

# 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](mailto:adrc@co.winnebago.wi.us)  
Website: [www.co.winnebago.wi.us/adrc](http://www.co.winnebago.wi.us/adrc)



## It's the 1 Year Anniversary of the ADRC Newsletter!!!!

We can all agree this past year has been an interesting one!

One exciting thing that happened in the last year at your ADRC was that this monthly newsletter began. June marks the 1- year anniversary. This newsletter has grown and now goes out to about 300 community members and organizations via email and about 30 community members by paper mailing.

The newsletter focuses on the important things that are happening in our community. In addition, helping community members to meet members of our ADRC staff, discover new resources, and view a calendar of events. We hope that you have enjoyed the newsletter this first year and we are excited to see it continue to grow.

If you have suggested topics or resources that you would like to read about, we welcome your feedback!

Also, if you or someone you know would like to receive an email or free copy of the newsletter, please contact Rebecca Groleau at 920-236-4661.



June 20<sup>th</sup> 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/Dementia. People do this by fundraising for the Alzheimer's Association, doing a special activity to honor or remember someone who has passed from Dementia, or hosting a gathering of family/friends. If you are looking for some ideas or want to learn more about "The Longest Day", please visit [www.alz.org](http://www.alz.org).

## Meet the Team



Brian Nagler

Hi! My name is Brian Nagler and I am the Program Supervisor of the ADRC. My job in short is to support our customers and the team of Information and Assistance Specialists. Much of my work revolves around ensuring that the customers of the ADRC have a good experience and get the help that they require to live as independently as possible. My favorite part of my position is brainstorming with staff to find creative ways to support our customers.

When I am not at work I enjoy spending time outdoors with my family at our "farm" in Iola. We spend weekends there camping, trout fishing and eating smores by the fire. I have been married for 28 years to my wife Steffanie and we have two grown daughters Reagan (20) and Reese (17). We also have a Dachshund (wiener dog 😊) named Ripley.

I am proud to work at the ADRC and for an agency that truly cares about our community and its residents.

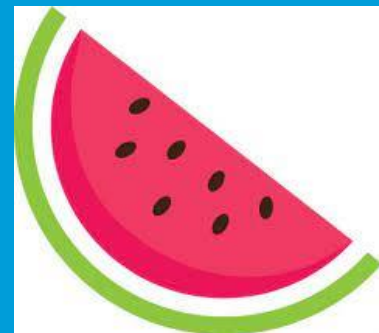
# Stuffed Zucchini Boats

## INGREDIENTS:




- 4 medium zucchinis
- 1/2 teaspoon dried Italian seasoning
- Salt and pepper to taste
- 2 teaspoons olive oil
- 1-pound mild Italian sausage (casings removed)
- 1/2 cup onion finely diced
- 1 teaspoon minced garlic
- 2 cups marinara sauce
- 3/4 cup shredded mozzarella cheese
- 1 tablespoon chopped parsley
- Cooking spray

## INSTRUCTIONS:

1. Preheat the oven to 400 degrees F. Coat a large rectangular baking with cooking spray.
2. Cut the zucchini in half lengthwise, then trim off the stem ends. Use a spoon to carefully scoop the flesh out of the zucchinis.
3. Sprinkle the Italian seasoning, salt and pepper over the zucchini shells. Arrange the zucchini in the baking dish.
4. Heat the olive oil in a large pan over medium high heat. Add the sausage and cook for 4-5 minutes, breaking up the meat with a spatula.
5. Add the onion and cook for an additional 4 minutes or until onion is softened. Add the garlic and cook for 30 seconds.
6. Season the sausage and vegetable mixture with salt and pepper.
7. Pour the marinara sauce into the pan and bring to a simmer; cook for 5 minutes.
8. Spoon the meat mixture evenly into the zucchini shells, then top with the shredded cheese.
9. Bake for 25 minutes, or until zucchini is tender and cheese is melted and golden brown.
10. Sprinkle with parsley, then serve.



