

August/September 2022

Sunnyviews



INSIDE THIS ISSUE:

President's Letter	1
Dates to Remember	2
Advisor's Letter	2
Human Development in the Community	3
HCE Newsletter Invite	4
July 11 th Meeting Minutes	5
Scholarship Team Recommendation	6
COVID Vaccines	7
Family Transitions	8
YAN Event Invites	9-10
988 Hotline	11
Practicing the Pause	12
Dementia Caregiver Support Group	13
Advance Care Planning	14
Mind Over Matter	15
Walk with Ease	16
Fall Prevention	17
Active Aging Week	18
Health & Wellness Corner	19
Triple P Fall Classes	20
Senior & Community Centers Highlights	21-23
Elder Mistreatment	24-25
Families Under Stress	26-27
Credit Report Changes	28-29
Outsmarting Scammers	30-31
Compassionate Care	32-34
Cucumber Hummus Boats	34
Staff List	36

President's Letter

Dear HCE members,

On August 11th, we had our County Picnic at Town of Clayton Park. Nathan Pankau, Bernice Labus' nephew and this year's scholarship winner, attended and told us he will be attending UW Green Bay this fall, majoring in History. His scholarship certificate was presented to him at the Oshkosh West awards ceremony.

We also presented a 50-year pin to Kathy Wuest, a member of Friendship Club. Kathy spoke of the many changes that have taken place during the years: our name, the different types of lessons, and size of our membership. A potluck lunch was served, and then we were entertained by "Elvis." He got us on our feet dancing and singing to our favorite Elvis tunes.

The WAHCE State Conference in LaCrosse/Onalaska is coming up September 19th—21st; I am looking forward to attending. I always learn something new and look forward to reconnecting with people from past conferences. Joan Bestler and I will be "Rollin' on the River with HCE."

On October 10th I hope to see everyone for our Annual Meeting. Until then, enjoy the rest of our lovely Wisconsin weather.

Your President,
Sue Berg

HCE Dates to Remember

August 10 th	Stitches of Love Workshop
August 11 th	Winnebago County HCE Picnic
August 15 th	WAHCE Conference Registrations Due
September 15 th	Submissions Due for Oct/Nov Newsletter
September 19 th —21 st	WAHCE Conference—LaCrosse, WI
October 10 th	Annual Meeting
October 31 st	Due to Extension Winnebago County Office: <ul style="list-style-type: none"> • Club President Card • Updated Club Membership List (with Signatures for Photo Release Permission) • Affirmative Action Form



Advisor's Letter

Dear HCE Members,

I wanted to let you know that I have accepted a new position within Extension, and I will be leaving Winnebago County on August 15th. My new role is an Area Director for Area 8, which includes Shawano, Oconto, Marinette, and Menominee. This new role is one that I am incredibly excited for, and this change brings a fair amount of sadness. It has been a pleasure to work with you and learn from your wisdom. You have inspired me more than you know. From each of you I have learned what life-long learning and service truly means. I have learned so much about the power of women, caregiving, and generosity. Those are lessons that I will carry with me as I move into this next chapter in my life.

I do hope you stay in touch with me. Wishing you all the best. As we navigate this change, Amy will be your point of contact in the office and will communicate updates with you.

Manli Danyiel, Human Development and Relationship Educator

Human Development in the Community

- I've been focused on transition planning for my departure. I have created a list of programs that will not be offered and partners that do not have another colleague connected to. This list can be [found here](#) and will be completed by August 20th.
- I negotiated an agreement with the Health and Well being Institute to approve Todd to facilitate Taking Care of You Highlights when he has capacity and interest with a partner. That will fill some of the gaps that my departure has created.
- Facilitated two zoom sessions of Real Colors for Winnebago County Employees (42 participants). Chris Viau will be taking leadership of this project in the interim until he identifies the capacity needed to continue this partnership with the County Executive's office.
- Sandy Bell, the Grandparent Coordinator, will be continuing in her role with Todd's support. Amy and Jody also provide support for Sandy to keep this program stable and serving the needs of our kinship care providers.
- Completed the 7 session series of Compassion Resilience with an average of 35 attendees each week.
- Diversity Affairs—Chris will communicate the updates as this update is coming too early to be able to accurately summarize.
- *Last, thank you for all the support and generosity over the last 7 years. Since 2015, I have worked to grow the Extension presence in the field of mental health and suicide prevention. Additionally, we have created strong partnerships with many local not-for-profit agencies stepping in to fill the gap to access free and affordable, high quality staff training and development. This strategy filled a need in the community and strengthened their skills and abilities to create lasting changes for the people they serve. I am deeply grateful for this opportunity. Please stay in touch! My email is not changing.*



Maerli Dunspeet,

Human Development and
Relationship Educator

COMMUNITY

HCE NEWS

Author YOU Date NOW

Did You Know?

You can submit material you'd like to see in the Sunnyviews HCE Newsletter!

Send to Amy Hendrickson at

ahendrickson@co.winnebago.wi.us or 625 E. County Rd. Y, Oshkosh, WI 54901

See below for ideas for content:

Breaking News

- Craft instructions
- Club lessons
- Club activities
- Event invitations/recaps

Fun Fact

- Articles
- Club meeting minutes



Superhero Story

- Officer/member recognition
- Officer/member highlights

**HCE COUNTY MEETING
JULY 11, 2022**

Submitted by: Sue Soule, Winnebago County HCE Secretary

We began with a speaker at 1:00pm. JJ Allen from Hometown Pharmacy gave a presentation on CBD.

The meeting was called to order at 2:25pm by President Sue Berg followed by the Pledge of Allegiance and Homemakers Creed. There was a collection for Pennies for Friendship.

The Secretary minutes were read silently. There was a correction made on the dollar amount transferred from checking to savings. Motion to accept was made and seconded. Motion carried.

