

Aging & Disability Resource Center of Winnebago County Newsletter



WHAT DOES AN AGING & RESOURCE PROGRAM SUPERVISOR DO?

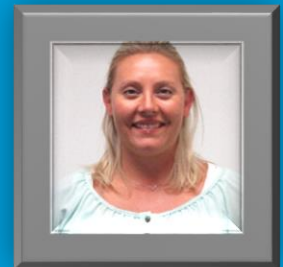
The Aging & Disability Resource Center (ADRC) of Winnebago County has an Aging & Resources Program Supervisor. This position is held by Bryn Ceman.

This position oversees the county's Elder Benefit Specialists, Disability Benefit Specialists, and Adult Protective Services team. Bryn ensures the provision of quality services and programs for the consumers of the ADRC. She provides oversight of all Federal Older Americans Act and Wisconsin Elders Act funding and programs, transportation, and volunteer services. She also provides outreach and does public presentations regarding the ADRC.

The ADRC monthly newsletter offers information about upcoming events, hot topics, and staff introductions. If you would like to receive a free copy, please contact Rebecca at #920-236-1227 or email her at rgroleau@co.winnebago.wi.us

MEET OUR STAFF

Hi, my name is Bryn Ceman. I have been the Aging & Resources Supervisor and Aging Director since July of 2019. Prior to this role, I worked in a variety of capacities within a long-term care non-profit agency & county government. I am learning a lot in my new role! I have grant writing responsibilities. I am involved in our evidenced-based health promotions workgroup. I support our County's nutrition program in partnership with Advocap. I oversee transportation & other program contracts, and have supervisory responsibilities for our County's Disability & Elder Benefits Specialists and Adult Protective Services staff. I enjoy community outreach & education events that allow us to share how our County's ADRC can be of help to you and your loved ones. I am married and have three elementary-aged children, and a new puppy! We enjoy boating, swimming, campfires, charades, waterparks and our annual family trip to any place warm. Although our family get-togethers and our holidays may look different this year I wish you all the best.



Bryn
Ceman

ADRC of Winnebago County

220 Washington Ave, Oshkosh
211 N. Commercial St, Neenah

877-886-2372
adrc@co.winnebago.wi.us

Peanut Butter Christmas Cookies!

Ingredients

- 1/2 cup softened butter
- 1/2 cup granulated sugar
- 1/2 cup packed brown sugar
- 1/3 cup peanut butter
- 1 egg
- 1/2 tablespoon vanilla extract
- 1 3/4 cup all-purpose flour
- 1 teaspoon baking soda
- Wilton pearlized nonpareil Christmas sprinkles
- Peppermint Hershey's kisses (any kind work)

Instructions

- Preheat your oven to 350F.
- Line a baking sheet with a piece of parchment paper.
- In a large mixing bowl, beat your softened butter with your sugars.
- Now mix in peanut butter, egg, and vanilla.
- Then mix in your flour and baking soda.
- Mix in a few tablespoons of sprinkles and scoop out your dough with a tablespoon and roll it into a ball.
- Bake for 10 minutes.
- Let your cookies cool for about 5 minutes and then place an unwrapped Hershey's Kiss into the top of each cookie and let your cookies cool completely (if you place the kisses in too soon, they will melt).
- ENJOY!




Our 2021 Resource Directory has been printed and is available. Please call us for your free copy! You can also see this directory online by visiting our website.



Happy Holidays and New Year from the staff at the ADRC of Winnebago County! Wishing you all good health and happiness!



