

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



December 2021

December: International Volunteer Month

Make a difference in your community, meet new friends, learn a new skill, whatever reason you have for volunteering - it is good for you and your community! These resources will connect you with organizations that are waiting for you.

Volunteer Fox Cities and Volunteer Oshkosh

Volunteer Fox Cities and Volunteer Oshkosh are two amazing resources to utilize if you are an agency looking for volunteers or you want to volunteer. Each agency has a beautiful website that displays the non-profits and organizations that are looking for volunteers and what the volunteer position/responsibilities are. Volunteer Fox Cities also operates a Phone Pal Program in Winnebago County.

Volunteer Fox Cities
920-832-9360
www.volunteerfoxcities.org

Volunteer Oshkosh
920-235-8560
www.volunteeroshkosh.org

Volunteer Match

The Volunteer Match site that lets you sort volunteer opportunities by interests: seniors, animals, advocacy, community, and more. www.volunteermatch.org

Volunteer Guardianship Program

A volunteer guardian is needed when the court system deems that a person is not capable of making informed decisions and/or managing his/her finances and there is no family member to fulfill this roll. If you are interested in becoming a volunteer guardian, please contact the ADRC.

Retired and Senior Volunteer Program (RSVP)

RSVP is a national volunteer program sponsored by Advocap. They partner with local non-profit agencies to develop volunteer opportunities and encourage volunteering for adults age 55+. Opportunities involve helping children with school work, provide transportation to adults with disabilities or older adults, deliver meals to individuals who are homebound, provide companionship calls, work in food pantries, help serve on construction team for Habitat for Humanity and more. To learn more, call Advocap 920-426-0150.

Other places to consider volunteering... hospitals, senior centers, YMCAs, libraries, nursing homes, assisted livings, homeless shelters, churches, etc...



Karennia Jolin

Hello there! I am Karennia Jolin. I have worked at the ADRC of Winnebago County since March 2021. In my current position as ADRC Assistant, I assist connecting individuals to our Family Caregiver Support Programs along with supporting our Adult Protective Services team. In addition, I work closely with the Oshkosh Fire Department for our Fall Prevention Program. At 16 I got my CNA and knew I loved working with older adults. I graduated UW Oshkosh in 2018 with a degree in Sociology and since then have worked in various positions at Assisted Livings/Nursing Homes. When I am not at work, you can usually find me snuggling my dog Max, a big fluffy Great Pyrenees. I also enjoy drinking coffee, crocheting on the front porch, and baking yummy treats for my coworkers.

Ingredients

Filling

- 4 ounces meat - chopped, cut into small pieces or shredded Beef is traditional, but lamb works too.
- 2 strips bacon - optional
- 1 tablespoon olive oil
- 1 cup diced hard vegetables (e.g. onions, carrots, celery, bell pepper, string beans)
- 1/2 cup frozen vegetables (e.g. peas, corn)
- 2 teaspoons all-purpose flour
- 1 cup liquid - either all beef stock or 1/2 stock & 1/2 water (alternative - use vegetable broth)
- 1/2 teaspoon Worcestershire sauce
- 1/2 - 1 teaspoon dried thyme, rosemary, etc (if using fresh herbs instead of dried, use about 3 times as much)
- 1/8-1/4 teaspoon salt
- Freshly ground black pepper

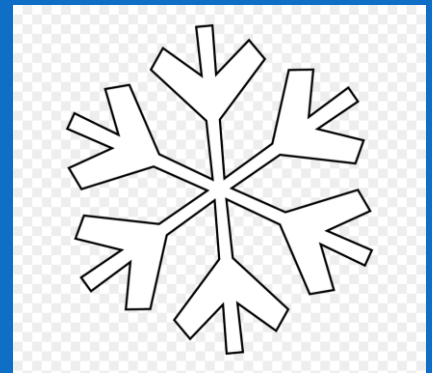
Topping

- 3/4 cup mashed potatoes
- 1/2 tablespoon butter
- 1-2 tablespoons grated or shredded hard cheese (e.g. Parmesan, Romano, sharp cheddar)

