

Aging & Disability Resource Center of Winnebago County Newsletter

July 2021



Need A Loan?

Although a money loan would be nice, we're talking medical equipment loans 😊 Our ADRC frequently receives calls about individuals needing some type of adaptive equipment. We most often we hear about people needing walkers, wheelchairs, shower chairs, canes, hospital beds, etc... We are blessed to have the Larsen-Winchester Lion's Club loan closet so close to us. Their mission is to help individuals and their families with medical equipment loans. They have been in operation since 1984.

Equipment can be borrowed for any period of time whether it be for years or for short use after a hip replacement. There is no charge to using the equipment. Donations are accepted. They have a warehouse filled with donated items. There is a small amount of paperwork to complete after choosing an item and then the individual takes their item home that day. They request you return the item when you are done using it. It is recommended that individuals use their insurance benefits first to see if they are eligible for equipment and use this as a last resort.

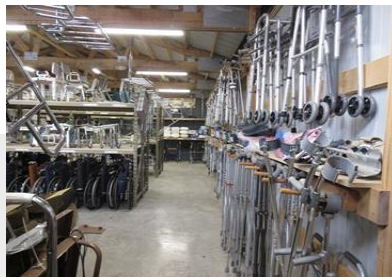
If you have medical equipment items that you would like to donate, stop by to drop off. At this time, they are not picking up or delivering items. Their organization is operated by very dedicated volunteers.

The warehouse does not have an address, but the Clayton Town Hall is near it which is 8348 County Rd I, Larsen WI Rd I, Larsen WI 54947. Hours of operation are Tuesday's 9-11 and Saturday's 9-11.

Visit their website at

<https://e-clubhouse.org/sites/larsenwinchester/page-6.php> or call 920-427-3244 to learn more. The Lion's Club also operates a ramp building program that we will feature in a future newsletter.

To find other loan closets in the State of WI, please visit <https://loanclosets.org/wisconsin>



Meet the Team



Nicole Zemlock

Hi, I am Nicole Zemlock! I have been working for Winnebago County for the past 22 years, in various positions within the Long-Term Support division. I have been an Information and Assistant Specialist with the ADRC for the last 9 years. What I like most about my job is meeting new people and trying to connect them with the resources they need to make their life better. I am looking forward to being able to meet with people in person again!

When I'm not at work, I enjoy boating, camping, traveling, playing softball, going for walks and most importantly spending time with family and friends. I am married and have 2 teenage children and a black lab dog that keep me on the go!

Dill Pickle Pasta Salad

Ingredients

- ½ pound dry shell pasta about 3 cups
- ¾ cup pickles sliced
- ⅔ cup cheddar cheese diced
- 3 tablespoons white onion finely diced
- 2 tablespoons fresh dill
- ½ cup pickle juice

Dressing

- ⅔ cup mayonnaise
- ⅓ cup sour cream
- ⅛ teaspoon cayenne pepper
- 4 tablespoons pickle juice
- Salt & pepper to taste

Instructions

- 1) Boil pasta al dente according to package directions. Run under cold water to stop cooking.
- 2) Toss cold pasta with about ½ cup of pickle juice and set aside for about 5 minutes. Drain & discard pickle juice.
- 3) Combine all dressing ingredients in a small bowl and mix well.
- 4) Toss all ingredients in a large bowl. Refrigerate at least 1 hour before serving.