Joan gave the Treasurer's report. It was approved. Joan reminded those on the picnic committee to submit any receipts for reimbursement.

Reports followed:

Cultural Arts – Kathy said that there are no other items submitted except for Carolyn Barthel's woven rug.

Scholarship – Vernita proposed changes be made to requirements as we have so few applications. Correct wording will be published in the next newsletter and a vote will be taken at the Annual Meeting.

Plans for the potluck picnic at the Clayton Park is on schedule, Joan will pick up key for the shelter.

We were asked for suggestions for upcoming programs.

Westhaven Circle and Joan are responsible for planning the Annual Meeting. Details in the newsletter.

Nov 6 through the 12 is HCE Week. Sue will write something for the Harold.

Meeting adjourned followed by the HCE prayer at 3:40pm.

Kathy Wuest, for Secretary Sue Soule.

Scholarship Team Recommendation

Submitted by: Vernita Green Scholarship Committee Chair

The Scholarship Team had a meeting at the end of April to consider a way to increase the potential number of applicants. One of the suggestions discussed by the Scholarship Team was the possibility of opening up the scholarship to anyone attending higher education. The requirement of being a relative of a current Winnebago County HCE member would still be required. For high school seniors, the scholarship would be given to them as a higher education sophomore. For the others already in higher education, they would receive the scholarship the year of their application because they would have already proven they were college material.

In any case, money would be sent directly to the school to be attended and not to the individual.

A necessity is to make the description readily understandable. When changes are made it takes good communication to overcome the “what use to be” and emphasize what “now is”. A statement such as this would be included:

Students who are seniors graduating from high school and students who are now attending and planning to continue in an accredited institution of higher education are potential applicants to apply for the HCE \$750 one time scholarship. Applicants must be a relative of a current Winnebago County HCE member.

HCE members:

What do you think?
Think of questions.

This idea will be discussed at the Annual meeting on Monday, October 10th. Annual meeting begins with lunch at noon and the business meeting to follow.



Free Local COVID-19 Vaccine Clinics



MONDAYS

For a schedule of select locations/dates/times, visit <https://www.wcvaccine.org/vaccination-sites>.

TUESDAYS

3:00 p.m. - 5:00 p.m.
Fox Crossing Fire Dept.
(1326 Cold Spring Rd, Neenah)

WEDNESDAYS

3:00 p.m. - 6:00 p.m.
Sunnyview Expo Center
(500 E Cty Rd Y, Oshkosh)

THURSDAYS

For a schedule of select locations/dates/times, visit <https://www.wcvaccine.org/vaccination-sites>.

- Offering Pfizer, Moderna, and Johnson & Johnson vaccines and boosters.
- Available to anyone 5 years and older.
- No appointments needed. Just walk in!
- Vaccine is free. No insurance or ID required.

Visit the Winnebago County Public Health website for more dates, times, and locations to receive your free COVID-19 vaccines.

<https://www.wcvaccine.org/vaccination-sites>





Extension
UNIVERSITY OF WISCONSIN-MADISON

Family Transitions



Triple P (Positive Parenting Program) has the upcoming Family Transitions series available! This series is for parents of children and/or teenagers who are experiencing personal distress from separation or divorce, which is impacting on or complicating their parenting.

Saturdays:
September 24th, October 8th, and October 22nd, 2022
9:00am – 12:30pm
via Zoom

This is a 3-session series. Participants must attend all three sessions.

Registration is required and is free while grant funding lasts. Please **register by Friday, September 16th** to receive your materials in time for the class. Each family receives a copy of the Family Transitions Triple P Workbook. **Register at <https://go.wisc.edu/n9ny82>**

**** Please Note:** This class may not meet the requirement for court mandated co-parenting classes for divorcing parents. Please confirm with your county before registering for this class for that purpose.

Classes Facilitated By:

- Tracy Henegar, Bayfield County Extension & Douglas County Extension, 715-395-1426
- Amanda Griswold, Crawford County Extension, 608-326-0223
- Todd Wenzel, Winnebago County Extension, 920-232-1982
- Sherry Book, CASDA – Superior, WI, 715-392-3136

The Fox Cities Youth Advocacy Network invites you to:

UNIVERSAL APPROACH TO TRAUMA-INFORMED PRACTICES

Becoming trauma-informed requires commitment from all levels within an organization to create real and lasting change. This session will explore the universal and tiered approach to trauma-informed practices in youth-serving settings and the phases of change and development along the way.



Join Zoom Meeting:

September 8, 2022

9:00 - 10:30 AM

<https://zoom.us/join>

OR Phone: 312-626-6799

Meeting ID: 830 6263 6659

Passcode: 4321

The Fox Cities Youth Advocacy Network invites you to:

HIDDEN IN PLAIN SIGHT

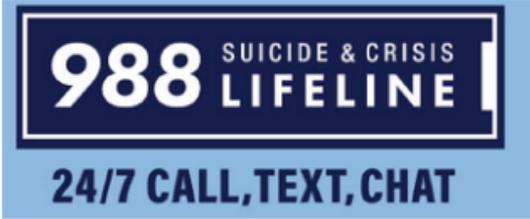
Attend this virtual video viewing and discussion to help spot signs of drug use in the home.



Join Zoom Meeting:

<https://zoom.us/join> Meeting ID: 830 6263 6659
 OR Phone: 312-626-6799 Passcode: 4321

October 13, 2022
9:00 - 10:30 AM



988 SUICIDE & CRISIS
LIFELINE

24/7 CALL, TEXT, CHAT

Originally published August 2022 by the Winnebago County Aging & Disability Resource Center
https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/adrc_newsletter_-_august_2022.pdf

- This line was formerly called the National Suicide Prevention Lifeline
- This line provides free and confidential help for anyone experiencing a suicidal, mental health, and/or substance use crisis
- The line is answered by an in-state support center where trained counselors answer calls and texts
- The counselors are trained to reduce stress, provide support and connect individuals with local resources
- Individuals of all ages who need help for themselves or are a loved one can use the line by calling or texting 988
- Phone calls can be available in multiple languages
- If you or someone you know is in imminent danger, please still call 911

<https://www.dhs.wisconsin.gov/crisis/988.htm>





PRACTICING THE PAUSE

A self-care community of practice

Welcome to Practicing the Pause, a self-care community of practice brought to you by the University of Wisconsin – Madison, Division of Extension Community Educators.

