Aging & Disability Resource Center of Winnebago County Newsletter

220 Washington Ave, Oshkosh 211 N. Commercial St, Neenah Email: adrc@co.winnebago.wi.us

Website: www.co.winnebago.wi.us/adrc

Toll free: #877-886-2372







June 2022

WORLD ELDER ABUSE DAY JUNE 15, 2022

2021 WINNEBAGO COUNTY

involved abuse

cases were reported by a medical professional

Types of Elder Abuse:

- 1. Physical
- 2. Sexual
- 3. Emotional
- 4. Financial
- 5. Neglect
- 6. Abandonment
- 7. Self-Neglect

WHAT TO LOOK FOR:

Unexplained transactions
 Injuries (Cuts, bruises, broken bones)
 Weight loss or malnourishment

4. Poor hygiene 5. Withdrawal from family or friends 6. Mood or behavioral changes

GET HELP

IF YOU SUSPECT SOMEONE YOU KNOW HAS EXPERIENCED, IS CURRENTLY EXPERIENCING, OR IS AT RISK OF EXPERIENCING ELDER ABUSE OR NEGLECT

CALL THE ADRC AT (877) 886-2372

Meet our ADRC Interns!

Marta Rigstad

Marta is a student at UW Oshkosh pursuing her Master's in Social Work. She will intern at the ADRC until August 2022. She is primarily spending her hours with the Adult Protection team and the Family Support team. She will graduate in May 2023. She has enjoyed her time at the ADRC and all of the opportunities she has been experiencing. Marta "loves getting to interact with clients and provide services to those in our community who need it the most". She has enjoyed learning about all of the resources in our county and shares that the ADRC workers have been kind and welcoming. In her free time outside of work and school, she likes to spend time outside hiking, reading, visiting local coffee shops, and going to the movie theater.

So glad to have you, Marta!



beach bucket spade swimming bikini park camping picnic vacation shorts





Rachele Watkins

Rachele is a student at UW Oshkosh pursuing her Master's in Social Work. Rachele attended UW-Oshkosh for her Bachelor's in Human Services Leadership. She is currently attending UW-Oshkosh for her Master's degree in Social Work. Rachele enjoys her placement at the ADRC as she gets to help older adults by focusing on their strengths and advocating for accessibility for all of our community members. Rachele has a special interest in developing our caregiver resources as she is a caregiver for her grandma. During her free time, she enjoys spending time with family, reading, and painting.

So glad to have you, Rachele!



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June Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 SPARK! The Trout Museum of Art 1pm FVMP Memory Café Fox West 1:30pm Dementia Caregiver Support Group 1:30pm Menasha Public Library (see flyer in newsletter)	2 Diversity Speaker 3pm-4:30pm (read more in newsletter)	3	4 Farmers Markets: Oshkosh
5 SPARK! The Building for Kids 1pm	6 Coffee Clutch Omro Area Community Center 9:30am Memory Care Respite Neenah 1:30pm-3:30pm Winnebago County Human Service Board Meeting 3pm	7 Oshkosh Committee on Aging Meeting 8am "World Crisis Pathway to Peace" 5:30pm Qamar Mosque, Oshkosh (read more in newsletter)	8 FVMP Memory Café Oshkosh Library 1:30pm	9 Virtual ADRC Caregiver Support Group 3:30pm-4:30pm Omro's Thursday Night Market 4pm-7pm	Dementia Care Partner Conference 10am-2pm (read more in newsletter) Menasha Committee on Aging Meeting 1pm	11 Farmers Markets: Neenah Oshkosh
12	13 SPARK! The Trout Museum of Art 1pm Memory Care Respite Neenah 1:30pm-3:30pm FVMP Memory Café Neenah Library 1:30pm ADRC Committee Meeting 3pm	SPARK! Bergstrom Mahler Museum, Neenah 10:30am	15 World Elder Abuse Awareness Day Memory Screenings Menasha Senior Center 10am-11:30am FVMP Memory Café Menasha Library 1:30pm	16 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	17	18 Farmers Markets: Appleton Neenah Oshkosh
Father's Day	20	21 'The Longest Day' Alzheimer's Association (read more in newsletter)	22 Virtual Dementia Panel 6:30-7:30pm (read more in the newsletter)	23 Virtual ADRC Caregiver Support Group 3:30pm-4:30pm Omro's Thursday Night Market 4pm-7pm	24	25 Farmers Markets: Appleton Neenah Oshkosh Wheelchair Wash 10am-12pm J&R Auto Service Oshkosh (read more in newsletter)
26 Oshkosh Pride 2022 & Hope Fridge Anniversary Cookout 2pm-8pm (read more in newsletter)	27 FVMP Memory Café Oshkosh 20 th YMCA 1:30pm	28 Memory Care Respite Oshkosh 1:30pm-3:30pm	SPARK! The Paine Art Center 1:00pm	30 Omro's Thursday Night Market 4pm-7pm		

