

August 2022



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

Several staff from the ADRC were able to tour State St Center last month. We featured an article on the center a few months back, but wanted to share some new information that we learned.

State Street Center is supported by the Winnebago County Department of Human Services. The center's mission is "to provide holistic support services for any adult that is working to manage their mental health or substance use disorder".

There is no cost to come into the center. A person interested in participating in the activities does not need to have a referral from a counselor/psychiatrist or a formal diagnosis.

The center is open to the public Monday-Friday from 9am-3pm. A walk begins at 8am each morning before the center opens for interested individuals. Groups activities include: exercise, art, journaling, and games. There are regular recovery conversations and a coping skills group.

STATE

51

CENTER

920-232-3320 206 State St, Oshkosh

The center has been having on average about 15 individuals attend each day. Coffee, water, hot chocolate, popcorn, a phone, and internet is available to individuals. Winnebago County Behavioral Health case managers often visit with their customers at the center. In addition, agencies are beginning to offer classes, etc... to help the individuals that come to the center. For example, Winnebago County's Economic Support department is having regular office hours at the center to assist people with renewals of their public benefits like Medicaid and FoodShare. Other classes will be offered like budgeting, etc... The Center also has a donation area where individuals can pick up items they may need for their home, clothing, shoes, etc... They are mostly in need of men's clothing and shoes. If you have donations, please contact the center directly.

The center's coordinator, Julie Frederick, has a degree in Social Work and experience working with adults with mental illness. If you're interested in checking out State St Center, stop on by during open hours or call to set up a tour.







AUGUST EVENTS

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	Oshkosh Committee on Aging 8am Coffee Clutch Omro Area Community Center 9:30am Memory Care Respite Neenah 1:30-3:30pm Winnebago County Human Services Board Meeting 3pm	2 National Night Out Washington Park Neenah 5:30pm-8pm (read more in newsletter)	3 SPARK! The Trout Museum of Art Ipm FVMP Memory Cafe Fox West YMCA I:30pm Winnebago County Fair Sunnyview Expo Center, Oshkosh	3pm (read more in newsletter)	5 Father Carr's Open House 6pm (read more in newsletter) Winnebago County Fair Sunnyview Expo Center, Oshkosh	6 Farmers Markets: Appleton: 8am 12:30pm Neenah: 8am-12pm Oshkosh: 8am-12:30pm Winnebago County Fair Sunnyview Expo Center, Oshkosh
7 SPARK! Building for Kids 1pm Winnebago County Fair Sunnyview Expo Center, Oshkosh	8 SPARK! The Trout Museum of Art 1pm Memory Care Respite Neenah 1:30-3:30pm FVMP Memory Cafe Neenah Library 1:30pm ADRC Committee Meeting 3pm	9 SPARK! Bergstrom Mahler Museum 10:30am	10 FVMP Memory Cafe Oshkosh Library 1:30pm	II Ice Cream Social YMCA 20th Ave, Oshkosh 12-1:30pm (read more in newsletter) Virtual ADRC Caregiver Support Group 3:30-4:30pm Omro's Thursday Night Market 4pm-7pm	12 Menasha Committee on Aging 1pm	13 Farmers Markets: Appleton: 8am 12:30pm Neenah: 8am-12pm Oshkosh: 8am-12:30pm
14	15 Pizza Ranch Fundraiser for the Walk to End Alzheimer's in Oshkosh	16 Summer Open House Human Services Department 10am-2pm (read more in newsletter)	17 Memory Screenings Menasha Senior Center 10am-12pm FVMP Memory Cafe Mensaha Senior Center 1:30pm	Neenah Committee on Aging 9:15am Memory Screenings Oshkosh Senior Center 10:30am-12pm Caregiver Support Group Community Church 3:30pm Omro's Thursday Night Market 4pm-7pm	Therapy, Oshkosh 4-7pm (read more in newsletter) Friday Food Trucks South Park Oshkosh 4:30-8:30pm (read more in	Farmers Markets: Appleton: 8am 12:30pm Neenah: 8am-12pm Oshkosh: 8am-12:30pm Music for Memories Riverside Park, Neenah 4-6pm (read more in newsletter)
21	22 FVMP Memory Cafe Oshkosh 20th YMCA 1:30pm	23 Memory Care Respite Oshkosh 1:30pm	24 SPARK! The Paine Art Center 1pm	25 Virtual ADRC Caregiver Support Group 3:30-4:30pm Omro's Thursday Night Market 4pm-7pm		27 Farmers Markets: Appleton: 8am 12:30pm Neenah: 8am-12pm Oshkosh: 8am-12:30pm
28	29	30	31	1	2	3