Practicing the Pause is a weekly, 30-minute virtual space to practice a variety of techniques to calm your mind and body, decrease stress, and increase self-awareness and resiliency. We'll practice holding space while also practicing skills such as deep breathing, guided imagery, gentle stretching, etc.

We will gather every Thursday morning, from 8:30—9:00 AM. You are free to join us when you are able.

Register here: <https://forms.gle/KCTXh3swYhJc8Ue37>

Practicing the Pause – Whenever works for you!

We will record the skills and tools for you to use anytime. Spanish interpretation for each video is coming soon.

- [Extended Breath Video \(english\)](#)
- [Body Scan Video \(english\)](#)

Research on mindfulness:

- [Popular Press Articles & Resources on Mindfulness](#)
- [Scientific Articles on Mindfulness](#)

For questions, contact Selena Freimark, Health & Well-Being Educator with Extension St. Croix County, at selena.freimark@wisc.edu or 715-531-1947

Join Us

Dementia Caregiver Support Group



Build a support system with people who understand.

The Alzheimer's Association, with trained facilitators, is offering a safe place for people caring for loved ones with dementia to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs, and concerns.
- Learn about community resources.

The group will meet in the lower level Gegan Room of the Menasha Public Library.



First Wednesday monthly
Menasha Public Library
 440 1st Street, Menasha
 1:30 - 3 pm

Designed for those caring for or supporting someone with dementia. The group is open to caregivers who provide care in the home, from afar, or in a facility.

RSVP by calling 800.272.3900

Let's Talk Fox Valley: Advance Care Planning Community Classes

Originally published May 2022 by United Way Fox Cities

Advance Care Planning is...making sure the people who matter know what matters most to you. It includes thinking about, talking about, and writing down your wishes for your future health care. It also includes important legal documents.

FREE HELP IS AVAILABLE—ALL WELCOME

Community Classes Monthly:**2nd Tuesday of each month:**

Ascension St. Elizabeth Hospital, Appleton

Register online: [healthcare. Ascension.org/events](https://healthcare.ascension.org/events)

2nd Wednesday of each month:

Ascension Mercy Hospital, Oshkosh

Register Online: [healthcare. Ascension.org/events](https://healthcare.ascension.org/events)

3rd Thursday of each month:

Encircle Health, Appleton

Call to Register: 800-236-2236

4th Wednesday of each month:

Mosaic Family Health, Appleton

Call to Register: 920-832-2783

Reach out for help:

www.fcacpp.org

920-997-8412

@ Let's Talk, Fox Valley on
Facebook

229 S. Morrison St.

Appleton, WI 54911



MOM-Mind Over Matter

Originally published August 2022 by the Winnebago County Aging & Disability Resource Center
https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/adrc_newsletter_-_august_2022.pdf

Mind Over Matter is a program designed to give women the tools they need to take control of their bladder and bowel symptoms.



- Information about bladder and bowel control
- At-home techniques and exercises to help prevent or improve symptoms
- Tools to help you set your goals and mark your progress

FOX CROSSING

OGDEN YMCA

720 SHADY LANE

Thursdays

9:30-11:30am

Sept 1, 15, 29

Just \$15- Includes materials

To register call the
Health Dept @
920-232-3000

YMCA membership not
required to attend this
class

Walk With Ease

Originally published August 2022 by the Winnebago County Aging & Disability Resource Center
https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/adrc_newsletter_-_august_2022.pdf

A walking program for adults who have arthritis, are new to exercise, or have pain when exercising



- Reduce the pain and discomfort of arthritis
- Build strength and confidence while easing into physical activity
- Improve overall health

OSHKOSH

SENIORS CENTER

Mondays & Thursdays

9:30-10:30am

Sept 12– Oct 20

Just \$15 and includes book

REGISTER:

Call: (920) 232-5300

Oshkosh Seniors Center

Rebuilding Together Fox Valley Fall Prevention Initiative

Rebuilding Together services can help people stay in their homes in the cities of Oshkosh, Neenah, Menasha or Appleton.

Free to homeowners

Contact staff at 920-730-2156 or contact@rtfv.org

Rebuilding Together Fox Valley strengthens others that serve others. If your nonprofit, school, hospital, or public serving organization needs modification, painting, repair, click here to learn more:

[https://link.edgepilot.com/s/d6a313d8/4IS5UJJ6E0_1oL4r9JYcq?](https://link.edgepilot.com/s/d6a313d8/4IS5UJJ6E0_1oL4r9JYcq?u=https://www.rtfv.org/community-revitalization)
[u=https://www.rtfv.org/community-revitalization](https://www.rtfv.org/community-revitalization)

See [Website](#) for more information

Have You Fallen In Your Home?



Rebuilding
Together®

Fox Valley

We can help keep you in your home

Rebuilding Together Fox Valley can install:

- Grab Bars
 - Bathtub Transfer Benches
 - Anti-Slip Adhesives In Bathtubs
 - Toilet Seat Risers
 - Night Lights
-
- Must reside in the cities of Oshkosh, Neenah, Menasha, or Appleton
 - Must own and live in the home (we cannot serve apartments, duplexes, or mobile homes)



Active Aging Week

Originally published August 2022 by the Winnebago County Aging & Disability Resource Center
https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/adrc_newsletter_-_august_2022.pdf



SAVE THE DATE!

