

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



January 2022

Congratulations to our Upcoming Retirees!

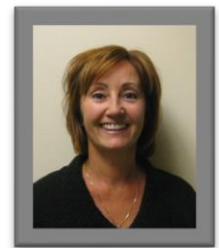
Our two Elder Benefit Specialists have announced their upcoming retirements. Julie Nicks (based out of our Neenah location) will be retiring on January 21st, 2022. Joan Jaworski (based out of our Oshkosh location) will be retiring on March 1st, 2022. This dynamic duo will certainly be missed by our department as well as by the customers and families they serve. Joan & Julie – we wish you health and happiness as you embark on this new chapter!

Joan started working in Winnebago County as a limited term employee and processed Wisconsin Home Energy Assistance Program applications. When that position ended, she transitioned to Economic Support in 2002. Her first office was in Neenah. She spent approximately 5 years in Economic Support and then the Elder Benefit Specialist position became available in Oshkosh where she was living. Joan shares "I will miss seeing all my regular customers" and "Winnebago County has the best coworkers, I will miss being part of that team and seeing all their smiling faces." Joan's 3 children live outside of the state, so she is excited to visit them and see her grandchildren more often during her retirement. Thank you for 20 years of service, Joan!

Julie started working for Winnebago County part-time as a Title IV-E Specialist for 4 years. That job entailed getting the necessary court documents and submitting them to get reimbursement back for the county's cost for child placements. She was also a realtor during that time. She later took a full-time job with Economic Support. In 2013, she became the Elder Benefit Specialist in Neenah. She shares that she will "miss all of the folks I have met and worked with in Dept of Human Services and the many people I have helped and guided over the years." Julie is uncertain what retirement holds for her yet. She is thinking about getting a fun part-time job and do lots of traveling. Julie wishes everyone the best and is looking forward to getting past the pandemic. Thank you for 18 years of service, Julie!



Joan Jaworski



Julie Nicks



Rotisserie Chicken & Zucchini Casserole

Ingredients

- 1 small rotisserie chicken (pulled & shredded)
- 3 medium sized zucchinis (diced)
- 1 (6oz) box Stove Top chicken stuffing mix
- 1/2 cup butter (melted)
- 1 (10oz) can cream chicken soup
- 1/2 cup sour cream

Instructions

1. Preheat your oven to 350 degrees and grease a 9x13 baking dish.
2. In a large bowl, melt the butter and then mix with the box of dry stuffing mix; set aside HALF of the mixture for topping the casserole later.
3. Add the pulled chicken, diced zucchini, cream of chicken soup and sour cream to the stuffing and mix well.
4. Spread the mixture into your baking dish and then evenly sprinkle the top with your reserved stuffing mixture.
5. Bake, uncovered, in the middle rack for 35-45 minutes or until it's warmed through and the top is golden brown.

Recipe Notes

- You can also use about 3 cooked and cubed chicken breasts for this recipe in place of the rotisserie (although I would season it with a little salt, pepper and garlic powder).
- Feel free to add any other soft veggies to the mix that you'd like such as yellow squash, corn or mushrooms.
- I've had a few questions about the boxed stuffing. There's NO need to cook the stuffing or follow any instructions on the box. Just mix the DRY stuffing with the melted butter.



Marketplace Open Enrollment Period Ending Jan 15th!

Marketplace's Open Enrollment Period ends on January 15th, 2022. Partnership Community Health Center can assist you with completing your application or answer any questions. You can reach them at 920-882-6420.



Strong Bodies

Evidenced-based program that improves bone density, balance and strength for participants ages 55+

Register by calling 920-232-3000

[Neenah | Highlands](#) | Jan 3rd- Mar 24th, Mon & Thurs, 11am-12pm.

[Neenah | YMCA](#) | Jan 4th - Mar 24th, Tues & Thurs, 10-11am

[Menasha | Senior Center](#) | Jan 3rd- Mar 24th, Mon & Thurs, 9:30-10:30am

ADRC Staff Update



We are sad to share that our colleague, Rebecca Groleau will be leaving our ADRC in January 😞 She will be working for Eden Senior Care as a hospital liaison in the Fox Valley.