# Upcoming June Events

Sun	Monday	Tuesday	Wednesday	Thursday	Fri	Sat
		1 Oshkosh Committee on Aging 8am  FVMP MindWorks 11am-2:15pm  Caregiver Support Group 2:30pm	2 Free Covid-19 Vaccine Walk-In Clinic Sunnyview Expo Center 1pm-6pm	3 FVMP MindWorks 11am-2:15pm  Virtual Kairos Alive 1:30pm  Virtual ADRC Caregiver Support Group 3:30pm-4:30pm  Omro Thursday Night Market 4pm-7pm  FVMP Memory Café Telulah Park, Appleton 1:30	4	5 Oshkosh Farmers Market 8-am12pm  Golden Ocean Foods, Oshkosh Walk-In Covid-19 Clinic 10am-2pm
6	7 FVMP Virtual Chair Yoga 11am  Memory Care Respite Neenah 1:30pm-3:30pm	8 FVMP Neenah Library Fishing Spot Memory Café 11am-12pm  FVMP MindWorks 11am-2:15pm  TLC Support Group 1pm  SPARK! Bergstrom Mahler Museum, Neenah 10:30am-12pm  Winnebago County Transportation Meeting 1:30pm	9 State Alzheimer's Conference 8am-12pm  FVMP Virtual Memory Café 1:30pm  Free Covid-19 Vaccine Walk-In Clinic Sunnyview Expo Center 1pm-6pm	10 State Alzheimer's Conference 8am-12pm  FVMP MindWorks 11am-2:15pm  Virtual Kairos Alive 1:30pm  Virtual ADRC Caregiver Support Group 3:30-4:30pm  Omro Thursday Night Market 4pm-7pm	11 Menasha Committee on Aging 1pm	12 Neenah Farmers Market 8am-12pm  Oshkosh Farmers Market 8-am12pm
13 11 <sup>th</sup> annual Juneteenth Commemoration & Get the SHOT L.I.V.E Campaign 12-6pm	14 FVMP Virtual Chair Yoga 11am  Memory Care Respite Neenah 1:30pm-3:30pm  FVMP Virtual Memory Café 1:30-2:30pm  ADRC Committee Meeting 3pm  Winnebago County Executive Jon Doemel – Proclamation for elder abuse prevention efforts 1:30pm 220 Washington Ave, Oshkosh	15 FVMP MindWorks 11am-2:15pm  Virtual FVMP Memory Café 11am-12pm   WORLD ELDER ABUSE AWARENESS DAY Building Strong Support for Elders	16 Free Covid-19 Vaccine Walk-In Clinic Sunnyview Expo Center 1pm-6pm  FVMP Virtual Memory Café 1:30pm	17 Neenah Committee on Aging 9:15am  Men's Support Group 10am  FVMP MindWorks 11am-2:15pm  Virtual Kairos Alive 1:30pm  FVMP Memory Café Telulah Park, Appleton 1:30pm  In Person ADRC Caregiver Support Group 3:30-4:30pm  Omro Thursday Night Market 4pm-7pm	18	19 Appleton Farmers Market 8am-12:30pm  Neenah Farmers Market 8am-12pm  Oshkosh Farmers Market 8-am12pm
20 "The Longest Day" – Alzheimer's Awareness	21 FVMP Memory Café Beaming Inc Equine 9:30am  FVMP Virtual Chair Yoga 11am  FVMP Virtual Memory Café 1:30pm	22 Virtual FVMP Memory Café 11am-12pm  FVMP MindWorks 11am-2:15pm  TLC Support Group 1pm	23 Free Covid-19 Vaccine Walk-In Clinic Sunnyview Expo Center 1pm-6pm  FVMP Memory Café Kimberly Municipal Complex 1:30pm	24 FVMP MindWorks 11am-2:15pm  Virtual Kairos Alive 1:30pm  Virtual ADRC Caregiver Support Group 3:30pm-4:30pm  Omro Thursday Night Market 4pm-7pm	25	26 Appleton Farmers Market 8am-12:30pm  Neenah Farmers Market 8am-12pm  Oshkosh Farmers Market 8-am12pm --
27	28 FVMP Virtual Chair Yoga 11am  FVMP MindWorks 11-2:15  Oshkosh 20 <sup>th</sup> YMCA Memory Café 1pm-3pm	29	30 SPARK! Paine Art Center, Oshkosh 1pm  Free Covid-19 Vaccine Walk-In Clinic Sunnyview Expo Center 1pm-6pm			

