

# 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



March 2022

## TAX HELP

**VITA** (Volunteer Income Tax Assistance) helps with free, simple tax preparation every year. If you have a complex tax situation, they may ask you to seek aid from an accountant or tax preparer. This is available for low-moderate income individuals; the maximum income level is \$66,000/ year.

### Neenah/Menasha area

- Menasha Goodwill – 1800 Appleton Rd, Menasha
- Call to schedule an appointment: (920) 968-6044
- No walks ins

### Oshkosh area

- Appointments at the UW Oshkosh
- Call to schedule an appointment: (920) 424-3486
- No walks ins

**AARP** (American Association of Retired Persons) assists with free, simple tax preparation every year. If you have a complex tax situation, they may ask you to seek aid from an accountant or tax preparer. Per the AARP website: "AARP Foundation Tax-Aide provides in-person and remote tax assistance free of charge to anyone, with a special focus on taxpayers who are 50 or older or who have low to moderate income. Tax-Aide volunteers are located nationwide, and are trained and IRS-certified every year to make sure they know about and understand the latest changes and additions to the tax code."

### Neenah/Menasha area

- Call to schedule an appointment: (920) 215-1040
- No walk ins
- Neenah Public Library: 240 E. Wisconsin Ave, Neenah
- Menasha Public Library: 440 1st St, Menasha,
- Menasha Goodwill: 1800 Appleton Rd, Menasha

### Oshkosh area

- Call to schedule an appointment:  
(920) 385-6756
- No walk ins
- Algoma Boulevard United Methodist Church:  
1174 Algoma Blvd, Oshkosh

# Mint Chocolate Chip Cookies

## Ingredients:

- 1 cup sugar
- 1/2 cup butter, softened (1 stick)
- 1 egg
- 1/2 cup sour cream (or plain yogurt)
- 1 small box instant vanilla pudding mix (3.4 oz)
- 1/2 tsp salt
- 1/2 tsp baking soda
- 2 cups all-purpose flour
- 2 tsp mint extract
- 3 drops blue coloring + 10-15 drops green coloring
- 1 1/2 cups chocolate chips



## Directions:

- 1) Cream together sugar and butter. Add egg, sour cream and pudding mix.
- 2) In a small bowl, combine flour, salt & baking soda.
- 3) Incorporate flour mixture into the pudding mixture and mix until well combined. Add mint extract and food coloring until desired color is achieved.
- 4) Add in chocolate chips.
- 5) Drop by rounded tablespoonfuls onto greased cookie sheet.

## What is the Medicare Advantage Open Enrollment Period?

*By the GWAAR Legal Services Team*

Beginning January 1 through March 31, 2022, individuals who are *already enrolled* in a Medicare Advantage Plan can make certain changes. Individuals can only make one change during this period, and the change is effective the first of the month following the month the plan gets the request.

If you are enrolled in a Medicare Advantage Plan as of January 1, 2022 (with or without drug coverage) you can do the following:

- Switch to another Medicare Advantage Plan (with or without drug coverage); or
- Disenroll from your Medicare Advantage Plan and return to Original Medicare. If you choose to do so, you'll be able to join a standalone Medicare drug plan.

During this time, you can't do the following:

- Switch from Original Medicare to a Medicare Advantage Plan;
- Join a Medicare drug plan if you're in Original Medicare; or
- Switch from one Medicare drug plan to another if you're in Original Medicare.

Remember: anyone *without* an Advantage Plan as of January 1, 2022 cannot choose to enroll in one at this time unless they are in their Medicare Initial Enrollment Period (IEP) or qualify for a Special Enrollment Period (SEP). Additionally, anyone with a Private Fee For Service (PFFS) plan must keep their same drug plan.

# Senior Centers and Community Centers in Winnebago County

Senior and community centers are a great gathering place for adults to visit, learn, exercise, share a meal, and travel with each other! In our February newsletter, we featured the Omro Area Community Center. This month we will feature the Menasha Senior Center. In future newsletters, you will learn more about the Oshkosh Senior Center and Pickett Community Center.

The Menasha Senior Center was established in December of 1981 with a block grant by the Department of Housing and Urban Development. Their Center is connected with the City of Menasha Public Health Department. They are fortunate to have a Public Health Nurse that has dedicated hours each month for their participants. Historically, their Center was operated by the City of Menasha; however in 2007 it was outsourced to the YMCA. Starting in January 2021, the City of Menasha began to operate the Center again.

