

Aging & Disability Resource Center of Winnebago County Newsletter

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November 2021

NOVEMBER IS NATIONAL FAMILY CAREGIVER MONTH!

What are some caregiver support programs in our county?

What is the National Family Caregiver Support Program (NFCSP)? Offers respite, information, support, and other resources to caregivers.

How does the program work? Caregiver support services are open to all families caring for a person age 60+ or a person with a type of Dementia of any age. The program can provide limited respite that could be offered in the home, a day program, or in a facility. Other services that could be offered are yard work, snow shoveling, meal prep, housework, transportation, emergency response systems, personal care, incontinence supplies, etc...

Who is eligible?

- Any caregiver who provides unpaid care to a person age 60+ or person with a type of Dementia of any age (person must require assistance with daily cares)
- Grandparents or relatives age 55 and older who are the primary caregivers for a child under age 19 or who care for a person age 19-59 with a long-term disability.
- There are no fees or income requirements.

What is the Alzheimer's Family Caregiver Support Program (AFCSP)? To help enhance the lives of caregivers who care for a person with Dementia to help them live in the community as long as possible.

How does the program work? Funds are available for eligible persons to provide some respite care or purchase and goods/services needed to help care for someone with a type of Dementia. The program can provide limited respite, emergency response systems, personal care, housework, home delivered meals, activity and hobby supplies, caregiver education classes, incontinence supplies, transportation expenses, lawn care, etc...

Who is eligible?

- Diagnosis of Alzheimer's or another Dementia.
- The person must reside in a home setting (not a facility).
- The person with Dementia and their spouse (if applicable) have a gross annual income less than \$48,000 (costs related to the Dementia-related care can be deducted when calculating)
- There are no fees.

How do I apply for one of these programs? Call the ADRC!



Nicole Davis-Dawald
Program Supervisor

Hi! I am Nicole the new Program Supervisor at the ADRC. I am originally from Fond du Lac, WI and went to Mississippi State University for my bachelors and the Chicago School of Professional Psychology in conjunction with Argosy University for my Masters. I spent a majority of my professional career working in Child Protective Services and most recently I was the Executive Director of Almost Family Chilton, a homecare company, for five years. My most favorite job was as a Wilderness Therapist, in which we took teenagers with substance abuse and behavioral issues outside and out of their comfort zones and did intensive group and individual therapy. The physical elements as well as the physicality of traversing the difficult terrains we put them into allowed them to delve deeper and more quickly into their past trauma due to forced vulnerability. When I'm not at work, I have 4 children, ages 3-12, who are involved in too many activities and enjoy spending time with family, traveling, and trying new restaurants and ethnic cuisines.

INGREDIENTS

- 3 cups leftover mashed potatoes
- 3 slices bacon, cooked and crumbled
- 2/3 cup shredded cheddar cheese
- 2 tbsp. thinly sliced chives
- 1/2 tsp. garlic powder
- Kosher salt
- Freshly ground black pepper
- 2 eggs -beaten
- 1 1/3 cups panko bread crumbs
- Vegetable oil, for frying

DIRECTIONS

1. In a large bowl, combine mashed potatoes with cooked bacon, cheddar, chives, and garlic powder, and season with salt and pepper. Stir until all ingredients are incorporated.
2. Place eggs and panko in separate shallow bowls. Use a small cookie scoop to scoop 1" to 2" balls of mashed potato mixture. Roll into a ball in your hands, then dredge first in egg and then in panko. Repeat until all mashed potatoes are used.
3. Heat 3" of oil in a large cast iron skillet until candy thermometer reads 375°. Fry potato balls in batches until golden on all sides, 2 to 3 minutes. Drain on a paper towel lined plate and season immediately with more salt.

