

Aging & Disability Resource Center of Winnebago County Newsletter



April 2021

Technology classes in Winnebago County

Information from our friends at the Neenah/Menasha YCMA:

"Staying connected with family and friends has never been so easy! Learn the basics of today's technology and how you can stay up to date with family and friends all over the world.

The Neenah-Menasha YMCA is offering one on one technology classes for those 55 and older. You can bring in your own devices or borrow one of the YMCAs for instruction and learn how easy it is to stay connected.

To set up a time contact Brandon via email at bvanderhoof@ymcafoxcities.org.

Transportation is available upon request for anyone residing in Winnebago county. Cost is Free.

The Oshkosh Senior Center also has Connect Through Tech available to those 50 and older. If you would like to set up and appointment contact (920) 232-5300.



ADRC of Winnebago County
220 Washington Ave, Oshkosh
211 N. Commercial St, Neenah
877-886-2372
www.co.winnebago.wi.us/adrc
Email: adrc@co.winnebago.wi.us

MEET OUR STAFF



Melissa Sell

Hello! My name is Melissa. I am an Information & Assistance Specialist. I have been with the agency for 5 years. Prior to this, I was a Care Manager for the Family Care Program in Outagamie County. I have also worked as a

nursing home social worker. I have been working with older adults and adults with disabilities for the last 14 years. I especially enjoy my role at the ADRC as I love being an advocate for individuals.

In addition to working as an Information & Assistance Specialist, I enjoy working on extra projects at the ADRC. I help maintain our website and resource database, educate the community on advanced directives, serve on our Outreach Committee, and help create this monthly newsletter!

I was born and raised in Kaukauna. If you have never been to Hilltop Bakery in Kaukauna, I recommend you check it out 😊. I went to UW Oshkosh and have my Bachelors in Social Work. I am lucky to have married a man who makes me laugh every day. We enjoy raising our family in Oshkosh. I enjoy concerts, restaurants, a good afternoon nap, arts/crafts, dark chocolate, my cat and Boston Terrier, and spending time with my family.

Lemon Poppy Seed Bread

Ingredients:

- 4 eggs, slightly beaten
- 1 box yellow cake mix
- 1 small box instant lemon pudding mix, dry
- ¼ cup poppy seeds
- ½ cup vegetable oil
- 1 cup warm water

Instructions:

Grease loaf pan. Preheat oven to 350 degrees. Mix all ingredients with wire whisk until no lumps remain. Pour batter in the loaf pan. Bake for 50-60 minutes, until toothpick inserted in center comes out clean.

The bread is good even without a topping but if you choose to add a glaze- Mix ½ cup powdered sugar with 1 tablespoon lemon juice. Drizzle over bread.

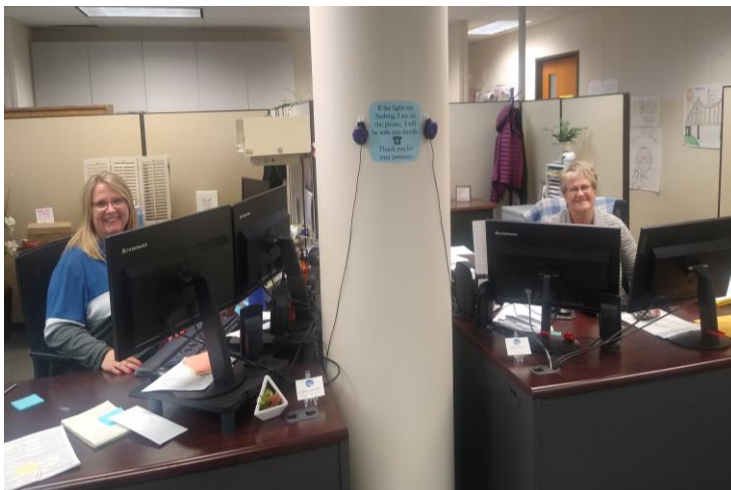


SHOUT OUT!

April 21st is Administrative Assistant Day!

