

Aging & Disability Resource Center of Winnebago County Newsletter

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February 2022

What is the Rent Smart Program?

This program is designed to help individuals who have no rental experience, poor rental history, bad credit history, or who have had other issues that may be a red flag to landlords. Rent Smart partners are Legal Action, Oshkosh/Winnebago County Housing Authority, and the Winnebago Apartment Association. The program focuses on the knowledge and skills to be a good renter. Topics covered will be: how much rent can you afford, the application process, who's responsible for repairs/maintenance, communication, and rental agreements. An individual that completes the full course will receive a certificate of completion. This is accepted by the Oshkosh Housing Authority as one year of positive rental history. Private landlords may accept this at their discretion. These sessions occur several times throughout the year at various locations in the county and monthly online via Zoom. The entire course is six hours long. To learn more or register, please call the University of Wisconsin-Madison Division of Extension Winnebago County at (920) 232-1970 or register at <https://winnebago.extension.wisc.edu/hdr/rent-smart/> (compatible with Chrome). You can also visit <https://fyi.extension.wisc.edu/rentsmart> to learn more about the Rent Smart Program.

- **January 2022: 2 consecutive Saturdays January 22 & 29 1-4:30 pm (check in Saturday, January 15)**
- **February 2022: Monday, Wednesday, and Friday 9-10 am February 7, 9, 11, 14, 16, 18 (preprogram check in Monday, January 31)**
- **March 2022: Tuesdays and Thursdays 7-8 pm March 1, 3, 8, 10, 15, 17 (check in Tuesday, February 22)**
- **April 2022: Monday and Thursdays 1-2 pm April 4, 7, 11, 14, 18, 21 (check in Monday, March 28)**
- **May 2022: 2 consecutive Saturdays 9 am - 12:30 May 14 and 21 (check in Saturday, May 7)**
- **June 2022: Monday, Wednesday, and Friday 9-10 am June 6, 8, 10, 13, 15, 17 (check in Monday, May 30)**

Location: Live, online instruction via Zoom; Zoom links sent after completing registration.

Online registration form: <https://go.wisc.edu/Rentsmartregister>

Cost: FREE!

What you will learn:

- Planning for and meeting monthly expenses
- Tips for finding and maintaining affordable housing
- How to complete an application and why landlords screen applicants
- Strategies for building positive relationships with landlords and neighbors
- Responsibilities and rights of landlords and tenants
- **Participants must complete all 6 modules to earn the Rent Smart certificate**



Rent Smart

Taught by Extension Educators
Helping to make renting a great experience for you!

Strawberry and Snicker Sticks

Ingredients

- 16 small strawberries or 8 large (halved if large)
- 6 fun-size Snickers bars, halved
- Carmel sauce (for serving)
- Coarse sea salt (for serving)
- 4 Bamboo skewers

Directions

- 1) Line a large rimmed baking sheet with parchment paper.
- 2) Thread the strawberries onto bamboo skewers, alternating with the Snickers pieces.
- 3) Transfer to the prepared baking sheet and freeze until firm, at least 4 hours.
- 4) When ready to serve, transfer the frozen fruit kebabs to a serving platter, drizzle with the caramel, and sprinkle with coarse sea salt.



MUGS FOR RUGS LAUNCH

Do you know someone age 65 or older and lives in the City of Oshkosh? If you've been over to their house lately, have you noticed that they have one or more throw rugs throughout their living area? If so, they are eligible for our new program called, *Mugs for Rugs*. This new program is funded by a generous grant from the Ladies Benevolent Society, and our promotional partners 4Imprint and ArtCity.



"The goal of this program is to reduce falls among older adults in our community", said Fire Chief Mike Stanley. "We want you to get rid of those throw rugs, 4'x6' or smaller and get one free mug that may be refilled once per day for free at the following local coffee shops".



Rugs may also be exchanged for mugs at the Oshkosh Seniors Center.

The staff in our Long-Term Division collected over \$200 in gift cards/money along with garbage bags, sleeping bags, and men's shoes to donate to the Day by Day Warming Shelter over the holidays. Thank you to Shelley Swanson (Adult Protection Worker) and Jill Devine (ADRC Specialist) for delivering our donation.

Thank you to the Day-By-Day Warming Shelter staff for the impact you make in our community!

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 next few newsletters, we will be featuring your local senior/community centers. This month we will feature the Omro Community Center. In future newsletters, you will learn more about the Oshkosh Senior Center, Menasha Senior Center, and Pickett Community Center.



