

Aging & Disability Resource Center of Winnebago County Newsletter

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October 2021

What is a Memory Café?

Memory Cafés offer engaging activities, social interaction and a sense of fun and community for participants. Cafés are for individuals living with memory loss and their family members, friends, and caregivers. They are free and typically provide interesting themes and refreshments. Memory Cafés offer a comfortable and accessible space for people to enjoy time together, free of any stigma related to their memory loss. Cafés are a part of the growing movement to make our communities “dementia friendly.”

Memory Cafés in the Fox Valley are a partnership with many organizations. The Alzheimer's Association, ADRC's, YMCA's, Libraries and Service Providers to name a few. The Fox Valley Memory Project (FVMP) is at the forefront of this partnership and holds memory cafés in 10 locations throughout the Fox Valley. FVMP puts out a monthly calendar and description of all of the café themes that are held each month. You can sign up for their newsletter or view the information on their website:

www.foxvalleymemoryproject.org

The Memory Cafés in Oshkosh recently joined this partnership with FVMP. The Oshkosh YMCA on 20th Avenue resumed in person this summer and is held the last Monday of the month at 1:30pm. We are excited to announce that the Oshkosh Public Library will be re-opening on October 13th and will be held on the second Wednesday of each month at 1:30pm.

The Menasha Public Library Memory Café has been virtual due to Covid but will be opening back up in-person this month on October 20th. This Café is held on the third Wednesday of the month at 1:30pm. The Neenah Public Library Memory Café is held on the third Monday of the month at 1:30pm and resumed in-person in September. We are pleased that all of the Winnebago County Memory Cafés are back to support our community members.

For more information on Memory Cafés contact the Fox Valley Memory Project at 920-225-1711 or check out their website:

www.foxvalleymemoryproject.org.

Meet the Team



*Joel Fenner
Neenah*

Joel is a graduate of UW Oshkosh and started at Winnebago County in September 2000. He began working on the supported living team as a case manager for those with developmental disabilities. He then transitioned to the adult access unit in 2008 before starting with adult protective services team in 2010 when the ADRC was formed.

Joel is married and has 2 daughters ages 14 and 12. He enjoys camping, hunting, fishing, skiing and just about any other outdoor activity.

Stuffed Shells Recipe

Ingredients

- 1½ cups cubed butternut squash
- Extra-virgin olive oil, for drizzling
- 16 jumbo shells

Cashew Cream

- 1½ cups raw cashews*, see note
- 1 cup fresh water
- 1 garlic clove
- 3½ tablespoons fresh lemon juice
- 1/2 teaspoon sea salt
- Freshly ground pepper

Filling


- 4 cups fresh baby spinach
- 1 cup crumbled firm tofu
- 1 teaspoon dried oregano
- 1/2 teaspoon lemon zest
- Pinch of red pepper flakes
- 1 cup cashew cream, from the recipe above
- Sea salt and freshly ground pepper

Instructions

1. Preheat the oven to 350°F and line a baking sheet with parchment paper. Toss the butternut squash with a drizzle of olive oil and a few generous pinches of salt and pepper. Roast until golden brown, 20 to 25 minutes.
2. Make the cashew cream: Blend together the drained raw cashews, fresh water, garlic, lemon juice, 1/2 teaspoon salt and pepper.
3. Make the filling: In a medium skillet, heat a drizzle of olive oil over medium heat. Add the spinach in increments, along with a pinch of salt, and sauté until all the spinach is incorporated and wilted. Remove from heat and let cool slightly. Squeeze out any excess liquid and chop. In a medium bowl, combine the spinach with the crumbled tofu, oregano, lemon zest, red pepper flakes, at least 1/4 teaspoon salt, freshly ground black pepper and 1 cup of cashew cream. Season to taste, adding more salt and pepper as desired
4. Bring a large pot of salted water to a boil. Add the shells and cook according to the package directions until al dente. Drain.
5. Assemble the shells. Spread ¼ cup of the reserved cashew cream on the bottom of an 11x7-inch baking dish. Fill each cooked shell with some of the filling and a few cubes of butternut squash, and place into the baking dish. Drizzle a little olive oil over the shells, cover with foil, and bake for 15 minutes, or until heated through. Remove from the oven and serve with the remaining cashew cream



