

# Aging & Disability Resource Center of Winnebago County Newsletter

October 2020

## WHAT IS A DISABILITY BENEFIT SPECIALIST?

The Aging & Disability Resource Center (ADRC) of Winnebago County has two Disability Benefit Specialists (DBS).

A DBS ensures that adults ages 18 to 59 with developmental disabilities, physical disabilities, mental illness and/or substance abuse disorders are provided current information on public benefits.

A DBS can help advocate and assist clients with obtaining and gathering supporting documents in regards to Social Security applications and appeals. They can also provide advocacy regarding public benefits. A DBS can provide information and assistance regarding medical insurance, prescription drug plans, and FoodShare.

They can also refer clients to appropriate resources and coordinate with other teams within human services to resolve benefit issues. A DBS collaborates with attorneys from Disability Rights of Wisconsin.

There is no fee when working with a DBS. They help clients regardless of the level of their income and assets.

The ADRC monthly newsletter offers information about upcoming events, hot topics, and staff introductions. If you would like to receive a free copy, please contact Rebecca at #920-236-1227 or email her at [rgroleau@co.winnebago.wi.us](mailto:rgroleau@co.winnebago.wi.us)



## MEET THE STAFF



Larissa Grunwald

Hi! My name is Larissa and I am a Disability Benefit Specialist. I have been a part of the ADRC team for 3 years. Being a DBS gives me many opportunities to help people navigate the world of public and private benefit programs. I work very closely with other ADRC staff to help our consumers get the assistance they need to remain active and independent in the community.

When I am not in the office, I am with my family, either on the baseball field or at home. We love spending time outside, at the park, at home or in Waupaca.

### Winnebago County ADRC

220 Washington Ave, Oshkosh 211 N. Commercial St, Neenah  
877-886-2372 [adrc@co.winnebago.wi.us](mailto:adrc@co.winnebago.wi.us)

# Halloween Puppy Chow

## Ingredients:

### ◇ Peanut Butter White Chocolate Puppy Chow:

- 9 cups rice cereal squares Chex
- 1 cup white chocolate chips or melts
- 1/2 cup peanut butter (creamy)
- 1/4 cup butter
- 1 tsp vanilla extract
- 1 1/2 cups powdered sugar

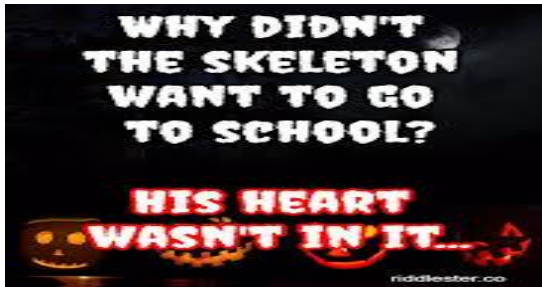
### ◇ Peanut Butter Chocolate Puppy Chow:

- 9 cups rice cereal squares Chex
- 1 cup semi-sweet chocolate chips
- 1/2 cup peanut butter (creamy)
- 1/4 cup butter
- 1 tsp vanilla extract
- 1 1/2 cups powdered sugar
- 1 tbsp unsweetened cocoa powder (optional)

### ◇ Peanut Butter Candies (Reese's Pieces)

## Instructions:

1. Prep two cookie sheets by lining them with wax paper for an easy cleanup.
2. Peanut Butter White Chocolate: Measure out rice cereal and place in a large bowl.
3. In a small microwave-proof bowl, put chocolate chips, peanut butter and butter.
4. Heat in the microwave and stir until smooth.
5. Stir in vanilla extract and then pour chocolate mixture over cereal. Stir to coat cereal.
6. Place powdered sugar in a Ziplock bag, dump cereal into bag, seal and shake until coated.
7. Dump cereal onto a cookie sheet, spread out and let cool for 20 minutes.
8. Peanut Butter Chocolate: Follow steps 2-7 but use your semi-sweet chocolate chips instead. Also, add cocoa powder to powdered sugar.
9. After all cereal is cooled, mix together and add Peanut Butter Candies.



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# Upcoming October Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Virtual Caregiver Support Group	2	3
4	5	6	7	8 Virtual Caregiver Support Group	9	10
11	12	13	14 Virtual Memory Café	15 In-Person Caregiver Support Group	16	17
18	19	20	21	22 Virtual Caregiver Support Group	23	24
25	26 Virtual Memory Café	27	28	29	30	31 

To get Zoom information on the above events, contact Rebecca Groleau at #920-236-1227 or email [rgroleau@co.winnebago.wi.us](mailto:rgroleau@co.winnebago.wi.us)

## Did You Know?

**The ADRC website is being updated!** Our staff is so excited to share this as they have been working on this for the past few months. You will continue to see updates in the coming weeks.

<https://www.co.winnebago.wi.us/adrc>

**The 2021 Resource Directory is available!** Our staff works diligently at ensuring the resources in this are accurate and organized. If you would like a free copy, please contact the ADRC. You can also find our online Resource Directory on our website.



