

Aging & Disability Resource Center of Winnebago County Newsletter

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

Email: adrc@co.winnebago.wi.us

Website: www.co.winnebago.wi.us/adrc

**August
2021**



About Walk to End Alzheimer's

Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's is the world's largest fundraiser for Alzheimer's care, support and research.

Plans are moving forward to have the walk-in person this fall. The walk will be held at Menominee Park here in Oshkosh on September 25th.

There is no fee to register for the walk, however all participants are encouraged to raise funds that allow the Alzheimer's Association to provide 24/7 care, support and advance research toward methods of prevention, treatment and, ultimately, a cure.

Use of the funds: 78% goes to Alzheimer's care, support, research, awareness and advocacy. 18% goes to Fundraising, and 4% goes to administrative.

How to sign up? Go to <https://act.alz.org/>, find your walk by entering your zip code, sign up with a team or as an individual, and then start fundraising.

There is more information on page 5 about a fundraising event for the Alzheimer's walk at Pizza Ranch!!



Meet the Team



Jill Devine

Hello. I am Jill Devine. I have worked at the ADRC of Winnebago County since March of 2021. My husband and I moved back to the Fox Valley after spending 2 years in Northern Wisconsin. I'm happy to be back "home". There is something very special about the Fox Cities community. My position with the ADRC of Winnebago County allows me to assist individuals and families connect to resources.

When I'm not working I like to read, listen to music, and especially spend time with my family and friends. I am married. I have two sons, one daughter, and two grandchildren. I also have a dog and two cats who I consider part of my family.

Cucumber Snacks

Ingredients:

- 1 box of Triscuit crackers - flavor, dill, olive oil and sea salt (or your favorite flavor)
- 1 medium cucumber
- 1 container of Greek-flavored cream cheese or your favorite flavor of cream cheese, 8 oz



Winnebago County COVID-19 Vaccination Data

(As of 7/21/21)

47.4%

of Winnebago County
residents have completed
the COVID-19 vaccine
series

(80,802 of 170,411
people)

49.4%

of Winnebago County
residents have received at
least one dose

(84,243 of 170,411 people)



Temporary Relocation

The Oshkosh Salvation Army has temporarily relocated to the Bella Hair Academy on the corner of Jackson and Pearl: 338 Pearl Ave, Oshkosh.

They currently only have lunch carry out from 11am-12pm daily and the pantry is still being offered but only one family to shop at a time.

Contact Info: 920-232-7660



Upcoming August Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 FVMP Virtual Chair Yoga 11am Community Impact Fundraiser at the Pizza Ranch for the Walk to End Alzheimer's 4-8pm	3	4 Winnebago County Fair	5 Winnebago County Fair FVMP Memory Café River Thyme Bistro 1:30pm Alzheimer's/Dementia Support Group 1:30pm Virtual ADRC Caregiver Support Group 3:30pm-4:30pm Omro Night Market 4pm-7pm	6 Winnebago County Fair	7 Winnebago County Fair Appleton Farmers Market 8am-12:30pm Neenah Farmers Market 8am-12pm Oshkosh Farmers Market 8-am12pm Wheelchair Wash & Inspection 10am-1pm J&R Auto Service, Oshkosh
8 Winnebago County Fair	9 FVMP Virtual Chair Yoga 11am Memory Care Respite Neenah 1:30pm-3:30pm	10 Oshkosh Committee on Aging 8am SPARK! Bergstrom Mahler Museum, Neenah 10:30am-12pm TLC Caregiver Support Group 1pm Caregiver Support Group 2:30pm	11 FVMP Memory Café Mosquito Hill 1:30pm	12 Virtual Kairos Alive 1:30pm Virtual ADRC Caregiver Support Group 3:30pm-4:30pm Omro Night Market 4pm-7pm	13 Menasha Committee on Aging 1pm	14 Appleton Farmers Market 8am-12:30pm Neenah Farmers Market 8am-12pm Oshkosh Farmers Market 8-am12pm
15	16 FVMP Virtual Chair Yoga 11am FVMP Virtual memory café 1:30pm Memory Care Respite Neenah 1:30pm-3:30pm ADRC Committee Meeting 3pm	17	18 FVMP Virtual memory Café 1:30pm	19 Virtual Kairos Alive 1:30pm FVMP Memory Café River Thyme Bistro 1:30pm ADRC In-Person Caregiver Support Group 3:30-4:30pm Omro Night Market 4pm-7pm	20 Friends of the Oshkosh Senior Center Food Truck Friday & Live Music South Park, Oshkosh 4:30pm-8:30pm	21 Appleton Farmers Market 8am-12:30pm Neenah Farmers Market 8am-12pm Oshkosh Farmers Market 8-am12pm
22	23 FVMP Virtual Chair Yoga 11am	24 TLC Caregiver Support Group 1pm	25 SPARK! Paine Art Center Oshkosh 1pm	26 Virtual Kairos Alive 1:30pm Virtual ADRC Caregiver Support Group 3:30pm-4:30pm Omro Night Market 4pm-7pm	27	28 Appleton Farmers Market 8am-12:30pm Neenah Farmers Market 8am-12pm Oshkosh Farmers Market 8-am12pm
29	30 FVMP Virtual Chair Yoga 11am Oshkosh 20 th YMCA Memory Café 1pm-3pm	31				

