

Aging & Disability Resource Center of Winnebago County Newsletter

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April 2022

April: Autism Awareness Month

What is Autism? Autism is a developmental disability that typically appears before the age of 3. Autism impacts brain development in areas that affect social interaction, communication skills, and cognitive functioning. Autism is a spectrum disorder, so there are varying levels of severity.

According to the website "Autism Speaks", 1 in 44 children in the United States were diagnosed with Autism Spectrum Disorder in 2018. The diagnosis is 4 times more likely in boys than girls. Autism does not discriminate and can affect children in all ethnic and socioeconomic groups. About 40 percent of people with Autism are nonverbal.

The Autism Society of Greater Wisconsin is a great local agency that offers a number of resources. They have an information and referral phone line for people who have Autism, their families, and caregivers. They provide one-on-one support to help provide information, make referrals, and educate others on Autism. They provide a number of virtual trainings, support groups, and social activities. You can check out all they have to offer by visiting their website (www.autismgreaterwi.org) or calling (920) 558-4602.



April 2nd is World Autism Awareness Day. The "Friends of Autism" organization generally hosts a local, annual "Walk-4-Autism" event. The event is on hold for 2022, but will resume next year. Some ways to celebrate April 2nd would be to wear the color blue, donate to "Friends of Autism", or simply embrace people who are different from you. 😊



There are currently several Winnebago County employees who are part of a "Snow Angel" program. They volunteer their lunch periods to shovel for some local neighbors who are a high fall risk and don't have support for snow care. Currently they are helping 4 homes. Thank you to our snow angels!



Lisa Madell

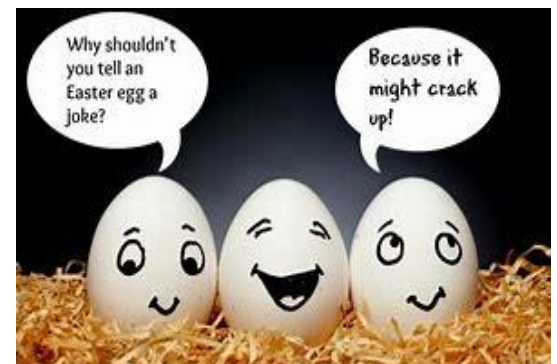
Lisa is a new Elder Benefit Specialist in our Oshkosh office. Lisa attended Marian University and UW Madison. She has her Bachelor's degree in Criminal Justice and her Master's degree in Social Work. She has been working with older adults and adults with disabilities for the past 15 years. Most of her background is in the nursing field, probation and parole, and human resources. She is most looking forward to helping empower, support, and advocates or older adults in her community. Lisa is a volunteer first responder and fire fighter. Outside of work, she enjoys traveling, camping, shooting darts, and dancing and singing like no one is watching 😊. Welcome, Lisa!

Ham & Cheese Quiche

- 1 tablespoon butter
- 1/2 medium yellow onion, chopped
- 4 eggs, lightly beaten
- 1 cup half-and-half
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 1/2 cups diced ham
- 1 cup shredded swiss cheese
- 1 cup shredded cheddar cheese
- 1 deep dish frozen pie crust



- 1) Preheat oven to 375 degrees.
- 2) Melt butter in a small nonstick pan and cook onion until soft. Let cool slightly.
- 3) In a large bowl, whisk together eggs, half-and-half, salt and pepper.
- 4) Stir in ham and both cheeses.
- 5) Stir in cooked onion.
- 6) Pour filling into pie crust, set on a baking sheet and place in oven for 40 to 45 minutes, or until set.
- 7) Serve warm or chilled.



Senior Centers and Community Centers in Winnebago County

Senior and Community Centers are a great gathering place for adults to visit, learn, exercise, share a meal, and travel with each other! In our last newsletters, we have featured the Omro Area Community Center and Menasha Senior Center. This month we will feature the Pickett Community Center. In a future newsletter, you will learn more about the Oshkosh Senior Center.

