

# Aging & Disability Resource Center of Winnebago County Newsletter

220 Washington Ave, Oshkosh  
211 N. Commercial St, Neenah  
Email: [adrc@co.winnebago.wi.us](mailto:adrc@co.winnebago.wi.us)  
Website: [www.co.winnebago.wi.us/adrc](http://www.co.winnebago.wi.us/adrc)  
Toll free: #877-886-2372



## July 2022



### Free At-Home COVID Tests

The Oshkosh Public Library, in conjunction with the Winnebago County Health Department, is offering free, at-home COVID-19 test kits to the public. These are available via curbside pick-up only. You can drive to the library during business hours and call 920-236-5203 for a kit to be delivered to your car. Or you can set up an appointment to pick up. The library is asking the public not to come into the library to request them. Tests are limited to one per individual on a first come, first served basis while supplies last. For more information, call 920-236-5203.

Did you know that residential households in the U.S. are eligible for 8 free at-home tests? They ship for free. Visit [www.covid.gov/tests](http://www.covid.gov/tests) to get your free tests now. These are delivered through the United States Postal Service (USPS). If you do not have a computer, feel free to check out your local library. If you are unable to use a computer and have no one to help you, please call the ADRC.



## JOIN US FOR A **BERRY FUN** SUMMER OPEN HOUSE

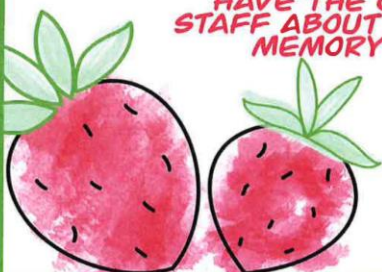
August 16, 2022  
10am-2pm

Winnebago County Human Services  
220 Washington Ave.  
Room 33  
Oshkosh, WI


### **BERRY TASTY TREATS! RAFFLE PRIZES!**

WE WILL HAVE MINI-PRESENTATIONS ON HOW WE SERVE OUR COMMUNITY AT 11AM, 12PM, AND 1PM.

IN BETWEEN PRESENTATIONS, YOU WILL HAVE THE OPPORTUNITY TO TALK TO OUR STAFF ABOUT POWER OF ATTORNEY FORMS, MEMORY SCREENINGS, OR ANY OTHER QUESTIONS YOU MAY HAVE!



# July Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Note: There will be no Diversity Affairs Speaker in July.	*Note: There will be no Winnebago County Human Services meeting in July. The next meeting will be August 1 <sup>st</sup> .	*Note: There will be no Oshkosh Committee on Aging meeting in July. The next meeting will be August 2 <sup>nd</sup> .	*Note: There will be no ADRC Committee meeting in July. The next meeting will be on August 8 <sup>th</sup> .		1	2 Farmers Markets: Appleton: 8am-12:30pm Neenah: 8am-12pm Oshkosh: 8am-12:30pm
3 SPARK! The Building for Kids 1pm	4 Independence Day  ADRC Office: Closed	5	6 FVMP Memory Café Fox West 1:30pm	7 Omro's Thursday Night Market 4pm-7pm	8 Menasha Senior Center Lunch & Learn 11:30am -12:15pm (see article for details)  Menasha Committee on Aging Meeting 1pm	9 Farmers Markets: Appleton: 8am-12:30pm Neenah: 8am-12pm Oshkosh: 8am-12:30pm
10	11 Coffee Clutch Omro Area Community Center 9:30am  SPARK! The Trout Museum of Art 1pm  Memory Care Respite Neenah 1:30pm-3:30pm	12 SPARK! Bergstrom Mahler Museum, Neenah 10:30am	13 FVMP Memory Café Oshkosh Library 1:30pm  SPARK! The Trout Museum of Art 1pm  Dementia Caregiver Support Group 1:30pm Menasha Public Library	14 Virtual ADRC Caregiver Support Group 3:30pm-4:30pm  Omro's Thursday Night Market 4pm-7pm	15	16 Farmers Markets: Appleton: 8am-12:30pm Neenah: 8am-12pm Oshkosh: 8am-12:30pm
17	18 Golf for Inclusion Royal St. Patrick's Golf Links, Wrightstown 8:30am (see article for details)  FVMP Memory Café Neenah Library 1:30pm	19	20 Memory Screenings Menasha Senior Center 10am-11:30am  FVMP Memory Café Menasha Library 1:30pm	21 Neenah Committee on Aging Meeting 9:15am  Memory Screenings Oshkosh Seniors Center 10:30am-12pm  Caregiver Support Group Community Church 3:30pm  Omro's Thursday Night Market 4pm-7pm	22	23 Farmers Markets: Appleton: 8am-12:30pm Neenah: 8am-12pm Oshkosh: 8am-12:30pm
24	25 EAA	26 EAA	27 EAA  SPARK! The Paine Art Center 1pm	28 EAA  Virtual ADRC Caregiver Support Group 3:30pm-4:30pm  Omro's Thursday Night Market 4pm-7pm	29 EAA	30 EAA  Farmers Markets: Appleton: 8am-12:30pm Neenah: 8am-12pm Oshkosh: 8am-12:30pm
31 EAA	<p>Please view our online calendar for additional events:</p> <p><a href="http://www.co.winnebago.wi.us/adrc/dementia-and-alzheimer-resources/event-calendar/month">www.co.winnebago.wi.us/adrc/dementia-and-alzheimer-resources/event-calendar/month</a></p>					