\*Please view our online calendar for additional events:

[www.co.winnebago.wi.us/adrc/dementia-and-alzheimer-resources/event-calendar/month](http://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](mailto:harper@foxvalleymemoryproject.org)
- Fox Valley Memory Project (FVMP) MindWorks
  - Contact Courtney: 920-225-1724 or [courtney@foxvalleymemoryproject.org](mailto:courtney@foxvalleymemoryproject.org)
- YMCA Memory Café
  - Contact Siri: [sirismits@oshkoshymca.org](mailto:sirismits@oshkoshymca.org)
- Men's Support Group and Caregiver Support Group
  - Contact Walt: 920-277-8965 or [wzerrenner@gmail.com](mailto:wzerrenner@gmail.com)
- ADRC Caregiver Support Group
  - Contact Alisa Richetti: 920-236-1227 or [arichetti@co.winnebago.wi.us](mailto:arichetti@co.winnebago.wi.us)
- Virtual Kairos Alive (Interactive music and dance program for individuals with memory loss)
  - Contact: Email [info@kairosalive.org](mailto: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](mailto:memorycarerespite@gmail.com)
- Winnebago County Human Services (WCHS) Board Meeting
  - Contact Pam: [PBartelt@co.winnebago.wi.us](mailto:PBartelt@co.winnebago.wi.us)
- ADRC Committee Meeting: Contact [ADRC@co.winnebago.wi.us](mailto:ADRC@co.winnebago.wi.us)
- Neenah Committee on Aging: Contact [ckasimor@ci.neenah.wi.us](mailto:ckasimor@ci.neenah.wi.us)
- Menasha Committee on Aging: Contact [msackett@ci.menasha.wi.us](mailto:msackett@ci.menasha.wi.us)
- Oshkosh Committee on Aging: Contact [judy.richey@aol.com](mailto:judy.richey@aol.com)

### Mental Health Care Available for Older Adults

Do you or a loved one struggle with anxiety, depression, or other mental health issues? Help is available through Lutheran Social Service's Appleton Counseling Clinic. This Clinic receives funding from Winnebago County to help offset the cost of providing counseling services to older adults who reside in Winnebago County.

The clinic accepts Medicaid, most commercial insurances, and has a sliding fee scale based on income. The clinic provides sessions via telehealth so the client can remain comfortably at home for sessions and, resuming in June, sessions will also be held in person at the office in Appleton. For more information or to schedule an appointment please call 920-730-1321. Information is also available at [www.lsswis.org](http://www.lsswis.org). The Counseling Clinic office is conveniently located off Highway 41 at 3003 N. Richmond St., Appleton, WI 54911.





# June 15<sup>th</sup>: World Elder Abuse Awareness Day



## The Facts

- Financial exploitation is the illegal or improper use of an older person's funds or resources.
- Just over 5% of older adults, both men and women, experience financial exploitation each year.
- Financial exploitation is a multi-billion-dollar industry.
- Older adults with cognitive incapacity suffer significantly greater economic losses than those without such incapacity.
- Only 1 in 44 incidents of financial harm is reported to authorities
- Consequences include financial loss, hospitalization, and institutionalization.