Instructions

1. Preheat oven to 350 degrees F.
2. If your meat is not leftover (already cooked, such as meatloaf), cook it and set aside. If using bacon, cook it, drain the fat off, and dry the bacon on a paper towel, crumbling it in the towel once it has cooled down.
3. Add the tablespoon of olive oil to the pan, heat it, and then add the fresh vegetables. Cook them for 3-5 minutes, stirring semi-regularly until they are crisp but beginning to cook through.
4. Add the flour and stir frequently for 2 minutes, until the flour is incorporated and cooked. In a few minutes, the flour will thicken the broth and water, a variation on the method used in making gravy. But first it has to cook, so there is no raw flour taste in the pie.
5. Heat the broth and water (Microwave it for 1 minute on high) and add it to the vegetables. Stir until the vegetables are well-coated in a thick, almost-gravy. Add the cooked meat, the bacon (if using), and the frozen vegetables. Cook the mixture a low-medium heat for a few minutes, stirring until everything is combined and the frozen vegetables start to cook. Add the Worcestershire sauce, herbs, salt and pepper to taste.
6. Spoon the mixture into the baking dish. Top with mashed potatoes, leaving the potato roughly spooned in (or make ridges with a fork) so that edges will brown as the Shepherd's Pie bakes. Dot with the 1/2 tablespoon of butter and sprinkle with cheese and paprika.
7. Bake for approximately 20-30 minutes, until the top is browned and steam comes out when you insert a spoon down to the meat-and-vegetable mixture. If the filling is bubbling, but the top is not yet nicely browned, turn the heat up or use a low-broil setting for 1-2 minutes.
8. Let the pie cool for a few minutes before eating.

SHEPHERD'S PIE



Q: What do snowmen eat for breakfast?

A: Frosted Flakes or Ice Crispies.



Upcoming December Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 SPARK! Paine Art Center 1pm FVMP Memory Café Fox West 1:30pm	2 Poetry for Life Call in Show 10:30am (see newsletter for detail) FVMP On a Positive Note Choir Holiday Concert 1pm Grand Meridian	3 DCS Presentation on Dementia – Lunch and Learn at the Menasha Senior Center 11:30am	4
5 SPARK! The Trout Museum of Art 1pm	6 Winnebago County Human Services Board Meeting 3pm	7 Medicare Open Enrollment Period Ends Oshkosh Committee on Aging 8am	8 FVMP Memory Café Oshkosh Library 1:30pm	9 Poetry for Life Call in Show 10:30am (see newsletter for detail) Virtual ADRC Caregiver Support Group 3:30pm-4:30pm	10 Menasha Committee on Aging 1pm FVMP Memory:30pm Mosquito Hill Nature Center Café Holiday Party 1:30pm	11 Oshkosh Farmers Market Oshkosh Arena 9am-12:30pm FVMP Event at Beaming Inc. 10:30am (see newsletter for more detail)
12	13 SPARK! The Trout Museum of Art 1pm Memory Care Respite Neenah 1:30pm-3:30pm ADRC Committee Meeting 3pm	14 SPARK! Bergstrom Mahler Museum, Neenah 10:30am DCS Memory Screen Presentation at Oshkosh Senior Center 9:45am - 10:30 Memory screens 10:30am-Noon TLC Caregiver Support Group 1pm FVMP Memory Café Ledge View Nature Center 1:30pm Caregiver Support Group 2:30pm	15 FVMP Memory Café Kimberly Municipal Complex 1:30pm FVMP Virtual Memory Café 1:30pm	16 Neenah Committee on Aging 9:15am Poetry for Life Call in Show 10:30am (see newsletter for detail) Men's Caregiver Support Group 10am FVMP Memory Café River Thyme Bistro 1:30pm Caregiver Support Group Community Church 3:30pm	17	18 Holiday Market & Bazaar Oshkosh Convention Center 9am-1:30pm
19	20 YMCA Oshkosh Memory Café 1:30pm FVMP Memory Café New London Senior Center 1:30pm	21	22 Virtual ADRC Caregiver Support Group 3:30pm-4:30pm	23 Poetry for Life Call in Show 10:30am (see newsletter for detail)	24 ADRC Office- Closed 	25 
26	27 ADRC Office- Closed	28	29 SPARK! Paine Art Center 1pm	30 Poetry for Life Call in Show 10:30am (see newsletter for detail)	31 ADRC Office- Closed 	

