

# Aging & Disability Resource Center of Winnebago County Newsletter

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## Did you know there is a right and wrong way to do POA paperwork?

The ADRC of Winnebago County can help you with your Powers of Attorney (POA) documents for Health Care and Finance at no cost. We have staff that are able to notarize your POA for Finance paperwork either in our office or in the comfort of your home. In order to complete these documents, the individual must be of sound mind and able to understand these legal documents.

*Did you know that a POA for Health Care needs to be witnessed by two people?* Those two witnesses cannot be a relative or someone that is listed as the agent on the paperwork. A witness can be a neighbor, a friend, social worker, pastor, etc... The witnesses should make sure that the wishes in the document are what the individual wants and should be witnessing the document on the same day it is signed. The staff at the ADRC can help witness if needed.

*Did you know the POA for Health Care generally requires an activation by a doctor?* POA for Health Care documents do not become activated until the person has been deemed incapacitated by two physicians. This means that the agents on the document cannot make health care decisions on the individual's behalf until this is done. Once the document has been activated, the POA for Health Care should no

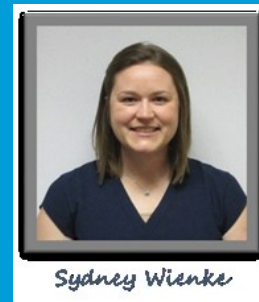
longer be edited.

*Did you know that a POA for Finance needs to be notarized?* Most POA for Finance documents are active upon signature, unless a person notes otherwise. This means that even though an individual may still be able to make their own financial decisions, another person (their agent) can operate on that individual's behalf.

*Why are these important?* POA for Health Care and POA for Finance documents should be completed for anyone who is 18+. If you do not have these documents completed and you were deemed incompetent by a judge, a guardianship of person and/or estate would need to be established. This can be costly and can cause conflict between family members. Sometimes individuals are appointed corporate guardians (a company that serves as the guardian) if they do not have willing or appropriate family members/friends to serve as the guardian.

Questions? Please don't hesitate to call the ADRC or the Guardianship Support Center #855-409-9410.

## Meet the Team



Hi! My name is Sydney and I am an Information and Assistance Specialist with the ADRC. I have been with the ADRC since 2019. I have been working with older adults for the last eight years. I enjoy working with the customers at the ADRC to provide them with the information/resources they need to succeed. I enjoy getting to know the customers I work with. I am originally from a small town in Central WI. I love living in the Oshkosh area as it has so much to offer. When I am not working you can find me trying my hand at a new DIY project or enjoying the outdoors with my husband and Soft Coated Wheaten Terrier dog, Winnie.

## ROASTED CAULIFLOWER MAC N CHEESE

### INGREDIENTS

- 1 medium head cauliflower, cut into bite-size florets
- 2 tablespoons extra-virgin olive oil
- Kosher salt and freshly ground black pepper
- 3 tablespoons unsalted butter
- ½ sweet onion, diced
- 2 garlic cloves, diced
- 3 tablespoons all-purpose flour
- 2½ cups whole milk
- 1 pound dry, bite-size pasta (such as gemelli)
- 2½ cups shredded white cheddar cheese
- ¼ teaspoon ground nutmeg

### TOPPING

- ½ cup panko bread crumbs
- ¼ cup grated Parmesan cheese
- 2 tablespoons unsalted butter, melted

### MAKE THE ROASTED CAULIFLOWER:

1. Preheat the oven to 375°F. Line a baking sheet with parchment paper and lightly grease a 9-by-13-inch casserole dish with nonstick cooking spray.
2. In a large bowl, toss the cauliflower with the olive oil and season with salt and pepper. Arrange in an even layer onto the prepared baking sheet and roast until tender and golden brown, 20 to 25 minutes.

### MAKE THE MACARONI AND CHEESE:

3. In a large saucepan, melt the butter over medium heat. Add the onion and sauté until translucent, about 5 minutes. Add the garlic and cook until fragrant, about 1 minute more.
4. Add the flour to the saucepan and cook, stirring constantly, for about 3 minutes. Add the milk gradually, whisking to incorporate. Bring the sauce to a simmer and cook until it thickens, about 3 minutes. Remove the saucepan from the heat.
5. Bring a large pot of generously salted water to a boil. Add the pasta and cook until very al dente, or according to the package's instructions. Drain well.
6. Return the sauce to medium-low heat. Stir in the cheese until it melts, then add the nutmeg and season with salt and pepper. Stir in the pasta and cauliflower, tossing well to coat. Pour the mixture into the prepared baking dish. (The recipe can be made up to this point and refrigerated until ready to bake and serve or up to 1 day.)