Their mission statement is to "maintain and enhance the quality of life of older adults by providing educational, recreational, social, and wellness programs and to meet the needs as requested by the community". Their vision is to have "flexible opportunities for all to participate in healthy activities, services, and friendships". The four core values of the Center are "opportunities; friendships; health; and learning".

They offer a number of activities like fitness classes, card playing, Lunch N' Learns, arts and crafts, socializing, knitting, quilting, Shuffleboard, rug hooking, bus trips, blood pressure checks, wellness advice, "Breakfast for your Brain", line dancing, chair yoga, Tai Chi, etc... They have a number of books, games, and puzzles that can be borrowed to take home to keep your mind busy! A unique regular program they have is called SALT (Seniors & Law Enforcement Together) where an officer from the Menasha Police Department comes into to speak about current issues that affect your local community (4<sup>th</sup> Tuesday of each month).

The Menasha Senior Center welcomes adults age 55+. There is no membership fee or residency restrictions. Some programs may have a fee. Their beautiful center can also be rented out for things like birthday parties, bridal showers, or meetings. They have a great monthly newsletter called "The Chatter". You can find this online at [https://www.cityofmenasha-wi.gov/departments/senior\\_center/index.php](https://www.cityofmenasha-wi.gov/departments/senior_center/index.php) or have "The Chatter" delivered to your home for \$10. If you receive the Chatter, you can check your subscription expiration on the mailing label each month.

**Location:** 116 Main Street, Menasha, WI 54952  
**Email:** [seniorcenter@ci.menasha.wi.us](mailto:seniorcenter@ci.menasha.wi.us)  
**Phone:** 920-967-3530  
**Facebook:** Menasha Senior Center – give them a like!

**Hours:**  
Monday, Wednesday, Thursday: 8:00am - 4:00pm  
Tuesday, Friday: 8:00 - 1:00pm



## Senior Center Staff



**Chloe Hansen-Dunn**  
Rec/Senior Services Manager  
920-967-3530  
[chansen-dunn@ci.menasha.wi.us](mailto:chansen-dunn@ci.menasha.wi.us)




**Leah McCormick**  
Senior Activity Coordinator  
920-967-3530  
[lmccormick@ci.menasha.wi.us](mailto:lmccormick@ci.menasha.wi.us)



**Meghan Pauly**  
Public Health Nurse  
920-967-3520  
[mpauly@ci.menasha.wi.us](mailto:mpauly@ci.menasha.wi.us)

\*Credit: Information and pictures were gathered off their website and via communication with the Menasha Senior Center staff.