# Calendar Contact Information



<ul style="list-style-type: none"> <li>• FVMP Memory Cafés</li> </ul>	Fox Valley Memory Project 920-225-1711 <i>info@foxvalleymemoryproject.org</i>
<ul style="list-style-type: none"> <li>• ADRC Caregiver Support Group</li> <li>• Memory Screening Senior Centers</li> </ul>	Alisa Richetti 920-236-1227 <i>arichetti@co.winnebago.wi.us</i>
<ul style="list-style-type: none"> <li>• SPARK!</li> </ul>	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, Appleton: 920-734-3226
<ul style="list-style-type: none"> <li>• Coffee Clutch – Omro Area Community Center</li> </ul>	920-685-0380 x 21 or <i>bree@omrocommunity.org</i>
<ul style="list-style-type: none"> <li>• Neenah Memory Respite Care</li> </ul>	920-383-1180 or <i>memorycarerespite@gmail.com</i>
<ul style="list-style-type: none"> <li>• Oshkosh Memory Respite Care</li> </ul>	920-727-5555 ext. 2217
<ul style="list-style-type: none"> <li>• Winnebago County Human Services Board</li> </ul>	<i>pBartelt@co.winnebago.wi.us</i>
<ul style="list-style-type: none"> <li>• ADRC Committee</li> <li>• Specialized Transportation Committee</li> </ul>	<i>ADRC@co.winnebago.wi.us</i>
<ul style="list-style-type: none"> <li>• Neenah Committee on Aging</li> </ul>	<i>ckasimor@ci.neenah.wi.us</i>
<ul style="list-style-type: none"> <li>• Menasha Committee on Aging</li> </ul>	<i>khutter@ci.menasha.wi.us</i>
<ul style="list-style-type: none"> <li>• Oshkosh Committee on Aging</li> </ul>	<i>judy.richey@aol.com</i>

## Fruit Pizza

Sugar Cookies Crust	Cream Cheese Frosting	Fruit Toppings
<ul style="list-style-type: none"> <li>• ¾ cup sugar</li> <li>• 1 ¼ cup flour</li> <li>• ¼ tsp baking powder</li> <li>• ¼ tsp salt</li> <li>• ½ cup butter (softened)</li> <li>• 1 tsp vanilla extract</li> <li>• 1 large egg</li> </ul>	<ul style="list-style-type: none"> <li>• 12 oz cream cheese (softened)</li> <li>• ¼ cup butter (softened)</li> <li>• 1 tsp vanilla</li> <li>• 1 ¼ cup powdered sugar</li> </ul>	<ul style="list-style-type: none"> <li>• 10 sliced strawberries</li> <li>• 6 sliced kiwis</li> <li>• ½ cup blueberries</li> <li>• 1 bunch of halved grapes</li> </ul>