### MAKE THE TOPPING:

7. In a medium bowl, combine the bread crumbs with the Parmesan and melted butter. Sprinkle the topping in an even layer over the pasta.
8. Bake until the sauce is bubbly and has thickened slightly, 25 to 30 minutes (or 40 to 50 minutes if baking after refrigerating). Serve immediately.



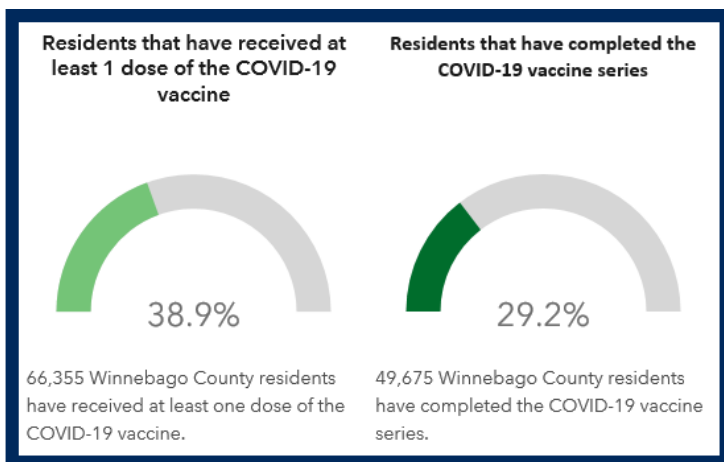
## Upcoming May Events

Sun	Monday	Tuesday	Wednesday	Thursday	Fri	Sat
2	3 Winnebago County Human Service Board Meeting 3pm  Memory Care Respite Neenah 1:30pm-3:30pm	4 Oshkosh Committee on Aging 8am  Virtual FVMP Memory Café 11am-12pm  Virtual Powerful Tools for Caregivers 1:30pm-3pm  Caregiver Support Group 2:30pm	5 	6 Virtual Kairos Alive 1:30pm  Virtual ADRC Caregiver Support Group 3:30pm-4:30pm	7 Virtual FVMP Memory Café 1:30pm-2:30pm	8
9	10 ADRC Committee Meeting 3pm  Memory Care Respite Neenah 1:30pm-3:30pm	11 Virtual FVMP Memory Café 11am-12pm  TLC Support Group 1pm  Virtual Powerful Tools for Caregivers 1:30pm-3pm  Winnebago County Transportation Meeting 1:30pm	12	13 Virtual Kairos Alive 1:30pm  Virtual ADRC Caregiver Support Group 3:30-4:30pm	14 Menasha Committee on Aging 1pm  Virtual FVMP Memory Café 1:30pm-2:30pm	15
16	17	18 Virtual FVMP Memory Café 11am-12pm  Virtual Powerful Tools for Caregivers 1:30-3pm	19	20 Neenah Committee on Aging 9:15am  Men's Support Group 10am  Virtual Kairos Alive 1:30pm  In Person ADRC Caregiver Support Group 3:30-4:30pm	21 Virtual FVMP Memory Café 1:30pm-2:30pm	22
23	24 Virtual YMCA Memory Café 1pm-2pm	25 Virtual FVMP Memory Café 11am-12pm  TLC Support Group 1pm  Virtual Powerful Tools for Caregivers 1:30pm-3pm	26	27 Virtual Kairos Alive 1:30pm  Virtual ADRC Caregiver Support Group 3:30pm-4:30pm	28 Virtual FVMP Memory Café 1:30pm-2:30pm	29
30	31  <small>©2014 iStockphoto.com</small>					

## Calendar Contact Information:

- Fox Valley Memory Project (FVMP) Memory Café & TLC Caregiver Support Group
  - Contact Harper: 920-225-1711 or [harper@foxvalleymemoryproject.org](mailto:harper@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: Alisa Richetti: 920-236-1227 or [arichetti@co.winnebago.wi.us](mailto:arichetti@co.winnebago.wi.us)
- Powerful Tools for Caregivers
  - Contact: Alisa Richetti: 920-236-1227 or [arichetti@co.winnebago.wi.us](mailto:arichetti@co.winnebago.wi.us)
- Memory Care Respite
  - Contact: 920-383-1180 or [memorycarerespite@gmail.com](mailto:memorycarerespite@gmail.com)
- Winnebago County Human Services (WCHS) Board Meeting: Contact [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)

Vaccine status as of April 22<sup>nd</sup>, 2021



### **Emergency Broadband Benefit**

The Federal Communications Commission (FCC) has authorized a new Emergency Broadband Benefit. This benefit will provide a discount of \$50 per month for eligible low-income households or \$75 per month for households on Tribal lands to cover internet bills, as well as provide discounts on some devices. This can also be combined with Lifeline benefits. Please call 833-511-0311 for more information.