Robin Schwartz (L) and Dawn Gillett (R) are a very integral part of our ADRC. They are the main administrative staff in our division. They triage the calls that are made to our main ADRC line (877-886-2372). Dawn and Robin are very skilled at asking the right questions to our callers to get them to the right worker within the ADRC, other parts of the county, or other ADRCs.

Thank you, Robin and Dawn for what you do every day. 😊



Our ADRC is still operating! We are available for appointments via: phone conference, Zoom call, and home visits if necessary. If you feel you need to see someone in person, it is best to call ahead versus just walking into our agency at this point yet during the pandemic. We are excited to see you all soon!



Upcoming April Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Virtual Memory Café 1:30pm-2:30pm	3 Oshkosh Farmers Market Menominee Nation Arena 8am-12:30pm
4 	5 Public Meeting: Winnebago County Human Services Board Meeting at 3pm	6 Public Meeting: Oshkosh Committee on Aging at 8am Virtual Memory Café 11am-12pm	7 Mobile Food Pantry: 5-7pm Oshkosh West High School *First come, first serve	8	9 Virtual Memory Café 1:30pm-2:30pm Public Meeting: Menasha Committee on Aging at 1pm	10 Oshkosh Farmers Market Menominee Nation Arena 8am-12:30pm
11	12 Public Meeting: ADRC Committee Meeting at 3pm	13 Virtual Memory Café 11am-12pm	14 Mobile Food Pantry: 5-7pm Oshkosh West High School *First come, first serve	15 Public Meeting: Neenah Committee on Aging at 9:15am	16 Virtual Memory Café 1:30pm-2:30pm	17 Oshkosh Farmers Market Menominee Nation Arena 8am-12:30pm
18	19	20 Virtual Memory Café 11am-12pm	21 Mobile Food Pantry: 5-7pm Oshkosh West High School *First come, first serve	22	23 Virtual Memory Café 1:30pm-2:30pm	24 Oshkosh Farmers Market Menominee Nation Arena 8am-12:30pm
25	26 Virtual Memory Café 1pm-2pm	27 Welcome to Medicare Zoom Presentation 5:30pm Virtual Memory Café 11am-12pm	28 Mobile Food Pantry: 5-7pm Oshkosh West High School *First come, first serve	29	30	

Contact Information:

- Winnebago County Human Services Board Meeting: PBartelt@co.winnebago.wi.us
- ADRC Committee Meeting: ADRC@co.winnebago.wi.us
- Neenah Committee on Aging: ckasimor@ci.neenah.wi.us
- Menasha Committee on Aging: msackett@ci.menasha.wi.us
- Oshkosh Committee on Aging: judy.richey@aol.com
- To get Zoom information for other events: ARichetti@co.winnebago.wi.us or (920) 236-1227

Wisconsin Emergency Rental Assistance (WERA)

- Offers both rent and utility assistance. WERA will be providing utility assistance for renters, including paying on arrearages.
- Effective until 12/31/2021.
- Contact: Advocap at (920) 426-0150.
- Individual has to have applied for Energy Assistance (EA) first before WERA could help. They do not have to be eligible, but have to have applied and denied. This is because Advocap will use the same computer system when determining WERA assistance. The number to apply for EA is #1-800-506-5596 or www.energybenefit.wi.gov.
- This is similar to WRAP (Wisconsin Rental Assistance Program) that was in place in 2020.
- While WERA will use the same one-month test period for income eligibility as WHEAP, WERA applicants will be asked to provide income documentation for the prior two-month period.
- WERA is able to serve ineligible non-citizens who are not eligible for WHEAP benefits.