FRIED MASHED POTATO BALLS



Upcoming November Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1</p> <p>Memory Care Respite Neenah 1:30pm-3:30pm</p> <p>Winnebago County Human Services Meeting 3pm</p> <p>Marketplace Open Enrollment Period Today – Jan 15th</p>	<p>2</p> <p>Oshkosh Committee on Aging 8am</p>	<p>3</p> <p>SPARK! The Trout Museum of Art 1pm</p> <p>FVMP Memory Café Fox West 1:30pm</p>	<p>4</p> <p>FVMP Memory Café River Thyme Bistro 1:30pm</p>	<p>5</p>	<p>6</p>
<p>7</p> <p>Daylight Savings</p>	<p>8</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>9</p> <p>TLC Caregiver Support Group 1pm</p> <p>Caregiver Support Group 2:30pm</p> <p>SPARK! Bergstrom Mahler Museum, Neenah 10:30am</p> <p>Specialized Transportation Meeting 1:30pm</p>	<p>10</p> <p>FVMP Memory Café Oshkosh Library 1:30pm</p> <p>FVMP Memory Café Mosquito Hill 1:30pm</p>	<p>11</p>  <p>FVMP Virtual Memory Café Registration needed for kit 1:30pm</p> <p>Virtual ADRC Caregiver Support Group 3:30pm-4:30pm</p>	<p>12</p> <p>Menasha Committee on Aging 1pm</p>	<p>13</p>
<p>14</p>	<p>15</p> <p>FVMP Memory Café Neenah Public Library 1:30pm</p>	<p>16</p>	<p>17</p> <p>FVMP Memory Café Menasha Library 1:30pm</p>	<p>18</p> <p>Neenah Committee on Aging 9:15am</p> <p>Men's Caregiver Support Group 10am</p> <p>FVMP Memory Café River Thyme Bistro 1:30pm</p> <p>Caregiver Support Group Community Church 3:30pm</p>	<p>19</p>	<p>20</p>
<p>21</p>	<p>22</p> <p>FVMP Memory Café New London Senior Center 1:30pm</p>	<p>23</p> <p>TLC Caregiver Support Group 1pm</p>	<p>24</p> <p>SPARK! The Paine Art Center 1:00pm</p>	<p>25</p> <p>ADRC Office – Closed</p> 	<p>26</p> <p>ADRC Office – Closed</p>	<p>27</p>
<p>28</p>	<p>29</p> <p>FVMP Memory Café Oshkosh 20th YMCA 1:30pm</p>	<p>30</p>				

Please view our online calendar for additional events:

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
 - Contact Harper: 920-225-1711 or harper@foxvalleymemoryproject.org
- Men's Support Group
 - Contact Walt: 920-277-8965 or wzerrenner@gmail.com
- ADRC Caregiver Support Group
 - Contact Alisa Richetti: 920-236-1227 or arichetti@co.winnebago.wi.us
- Alzheimer's/Dementia Support Group
 - Contact Bethel Home – Joan Keltesch (920) 232-5214
- SPARK!
 - Paine Art Center, Oshkosh: 920-235-6903
 - Bergstrom Mahler Museum, Neenah: 920-751-4658
 - The Trout Museum 920-733-4089
 - The Building for Kids Children's Museum 920-734-3226
- Memory Care Respite
 - Contact: 920-383-1180 or memorycarerespite@gmail.com
- Winnebago County Human Services (WCHS) Board Meeting
 - Contact Pam: PBartelt@co.winnebago.wi.us
- ADRC Committee and Specialized Transportation Committee
 - Contact ADRC@co.winnebago.wi.us
- Neenah Committee on Aging
 - Contact ckasimor@ci.neenah.wi.us
- Menasha Committee on Aging
 - Contact msackett@ci.menasha.wi.us
- Oshkosh Committee on Aging
 - Contact judy.richey@aol.com



Daylight Savings:

November 7th

Remember to turn
your clocks back

1 hour ☺



ADVOCAP's Senior Friend Participants are looking for a friendship with a volunteer...



If you are **18 or older**, enjoy talking with older adults, listening to real life stories, discussing the weather, movies, trips and more, give me a call. ADVOCAP has many older adults in our Nutrition Program as well as other seniors who live alone and are homebound who would enjoy hearing from you. Socialization is so important and key to their wellbeing. Volunteers can change lives by just calling once a week to say, "hello, how are you doing?". We are pretty sure you will find that forming this friendship will give you endless benefits as well. Give me a call at (920)273-5570 and we can talk about the enrollment process and how we match volunteers with participants to form a friendship.

Pat Micka/ADVOCAP Volunteer Development Specialist/
Senior Friends & RSVP Programs
(920)273-5570

VETERAN'S DAY

November 11th is Veteran's Day. This holiday started as a day to remember those service members who died during World War I. November 11th, 1918 was the day that the signing of the Armistice that helped end World War I. The Armistice was dedicated to world peace. After World War II and the Korean War, President Dwight D. Eisenhower changed the name from Armistice Day to Veteran's Day in 1954. The day will always remain November 11th each year.

We would like to highlight our county's Veteran Service Office. Our county is blessed to have a great team that leads our local offices. Their mission: "We believe in strengthening the lives of our veterans and their families by connecting them with their earned benefits." Areas that they can provide assistance with are: help Veterans establish with VA health care, education benefits (like the GI bill), help disabled Veterans with compensation claims, wartime service and non-service connected pensions, VA home loans, transportation to doctor appointments, obtaining military records, outreach to prisoners, survivor benefits, government life insurance, burial allowance, financial assistance, Veteran caregiver resources, and much more.

