

# Aging & Disability Resource Center of Winnebago County Newsletter

September 2020

## WHAT IS A DEMENTIA CARE SPECIALIST?

The Aging & Disability Resource Center (ADRC) of Winnebago County has one Dementia Care Specialist (DCS).

The DCS provides free information and assistance to adults with memory/cognitive concerns or who have been given a dementia diagnosis. DCSs are local experts on Alzheimer's disease and other dementias. They can help connect you with all of the opportunities available in your community to keep you active and involved.

The DCS and other staff members at the ADRC can perform memory screens. A memory screen is a tool that helps identify possible memory and cognitive changes.

The Dementia Care Specialist can connect you to research studies that attempt to further understand the causes and possible treatments for Alzheimer's disease and other dementia.

Dementia Care Specialists provide specific activities and programs that connect people with dementia to music, art, nature, and social activities.

Winnebago County has several different programs and support groups in the community. They consist of:

**Memory cafes**  
**Support groups**  
**SPARK!**  
**Respite**  
**Dementia-friendly trainings**  
**Active Minds**  
**Lyrics & Laughter**  
**Dementia Coalition**

Rebecca Groleau is the Dementia Care Specialist in our county. If you would like to know about these programs and when they are held please contact her at #920-236-1227 or [rgroleau@co.winnebago.wi.us](mailto:rgroleau@co.winnebago.wi.us). Some of the programs are still happening, just in a virtual way right now.

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

## MEET THE STAFF



*Rebecca Groleau*

Hi! My name is Rebecca Groleau and I have been the Dementia Care Specialist for 2 years! This position was new to Winnebago County when I got hired and I did not know what the position was all going to consist of. Now that I have been here for 2 years I have been able to see our community grow into a more dementia-friendly community. We have several great programs and I am lucky to be a part of it. When I am not at work I spend time with my husband, 2 children and our dog. We enjoy the outdoors and spending time up north at the campground!

# Creamy Pumpkin Chicken Chili

## Ingredients

- 2 tbsp avocado oil or olive oil
- 1.5 lbs chicken breast or 3 cups cooked shredded chicken
- 1 med onion chopped
- 2 jalapeño peppers chopped remove seeds to make it less spicy
- 2 poblano peppers chopped
- 2 tablespoons of chili powder
- 2 tsp cumin
- 1/2 teaspoon cayenne pepper
- 1 tsp sea salt
- 1 15 oz of diced tomatoes or 4 medium tomatoes chopped
- 1 15 oz can of pumpkin purée
- 2 small cans of diced green chili peppers
- 1 cup of chicken or vegetable broth
- 1 cup full fat coconut milk or 1 8 oz package of cream cheese\* optional but makes for a thicker and creamier chili
- Chopped cilantro shredded cheddar or Monterey Jack for garnish

## Instructions

1. Begin by heating a large pot to medium high heat. Cut your raw chicken breasts in small chunks (or skip this and use pre-cooked chicken). Coat the pot with oil, toss in chicken and cook 3-4 minutes per side or until no longer pink. Set aside. Keep oil in pot (or add more if needed).
2. Place onion in pot and cook for 3-4 minutes until fragrant. Add both poblano and jalapeño peppers. Cook for another 2-3 minutes until softened.
3. Add chicken back to the pot. Coat chicken and vegetables with spices and salt. Add tomatoes, pumpkin, green chilis, and chicken broth and heat to medium high stirring for a few minutes to let flavors mix well.
4. Reduce heat to low, and add coconut milk or cream cheese. Continue to stir until milk or cheese is well incorporated and creamy.
5. Serve hot and garnish with fresh cilantro.



**Why were  
the fish's grades  
so bad?**

**It was below  
sea level.**

## Upcoming September Events

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

To find out more information on the above events, contact Rebecca Groleau at #920-236-1227

### Not Feeling So Smart with Your Smart Phone? 😊

By: Melissa Sell, Information & Assistance Specialist

*Are you struggling with how to use your IPAD or cell phone? Not sure how to connect to Zoom?  
Looking to buy a device to connect with your family, but don't know what to buy?*

These are all questions that many of us are facing these days. The **Connect through Tech** program was created with Oshkosh Healthy Neighborhoods and the Oshkosh Senior Center. This is a grant funded program thanks to the Bader Philanthropies. The goal of the **Connect through Tech** program is to help people virtually connect with their friends and family. The Oshkosh Senior Center can help people understand how to use their current devices, understand what devices might work best for them, and neat features that their device has that may enhance their virtual experience. The Oshkosh Senior Center also has great resources for technology that may work well with adults who have memory issues. This program can assist adults of all ages and can extend beyond the Oshkosh area. For more information, please contact Anne Schaefer through the Oshkosh Senior Center at #920-232-5306.



# WELCOME TO WELLNESS PLUS: TOOLS FOR BETTER HEALTH!

Our Mission is to bring health care professionals, advocates, and the community together to assure evidence based self-management programs for health and wellbeing are available, accessible, and referred to routinely in Winnebago County.

Our classes empower participants to increase self-efficacy with their own health conditions. All of our classes focus on social connectedness to enhance quality of life.

## Classes to help you live your best life

We offer a variety of interactive, research tested, proven classes to increase your health and well-being.

- Healthy Living with Diabetes
- Healthy Living with Chronic Pain
- Walking with Ease for Arthritis Sufferers
- Mind over Matter- Bladder Control Class
- Powerful Tools for Caregivers
- Stepping On for Falls Prevention
- Strong Bodies
- Tai Chi for Falls Prevention



For more information on any of these classes,

Contact Winnebago  
County Health  
Department at

920-232-3000 or visit  
the website:

[www.winnebagopublichealth.org](http://www.winnebagopublichealth.org)

and Search  
“Classes”

## Voting in the Time of Pandemic Brown Bag:

A webinar for those interested in supporting people with disabilities and older adults in their right to vote.

Historically, many voters with disabilities have experienced barriers to exercising their constitutional right to cast a ballot. The health risks related to COVID-19 have created additional obstacles to voting for many Wisconsinites with disabilities and older adults. This session is to inform you of these barriers and share strategies and resources you can use to help yourself and people in your community overcome them.

**Date:** September 15<sup>th</sup>, 2020

**Time:** Noon -1 pm

**Speakers:** Jenny Neugart, Disability Grassroots Coordinator, Wisconsin Board for People with Developmental Disabilities

Wendy Heyn, Vote Coordinator, Disability Rights Wisconsin

**Hosted by:** Bryn Ceman, Aging & Resources Program Supervisor, Winnebago County Aging & Disability Resource Center

**Registration is easy:** Call 1-877-886-2372 or email [ADRC@co.winnebago.wi.us](mailto:ADRC@co.winnebago.wi.us) you'll be provided with the zoom link and call-in numbers



### Winnebago County ADRC

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