- 1) Make the crust: Mix the butter, sugar, egg, and vanilla until well combined. You can use an electric mixer or just mix with a spoon if your butter is melted. Add flour, baking powder, and salt. Mix until combined. Chill the dough for 30 minutes.
- 2) Bake the crust: Preheat the oven to 350 degrees. Grease a 14-inch pizza pan or round baking stone, or line with parchment. Roll the chilled dough out onto it, leaving some space around the edge. Bake for 12 minutes. Allow it to cool.
- 3) Make the cream cheese frosting: Using an electric mixer, combine the cream cheese, butter, powdered sugar and vanilla until smooth and creamy. Spread over the cooled cookie crust and chill again to firm up the frosting.
- 4) Decorate with fruit!

**If you crossed a Patriot with a curly-haired dog, what would you get?**  
 Yankee Poodle.

**Save the Date**  
 Winnebago County Fair  
 August 3<sup>rd</sup>-7<sup>th</sup>  
 Sunnyview Expo Center  
 Oshkosh



# GOLF FORE INCLUSION



GOLF  
RAFFLES  
PRIZES  
ONLINE AUCTION

**MONDAY, JULY 18, 2022**

**ROYAL ST. PATRICK'S GOLF LINKS,  
WRIGHTSTOWN**

Registration 8:30am | Shotgun Start 10:00am  
Lunch on the course  
Hors d'oeuvres as golfers return



Join SOAR Fox Cities for a fun day of golf as they raise money for individuals with differing abilities! Registration includes 18 holes with a cart, two drink tickets, a swag bag, lunch, and hors d'oeuvres. You can register as a foursome, a group of three, a twosome, or a single golfer. Please visit <https://soarfoxcities.com/golf-outing-2/> or call 920-731-9831 to register or learn more.

## **EAA - Free Veteran Breakfast**

The Experimental Aircraft Association (EAA) is hosting their annual gathering of aircraft and aviation enthusiasts from July 15<sup>th</sup> to July 31<sup>st</sup>. Visitors from nearly 100 nations come to Oshkosh each year to celebrate the world of flight! Veterans are invited to a free breakfast on July 29<sup>th</sup> from 8am-10am at the Partner Resource Center. Registration is required as space is limited. To register, visit <https://www.eaa.org/airventure/features-and-attractions/special-events/veterans-breakfast> or call 1-800-564-6322. This breakfast is sponsored by American Airlines.



# HEALTH & WELLNESS CORNER



Looking for upcoming classes to improve your balance and strength?

There are many programs and classes offered in our county designed to reduce falls. Classes can also help improve your mood and introduce you to new people! Check out the below organizations who offer regular classes:

### **Menasha Senior Center**

#920-967-3530

[https://www.cityofmenasha-wi.gov/departments/senior\\_center/the\\_senior\\_chatter\\_monthly\\_newsletter.php](https://www.cityofmenasha-wi.gov/departments/senior_center/the_senior_chatter_monthly_newsletter.php)

### **Oshkosh Senior Center**

#920-232-5300

[https://www.ci.oshkosh.wi.us/senior\\_services/](https://www.ci.oshkosh.wi.us/senior_services/)

### **Neenah YMCA**

#920-729-9622

<https://www.ymcafoxcities.org/active-older-adults>

### **Oshkosh YMCAs**

#920-230-8916

<http://www.oshkoshymca.org/programs/senior-programs/index.html>

### **Winnebago County Health Department – Wellness Plus**

#920-232-3000

<https://www.co.winnebago.wi.us/health/divisions-program-areas/your-health/adult/healthy-aging>

### **Omro Area Community Center**

#920-685-0380 x 21

<https://www.omrocommunity.org/activities.html>

# Winnebago County Housing Study

In April of 2022, the UW-Oshkosh Center for Customized Research and Services presented the results of a study conducted regarding population changes in Winnebago County. Jeremiah Bohr, an associate sociology professor at UW-Oshkosh, led and organized the study. The study was sponsored by the Aging and Disability Resource Center of Winnebago County.