Calendar Contact Information

FVMP Memory Cafes	Fox Valley Memory Project (920) 225-1711 info@foxvalleymemoryproject.org		
ADRC Caregiver Support Group Memory Screen Senior Centers	Alisa Richetti (920) 236-1227 Arichetti@co.winnebao.wi.us		
SPARK!	Paine Art Center, Oshkosh (920) 235-6903 Bergstrom Mahler Museum, Neenah (920) 751-4658 The Trout Museum, Appleton (920) 733-4089 The Building for Kids, Appleton (920) 734-3226		
Coffee Clutch-Omro Area Community Center	(920) 685- 0380 ext. 21 or bree@omrocommunity.org		
Neenah Memory Respite Care	(920) 383-1180 or memorycarerespite@gmail.com		
Oshkosh Memory Respite Care	(920) 727-5555 ext. 2217		
Winnebago County Human Services Board	pbartelt@co.winnebago.wi.us		
ADRC Committee Specialized Tranportation Committee	ADRC@co.winnebago.wi.us		
Neenah Committee on Aging	ckasimor@ci.neenah.wi.us		
Menasha Committee on Aging	khutter@ci.menasha.wi.us		
Oshkosh Committee on Aging	Judy.Richey@aol.com		



10am-2pm

Winnebago County Human Services 220 Washington Ave. Room 33 Oshkosh, WI

BERRY TASTY TREATS! RAFFLE PRIZES!

We will have mini-presentations on how we serve our community at 11am, 12pm, and 1pm. In between presentations, you will have the opportunity to talk to our staff about power of Attorney forms, memory screenings, or any other questions you may have!



Aging & Disability Resource Center

Winnebago County



BREWING FUTURES WILL BE SELLING BERRY THEMED FOOD FROM IOAM-IZPM



GROCERY RAFFLE

\$100 IN FREE GROCERIES EVERY MONTH - FOR A YEAR! Mark & Susie's Piggly Wiggly - Food Truck Friday Sponsor!



Raffle tickets available for purchase at various events this summer, the Oshkosh Seniors Center and Food Truck Fridays.

DRAWING AT 7:00 PM ON AUGUST 19, 2022 - AT FOOD TRUCK FRIDAY



These events are sponsored by The Friends of the Oshkosh Seniors Center and all proceeds will benefit programs and services provided by the Oshkosh Seniors Center.

Shifting gears After 32 years

Beth Biesinger has worked for Winnebago County for the past 32 years. Beth has been an ADRC Specialist since the birth of the ADRC in 2010. She is retiring on August 1st. Our department is certainly losing an incredible asset. Beth has been a mentor to so many in our department and holds so much knowledge about community resources and programs. We are so thrilled for her to take more time for herself and do the things she loves most.

We asked Beth to share a bit about her history here at the county as well as what she is looking forward to in retirement. Here is what she had to say....

"I started with Winnebago County in May 1990. I was hired as a Service Coordinator with what was then called the Department of Community Programs. I started working with adults with developmental disabilities and their families to assist them in being supported in their communities. I worked with the state centers to bring adults back to live in the Winnebago County community. Then when we reorganized and became the Department of Human Services, I started as a Service Coordinator with the newly formed Family Support Team providing long term support planning for youth and their families. In 2010 I started with the newly formed Aging and Disability Resource Center. I have had many rewards and challenges in my 32 year career. I have always been fortunate to have outstanding coworkers and team members to work with. The customers that we serve continue to get quality and timely support from our ADRC office. It has been a great career, but now it is time to switch gears and spend more time with family, friends, travel and explore my many interests."