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
 - Contact Harper: 920-225-1711 or harper@foxvalleymemoryproject.org
- Men's 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
- SPARK!
 - Paine Art Center, Oshkosh: 920-235-6903
 - Bergstrom Mahler Museum, Neenah: 920-751-4658
 - The Trout Museum 920-733-4089
 - The Building for Kids Children's Museum 920-734-3226
- 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 and Specialized Transportation Committee
 - 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



Music Enrichment

The Lawrence Community Music School is excited to share their spring semester of Music for People with Disabilities (ages 5-adult) with the families in our community.

Registration is now live on their website.

Music Enrichment for Adults with Disabilities: (Ages 20 and older)

(Information and photo from their website)

"Adults with disabilities often seek an identity and validation; one of the ways to accomplish this is through musical expression. Classes for individuals 20 years of age and older provide opportunities for socialization, interaction and the use of music for self-expression. Through the use of singing, playing different instruments, movement to music, and working together as a group ensemble, participants gain confidence, improve self-esteem, and have fun utilizing music as the tool. Mobility needs accommodated."



Contact:

Media & Communications Specialist

920-832-6632

ashton.vicente@lawrence.edu



LAWRENCE
COMMUNITY
MUSIC SCHOOL

https://communitymusic.lawrence.edu/programs/special_needs

Marketplace Open Enrollment

Do you need health insurance? Do you want more information on health insurance through the Marketplace (also known as The Affordable Care Act or ObamaCare)? Mary Geffers works for Winnebago County during Marketplace's Open Enrollment Period, which is Nov. 1, 2021 - Jan. 15, 2022. She can assist you with completing an application, determining your eligibility, and enrolling you in a health insurance plan. If you would like health coverage to begin Jan. 1, 2022, you must apply and enroll in a health plan by Dec. 15, 2021. Many people qualify for an Advance Premium Tax Credit (APTC), which lowers their monthly premium. Call/email Mary today with any questions at 920-236-4669 or dhsapplicationcounselor@co.winnebago.wi.us

MEDICARE OPEN ENROLLMENT ENDING!

Medicare Open Enrollment started on October 15th and ends on December 7th. Medicare prescription drug plans and Medicare advantage plans can change their cost and coverage details each year. Learn more with this video from the Centers for Medicare and Medicaid Services: [Medicare and Your Medicare Open Enrollment](#).

Be sure to check your current plan, compare it to other available plans, and make sure you'll have appropriate coverage in the New Year. If you're happy with your plan's costs and coverage details for 2022, you won't need to do anything. But if you're not sure, shopping around to find what's best for you is always a good idea!

Need Help?

Contact an Elder Benefit Specialist with ADRC of Winnebago County for free, unbiased assistance with plan comparisons. Or go to www.medicare.gov to compare plans on the [Medicare Plan Finder](#).

Joan Jaworski
Oshkosh area
920-236-4685

Julie Nicks
Neenah area
920-729-2749

ENDING SOON

Holiday Event at Beaming Inc.

2692 County Road GG, Neenah



'HEE HAW' with Winston!
Saturday Dec 11th

Meet Sparkles and ALL the BEAMING Horses

9:00a-10:30a Public
10:30a-11:30a Seniors ONLY with Family Member or Caregiver(55 plus)
11:30a-1:00p Public

MASKS Required

- Cookie Decorating
- Photo Opps
- Coloring Station
- Warm Beverages

\$5.00 Minimum Suggested Donation at the Door to Benefit BEAMING Programs

VISIT BEAMING's FB Events Page

Reducing Holiday Stress

It's time for the holidays once again; decorating, shopping, parties, family gatherings, presents, greeting cards...and the list goes on and on. While many people look forward to the hustle and bustle of the season, others see the holidays as a time of stress, chaos and sadness.