Upcoming December Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30 Drive-Thru Mobile Food Pantry 10am-12pm (Oshkosh West)	1 Virtual Memory Café	2 Drive-Thru Mobile Food Pantry 1pm-3pm (Nathan Calder Stadium - Menasha)	3 Virtual Caregiver Support Group Drive-Thru Mobile Food Pantry 10am-12pm (Appleton North High School)	4 Craft Virtual Memory Café	5 Oshkosh Farmer's Market 8am-12:30pm (Oshkosh Convention Center) Future Omro Holiday Party 5-8pm
6	7 Medicare Open Enrollment Ends Drive-Thru Mobile Food Pantry 10am-12pm (Oshkosh West)	8 Virtual Memory Café "Indoor Activities to do at Home with Adults with Memory Loss" Presentation (read about it in this newsletter)	9 "Dementia Care and the Holidays" Presentation (read about it in this newsletter) Drive-Thru Mobile Food Pantry 1pm-3pm (Nathan Calder Stadium - Menasha)	10 Virtual Caregiver Support Group Drive-Thru Mobile Food Pantry 10am-12pm (Appleton North High School)	11 Craft Virtual Memory Café	12 Oshkosh Farmer's Market Holiday Bazaar 8am-3pm (Oshkosh Convention Center)
13	14 Drive-Thru Mobile Food Pantry 10am-12pm (Oshkosh West)	15 Virtual Memory Café Marketplace Open Enrollment Ends	16 Drive-Thru Mobile Food Pantry 1pm-3pm (Nathan Calder Stadium - Menasha)	17 Virtual Caregiver Support Group Drive-Thru Mobile Food Pantry 10am-12pm (Appleton North High School)	18 Craft Virtual Memory Café	19 Oshkosh Farmer's Market Holiday Bazaar 8am-3pm (Oshkosh Convention Center)
20	21 Drive-Thru Mobile Food Pantry 10am-12pm (Oshkosh West)	22 Virtual Memory Café	23 Drive-Thru Mobile Food Pantry 1pm-3pm (Nathan Calder Stadium - Menasha)	24 ADRC: Closed	25 ADRC: Closed 	26
27	28 Virtual Memory Café Drive-Thru Mobile Food Pantry 10-12pm (Oshkosh West)	29 Virtual Memory Café	30 Drive-Thru Mobile Food Pantry 1pm-3pm (Nathan Calder Stadium - Menasha)	31 ADRC: Closed 	1 ADRC: Closed 	To get Zoom information on the events, contact Rebecca Groleau at (920) 236-1227



Drive-Thru Mobile Food Pantry

- Feeding America has partnered with the USDA to distribute this food.
- See dates of local pantries on this newsletter's calendar.
- Open to the public.
- Do not exit vehicle at any time.
- Follow directions on posted signs.
- Have room in your vehicle's trunk or backseat to accommodate boxes of food.
- First come, first served – so get there early!
- There is no income or asset limits – anyone is welcome!

We are still here for you! Please know all parts of our ADRC continue to operate, just operating differently than we used to due to the pandemic. It is best to call us or email us to talk about your needs or questions.



Congratulations to Cindy Pischke who will be retiring in January 2021! Cindy is one of the ADRC's Information and Assistance Specialists. She has worked for Winnebago County for 43 years! She started working for Winnebago County on June 20th, 1977. She has worked in several areas of the county including child welfare, foster care, long-term support, and the ADRC. Thank you, Cindy for all of your service to our consumers and community. You will be missed! Enjoy this new chapter!



Medicare Open Enrollment ends Dec 7th!

What can I do during Medicare open enrollment?

- Switch from Original Medicare to a Medicare Advantage Plan
- Switch from a Medicare Advantage Plan to Original Medicare
- Change Medicare Advantage plans
- Change Medicare Part D plans, sign up for Part D, or drop Part D
- There is another open enrollment only for people who are in Medicare Advantage plans. It runs January 1st through March 31st. People who are already enrolled in a Medicare Advantage plan can switch to a different Advantage plan (with or without drug coverage), drop the Advantage plan and return to Original Medicare and enroll in a stand-alone Part D plan. During this January to March period a person can't enroll in an Advantage plan if all they have is Medicare nor can they switch drug plans.
- Need help or have questions? You can call our office to speak to one of our Elderly Benefit Specialists (age 60+) or Disability Benefit Specialists (ages 18-59).

Marketplace Open Enrollment ends Dec 15th!



Did you know that we have someone available to ask questions to about Marketplace health insurance? You may have also heard Marketplace referred to as the Affordable Care Act or Obamacare. Marketplace open enrollment ends Dec 15th. We have an employee, Mary Geffers who can assist you in applying for health insurance through the Marketplace. You can reach Mary at 920-236-4669 or dhsapplicationcounselor@co.winnebago.wi.us

New Support Group

This support group was created to help caregivers who have loved ones living in a facility. We recognize that it is difficult to remain connected with loved ones while facilities are doing their best to keep COVID from entering. This support group will take place virtually to start, and they will continue to monitor the COVID-19 situation to determine when it is safe to return to in-person meetings. Meetings will be open, with no requirement to RSVP.

The support group will take place monthly on
the 2nd Thursday at 12pm

Join at www.bit.ly/FacilitySupportGroup

*Please call or email for the passcode

This group is coordinated by the Fox Valley Memory Project. However, the person living in the facility does not have to have Dementia. This group is for anyone. Participants can live outside of the Fox Valley.