# March Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>Oshkosh Committee on Aging Meeting 8am</p> <p>Community Meal 11:30am-1pm Trinity Lutheran Church, Oshkosh</p>	<p>2</p> <p>FVMP Memory Café Fox West 1:30pm</p>	<p>3</p> <p>Mindworks Class Oshkosh Public Library &amp; Goodwill Comm. Center 11am-2pm</p> <p>FVMP Memory Café River Thyme Bistro 1:30pm</p> <p>Diversity Affairs Speakers 3pm (read more in newsletter)</p>	<p>4</p>	<p>5</p>
<p>6</p> <p>SPARK! The Building for Kids 1pm</p>	<p>7</p> <p>Coffee Clutch 9:30am Omro Area Community Center</p> <p>Memory Care Respite Neenah 1:30pm-3:30pm</p> <p>Winnebago County Human Services Board Meeting 3pm</p>	<p>8</p> <p>Community Meal 11:30am-1pm Trinity Lutheran Church, Oshkosh</p> <p>SPARK! Bergstrom Mahler Museum, Neenah 10:30am</p> <p>TLC Caregiver Support Group 1pm</p>	<p>9</p> <p>SPARK! The Trout Museum of Art 1pm</p> <p>FVMP Memory Café Oshkosh Library 1:30pm</p> <p>FVMP Memory Café Mosquito Hill 1:30pm</p>	<p>10</p> <p>Mindworks Class Oshkosh Public Library &amp; Goodwill Comm. Center 11am-2pm</p> <p>FVMP Caregiver Meet-Up Neenah Library 1pm</p> <p>Virtual ADRC Caregiver Support Group 3:30pm-4:30pm</p>	<p>11</p> <p>Menasha Committee on Aging 1pm</p>	<p>12</p> <p>Farmers Market Oshkosh Area 9am-12:30pm</p>
<p>13</p>	<p>14</p> <p>SPARK! The Trout Museum of Art 1pm</p> <p>Memory Care Respite Neenah 1:30pm-3:30pm</p> <p>FVMP Memory Café Kaukauna Public Library 1:30</p> <p>ADRC Committee Meeting 3pm</p>	<p>15</p> <p>Community Meal 11:30am-1pm Trinity Lutheran Church, Oshkosh</p> <p>Caregiver Support Group 2:30pm</p>	<p>16</p> <p>Memory Screenings Menasha Senior Center 10am-11:30am</p> <p>FVMP Memory Café Menasha Library 1:30pm</p>	<p>17</p> <p>Neenah Committee on Aging 9:15am</p> <p>Men's Caregiver Group 10am</p> <p>Memory Screenings Oshkosh Senior Center 10:30am-12pm</p> <p>Mindworks Class Oshkosh Public Library &amp; Goodwill Comm. Center 11am-2pm</p> <p>Caregiver Support Group Community Church 3:30pm</p> 	<p>18</p>	<p>19</p>
<p>20</p>	<p>21</p> <p>FVMP Memory Café Neenah Public Library 1:30pm</p>	<p>22</p> <p>Men's Caregiver Group 10:30am</p> <p>Community Meal 11:30am-1pm Trinity Lutheran Church, Oshkosh</p> <p>Seniors &amp; Law Enforcement Together (SALT) Menasha Senior Center 12pm-1pm</p> <p>TLC Caregiver Support Group 1pm</p>	<p>23</p> <p>FVMP Memory Café Kimberly Municipal Complex 1:30pm</p>	<p>24</p> <p>Mindwork's Class Oshkosh Public Library &amp; Goodwill Comm. Center 11am-2pm</p> <p>FVMP Memory Café River Thyme Bistro 1:30pm</p> <p>Virtual ADRC Caregiver Support Group 3:30pm-4:30pm</p> <p>Virtual Dementia Panel 6:30pm-7:30pm (read more in newsletter)</p>	<p>25</p>	<p>26</p> <p>Farmers Market Oshkosh Convention Center 9am-12:30pm</p>
<p>27</p>	<p>28</p> <p>FVMP Memory Café Oshkosh 20<sup>th</sup> YMCA 1:30pm</p> <p>FVMP Memory Café New London Senior Center 1:30pm</p>	<p>29</p> <p>Community Meal 11:30am-1pm Trinity Lutheran Church, Oshkosh</p> <p>Memory Care Respite Oshkosh 1:30pm-3:30pm</p>	<p>30</p> <p>SPARK! The Paine Art Center 1:00pm</p>	<p>31</p>		

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



<ul style="list-style-type: none"> <li>• FVMP Memory Cafés</li> <li>• Mindworks Class</li> <li>• TLC Caregiver Support Group</li> <li>• Men's Support Groups</li> <li>• Caregiver Meet-Up</li> </ul>	<p>Fox Valley Memory Project 920-225-1711 <a href="mailto:info@foxvalleymemoryproject.org">info@foxvalleymemoryproject.org</a></p>
<ul style="list-style-type: none"> <li>• ADRC Caregiver Support Group</li> <li>• Memory Screening Senior Centers</li> </ul>	<p>Alisa Richetti 920-236-1227 <a href="mailto:arichetti@co.winnebago.wi.us">arichetti@co.winnebago.wi.us</a></p>
<ul style="list-style-type: none"> <li>• SPARK!</li> </ul>	<p>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</p>
<ul style="list-style-type: none"> <li>• Coffee Clutch – Omro Area Community Center</li> </ul>	920-685-0380 x 21 or <a href="mailto:bree@omrocommunity.org">bree@omrocommunity.org</a>
<ul style="list-style-type: none"> <li>• Neenah Memory Respite Care</li> </ul>	920-383-1180 or <a href="mailto:memorycarerespite@gmail.com">memorycarerespite@gmail.com</a>
<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>	<a href="mailto:pBartelt@co.winnebago.wi.us">pBartelt@co.winnebago.wi.us</a>
<ul style="list-style-type: none"> <li>• ADRC Committee</li> <li>• Specialized Transportation Committee</li> </ul>	<a href="mailto:ADRC@co.winnebago.wi.us">ADRC@co.winnebago.wi.us</a>
<ul style="list-style-type: none"> <li>• Neenah Committee on Aging</li> </ul>	<a href="mailto:ckasimor@ci.neenah.wi.us">ckasimor@ci.neenah.wi.us</a>
<ul style="list-style-type: none"> <li>• Mensaha Committee on Aging</li> </ul>	<a href="mailto:msackett@ci.menasha.wi.us">msackett@ci.menasha.wi.us</a>
<ul style="list-style-type: none"> <li>• Oshkosh Committte on Aging</li> </ul>	<a href="mailto:judy.richey@aol.com">judy.richey@aol.com</a>