People who have experienced changes due to Alzheimer's, stroke or other medical conditions may feel a great deal of loss during the holidays. Those who are caring for these loved ones may feel overwhelmed by trying to keep up holiday traditions while continuing to provide care. They may also be uncertain about gathering with friends and family for fear the changes in physical health, behavior and personality may make others uncomfortable.

If you are experiencing anxiety over the upcoming holiday season it is important to realize that these feelings are normal, and you are not alone. There are ways to reduce stress during the holiday season. Please take a moment to contemplate what you can do to better manage your life during this busy season.

- **Adjust your expectations.** You don't have to do everything you've done in the past. Talk with your loved ones and choose a few traditions to carry out.
- **Ask for help.** Involve other family members or friends in your holiday preparations. Not only does this reduce your stress, but it provides you and your loved one with socialization. Write down what needs to be done so you can ask for something specific when people offer to help.
- **Prepare family and friends before getting together.** Update family and friends on how your loved one has changed and what they can expect during their visit. Offer suggestions on how best to communicate.

- **Suggest gift ideas.** Give friends and family ideas of useful gifts they can give such as cd's, photo albums, comfortable clothing, videos or audio books. Don't forget your own wish list, too! Gift certificates for dining, laundry or cleaning services are great ideas for busy caregivers.
- **Keep the needs of your loved one in mind.** For those with memory loss, remember that distant memory stays intact the longest and plan activities accordingly, avoiding new games or activities. Many stroke survivors have lost the ability to feed themselves and may find it uncomfortable to eat in front of guests. An afternoon of looking at old slides or photos and reminiscing might be more appropriate than sharing a meal. Schedule gatherings during the day rather than in the evening since symptoms often are worse in the evening.
- **Be good to yourself.** Make it a priority to care for yourself. Getting away with friends for lunch, a movie or a concert might be just what you need. Or perhaps some time by yourself to read, write in a journal or enjoy a bubble bath is how you recharge. Determine what rejuvenates you and take the time to do it.

Don't let the hustle and bustle of the holidays add anxiety to your life! Find ways to simplify and enjoy a stress-free holiday season filled with love, joy and good memories! For more information about caregiving and resource that can help, contact **Winnebago County ADRC 1-877-886-2372** Happy Holidays!

Written by: Jane Mahoney
Older Americans Act Consultant
GWAAR



Upcoming Events in December



What is Dementia and the Warning Signs?

Are you interested in learning more about what Dementia is and how to recognize it? Do you know what a memory screening is, why they are important and how to get one?

If so, then join the '**Lunch and Learn**' at the **Menasha Senior Center** Friday, December 3rd at 11:30am – bring your own lunch
Contact the Senior Center to register for this event at (920) 967-3530.

Dementia Care Specialist hours at the Menasha Senior Center

The Dementia Care Specialist be available at the **Menasha Senior Center** to talk with interested individuals 1:1 about their questions regarding a variety of topics related to memory loss, dementia and caregiving. Alisa will provide free memory screening for anyone who is interested. Memory Screening takes less than 15 minutes and can identify possible changes in memory and cognition.

Wednesday, December 15th 10am-11:30am

Will continue every 3rd Wednesday of the month, 10-11:30am in 2022

What is a Memory Screen and Why Do You Need One?

The Dementia Care Specialist will provide a presentation on 'Memory Screening'. You can sign up to have a screen completed following the presentation.