Beth, on behalf of everyone at the ADRC, we wish you a healthy, happy retirement! We thank you for your many years of service to our community. The impact you have made on many people's









Credit: Taste of Home

- 1. Cook quinoa according to package directions. Transfer to a large bowl; cool slightly.
- 2. Meanwhile, cut each cucumber in half lengthwise. Scoop out pulp, leaving a 1/4-in. shell. Add garbanzo beans, tomatoes, cheese and olives to quinoa. In a small bowl, whisk lemon juice, honey, oil, garlic and pepper until blended. Pour over quinoa mixture; gently toss to coat. Spread about 2 tablespoons hummus inside each cucumber shell. Top each with about 1/3 cup quinoa mixture. Sprinkle with basil if desired.

• 1 cup quinoa, rinsed

- 6 medium cucumbers
- 1 can (15 ounces) garbanzo beans or chickpeas, rinsed and drained
- · 1 cup cherry tomatoes, halved
- 1 package (4 ounces) crumbled tomato and basil feta cheese
- 1 carton (14 ounces) roasted garlic hummus
- 1/2 cup pitted Greek olives, chopped
- 1/4 cup lemon juice
- 3 tablespoons honey
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 1/4 teaspoon pepper
- · Minced fresh basil





FRIENDSHIP. **FUN + FOOD**

ENJOY A SCOOP!

ACTIVE OLDER ADULTS AGES 55+

ICE CREAM SOCIAL

Build your own sundae!

There will be a variety of ice cream toppings to choose from. We will gather in the Serenity Garden by the front entrance of the building. Feel free to bring your own chair, if you'd like.



THURSDAY. AUGUST 11 12:00-1:30 p.m. 20TH AVE | Serenity Garden

FREE for Y Members • \$5 for Guests

Registration is required. Please sign up at the Front Desk of either location! In case of inclement weather, event will be held in the Café Area.

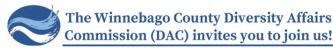
THANK YOU TO OUR SPONSOR:

Helping Seniors Live Well at Home



(920) 966-6276

OSHKOSH COMMUNITY YMCA www.oshkoshymca.org • Downtown • 236-3380 • 324 Washington Ave.



The DAC Speaker Series is an opportunity for you to meet diverse community members who are living and working in our community and to increase your understanding of how we as individuals and a community can do better in building inclusive environments. The DAC invites various speakers to share their perspectives and experiences. We respect that everyone has their own opinions. Our goal is supportive learning opportunities. Speakers tell their stories, share historical perspectives and provide the audience with ideas for doing their own learning and work.

THURS, AUGUST 4 3:00-4:30 PM

No Registration Required



https://zoom.us/join Or Phone: 312-626-6799 Meeting ID: 955 5777 0820 Passcode: 510226

Join us to learn about SOAR Fox Cities including our history, mission, programs, and services. Learn how we empower people with differing abilities! We will then continue with General DisABILITY Awareness! These presentations are designed to refute stereotypes related to disabilities, help others understand and accept individuals with varying abilities, and help the general public to focus on a person's abilities rather than disabilities. Information is shared about many different disabilities, including but not limited to Developmental and Intellectual, Autism, and Traumatic Brain Injuries. Attendees will also learn about respectful language and disability etiquette.

Presented by: Ashley Gustafson Director of Community Engagement SOAR Fox Cities, Inc.

Our Mission: "Winnebago County's Diversity Affairs Commission embraces diversity, inclusion, and belonging by bringing the community together to listen to one another, learn together, and encourage our community to act in ways that help people thrive. We support justice, equity and compassion in human relations. We affirm the inherent worth and dignity of every person."

https://www.co.winnebago.wi.us/content/committees/diversity-affairs-commission



SAVE THE DATE!

ACTIVE AGING WEEK

A SPECIAL FREE WEEK FOR SENIORS!

September 26-30





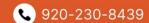
FUN Events

Thank you to our Sponsor:



The Oshkosh YMCA participates in the Silver&Fit. Renew Active, and Silver Sneakers® programs for Medicare-age members. They encourage people to check with their insurance provider to determine if they are eligible for a free Y membership. Call 236-3380 for more information.





MOM-Mind Over Matter

Mind Over Matter is a program designed to give women the tools they need to take control of their bladder and bowel symptoms.