Rebecca joined the ADRC in August 2019 as our Dementia Care Specialist. This was a new position to our county. With Rebecca's hard work and organization, the memory-care related resources and programs have grown tremendously in our county. Rebecca has also been instrumental in getting some of the respite programs created in our community as well as becoming a facilitator for Powerful Tools for Caregivers group. She created and has led a caregiver support group in Oshkosh.

In January 2021, Rebecca transitioned roles to an ADRC Specialist where she helped connect customers to community resources, assessed individuals for Medicaid-based long-term care programs, and made sure customers understood what kind of options they had in terms of services/support. Rebecca was also instrumental in helping re-vamp the ADRC website, serving on the ADRC Outreach Committee, and was the staff member who started this very newsletter.

Most of all, we will miss Rebecca's kind, caring heart. Her willingness to help out her team or volunteer for a special project will certainly be missed. Rebecca, we wish you well on your new journey. Thank you for making such an impact in our county!

Will I Lose My Wisconsin Benefits in January?

By the GWAAR Legal Services Team

The short answer: No.

The long answer: If you were already eligible for or became eligible for Wisconsin benefits (SeniorCare, Medicaid, Medicare Savings Programs, or FoodShare) after March 2020, your benefits have been extended throughout the Federal Public Health Emergency – which remains ongoing. This means that even if you became ineligible for any of these programs after March 2020, your benefits have continued.

Many people are concerned that their benefits will be terminated at the end of 2021, or later without warning. This is not the case. Once the pandemic health emergency has ended, which it has not yet, you will receive notice in the mail and be given time to complete a renewal before there is even a possibility of loss of benefits.

What you can do now:

1. **Report changes.** If there have been any changes to your household status, income, or other changes since March 2020, you should contact your local Income Maintenance Consortium and provide these updates. This will make it easier to complete renewals when the PHE does ultimately end.
2. **Update your address.** Make sure your Income Maintenance Consortium has your updated address. If you have moved residences at all since March 2020, you may miss your notice of renewal or benefits termination if it ends up being sent to a different address.
3. **Watch your mail.** Make sure to open all of your mail and carefully read any notices about Medicaid or other Public benefits. Respond timely if requested.

Your local Income Maintenance Consortium: #1-888-256-4563

Upcoming January Events

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|--|---|---|--|
| | | | | | |  |
| 2 SPARK! The Building for Kids Children's Museum | 3 ADRC office closed Coffee Clutch Omro Community Center 9:30am | 4 Oshkosh Committee on Aging Meeting 8am | 5 SPARK! The Trout Museum of Art 1pm FVMP Memory Café Fox West 1:30pm Winnebago County Human Services Board Meeting 3pm <i>(adjusted date due to holiday)</i> | 6 FVMP Memory Café River Thyme Bistro 1:30pm Diversity Affairs Commission Community Speaker 3pm-4:30pm Zoom <i>(read more about this in the newsletter)</i> | 7 | 8 Oshkosh Farmers Market Oshkosh Arena 9-12:30pm |
| 9 | 10 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 | 11 TLC Caregiver Support Group 1pm SPARK! Bergstrom Mahler Museum, Neenah 10:30am Memory Café Ledge View Nature Center 1:30pm Caregiver Support Group 2:30pm | 12 FVMP Memory Café Oshkosh Library 1:30pm FVMP Memory Café Mosquito Hill 1:30pm | 13 Virtual ADRC Caregiver Support Group 3:30pm-4:30pm | 14 Menasha Committee on Aging Meeting 1pm | 15 Oshkosh Farmers Market Oshkosh Arena 9-12:30pm Marketplace Open Enrollment Period Ends |
| 16 | 17 Memory Café Neenah Public Library 1:30pm | 18 | 19 Memory Screenings Menasha Senior Center 10am-11:30am FVMP Memory Café Menasha Library 1:30pm | 20 Neenah Committee on Aging 9:15am Men's Caregiver Support Group 10am Memory Screenings Oshkosh Senior Center 10:30am-12pm FVMP Memory Café River Thyme Bistro 1:30pm ADRC Caregiver Support Group Community Church 3:30pm | 21 | 22 |
| 23 | 24 FVMP Memory Café New London Senior Center 1:30pm | 25 TLC Caregiver Support Group 1pm Memory Care Respite Oshkosh 1:30pm-3:00pm | 26 SPARK! The Paine Art Center 1:00pm Memory Café Kimberly Municipal Complex 1:30pm | 27 Virtual ADRC Caregiver Support Group 3:30pm-4:30pm | 28 | 29 |
| 30 | 31 FVMP Memory Café Oshkosh YMCA on 20 th 1:30pm-3:00pm | | | | | |