### **COVID-19 Update**

The national eviction moratorium has been extended through June 30<sup>th</sup>, 2021. The focus of this ban is to help people who cannot pay rent in general; it is not required to be related to COVID. This does not mean that rent will not be due during this time.



# MAY IS MENTAL HEALTH AWARENESS MONTH

Do you know that 1 in 5 U.S. adults experience mental illness? And, less than half will seek out treatment? The average delay between symptom onset and treatment is 11 years. Mental health is just as important as physical health, yet why do we ignore it? Mental illness has no boundaries and affects individuals from all ethnic and socioeconomic backgrounds. In addition, the social isolation resulting from Covid 19 has negatively impacted many in terms of overall mental health.

Mental illness can range from depression, anxiety, obsessive compulsive disorder and post-traumatic stress disorder, bi-polar disorder to schizophrenia. Some of the warning signs of mental illness include sadness for extended periods, trouble concentrating, disrupted sleep, thoughts of suicide, feelings of constant fear and worry, withdrawing from friends and usual activities and experiencing mood swings, delusions or hallucinations. If you or anyone you know are experiencing any warning signs, reach out to your doctor, talk to a trusted adult, contact a counselor or therapist. Treatment options may include use of medication, counseling, learning coping strategies and increasing family and social supports. Recovery is possible.

To learn more about mental illness, contact your local National Alliance of Mental Illness affiliate (NAMI). NAMI focuses on supporting recovery through education, support, outreach and advocacy. Their efforts are leading the way of eliminating the stigma of mental illness. The local numbers for NAMI are: 920-954-1550 (Appleton area) and 920-651-1148 (Oshkosh area).

## MENTAL HEALTH WELLNESS TIPS

Taking care of our mental health is important!

Here are some tips taken from a "Psychology Today" article:

*18 Ways to Build Mental Wellness* by Melissa Shepard, MD.

- 1. Exercise.** Aim for at least 30 minutes of exercise most days of the week. Anything that you enjoy and gets your heart pumping.
- 2. Eat Healthy.** Limit sugars and processed foods and eat more fruits, vegetables and healthy fats. Make sure you are getting enough water.
- 3. Avoid mind altering substances.** Limit caffeine, alcohol and avoid illicit drugs.
- 4. Prioritize Sleep.** Practice good sleep hygiene and aim for 7-9 hours of sleep per night. If you have trouble sleeping, see your doctor.
- 5. Build an internal locus of control.** Practice taking responsibility for things that happen in your day to day life and focusing only on the things you can control.
- 6. Practice mindfulness.** Mindfulness can reduce stress, anxiety, depression and chronic pain. Building mindfulness can be as simple as bringing yourself back to the present throughout the day. Or bringing your attention back to your breath or another anchor.
- 7. Pray or Meditate.** Connecting with someone bigger than yourself can help protect your mental health.
- 8. Unload.** Is there someone that you can ask for help with? Can you decrease your responsibilities in some way? Setting boundaries is helpful.
- 9. Surround yourself with positivity.** Limit exposure to toxic people and things.
- 10. Practice gratitude.** Gratitude helps reduce stress, depression and anxiety. What are you grateful for? This works especially well if you write it down.
- 11. Connect with others.** Isolation is both a cause and symptom of mental illness. Engage with others daily. Call friend, talk to a neighbor.
- 12. Give.** Do something for someone else. Give a compliment, offer to help a family member or friend, start volunteering.
- 13. Set a small goal every day.** Work on building up your confidence by making a small promise to yourself and keeping it.
- 14. Challenge negative thoughts.** Thoughts are not facts. Challenge if this thought is true. If it is not, then ditch it and choose to believe otherwise.
- 15. Fake it.** Act the way you want to feel by forcing yourself to smile or stand tall, you may start to feel better from the outside in.
- 16. Use affirmations and reminders.** Read uplifting quotes or put post it notes up to encourage yourself.
- 17. Practice self-compassion.** Work on forgiving yourself and speak to yourself as you would a friend of loved one.
- 18. Know when to get help.** Seek professional help if your mental health is unstable. Many mental illnesses are brought on by biology that may not change despite good self-care.



## Walking with Ease



Is arthritis pain keeping you from exercising? Do you want to start an exercise program, but don't know where to begin? Then the Walk with Ease is the class for you! The Oshkosh Senior Center and Winnebago County Wellness Plus Collaboration are bringing The Arthritis Foundation's Walk with Ease class to the Oshkosh Senior Center this May! This class can teach you how to safely make physical activity part of your everyday life. A certified leader provides information, support, and the tools needed to help you set and reach your goals. This class will reduce the pain and discomfort of arthritis, increase balance and walking pace, build confidence, and improve overall health! The class meets May 10th-June 16th, Mondays and Wednesdays from 10-11am in the south building of the Oshkosh Senior Center. It is just \$15 for the entire class and includes a workbook. To register contact the Oshkosh Senior Center at 920-232-5300.