- Information about bladder and bowel control
- At-home techniques and exercises to help prevent or improve symptoms
- Tools to help you set your goals and mark your progress

FOX CROSSING

OGDEN YMCA
720 SHADY LANE

Thursdays 9:30-11:30am Sept 1, 15, 29

Just \$15- Includes materials



YMCA membership not required to attend this





GO TO WINNEBAGOPUBLICHEALTH.ORG FOR MORE INFORMATION ON CLASSES

Walk With Ease

A walking program for adults who have arthritis, are new to exercise, or have pain when exercising



- Reduce the pain and discomfort of arthritis
- Build strength and confidence while easing into physical activity
- Improve overall health

Call: (920) 232-5300

Oshkosh Seniors Center

REGISTER:

OSHKOSH

SENIORS CENTER

Mondays & Thursdays 9:30-10:30am Sept 12– Oct 20

Just \$15 and includes book







GO TO WINNEBAGOPUBLICHEALTH.ORG FOR MORE INFORMATION ABOUT

Health & wellness Corner & I

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

<u>https://www.cityofmenasha-wi.gov/departments/senior_center/the_senior_chatter_monthly_newsletter.php</u>

Oshkosh Senior Center

#920-232-5300

https://www.ci.oshkosh.wi.us/seniorservices

Neenah YMCA

#920-729-9622

https://www.ymcafoxcities.org/active-older-adults

Oshkosh YMCAs

#920-230-8916

http://www.oshkoshymca.org/programs/seniorprograms/index.html

Winnebago County Health Department – Wellness Plus

#920-232-3000

https://www.co.winnebago.wi.us/health/divisionsprogram-areas/your-health/adult/healthy-aging

Omro Area Community Center

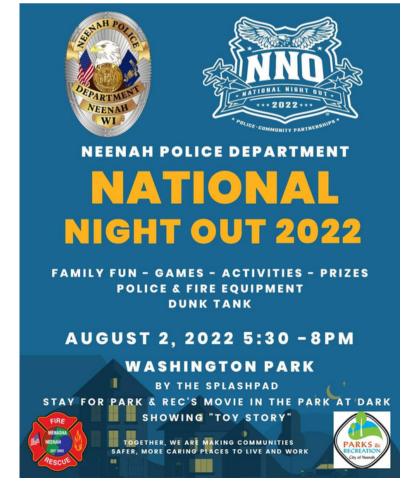
#920-685-0380 x 21

https://www.omrocommunity.org/activites.html

Brewing Futures - Upcoming Locations

Last month we featured the Oshkosh School District "Brewing Futures Café (Coaching Ability For Employment)". This food truck is focused on hands-on learning for students with special education needs and will be teaching employability skills. The goal is to help the community see what amazing employees the students are and to help them gain sustainable employment in their community. This innovative mobile classroom will provide students who have special needs with working opportunities to engage with the public in a meaningful way and showcase their job skills. Please see the below events where you will find the students working hard! Brewing Futures will also be present at our ADRC summer open house on August 16th from 10am-2pm.







Oshkosh Public Library Comfort Cabinet

The Oshkosh Public Library is home to the "Comfort Cabinet". The cabinet is stocked with items like: shampoo, soap, deodorant, toothbrushes, toothpaste, feminine products, hand warmers, hats, and other basic necessities. Items are housed in a repurposed card catalog located next to the first floor reading room. It is maintained and stocked by staff from the Day by Day Warming Shelter. No paperwork is required, no questions are asked, and no library card is needed. You do not need to live in Oshkosh to use this service. This is available whenever the library is open. The library is located at 106 Washington Ave, Oshkosh. Do you have hygiene items to donate? Contact the Day by Day Warming Shelter at (920) 203-4865.







- This line was formerly called the National Suicide Prevention Lifeline
- This line provides free and confidential help for anyone experiencing a suicidal, mental health, and/or substance use crisis
- The line is answered by an in-state support center where trained counselors answer calls and texts
- The counselor are trained to reduce stress, provide support and connect individuals with local resources
- Individuals of all ages who need help for themselves or are a loved one can use the line by calling or texting 988
- Phone calls can be available in multiple languages
- If you or someone you know is in imminent danger, please still call 911

https://www.dhs.wisconsin.gov/crisis/988.htm



AUGUST 5TH 2022 6:00 - 7:30 PM Father Carr's Place 2 B





Come check out Father Carr's Place 2 B newly renovated cafe and social area! Join us for a night of Contemporary Christian music featuring Lily Ann and Cam

This will be a free night of music open to the public. Complimentary refreshments and ice cream will be served!