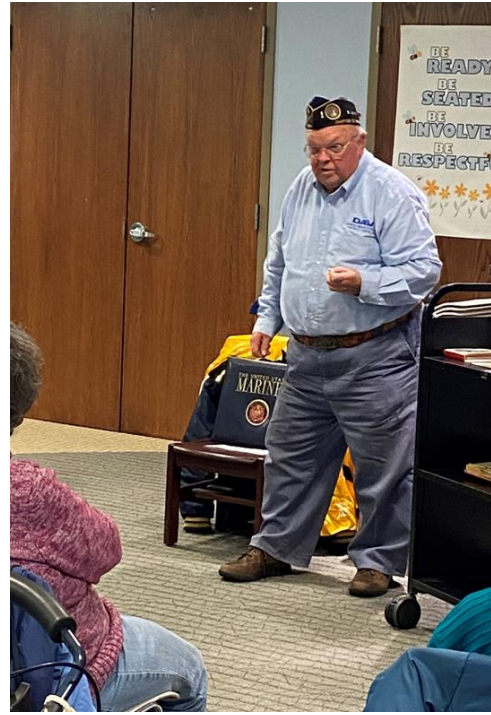
Oshkosh Senior Center

Tuesday, December 14th presentation at 9:45am, memory screenings offered from 10:30am-noon.

Contact the Oshkosh Senior Center to register for the event and to schedule your screening if you are interested (920) 232-5300

On a Positive Note
FREE HOLIDAY CONCERT
 Guest artists: Fox Sounds
 December 2, 2021, at 1:00pm
 Grand Meridian
 261 N. Oneida St., Appleton
 Masks are required

FOX VALLEY
MEMORY PROJECT
 United Way



We celebrated Veterans Day in November and were honored to have Roy Rogers, Vietnam War Veteran and recipient of a Purple Heart, share his heroic and inspiring stories about his life of service to his country and community at our Memory Café at the Menasha Public Library.



Poetry for Life: Call-in Show

Every Thursday, 10:30am CST

Call (609) 663-1816

(No access code needed.
 If you want to talk press*6)

Fabu Carter and Gary Glazner

Please join poets Gary Glazner and Fabu Carter for Poetry for Life, a 30-minute-long show. We perform and create poems with the group. Lots of humor and fun! For those living with dementia, their care partners, family and friends.

Contact poet Gary Glazner for more info at: garyglaznerpoet@gmail.com

Partially funded by the RRF Foundation for Aging and Bader Philanthropies, Inc. For their support we thank: Aging and Disability Resource Center of Dodge County; the Alzheimer's & Dementia Alliance of Wisconsin; Fox Valley Memory Project; SPARK! Alliance and the Wisconsin's Family Caregiver Support Programs.

Memory Cafes for the Month of December

In-person Memory Café



*Oshkosh West
Madrigal Choir!*

**Wednesday, December 8
1:30PM-3:00PM**



Oshkosh Public Library



In-person Memory Café

There is no Memory Café at
Menasha Public Library this month.

Have a wonderful holiday!



In-person Memory Café



*Celebrate the
Holidays With Us!*

**Monday, December 20
1:30PM-3:00PM**



Neenah Public Library



In-person Memory Café



*Let's Eat, Drink
and Be Merry!*

**Monday, December 20
1:30PM-3:00PM**



Oshkosh YMCA

If you would like additional
information on the Cafés contact
Alisa 920-236-1227



MOVE YOUR BODY

OSHKOSH YMCA
 OUTREACH
 EXERCISE CLASS

WEDNESDAYS • 10-10:30 a.m.

FREE WEEKLY VIRTUAL WORKOUT FOR SENIORS. ANYONE CAN ATTEND!

JOIN US for a fun and engaging community workout! Anyone is welcome to participate. All exercises will take place in a chair but some can be done standing, if desired. No other equipment will be used. In addition to the physical benefits, this is a fantastic opportunity for participants to connect and engage with one another!