- Please view our online calendar for additional events:

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

Calendar Contact Information:

- Fox Valley Memory Project (FVMP) Memory Café & TLC Caregiver Support Group & Virtual Chair Yoga
 - Contact Harper: 920-225-1711 or harper@foxvalleymemoryproject.org
- YMCA Memory Café
 - Contact Siri: sirismits@oshkoshymca.org
- Men's Support Group and Caregiver Support Group
 - Contact Walt: 920-277-8965 or wzerrenner@gmail.com
- ADRC Caregiver Support Group
 - Contact Alisa Richetti: 920-236-1227 or arichetti@co.winnebago.wi.us
- Alzheimer's/Dementia Support Group
 - Contact Bethel Home – Joan Keltesch (920) 232-5214
- Virtual Kairos Alive (Interactive music and dance program for individuals with memory loss)
 - Contact: Email info@kairosalive.org to sign up
- SPARK!
 - Paine Art Center, Oshkosh: 920-235-6903
 - Bergstrom Mahler Museum, Neenah: 920-751-4658
- Memory Care Respite
 - Contact: 920-383-1180 or memorycarerespite@gmail.com
- Winnebago County Human Services (WCHS) Board Meeting
 - Contact Pam: PBartelt@co.winnebago.wi.us
- ADRC Committee Meeting: Contact ADRC@co.winnebago.wi.us
- Neenah Committee on Aging: Contact ckasimor@ci.neenah.wi.us
- Menasha Committee on Aging: Contact msackett@ci.menasha.wi.us
- Oshkosh Committee on Aging: Contact judy.richey@aol.com



When: Saturday, August 7 10a - 1p
Where: J & R AUTO SERVICE, 629 N Main St, Oshkosh
Appointments encouraged, drop-ins welcome.
To schedule please contact:

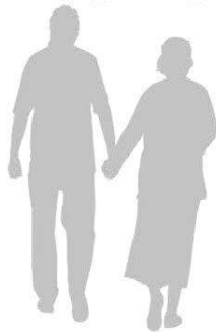
Making the Ride Happen
920.225.1719 or mrh@lsswis.org



LOVE SURVIVES IN THE FOG

A One Act
Memory Care Play
written by
John Weyers ©2020

Followed by a short
discussion facilitated by
Mosaic Family Health



Saturday,
September 11, 2021
2:00 pm Matinee
Kimberly Clark
Theater
Fox Cities
Performing Arts
Center

Reserved seats available for a \$20 donation at
FamilyCaregiversRock.org
or
FoxValleyMemoryProject.org



YOU ARE INVITED TO A

Pizza Ranch

**COMMUNITY
IMPACT**

FUNDRAISING EVENT

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

DATE: **August 2nd** TIME: **4:00-8:00PM**

LOCATION: **1051 S. Washburn St. Oshkosh**

PIZZA RANCH WILL DONATE 10 %
OF YOUR GUEST CHECK TO THE DESIGNATED ORGANIZATION.