Thanks to our sponsors: B.D. Ne COMMUNITY FIRST Mill Ett

MUSIC FOR MEMORIES

"Where words fail, music speaks" - Hans Christian Andersen

SATURDAY, AUGUST 20TH 4:00 PM - 6:00 PM

Riverside Park Neenah | Free Admission

500 E Wisconsin Ave, Neenah, WI 54956



Jazz, Blues, R&B, & Soul Performed by B.D. Greer

with Keith Scanlon - Guitar and Zach Harmon - Piano & Drums

B.D. (Briana Davis) Greer graduated from,
 Neenah High School and performed in
 NYC for 21 years before moving to
 Milwaukee in 2020. Her music idols are
 Etta James, Peggy Lee, Sarah Vaughan,
 Aretha Franklin, and Gladys Knight. She
 sings to ignite and electrify the world.



When do you go at red and stop at green?



When you're eating a watermelon!!!





Walk To End Alzheimer's Team: "For the Cure"

DATE: August 15 TIME: 4:00-8:00PM

LOCATION: 1051 S. Washburn St. Oshkosh



options for independent living

Community Transition Nurse

- Meets consumers in any setting -Hospital, SNF, ALF or home
- · Serves any age, income or insurance
- Assists with successful discharge to the community
- Performs follow-up post discharge from congregate setting
- Connects patients with necessary resources or equipment
- Refers to Independent Living Skills
 Training and Assistive Technology
 Specialist



Deb Wickingson, RN Community Transition Nurse Direct Number: 920-609-0620 debw@optionsil.org

Home Safety Visits

- DME needs
- Leisure
- Grooming Needs
- Fall Risks
- Medication Management
- Communication
- Cognition/Memory Loss
- Meal Prep Needs

The Community Transition Nurse is funded through an ARPA Grant Options for Independent Living received. Our goal is to provide the necessary resources to patients and consumers to assist with returning to the community from a congregate setting such as a skilled-nursing facility or assisted living facility. Then providing routine follow-up to avoid rehospitalization or return to congregate settings.

Other Services

- Assistive Technology
- Home accessibility assessments
- DME Loan closet

Options Mission is to empower people with disabilities to live independent and productive lives. Options is consumer controlled, community based, non-residential serving any age, income or disability.

www.optionsil.org

<u>August Memory Cafe's</u>



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 also enjoy refreshments. For more information and other cafe' locations throughout the Fox Valley contact the Fox Valley Memory Project at www.foxvalleymemoryproject.org

<u>Menasha</u>

Menasha Public Library, 440 First Street, Menasha - Wednesday, August 17 - 1:30-3pm

Come to the library to meet Lieutenant Joel Nelson from the Menasha Police Department and their K-9 Cami. Joel will talk about her training, what her role is in the community, and they will demonstrate how she does her important work of sniffing out narcotics and tracking missing persons and suspects to keep us all safe.

Neenah

Neenah Public Library, 240 E Wisconsin Avenue, Oshkosh - Monday, August 15 - 1:30pm-3pmJoin a Heckrodt Wetland Reserve naturalist and explore the life of birds. We will explore the unique adaptations of our Wisconsin birds, give tips and tricks on how to identify common birds, and go on an optional guided bird hike to see who we can spot nearby the library.

Oshkosh

Oshkosh Public Library, 106 Washington Avenue, Oshkosh - Wednesday, August 10 -1:30pm-3pm It's summer vacation at the Oshkosh Library so we're hitting the road. We'll tour the National Parks, museums, and other virtual tours. Bring your wanderlust! Supplies will be on hand to recreate summer vacation scenes in waterless snow globes.

Oshkosh YMCA, 3303 W 20th Avenue, Oshkosh - Monday, August 29 - 1:30pm -3pm

The 'Dog Day's of Summer' - they're not so bad! Conversation and activities will be centered around our furry, four-legged friends. We will also have live music, including sing-alongs, featuring the Ukulele Club of Oshkosh. You don't want to miss it!

Contact Us!