ACTIVE AGING WEEK

A SPECIAL FREE WEEK FOR SENIORS!

September 26-30

- ✓ FREE Classes
- ✓ FREE Community Resource Fair
- ✓ FUN Events

Oshkosh Community YMCA
920-230-8439

Health & Wellness Corner

Originally published August 2022 by the Winnebago County Aging & Disability Resource Center
https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/adrc_newsletter_-_august_2022.pdf

Looking for upcoming classes to improve your balance and strength? There are many programs and classes offered in our county designed to reduce falls. Classes can also help improve your mood and introduce you to new people! Check out the below organizations who offer regular classes:



Menasha Senior Center

920-967-3530

https://www.cityofmenasha-wi.gov/departments/senior_center/the_senior_chatter_monthly_newsletter.php

Neenah YMCA

920-729-9622

<https://www.ymcafoxcities.org/active-older-adults>

Omro Area Community Center

920-685-0380 x 21

<https://www.omrocommunity.org/activities.html>

Oshkosh Senior Center

920-232-5300

<https://www.ci.oshkosh.wi.us/seniorservices/>

Oshkosh YMCAs

920-230-8916

<http://www.oshkoshymca.org/programs/senior-programs/index.html>

Winnebago County Health Department—Wellness Plus

920-232-3000

<https://www.co.winnebago.wi.us/health/divisions-program-areas/your-health/adult/healthy-aging>

Triple P (Positive Parenting Program) Fall 2022 Classes Available!



The Positive Parenting Program will provide parents with strategies to raise confident and healthy children, build strong relationships, manage misbehavior, and prevent problems from happening in the first place.

Classes meet via Zoom on Tuesdays from 10:30am - 12:00pm OR from 6:00pm - 7:30pm. Class topics vary - choose one or as many as are relevant to you.

For Parents of Children 0-12 Years Old	Register at: https://go.wisc.edu/393m9z
September 20, 2022	The Power of Positive Parenting
September 27, 2022	Raising Confident, Competent Children
October 4, 2022	Raising Resilient Children
October 11, 2022	Dealing with Disobedience
October 18, 2022	Managing and Fighting and Aggression
October 25, 2022	Developing Good Bedtime Routines

For Parents of Children 12-16 Years Old	Register at: https://go.wisc.edu/97nf94
November 1, 2022	Raising Responsible Teenagers
November 8, 2022	Raising Competent Teenagers
November 15, 2022	Getting Teenagers Connected
November 22, 2022	Coping with Teenagers' Emotions
November 29, 2022	Getting Teenagers to Cooperate
December 6, 2022	Reducing Family Conflict

Classes Facilitated By:

- Sherry Boock, CASDA, Superior, WI, 715-392-3136
- Mandi Dornfeld & Todd Wenzel, Extension Winnebago County, 920-232-1970
- Amanda Griswold, Extension Crawford County, 608-326-0223
- Tracy Henegar, Extension Bayfield & Douglas Counties, 715-395-1426
- Heidi Ungrodt, Extension Ashland County, 715-682-7017

Senior Centers and Community Centers in Winnebago County

Originally published April 2022 by the Winnebago County Aging & Disability Resource Center
https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/april_2022_0.pdf

Senior and Community Centers are great gathering places for adults to visit, learn, exercise, share a meal, and travel with each other!.. We hope you have enjoyed learning more about the beautiful centers in our county!

The Pickett Community Center's mission is to enhance the quality of life for all ages by providing social and educational opportunities, resources, and services. Their vision statement is to be a one-stop Community Center for all ages.

Their Center was purchased from the Ripon School District in 1975 by member of the community. A non-profit organization was then formed called the Jasper Pickett Foundation.

They are a sub-contracted provider of Advocap for the Winnebago County Nutrition Program. They are unique in that they are the only nutrition site in Winnebago County that cooks and serves their meals onsite in their state certified kitchen with their own cook! They serve about 1900 meals per month to three other meal sites and homebound individuals.

They are an accredited Senior Center through the Wisconsin Association of Senior Centers (WASC). In their Center, they also have a state licensed preschool program for 3 year olds that is held three mornings per week.

They have regular crochet classes, card classes, and Sheepshead. On the 2nd Sunday of the month, they host an affordable "all you can eat" country breakfast that is sponsored by different local organizations. They also host other fundraising events like a pizza sale, dart ball and bowling tournaments, Fall Fest, and Christmas Tree Lighting.

Community members can rent their shelter, shelter grounds, kitchen, dining room, and activity room. They have a monthly newsletter called "Pickett Community News" as well as a nice website and Facebook page. Take a minute to check them out!

Location: 6687 State Hwy 44, Pickett, WI 54964

Website: www.pickettcommunitycenter.com

Phone: 920-589-6111

Email: pickettcommunitycenter@gmail.com

Facebook: The Pickett Community Center

Senior Centers and Community Centers in Winnebago County

Originally published May 2022 by the Winnebago County Aging & Disability Resource Center
https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/may_2022.pdf

Senior and Community Centers are great gathering places for adults to visit, learn, exercise, share a meal, and travel with each other!.. We hope you have enjoyed learning more about the beautiful centers in our county!



The Oshkosh Seniors Center's mission is "to enrich the quality of lives for adults age 50 and over". They are a division of the City of Oshkosh Parks Department. The Center opened in 1975 and was located in a room at the First Presbyterian Church. In 1979, it moved to Marian Manor. In 1993, it moved to 200 N. Campbell Rd (South building). In 2000, the North building was purchased. The Oshkosh

Seniors Center sits on 2.5 acres. There is not a residency requirement to participate in any activities at the Center. There are "City of Oshkosh resident" and "non-resident" fees for some activities.

