

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



May 2022

Have you heard of WCCoT?

The **Winnebago County Community on Transition (WCCoT)** is a regional community that comes together (networks) regularly to identify issues, barriers, supports and solutions to assisting youth and young adults with disabilities make a successful transition based on their postsecondary goals related to training or education, employment and independent living. The key to WCCoT success is sharing the work, establishing effective communication and new relationships to better work together. Members of the WCCoT include the Aging and Disability Resource Center of Winnebago County, Division of Vocational Rehabilitation (DVR), Transition coordinators and Special Education teachers from the 5 high schools in Winnebago County, Family Care managed care organizations, IRIS (Include Respect, I Self-Direct) consultant agencies, parents, Options for Independent Living, SOAR, day centers, job coaching organizations, and more!

Want to learn more? Check out their website at: www.co.winnebago.wi.us/adrc/youth-transition or contact Mary Beth Connors: mary.connors@oshkosh.k12.wi.us or Kristen Cox or kcox@co.winnebago.wi.us or 920-236-1233. The WCCoT will be hosting a free educational event for young adults with disabilities and their families to attend. Read more below!

Is Your Student
READY
for Life
After High School?



Transition Night
for Students and
Parents

Thurs., May 12, 2022
4-7 pm

Fox Valley Technical
Institute - Riverside
150 N. Campbell Rd.
Oshkosh, WI

Do you have questions about the transition to life after high school for yourself or your student?

- How do we apply for Social Security?
- What kinds of guardianship options are there?
- Who do we go to for job and transportation assistance?
- Which agencies help with long-term care?
- Do we need a lawyer for any of the transition?

WE CAN HELP! Join us for Transition Night, where you and your student can hear from agencies involved with transition and ask questions!

Questions? Contact Mary.Connors@oshkosh.k12.wi.us



Apple Pecan Chopped Salad

Ingredients:

- 8 slices Bacon, cooked and chopped
- 1/2 cup Cranberries, dried
- 1 Granny smith apple
- 9 oz Romaine lettuce
- 1 tsp Zest, orange
- 2 1/2 tsp Dijon mustard
- 2 tbsp Maple syrup
- 1/2 tsp Pepper
- 1 1/2 tsp Salt
- 3 tbsp Apple cider vinegar
- 2/3 cup Olive oil
- 2/3 cups Pecans, toasted
- 2 tbsp Orange juice
- 4 oz Blue cheese



- * Servings 4 servings
- * Calories 375 calories

Instructions:

- 1) To make the dressing add the following ingredients to a mason jar and shake well: vinegar, grated orange zest, orange juice, Dijon mustard, maple syrup, salt and pepper, and olive oil.
- 2) In a large bowl add the romaine lettuce, bacon, apple, pecans, cranberries, and blue cheese. Toss with a small amount of dressing and serve!

Source: gritsandpinescones.com

DID YOU KNOW?

The Social Security Administration has restored "in-person" services for people without an appointment. This was effective on April 7th. They continue to offer phone and online support (www.ssa.gov). Although their offices are open, they do recommend making an appointment to avoid wait times and ensure the office is open in the event of an unexpected closure. Keep in mind that their offices tend to be busier first thing in the morning, early in the week, and early in the month.

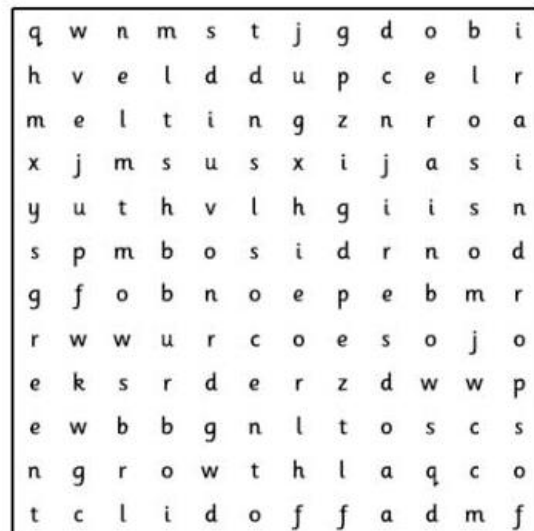
Local Social Security Administration offices:

607 W. Northland Ave, Appleton
(877) 694-5495

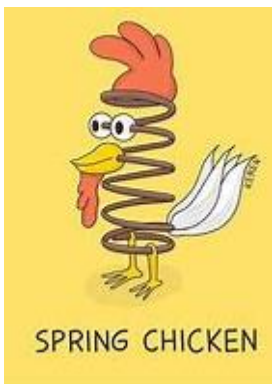
400 City Center Suite B, Oshkosh
(877) 445-0834