\* Credit: [www.elderjustice.gov](http://www.elderjustice.gov)

## Reporting Abuse

If you suspect an elder adult or adult at risk has experienced, is currently experiencing, or is at risk of experiencing abuse, neglect, self-neglect, or financial exploitation:

- In an emergency, if someone is in immediate, life-threatening danger, call the police or 911 immediately.
- Call the ADRC at 877-886-2372 and ask for Adult Protective Services

*What will you be asked when you call?*

When making a call to report suspected Elder Adult (Age 60+) or Adult (age 18-59) at risk of some kind of abuse or neglect, you will speak to one of our Adult Protective Service staff. You may give your name and address if you choose, *but you do not have to give this information*. They will listen to your concerns, gather information and ask pertinent questions in order to clearly understand the situation. It is understood that you may or may not have additional information regarding the person/situation but please share what you do know. You will not be required to do anything more following your call.



On June 14<sup>th</sup> at 1:30 pm at Oshkosh Human Services, Winnebago County Executive Jon Doemel will be signing a proclamation for a week of observance in recognition of elder abuse and prevention efforts.

Through the month of June both the Neenah Human Services (211 N. Commercial St) and Oshkosh Human Services (220 Washington Ave) will display pinwheels in recognition of those who have experienced elder abuse this past year.

## Winnebago County Adult Protection Services 2020 Statistics

### Regarding guardianships...

- 111 court actions for individuals in need of guardianship (Chapter 51) and/or protective services (Chapter 55).
- Average age of the individuals is 60.5 years old.

### Regarding financial exploitation...

- 35 financial exploitation investigations.
- Average age of the victim is 74 years old.
- Average amount stolen \$29,256.

## Tips to Protect Yourself

- Know that wiring money is like sending cash.
- After a disaster, give only to established charities.
- Talk to you doctor before you buy health products or treatments.
- Don't send money to someone you don't know personally.
- Don't agree to deposit a check and wire money back from anyone.
- Don't reply to messages asking for personal or financial information.
- Know that fraudsters will pose on the internet as interested romantic partners.
- Conduct background checks on a caregiver before hiring.
- Know that the federal government will never call you on the phone and ask for personal information.
- Have a plan in case a medical emergency arises.

## Stay Aware of Scams

One of the best ways to protect yourself from financial fraud is to remain informed. Learn about financial scams at:

[consumer.ftc.gov/scam-alerts](http://consumer.ftc.gov/scam-alerts)

[elderjustice.gov/senior-scam-alert](http://elderjustice.gov/senior-scam-alert)

\*Credit: [www.elderjustice.gov](http://www.elderjustice.gov)



## **AGING MASTERY PROGRAM ® –SIGN UP TODAY!**

The gift of time, what will you do with it? The Aging Mastery Program ® (AMP), developed by the National Council on Aging (NCOA) is a nationwide program whose core philosophy believes modest lifestyle changes can produce big results, leading to improved health, stronger economic security, and overall well-being.

The **6-week virtual program** covers Navigating Longer Lives; Exercise and You; Caregiver Perspectives: Assessing Needs; Sleep, Healthy Eating and Hydration; Financial Fitness; Medication Management; Advance Planning; Healthy Relationships; Falls Prevention; Caregiver Playbook: Planning, Connecting, and Doing; and Community Engagement.