The Senior Center has an art studio, woodshop, and fitness center. For people who are able to ride the city bus, there is free transportation from the nearest bus stop within the City of Oshkosh to and from the Oshkosh Seniors Center. The Oshkosh Seniors Center staff and volunteers can also help certify adults age 60+ to use the Senior Dial-A-Ride program through Go Transit in order to qualify for reduced cab fees if you live within the City of Oshkosh.

They offer a number of activities like: art classes, woodburning/wood carving, personal training, Tai Chi, dance classes, etc. There are a number of wellness-related activities like: regular memory screenings by the ADRC Dementia Care Specialist, brain games, fall prevention, foot clinic, etc.

Some social and educational activities offered are: ukulele lessons, card games, book and puzzle pick-up (borrow and take home), genealogy classes, Bingo, Coffee and Chatter, popcorn and movies, book clubs, and regular hours by an ADRC Elder Benefit Specialist. There are frequent speakers regarding legal issues, Powers of Attorneys, Medicare, wills, etc. The Winnebago Senior Tour organizes some impressive trips each year - anywhere from a Brewer game to exploring Ireland.

Prior to COVID, this Center was an ADVOCAP meal site. This has not resumed yet. If you are an older adult who is homebound and in need of meal delivery, please call ADVOCAP at (920) 725-2791 to learn about their home delivered meal program.

The Oshkosh Seniors Center provides a unique program called: "Connect to Tech". This program provides one-on-one instruction to help older adults tackle common technology issues (passwords, texting, how to send pictures, Facebook, etc.). There is even a possibility that you could have financial help to purchase or upgrade a device through a special grant. The cost of these one-on-one meetings with the instructor are only \$2-3 per visit. The Senior Center offers free WIFI.

You may have heard about "Friends of Oshkosh Seniors Center". This is a non-profit organization that helps manage donations made to the Center as well as help coordinate fundraising efforts to continue to enhance all the Center has to offer. They are sponsoring "Food Truck Fridays" again this summer at South Park in Oshkosh on June 17th and August 19th. There will be several food trucks and music available to the community. This event is a popular fundraiser for the Center. Mark your calendars now!

We only touched on some of what the Oshkosh Seniors Center has to offer. Please check out their monthly newsletter called "The Current" which goes into more detail about all the activities and programs they offer. They also have a helpful website and Facebook page.

Website: <https://www.ci.oshkosh.wi.us/SeniorServices/>

Phone: (920) 232-5300

Facebook: Oshkosh Seniors Center

Locations:

South Building

200 N. Campbell Rd.
Oshkosh, WI
(920) 232-5300

Hours:

Monday—Friday
8:00am—4:00pm

North Building

234 N. Campbell Rd.
Oshkosh, WI
(920) 232-5300

Hours:

Monday—Friday
7:00am—4:00pm

WORLD ELDER ABUSE DAY JUNE 15, 2022

2021 WINNEBAGO COUNTY

34%

of cases
involved
financial
abuse

87%

of cases
reported the
abuse took
place in their
home

25%

of cases were
reported by a
medical
professional

Types of
Elder Abuse:

1. Physical
2. Sexual
3. Emotional
4. Financial
5. Neglect
6. Abandonment
7. Self-Neglect

WHAT TO LOOK FOR:

1. Unexplained transactions
2. Injuries (Cuts, bruises, broken bones)
3. Weight loss or malnourishment
4. Poor hygiene
5. Withdrawal from family or friends
6. Mood or behavioral changes

GET HELP

IF YOU SUSPECT SOMEONE YOU KNOW HAS EXPERIENCED,
IS CURRENTLY EXPERIENCING, OR IS AT RISK OF
EXPERIENCING ELDER ABUSE OR NEGLECT

CALL THE ADRC AT (877) 886-2372

What Should You Do if You Suspect an Older Person is Mistreated?

Originally published by the University of Wisconsin-Madison Division of Extension
<https://aging.extension.wisc.edu/articles/what-should-you-do-if-you-suspect-an-older-person-is-mistreated/>

Did you know that every county in Wisconsin has an elder abuse agency that will look into reported incidents of abuse? To find your local Aging and Disability Resource Center, check out the Wisconsin Department of Health Services web page at <https://www.dhs.wisconsin.gov/adrc/consumer/index.htm>.

Wisconsin has made great strides in identifying and protecting elders. Sadly, though, elder abuse and neglect is a growing problem in Wisconsin. Elder abuse is a single or repeated act, or lack of appropriate action, occurring within any relationship that causes harm or distress to an older person. Elder abuse can be verbal, physical, emotional, sexual, or financial. It can also be intentional or unintentional neglect. The Wisconsin Department of Health Services estimates that roughly two-thirds of all elder abuse perpetrators are family members. If you suspect an elderly person you know or love is abused, there are resources to turn to that will help.

If you or a loved one is suffering from abuse you can also report your concerns by calling the Wisconsin Elder Abuse Hotline: 1-833-586-0107. Your identity is confidential by law and cannot be disclosed without a court order. When you call, expect to answer a few questions such as: what happened, when and where the abuse occurred, and the name of the elder or adult at risk. If there is an immediate crisis, calling 911 is an appropriate response.

If you have any questions about how to connect with a local Family Caregiver group, contact your county Extension Office, County or Tribal Aging Unit, or University resources regarding life span issues at <https://aging.extension.wisc.edu/>. For additional questions, contact Nancy Vance, Human Development and Relationships Educator at nancy.vance@wisc.edu or Life Span Program Manager, Sara Richie, at sara.richie@wisc.edu.