11:30-1:00  
Every Tuesday  
2/1 - 3/31

## WINTER WARM UP

### Free Community Meal

When: 11:30am-1:00pm, Every Tuesday 2/1 - 3/31  
Where: Trinity Lutheran Church  
370 Bowen Street, Oshkosh  
What: Free meal open to the entire community  
Who: Everyone is welcome!

[WWW.TRINITYOSHKOSH.ORG](http://WWW.TRINITYOSHKOSH.ORG)

the **Y** YMCA

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## CHILI COOK OFF

Active Older Adult Program  
First Annual Chili Cook Off  
NEENAH-MENASHA YMCA

Bring in your best batch of chili for a chance to win! Guest judges will award prizes for the top 3 chili recipes. Stay after the vote to taste test and enjoy a meal with friends. Register your entry by calling the Neenah-Menasha YMCA, or by stopping at the Member Services desk. The chili competition will take place Thursday, March 3, 2022 at 11:00 AM.

**Additional Information:**

Entries must be brought in a crock pot, or another type of container that will help keep it warm (oven/microwave will not be provided). The YMCA will provide tasting bowls, napkins, spoons and refreshments.

For more information contact Kate Yates, AOA Program Director  
920.886.2105 | [kyates@ymcafoxcities.org](mailto:kyates@ymcafoxcities.org)



# MAKE YOUR PLAN TO VOTE



Spring Primary: February 15, 2022  
Spring Election: April 5, 2022

## Step 1: Check your voter registration status at [myvote.wi.gov](http://myvote.wi.gov).

- Call your Municipal Clerk for assistance. Find your Clerk at [myvote.wi.gov/en-US/MyMunicipalClerk](http://myvote.wi.gov/en-US/MyMunicipalClerk).



## Step 2: Register or re-register (if you moved since the last election).

### February 15<sup>th</sup> Primary Deadlines:

- Deadline to register online or by mail: January 26
- Deadline to register in person at your Municipal Clerk's Office: February 11
- Register at your polling place: February 15



### April 5<sup>th</sup> Statewide Election Deadlines:

- Deadline to register online or by mail: March 16
- Deadline to register in person at your Municipal Clerk's Office: April 1
- Register at your polling place: April 5

## Step 3: Fill out a registration form if you are not registered.

- Register online at [myvote.wi.gov](http://myvote.wi.gov) or by mail, or in-person at your municipalities clerk's office or at your polling place on Election Day.
- To register online, you need a WI driver's license or WI ID Card.
- Don't have a valid WI State ID or Driver License? Complete a registration form. Mail it to your clerk with a Proof of Residence document with your name and current address, such as a utility bill, or bank statement.



## Step 4: To vote by mail, request an absentee ballot ASAP.

- Online: Request an absentee ballot at [myvote.wi.gov](http://myvote.wi.gov). Use your smartphone; take a picture of your WI ID or WI Driver License and upload it with your application.
- By Mail: Can't request online? Mail your completed absentee ballot request to your clerk with a copy of your photo ID.
- By Email: Email your clerk to request an absentee ballot. Include your name, voting address, and a copy of your photo ID.
- In-person: Complete the request form at your clerk's office.



**Voter Tip:** A voter who is indefinitely confined because of age, physical illness or infirmity or disabled for an indefinite period may select "indefinitely confined" when requesting an absentee ballot. This requests an absentee ballot be sent to the voter for every election. Indefinitely confined voters are not required to provide a copy of their photo ID with their request.