Family Care and IRIS (Include Respect, I Self-Direct) are two long-term Medicaid-based programs in Winnebago County. The ADRC assesses functional eligibility for these programs as well as guides customers through the Medicaid application process. These programs provide the services and supports to keep an individual living in the least restrictive environment that is safe; whether that be in their home/apartment with supports, an adult family home, or an assisted living. In the month of June 2021, our ADRC enrolled 57 Winnebago County residents in these programs.

To learn more about these programs, please call the ADRC ☺



August: Medic Alert Awareness Month

Melissa Sell, Information & Assistance Specialist

A medical bracelet is a tool that many individuals use to communicate health conditions to medical personnel in the event of an emergency. If an individual is experiencing a medical crisis, they will likely not be able to tell them their health history and conditions. Examples of things that an individual may want to communicate are: Diabetes, Epilepsy, Dementia, a DNR (Do Not Resuscitate) order, etc... MedicAlert is one company that has been around for 65 years. The MedicAlert Foundation is a non-profit agency that was founded in 1956 in California. This company holds a database of medical information for thousands and thousands of individuals that can be used by paramedics and other medical professionals should that individual have an emergency.

There are a number of different kinds and size of bracelets. Below is the most common, classic bracelet. This is \$25. This also requires an annual membership fee. This ranges from \$25 to \$75 per year depending on how many of the below features an individual would like:

- Storing advanced directives (Powers of Attorney, Living Will, DNR order)
- Picture of the individual
- Emergency contact information
- Important document storage (x-rays, medical records)
- Physician notification

How to reach them? You can call 1-800-432-5378 or visit www.medicalert.org.



There is also a newer company that the State of Wisconsin recommends to use for medical bracelets and DNR bracelets: StickyJ Medical. They are based out of Florida. The above MedicAlert bracelets will continue to be recognized.

A DNR bracelet is available from StickyJ Medical for a fee of \$30.49. The individual's first & last name must be engraved on the first line of the back of the bracelet and there is room on the back to add other health concerns. If an individual simply wants a medical bracelet, but does not want a DNR order, StickyJ Medical can also provide a basic medical bracelet. These bracelets start at \$20. There is no ongoing membership fee as StickyJ Medical does not have some of the above features like MedicAlert.

How to reach them? You can call 866-497-6265 or visit www.stickyj.com



What exactly do we mean by Do Not Resuscitate (DNR)?

If you have multiple medical issues, it is important to talk to your doctor about your code status. What would you want to happen if your heart were to stop? Would you want CPR (Cardiopulmonary Resuscitation)? Start by having a conversation with your doctor. Here is a link to learn more about what a DNR order is: www.dhs.wisconsin.gov/ems/dnr.htm. If an individual does not want to be resuscitated, they first need to have a conversation with their doctor and then wear an approved bracelet (a plastic one given to them at the doctor's office or one from MedicAlert or StickyJ Medical). This bracelet allows emergency medical professionals to know what an individual's wishes are about their code status. The individual needs to be wearing this bracelet at all times if they do not want to be resuscitated.

If you have additional questions you can also contact your doctor, local fire department, or the Wisconsin Department of Health Services, Division of Public Health, Office of Office of Preparedness and Emergency Health Care by calling #608-266-1568 or email dhsemssmail@dhs.wisconsin.gov

FILE OF LIFE

File of Life is another way to communicate to medical responders in the event of any emergency. This tool can let them know an individual's name, date of birth, medications, allergies, medical history, doctor, emergency contact person, etc... This information is listed in a packet (like shown below) and placed on the front of the refrigerator. It is important to make sure that this is kept up to date. Please note that this does not replace any type of DNR order/bracelet. Your **free** File of Life can be obtained by contacting the ADRC or Advocap #920-426-0150.



PERSONAL EMERGENCY RESPONSE SYSTEMS

A Personal Emergency Response System (PERS) helps an individual get the help they need when they have an emergency. Many have heard them referred to as "Lifelines". This is generally a necklace that an individual can wear around their neck or a band around their wrist. The button on the necklace or wristband is what the individual would press to indicate they need help. There are multiple agencies that offer this kind of support. Some agencies also offer things like GPS tracking, fall detection (hard falls), medication reminders and more. Some systems require landlines, and some can run off signals from cell towers.

If you would like a list of agencies that offer this service, please call the ADRC or visit our website and look under the "Resource Library" or visit: www.co.winnebago.wi.us/adrc/resource-library/personal-emergency-response-systems





Hope Fridge: Update!