The Pickett Community Center's mission is to enhance the quality of life for all ages by providing social and educational opportunities, resources, and services. Their vision statement is to be a one-stop Community Center for all ages.

Their Center was purchased from the Ripon School District in 1975 by member of the community. A non-profit organization was then formed called the Jasper Pickett Foundation.

They are a sub-contracted provider of Advocap for the Winnebago County Nutrition Program. They are unique in that they are the only nutrition site in Winnebago County that cooks and serves their meals onsite in their state certified kitchen with their own cook! They serve about 1900 meals per month to three other meal sites and homebound individuals.

They are an accredited Senior Center through the Wisconsin Association of Senior Centers (WASC). In their Center, they also have a state licensed preschool program for 3 year olds that is held three mornings per week.

They have regular crochet classes, card classes, and Sheepshead. On the 2nd Sunday of the month, they host an affordable "all you can eat" country breakfast that is sponsored by different local organizations. They also host other fundraising events like a pizza sale, dart ball and bowling tournaments, Fall Fest, and Christmas Tree Lighting.

Community members can rent their shelter, shelter grounds, kitchen, dining room, and activity room. They have a monthly newsletter called "Pickett Community News" as well as a nice website and Facebook page. Take a minute to check them out!

Location: 6687 State Hwy 44, Pickett WI 54964

Website: www.pickettcommunitycenter.com

Phone: 920-589-6111


Email: pickettcommunitycenter@gmail.com

Facebook: The Pickett Community Center



*Credit: Information gathered off their website and via communication with the Picket Community Center staff.

April Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 World Autism Awareness Day
3 SPARK! The Building for Kids 1pm	4 Omro Area Community Center Coffee Clutch 9:30am Memory Care Respite Neenah 1:30pm-3:30pm Winnebago County Human Services Board Meeting 3pm	5 Oshkosh Committee on Aging 8am	6 SPARK! The Trout Museum of Art 1pm FVMP Memory Café Fox West 1:30pm	7 Mindworks Class Oshkosh Public Library & Goodwill Comm. Center 11am-2pm FVMP Memory Café River Thyme Bistro 1:30pm Virtual ADRC Caregiver Support Group 3:30pm-4:30pm Diversity Speaker 3pm (read more in newsletter)	8 Menasha Committee on Aging 1pm	9
10	11 SPARK! The Trout Museum of Art 1pm Memory Care Respite Neenah 1:30pm-3:30pm FVMP Memory Café Kaukauna Public Library 1:30 ADRC Committee Meeting 3pm	12 SPARK! Bergstrom Mahler Museum, Neenah 10:30am TLC Caregiver Support Group 1pm	13 FVMP Memory Café Oshkosh Library 1:30pm FVMP Memory Café Mosquito Hill 1:30pm	14 Men's Caregiver Group Care Patrol Appleton 10am Mindworks Class Oshkosh Public Library & Goodwill Comm. Center 11am-2pm Care Facility Caregiver Meet-Up Neenah Library 1pm Caregiver Support Group Community Church 3:30pm	15 ADRC office closed Day by Day Warning Shelter closing for the season	16
17 Easter 	18 FVMP Memory Café Neenah Library at the Valley VNA 1:30pm Martha's Meals 5pm-6pm River Valley Church, Oshkosh	19 Men's Caregiver Group Café Nutrition 10:30am Family Caregiver Support Group – Mosaic Health 10am-11:30am	20 Memory Screenings Menasha Senior Center 10am-11:30am FVMP Memory Café Menasha Library 1:30pm	21 Neenah Committee on Aging 9:15am Memory Screenings Oshkosh Senior Center 10:30am-12pm Mindwork's Class Oshkosh Public Library & Goodwill Comm. Center 11am-2pm FVMP Memory Café River Thyme Bistro 1:30pm Virtual ADRC Caregiver Support Group 3:30pm-4:30pm	22	23
24	25 FVMP Memory Café Oshkosh 20 th YMCA 1:30pm FVMP Memory Café New London Senior Center 1:30pm	26 TLC Caregiver Support Group 1pm Memory Care Respite Oshkosh 1:30pm-3:30pm	27 Administrative Professionals Day SPARK! The Paine Art Center 1:00pm FVMP Memory Café Kimberly Municipal Complex 1:30pm	28 Mindworks Class Oshkosh Public Library & Goodwill Comm. Center 11am-2pm	29 Fox Valley Wheelchair Wash (read more in this newsletter)	30