State Moratorium on Utility Disconnections to End April 15, 2021

The Public Service Commission of Wisconsin (PSC) voted unanimously to allow utilities to move forward with disconnection of service for nonpayment at the end of the annual winter moratorium after April 15, 2021. The action comes following a moratorium preventing utilities from disconnecting service for nonpayment during the ongoing COVID-19 pandemic

To avoid disconnection, customers who have fallen behind on payments are encouraged first to contact their utility to set up a payment plan. If customers are having difficulty paying their energy bills, they may be eligible for assistance from the WHEAP. To apply online go to energybenefit.wi.gov or to apply by phone call 1-800-506-5596, or go to <http://homeenergyplus.wi.gov> to find out where to apply in person or call 1-866-HEATWIS. Utilities are required to offer a Deferred Payment Agreement (DPA) to residential customers who cannot pay an outstanding bill in full. If customers cannot reach a payment agreement with their utility, they may contact the PSC by calling 1-800-225-7729, or by filing a complaint on the PSC website.

Spring into Better Health! written by the GWAAR Medicare Outreach Team

After a long winter, the signs of spring are sprouting up all around us. Now is a good time to focus on your health so you can enjoy all that this season has to offer. And taking advantage of Medicare preventive benefits is the perfect way to spring into better health!

Preventive services can help you prevent illnesses and detect health problems early, when treatment works best. People with Medicare have access to a wide range of preventive tests and screenings, most at no extra cost. If you're new to Medicare, a "Welcome to Medicare" preventive visit is covered during the first 12 months you are enrolled in Part B. The visit includes a review of your medical and social history as well as education and counseling about preventive services, including certain screenings, shots and referrals for other care, if needed. Once you've had Part B for longer than 12 months, you can get a yearly "Wellness" visit to develop or update a personalized prevention plan based on your current health and risk factors. Note: The Wellness visit is not the same as an annual physical exam.

You pay nothing for the "Welcome to Medicare" visit or yearly "Wellness" visit if your doctor or other health care provider accepts Medicare assignment. If additional tests or services are performed during the same visit that aren't covered under the preventive benefit, you may have to pay coinsurance, and the Part B deductible may apply.

Medicare also covers screening tests for breast cancer, diabetes, heart disease, obesity management, and osteoporosis, just to name a few. You can find a complete list of Medicare-covered preventive services in your *Medicare and You 2021* handbook or on the Medicare website at www.medicare.gov. Talk to your doctor about what screenings and shots are right for you.

Please feel free to contact the ADRC and ask to talk to a benefit specialist if you have any questions.

COVID-19 INFORMATION

For local vaccine clinic information visit: <https://www.wcvaccine.org/>

FREE TRANSPORTATION
to COVID-19 vaccine appointments in
Calumet, Outagamie, & Winnebago Counties

Residents of **Calumet, Outagamie, and Winnebago counties** that have COVID-19 vaccination appointments in any of these three counties can use these free transportation options:

- o GO Transit (Oshkosh) and Valley Transit (Fox Cities) bus systems
- o Paratransit rides through GO Plus (Oshkosh) and Valley Transit II (Fox Cities) for certified paratransit riders
- o MTM for BadgerCare Plus and Wisconsin Medicaid members who are eligible for non-emergency medical transportation (NEMT)
- o If unable to use transit or paratransit, call Make the Ride Happen at 920-225-1719 to schedule a free ride by cab, Uber, or Lyft

For information: www.bit.ly/COVID19VaccineTransportation

Need transportation help?
Call Make the Ride Happen at 920-225-1719
Monday - Friday from 8:30am - 4:30pm



Public Health
Protect. Promote. Prevent.



Scam Alert:

The Better Business Bureau warned U.S. citizens against sharing any pictures of their CDC vaccination card as it has personal information. Additionally, scammers could use the pictures to create and sell fake cards as has occurred in the U.K.

Vaccine Distribution in Winnebago County

75,531 total vaccine doses administered to Winnebago County residents as of 3/29/21 at 8:30 am (29,506 residents have completed the COVID-19 vaccine series)



Winnebago County Public Health COVID Hotline:

#920-232-3026



New TAP Hearing Aid Assistance

Written by the GWAAR Legal Services Team

The Department of Health Services (DHS) Telecommunications Assistance Program (TAP) is announcing the launch of a Hearing Aid Assistance (TAP HAA) option to the TAP program.