Upcoming October Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Appleton Farmers Market 8am-12:30pm Neenah Farmers Market 8am-12pm Oshkosh Farmers Market 8-am12pm Walk to End Alzheimer's – Fox Cities *see more details in newsletter
3	4 Virtual Chair Yoga 11am Memory Care Respite Neenah 1:30pm-3:30pm Medicare Made Simple Seminar 4:00pm (read more in newsletter) National Alliance on Mental Illness (NAMI) – Mental Health Awareness Week (to Oct 10 th)	5 "Time of Your Life" Senior Expo! 9am-1pm Oshkosh Convention Center TLC Caregiver Support Group 1pm Caregiver Support Group 2:30pm	6 SPARK! The Building for Kids Children's Museum 1:00pm FVMP Memory Café Fox West 1:30pm	7	8 Menasha Committee on Aging 1pm	9 Appleton Farmers Market 8am-12:30pm Neenah Farmers Market 8am-12pm Oshkosh Farmers Market 8-am12pm
10	11 FVMP Virtual Chair Yoga 11am SPARK! The Trout Museum of Art 1pm Martin Schreiber Presentation FVMP 1:30pm (read more in newsletter) Memory Care Respite Neenah 1:30pm-3:30pm	12 SPARK! Bergstrom Mahler Museum, Neenah 10:30am	13 FVMP Memory Café Oshkosh Library 1:30pm FVMP Mosquito Hill Memory Café 1:30pm	14 FVMP Memory Café River Thyme Bistro 1:30pm Virtual ADRC Caregiver Support Group 3:30pm-4:30pm	15 Medicare Open Enrollment Starts Today – Ends on December 7 th Day By Day Warming Shelter Opens	16 Appleton Farmers Market 8am-12:30pm Last Neenah Farmers Market 8am-12pm Oshkosh Farmers Market 8-am12pm
17	18 FVMP Virtual Chair Yoga 11am FVMP Memory Café Neenah Public Library 1:30pm ADRC Committee Meeting 3pm	19 TLC Caregiver Support Group 1pm	20 FVMP Memory Café Menasha Library 1:30pm	21 ADRC In-Person Caregiver Support Group 3:30-4:30pm	22	23 Appleton Farmers Market 8am-12:30pm Oshkosh Farmers Market 8-am12pm
24/31 	25 FVMP Virtual Chair Yoga 11am FVMP Memory Café Oshkosh 20 th YMCA 1:30pm	26	27 SPARK! Paine Art Center Oshkosh 1pm FVMP Memory Café Kimberly Municipal Complex 1:30pm	28 Virtual ADRC Caregiver Support Group 3:30pm-4:30pm	29	30 Last Appleton Farmers Market 8am-12:30pm Last Oshkosh Farmers Market 8-am12pm

- 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 & Virtual Chair Yoga
 - Contact Harper: 920-225-1711 or harper@foxvalleymemoryproject.org
- Men's Support Group and Caregiver 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 Meeting: 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



Hope Fridge Updates

"Take what you need, leave what you can"

Hope Fridge is a volunteer-operated mutual aid project new in Winnebago County. These are popping up all over the country. It is open 24 hours per day, 365 day per year. Getting food requires no paperwork be completed and there are no questions asked. There are two 24-hour fridges – one in Neenah (see updated address below) and one in Oshkosh (behind Wagner Market). There is also another fridge open in Oshkosh inside Bowen Street Repeats during their open hours.

Website: www.hopefridge.com

Contact person: Tj Hobbs- tj@hopefridge.com

NEENAH

160 Curtis Ave
Neenah, WI 54956

OPEN NOW!
24 HOURS/DAY
7 DAYS/WEEK

WAGNER MARKET

502 N Main St
Oshkosh, WI 54901

OPEN NOW!
24 HOURS/DAY
7 DAYS/WEEK

BOWENSTREET REPEATS

2837 Bowen St
Oshkosh, WI 54901

WED, THU: 10AM – 2PM
FRI: 10AM – 6PM
SAT: 9AM – 4PM



OPD Relay Update

In a past newsletter, we share about the new Relay App through the Oshkosh Police Department (OPD) to report non-emergency situations. It has been deactivated now due to some issues with the app. OPD received positive feedback about it and will be looking at new platform for new app options.