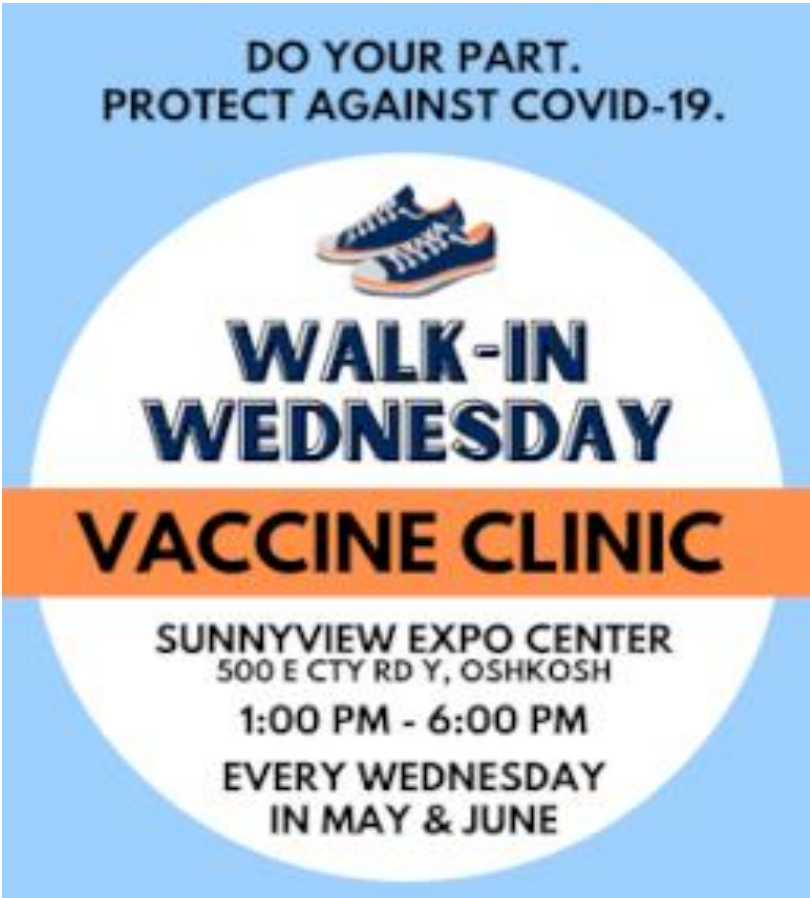
Be among the first in your area to experience the virtual, Aging Mastery Program®. Brought to you by the Aging & Disability Resource Center of Adams, Green Lake, & Waushara Counties, Inclusa Inc., UW Extension Green Lake, and Winnebago County Health Department. Through a grant, this program is currently offered for **FREE (\$290 value)** to the first 20 participants.

What: Aging Mastery Program® (AMP) 6-Week Workshop

Where: Zoom Video Platform – Training Available

When: Wednesdays, 9 am – 12 pm. June 30 thru August 4, 2021

For more information or to register, call Toll Free (877) 622-6700 and ask for Kari Enders or email [Kari.Enders@Inclusa.org](mailto:Kari.Enders@Inclusa.org)



**Walk-In Wednesdays**

Location:

Sunnyview Expo Center  
500 E. County Rd Y  
Oshkosh, WI 54901

- No appointments necessary. Open to everyone 18 years and older.
- Johnson & Johnson/Janssen, 1-dose vaccine (subject to vaccine availability).
- COVID-19 vaccines provided at this site are free. No insurance or payment is required.

**Who can walk in?**

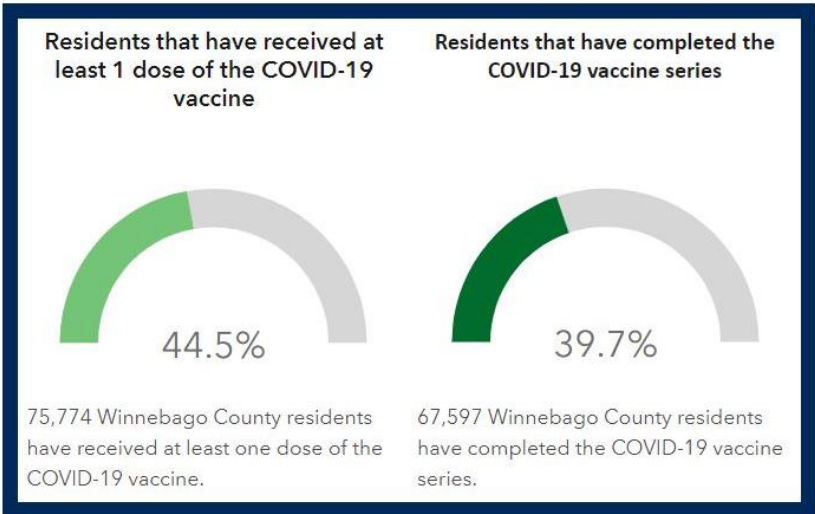
- All individuals 18 and older are eligible to receive a vaccine.
- Individuals 16 and 17 years old can only receive Pfizer at this time. Please ensure the clinic you register for is administering the correct vaccination for your age group.
- You cannot be vaccinated at this site if you had an observed allergic reaction (anaphylactic reaction) to any injectable medication or vaccination, OR if you have received any vaccine (including the flu vaccine) within the last 14 days.
- Any Winnebago County resident that has a barrier preventing them from scheduling online may call the hotline at 920-232-3026.
- Need free transportation to and from your vaccine appointment? Call Make the Ride Happen at 920-225-1719 (Monday - Friday from 8:30am - 4:30pm)