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 Groups
 - Contact FVMP: 920-225-1711 or Courtney@foxvalleymemoryproject.org
- Men's Support Group
 - Contact Walt: 920-277-8965 or wzerrenner@gmail.com
- ADRC Caregiver Support Group and Memory Screenings
 - 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
 - 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



Coffee Clutch

Stop in at the Omro Community Center on the first Monday of each month from 9:30-10:30am for a cup of hot coffee and conversation. On January 3rd, the new City Administrator of Omro (Vicki Fitzgerald) will be visiting. There is no cost to this event and is sponsored by Red's Piggly Wiggly.



SAVE THE DATE!

On Saturday, February 12th from 10-4 pm, Family Caregivers Rock will be hosting another Marcus Theatre Event. All family caregivers that day can attend a movie of their choice, a small soda, and a small popcorn for only \$5.00! You may also sign up a guest for an additional \$5.00. **This event will take place at Marcus Theatres in Green Bay, Oshkosh, and both Appleton area locations.** Simply RSVP on our website FamilyCaregiversRock.org starting January 1, 2022 and be sure to indicate the location of your choice. Why? Because family caregivers really do rock!

www.FamilyCaregiversRock.org

501(c)3 nonprofit supporting the health and wellness of family caregivers

Diversity Affairs Commission – Community Event

January 6th - 3pm-4:30pm

Judge LaKeisha D. Haase (Winnebago County Circuit Court Branch 4) will be sharing her story with the community as a part of the ongoing series of educational events hosted by the Diversity Affairs Commission. Judge Haase is the first African-American judge in Winnebago County history.



This meeting will be held via Zoom.

Join Zoom Meeting:

<https://uwmadison.zoom.us/j/95557770820?pwd=TzFQd1RnRmJoZXpOMIRaV1VHbVVwUT09>

Support for Caregivers



Memory Care Respite Partners is opening up their Oshkosh location once again starting January 25th on the 4th Tuesday of the month at 1:30pm. The Neenah location continues to have the 1st and 2nd Mondays at 1:30pm.

Memory Care Respite Partners

Respite for you and care for your loved one



4th Tuesday of each month
1:30 to 3:30 pm
Our Savior's Lutheran Church
1861 Wisconsin Street, Oshkosh

While you're away, we will provide:

- Organized arts, crafts, and music
- Staffing by professional caregivers and volunteers
- Snacks and refreshments
- This is a free community program!

Enjoy a few hours of personal time each month!

Register today! Call 920-727-5555 ext. 2217

Collaborating Partners:

Winnebago County ADRC, Our Savior's Lutheran Church,
Valley VNA Senior Care, Oshkosh Senior Center

Memory Care Respite Partners

Respite for you and care for your loved one



This program is available
the 1st and 2nd Monday of each month,
1:30 pm to 3:30 pm
at St. Paul Lutheran Church,
200 N. Commercial Street, Neenah

While you're away, we will provide:

- Organized arts, crafts and music.
- Staffing by professional caregivers and volunteers.
- Snacks and refreshments.
- This is a free community program!

Giving you four hours of personal time each month!

RSVP to register for a spot today

Call 920-383-1180 or e-mail: memorycarerespitepartners@gmail.com

Collaborating Partners:

Neenah/Menasha YMCA & Senior Center, Winnebago County ADRC,
St. Paul Lutheran Church, Valley VNA Senior Care

Why is Memory Screening Important?