Upcoming July Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 FVMP Mindworks 11-2:15pm FVMP Memory Café Telulah Park Appleton 1:30 Virtual ADRC Caregiver Support Group 3:30-4:30pm Omro Night Market 4-7pm	2	3 Appleton Farmers Market 8am-12:30pm Neenah Farmers Market 8am-12pm Oshkosh Farmers Market 8-am12pm
4 	5 FVMP Virtual Chair Yoga 11am Memory Care Respite Neenah 1:30-3:30pm ADRC Closed	6 Oshkosh Committee on Aging 8am FVMP Mindworks 11-2:15pm Caregiver Support Group 2:30pm	7	8 FVMP Mindworks 11-2:15pm Virtual Kairos Alive 1:30pm Virtual ADRC Caregiver Support Group 3:30-4:30pm Omro Night Market 4-7pm	9 Menasha Committee on Aging 1pm	10 Appleton Farmers Market 8am-12:30pm Neenah Farmers Market 8am-12pm Oshkosh Farmers Market 8-am12pm
11	12 FVMP Virtual Chair Yoga 11am Memory Care Respite Neenah 1:30-3:30pm ADRC Committee Meeting 3pm	13 FVMP Mindworks 11-2:15pm TLC Caregiver Support Group 1pm SPARK! Bergstrom Mahler Museum Neenah 10:30-12	14 FVMP Caregiver Support Poetry Reading 10am	15 FVMP Mindworks 11-2:15pm Virtual Kairos Alive 1:30pm ADRC In-person Caregiver Support Group 3:30-4:30pm Omro Night Market 4-7pm	16	17 Appleton Farmers Market 8am-12:30pm Neenah Farmers Market 8am-12pm Oshkosh Farmers Market 8-am12pm
18	19 FVMP Virtual Chair Yoga 11am FVMP Virtual memory Café 1:30-2:30pm	20 FVMP Mindworks 11-2:15pm	21 FVMP Memory Café Music at Riverside Park in Neenah 1:30pm	22 FVMP Mindworks 11-2:15pm Virtual Kairos Alive 1:30pm Virtual ADRC Caregiver Support Group 3:30-4:30pm Omro Night Market 4-7pm	23	24 Appleton Farmers Market 8am-12:30pm Neenah Farmers Market 8am-12pm Neenah Farmers Market 8am-12pm
25	26 FVMP Virtual Chair Yoga 11am Oshkosh 20 th YMCA Memory Café 1-3pm	27 FVMP Mindworks 11-2:15pm TLC Caregiver Support Group 1pm	28 SPARK! Paine Art Center Oshkosh 1pm	29 FVMP Mindworks 11-2:15pm Virtual Kairos Alive 1:30pm Virtual ADRC Caregiver Support Group 3:30-4:30pm Omro Night Market 4-7pm Virtual Welcome to Medicare Presentation 1:30-2:30	30	31 Appleton Farmers Market 8am-12:30pm Neenah Farmers Market 8am-12pm Oshkosh Farmers Market 8-am12pm

• 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 & Virtual Chair Yoga
 - Contact Harper: 920-225-1711 or harper@foxvalleymemoryproject.org
- Fox Valley Memory Project (FVMP) MindWorks
 - Contact Courtney: 920-225-1724 or courtney@foxvalleymemoryproject.org
- YMCA Memory Café
 - Contact Siri: sirismits@oshkoshymca.org
- Men's Support Group and Caregiver 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
- Virtual Kairos Alive (Interactive music and dance program for individuals with memory loss)
 - Contact: Email info@kairosalive.org to sign up
- SPARK!
 - Paine Art Center, Oshkosh: 920-235-6903
 - Bergstrom Mahler Museum, Neenah: 920-751-4658
- 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 Meeting: 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



**July: UV Safety
Awareness Month**

Sun Protection Tips for Older Adults

Article: GWAAR Legal Services Team

As summer approaches, it is time to start thinking about protecting ourselves when we have fun in the sun. According to the Skin Cancer Foundation, over half of skin cancer related deaths are people over the age of 65. Because the risk of developing skin cancer rises each year and sun damage can happen quickly, everyone needs to use sunscreen. But according to the Centers for Disease Control and Prevention (CDC), fewer than half of older adults adequately protect their skin from the sun.