**Sunnyview Expo Clinic Important Notes:**

- Please follow the entrance signs and go to the main door marked #500.
- This site is separate from the Sunnyview **testing** site. Closure announcements for the testing site do not affect the vaccination clinic.
- Parking is provided. Please plan for a short walk to the entrance.
- Plan to stay 15-30 minutes after your vaccination for observation.

\*This information was taken from the Winnebago County Public Health website: [www.co.winnebago.wi.us/health](http://www.co.winnebago.wi.us/health)

**Vaccine Status as of 5/26/2021**





alzheimer's  association®

## 35th Annual Wisconsin State Conference

Virtual via  
Zoom

June 9 & 10  
8:00-12 daily

Register  
\$20  
Earn  
CEU's

Designed for Health Care  
Professionals and Family  
Caregivers

[bit.ly/ConfAgendaSpeakers](http://bit.ly/ConfAgendaSpeakers)



### KAIROS ALIVE! WISCONSIN CONNECTION JAM™ 2-WAY "TV SHOW"

Fun, Connection and Health  
with Music, Dance, Story  
and Research Learning

All Ages and Abilities  
Welcome on Zoom!

Thursdays, 1:30-2:15 PM  
[info@kairosalive.org](mailto:info@kairosalive.org)



#### Wisconsin Connection Jam™

HAVE FUN! MAKE FRIENDS! Sing, tell stories and move on the virtual dance floor. Led by Kairos Alive! dancer/singer/actors, with guest artists, to inspire you, your family and friends. Creativity Together™.

REGISTER IN ADVANCE to get link to join us.

**REGISTER:**  
[info@kairosalive.org](mailto:info@kairosalive.org)

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## State Alzheimer's Association Conference

June 9-10

Online

Join us for the 35th Annual Alzheimer's Association Wisconsin State Conference, recognized as one of the largest and most comprehensive state-wide conferences dedicated to Alzheimer's disease and other dementias in the country. This two half-day virtual event features compelling keynote speakers and topics suitable for direct care, health care, and family caregivers. Please share the word with colleagues, family and friends! Online registration is now open. You need to register first before the Zoom link is given. Register online at [www.alz.org/wi](http://www.alz.org/wi)

## International Alzheimer's Association Conference

July 26-30

Denver, CO and Online

World leading scientists, clinical researchers, and clinicians will share about the latest research and breaking discoveries of prevention and treatment of Alzheimer's Disease.