Their offices are open Monday-Friday from 8am-4:30pm. They recommend that you make an appointment. The link to their website is: www.co.winnebago.wi.us/veterans. On their website, you will find additional information on their services, upcoming events, job opportunities, and a great monthly newsletter called "Veterans Voice". Below are their locations and phone numbers.

Veteran Services – Oshkosh office 112 Otter Ave Oshkosh, WI 54901 920-232-3400	Veteran Services – Neenah office 211 N. Commercial St Neenah, WI 54956 920-729-4820
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The staff at the ADRC of Winnebago County would like to thank all Veterans and their families!



RED POPPY

The red poppy became a symbol for Veteran's Day to represent the blood that was shed during battles of World War I. This symbol was established after the poem "In Flanders Fields" was written by John McCrae in May of 1915. He was a Lieutenant-Colonel and physician in World War I.

IN FLANDERS FIELDS

by John McCrae

*In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.*



John McCrae

*We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.*

*Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.*



Supportive Services for Veteran Families (SSVF)

This program is operated by the Centers for Veteran Issues. Our regional office is located in Milwaukee, WI. The following information was gathered from their website: www.cvivet.org.

The goal of the SSVF program is to promote housing stability among very low-income Veteran families who live in or are transitioning to permanent housing. To take part in the program, the following must be met:

1. "A member of the 'Veteran family'. Either (a) a Veteran; or (b) a member of a family in which the head of the household is a Veteran, or the spouse of the head of the household, is a Veteran. (Note: The head of the household should be identified by the Veteran family.)
2. "Very low income". Household income does not exceed 50% of area median income". Please contact the SSVF program for more information #414-345-4254 or email info@cvivet.org

Some temporary financial services that may be offered are: rental assistance, security deposits, rental/utility arrangements, childcare costs, moving costs, short-term storage, and emergency supplies.

Short Hours for Available or Retired People (S.H.A.R.P.)

- Facilitated by the Oshkosh Herald
- New section in their "Classifieds" section that features jobs that are 12 hours per week or less
- Example from the October 6th paper:
 - 20th Avenue BP gas station is looking for a cashier
 - Sunday through Saturday Flexible Hours
 - Contact: Breanna 920-573-1327
 - Reimer Jewelers is looking for experience customer service help
 - Tuesday through Saturday Various Hours
 - Contact: Paul 920-235-7870



Marketplace Open Enrollment

Do you need health insurance? Do you want more information on health insurance through the Marketplace (also known as The Affordable Care Act or ObamaCare)? Mary Geffers works for Winnebago County during Marketplace's Open Enrollment Period, which is Nov. 1, 2021 - Jan. 15, 2022. She can assist you with completing an application, determining your eligibility, and enrolling you in a health insurance plan. If you would like health coverage to begin Jan. 1, 2022, you must apply and enroll in a health plan by Dec. 15, 2021. Many people qualify for an Advance Premium Tax Credit (APTC), which lowers their monthly premium. Call/email Mary today with any questions at 920-236-4669 or dhsapplicationcounselor@co.winnebago.wi.us

Medicaid Transportation Update

MTM (Medical Transportation Management) has been the company that has arranged rides for individuals with Medicaid to get to non-emergent medical appointments. Starting November 1st, a new company will be providing this service called Veyo. The number will remain the same (866-907-1493). Veyo will continue to offer the same support that MTM did. Some of the new enhancements that Veyo brings are:

- Health care facilities can access a portal (RideView) to book and manage rides for members
- Members will be able to access veyo.com for managing and scheduling rides to one of their last five destinations



CELEBRATE FAMILY CAREGIVERS

November is National Family Caregiver Month, a time to recognize and thank the many hard working and devoted people who provide care to a loved one.

Let's Celebrate Caregivers this month! Here are some simple things you can do to really help a caregiver and let them know that they are important and appreciated.