JOIN ZOOM MEETING: <https://bit.ly/31vAY5o>
 Meeting ID: 835 7425 4739
 Passcode: 123456

OSHKOSH COMMUNITY YMCA • www.oshkoshymca.org
 Downtown • 236-3380 • 324 Washington Avenue
 20th Avenue • 230-8439 • 3303 W. 20th Avenue



Christmas Word Search

A	L	X	O	Y	A	D	I	L	O	H	J	O	Y	I	N	S	Q
S	G	I	N	G	E	R	M	A	H	T	A	E	R	W	M	Z	A
H	Y	S	E	M	E	A	N	S	A	M	T	S	I	R	H	C	N
P	W	O	T	R	E	E	J	Y	C	A	N	D	Y	C	A	N	E
L	R	Q	A	O	K	E	L	O	V	I	A	N	F	G	T	H	N
O	S	H	R	G	C	O	W	V	O	W	S	R	A	W	R	I	A
D	J	V	B	E	S	K	N	G	E	H	O	X	M	N	E	D	W
U	O	O	E	L	I	K	I	D	O	S	L	G	E	D	E	O	I
R	L	Q	L	S	T	H	A	N	T	L	Z	D	C	O	D	N	G
J	U	E	E	L	O	C	K	Y	G	P	E	G	S	G	N	Y	N
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E	L	O	B	E	R	S	M	I	S	T	L	E	T	O	E	W	H
E	I	R	E	I	N	T	E	B	E	X	W	F	I	R	R	S	T

- SANTA
- CELEBRATE
- BELLS
- RUDOLPH
- MISTLETOE
- STOCKING
- CANDY CANE
- FROSTY
- REINDEER
- WREATH
- ELVES
- CHRISTMAS
- TREE
- JOLLY
- HOLIDAY
- SLEDGE



WORD SCRAMBLE!

SKOICOE _____

ASTAN ULCSA _____

OTH COOLTHACE _____

GLIHES SELBL _____

LOCARS _____

LIMSOTTEE _____

BIGGEEDARRN _____

SHLITG _____

EONGGG _____

VAINTYIT _____

PURHOLD _____

YADNC NECA _____

MOWNANS _____

BEEEDRCM _____

GLANE _____

TINCKGOS _____

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FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GET CONNECTED STAY CONNECTED

One-on-One Technology Appointments NEENAH-MENASHA YMCA

Staying connected has never been so easy! We are offering one-on-one appointments to help you learn the basics of today's technology and how you can stay up to date with family and friends all over the world. Instruction is available for those age 55 and older. Come learn more about the technology on your own device and at your own pace. We encourage participants to meet with us more than once!

Schedule an Appointment

Schedule a one-on-one appointment now by contacting:
Julie Swiecichowski
 (P) 920.886.2177
 (E) jswiecichowski@ymcafoxcities.org

To help us prepare for our appointment, we will ask you to share a few details about what you would like to learn. Our staff and volunteers can help you learn about such things as phone settings, Facebook, Google, Messaging, Zoom, FaceTime, the App Store, online shopping, online library services, navigating websites and more.

We will also ask you to bring your own device, so you can learn how easy it is to stay connected. If you do not own a device, rental equipment is also available for a fee.

COST: FREE

Grant funding for Get Connected Stay Connected was awarded by Bader Philanthropies, Inc.



For more information or to setup a time for your instruction, please contact Julie Swiecichowski at jswiecichowski@ymcafoxcities.org or 920.886.2177



Halloween
 We had fun celebrating 😊
 Several of us dressed up as idioms!



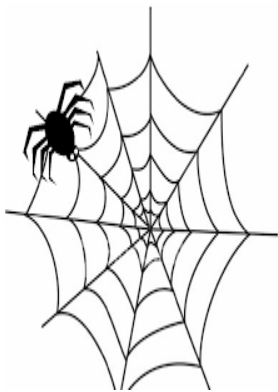
Busy Bees!
 Robin Schwartz & Dawn Gillett
 ADRC Support Staff