Spring Word Search



- | | | | |
|---------|----------|---------|-----------|
| blossom | daffodil | green | growth |
| melting | puddle | rainbow | raindrops |
| seeds | sunshine | tulips | umbrella |



Senior Centers and Community Centers in Winnebago County

Senior and Community Centers are great gathering places for adults to visit, learn, exercise, share a meal, and travel with each other! In our last newsletters, we have featured the Omro Area Community Center, Menasha Senior Center, and Pickett Community Center. This month we will feature the Oshkosh Seniors Center. We hope you have enjoyed learning more about the beautiful centers in our county!

The Oshkosh Seniors Center's mission is "to enrich the quality of lives for adults age 50 and over". They are a division of the City of Oshkosh Parks Department. The Center opened in 1975 and was located in a room at the First Presbyterian Church. In 1979, it moved to Marian Manor. In 1993, it moved to 200 N. Campbell Rd (South building). In 2000, the North building was purchased. The Oshkosh Seniors Center sits on 2.5 acres. There is not a residency requirement to participate in any activities at the Center. There are "City of Oshkosh resident" and "non-resident" fees for some activities.

The Senior Center has an art studio, woodshop, and fitness center. For people who are able to ride the city bus, there is free transportation from the nearest bus stop within the City of Oshkosh to and from the Oshkosh Seniors Center. The Oshkosh Seniors Center staff and volunteers can also help certify adults age 60+ to use the Senior Dial-A-Ride program through Go Transit in order to qualify for reduced cab fees if you live within the City of Oshkosh.



They offer a number of activities like: art classes, woodburning/wood carving, personal training, Tai Chi, dance classes, etc. There are a number of wellness-related activities like: regular memory screenings by the ADRC Dementia Care Specialist, brain games, fall prevention, foot clinic, etc.

Some social and educational activities offered are: ukulele lessons, card games, book and puzzle pick-up (borrow and take home), genealogy classes, Bingo, Coffee and Chatter, popcorn and movies, book clubs, and regular hours by an ADRC Elder Benefit Specialist. There are frequent speakers regarding legal issues, Powers of Attorneys, Medicare, wills, etc. The Winnebago Senior Tour organizes some impressive trips each year - anywhere from a Brewer game to exploring Ireland.

Prior to COVID, this Center was an ADVOCAP meal site. This has not resumed yet. If you are an older adult who is homebound and in need of meal delivery, please call ADVOCAP at (920) 725-2791 to learn about their home delivered meal program.

The Oshkosh Seniors Center provides a unique program called: "Connect to Tech". This program provides one-on-one instruction to help older adults tackle common technology issues (passwords, texting, how to send pictures, Facebook, etc.). There is even a possibility that you could have financial help to purchase or upgrade a device through a special grant. The cost of these one-on-one meetings with the instructor are only \$2-3 per visit. The Senior Center offers free WIFI.



You may have heard about "Friends of Oshkosh Seniors Center". This is a non-profit organization that helps manage donations made to the Center as well as help coordinate fundraising efforts to continue to enhance all the Center has to offer. They are sponsoring "Food Truck Fridays" again this summer at South Park in Oshkosh on June 17th and August 19th. There will be several food trucks and music available to the community. This event is a popular fundraiser for the Center. Mark your calendars now!



We only touched on some of what the Oshkosh Seniors Center has to offer. Please check out their monthly newsletter called "The Current" which goes into more detail about all the activities and programs they offer. They also have a helpful website and Facebook page.

Website: <https://www.ci.oshkosh.wi.us/SeniorServices/>

Phone: (920) 232-5300

Facebook: Oshkosh Seniors Center



Locations:

South Building
200 N. Campbell Road
Oshkosh, WI
(920) 232-5300

Hours
Monday - Friday
8:00am - 4:00pm




North Building
234 N. Campbell Road
Oshkosh, WI
(920) 232-5300

Hours
Monday - Friday
7:00am - 4:00pm



*Credit: Information gathered off their website and via communication with the Oshkosh Seniors Center staff.

May Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p style="text-align: center;">SPARK! The Building for Kids 1pm</p>	<p>2</p> <p style="text-align: center;">Coffee Clutch Omro Area Community Center 9:30am</p> <p style="text-align: center;">Memory Care Respite Neenah 1:30pm-3:30pm</p> <p style="text-align: center;">Winnebago County Human Service Board Meeting 3pm</p>	<p>3</p> <p style="text-align: center;">Oshkosh Committee on Aging Meeting 8am</p>	<p>4</p> <p style="text-align: center;">SPARK! The Trout Museum of Art 1pm</p> <p style="text-align: center;">FVMP Memory Café Fox West 1:30pm</p>	<p>5</p> <p style="text-align: center;">Diversity Affairs Committee Speaker 3pm-4pm (read more in newsletter)</p>	<p>6</p>	<p>7</p> <p style="text-align: center;">"Day at the Derby" (read more in newsletter)</p> <p style="text-align: center;">NAMI 5K Run (read more in newsletter)</p>
<p>8</p> <p style="text-align: center;">Mother's Day</p> 	<p>9</p> <p style="text-align: center;">SPARK! The Trout Museum of Art 1pm</p> <p style="text-align: center;">Memory Care Respite Neenah 1:30pm-3:30pm</p> <p style="text-align: center;">ADRC Committee Meeting 3pm</p>	<p>10</p> <p style="text-align: center;">SPARK! Bergstrom Mahler Museum, Neenah 10:30am</p> <p style="text-align: center;">Specialized Transportation Meeting 1:30pm</p>	<p>11</p> <p style="text-align: center;">FVMP Memory Café Oshkosh Library 1:30pm</p>	<p>12</p> <p style="text-align: center;">Virtual ADRC Caregiver Support Group 3:30pm-4:30pm</p> <p style="text-align: center;">Transition Night 4pm-7pm Fox Valley Tech – Riverside Campus (read more about on front page)</p>	<p>13</p> <p style="text-align: center;">Menasha Committee on Aging Meeting 1pm</p>	<p>14</p> <p style="text-align: center;">FVMP Memory Café Beaming Inc. 10:30am</p>
<p>15</p>	<p>16</p> <p style="text-align: center;">FVMP Memory Café Neenah Library 1:30pm</p>	<p>17</p>	<p>18</p> <p style="text-align: center;">Memory Screenings Menasha Senior Center 10am-11:30am</p> <p style="text-align: center;">FVMP Memory Café Menasha Library 1:30pm</p>	<p>19</p> <p style="text-align: center;">Neenah Committee on Aging Meeting 9:15am</p> <p style="text-align: center;">Memory Screenings Oshkosh Seniors Center 10:30am-12pm</p> <p style="text-align: center;">Caregiver Support Group Community Church 3:30pm</p>	<p>20</p>	<p>21</p> <p style="text-align: center;">Armed Forces Day</p>  <p style="text-align: center;">Shred Event 9am-11am Oshkosh Seniors Center</p>
<p>22</p>	<p>23</p> <p style="text-align: center;">FVMP Memory Café Oshkosh 20th YMCA 1:30pm</p>	<p>24</p> <p style="text-align: center;">Memory Care Respite Oshkosh 1:30pm-3:30pm</p>	<p>25</p> <p style="text-align: center;">National Senior Health and Fitness Day (read more in newsletter)</p> <p style="text-align: center;">SPARK! The Paine Art Center 1:00pm</p>	<p>26</p> <p style="text-align: center;">Virtual ADRC Caregiver Support Group 3:30pm-4:30pm</p>	<p>27</p>	<p>28</p> <p style="text-align: center;">Hmong National Memorial Day County Park (read more in newsletter)</p>
<p>29</p> <p style="text-align: center;">Hmong National Memorial Day County Park (read more in newsletter)</p>	<p>30</p> <p style="text-align: center;">ADRC Office Closed</p> 	<p>31</p>	<p style="font-size: 1.2em; margin: 0;">Please view our online calendar for additional events:</p> <p style="margin: 5px 0 0 0;">www.co.winnebago.wi.us/adrc/dementia-and-alzheimer-resources/event-calendar/month</p>			

Calendar Contact Information



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

FREE AND OPEN TO ALL

the **YMCA**

SAVE THE DATE!

NATIONAL SENIOR HEALTH AND FITNESS DAY
 A SPECIAL FREE DAY FOR SENIORS!
 Wednesday, May 25, 2022

- ✓ FREE Classes
- ✓ FREE Lunch & Learns
- ✓ FUN Events

Thank you to our Sponsors:

HOME CARE ASSISTANCE

J

920-230-8439 Oshkosh Community YMCA

Check out the Oshkosh Community YMCA on May 25 and find a sense of community! The Downtown and 20th Avenue locations will be FREE for anyone age 55+ from 7am to 4pm. If you're already a Y member – bring a guest for a chance to win!