In our July newsletter, we shared this new resource in our county. It is currently located in Neenah. They have recently shared that they are opening another location in Oshkosh by Wagner Market (on Main St). Big thanks to Wagner Market and Beckett's for helping sponsor this project. It will be open 24 hours per day, 365 day per year. Getting food requires no paperwork be completed and there are no questions asked. The Oshkosh opening date is yet to be determined.

To learn more, check out www.hopefridge.com. They do daily updates on Facebook regarding what items are available in the fridge/pantry and what items are needed.

Contact person: Tj Hobbs- tj@hopefridge.com

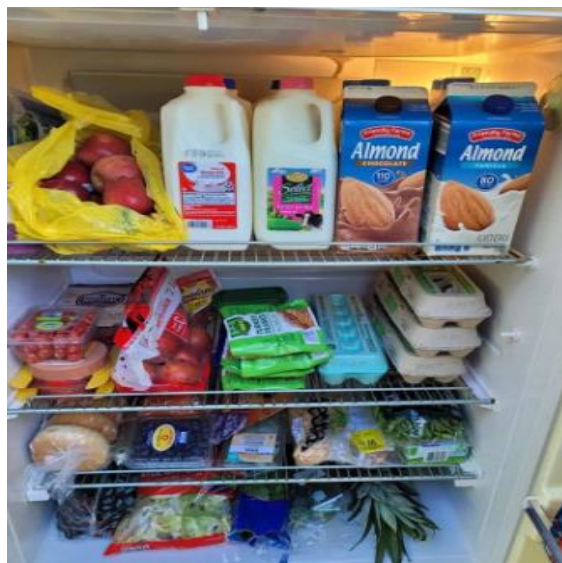


Photo Credit:
Hope Fridge
Facebook Page



iCan Shine's BIKE CAMP

Gain Confidence. Learn New Skills. And Have Fun!



AUGUST 23 - 27 | APPLETON, WI

iCan Shine's iCan Bike Camp is a 5-day camp with 75-minute riding sessions each day. By the end of the week, 80% of participants have learned to ride a bike, and others have made incredible progress toward their goal!

By partnering with iCan Shine, Covey furthers their mission of **creating opportunities that foster personal growth for individuals with disabilities and their families.**

ABOUT iCan Shine

iCan Shine is an international 501(c)(3) nonprofit charitable organization whose mission is to provide quality learning opportunities in recreational activities for individuals with disabilities. Since its inception in 2007, the organization has successfully taught over 20,000 people with disabilities to ride a conventional two-wheel bicycle!

Participants of iCan Shine's interactive 5-day bike camp make lasting friendships, achieve greater independence, and learn a lifelong skill. To learn more about this fun, confidence-building program, visit icanshine.org.

RIDERS MUST MEET THE FOLLOWING REQUIREMENTS:

- ◆ Have a disability
- ◆ Be at least 8 years of age by start of camp
- ◆ Be able to walk without an assistive device
- ◆ Be able to sidestep to both sides
- ◆ Be able to attend the same 75-minute session each day of the 5-day camp
- ◆ Weigh less than 220 lbs.
- ◆ Have a minimum inseam of 20" (measure from floor with sneakers on)



\$300 REGISTRATION INCLUDES:

- ◆ 5 days of instruction and use of specialized equipment
- ◆ Limited edition T-shirt
- ◆ Branded water bottle

SCHEDULE

MONDAY, AUG. 23 TO FRIDAY, AUG. 27

SESSION 1	8:30 am-9:45 am
SESSION 2	10:05 am-11:20 am
SESSION 3	11:40 am-12:55 pm
SESSION 4	2:00 pm-3:15 pm
SESSION 5	3:35 pm-4:50 pm

Are you ready for a life-changing experience?
Join us at the Boys and Girls Club in Appleton, WI, August 23-27 and learn how to ride a conventional two-wheel bicycle!

Fill out the form and send it to
1930 Algoma Blvd.,
Oshkosh, WI 54901
or register your rider by sending an email to

INFO@COVEY.ORG

RIDER

FIRST NAME LAST NAME DATE OF BIRTH

PARENT/GUARDIAN

FIRST NAME LAST NAME

EMAIL PHONE NUMBER