Changes to a person's memory or thinking can occur for a variety of reasons that can be treated, including but not limited to:

- Adverse medication interactions and side effects
- Untreated infections or other medical issues
- Depression
- Anxiety
- High levels of stress
- Lack of sleep
- Chronic pain
- Hypothyroidism
- Vitamin deficiency or electrolyte imbalance



Early intervention is important when a person experiences changes in his or her cognition even when the cause of the change is from an irreversible condition such as Alzheimer's disease.

Screening for dementia, much like screening for other diseases or chronic conditions, is a good way to detect the changes that can be signs of the onset of disease or other change in cognition.

Memory Screening and early detection provide:

- The ability to make lifestyle and other beneficial changes earlier in the disease process when they have the greatest potential for positive effect
- The opportunity for the individual with dementia to participate in making future health care and financial decisions
- An early start for families to learn about dementia and caregiving for a person with dementia, before the person's need for care is at its greatest
- Time to connect with community-based information and supportive services prior to a potential crisis situation related to the needs of the person with dementia or the caregiver

To have a free memory screen completed, contact the ADRC or walk in to the office during our business hours: Monday - Friday 8:00am-4:30pm.

Our Dementia Care Specialist will be available each month at the following locations to complete memory screens, and answer questions regarding a variety of topics related to memory loss, dementia and caregiving.

Oshkosh Senior Center

200 North Campbell Road, Oshkosh

The 3rd Thursday of the month 10:30am-Noon

Call to set up your appointment (920) 232-5300

Menasha Senior Center

116 Main Street, Menasha

The 3rd Wednesday of the month 10am-11:30am

Call to set up your appointment (920) 967-3530



Dementia Care Specialist

Alisa Richetti

~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.



The Memory Café at the Oshkosh Public Library welcomed the Oshkosh West Madrigal Singers for their December Café. The Choir filled the library with beautiful songs and brought joy to all who attended. Mark your calendars for December 14th for another Holiday Performance in 2022.

January Memory Cafés in Winnebago County~

Menasha Public Library, 440 First Street, Menasha

Wednesday, January 19 – 1:30 – 3:00pm

Mayor Don Merkes will present on what is happening in Menasha in 2022! Come with questions!



Neenah Public Library, 240 E Wisconsin Avenue, Neenah

Monday, January 17 – 1:30 – 3:00pm

Beat the cold with a Winter Carnival full of Minute to Win It games – celebrate the season! No skill necessary, just join in to have fun and get moving! We hope to see you!

Oshkosh Public Library, 106 Washington Avenue, Oshkosh

Wednesday, January 12 – 1:30 – 3:00pm

Happy New Year! We're going to start this year out right by partaking in New Year traditions from around the world, playing carnival games, and enjoying each other's company in a warm, fun atmosphere.

Oshkosh YMCA, 3303 W 20th Avenue, Oshkosh

Monday, January 31 – 1:30 – 3:00pm

Join Jessica Smith, from Aspire Senior Living, for a therapeutic rock painting activity! Painting promotes creativity, can be an emotional release for people struggling with stress, and can improve hand-eye coordination. We'll also learn about the history of rock painting and its significance.

For Information on all of the Memory Cafés in the Fox Valley area contact the Fox Valley Memory Project at (920) 225-1711 or visit www.foxvalleymemoryproject.org

Help with Heat this Winter

By the GWAAR Legal Services Team

It's hard to believe that the winter season is already upon us! As the temperatures drop, it's important to keep in mind that there are several types of heating assistance options administered through the Wisconsin Home Energy Assistance Program (WHEAP), as well as legal protections against utility disconnections. During the heating season (October 1-May 15), the following types of assistance are available:

Heating Assistance. This is a one-time payment for a portion of heating costs; it is not intended to cover the entire cost of heating a residence. The amount of the energy assistance benefit varies on the household's size, income, and energy costs. In most cases the energy assistance benefit is paid directly to the energy supplier.