Please view our online calendar for additional events:

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

Calendar Contact Information



FVMP Memory Cafés	Fox Valley Memory Project 920-225-1711 info@foxvalleymemoryproject.org		
ADRC Caregiver Support Group Memory Screening Senior Centers	Alisa Richetti 920-236-1227 arichetti@co.winnebago.wi.us		
• 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, Appleton: 920-734-3226		
Coffee Clutch – Omro Area Community Center	920-685-0380 x 21 or bree@omrocommunity.org		
Neenah Memory Respite Care	920-383-1180 or memorycarerespite@gmail.com		
Oshkosh Memory Respite Care	920-727-5555 ext. 2217		
Winnebago County Human Services Board	pBartelt@co.winnebago.wi.us		
ADRC Committee Specialized Transportation Committee	ADRC@co.winnebago.wi.us		
Neenah Committee on Aging	ckasimor@ci.neenah.wi.us		
Menasha Committee on Aging	khutter@ci.menasha.wi.us		
Oshkosh Committee on Aging	judy.richey@aol.com		

Red & Blueberry Lemonade Slush

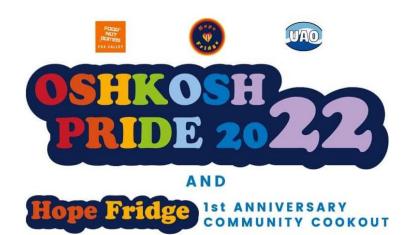
Ingredients:

- 2 cups lemon juice
- 1-1.5 cups fresh raspberries
- 1-1.5 cups fresh blueberries
- 1-1.25 cups sugar
- 3 cups cold water



Directions:

- In batches, place lemon juice, raspberries, blueberries and sugar in a blender; cover and process until blended. Strain and discard seeds.
- 2) Transfer to a 2-1/2-qt. freezer container; stir in water. Freeze for 8 hours or overnight.
- 3) Just before serving, remove from freezer and let stand 45 minutes or until slushy.

















FREE FOOD

SPEAKER

ERS

PERFORMANCES

MUSIC

A SAFE SPACE TO BE YOURSELF

ALL AGES WELCOME FREE ATTENDANCE

DIVERSITY AFFAIRS SPEAKER





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. The DAC invites various speakers to share their perspectives and experiences. We respect that everyone has their own opinions. Our goal is supportive learning opportunities. Speakers tell their stories, share historical perspectives and provide the audience with ideas for doing their own learning and work.

THURS, JUNE 2 3:00-4:30 PM

No Registration Required

https://zoom.us/join Or Phone: 312-626-6799 Meeting ID: 955 5777 0820

Passcode: 510226

UNDERSTANDING THE LGBTQIA+ **ALPHARET SOUP**

Have you always wondered what the difference between bisexual and pansexual is, what asexuality actually is, the difference between sex and gender, or what it means to be transgender or nonbinary? This workshop will answer your questions, help you navigate through pronouns, and provide you with the knowledge you need to successfully ally with the LGBTQIA+ community.

Dr. Liz Cannon is the Director of the UW Oshkosh LGBTQ+ Resource Center and a senior lecturer in Women's and Gender

Studies.







Zayn Croft serves as the assistant director of the LGBTQ+ Resource Center and the Coordinator of Racially and Ethnically Minoritized LGBTQ+ Students.