The Omro Area Community Center (OACC) is located on Larrabee Street in Omro. OACC is a non-profit organization that is operated/managed by small staff, 7 board members, and dedicated volunteers. Their mission is "to strengthen the lives of individuals, families, and the community by offering health, educational, and economic, and intergenerational activities." The OACC as the philosophy that people of all ages can learn and grow together. They have a number of programs that are fitting for children and people of all ages.

Their building is the historic High School Gym Annex. In 1995, this building was renovated and the Gym Annex was listed as one of the state's 10 most endangered historic buildings by the Wisconsin Trust. The facility and programming had a recent re-grand opening in August 2021.



OACC works with the Omro School District to promote literacy through several programs: "Literacy and Learning Through Music" program, Dolly Parton's "Imagination Library", and "Little Fox Literacy". OACC also helps refer community members to other agencies like the ADRC of Winnebago County and Advocap. OACC also partners with "Future Omro" to help enhance the community and economic development of the Omro area.

OACC offers number of activities and programs like: exercise classes, an Advocap meals site, BINGO, "Omro Rocks" program (rock painting and hiding in the community), Aggravation (game) tournaments, blood drives, health chats, babysitting courses, First Aide courses, Alcoholics Anonymous meetings, nail clinics, etc.... Their beautiful center can also be rented out for things like birthday parties, bridal showers, or meetings. On the 1st Monday of each month they have a "Sweet Treats" Coffee Clutch at 9:30am. Coffee, beverages, and treats provided by Red's Piggly Wiggly.

In 2021, they held a number of community events. Some of those events were the "Pork Pull/Rummage Sale", "Breakfast with Santa", "Annual Halloween Spooktacular", and "Annual Rhubarb Fest".

You can reach the Omro Community Center by dropping by, calling, emailing, or messaging on Facebook.

Address: 130 W. Larrabee St in Omro, WI 54963

Hours: Monday -Friday 8am-4pm

(Closed on holidays, Omro School District snow days, and any closures related to the City of Omro)

Email: Bree Goodearle - bree@omrocommunity.org

Phone: 920-685-0380 x 21

Website: www.omrocommunity.org

Chair Exercise Classes



"Literacy and Learning Through Music" Program
Elementary students come to the center for special singing activities to teach them reading concepts in a creative way.




Annual "Breakfast with Santa" Event



*Credit: Information and pictures on OACC was gathered via communication with their organization and off their website.

February Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Oshkosh Committee on Aging Meeting 8am	2 FVMP Memory Café Fox West 1:30pm	3 Mindworks Class Oshkosh Public Library & Goodwill Comm. Center 11am-2pm FVMP Memory Café River Thyme Bistro 1:30pm Diversity Affairs Commission Speaker 3pm (read further in newsletter)	4	5 Oshkosh Farmers Market Oshkosh Arena 9-12:30pm
6 SPARK! The Building for Kids 1pm	7 Coffee Clutch 9:30am Omro Area Community Center Memory Care Respite Neenah 1:30pm-3:30pm Winnebago County Human Services Board Meeting 3pm	8 TLC Caregiver Support Group 1pm Specialized Transportation Meeting 1:30pm	9 SPARK! The Trout Museum of Art 1pm FVMP Memory Café Oshkosh Library 1:30pm FVMP Memory Café Mosquito Hill 1:30pm	10 Mindworks Class Oshkosh Public Library & Goodwill Comm. Center 11am-2pm FVMP Caregiver Meet-Up Neenah Library 1pm Virtual ADRC Caregiver Support Group 3:30pm-4:30pm	11 Menasha Committee on Aging 1pm	12 Oshkosh Farmers Market Oshkosh Arena 9-12:30pm
13	14 SPARK! The Trout Museum of Art 1pm Memory Care Respite Neenah 1:30pm-3:30pm FVMP Memory Café Kaukauna Public Library 1:30pm ADRC Committee Meeting 3pm Valentine's Day 	15 Caregiver Support Group 2:30pm SPARK! Bergstrom Mahler Museum, Neenah 10:30am	16 Memory Screenings Menasha Senior Center 10am-11:30am FVMP Memory Café Menasha Library 1:30pm	17 Neenah Committee on Aging 9:15am Men's Caregiver Support Group 10am Memory Screenings Oshkosh Senior Center 10:30am-12pm Mindworks Class Oshkosh Public Library & Goodwill Comm. Center 11am-2pm FVMP Memory Café River Thyme Bistro 1:30pm Caregiver Support Group Community Church 3:30pm	18	19
20 FVMP 'On a Positive Note Choir' 1pm St. Margaret Mary Parish Hall	21 FVMP Memory Café Neenah Library 1:30pm	22 Men's Caregiver Support Group 10:30am TLC Caregiver Support Group 1pm Memory Care Respite Oshkosh 1:30pm-3:30pm	23 SPARK! The Paine Art Center 1:00pm FVMP Memory Café Kimberly Municipal Complex 1:30pm	24 Neenah Committee on Aging 9:15am 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	25	26 Cookies & Cocoa Hot Cocoa Tasting 11am-4pm Hosted by "Future Omro" Contact #920-685-6960
27	28 FVMP Memory Café Oshkosh 20 th YMCA 1:30pm FVMP Memory Café New London Senior Center 1:30pm					