Contact information:

Harper Smith
Program Coordinator
Fox Valley Memory Project
1800 Appleton Road
Menasha WI 54952
920-225-1711
harper@foxvalleymemoryproject.org



SAVE THE DATE!

Join Us for an Exclusive Virtual Presentation with Teepa Snow:
Dementia Care and the Holidays



Wednesday, December 9, 2020

2:00 pm to 3:00 pm ET

Senior Helpers is proud to once again partner with Teepa Snow and Positive Approach to Care on this informative webinar on Dementia Care and the Holidays. The session is designed to help learners better understand the impact of dementia on traditional celebrations, holiday festivities, family gatherings, and special events. The goal is to help everyone enjoy these times while minimizing stress and maximizing positive and joyful moments. The session will help learners appreciate the changes that dementia is causing, what the person can still do and enjoy, and ways to cope with challenges or frustrations to improve interactions for all.



Teepa Snow,
MS, OTR/L, FAOTA

REGISTER TODAY:

<https://register.gotowebinar.com/register/2326114016203596559>

SPONSORED BY



Senior Helpers of Madison

608-729-5365

www.seniorhelpers.com

QUICK, AFFORDABLE AND EASY ACTIVITIES TO DO WITH YOUR LOVED ONE AT HOME



JOIN US ON TUESDAY, DECEMBER 8, 2020!

Join Dementia Care Specialists Carley Prochaska and Rebecca Groleau for a 30 minute presentation on quick, affordable and easy activities to do with your loved one at home.

WHEN: TUESDAY, DECEMBER 8
TIME: 1:30PM - 2:00PM
WHERE: ONLINE



Please RSVP by Monday, December 7th.

To RSVP, contact Dementia Care Specialist, Carley Prochaska by email at prochasc@co.portage.wi.us or Rebecca Groleau at RGroleau@co.winnebago.wi.us



COVID-19 Testing Sites

There is a new COVID-19 testing site in Oshkosh at the UW-Oshkosh Culver Family Welcome Center. This is located at 625 Pearl Avenue, Oshkosh. This site offers free rapid testing for anyone over the age of 5 years old. **This is different from other testing sites as the results are rapid and do not require a 3-5 day wait.** It is open 11am-7pm Monday-Friday. This is by appointment only. Please register here at www.doineedacovid19test.com. There are a number of other testing sites available in Winnebago County:

- **Sunnyview Expo Center**
 - 500 E. County Road Y, Oshkosh
 - Monday-Friday from 10am-6pm, Saturday from 8am-4pm
 - Pre-register at <https://register.covidconnect.wi.gov/en-US/>

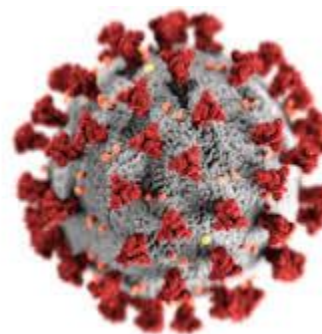
- **Appleton North High School**
 - 5000 N. Ballard Rd, Appleton
 - December 1-2 from 8am-4pm and December 7-9 from 8am-4pm
 - Pre-register at <https://register.covidconnect.wi.gov/en-US/>

- **Menasha – Christ Rock Community Church**
 - W6254 US Highway 10 114, Menasha
 - December 3-5 from 8am-4pm
 - Pre-register at register.covidconnect.wi.gov

- **ThedaCare Physicians-Neenah**
 - 333 North Green Bay Rd, Neenah
 - Monday – Friday from 9am-5pm
 - By appointment only
 - Register at www.doineedacovid19test.com

- **RXLink Pharmacy**
 - 144 E. College Ave, Appleton
 - Monday – Friday from 8am-6pm, Saturday from 8am-4pm, Sunday from 10am-2pm
 - Testing available for any age, Spanish speaking on site
 - Register at www.rmlinkpharmacy.net or call #920-202-2772

- **Select CVS Pharmacies**
 - 901 S. Green Bay Rd, Neenah & 1736 W. 9th Ave, Oshkosh
 - By appointment only: <https://cvshealth.com/covid-19/testing-information-locations>



Information listed above is subject to change. You can also visit the Winnebago County Public Health website at www.co.winnebago.wi.us/health, email Health@co.winnebago.wi.us, or call toll free at #1-800-250-3110