Read between the lines!
 Beth Roberts
 ADRC Director



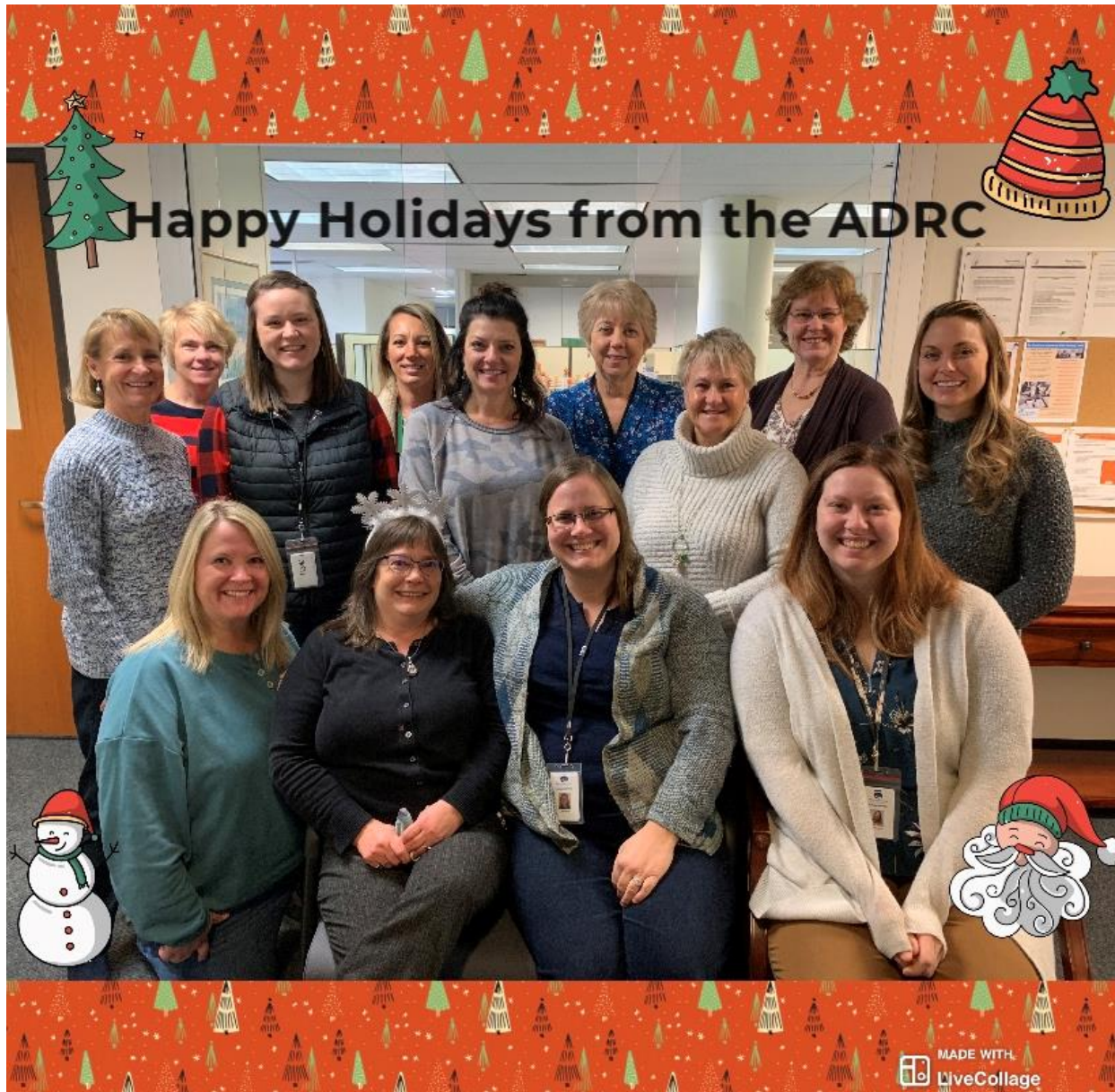
I'm all ears!
 Rebecca Groleau
 ADRC Specialist



Get your ducks in a row!
 Linda Carder
 APS Worker



It takes two to tango!
 Melissa Sell
 (ADRC Specialist)
 &
 Karenna Jolin
 (ADRC Assistant)



Answers to the word scrabble: (1) Cookies, (2) Santa Claus, (3) Hot Chocolate, (4) Sleigh (5) Bells, (6) Carols, (7) Mistletoe, (8) Gingerbread, (9) Lights, (10) Eggnog, (11) Nativity, (10) Rudolph, (11) Candy Cane, (12) Snowman, (13) December,(14) Angel,(15)Stocking