Please view our online calendar for additional events:

www.co.winnebago.wi.us/adrc/dementia-and-alzheimer-resources/event-calendar/month

Calendar Contact Information



<ul style="list-style-type: none"> • FVMP Memory Cafés • Mindworks Class • TLC Caregiver Support Group • Men's Support Groups • Care Facility Caregiver Meet-Up 	Fox Valley Memory Project 920-225-1711 info@foxvalleymemoryproject.org
<ul style="list-style-type: none"> • ADRC Caregiver Support Group • Memory Screening Senior Centers 	Alisa Richetti 920-236-1227 arichetti@co.winnebago.wi.us
<ul style="list-style-type: none"> • 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
<ul style="list-style-type: none"> • Coffee Clutch – Omro Area Community Center 	920-685-0380 x 21 or bree@omrocommunity.org
<ul style="list-style-type: none"> • Neenah Memory Respite Care 	920-383-1180 or memorycarerespite@gmail.com
<ul style="list-style-type: none"> • Oshkosh Memory Respite Care 	920-727-5555 ext. 2217
<ul style="list-style-type: none"> • Winnebago County Human Services Board 	pBartelt@co.winnebago.wi.us
<ul style="list-style-type: none"> • ADRC Committee • Specialized Transportation Committee 	ADRC@co.winnebago.wi.us
<ul style="list-style-type: none"> • Neenah Committee on Aging 	ckasimor@ci.neenah.wi.us
<ul style="list-style-type: none"> • Menasha Committee on Aging 	khutter@ci.menasha.wi.us
<ul style="list-style-type: none"> • Oshkosh Committee on Aging 	judy.richey@aol.com

In-Home COVID-19 Vaccination Service

Many individuals who are homebound have been waiting for an agency to do in-home COVID-19 vaccinations. Great news! Advanced Medical Integration (AMI) is working with the State of WI to do this. You will need a referral from one of the below organizations. Then AMI will contact you directly.

- ADRC of Winnebago County: 877-886-2372
- Winnebago County Public Health Dept: 920-232-3000
- Menasha Public Health Dept: 920-967-3520



Martha's MEAL

You're Invited:
 Free Community Soup & Sandwich Meal
 September - May
 Every 3rd Monday of the Month from 5:00 - 6:00 p.m.

Hosted By: River Valley Church
 1331 High Avenue
 Oshkosh, WI 54901

For more information, please contact Mary 920-379-3371



SHOUT OUT!

April 27th is Administrative Professionals Day! We are beyond blessed to have a very strong admin team here in the ADRC. Robin Schwartz (L) has worked for Winnebago County since 2009. She has worked in the ADRC for the past 12 years. Dawn Gillett (R) has worked in the ADRC for the past 5 years. If you have ever called the ADRC's main number, you have likely talked to them. They triage callers to make sure they are getting to the appropriate worker in the ADRC. **In one month, Robin and Dawn field about 775 calls!** On top of answering the busy phone lines, they assist with helping workers get medical records, enter data, greet new customers who walk into the ADRC, and other clerical tasks. Dawn also assists the Family Support Team with gathering intake information for new referrals. Robin is instrumental in keeping our online Resource Directory updated as well as help create the next year's directory. They are the oil that keeps our division running each day. Thank you Dawn and Robin for your dedication to our staff and mostly to our customers and their families!



Self Determination You Tube Channel

In 2019, individuals living with intellectual and developmental disabilities launched a free "Self Determination You Tube Channel". This is sponsored by the WI Board for People with Developmental Disabilities. Six self-advocates speak about their lives and a variety of topics.