Not any old sunscreen will do. Choose a sunscreen with an SPF 30 or higher and one that protects from UVA and UVB rays (broad-spectrum). A sunscreen's SPF (sun protection factor) determines how well it can absorb and reflect the sun's rays. A sunscreen that is labeled SPF 30 absorbs 97% of the sun's burning rays. It's also important to know that wearing sunscreen with a higher SPF does not mean you can stay outdoors longer without applying more. You'll still need to reapply it to protect your skin, especially if you are swimming or sweating heavily. Broad-spectrum sunscreen is important because UVA rays penetrate the lower levels of the skin. They account for 95% of rays. UVB rays make up a smaller percentage of UV rays, but they cause most sunburns and sun damage.

Additionally, research shows there is very little difference in effectiveness between sunscreen sticks, sprays, gels, and creams. Buying several formats can make it easier to protect small or hard-to-reach body parts, such as the back of the ears. Sunscreen sticks are good for ears and noses and are also easy to take with you on bike rides and walks. Sprays and creams can cover larger surface areas more efficiently, such as the back, arms, and legs. Gels tend to adhere better on areas with hair, like the hairline and scalp.

*For more information, visit: www.skincancer.org/blog/photoaging-what-you-need-to-know/ and www.cdc.gov/cancer/dcpc/research/articles/older-adults-protect-skin-sun.htm





June was Elder Abuse Awareness Month. Thanks to our staff and our friends at Advocap for wearing purple to raise awareness!



STATE of WISCONSIN



OFFICE of the GOVERNOR

Proclamation

WHEREAS; aging and older adults are leaders, mentors, volunteers, and vital members of communities across our state who deserve to be treated with respect and live with dignity; and

WHEREAS; established by the International Network for the Prevention of Elder Abuse and the World Health Organization in 2006, World Elder Abuse Awareness Day aims to promote a better understanding of the abuse and neglect of older adults, and 2021 marks the 15th anniversary of its observance; and

WHEREAS; last year, more than 10,400 reports of abuse, neglect, and financial exploitation of Wisconsinites aged 60 and older were received by the Wisconsin Department of Health Services' Adult Protective Services Office; and

WHEREAS; ageism and social isolation are major causes of elder abuse in Wisconsin and across the United States; and

WHEREAS; preventing the abuse of older adults through maintaining and improving social supports like senior centers, in-home services, and transportation will allow older adults to continue to live as independently as possible and contribute to the life and vibrancy of our communities; and

WHEREAS; today, the state of Wisconsin joins dedicated individuals and organizations in our state, throughout our country, and around the world in raising awareness, taking action to prevent and address elder abuse, and encouraging all people to recognize and celebrate older adults and their ongoing contributions to the success of our communities;

NOW, THEREFORE, I, Tony Evers, Governor of the State of Wisconsin, do hereby proclaim June 15, 2021, as

WORLD ELDER ABUSE AWARENESS DAY

throughout the State of Wisconsin and I commend this observance to all our state's residents.



By the Governor:



DOUGLAS LA FOLLETTE
Secretary of State

IN TESTIMONY WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Wisconsin to be affixed. Done at the Capitol in the City of Madison this 2nd day of June 2021.



TONY EVERS
GOVERNOR

Don't Miss Your IEP!

Article by: GWAAR Legal Services Team

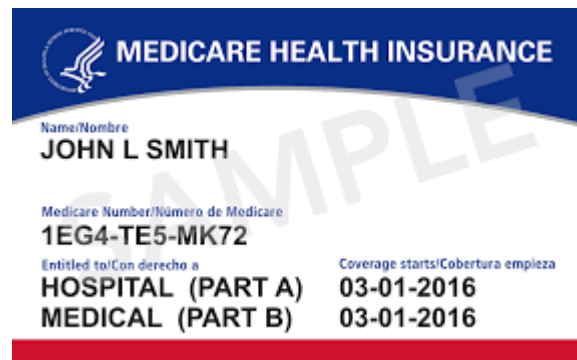
Are you going to become eligible for Medicare soon? If so, do not miss your initial enrollment period (IEP)! Most people become eligible for Medicare the month they turn 65. Some people who are younger than 65 can qualify for Medicare, too, including people receiving Social Security Disability benefits and those with end-stage renal disease.