*Authored by
Nancy Vance*



Families Under Stress: New Research Shows How Caregivers Have Adapted and Found Resilience throughout the COVID-19 Pandemic

*Originally published by University of Wisconsin-Madison Division of Extension
<https://aging.extension.wisc.edu/articles/families-under-stress-new-research-shows-how-caregivers-have-adapted-and-found-resilience-throughout-the-covid-19-pandemic/>*

The COVID-19 pandemic brought many challenges to the daily lives of families. This has been particularly true for caregivers of those with illnesses or disabilities, who have taken on even greater responsibility for care tasks due to social distancing and quarantine guidelines while they balance working remotely, economic insecurity, and their own stress. Changes in routine, stress, and social isolation are impacting families of all types across the state and world.

Extension specialists and students at the University of Wisconsin-Madison School of Human Ecology used information collected by the Survey of the Health of Wisconsin to understand how caregivers have coped with and adapted to the pandemic. Both early in the pandemic (spring 2020) and the following winter (January 2021), caregivers reported higher levels of stress than non-caregivers. Those who began caregiving in that time had the highest levels of stress. Those new caregivers reported stress that was more than 50% higher than non-caregivers. Continuing caregivers (that is, people who were in a caregiving role early in the pandemic and remained in a caregiving role that winter) also reported elevated stress levels compared to non-caregivers. Even people who were caregivers at the beginning of the pandemic but had stopped being caregivers by the winter had 20% higher stress levels than non-caregivers.

The types of stress also differed. Overall, non-caregivers ranked job-related stress as the highest. New caregivers and continuing caregivers ranked stress related to their own or family's medical problems as the worst. People who had stopped caregiving ranked relationships with others as the most stressful.

What can families and communities do about the extra stress that caregivers are experiencing? Earlier this year, we heard from partners that getting help from neighbors was a big help for caregivers during the pandemic. We saw this to be true in the survey, as well – when caregivers felt a sense of community in their neighborhood early in the pandemic, they had lower levels of stress (closer to the levels we saw for non-caregivers) than those without a strong sense of community.

Caregivers should also know that there are many supports and resources available to them. Caregivers can reach out to their local Aging Office, call 2-1-1, or visit <https://wisconsin caregiver.org/> to find out what programs might help meet their needs, including respite care, support groups, or other programs. Many Extension offices also offer programming for caregivers, such as Caregiver Cafes or the Powerful Tools for Caregivers course. Take a look at our calendar (<https://extension.wisc.edu/events/>) to see what programs are available near you.

Additional resources to help those in crisis include:

- The **Disaster Distress Helpline** provides crisis counseling and support to people experiencing emotional distress related to disasters, including COVID-19. Call 1-800-985- 5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.
- The **National Suicide Prevention Lifeline** offers free and confidential support for people in distress and prevention and crisis resources for individuals and their loved ones. Call 1-800- 273-8255 or chat online by visiting <https://suicidepreventionlifeline.org/chat/>.
- **Institute on Aging Friendship Line** (<https://www.ioaging.org/services/all-inclusivehealth-care/friendship-line>) is a national crisis intervention hotline and a warmline for nonemergency emotional support calls: Call 1-800-971-0016.
- The Caregiver Action Network's **Caregiver Help Desk** offers free support to family caregivers across the country. Call 1-855-227-3640 or visit caregiveraction.org/helpdesk.

Authored by: Kristin Litzelman, Christina Kim, and Margaret Kerr

Reviewed by: Jane Jensen and Karen Dickrell



Credit Report Changes Coming July 1

*Originally published June 22, 2022 by University of Wisconsin-Madison Division of Extension
<https://finances.extension.wisc.edu/2022/06/22/credit-report-changes-coming-july-1/>*

Staying on top of what's in your credit report can help you spot errors and possible instances of identity theft. Additionally, a positive credit history helps you access housing and financial products, and to get the best interest rate when applying for loans, insurance, and more. Extension Educators from UW-Madison Division of Extension want Wisconsin residents to know that there are multiple changes in the way that information will appear on your credit report, starting on July 1, 2022. Many of these changes are designed to benefit consumers, and others serve as good prompts to be aware of how you are making your purchases.

Buy Now, Pay Later to appear on credit reports

Many online retailers have begun offering shoppers the option of paying for their purchases in installments rather than all at once at checkout. This option has proven attractive to some consumers because it comes without the finance charges that are levied by credit cards. Starting July 1 this buy now, pay later (BNPL) activity will begin showing up on credit reports and could impact your credit score because these BNPL accounts are considered short-term loans. Even if you pay off your BNPL on time your score could go down because the average age of your overall credit history could decrease. Each time you take on a new credit obligation, that lowers the average age of your credit history.

Most medical debt coming off credit reports

Three major changes that impact how medical debt appears on credit reports are coming soon. Beginning July 1, consumers will have one year to resolve billing or insurance issues before unpaid medical debts show up on their credit reports. Currently the period is six months. Also starting July 1, any medical debts that were sent to collections and later paid off, will no longer appear on credit reports. Starting in 2023, the credit bureaus will not report medical debt under \$500. These measures will lead to the removal of 70% of medical collection debt from consumers' credit reports, providing some respite for the millions of people carrying more than \$88 billion in medical debt.

Free credit reports available weekly through Dec. 31, 2022

During the pandemic, the three major credit bureaus (Equifax, Experian,

and TransUnion) switched from each providing a free copy of a consumer's credit report once every year to once each week. This temporary measure was set to expire in April 2022 but has been extended through the end of the year, to December 31, 2022. The quickest way to access your report is via the site www.annualcreditreport.com. The secure site allows consumers to complete a short form and request a report from one, two, or all three of the credit bureaus. By choosing the online option you can get your report right away. Other ways to get your report are by phone (1-877-322-8228) or by mailing a request to: Annual Credit Report Request Service, P.O. Box 105281, Atlanta, GA 30348-5281. If requesting by mail, you'll need to print a request form that you can find at the above site.

To receive reminders to check your report three times per year, head to our Check Your Free Credit Report site: <https://finances.extension.wisc.edu/programs/check-your-free-credit-report-campaign/>.