The YMCA facilities offer complete wellness centers, pools for lap swimming or open swim, a variety of group exercise classes, indoor walking/running tracks, pickleball, towel service & more!

The Oshkosh YMCA participates in the Silver&Fit, Renew Active, and Silver Sneakers® programs for Medicare-age members. They encourage people to check with their insurance provider to determine if they are eligible for a free Y membership.



Proven Effective

Developed and researched at the University of Wisconsin-Madison, participants who completed the Stand Up program decreased their sitting time by **68 minutes per day!**

How much is too much time sitting during the day? Find out and learn strategies to help you...

Stand Up and Move More!

On average, older adults spend more than 60% of their waking hours in sedentary activities — mostly sitting. Research shows that too much sitting is bad for your health.

The Stand Up and Move More program helps you add more standing time into your day so you feel better and improve your health.

Stand Up and Move More!
Oshkosh Seniors Center (S)
May 5 – May 26
920-232-5310
1 – 3 pm
No charge

Join a Stand Up and Move More class to learn:

- ◆ The consequences of too much sitting time and the benefits of more standing time
- ◆ Strategies for incorporating more standing time into your day
- ◆ To set achievable goals and address problems or barriers

Tai Chi

A FALLS PREVENTION CLASS USING BASIC TAI CHI POSES TO IMPROVE HEALTH

This affordable, proven class consists of exercises to help:

- ◆ Learn Tai Chi poses in a basic beginner class
- ◆ Gain serenity through gentle, flowing poses and movements
- ◆ Reduce falls and fear of falling
- ◆ Enhance balance and mobility
- ◆ Improve stability, strength, and mental health
- ◆ Can be adapted for people with walkers and canes



FOR MORE INFORMATION OR TO REGISTER FOR TAI CHI CONTACT WINNEBAGO COUNTY HEALTH DEPT @ 920-232-3000



wihealthyaging.org/standup

Tai Chi
Barker Park, Menasha
May 10th - June 28th
Tuesdays (11am-12pm)
920-232-3000

Sponsored by:



\$15 for a multi-week session

HMONG NATIONAL MEMORIAL DAY

- Presented By: Hmong Service Center
- May 28-29th - 7am-6pm
- Winnebago County Community Park
625 E. County Rd. Y, Oshkosh
- (920) 203-8665
- \$7 per person
- Free for children under 36"
- No pets
- Activities include: dance and vocal competitions, men's soccer, men's and women's volleyball, senior soccer, and men's Topspin



WINNEBAGO COUNTY



VETERANS SERVICES

WE ARE MOVING!!!

THE WEEK OF APRIL 25TH THE WINNEBAGO COUNTY VETERANS SERVICES OFFICE IN OSHKOSH WILL BE CLOSED

WE ARE MOVING TWO BLOCKS AWAY TO THE OSHKOSH HUMANS SERVICES BUILDING ON WASHINGTON AVE

OUR NEW ADDRESS IS:

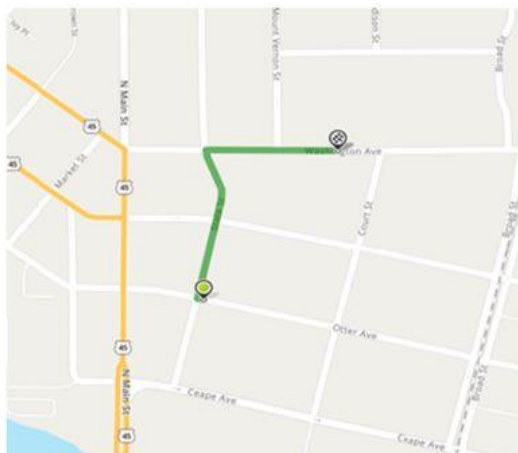
WINNEBAGO COUNTY VETERAN SERVICES

220 WASHINGTON AVE - 3RD FLOOR

OSHKOSH WI 54901

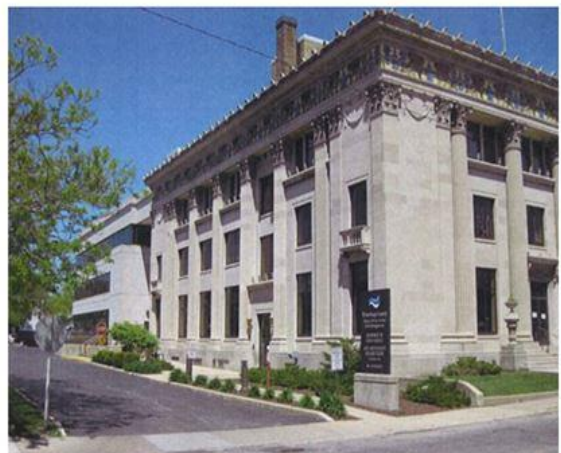
THE VETERAN'S OFFICE WILL BE LOCATED ON THE 3RD FLOOR NEXT TO THE AGING & DISABILITY RESOURCE CENTER