If you are receiving Social Security benefits, you will be automatically enrolled in Medicare Parts A and B when you are eligible. However, if you are turning 65 and not receiving Social Security benefits, you will have to sign up with the Social Security Administration (SSA) to get Parts A and B. You can apply online at <https://www.ssa.gov/benefits/medicare/> or call SSA at 1-800-772-1213. If you worked for a railroad, call the Railroad Retirement Board at 1-877-772-5772.

If you are becoming eligible for Medicare because you are turning 65, your seven-month IEP begins the three months before you turn 65, includes the month you turn 65, and ends three months after the month you turn 65. Please note that if your 65th birthday falls on the first of the month, you will actually be eligible for Medicare the month before you turn 65. This means that the IEP begins a month earlier for people with first-of-the-month birthdays.

If you sign up for Medicare Part A (Hospital Insurance) and/or Medicare Part B (Medical Insurance) during the first three months of your IEP, your coverage starts the first day of the month you turn 65. If you sign up during the last four months of your IEP, your coverage will begin as follows:

If you sign up for Part A (if you have to buy it) and/or Part B in this month:	Your coverage starts:
The month you turn 65	1 month after you sign up
1 month after you turn 65	2 months after you sign up
2 months after you turn 65	3 months after you sign up
3 months after you turn 65	3 months after you sign up



People who do not sign up for Medicare during their IEP have limited opportunities to sign up later. If you are eligible, you can sign up for premium-free Part A anytime after your IEP starts. However, unless you qualify for a Special Enrollment Period (SEP), once your IEP ends, you can only sign up for Part B and Part A with a premium during the General Enrollment Period (GEP). The GEP takes place each year from January 1 through March 31. If you enroll during the GEP, your coverage will start the following July 1. You may have to pay a late enrollment penalty.

If you are covered under a group health plan based on current employment, you may qualify for a SEP. You can sign up for Part A and/or Part B at any time as long as:

You or your spouse is working and you are covered by a group health plan through the employer or union based on that work.

You will also have an eight-month period to sign up for Part A and/or Part B that starts the month after the employment ends, or the month after group health insurance based on current employment ends, whichever comes first. In general, if you sign up during a SEP, you will not pay a late enrollment penalty. Please note that you will only qualify for a SEP if you are covered under employer group health insurance. You will not qualify for a SEP if you are covered by a different type of health insurance, like Medicaid or a Marketplace plan.

If you would like more information about Medicare enrollment, please the ADRC to talk to one of our Benefit Specialists.

Tai Chi

A beginner Tai Chi class 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

MENASHA

SMITH PARK

301 Park St

Tuesdays

9-10am

July 13-Aug 31

\$15 for 8 week session

REGISTER:

Call: (920) 967-3530

Menasha Senior Center



Public Health
Prevent. Promote. Protect.
Winnebago County
Health Department



GO TO WINNEBAGOPUBLICHEALTH.ORG FOR MORE INFORMATION ABOUT

What is Tai Chi? What is its purpose?

Originally developed for self-defense, **Tai Chi** has evolved into a graceful form of exercise. It is often used now for stress reduction and a variety of other health conditions. Often described as "meditation-in-motion", **Tai Chi** promotes serenity through gentle, flowing movements.



Ashwaubomay Lake – Mobi Mat

The Ashwaubenon Parks, Recreation and Forestry Department has opened a new handicap-accessible beach mat at Ashwaubomay Lake in Green Bay. This is thanks to the Ashwaubenon Lions Club who donated the "Mobi-Mat" which is made out of recycled plastic. This will allow people with limited mobility to be able to access the water during these hot summer days!



Photo Credit: NBC 26 News

Caregiver Support: Poetry Reading

FREE!