## Powerful Tools for Caregivers

### Zoom Workshop

Caregiving can be a challenge, but it's easier when you're prepared. This 6-week evidence-based workshop will give you the confidence and support to better care for your loved one and yourself. This workshop will give you the tools to reduce stress, guilt, anger, and depression. It will help you to manage your time, set goals, and solve problems. It will give you the tools to master caregiving transitions along with helping you get through making tough decisions. Also, the class goes through how to effectively communicate with the person you are caring for, family members, doctors, and paid helpers.

**When you register you will receive a book to help you:**

- Recognize changes in someone who may need extra help
- Hire in-home help
- Recognize and understand depression
- Make decisions about driving
- Help memory-impaired elders

The class will be held via Zoom on Tuesdays from 1:30pm-3pm from May 4<sup>th</sup> – June 8<sup>th</sup>. There is no cost to this class. Please contact Alisa Richetti with any questions at 920-236-1227 or [arichetti@co.winnebago.wi.us](mailto:arichetti@co.winnebago.wi.us).

## Stepping On Class

Stepping On is a falls prevention class that has been proven to reduce falls by 30%. This interactive class will help you recognize your risk of falling and help you build the balance, strength, and practical skills needed to avoid a fall. This small group class is led by 2 trained facilitators and meets for 2 hours once a week for 7 weeks. It is geared towards adults over 60, adults who have fallen in the past year or have a fear of falling. During the class, you will meet with a physical therapist, vision specialist, pharmacist, and community safety specialist who help you gain confidence to stay active in your community and do the things you want to do.

There will be an in-person Stepping On class at the Menasha Senior Center May 5- June 16. The class will meet every Wednesday from 1-3pm.

The cost is only \$15 for the entire 7-week session. Reserve your spot now and get ready for summer!

Please call Winnebago County Health Dept @ 920-232-3000 to register.



## The Latest Research:

Alzheimer's & Dementia

**Kimberly Mueller, PHD** is currently an Assistant Professor in the Department of Communication Sciences and Disorders at UW Madison, and is a researcher for the Wisconsin Registry for Alzheimer's Prevention (WRAP) and the Wisconsin Alzheimer's Disease and Research Center at the University of Wisconsin School of Medicine and Public Health

Monday May 17<sup>th</sup> 12-1:30pm

Join us online or by phone  
Visit [www.bit.ly/research517](http://www.bit.ly/research517)

## Dementia Care Specialist Webinar Series

Building a Support Network

Wednesday May 12 12-1pm

Register:

[https://dhswi.zoom.us/webinar/register/3816050320312/WN\\_313TCKvcSkCPFMwoYBNk3g](https://dhswi.zoom.us/webinar/register/3816050320312/WN_313TCKvcSkCPFMwoYBNk3g)

## Memory Care Respite Partners

Respite for you and care for your loved one



This program is available  
the 1st and 2nd Monday of each month,  
1:30 pm to 3:30 pm  
at St. Paul Lutheran Church,  
200 N. Commercial Street, Neenah

While you're away, we will provide:

- Organized arts, crafts and music.
- Staffing by professional caregivers and volunteers.
- Snacks and refreshments.
- This is a free community program!

*Giving you four hours of personal time each month!*

## RSVP to register for a spot today

Call 920-383-1180 or e-mail: [memorycarerespitepartners@gmail.com](mailto:memorycarerespitepartners@gmail.com)

Collaborating Partners:

Neenah/Menasha YMCA & Senior Center, Winnebago County ADRC,  
St. Paul Lutheran Church, Valley VNA Senior Care

## Are you age 45 or older?



## We need your feedback to better our community!

On March 17<sup>th</sup>, AARP Wisconsin announced that the City of Oshkosh & surrounding areas were accepted as the seventh Wisconsin member of the AARP Network of Age-Friendly States and Communities.

The AARP Network of Age-Friendly States and Communities helps participating communities become great places for *all* ages by adopting such features as safe, walkable streets; better housing and transportation options; access to key services; and opportunities for residents to participate in civic and community activities.

To help shape age-friendly efforts in your community, share your voice by completing the Community Survey here: [bit.ly/AgeFriendlyWinnebago](http://bit.ly/AgeFriendlyWinnebago). In the spirit of shaping our age-friendly community please help a neighbor complete the survey.