The findings of the survey indicated the projected growth of the population in the next decade. According to the survey results, the percentage of Winnebago county residents over the age of 65 is predicted to increase from 15.9% to 21.6% by 2030. The survey results also provide projections of specialized housing (such as nursing homes and residential care apartment complexes) needs for Winnebago county to accommodate the growing population. The results predict that if no additional or new specialized housing is established by 2030 there will be a bed shortage of 1,093 according to the projected needs of the county by this time.

[Click here to find the complete study results.](#)



## Oshkosh Area School District Launches New Food Truck

The Brewing Futures Cafe (Coaching Ability For Employment) is making its debut in the Oshkosh Community. This food truck is focused on hands-on learning for students with special education needs and will be teaching employability skills. The goal is to help the community see what amazing employees our students are and to help them gain sustainable employment in their community. This special mobile classroom will provide students with special needs with working opportunities and allow them to engage with the public in a meaningful way and showcase their job skills. Additionally, the district intends to use the food truck to enhance its long-standing partnerships with community organizations. They have had many conversations with the Aging and Disability Resource Center and will continue to work with them to develop ideas on how to provide the truck service to their consumers. The food truck's first event was the Outdoor Family Movie Night at the Leach Amphitheater. They plan to be at local farmer's markets and EAA. Please access their schedule and full story on the Oshkosh Area School Districts website. <https://www.oshkosh.k12.wi.us/district/special-education/brewing-futures-mobile-cafe> If you're interested in booking the truck for an event, contact Mary Beth Connors, Oshkosh Area School District Transition Coordinator at [mary.connors@oshkosh.k12.wi.us](mailto:mary.connors@oshkosh.k12.wi.us).



# Wisconsin Employer and Family Caregiver Survey

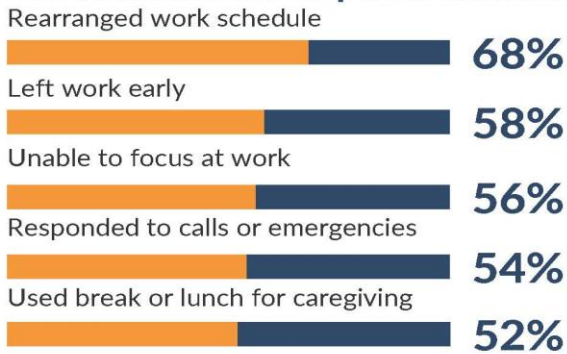


From June through October of 2021, the Wisconsin Family and Caregiver Support Alliance (WFACSA) and UW-Madison Division of Extension asked employers and working caregivers to tell us how Wisconsin businesses and families are being affected by family caregiving responsibilities. Someone is a caregiver if they are providing care or financial assistance to an older family member, an adult child, a loved one with a disability, or a spouse with a long-term illness. A total of 564 employees responded, of which 447 (79%) had a family caregiving role.



More than **8 in 10** caregivers reported having their work life interrupted

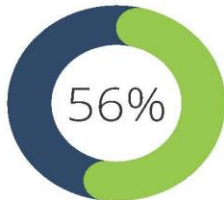
## Most common interruptions included:



*"[I] always feel like I have to make a choice of which is more important. My [care recipient] or my job."*

## Factors that promote caregiver well-being:

- A positive supervisor relationship
- Work from home capabilities
- Resources offered through employers
- Flexible hours



56% of caregivers indicated that their current situation is **unsustainable**

## Giving caregivers resources can promote a healthy work-life balance

Caregivers reported being most receptive to information about:



When asked how they wanted resources to be distributed, caregivers most preferred:



## COVID-19 has put a strain on caregivers

54% of caregivers said their caregiving responsibility **increased**

40% of caregivers said the pandemic made it **more difficult** to balance caregiving and job-related work