## Step 5: Learn about the candidates at [vote411.org](http://vote411.org).

## Step 6: Complete your absentee ballot & ballot envelope.

- Carefully follow the directions to ensure your vote will be counted.
- Use a black pen to complete your ballot.
- Complete your absentee ballot in the presence of a witness, who is not a candidate, is at least 18, and is a US citizen. The witness must verify that you completed the absentee ballot but should not see your choices. Need a witness? Check with your Municipal Clerk.
- Put your absentee ballot in the return envelope and seal it.
- Your witness must sign the return envelope and write their address on the line marked "Signature of Witness".
- Sign and date the return envelope on the line "Signature of Voter".

## Step 7: Return the completed witnessed absentee ballot ASAP.

- Your absentee ballot must be received by 8 PM on election day.
- **AS SOON AS POSSIBLE** return your completed, witnessed absentee ballot by mail, in-person or at a secure drop box. **DO NOT WAIT.**
- Check with your Municipal Clerk for locations and schedules to drop off your completed, witnessed and sealed absentee ballot. Some municipalities provide witnesses at these locations.
- If you mail your ballot, mail it as soon as possible to allow time for delivery. The US Post Office recommends at least a week.



## Step 8: If you choose to vote in person, bring your photo ID.

- In-person Absentee Voting (Early Voting): In advance of Election Day, your municipal clerk may offer in-person absentee voting and voter registration. Contact your clerk for information about early voting locations.
  - Early Voting for the February 15<sup>th</sup> primary may begin February 1<sup>st</sup>.
  - Early Voting for the April 5<sup>th</sup> statewide election may begin March 22<sup>nd</sup>.
- Election Day, 7:00 AM - 8:00 PM. You may register and vote at your polling place. Find your polling place at [myvote.wi.gov](http://myvote.wi.gov) - it may have changed.

**Voter Tip:** Curbside voting is required by law for any voter who cannot enter the polling place due to a disability. This may include voters who are immunocompromised or have symptoms of COVID-19. Contact your Municipal Clerk before Election Day to learn more about curbside voting or ask at your polling place.

\*Gathered from [disabilityvote.org](http://disabilityvote.org)

## HAVE A VOTING QUESTION?

- Contact your Municipal Clerk: [myvote.wi.gov/en-US/MyMunicipalClerk](http://myvote.wi.gov/en-US/MyMunicipalClerk)
- Disability Rights Wisconsin Voter Hotline - **1-844-347-8683 / 1-844-DIS-VOTE** [info@disabilityvote.org](mailto:info@disabilityvote.org)
- Wisconsin Elections Commission: 1-866-VOTE-WIS [elections.wi.gov/](http://elections.wi.gov)
- Department of Motor Vehicles (DMV) Voter ID Hotline: 844-588-1069
- WI Disability Vote Coalition: [disabilityvote.org/](http://disabilityvote.org/)



# New Faces at the ADRC!



**Kayla Ross**

Kayla is our new ADRC Assistant. She has a degree in Psychology with an emphasis in Applied Behavior Analysis. She has worked with children, adults with disabilities, and older adults for over 15 years. She is most looking forward to serving the many populations the ADRC serves as well as learning all of the many resources Winnebago County has to offer. She enjoys spending time with her family going camping, fishing, hunting, and doing other outdoor activities. Welcome, Kayla!



**Kathryn Noll-Arias**

Kathryn is a new Elder Benefit Specialist in our Neenah office. She has a degree in Human Service Leadership from UW Oshkosh. She has worked with people of all ages through many different "helping fields". More recently, she has specialized in programs serving people of immigrant background. She is really looking forward to working with customers as she has spent several years working remotely. She and her spouse have three children and two dogs. She enjoys traveling, reading, and spending time with extended family. She also is a member of the Winnebago County's Diversity Affairs Commission, which focuses on diversity, equity and inclusion throughout the county. Welcome, Kathryn!



**Karena Jolin**

Karena is a new ADRC Specialist in our Oshkosh office. She has a degree in Sociology from UW Oshkosh. She was our ADRC Assistant for the past year. She has 9+ years of experience working with adults with disabilities and older adults. She was a CNA, activity aide, and was the manager of an assisted living facility. In her new role, she is most interested in meeting people from all walks of life, learning more community resources, and investing back in the community she lives in. Outside of work, she enjoys baking and working with her dog Max to become a therapy dog. Welcome, Karena!