OPD Law Enforcement Mental Health & Wellness 5K

Saturday, October 2nd 9am
Menominee Park
Oshkosh WI



FYI: The Oshkosh Committee on Aging meeting in canceled for October due to the Time of Your Life Senior Expo taking place the same day. Meetings will resume in November.

Salvation Army Seasonal Assistance Program

Coats for Kids
Birth to age 18
Sept 15th – Oct 22nd

Toy Store (Toys for Tots)
Birth to age 18
Sept 15th – Nov 28th

Register online: saoshkosh.org
Call to register: 920-232-7660
Ext 13, Ext 14, Ext 22

Looking to make a donation?
Call 920-232-7660



Time of Your Life Senior Expo

October 5th 9am-1pm
Oshkosh Convention Center



- Admission and parking are free.
- Pre-registration is not required.
- 80+ exhibitors from areas such as: retirement living communities, health care facilities, home healthcare agencies, financial planners, insurance companies, medical facilities, travel, legal assistance, recreation & fitness, charities, medical equipment, government agencies & programs, rehabilitation centers, etc...
- Free health screenings, free hearing tests, free flu shots (bring your Medicare and insurance cards), and free blood pressure/pulse/respiration testing.

Questions? Call 920-966-9199 or email jeanne@selectiveshows.com

Sensory Bags for Autism and Dementia

Article from WBAY: Police officers in Oshkosh will now be able to help those with autism and are also experiencing a crisis by offering them an item from a sensory bag. Officials with the police department announced the initiative Monday, saying the bags will allow officers to have more items available to them when they respond to a scene involving an autistic community member who also needs to be calmed down. According to police, the bags will be available to officers who are patrolling, as well as resource officers in Oshkosh schools. Items that were donated to the sensory bags include weighted blankets, eye masks, noise cancelling headphones, as well as multiple sensory toys.

According to police, they will offer the items to the citizen one at a time to see which one wants to be used. Officers add the community member will then be able to keep the item they choose from the bag.

If you'd like to donate an item to the Sensory Bag, you can contact Officer Kate Mann.

Officer Mann can be reached by email kmann@ci.oshkosh.wi.us, or by calling 920-236-5742.



10-Digit Dialing for ALL Calls



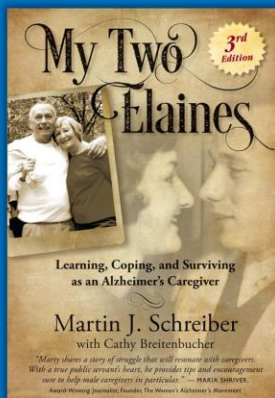
Starting October 24, you must use all 10-digits when placing any phone call, including local dialing. This change effects all of Wisconsin. At this time, everyone should review any automated dialing settings such as fax machine address books and contact lists on your cell phone. These will need to be updated to include the area code so that they work correctly after October 24th.

Day by Day Warming Shelter Opening Oct 15th

Day by Day Warming Shelter collaboratively provide temporary shelter, individualized services, and opportunities for self-sufficiency to empower the most vulnerable adults in our community. The shelter is located in Oshkosh and will be open starting in October to April.



SPECIAL EVENT Caregiver Book Discussion with former Governor Martin Schreiber



**FOX VALLEY
MEMORY
PROJECT**
MONDAY, OCTOBER 11TH
1:30 PM
GOODWILL
COMMUNITY CAMPUS
1800 APPLETON RD,
MENASHA

Governor Schreiber has become a passionate advocate for anyone caring for someone living with memory loss, sharing his personal journey as a caregiver for his wife in his published book, "My Two Elaine's: Learning, Coping, and Surviving as an Alzheimer's Caregiver."

If you are interested in respite care during the discussion,
please call 920-225-1711
or email info@foxvalleymemoryproject.org



Walk Details

2021 Walk to End Alzheimer's- Fox Cities

General Information

(from Alzheimer's Association Website)

**Saturday,
October 2nd, 2021**

Schedule of Events

8:30am – Event opens
9:45am - Ceremony
10am – Walk

Location

Neuroscience Group
Field at Fox Cities
Stadium
2400 N. Casaloma Dr
Appleton, WI 54913

Contact

Cari Josephson
920-609-1342
cajosephson@alz.org

Where do the funds go?