40% of caregivers said that time to themselves had **decreased**

*"Calling to make appointments, transporting to and from day services, doctor appointments, and general care all need to be done during the hours I typically work. Missing any amount of work, doubles up the work I need to complete when I return."*

## Resources

Credit to the **Wisconsin Family and Caregiver Support Alliance** (WFACSA) and **UW-Madison Division of Extension** for the below resources:

The "Massachusetts Employer Toolkit to Support Working Caregivers" offers specific recommendations for how to implement a positive caregiving culture into your workplace. Visit <https://macaregivercoalition.org/sites/mtc/files/documents/MeHI/MAEmployersToolkit.pdf>

**Wisconsin's Family Caregiver Support Programs** offers many resources for caregivers and employers. They also have a map that will connect you to resources by county and tribe. You can find more information at <https://wisconsincaregiver.org/> or on Facebook at <https://www.facebook.com/WisconsinFamilyCaregiver>.

**The Wisconsin Department of Health Services** offers articles, resources, and services for caregivers. Information about Wisconsin Aging and Disability Resource Centers (ADRCs) is available at <https://www.dhs.wisconsin.gov/adrc/index.htm>.

**The Respite Care Association of Wisconsin** offers respite resources, training and a statewide respite care registry. You can find information at <https://respitecarewi.org/training-courses/kit-for-caregivers/>.

**Want to see the full results of the survey?** Go to: <https://wisconsincaregiver.org/employer-engagement-workgroup>



FRIENDSHIP,  
FUN + FOOD

# ANNUAL SUMMER PICNIC

Special event for members and guests ages 55+



### JOIN US

for a picnic lunch, fun prizes, and good company! Socialize with friends while enjoying a picnic buffet with burgers, hot dogs, all the fixings, and more! We will gather by the side park entrance outside of the Downtown Y.

**WEDNESDAY, JULY 13 • DOWNTOWN**  
**12:00-1:30 p.m.**

FREE for Y Members • \$5 for Guests

**SIGN UP** at the Front Desk of either location. For an accurate food count, please register no later than Sunday, July 10.

In case of inclement weather, the picnic will be held in the gym.

OSHKOSH COMMUNITY YMCA • [www.oshkoshymca.org](http://www.oshkoshymca.org)  
Downtown • 236-3380 • 324 Washington Avenue



THANK YOU TO OUR  
LUNCH SPONSOR:  
Helping Seniors Live Well at Home



(920) 966-6276



# CRAFT AND CREATE WITH FRIENDS

WEEKLY CRAFTING CLUB | OPEN TO ALL!



### LET'S CREATE SOMETHING AMAZING!

Bring in your own supplies and craft with friends at the Y! Knit, crochet, paint, draw, scrapbook - the options are endless! Anyone is welcome to join in the fun. Tables and chairs are available for use.

**CRAFTING CLUB** | FREE for Y Members and \$5 for Non-Members  
1:00-3:00 p.m. • Downtown YMCA Teaching Kitchen  
Every 2nd and 4th Wednesday of the Month

Share ideas, enjoy good company, and have fun. See you there!

OSHKOSH COMMUNITY YMCA [www.oshkoshymca.org](http://www.oshkoshymca.org)  
Downtown 236-3380 324 Washington Ave. • 20th Avenue 230-8439 3303 W. 20th Ave.

# Tai Chi

A Tai Chi class for Arthritis and Falls Prevention focused on improving stability, strength, and mental health.



- Gain serenity through gentle, flowing movements
- Reduce falls and fear of falling
- Improve stability, strength, and mental health
- Can be adapted for people with walkers and canes

**OSHKOSH  
SENIORS CENTER**  
**211 N CAMPBELL RD**

Fridays  
10-11am  
July 8-Sept 9  
\$15 for 10 sessions

### REGISTER:

Call the Oshkosh Seniors  
Center at: 920-232-5300



GO TO [WINNEBAGOPUBLICHEALTH.ORG](http://WINNEBAGOPUBLICHEALTH.ORG) FOR MORE INFORMATION ABOUT

The Oshkosh YMCA participates in the Silver&Fit, Renew Active, and Silver Sneakers® programs for Medicare-age members. Check with your insurance provider to see if you are eligible for a free Oshkosh YMCA membership. Stop in or call 236-3380 for more information!