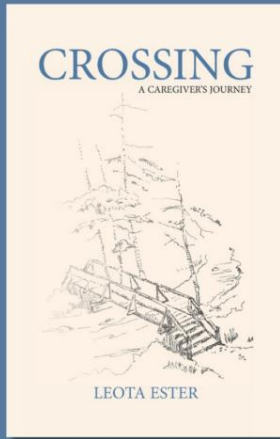
Wednesday, July 14 10:00 AM

1800 Appleton Road Menasha, WI

- Register by July 5 for a mailed copy of "Crossing"
- Registrations accepted through July 14



Free respite care for loved ones with memory loss is available during the event!



Register online at www.FoxValleyMemoryProject.org or call 920-225-1711

Memory Cafe

FVMP and the ADRC are hosting a memory café on Wednesday, July 21st at 1:30pm at Riverside Park in Neenah. The NewVoices Choir will be sharing their musical talent and engage the participants in singing some folk songs. Come out and join us for this fun event. For questions please contact Harper at the FVMP 920-225-1711.



Beaming Inc.

'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. UW Madison has partnered with BEAMING Inc. which is a non-profit organization in Neenah, that offers equine-assisted experiences for individuals with special needs and community members. Participants are provided a safe, supportive and dynamic environment where they can ride, groom and pet the horses as well as engage with staff, volunteers and other participants in the experiential ranch setting. If you are interested in participating in this 8-week program, contact Katie Samuelson, BEAMING Inc. **Center Director** at 920-851-6160 or incbeaming@gmail.com.

Poetry Reading

On July 14th at 10 AM, Fox Valley Memory Project will host author Leota Ester for a reading of her book "Crossing: A Caregiver's Journey". Register by July 5th to receive a free copy of the poetry book delivered to your home in advance of the event. Registrations received after July 5th will receive their book at the event. The event will take place at the Goodwill Community Campus at 1800 Appleton Road, Menasha, WI. Masks are required for unvaccinated attendees in accordance with building policy. Learn more about the book, "Crossing,"

here: <https://bluewaterpress.com/collections/poetry/products/crossing-a-caregivers-journey>

Respite Care

Free respite care will be available on-site, staffed by professional caregivers from HomeAid Healthcare. An activity will be provided by FVMP facilitators.

Registration

Register by clicking [HERE](#) or by calling 920-225-1711.



Have you heard of **Hope Fridge**?

"Take what you need, leave what you can" is their motto. We are blessed in Winnebago County to have some many food resources. **Hope Fridge** is a volunteer-operated mutual aid project new in Winnebago County. These are popping up all over the country. It will be open 24 hours per day, 365 day per year. Getting food requires no paperwork be completed and there are no questions asked. The fridge will be located at 428 9th St, Neenah. The grand opening of the fridge was on June 20th. Read below for guidelines on donating. They are also seeking "Fridge Volunteers. Check out their website to learn more.

Below is information gathered off their website: www.hopefridge.com.

Contact person: Tj Hobbs- tj@hopefridge.com



<u>Fridge Guidelines for Donating Food</u>	<u>Guidelines for Donating Household Goods</u>	<u>Please Do Not Donate</u>
<p>In the fridge and freezer, PLEASE DONATE only sealed, packaged, unopened, and clearly labeled foods (and fresh produce) including:</p> <ul style="list-style-type: none"> • cheeses, eggs, pasteurized milk and yogurt • fruit juices, water and Gatorade • fresh fruit and vegetables • pastries, baked goods and bread • cured sandwich meats and Lunchables • prepared meal items made in a commercial kitchen 	<p>In the pantry, they welcome donations of:</p> <ul style="list-style-type: none"> • non-perishable food like cereals, granola bars, fruit snacks and popcorn • household supplies like toilet paper, laundry detergent and socks • medical supplies like Band Aids and Neosporin • sanitary supplies like tampons, pads, soap, and shampoo/conditioner • baby supplies like diapers, diapers and more diapers! 	<ul style="list-style-type: none"> • raw meat or raw fish • clothes or shoes (they ask that clothes and shoes are to be donated to a thrift store another cause and not be put in the fridge) • raw milk or raw milk cheeses • unlabeled multi-ingredient items • half-eaten leftovers • homemade meals • alcohol