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. We support justice, equity and compassion in human relations. We affirm the inherent worth and dignity of every person."

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



JUNE: PRIDE MONTH

Pride Month is celebrated every June as a tribute to those who were involved in the Stonewall riots. The Stonewall riots were violent conflicts that happened between police and gay rights activists in New York City in June 1969. These specifically happened in Greenwich Village outside the Stonewall Inn. These events are often referred to as a "turning point" in the fight for LGBTQ civil rights. June is now a special month where the LGBTQ+ community comes together to celebrate sexual diversity being more accepted today.

Did you know we have our own LGBTQ resource center in Winnebago County? In 2008, the LGBTQ Resource Center opened its doors at the University of Wisconsin Oshkosh. This is open to students, faculty, and the community. Their goal is to help provide LGBTQ+ programs and services. The center is located at the Campus Center for Equity and Diversity. Although, the building is located on campus it is open to the public.

The LGBTQ Resource Center offers presentations to the community like "Transgender 101" and "SAFE Training". "SAFE Training" is designed to help prepare individuals to become an ally to the LGBTQ+ community. There are also a number of educational videos and documentaries on their website. A calendar of events are available; including regular discussions groups (BiPanPoly, Gay/Queer Men, etc...).

An upcoming fundraiser they are promoting is "Drag Sunday Funday" on June 12th from 2pm-6pm. This will be held at Remixx (8386 WI-76 Suite B, Neenah). Bingo, entertainment, and prizes will be offered. The event is \$20 per adult. The proceeds from this fundraiser are to support their scholarships.

LGBTQ Resource Center

Campus Center for Equity and Diversity 717 W. Irving Ave, Oshkosh (920) 424-3465 Email: lgbtqcenter@uwosh.edu

Website: https://uwosh.edu/lgbtqcenter/



Building a Safe, Inclusive, and Empowered Community

Music for People with Disabilities

- Offered through the Lawrence Community Music School (Appleton).
- Classes for individuals 20 years of age and older.
- Provides opportunities for socialization, interaction, and expressing yourself through music.
- Activities include singing, playing instruments, and moving to music.
- Teaches group work, gaining confidence, boosting self-esteem, and how to have fun!
- There is a tuition assistance program.
- To learn more:
 - o Call: (920) 832-6632
 - o Email: cms@lawrence.edu
 - o Website: https://communitymusic.lawrence.edu/



LAWRENCE

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COMMUNITY

MUSIC SCHOOL

https://www.co.winnebago.wi.us/adrc



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.cityofmenashawi.gov/departments/senior_center/t he senior_chatter_monthly_newslet ter.php

Oshkosh Senior Center #920-232-5300

https://www.ci.oshkosh.wi.us/senior services/

Neenah YMCA #920-729-9622

<u>https://www.ymcafoxcities.org/activ</u> <u>e-older-adults</u>

Oshkosh YMCAs

#920-230-8916

https://www.ymcafoxcities.org/activ e-older-adults

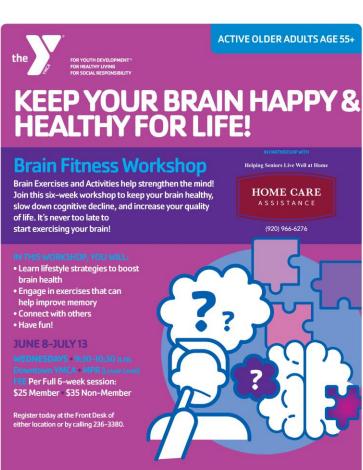
Winnebago County Health Department – Wellness Plus

#920-232-3000

https://www.co.winnebago.wi.us/hea lth/divisions-program-areas/yourhealth/adult/healthy-aging

Omro Area Community Center #920-685-0380 x 21

https://www.omrocommunity.org/ac tivites.html



Strong Bodies

OSHKOSH COMMUNITY YMCA www.oshkoshymca.org 20th Avenue 230-8439 3303 W. 20th Avenue

Simple, proven strength training exercise program to improve bone density, balance, and strength for participants 55+