TAP HAA is an additional TAP benefit option available to consumers to provide funding towards the purchase of new hearing aids to increase the efficiency and use of telecommunications devices for distance communications by people who are Deaf or hard of hearing. TAP HAA can provide up to \$250 per hearing aid or \$500 per pair of hearing aids per person.

To qualify for TAP, an applicant must:

- Be a Wisconsin resident
- Meet income eligibility guidelines (below)
- Provide a completed TAP assistance application
- Provide hearing loss documentation
- Purchase equipment through an approved vendor
- Apply only once every three years



Telecommunications Assistance Program Income Guidelines for 2021

2021 Federal Poverty Guidelines		
Size of Household	Federal Guideline	Guideline for TAP
1	\$12,760	\$25,520
2	\$17,240	\$34,480
3	\$21,720	\$43,440
4	\$26,200	\$52,400
5	\$30,680	\$61,360
6	\$35,160	\$70,320
7	\$39,640	\$79,280
8	\$44,120	\$88,240
For families/households with more than 8 people, add \$8,960 for each additional person		

FREE TAX HELP!

AARP: AARP (American Association of Retired Persons) assists with free, simple tax preparation every year. If you have a complex tax situation, they may ask you to seek aid from an accountant or tax preparer. Per the AARP website: "AARP Foundation Tax-Aide provides in-person and remote tax assistance free of charge to anyone, with a special focus on taxpayers who are 50 or older or who have low to moderate income. Tax-Aide volunteers are located nationwide, and are trained and IRS-certified every year to make sure they know about and understand the latest changes and additions to the tax code."

Neenah/Menasha area

- AARP is not coming to the Neenah Library this year, but will be helping with tax prep at other locations
- Call (920) 215-1040 to make an appointment
- Leave a message and someone will call back to schedule the appointment

Oshkosh area

- Appointment times are full.

VITA: VITA (Volunteer Income Tax Assistance) helps with free, simple tax preparation every year. If you have a complex tax situation, they may ask you to seek aid from an accountant or tax preparer. This is available for low-moderate income individuals; the maximum income level is \$56,000/ year.

- 100% Virtual Option
 - You need internet connection, an email address and images of your documents
 - Go to website www.filetaxes4free.org
- Valet Option
 - Meet with an intake specialist and their volunteers prepare your return
 - Pick up return when ready (5-7 business days)
- Do-It-Yourself Option
 - Online service if you confidently feel you can do on your own

Neenah/Menasha area

- Menasha GoodWill
- Call (920) 968-6044 to make an appointment

Oshkosh area

- University of Wisconsin Oshkosh
- Call (920) 424-3486 to make an appointment



Dementia Information

Care Transitions: Challenges, Strategies and Solutions



Dementia Care Specialist Webinars

Webinars will take place live from 12-1pm on the second Wednesday of every month.

Visit www.dhs.wi.gov/dcs-webinars to register for any of the monthly webinars.

**April's Webinar is on:
Care Transitions**

REGISTER HERE:

https://dhs.wi.zoom.us/webinar/register/8216051240172/WN_313TCKvcSkCPFMwoYBNk3g

People living with dementia often move back and forth across care settings ranging from in home services to out of home assistance or hospitalization. Learn to avoid potential problems and reduce the stress of care transitions by anticipating and preparing for changes in health and function that occur over time.

Presented by Aging & Disability Resource Center Dementia Care Specialists.



Webinar sponsored by:



Powerful Tools for Caregivers Class

Powerful Tools for Caregivers is a 6-week workshop that teaches you how to take care of yourself while caring for someone else. By taking care of your own physical, emotional, and financial needs, you become a better caregiver. This is a free class that is being held virtually. This workshop is for all caregivers caring for loved ones with chronic conditions. Contact Alisa for more info 920-236-1227 or arichetti@co.winnebago.wi.us

Class registration deadline is April 20th. Brief virtual check in Tuesday April 27th. Class starts Tuesday May 4th 1:30-3:00pm.