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## **Tips to Avoid Coronavirus Scams**

- Avoid online offers for Coronavirus-related vaccines or cures; they aren't legitimate.
- Be wary of emails, calls and social media posts advertising "free" or government-ordered COVID-19 tests. Check the FDA website for a list of approved tests and testing companies.
- Don't click on links or download files from unexpected emails, even if the email address looks like a company or person you recognize. Follow the same for text messages and unfamiliar websites.
- Don't share personal information such as Social Security, Medicare and credit card numbers in response to an unsolicited call, text or email.
- Be skeptical of fundraising calls or emails for COVID-19 victims or virus research, especially if they pressure you to act fast and request payment by prepaid debit cards or gift cards.
- Ignore phone calls or emails from strangers urging you to invest in a hot new Coronavirus stock.
- Sources: FTC, FCC, FBI, SEC.

## **Local COVID-19 Testing Site**

A new regional testing site will be open from 11am to 7pm on Tuesdays and Thursdays and 8am to 4pm on Mondays, Wednesdays, Fridays and Saturdays. There is no end date set at this time. This is located at the Sunnyview Expo Center (500 E. County Road Y, Oshkosh). The testing is free and is operated by the WI National Guard. If you are experiencing symptoms of COVID-19 or you have been in close contact with someone who has tested positive, the health department suggests you get tested.

- Available to any Wisconsin resident (5 yrs+) - contact a pediatrician for children under 5yrs
- Symptoms can include fever, cough, difficulty breathing, sore throat, runny nose, nausea, vomiting, diarrhea, headache, chills, muscle aches or loss of taste or smell
- Pre-registration is encouraged – you can do so at [register.covidconnect.wi.gov](https://register.covidconnect.wi.gov).
- No appointment is needed, walk-up testing is available (doctor's referral is not required)
- Antibody testing is not available
- Language translation will be available



## **Federal Eviction Moratorium**

Effective September 4<sup>th</sup> 2020 through December 31<sup>st</sup>, 2020, there is a federal moratorium on residential evictions that are due to failure to pay rent because of the effects of COVID-19. The Wisconsin Department of Agriculture, Trade and Consumer Protection (DATCP) has a great frequently asked questions page that goes into extensive detail about the order. Visit their website at <https://datcp.wi.gov/> and click on the box that says: "COVID-19 Landlord Tenant FAQs" or call DATCP at #608-224-5012.

## **Wisconsin Utility Moratorium**

. Due to the rise in COVID-19 cases, The Public Service Commission of Wisconsin voted to extend the moratorium on utility residential customer disconnections and refusal of service for nonpayment until November 1<sup>st</sup>. Prior to this it was to end October 1<sup>st</sup>. Please note that the annual moratorium on cold weather disconnections for utility services used for home heating runs from November 1<sup>st</sup> to April 15<sup>th</sup>. They encourage customers to contact their utility company to set up payment plans. If customers are having difficulty paying their energy bills, they may be eligible for assistance from the Wisconsin Home Energy Assistance Program (WHEAP). To apply call 1-800-506-5596.

## **One Time Pandemic Mortgage Assistance Program**

If you reside in Winnebago County, WI and your income or expenses have been impacted by the pandemic (loss of employment, reduced hours, additional people in the household, expenses incurred from school or work from home, or medical expenses), there is a new program to help homeowners. The program money will be used to help prevent foreclosure caused by the pandemic for delinquent mortgage payments that may include principal, interest and/or escrow. The delinquency must be between March and August 2020 and directly caused by loss of income due to COVID 19. There are several eligibility criteria for this program. Email [WinnebagoMortgageHelp@co.winnebago.wi.us](mailto:WinnebagoMortgageHelp@co.winnebago.wi.us) or call 920-236-1144 to leave a voicemail to request an application. They will be accepted September 1-October 15, 2020.

## **Wellness Plus**

### **Evidenced Based Classes for 2020**

#### **STEPPING ON**

Register by calling 920-232-3000

Oshkosh| Oshkosh Seniors Center| Oct 7-Nov 18, Tues, 1:00-3:00pm

Neenah| YMCA Neenah/Menasha| Oct 8-Dec 3, Wed, 1-3pm (No class Nov 5, Nov 26)

#### **Mind Over Matter- Bladder/Bowel Incontinence for Women**

Register by calling 920-232-3000

Oshkosh| Miravida Living | Sept 24, Oct 8, Oct 22, Thurs, 9:00- 11:00am

Neenah| YMCA Neenah/Menasha| Oct 5, Oct 19, Nov 2, Mondays, 1:00- 3:00pm

#### **Tai Chi**

No classes at this time.

#### **Strong Bodies**

No classes at this time.

#### **Healthy Living with Diabetes**

Register by calling 920-232-3000

Menasha | City Hall | Oct 13 - Nov 17, Tues, 1-3:30pm

#### **Healthy Living with Chronic Pain**

No classes at this time.

#### **Powerful Tools for Caregivers**

Register by calling 920-236-1227 or [rgroleau@co.winnebago.wi.us](mailto:rgroleau@co.winnebago.wi.us)

Via Zoom/Oct 12th, 19th, 26th, Nov 2nd, 9th, & 16th 3-4:30pm