Congratulations to our Medicaid Assistant, Amy Schneider who took a new position outside the county. She has assisted many people in the community over the past few years to apply for Medicaid. Amy, we have valued your hard work and thank you for what you have done to help our staff and customers. Best wishes to you on your new journey!





St. Patrick's day is celebrated each year on March 17<sup>th</sup> which is the anniversary of his death in the 5<sup>th</sup> century. St. Patrick is the patron saint of Ireland. He was born in Roman Britian and was kidnapped and brought to Ireland to be a slave when he was just 16 years old. He later escaped back to Ireland. Many people credit him for bringing Christianity to Ireland. He often used 3 leaves to explain the Holy Trinity of Christianity: Father, Son, Holy Spirit. You often hear about 4 leaf clovers, which are associated with "good luck" as they are hard to find and not actually necessarily linked to Irish history.

Ironically, the first St. Patrick's Day parade did not take place in Ireland, rather in a Spanish colony which is now St. Augustine, Florida on March 17<sup>th</sup>, 1601. Irish immigrants in the United States eventually developed their own traditions to celebrate this holiday. One well known one is the annual dyeing of the Chicago River. The river was first dyed green in 1962. Interestingly, the green dye was initially intended to trace illegal sewage discharges. The city decided it was a unique way to celebrate the holiday and continues to do this every year.

Some traditional Irish foods to enjoy are: beef stew, Irish soda bread, cured salmon, corned beef and cabbage, potato soap, shepherd's pie, and honey glazed carrots and parsnips.



*Did you know?*

The odds of finding a 4 leaf clover are 1 in 10,000!

Find the following words:

- LEPRECHAUN
- ST PATRICK
- SHAMROCK
- IRELAND
- RAINBOW
- CLOVER
- GREEN
- MARCH
- GOLD
- LUCK







Evidence based classes to help adults manage their health. Choose from many topics like balance, mindfulness, chronic pain and more!

search: [bit.ly/WCWellnessPlus](https://bit.ly/WCWellnessPlus)



For more information on attending, teaching or hosting a class—contact the Wellness Plus Coordinator:

Joanne Murphy Spice | 920-232-3000 | [health@co.winnebago.wi.us](mailto:health@co.winnebago.wi.us)

**Classes online or in person!**

## *Are you worried about falling?*

Have you fallen in the past year? Consider Stepping On!

Stepping On! is a falls prevention class that has been proven to reduce falls by 30%. The class meets for 2 hours, once a week for 7 weeks, and is geared toward older adults who have fallen, worry about falling, or are at risk of falling. In this interactive class, participants will learn strength and balance exercises. There are a variety of topics including nutrition, footwear, medication, vision, and safety. The guest speakers include a vision expert, community safety officer, pharmacist and physical therapist.

Our next class:

*Location:* Menasha City Hall: 100 Main St, Menasha

*Dates:* March 22- May 5 – Tuesdays from 9:30am-11:30am

*To register:* Menasha Senior Center @ 920-967-3530

*For more information:* Winnebago County Health Dept @ 920-232-3000

\*You do not need to live in Menasha to attend this class.



# What is Tai Chi?

Tai Chi is a slow, graceful exercise that promotes calm mental focus and alignment while building leg strength, endurance and stability. It is ideal for increasing balance, stamina, flexibility and coordination.

Older adults who practice the ancient Chinese martial art Tai Chi have a lower risk of falling than those who participate in other forms of exercise. That's according to a U.S.-based study conducted by researchers from the Shanghai University of Sport in China and published in *JAMA Internal Medicine*. Winnebago County is offering two Tai Chi classes this spring:

## *Tai Chi for Arthritis and Falls Prevention*

Neenah: Contact the Neenah Park and Rec Dept – 920-886-6060

Memorial Park

April 4th – May 4th – Mondays and Wednesdays – 12pm-1pm

\$15 for 10 sessions

## *Tai Chi Fundamentals (which can be adapted for walkers and wheelchairs)*

Menasha: Contact the Menasha Senior Center – 920-967-3530

Barker Park Pavilion, Menasha

May 10<sup>th</sup> - June 28<sup>th</sup> – Tuesdays – 11am-12pm

\$15 for 10 sessions



\*You do not need to live in Neenah or Menasha to attend these classes.