All funds raised through Walk to End Alzheimer's further the care, support and research efforts of the Alzheimer's Association. The Alzheimer's Association is a nonprofit 501(c)3 organization. All donations are tax-deductible as allowed by law.

Do I have to register in order to walk?

Yes, we want to know you're walking with us and need every participant to sign a standard waiver through their official registration. There is no registration fee for Walk. However, we ask every participant to make a personal donation and commit to raising funds in the fight against Alzheimer's.

Will there be COVID-19 safety measures in place at Walk?

The health and safety of our participants, staff and volunteers are our top priorities. Walk events will be designed with this in mind including a venue layout that allows for physical distancing, hand sanitizer stations, contactless registration and more. The Association will continue to closely monitor Centers for Disease Control and Prevention (CDC), state and local guidelines and adjust our event-day safety protocols as needed.

What happens if it rains?

Walk is a rain or shine event. However, in the case of severe weather, we will cancel. If this is the case, we will update our Walk homepage on or before the morning of the event.

October Wellness Plus Classes

Healthy Living with Diabetes

This workshop is designed to help adults with type 2 diabetes or pre-diabetes learn self-management skills and increase their confidence in managing their diabetes.



- Complements existing treatments a participant receives
- Improvements in blood sugar levels and A1C
- Fewer doctor and ER visits

MENASHA

CITY HALL

100 Main St

Tuesdays, 1-3:30pm

Oct 12– Nov 16

\$15 for 6 week session
includes workbook

REGISTER:

Call: (920) 232-3000

Winnebago County

Health Department

COVID19 Protocols in place



Public Health
Prevent. Promote. Protect.
Winnebago County
Health Department



GO TO WINNEBAGOPUBLICHEALTH.ORG FOR MORE

Tai Chi

A beginner Tai Chi class focused on improving stability, strength, and mental health.



- Gain serenity through gentle, flowing movements
- Reduce falls and fear of falling
- Improve stability, strength, and mental health
- Can be adapted for people with walkers and canes

OSHKOSH

YMCA– DOWNTOWN

200 N Campbell Rd

Mon & Thurs

2:30-3:15pm

Oct 18– Nov 18

\$15 for 10 session class

REGISTER:

Call: (920) 236-3380

Oshkosh Downtown

YMCA



Public Health
Prevent. Promote. Protect.
Winnebago County
Health Department



GO TO WINNEBAGOPUBLICHEALTH.ORG FOR MORE INFORMATION ABOUT

**Q: What kind of candy
do zombies hate most?**
A: Life Savers.



comicbookandbeyond.com

Halloween Word Search

T	R	E	A	T	B
R	C	A	N	D	Y
I	G	H	O	S	T
C	D	G	F	B	V
K	D	M	U	O	L
I	Z	L	N	O	S



Fast seo guru.com

.Fun .Trick .Treat .Candy .Boo .Ghost

Medicare Made Simple!

Join us for a **FREE** seminar to learn about Medicare plan options!

Monday, October 4

4:00PM - 5:00PM

James P. Coughlin Center

625 E. County Road Y

Oshkosh, WI

Meeting Rooms A & B



ADRC Elder Benefit Specialists will provide us with valuable information to simplify the process and help you make well-informed decisions about coverage before open enrollment begins on October 15.

Respite care will be provided for people living with dementia to allow care partners to participate.



Register online or call
920-225-1711.



GET READY!

Medicare Open Enrollment is October 15 – December 7

Medicare prescription drug plans and Medicare advantage plans can change their cost and coverage details each year. Learn more with this video from the Centers for Medicare and Medicaid Services: [Medicare and Your Medicare Open Enrollment](#).

Be sure to check your current plan, compare it to other available plans, and make sure you'll have appropriate coverage in the New Year. If you're happy with your plan's costs and coverage details for 2022, you won't need to do anything. But if you're not sure, shopping around to find what's best for you is always a good idea!

Need Help?

Contact an Elder Benefit Specialist with ADRC of Winnebago County for free, unbiased assistance with plan comparisons. Or go to www.medicare.gov to compare plans on the [Medicare Plan Finder](#).

Joan Jaworski
Oshkosh area
920-236-4685

Julie Nicks
Neenah area
920-729-2749