Authored by: [Jenny Abel](#)



Outsmarting Scammers

Originally published by University of Wisconsin-Madison Division of Extension
<https://finances.extension.wisc.edu/articles/outsmarting-scammers/>

Have you ever fallen for a scam? If so, you are not alone. The Department of Agriculture, Trade, and Consumer Protection's website states that "[consumers lose more than \\$40 billion a year to telemarketing fraud](#)". And it's just getting worse. According to a 2021 Scam and Robocall Report, [phone scam attempts increased by over 116% in 2021](#), reaching record highs.



Scammers try to cloud your judgment by **evoking powerful emotions and a sense of urgency**. They may try to scare you by threatening you with prison, large fees, or blackmail. They may try to get you excited by telling you you've won a large sum of money or that your debt will be eliminated. Or they may make you feel sad and sympathetic by telling you someone is in urgent need. In all these cases, they will **insist that you act immediately**.

Scammers are smart and are continually updating their stories. Some common ones are ...

- The caller claims to be your grandchild, says they are in trouble and that they need money immediately (usually wired or in the form of gift cards).
- You have won something, but first you must pay a winner's fee or tax.
- You are contacted by a "charity," and they ask you to donate right away.
- An email that says it is from your friend, supervisor, or family member asks you to purchase gift cards and send them immediately.

What can you do to avoid being tricked?

- **Do not make any decisions in the moment.** Scammers are hoping that you will act while you are emotional and before you have had

time to think it through.

- **Hang up if you are feeling pressured.** Businesses and charities that genuinely want you as a customer will not be upset if you do not make a commitment at that moment.
- **Do not share any personal or financial information** (your social security number, checking account information, etc.). You can make a donation or payment directly to the organization later if it turns out to be legitimate.
- **Ask for their name and the name of the business/ organization.** If you are considering paying their bill, purchasing their product, or donating to their charity, look up their number online or via another trusted source and call the official number that is listed for them.
- **Ask for additional information to be mailed to you.** If they do send you something, you can review it with a trusted friend, family member, or financial advisor.

Remember, you are not alone. There are many resources available to help you determine if it is a scam and what to do if you feel you have been a victim. Fraud can also be reported to help protect others. Contact Amy Mangan-Fischer, Human Development and Relationships Educator, with questions at amy.manganfischer@wisc.edu or 920.929.3179.

Additional resources to explore:

- Consumer Financial Protection Bureau's website: Common types of scams, how to avoid them, and what to do if you are a victim of a scam (<https://www.consumerfinance.gov/ask-cfpb/what-are-some-common-types-of-scams-en-2092/>)
- Department of [Agriculture, Trade, and Consumer Protection: Seniors Phone Scams](https://datcp.wi.gov/Documents/SeniorsPhoneScams283.pdf) (<https://datcp.wi.gov/Documents/SeniorsPhoneScams283.pdf>)
- Federal Communications Commission: Stop Unwanted Robocalls (<https://www.fcc.gov/consumers/guides/stop-unwanted-robocalls-and-texts>)
- Federal Trade Commission: Report Fraud (<https://reportfraud.ftc.gov/#/>)
- Extension's Financial Education Website (<https://finances.extension.wisc.edu/>)

Written by Amy Mangan-Fischer <https://finances.extension.wisc.edu/>

Compassionate Care: Self-Care in the Workplace

Originally shared by the Community Alliance for Trauma-Informed Care Northeast Wisconsin
<https://mailchi.mp/f7505d010fa7/tips-for-trauma-informed-care-8867101?e=9c55d51ccf>

While our workplaces and leaders can contribute to our well-being, it is also up to each of us to actively engage in our own health and wellness. Taking care of yourself leads to better outcomes as you fulfill your responsibilities.

Things to consider:

- **Understand company policies and resources.** Ask questions so you can fully enjoy benefits offered. You might discover areas of flexibility that allow you to make helpful modifications, while staying within the boundaries.
- **Say yes.** Identify and actively utilize opportunities for supporting your health. Participate in workplace health programs. Take your vacation time. Take walking breaks. Practice deep breathing during the day. Pack a healthy lunch - and actually take a lunch break.
- **Say no.** You teach people how to treat you. Communicate your boundaries and expectations as clearly as possible, so others can respect those boundaries.
- **Care for yourself both inside and outside your workplace.** Recognize you will also have to do some of your healing and self-care outside of work hours.

COMPASSIONATE CARE

Community Alliance
for TRAUMA-INFORMED CARE
Northeast Wisconsin



Tips for caring for others & ourselves

TOPIC

Self-care in the workplace

While our workplaces and leaders can contribute to our well-being, it is also up to each of us to actively engage in our own health and wellness. Taking care of yourself leads to better outcomes as you fulfill your responsibilities.

THINGS TO CONSIDER...

- Understand company policies and resources.** Ask questions so you can fully enjoy benefits offered. You might discover areas of flexibility that allow you to make helpful modifications, while still staying within the boundaries.
- Say yes.** Identify and actively utilize opportunities for supporting your health. Participate in workplace health programs. Take your vacation time. Take walking breaks. Practice deep breathing during the day. Pack a healthy lunch—and actually take a lunch break.
- Say no.** You teach people how to treat you. Communicate your boundaries and expectations as clearly as possible, so others can respect those boundaries.
- Care for yourself both inside and outside your workplace.** Recognize you will also have to do some of your healing and self-care outside of work hours.



Compassionate Care: The Words We Use Matter

Originally shared by the Community Alliance for Trauma-Informed Care Northeast Wisconsin
<https://mailchi.mp/33c45a2cf3b2/tips-for-trauma-informed-care-8867085?e=9c55d51ccf>

The words we speak, print, and repeat matter. What words and phrases do you hope to never hear again? When you are communicating, think about the messages you are sending.