# Grandparents University®



Grandparents University is a summer academy that brings grandparents and their grandchildren, ages 8-12, together for two fun-filled days of education and exploration. Stay overnight in the Horizon Village residence hall at UW Oshkosh, eat meals together at Blackhawk Commons and explore campus. Make memories together as you and your grandchild learn and grow. For more information or to register, email [conted@uwosh.edu](mailto:conted@uwosh.edu) or call (920) 424-1129.

# Splash Pad Time - youth and adults with disabilities

**When:** 9-10am (open to public at 10am)

Wednesday June 15, 29

Wednesday July 13, 27

Wednesday August 10, 24

**Where:** Washington Park

631 W. Winneconne Ave. Neenah, WI 54956

IN PARTNERSHIP WITH SOAR FOX CITIES, THE NEENAH PARKS AND RECREATION DEPARTMENT WILL BE OFFERING SPECIFIC HOURS AT THE WASHINGTON PARK SPLASH PAD FOR INDIVIDUALS LIVING WITH DISABILITIES AND THEIR FAMILIES.

EVERY OTHER WEDNESDAY STARTING JUNE 30TH, THE SPLASH PAD WILL OPEN AN HOUR EARLY TO PROVIDE AN EXCLUSIVE TIME FOR YOUTH AND ADULTS LIVING WITH A DISABILITY TO ENJOY IT. THIS TIME IS SET ASIDE TO OFFER A SAFE, LESS CROWDED TIME FOR THOSE WHO WANT TO UTILIZE THE SPLASH PAD BUT FOR ANY NUMBER OF REASONS, CHOSE NOT TO DURING PUBLIC OPERATION.  
NO AGE RESTRICTIONS,

\*\*\*NEENAH PARK & REC AND SOAR WILL NOT PROVIDE STAFFING OR SUPERVISION. PLAN TO HAVE SOMEONE STAY FOR THE DURATION OF SPLASH PAD USE.\*\*\*

## World Elder Abuse Awareness Day

On June 15<sup>th</sup>, the ADRC recognized World Elder Abuse Awareness Day. According to the National Council on Aging, 1 in 10 Americans over age 60 will experience some type of elder abuse. In 60% of cases, the perpetrator is a family member. To report a case of abuse of an older adult or an adult with a disability, please call the ADRC at 877-886-2372.



### EMPOWERED CARE PARTNERS!

Education for Individuals Caring for a Loved One with a Memory Disorder

- Learn communication approaches and strategies
- Receive practical tips and information
- Problem-solve solutions for those tough situations
- Facilitated by a Licensed Clinical Social Worker who specializes in Memory Disorders

**2<sup>ND</sup> AND 4<sup>TH</sup> TUESDAY OF EACH MONTH/1:30-3:00**

(8 SESSIONS: BEGINNING AUGUST 23, 2022- ENDING DECEMBER 12, 2022)

NEUROSCIENCE GROUP, 1305 W. AMERICAN DRIVE, NEENAH

Registration is required for this free series. Contact Julie Feil, MSW, LCSW (920) 725-9373 ext. 6850 for more information and to register. Book and materials included.



## Mindworks Class Fox Valley Memory Project

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.



**Oshkosh Public Library**  
106 Washington Avenue,  
Oshkosh, Wisconsin

**11:00am - 2:00pm**  
Lunch will be provided  
Cost is \$10 per session

Mindworks provides respite care for caregivers while people with memory loss enjoy a fun, social afternoon!



To register, call **920.225.1711** or visit our website for more information!  
[FoxValleyMemoryProject.org/Mindworks](http://FoxValleyMemoryProject.org/Mindworks)





# Brain Boost Exercises



## Who can benefit from activities to boost cognition?

Everyone can benefit from engaging in stimulating cognitive activities. If your loved one is experiencing changes in their memory or thinking, they may benefit from some brain boosting activities. Choose activities that your loved one enjoys. This will make it a positive experience for them and for you.