There are over 80 videos on the channel that focus on a variety of areas such as: Supported Decision Making, voting, employment, dating, technology, getting an apartment, finding caregivers, making friends, etc...

If you have an idea for a video, please contact Fil.clissa@wisconsin.gov

Please support the Self-Determination Channel!

Like and subscribe! www.youtube.com/c/SelfDeterminationChannel



Winnebago County Receives Grant to Address Homelessness!

On March 3rd, Winnebago County was awarded a \$10.3 million dollar grant to address homelessness in our county! This money is from the Neighborhood Investment Fund which is funded by the American Rescue Plan Act (ARPA). The Day by Day Warming Shelter (Oshkosh), the Oshkosh Kids Foundation tiny house campus, Habitat for Humanity, and Solutions Recovery Center are some of the projected agencies to get some assistance with this grant. We are looking forward to seeing these positive changes in our community!



Spring wishes from the ADRC!



The Winnebago County Diversity Affairs Commission (DAC) invites you to join us!

**THURS, APRIL 7
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 in a brave space as we learn how to gracefully reflect on ourselves, our environments, and our systems to reduce racism and bias (both conscious and unconscious) to improve a sense of belonging and welcoming for all neighbors, families, and community.



We do not always know what other people go through or what their stories are. As we develop policy, work within systems, and consider our environments we live, work, and recreate within, we also learn about ourselves within those environments and communities. Because we are one person with our own experience, we may not realize the impact, positive or not, that we had on our neighbors.

This discussion will help us all see through different lenses, acknowledge differences, have open dialogue about how to create change in the work environment, and start action toward creating a county where all feel they belong.

diversity

IS HAVING A SEAT AT THE TABLE.

inclusion

IS HAVING A VOICE. AND

belonging

IS HAVING THAT VOICE BE HEARD.

-LIZ FOSSLIN

Fox Valley Wheelchair Wash



**Friday, April 29th, 2022
11:00am to 3:00pm**

**NuMotion
920 North Westhill Blvd.
Appleton, WI 54914**

**Valley Transit
will demo the
Quantum system**

**Please Register with
Make The Ride Happen**

920-225-1719

**Reservations are required.
Masking is appreciated indoors.**

**Power Wheelchairs, Manual
Wheelchairs and Scooters
Welcome! Free Admission!**

- **Grab n' Go Lunch** (2 free meal tickets for each registration. Additional tickets \$5)
- **Nurse/CNA Assisted Transfers Available**
- **Wheelchair Safety Inspection**

options
for independent living inc.
www.optionsil.com

nu motion
Mobility starts here.

easterseals
Wisconsin

Johnny B

**make the
RIDE happen**
A Program of Lutheran Social Services
of Wisconsin and Upper Michigan

**ALS
ASSOCIATION**

Valley Transit
CONNECTING THE FOX CITIES

LSS **Lutheran Social Services**
of Wisconsin and Upper Michigan



Day by Day Warming Shelter - Closing for Spring/Summer

The last day that individuals can stay at the Day by Day Warming Shelter in Oshkosh is April 15th. Their overnight shelter will re-open on October 15th. They will be having summer outreach on Mondays-Thursdays from 10am-2pm. The start date of this is to be determined yet. During their summer outreach hours, they offer snack items as available, showering facilities, and can assist with washing laundry. They are able to give out 1 sleeping bag per person (also based on donation). They can give out hygiene items, clothing items, etc... (based on donations). Individuals are able to take a nap if needed as well. Programming is also available throughout the summer to assist individuals who are homeless in accessing resources and achieving goals.

There are still many efforts underway to raise money to build and new warming shelter in Oshkosh that will be open 365 days per year and increase capacity from 25 to 50. The campaign is called "Building Hope". You can donate by using the link below or contacting the shelter at 920-203-4536.

<https://day-by-day-warming-shelter-inc.networkforgood.com/projects/153772-building-hope>

Other shelter options in Oshkosh are Father Carr's Place 2B, COTS, and Christine Ann Center (specifically for domestic violence). Thank you to all of these organizations who support our community!