Consider challenging and changing:

- **"Return to work."** Most people have been working as hard if not harder than before. It can be demoralizing to process the belief that we were not working during this time.
- **"Return to normal."** Consider that some people may not want to return to their old way of life, or maybe they cannot return to it because they have experienced permanent life changes like loss of a loved one. Everyone manages challenges and processes changes differently; let's normalize different perspectives.
- **"It's okay to not be okay."** How else can you capture this phrase to consider that some people's "not okay" might be severe and require intervention for healing? Be careful not to normalize suffering. Try, "It's okay to ask for help when you are not okay," instead.

COMPASSIONATE CARE

 Community Alliance
for TRAUMA-INFORMED CARE
Northeast Wisconsin



Tips for caring for others & ourselves

TOPIC

The words we use matter

The words we speak, print, and repeat matter. What words and phrases do you hope to never hear again? When you are communicating, think about the messages you are sending.

CONSIDER CHALLENGING AND CHANGING:

- ✓ **"Return to work."** Most people have been working as hard if not harder than before. It can be demoralizing to process the belief that we were not working during this time.
- ✓ **"Return to normal."** Consider that some people may not want to return to their old way of life, or maybe they cannot return to it because they have experienced permanent life changes like loss of a loved one. Everyone manages challenges and processes changes differently; let's normalize different perspectives.
- ✓ **"It's okay to not be okay."** How else can you capture this phrase to consider that some people's "not okay" might be severe and require intervention for healing? Be careful not to normalize suffering. Try, "It's okay to ask for help when you are not okay," instead.

WORDS CAN INSPIRE
AND WORDS CAN DESTROY.
CHOOSE YOURS WELL.
—ROBIN SHARMA



Compassionate Care: Empowerment

Originally shared by the Community Alliance for Trauma-Informed Care Northeast Wisconsin
<https://mailchi.mp/b73d833ea480/tips-for-trauma-informed-care-8867109?e=9c55d51ccf>

Empowerment, defined as, "the process of becoming stronger and more confident, especially in controlling one's life and claiming one's rights," is a foundational idea in trauma-informed care. By being intentional about building empowerment within yourself, your family, and your workplaces you will build strength and opportunity to meet the challenges in life.

Things to consider:

- **Engage in collaborative decision-making** whenever possible.
- **Clearly and directly communicate** changes as soon as they are happening. Avoid the rumor mill or a culture of people "in the know."
- **Create choices.** Give people as much self-governing authority over their lives at the highest levels possible.
- **Encourage continuous evaluation** of current policies and processes. Invite input from those who don't regularly voice their opinion.

COMPASSIONATE CARE

 Community Alliance
for TRAUMA-INFORMED CARE
Northeast Wisconsin



Tips for caring for others & ourselves

TOPIC

Empowerment

Empowerment, defined as, "the process of becoming stronger and more confident, especially in controlling one's life and claiming one's rights," is a foundational idea in trauma-informed care. By being intentional about building empowerment within yourself, your family, and your workplaces you will build strength and opportunity to meet the challenges in life.

THINGS TO CONSIDER...

- Engage in collaborative decision-making whenever possible.
- Clearly and directly communicate changes as soon as they are happening. Avoid the rumor mill or a culture of people "in the know."
- Create choices. Give people as much self-governing authority over their lives at the highest levels possible.
- Encourage continuous evaluation of current policies and processes. Invite input from those who don't regularly voice their opinions.



CUCUMBER & HUMMUS BOATS

Credit: Taste of Home

- 1 cup quinoa, rinsed
- 6 medium cucumbers
- 1 can (15 ounces) garbanzo beans or chickpeas, rinsed and drained
- 1 cup cherry tomatoes, halved
- 1 package (4 ounces) crumbled tomato and basil feta cheese
- 1 carton (14 ounces) roasted garlic hummus
- 1/2 cup pitted Greek olives, chopped



- 1/4 cup lemon juice
- 3 tablespoons honey
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 1/4 teaspoon pepper
- Minced fresh basil

1. Cook quinoa according to package directions. Transfer to a large bowl and cool slightly.

2. Meanwhile, cut each cucumber in half lengthwise. Scoop out pulp, leaving a 1/4-in. shell. Add garbanzo beans, tomatoes, cheese and olive oil to quinoa. In a small bowl, whisk lemon juice, honey, oil, garlic and pepper until blended. Pour over quinoa mixture; gently toss to coat. Spread about 2 tablespoons hummus inside each cucumber shell. Top each with about 1/3 cup quinoa mixture. Sprinkle with basil if desired.

Extension Winnebago County Office

J. P. Coughlin Center
 625 E. County Road Y, Suite 600
 Oshkosh, WI 54901-8131
 (920) 232-1973 or 727-8643
 FAX (920) 232-1967
711 for Wisconsin Relay (TDD)

HOURS: 8:00 AM - 4:30 PM, Monday through Friday

Website: <https://winnebago.extension.wisc.edu/>



Extension

UNIVERSITY OF WISCONSIN-MADISON

An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA/504 requirements. Please make requests for reasonable accommodations to ensure equal access to educational programs as early as possible preceding the scheduled program, service or activity.

Area 10 Extension Director

Chris Viau

Administrative Staff

Amy Hendrickson

Ashley Rolph

Jody Bezio

Community Development

Mia Ljung

Winnebago/Outagamie

Community Development Educator

Natural Resources

Chad Cook

Land & Water Outreach

Program Manager

Agriculture

OPEN

Agriculture Educator

OPEN

Horticulture Educator

Human Development & Relationships

OPEN

*Human Development & Relationships
 Educator*

Todd Wenzel

Financial Educator

Sandy Bell

*Grandparents Raising Grandchildren
 Coordinator*

Health & Well-Being

Kristine Soper

FoodWise Educator

Positive Youth Development

Dana Berger

4-H Program Coordinator

Sarah Thompson

Youth & Science Educator