- Improve Bone Density
- Reduce Falls
- Improve Arthritis Symptoms
- Improve Mood

WINNECONNE

SENIOR CENTER-HIGHLANDS

424 Cleveland St Monday and Thursday 11am-12pm June 2– Aug 18 Just \$15 for entire session!



Call: (920) 232-3000 Winnebago County Health Department





GO TO WINNEBAGOPUBLICHEALTH.ORG FOR MORE INFORMATION ABOUT



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 | BEGINNING WEDNESDAY, MAY 11, 2022 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
Downtown 236-3380 324 Washington Ave. • 20th Avenue 230-8439 3303 W. 20th Ave.

Strong Bodies

Simple, proven strength training exercise program to improve bone density, balance, and strength for participants 55+



- Improve Bone Density
- Reduce Falls
- Improve Arthritis Symptoms
- . Improve Mood

OMRO

COMMUNITY CENTER
130 W LARRABEEST

Monday and Thursday 9:30-10:30am June 2– Aug 18 Just \$15 for entire session! REGISTER:

Call: (920) 232-3000 Winnebago County Health Department







GO TO WINNEBAGOPUBLICHEALTH.ORG FOR MORE INFORMATION ABOUT

Upcoming Class....

Tai Chi for Arthritis and Falls Prevention will be held at the Oshkosh Seniors Center on Fridays from 10-11am beginning July 8-Sept 9. Cost \$15. To register contact the Oshkosh Seniors Center @ 920-232-5300.









You're invited to the Winnebago County Wheelchair Wash! Please join us for a wash, inspection, food, music by Franki Jo Moscato, door prizes

> When: Saturday June 25, 2022 10am-12pm Where: J & R Auto Service 629 Main St. Oshkosh Appointments encouraged, drop-ins welcome!

To schedule, please contact: Make the Ride Happen (920) 225-1719 or mrh@lsswis.org

SPONSORED BY:









2 YEAR ANNIVERSARY!

June 2022 marks 2 years of the ADRC newsletter. If you want to look at previous newsletters, please check out our website at

https://www.co.winnebago.wi.us/ad rc/adrc-newsletter. If you would like to get future newsletters mailed or emailed to you, please give us a call! Is there something you would like to see more of each month? Let us know that too!



WORLD CRISIS PATHWAY TO PEACE



"There is an urgent need for mankind to recognise its One God, Who is our Creator, as this is the only guarantor for the survival of humanity; otherwise, the world will continue to rapidly head towards self-destruction" "If there is no justice, there is no peace" -The Caliph Hazrat Mirza Masroor Ahmad

Ahmadiyya Muslim Women Auxiliary would like to invite • Professor Noelle Brigden you to attend an engaging talk on what we can do to establish peace in the world.

Guest speakers

- Marquette University
- Tami McLaughlin World Relief
- Amtul Sara Public Affairs Secretary AMWA Oshkosh

PLEASE JOIN US June 7th, 5:30 pm @ Qamar mosque 300 N Eagle Street Oshkosh Dinner will be served

ladies only event

The Ahmadiyya Muslim Women Auxiliary (AMWA) of the Ahmadiyya Muslim Community (AMC) is an international organization founded in 1922.

RSVP and contact information Amtul Sara: (920)216-0323 Email: oshkoshsadr@lajnausa.net



Upcoming Events for Alzheimer's and Dementia~

Join Us **Dementia Caregiver Support Group**

Build a support system with people who understand.

The Alzheimer's Association®, with trained facilitators, is offering a safe place for people caring for loved ones with dementia to:

- Develop a support system.
- · Exchange practical information on challenges and possible solutions.
- · Talk through issues and ways of coping.
- · Share feelings, needs and concerns.
- Learn about community resources.

The group will meet in the lower level Gegan Room of the Menasha Public Library



First Wednesday monthly Menasha Public Library 440 1st Street, Menasha 1:30 - 3 pm

Designed for those caring for or supporting someone with dementia. The group is open to caregivers who provide care in the home, from afar, or in a facility.

www.alz.org/wi 24/7 Helpline 800.272.3900 Hablamos Español 414.431.8811

RSVP by calling 800.272.3900

alzheimer's 🎧 association

Wisconsin Chapter





Memory Camp August 15-18, 2022

Memory Camp is a supported summer camp experience for those with mild to moderate dementia, their care partners and families.