## General activities to improve thinking

Classic pen-and-paper exercises such as crossword puzzles, sudoku, word searches, and mazes are excellent ways to keep your loved one's mind working because they challenge one's memory and attention. These kinds of activities are easily accessible online and in bookstores. They are available in different levels of difficulty so that you can pick one based on your loved one's ability. Other traditional games that encourage thinking include chess, card games, scrabble, and monopoly. You can also find these games online.

## Using technology

Online platforms and apps also offer other stimulating cognitive exercises in the form of games. One added benefit of these tools is that you are able to customize the areas of cognition you want your loved one to work on as well as the level of difficulty. Applications like these are designed to reward participation. It is an effective and accessible way to keep your loved one involved in a pleasurable activity that improves their quality of life while thinking and learning new things.

## Planning Specific Activities

Have you noticed changes in thinking in one of these areas?

- Attention and Focus
- Memory
- Reasoning and Problem Solving

There are some specific activities below that you can do to support these important functions.

### **Attention and Focus**

1. Have the person find differences between two images that are very similar. This is a good task if your loved one enjoys visually engaging activities.
2. Say 4-5 numbers and have them repeat them forward, then backward. Depending on how they do, you can do this with more or less numbers. You can also do this activity with spelling words forward and backward.

### **Memory:**

1. Read your loved one a list of words, sentences, or even a story. After you are done, ask them to recall as many words or details as possible.
2. Ask your loved one to share stories and experiences from their past. This stimulates the mind, encourages conversation, and evokes emotions.
3. Shuffle a deck of cards and distribute them on a table, face down. Ask your loved one to pick up two cards at a time and see if they match. If so, they are removed from the game. If not, place them back on the table and have them try again.

### **Reasoning:**

1. List a number of objects that belong in the same category, and have your loved one guess what it is. Here are some examples
  - Apple, Banana, Pear ----> Category: Fruits
  - Banana, School Bus, Bumble Bee ---> Category: Yellow Things
  - School Bus, Bicycle, Train ---> Category: Transportation
2. Puzzles, logic questions, and word games are excellent ways to stimulate creative thinking to find solutions. You can find lots of examples online and in bookstores.



## July Memory Cafés



Memory Cafés welcome people 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](http://www.foxvalleymemoryproject.org)

### Menasha

**Smith Park Pavilion, 301 Park Street, Menasha -Wednesday, July 20 – 1:30 – 3:00pm**

Join us for some summer fun at the Smith Park Pavilion in Menasha with the NewVoices choir for a performance of 'Show Tunes' songs from the stage to the screen. Bring your folding chairs.

### Neenah

**Neenah Public Library, 240 E Wisconsin Avenue, Neenah – Monday, July 18 – 1:30 – 3:00pm**

The Y-Not Chorus will perform patriotic songs. Sit back and listen or join along in song.

### Oshkosh

**Oshkosh Public Library, 106 Washington Avenue, Oshkosh –Wednesday, July 13 -1:30 – 3:00pm**

It's an underwater adventure at the Oshkosh Public Library! Leave your snorkels at home as we are introduced to the various animals living in the ocean's depths through YouTube videos, Octopi, squid..oh my! We'll also create underwater creatures from homemade paper.

**Oshkosh YMCA, 3303 W 20th Avenue, Oshkosh – Monday, July 25- 1:30 – 3:00pm**

Salute to the Red, White and Blue – let's celebrate the land of the free and home of the brave. Wear your Stars and Stripes (red, white, and blue) and enjoy patriotic themed activities, games, and more. Get ready to party like it's 1776!



## Menasha Senior Center

**Friday, July 8<sup>th</sup>**

**11:30am – 12:15pm**

**116 Main Street Menasha**

**The Dementia Care Specialist from the ADRC will present information on brain health, the benefits of having a memory screen completed and the community resources for individuals with memory loss and dementia.**

**Menasha Senior Center offers monthly memory screenings and consultations regarding memory loss dementia and caregiving.**

**Bring your own lunch & beverages are provided**