WE APPRECIATE YOUR PATIENCE WHILE WE MAKE THIS TRANSITION. FOR IMMEDIATE NEEDS PLEASE CONTACT OUR NEENAH OFFICE



**OUR PHONE
NUMBERS
HAVE NOT
CHANGED!**

Oshkosh
(920) 232-3400
Neenah
(920) 729-4820



1ST ANNUAL
Day at the Derby
 SATURDAY, MAY 7TH
 Homestead Meadow Farms | Appleton

- Beer, wine, cream soda, and root beer sampling
- Soup tasting
- Light hors d'oeuvres
- Raffle baskets and prizes





Please come enjoy the derby with us in your favorite Kentucky Derby attire!

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 Schedule

9:30 AM	Registration and respite care open
10:00 - 11:00 AM	Positive Approach to Care: Communication and Dementia
11:15 - 12:00 PM	Breakout Session 1
12:00 - 12:45 PM	Lunch & Resource Fair
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

Conference Presenters



Registration Required
 Call 920-225-1711 or visit
FoxValleyMemoryProject.org/Conference

This project is supported, in part by grant number 90ADPI0068, from the U.S. Administration for Community Living, DHHS, Washington, D.C.

MEMORY LINK Resource Navigators

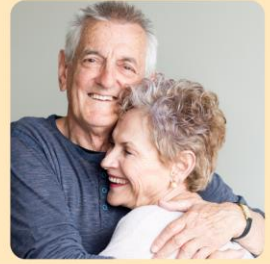
A free service of the Fox Valley Memory Project
 Resource Navigators to help you navigate the dementia journey

Do you help someone living with memory loss?

- What does a Resource Navigator do?**
- Listen to your story & hear your challenges
 - Offer simple and practical solutions
 - Suggest services in your community
 - Connect regularly as needs change

What is it like working with a Resource Navigator?
 You can regularly reach your Resource Navigator by phone, e-mail, or in-person visits. Together you will uncover where you could use extra support, create an action plan to solve challenges, and check-in with you on an ongoing basis.

All at no cost thanks to grant funding!
 "Our Memory Link Navigator assisted us greatly in getting through the toughest times and helping us sort things into manageable pieces that we could handle"
 - Mary
 Family Caregiver



Call 920-225-1711 to connect!
www.foxvalleymemoryproject.org



This project is supported, in part by grant number 90ADPI0068, from the U.S. Administration for Community Living, DHHS, Washington, D.C.

In-person Memory Café



Join us for a special Equine Experience!

Saturday, May 14
 10:30AM



BEAMING Inc., Neenah

Save the Date!

2022 Walk to End Alzheimer's
 Oshkosh: September 24th
 Fox Cities: October 1st



BEAMING INC. is located at 2692 County Road GG in Neenah.

This Memory Cafe is for individuals living with memory loss or dementia and their care partners to enjoy social gathering with activities, meeting and grooming the horses. No registration is needed for this event. For questions contact the FVMP at 920-225-11711 or BEAMING INC. at 920-851-6160.



May Memory Cafés



Memory Cafés welcome people experiencing memory loss, along with family and friends who love and care for them. Participants get involved in activities, learning, music, conversation, laughter, fun and also enjoy refreshments. For more information and other café locations throughout the Fox Valley contact the Fox Valley Memory Project at: www.foxvalleymemoryproject.org

Menasha

Menasha Public Library, 440 First Street, Menasha -Wednesday, May 18 – 1:30 – 3:00pm

Join Menasha Mayor, Don Merkes, for his “Memories of Menasha” presentation and learn about the history, present, and future projects that are on the horizon for the city.

Neenah

Neenah Public Library, 240 E Wisconsin Avenue, Neenah – Monday, May 16 – 1:30 – 3:00pm

April Showers bring May Flowers. Today at our Memory Café, we will plant flowers in teacups and discuss the traditions and holidays associated with the month of May.