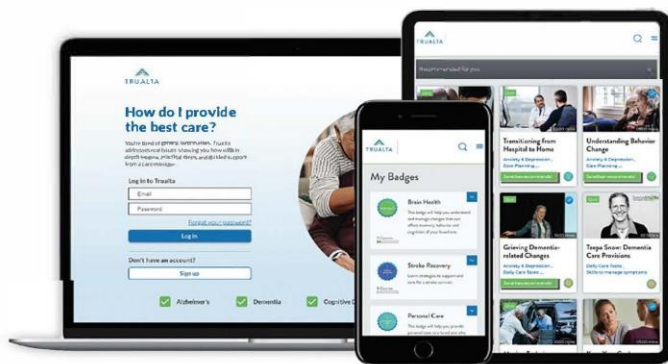


DAY BY DAY
warming shelter



Access free training and resources to help you build skills and confidence to provide care at home.

Tualta is an online platform designed to help families build skills to manage care at home for their aging loved ones. Improve confidence, reduce stress and prevent burnout by learning care skills. Once you are registered, you have unlimited access to their articles and tips about caring for your loved one.



"This was wonderful. My husband and I danced and we had a good time singing these oldies but goodies. I will highly recommend these to anyone who's husband or wife has Alzheimer's."

- Pat from "Alzheimer's Music Connect"

Tualta is really easy to use. All you will need to start is a computer, tablet, or smartphone. With lessons ranging from 5 minutes to 2 hours, Tualta makes it easy for you to fit caregiver training in whenever it works for you.



Contact Us to Register Today!

Name Alisa Richetti
Agency Name ADRC of Winnebago County
Phone 920-236-1227
Email arichetti@co.winnebago.wi.us



April Memory Cafés



Memory Cafés welcome persons 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 café locations throughout the Fox Valley contact the Fox Valley Memory Project at www.foxvalleymemoryproject.org

Menasha

Menasha Public Library, 440 First Street, Menasha -Wednesday, April 20 – 1:30 – 3:00p

Menasha Historical Society presents ' Menasha Hometown Story' – Join us to learn about the history of Menasha and what makes this town so special.

Neenah

***Note change in location* Valley VNA- 1535 Lyon Drive, Neenah –Monday, April 18– 1:30 – 3:00p**

Rose Zoesch-Weigel will lead us in the practice of Qi Gong and Tai Chi. Qi Gong is an ancient Chinese tradition of combining gentle rhythmic movements with breath to relieve stress and increase energy. It is practiced for exercise, relaxation, self-healing, and meditation; and can be practiced standing or seated. Rose is certified in yoga, Tai Chi Easy, Spring Forest Qi Gong, and is currently working on Certification for Qi Gong Infused Yoga. Rose considers herself a lifelong learner who enjoys sharing her knowledge with others and gains so much from her students of all ages and backgrounds.

Oshkosh

Oshkosh Public Library, 106 Washington Avenue, Oshkosh –Wednesday, April 13

1:30 – 3:00p

For the Love of Poetry! April is National Poetry Month so we're going to celebrate. We're going to explore the poet in each of us. And we'll take a virtual walk through the Downtown Poetry Walk. Everyone will leave with their own DIY magnetic poetry set.

Oshkosh YMCA, 3303 W 20th Avenue, Oshkosh – Monday, April 25 – 1:30 – 3:00p

Don't miss this special musical event featuring the WESTHAVEN QUARTET! The WESTHAVEN QUARTET has entertained various groups for the past 10 years. Emerging from the Barbershop tradition, they have expanded their repertoire of Four-Part Harmony to include pop and show songs of the '40s-'60s along with contemporary Top Ten tunes. Featuring Mike Gary - Lead, Greg Heiar - Bass, Howie Frank - Tenor, and Don Derozier - Baritone, the WESTHAVEN QUARTET is sure to provide an afternoon of memorable music.

WESTHAVEN QUARTET