Electric Assistance. Electric (non-heating) assistance pays a portion of a household's electrical (non-heating) costs, and, like heating assistance, the payment is not intended to cover the entire cost of the non-heating costs. The amount of the non-heating assistance also varies based on the household's size, income, and non-heating costs, and the non-heating assistance benefit is paid directly to the household energy supplier.

Crisis Assistance. A household may be eligible for crisis assistance in an energy emergency. Crisis assistance is available through local WHEAP agencies that provide a 24-hour crisis phone number to help with emergencies that occur after business hours. Crisis assistance is intended to provide emergency and/or preventative services to assist eligible households experiencing an energy emergency. Non-emergency or preventative crisis services are also available and include providing information on how to reduce fuel costs, counseling on budgeting and money management, providing payments to a fuel supplier, and co-pay agreements.

Furnace Assistance. WHEAP emergency heating system assistance can provide services to eligible homeowners if the furnace or boiler stops operating during the heating season. Heating system assistance includes payment for repairs, or in some situations your residence may qualify for a total replacement of a non-operating furnace or boiler. Call the local energy assistance office immediately if you are experiencing a no-heat situation.

Eligibility for the above programs are based on a number of factors, including income. If your household size is below the State Median Income (SMI), below, you should consider applying for energy assistance.

Income Guidelines

| Household Size | One-Month Income | Annual Income |
|----------------|------------------|---------------|
| 1 | \$ 2,591.92 | \$31,103 |
| 2 | \$ 3,389.42 | \$40,673 |
| 3 | \$ 4,186.92 | \$50,243 |
| 4 | \$ 4,984.42 | \$59,813 |



How to Apply

Households must complete a Home Energy Plus application through the local WHEAP agency or apply online via: <https://energybenefit.wi.gov/>. You can call 1-866-HEATWIS (432-8947), or visit the “Where to Apply” tab on www.homeenergyplus.wi.gov to find your local energy assistance agency.

Local Energy Assistance Office

(920) 231-0600

Weatherization Assistance Program

In addition to the energy assistance programs mentioned above, there is also the weatherization assistance program, which is available year-round (not just during the heating season). The Division of Energy Housing and Community Resources contracts with local agencies to provide basic weatherization services to reduce home heating bills, save energy, and make your home warmer in the winter and cooler in the summer.

If you are eligible for weatherization services based on your WHEAP application, your application information will be referred to the local weatherization agency. Households selected for potential weatherization services will be contacted by the weatherization agency. The agency will then make arrangements to have an energy auditor look at your home to see what can be done to make it more energy efficient. Weatherization services differ with each home depending on how it was built and its condition. Some common weatherization services include:

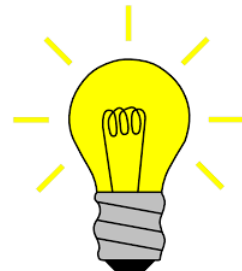
- Insulating attics, walls and floors
- Insulating or replacing water heaters
- Installing energy efficient lighting
- Reducing air leakage
- Repairing or replacing furnaces
- Testing and/or replacing refrigerators
- Performing a general health and safety inspection
- Providing information about maintenance and energy conservation

Local Weatherization Office – Advocap

(920) 426-0150

Illegal Utility Disconnections

Finally, it is against the law in Wisconsin for a utility provider to disconnect utilities for non-payment between November 1 and April 15 if that utility (water, gas, electricity) is necessary for heating the dwelling. Keep in mind, however, that this rule only applies to residential buildings and does not apply to utility cooperatives. Also, if you have fallen behind on utility payments, the utility provider does not have to turn on your utilities on November 1. They are only prohibited from turning the utilities off after November 1. In this case, it is best to contact your utility provider and work out a payment plan to get your utilities up and running again.





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.



We are excited to bring you another year of newsletters! What would you like to see more of or different in our newsletter? Let us know 😊



Interested in having this newsletter emailed or mailed to you each month? Contact us at 877-886-2372 or email adrc@co.winnebago.wi.us