Oshkosh

Oshkosh Public Library, 106 Washington Avenue, Oshkosh –Wednesday, May 11

1:30 – 3:00pm

Flowers, Flowers, Flowers! Join us as we take a virtual tour through the Paine Gardens. Taste edible flowers while creating a flower-themed craft.

Oshkosh YMCA, 3303 W 20th Avenue, Oshkosh – Monday, May 23 – 1:30 – 3:00pm

Say aloha to summer fun with a colorful luau party! Hawaiian shirts and grass skirts are welcome! There will be tropical snacks, island music, and lots of laughs. Exciting activities will include chair “beach volleyball” and “pass the coconut”. We look forward to celebrating sweet summertime together!

FOSC is offering a **FREE**
Spring housekeeping

SHRED EVENT

Sponsored by

Rohan Meier & Morgan, LLC

MAY 21, 2022

9:00 AM to 11:00 AM

Oshkosh Seniors Center

North Parking Lot • 234 N. Campbell Rd



What can be shredded?

All paper, file folders, hanging files, computer paper, note pads, and envelopes. Staples, paper clips, and bull clips do not need to be removed.

What cannot be shredded?

Three ring binders (remove pages for shredding), batteries, small E-waste items, garbage, plastic cups, paper plates, food wrappers, etc.



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, MAY 5
3:00-4:30 PM**

No Registration Required

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

Join us for Mental Illness 101!

We, as human beings, are all living on the spectrum between mental wellness and mental illness. In addition to our biology, there are life circumstances that move us in one direction or the other every day: risk factors like chronic stress, caregiver burden, and housing instability and protective factors like friendship, eight hours of sleep, and job satisfaction. One in four adults and one in five youth will experience mental illness in their lifetime, and although it's common, this disparity group suffers from chronic exclusion and regular discrimination. Contrary to the falsehoods of stigma, mental health treatment works and recovery is not just possible, but likely. Let's talk about it and learn ways to overcome the stigma that leads to the fear and misunderstanding of mental illness. We look forward to sharing with you some simple things we can do to include, and make a positive difference in the lives of those living with a mental illness.

Speakers: Beth Clay, Executive Director and Sarah Bassing-Sutton, Community Suicide Prevention



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>

National Alliance on
Mental Illness (NAMI)
Oshkosh 5k
for Mental Health &
Suicide Awareness

Where?

Oshkosh North High School Gym

When?

May 7th

What's all happening there?

7:30am to 9am:

Face painting, balloon art, informational booths, Verve photo booth, team pictures, mascots, raffles, and prizes

9am:

Program

9:30am:

5k begins

After 5K:

Free food from Jimmy John's, live music from December Lotus Project, and drinks from Oshkosh Area School District

Where to register?

<https://runsignup.com/Race/WI/Oshkosh/NAMIOshkosh5KforMentalHealthSuicideAwareness>

Questions?

Call 920-651-1148 or email
mary@namioshkosh.org



**FREE
WHEELCHAIR WASH AND
INSPECTION**

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

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:





**BIG
NEWS!**

STATE STREET CENTER

Winnebago County has a new resource for adults who may benefit from mental health or substance abuse disorder support in a non-clinic setting.

State Street Center opened April 18th. The center is supported by the Winnebago County Department of Human Services.

The center's mission is "to provide holistic support services for any adult that is working to manage their mental health or substance use disorder".

There is no cost to come into the center. A person interested in participating in the activities does not need to have a referral from a counselor or psychiatrist.

Feel free to email statestreetcenter.co.winnebago.wi.us or call (920) 232-3320 with any questions. Stop in the center to see what is happening! It is open to the public.



**206 STATE STREET
OSHKOSH, WI 54901**



**Monday - Friday
9AM – 3PM**

**8:00 AM
WALKING GROUP
MEET BY FRONT DOOR**

**9:00 WELCOME
ART GROUP**

**10:00 JOURNALING
GROUP**

**11:00 RECOVERY
SUPPORT GROUP
OPEN DISCUSSION**

1:00 GROUP GAMES

**2:00 COPING SKILLS
GROUP**

3:00 PM CLOSED

Several of our ADRC staff (Alisa Richetti, Nicole Davis-Dawald, Karena Jolin, and Nicole Zemlock) offered outreach at the Oshkosh Chamber of Commerce Business Expo in April. The purpose of this event was to help educate other businesses on what the ADRC has to offer. If you are a business or organization that is interested in learning more about what the ADRC is, please give us a call 😊