1. Stop by their house and say hello. You don't have to bring anything or do anything. Stopping for a quick visit to let them know you are thinking about them can mean a lot, especially if it is hard for them to get out of the house.
2. Call the caregiver and check in on how THEY are doing. Too often the conversation is about the person needing care and the caregivers' needs are forgotten. Listen to them without judging or advising. An opportunity to share their feelings openly and in confidence can be a great help and comfort.
3. Offer to help. Instead of telling them to call if they need something, be more persistent in offering your help. Try this. "I am going to help you. Do you want me to bring a meal or a mop?" Or ask what they need from the grocery store or when is a good time to send your teenage son over to mow/rake/shovel snow. Be specific and gently insist on helping.
4. Invite them to do something – go for a walk, coffee, a movie. Maybe they have turned you down too many times, so you stopped asking. Try asking again and offer to help find someone to be with their loved one if that is a problem. Even if they say no, being asked will help them see they are still included.
5. Remind them of the importance of self-care, then help them seek out ways to get a break. Go with them to visit the ADRC (Aging Disability Resource Center) to find out the various types of support that are available.
6. Attend a support group meeting with them. Sometimes it is hard to go alone, and your presence will open up this valuable resource to them.
7. Check in regularly. A weekly phone call to ask how things are going can alleviate feelings of loneliness and help them feel special and important. Sometimes they just need someone to listen to them, and sometimes hearing about someone else's life gives them a break.
8. If you are comfortable doing so, offer to care for their loved one for an hour or two so they can get a break.

Take some time to recognize and thank the family caregivers that you know. They deserve to be celebrated!

Jane Mahoney

Older American's Act Consultant

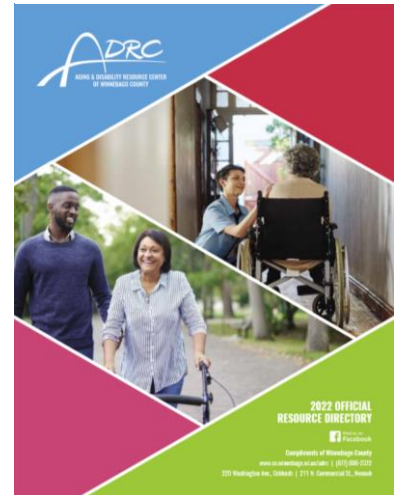
Greater Wisconsin Agency on Aging Resources

They're HERE!

The 2022 ADRC Resource Directories are printed and available! This directory has information specific to Winnebago County on areas like: adult day services, advanced directives, Dementia, assisted livings, dental, employment, financial assistance, guardianship, home care, personal emergency response systems, home modifications, adaptive equipment, legal assistance, nursing homes, mental health services, tax assistance, vision, transportation, and more! Call the ADRC to have a free copy mailed to your home. They are free of charge.

We also have an online directory that is updated in real-time. That can be reached by visiting our website:

www.co.winnebago.wi.us/adrc/resource-manual.



Fall Word Search



ACORN
APPLE
FALL
JACKET

LEAF
PUMPKIN
RAKE
SCHOOL



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Social Security Announcement!



The cost-of-living adjustment (COLA) will be 5.9% in 2022. This is the largest increase for beneficiaries' checks in 40 years! The COLA in 2021 was 1.3%. Most beneficiaries will see the increase in their monthly checks starting in January.



The Salvation Army - Oshkosh

Seasonal Assistance Program

Sign - Up Information

There will be NO In-Person Sign-Up

Coats For Kids Sign - Up

For Birth - 18 yrs. (school age)

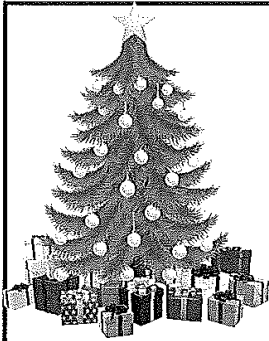
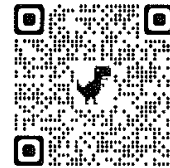
September 15th - October 22nd, 2021

To sign - up online go to: saoshkosh.org

Go to Program & Services Page and click on the corresponding link

OR

Scan QR Code with phone camera & follow link



Toy Store (Toys For Tots) Sign - Up

For Birth - 18 yrs. (school age)

September 15th - November 28th, 2021

To sign - up online go to: saoshkosh.org

Go to Program & Services Page and click on the corresponding link

OR

Scan QR Code with phone camera & follow link



If no online access, call 920-232-7660

Ext. 14 Al, Ext. 22 Lisa or Ext. 13 Patty

To Register Over The Phone



The Winnebago County Diversity Affairs Commission (DAC) invites you to join us!



THURS. NOV. 4 • 3:00PM

MEE YANG

BOARD PRESIDENT
HMONG SERVICE CENTER, INC.

Presentation:

Who are the Hmong people?
Where did they come from?
Why are they here?

Join Zoom Meeting

[https://uwmadison.zoom.us/j/95557770820?](https://uwmadison.zoom.us/j/95557770820?pwd=TzFQdIRnRmJoZXpOMIRaVlVHbVVwUT09)
[pwd=TzFQdIRnRmJoZXpOMIRaVlVHbVVwUT09](https://uwmadison.zoom.us/j/95557770820?pwd=TzFQdIRnRmJoZXpOMIRaVlVHbVVwUT09)

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."

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