Learn more and register at  
[www.alz.org/aaic/overview.asp](http://www.alz.org/aaic/overview.asp)

alzheimer's  association®

# AAIC >21



# AFRICAN HERITAGE, INC. PRESENTS

*Save the Date*

**Saturday June 13, 2021**

JONES PARK, 301 WEST LAWRENCE STREET, APPLETON WI 54911

12:00PM CT - 6:00PM CT

# 11<sup>TH</sup> ANNUAL JUNETEENTH

**COMMEMORATION & GET THE SHOT L.I.V.E. CAMPAIGN!!**

★ **SURPRISE CELEBRITY GUEST APPEARANCE** ★

☆ TO BE ANNOUNCED LATER ☆

- 80 member colorful Carnival Parade
- Caribbean-American Musical Performance
- Phenomenal TAP Dance Performance
- Footworking Dance Group Performance
- African Music & Dance
- Performance by one of our very own **R & B Soul Artist**
- Spoken Word
- Sounds with AHI Trusted DJ
- Vendor Gallery
- Food Pavilion

**Drop in/Sign Up** to Get your COVID-19 Shot  
at Juneteenth and you get VIP Service!

- Limited Reserved VIP Seats - Sign Up Now & Get Your Shot
- Free Food and Beverage Ticket
- Free Get the Shot Swag bag with Goodies
- Freedom Juneteenth Tee Shirts
- Receive Gift card and more..

**Sign Up**



★ **Get your Free Tickets Now** ★  
[africanheritageinc.org/juneteenth](http://africanheritageinc.org/juneteenth)



**African Heritage, Inc.**

**Masks or Face Coverings are required.**

Join us in Jones Park or Join Us Live - [www.facebook.com/ahiappleton](http://www.facebook.com/ahiappleton)

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[ahiprograms@africanheritageinc.org](mailto:ahiprograms@africanheritageinc.org)

**THANK YOU TO ALL OUR SPONSORS**

# Does riding the bus have you confused?

The bus system can be hard to navigate! Here are a few travel training resources:



## All of Winnebago County – "Make The Ride Happen"

Per their website: "Make The Ride Happen will work to increase use and awareness of public transit by adults and individuals with disabilities through the use of **Individual Travel Training**. MRH staff provides support and training and will facilitate and/or enhance travel training in the areas served by Go Transit (Oshkosh) and Valley Transit (Fox Cities). MRH Staff and a volunteer bus buddy will work one-on-one with someone, helping them to use public transportation to meet their needs. Scheduling is flexible and is arranged between rider and trainer."

## Fox Cities Area- Valley Transit

A graphic advertisement for Valley Transit. It features a green banner at the top with the text "RIDING THE BUS HAS NEVER BEEN THIS EASY!". Below this, there is a small photo of a woman, a text box describing travel training services, contact information, and the Valley Transit logo. On the right, there is a photo of two people on a bus. At the bottom, there are social media icons, the website URL, and a call to action to download an app.

**RIDING THE BUS HAS NEVER BEEN THIS EASY!**

Valley Transit offers both group and individual access to a free travel trainer who will teach you everything you need to know about riding the bus.

Contact us at (920) 832-5800 or [traveltraining@Appleton.org](mailto:traveltraining@Appleton.org) to learn how and where to board the bus, how to pay, how to transfer and so much more!

**Valley Transit**  
CONNECTING THE FOX CITIES

**DOWNLOAD OUR APP TODAY AND TRACK YOUR BUS IN REAL TIME!**

Search Valley Transit in the app store or visit [myvalleytransit.com/app](http://myvalleytransit.com/app)

[WWW.MYVALLEYTRANSIT.COM](http://WWW.MYVALLEYTRANSIT.COM)

Instagram, Twitter, Facebook, LinkedIn icons

## Oshkosh – Go Transit

GO Transit provides free training and other resources to any person who would like to learn their bus system. They offer Specialized Individual Training where a professional travel trainer meets with the person to focus on how to get around the community on the bus. They also offer a Bus Buddy program which can ride along with the person a few times to help them learn. GO Transit also provides information on trip planning to ensure the person is able to get to their destination. GO Transit also can provide a group tour for people who are interested in learning more about the bus and getting a tour of the bus. All of these services are free. They can be reached by calling 920-232-5340.



Follow us on Facebook! Search "ADRC of Winnebago County", give us a "Like", and share with your friends and family to help spread the word!!