# Reduce Sitting Time. Improve Health!

Sitting time (or sedentary behavior) has been linked to increased rates of numerous chronic conditions including heart disease, high blood pressure, diabetes, depression, certain cancers, and more.

Stand Up and Move More (Stand Up) is a new program that is designed to reduce sedentary time. It is NOT an exercise program. Instead, Stand Up gives participants strategies to stand more often and for longer durations throughout the day. The Stand Up program has been proven to reduce sedentary behavior by 68 minutes per day! This reduction has been linked to reductions in chronic diseases and improvements in physical function!

Stand Up is designed for older adults (55+) who sit for more than 6 hours per day and can stand up on their own. It is a 4-week program that meets once per week for two hours followed by a Refresher Session on Week 8. There are three one-time **FREE** classes being offered this spring!

## *Bethel Chapel*

April 5 – April 26 (4-week session) – Tuesdays 12:30-2:30pm

Register by calling the Winnebago County Health Dept: 920-232-3000

## *Menasha Senior Center*

April 20- May 11 (4-week session) - Wednesdays 1:30-3:30pm

Register by calling the Menasha Senior Center: 920-967-3530

## *Oshkosh Seniors Center (S)*

May 5 – May 26 (4-week session) Thursdays – 1pm-3pm

Register by calling the Oshkosh Senior Center: 920-232-5310



\*You can live in any part of the county to attend these classes.



## ~ March Memory Cafés ~



Memory Cafés welcome persons experiencing memory loss, along with family and friends who love and care for them. Participants get involved in activities, learning, music, conversation, laughter, fun and also enjoy refreshments. 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

**Menasha Public Library, 440 First Street, Menasha -Wednesday, March 16 – 1:30 – 3:00p**  
Come and enjoy the Fox Valley Symphony's interactive 'In Harmony Program'. We will be swept away with the sounds of music!

### Neenah

**Neenah Public Library, 240 E Wisconsin Avenue, Neenah –Monday, March 21– 1:30 – 3:00p**  
Spend the afternoon with the talented New Voices Choir as they sing Irish songs.

### Oshkosh

**Oshkosh Public Library, 106 Washington Avenue, Oshkosh –Wednesday, March 9  
1:30 – 3:00p**

Join us for 'Lyrics and Laughter' this month. We will share our time together singing and enjoying some of our favorite songs.

**Oshkosh YMCA, 3303 W 20th Avenue, Oshkosh – Monday, March 28 – 1:30 – 3:00p**

Hello Spring! Celebrate the new season with a fun and colorful game of B-I-N-G-O! There might be sun, there might be rain, but there are sure to be prizes in this Bingo Game!

Dementia concerns could be  
wandering moods  
respite care toileting  
**STRESS SLEEPING**  
driving grief

## Talk to a dementia expert!

**Virtual Dementia Panel**

**Thursday March 24**

**6:30-7:30 PM**

**Zoom or Facebook Live**

You are welcome to send questions in advance, or ask during event. Registration for Zoom participation is required

[FoxValleyMemoryProject.org/Dementia-Panel](http://FoxValleyMemoryProject.org/Dementia-Panel)





## 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, MARCH 3**  
**3:00-4:30 PM**

No Registration Required

<https://zoom.us/join>  
Or Phone: 312-626-6799  
Meeting ID: 955 5777 0820  
Passcode: 510226

**Lynn Halmar** is a passionate advocate for diversity, equity and inclusion in her personal and professional life.

She is Japanese American and has dedicated her career to working with children and families in the child welfare system. Lynn graduated from Carthage College with her Bachelors in Social Work and UW Milwaukee with her Masters in Social Work. She also received a Certificate for Marriage and Family Therapy from UW Milwaukee. She has participated in trainings, conferences, and seminars related to trauma informed care, cultural diversity, equity and inclusion. She has held various positions including ongoing case manager, ongoing supervisor, program director and currently works for the Department of Children and Families as a Child Welfare Licensing Supervisor

Throughout Lynn's many personal and professional experiences she has experienced racism, implicit bias, and micro aggressions, with regard to her heritage and appearance and strives to promote diversity and inclusion in her everyday personal and professional life. Lynn has a unique perspective as not only is Lynn of mixed racial heritage but she has three adult children of from diverse backgrounds that she has walked through life with: including an adopted child, children of mixed racial heritage, and a transgender child.



***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>