships with many organizations across the county.

What kind of time commitment has this been for you?

Paul: Typically, the meeting plus preparation takes roughly 2-4 hours per month.

What population do you represent?

Paul: Winnebago County citizens 60 years and older.



Why would you encourage people to be commission members or attend meetings?

Paul: The committee has a wide range of perspectives which is always helpful. This diversity in opinion and life experience is always beneficial. We have tried to include the entire county in our meeting agendas.

Lyrics & Laughter

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.

Fall & Winter Sessions
September 3 - 24
October 15 - November 5
November 26 - December 17

920-727-5555
1535 LYON DR. NEENAH
VALLEYVNA.ORG

Valley VNA
Senior Care

Boost Your Brain and Memory

Join the Boost Your Brain and Memory Program to improve your health today! This evidence-based, six-week class takes a holistic approach to improving brain health. It is not intended for people who are diagnosed with dementia. This program is designed for adults 55+ learn ways that they can lower their risk factors for dementia.

Omro Area Community Center
1005 E. Main Street, Omro
Mondays 11am-Noon
September 8th to October 13th
for more information and to
register for this class:
Alisa Richetti 920-236-1227
arichetti@winnebagoctywi.gov



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

Six-week workshop held every Thursday
October 16th to November 20th

3:00 - 4:30pm

Oshkosh Public Library
106 Washington Avenue, Oshkosh
Conference room in lower level

ADRC
Aging and Disability Resource Center
of Winnebago County

For Registration and Questions: Alisa Richetti | 920.236.1227
arichetti@winnebagoctywi.gov

Please join us at the Fourth Annual

A Day with Lewy Conference Thursday, October 9, 2025

8:00 a.m. to 4:15 p.m.

UW-Oshkosh Culver Family Welcome Center
625 Pearl Avenue
Oshkosh, WI 54901

Registration Link: <https://form.jotform.com/250514006710139>
For questions, please call 920-386-3580

This free conference is focused specifically on Lewy body disease. It is designed for caregivers, healthcare professionals, family members, community members, students, and individuals living with Lewy body disease. The conference is proudly presented by the Lewy Body Dementia Association, SSM Health, UW-Oshkosh Center for Community Development, Engagement, and Training, and the Aging and Disability Resource Centers of Dodge, Jefferson, Marquette, and Winnebago counties.

Our commitment to hosting this conference stems from our belief that when people have the right tools and knowledge, they are better equipped to support others and to receive support themselves. We aim for everyone on the Lewy journey to experience the best possible quality of life. It takes an entire village to provide support, and the impact of Lewy body disease affects the entire community.

Thank you for choosing to be a part of the Lewy village of support.

SSMHealth.

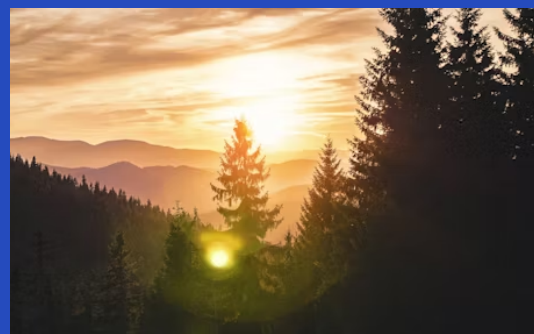
LewyBodyDementia
ASSOCIATION

ADRC
Aging & Disability Resource Center
of Dodge, Jefferson, Marquette, and
Winnebago Counties

UWO
UNIVERSITY OF WISCONSIN
OSHKOSH

Pending approval: CE credits will be offered for professionals at no cost.
Sponsorship is not an endorsement by the conference planning committee or their representing agencies.

September 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 St, Menasha - Tuesday, September 23rd 1:30pm

Join us as we welcome the beauty of fall! We'll create our own fall tree paintings using Q-tips to paint vibrant leaves in red, orange, and gold - no experience needed, just your imagination! As we paint, we'll explore a colorful collection of real autumn leaves and try to name the trees they came from. It's a fun, hands-on way to connect with the season, spark memories, and enjoy good company. Come share stories, smiles, and creativity.

Neenah

Neenah Public Library, 240 E Wisconsin Ave, Neenah - Monday, September 15th 1:30pm

"Come on down" to the Neenah Library Memory Cafe'; you could be the next contestant on The Price is Right! Come have a fun time playing the classic game show The Price is Right!

Oshkosh

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

Menomonee Park Picnic, Shelter #2 on Pratt Trail across from the Children's Amusement Center (due to road construction enter near the zoo) Wednesday, September 17th 1:30pm

Join us for a *Picnic Lunch in the Park* with some good food, fresh air, and a few rounds of *Bingo*!

Oshkosh YMCA, 3303 W 20th Ave, Oshkosh - Wednesday, September 3rd - 1:30pm No membership needed

Join us as we head *back to school* for a fun and nostalgic afternoon! We'll test our minds with a light hearted spelling bee, enjoy classic school-time snacks, and share memories of favorite teachers, subjects, and first-day jitters.

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

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