Calendar Contact Information

Please view our online calendar for additional events:

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

- Fox Valley Memory Project (FVMP) Memory Café, Mindworks Class, TLC Caregiver Support Group, Men's Support Groups & Caregiver Meet-Up Support Group
 - Contact FVMP: 920-225-1711 or info@foxvalleymemoryproject.org
- 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, Appleton: 920-733-4089
 - The Building for Kids Children's Museum Appleton: 920-734-3226
- Coffee Clutch – Omro Area Community Center
 - Contact Bree - 920-685-0380 x 21 or bree@omrocommunity.org
- Memory Care Respite
 - Neenah Contact: 920-383-1180 or memorycarerespite@gmail.com
 - Oshkosh Contact: 920-727-5555 ext. 2217
- 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



After some technical difficulties,
we have a new Facebook page!

Give us a like!

**Winnebago County Aging &
Disability Resource Center**

Wise Wisconsin

A LIFE SPAN PROGRAM VIRTUAL LEARNING SERIES

One-hour sessions on Wednesdays at 9am
February 2nd - March 9th, 2022 via zoom

Registration here: <https://go.wisc.edu/5u4ez3>

February

2nd - Old at Heart:
Reframing the way we
think and talk about
growing older

9th - Compassion
Resilience

16th - Advanced Directives?
What are those?

23rd - Jump Start your
Energy!

March

2nd - The Retirement
Transition

9th - Preparing for the
Growing Season

**Registration is
required. Links will be
sent the week of each
session to registered
participants.**

Check out <https://go.wisc.edu/i2165a> for more details.



Extension

UNIVERSITY OF WISCONSIN-MADISON

An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.

Email Sara Richie, Life Span
Program Manager, at
sara.richie@wisc.edu with any
questions.



EASE INTO FITNESS

CHAIR CARDIO & CORE

DOWNTOWN • Studio 4
WEDNESDAYS
10:45-11:30 a.m.

OPEN
TO ALL
AGES

FREE FOR MEMBERS!

Ease into fitness with this NEW chair exercise class designed for people who struggle with balance, have limited mobility, or are new to exercise! No equipment needed and no getting up and down from the floor. Improve muscle tone and flexibility and increase the efficiency of your heart and vascular system while working at your own pace with others just like you!

It's never too late to start exercising!

OSHKOSH COMMUNITY YMCA www.oshkoshymca.org
Downtown 236-3380 324 Washington Avenue



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

The DAC Speaker Series is an opportunity for you to meet diverse community members who are living and working in our community and to increase your understanding of how we as individuals and a community can do better in building inclusive environments. Speakers tell their stories, share historical perspectives and provide the audience with recommendations for doing their own learning and work.

**THURSDAY
FEBRUARY 3
3:00-4:30 PM**

<https://zoom.us/join>
Or Phone: 312-626-6799
Meeting ID: 955 5777 0820
Passcode: 510226
No Registration Required



Damira Grady, PhD

Associate Vice Chancellor for Academic Support of
Inclusive Excellence & University Diversity Officer

Dr. Damira Grady is an established role model and advocate for equity and social justice. Dr. Grady's desire is to forge multidisciplinary partnerships, both on- and off-campus, that create leadership opportunities and support student success and social mobility. Dr. Grady brings an extensive leadership background in student support and works tirelessly at refining processes, policies and programs that support an inclusive educational environment.

As the Associate Vice Chancellor for Academic Support of Inclusive Excellence and University Diversity Officer, Dr. Grady leads the development of student programs and support services in the Division of Academic Support of Inclusive Excellence. Through this work, Dr. Grady is committed to engaging in purposeful learning and dialogue, shared leadership, and action that serves to ensure a sense of community and belonging for all students.