Hosted and directed by:

Carrie Esselman, Dementia Care Specialist Rachel Watkins-Petersen, Respite Care Association of Wisconsin

Experience the best parts of camp and be part of a community where we leave dementia stigma behind. We will sing, sit by the campfire, savor s'mores, work on jigsav puzzles, ride a pontoon boat, do beach yoga, swim, go fishing and relax on the shore of a gorgeous lake!

Camp is supported by caring and trained volunteers and will provide respite for caregivers. Lodging is in modern, well-equipped cabins with private bathrooms. Meals are delicious and nutritious. You will feel joy and hospitality in this warm and welcoming community.

Please join us August 15-18, 2022 Register at ucci.org or call Moon Beach at 715-479-8255



() @ ucci.org

■ 計震 ■ Scan with your phone camera to register!







June 21st is "The Longest Day". This is the day of the year with the most light and is referred to as the summer solstice. Every year during the summer solstice, people across the world will combat the darkness brought by Alzheimer's disease. People do this by fundraising for the Alzheimer's Association, doing a special activity to honor or remember someone who has passed from Alzheimer's, or by hosting a gathering of family and friends. If you are looking for some ideas or want to learn more about "The Longest Day", please visit www.alz.org.

Fox Valley Memory Project Presents the 1st Annual

Dementia Care Partner Conference

Friday June 10 10:00 AM - 2:00 PM

Free Conference and respite care

Become the best care partner you can be for your loved one with dementia!

Conference Presenters













Registration Required

Call 920-225-1711 FoxValleyMemoryProject.org/Conference

Conference Schedule

Registration and 9:30 AM respite care open

Positive Approach to

10:00 - 11:00 AM Care: Communication

and Dementia

11:15 - 12:00 PM Breakout Session 1

Lunch & Resource 12:00 - 12:45 PM

1:00 - 1:45 PM Breakout Session 2

1:45 - 2:45 PM Resource Fair

Conference Location

Fox Valley Technical College 1825 N. Bluemound Drive Appleton, WI 54912

Free respite care for your loved one with dementia available on-site. Must register in advance

This project is supported, in part by grant number goADPloo68, from the U.S. Administration for Community Living, DHHS, Washington, D.C.



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

Menasha

Menasha Public Library, 440 First Street, Menasha -Wednesday, June 15 - 1:30 - 3:00pm

Join Taylor Moeller-Roy from the Bergstrom Mahler Museum of Glass and together we will talk about the art of collage and create our own. Using different types of images and words cut from books and magazines, we'll design a one-of-a-kind glass coaster. After they're done, we will seal them with mod podge to make sure they're waterproof.

Neenah

Neenah Public Library, 240 E Wisconsin Avenue, Neenah – Monday, June 20 – 1:30 – 3:00pm Fishing is back! Come fish off the dock by the Neenah Public Library! We'll meet inside the library and then head out to see how many fish we can catch. We received a special fishing license waiver from the Wisconsin DNR. Volunteers will need a license if they plan to fish. We will have fishing poles, but feel free to bring your own. The Neenah High School Fishing Team will again be here to help us reel them in. If the weather is poor, we'll share our fish stories and engage in other fish-related activities in the library.

Oshkosh

Oshkosh Public Library, 106 Washington Avenue, Oshkosh –Wednesday, June 8 1:30 – 3:00pm Sparking Creativity with the Alzheimer's Poetry Project founder, Gary Glazner. We will tap into our fun and playful sides and engage in poetry and laughter led by Gary.

Oshkosh YMCA, 3303 W 20th Avenue, Oshkosh – Monday, June 27 – 1:30 – 3:00pm

"Meet Me at the Movies!" Join us for a movie-themed café featuring short clips from classic films, a game of guess that movie, and of course, popcorn! We can't wait to reminisce and learn about your favorite movies.