To see Dr. Grady's full biography, please visit:
<https://uwosh.edu/asie/about/directory/damira-grady/>

UWO
UNIVERSITY OF WISCONSIN
OSHKOSH

Our Mission: "Winnebago County's Diversity Affairs Commission embraces diversity, inclusion, and belonging by bringing the community together to listen to one another, learn together, and encourage our community to act in ways that help people thrive."

<https://www.co.winnebago.wi.us/content/committees/diversity-affairs-commission>

NEW Mindworks Class!

Classes will be held Thursdays
starting February 3rd
from 11:00am - 2:00pm
Oshkosh Public Library
106 Washington Avenue, Oshkosh
Lunch will be provided - Cost is \$10 per session



Mindworks is a facilitated program designed for people with early symptoms of memory loss. The curriculum promotes overall health and wellness, brain health and social connections through classroom activities, community engagement, service projects, and physical activity.

**Please contact Courtney Tienor at
920-225-1724 for more information.
www.foxvalleymemoryproject.org**

~February 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, February 16 – 1:30 – 3:00p

Manderfield's Bakery has been a staple of Menasha and the Fox Valley for 85 years! Come listen and learn about the history of Manderfield's Bakery and how the bakery has impacted our community!

Neenah

Neenah Public Library, 240 E Wisconsin Avenue, Neenah – Monday, February 21 – 1:30 – 3:00p

We will start the afternoon by creating a heart of kindness, and end with a game based on famous couples.

Oshkosh

Oshkosh Public Library, 106 Washington Avenue, Oshkosh – Wednesday, February 9 – 1:30 – 3:00p

In honor of the shortest month of the year, let's celebrate all things short – like minute to win it games, two sentence short stories, and of course – short cake!

Oshkosh YMCA, 3303 W 20th Avenue, Oshkosh – Monday, February 28 – 1:30 – 3:00p

Get into the Mardi Gras spirit! Mardi Gras is about music, parades, beads, floats, and excitement. We'll share and discuss the meaning behind Mardi Gras, and revel in the traditions of this historical celebration.

The Building for Kids is excited to be hosting a SPARK! extension at the Performing Arts Center (PAC) in 2022! They will be creating art at their regular **Sunday, February 6, 2022 SPARK!** program to be incorporated into and displayed at this extension program; this event includes tickets to [Don't Let the Pigeon Drive the Bus: The Musical](#). There will be a small cost for this extension to cover needs at the PAC.

March 18, 2022 - \$5 per person - Masks Required

4:30-5pm- SPARK! Participant arrival

5-6pm- SPARK! Program

6-7pm- Don't Let the Pigeon Drive the Bus: The Musical Performance

This timeline will allow you early access to the building and will be hosted in a separate space from the public. There will be easy access to bathrooms and the seats, and you will be able to take a break during the programming space during the show if need be. Please RSVP by calling the Building for Kids at 920-734-3226 or by stopping in.





Want to horse around? Looking for something new to do in 2022? BEAMING Inc. is searching for individuals with moderate to early stages of memory loss for their programs that will begin in March. BEAMING Inc. is a non-profit organization in Neenah, Wisconsin that offers equine-assisted riding and activities. Its unique programming focuses on providing equine experiences for individuals with special needs and community members. BEAMING clients participate in riding and face-to-face interactions with our specially trained horses. Our professional certified instructors are with our participants every stride and work diligently to provide safe and meaningful experiences.

More than 5 million people are living with dementia and experience behavior and psychological issues that can negatively impact their quality of life and their families. 'Riding in the Moment' is an adaptive equine program to enhance the quality of life for people with dementia, and other forms of memory loss. In partnership with Dr. Beth Fields and her team at UW Madison, the first 'Riding in the Moment' program was held at BEAMING Inc. in July and August of 2021. BEAMING Inc. is now only the second equine center in the United States to offer 'Riding in the Moment'.

Over the course of four to eight weeks, participants are provided a safe, supportive and dynamic environment where they could ride, groom and pet the horses as well as engage with staff, volunteers and other participants in the experiential ranch setting or onsite at memory care centers.

BEAMING Inc. brings horses to area memory care centers in conjunction with their onsite program. This provides a focus on clients, community enrichment and continued improvement of quality of life for those suffering with mild to moderate stages of memory loss including their care partners.

BEAMING Inc. also hosts memory cafes at their equine center. In November 2019, BEAMING held the very first Equine Memory Café in the state of Wisconsin. Since then, BEAMING continues to have memory cafes and will offer their next one in May.

If you are interested in these programs, please call BEAMING Inc. at 920-851-6160 to get signed up or email incbeaming@gmail.com. More information can be found on their website at www.Beaminginc.org.