

October/November
2024

Sunnyviews



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President's Letter

Sue Berg, Joan Bestler, and I attended the State Conference. Joan said she likes going to these events because it gives her a feeling of being part of the larger organization. Our friendships extend across the State, the Country, and the World. It is an awesome group to belong to. At the conference, Sarah Winkel's Cultural Arts entries won two Red Ribbons. Congratulations Sarah!

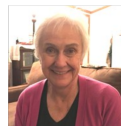
On October 14th we will be having our Annual Meeting at the Coughlin Building. Please bring your dish to pass. Potluck starts at noon. Julie Barthels, our Winnebago County Clerk, will be our guest. She will stay to talk with us before the Annual Meeting. If you have any questions about voting, bring them with you. Speaking of elections, we will be electing a Secretary and Vice President. Think about if you would like to experience HCE at the County level. We would like to have all of our clubs, including individuals represented on the Board and in our Committees.

A big part of the Annual Meeting is getting your input on programs. Any ideas for this coming year? Did you like having programs on the same day as the Quarterly meetings? Do you have suggestion for days and times?

Looking forward to seeing you all in October.

Yours in Friendship,

Bernice Labus



HCE Dates to Remember

October 14 th	12:00pm	Annual Meeting
October 31 st		Due to Extension Office: <ul style="list-style-type: none">• Club President Card• Updated Club Membership List (with Photo Release Signatures)• Affirmative Action Form Due to HCE Treasurer: <ul style="list-style-type: none">• Updated Club Membership List• Membership Dues• Pennies for Friendship
November 3—9 th		HCE Week
November 4 th	9:00am	Stitches of Love Workshop
November 15 th		Submissions Due for Dec/Jan Newsletter
November & December		Prepare 2025 Reach & Teach



HCE Advisor's Letter

Dear HCE Members,

As we anticipate the vibrant colors and cooler air of autumn, let's take a moment to shift our focus to another type of fall—falls among older adults—and the important topic of falls prevention.

According to the CDC, approximately 1 of every 4 older adults report falling each year. This totals to over 14 million falls annually! Falls can lead to serious injuries and a decrease in independence, making it vital for us to prioritize safety and prevention.

With the changing seasons, it's crucial to be aware of the increased risks that can come with autumn weather. Simple measures, such as ensuring good lighting in our homes, removing tripping hazards, and wearing supportive footwear, can make a significant difference. Beyond these precautions, strengthening our bodies is equally important.

I encourage all of you to consider joining - or at least trying - a local strength training class, such as StrongBodies. Sessions are designed to enhance strength, balance, and flexibility, helping to empower you to navigate your daily activities with confidence. Not only will you improve your physical health, but you'll also connect with fellow members in a supportive environment.

I teach two free StrongBodies classes locally, and encourage you to drop in at any time:

- Mondays & Thursdays, 2:00-3:00 PM at Marian Manor (600 Merritt Ave, Oshkosh)
- Tuesdays & Thursdays, 10:00-11:00 AM at the Neenah-Menasha YMCA (110 W North Water St, Neenah)

Virtual classes are also available, for those who would like to participate from home. Beyond StrongBodies, your local YMCA or ADRC may offer alternative strength training options.

Whether or not you choose to participate, I encourage everyone to make this fall a season of safety and well-being. Together, we can enjoy all the beauty autumn has to offer while taking proactive steps to protect ourselves.

Wishing you all a safe and joyful autumn!

Warm Regards,
Katie



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@winnebagocountywi.gov 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

Understanding and Managing Diabetes October 2024 HCE “On Your Own” Study Lesson

Did you know that October is Diabetes Awareness Month? Diabetes is a chronic health condition where the body struggles to regulate blood sugar levels effectively, leading to high levels of glucose (sugar) in the blood. This can result in serious complications if not managed properly.

The Role of Glucose in the Body

According to the National Institute on Aging (2024):

Glucose is the body’s main source of energy. Our bodies can make glucose, and glucose also comes from the food we eat. To use glucose as energy, the body needs insulin, a hormone that helps glucose get into cells. If you have diabetes, your body may not make enough insulin, use insulin in the right way, or both. That can cause too much glucose to stay in the blood, which can cause health problems over time.

Diabetes is a metabolic disorder that comes in several forms:

1. Type 1 Diabetes: An autoimmune condition where the body attacks insulin-producing cells in the pancreas. This type usually appears in childhood or early adulthood.
2. Type 2 Diabetes: The most common form, where the body becomes resistant to insulin or doesn’t produce enough. It often develops in adulthood but can occur at any age.
3. Gestational Diabetes: This type occurs during pregnancy and usually disappears after childbirth, though it increases the risk of developing type 2 diabetes later.

People who have higher glucose levels than normal, but whose levels are not high enough to be diabetic, may instead be diagnosed with prediabetes.

Diabetes and Older Adults

The National Institute on Aging notes that millions of older Americans have already been diagnosed with prediabetes. For individuals aged 70 and above, however, type 2 diabetes is also a significant concern. Aging increases the risk of developing type 2 diabetes due to factors such as decreased muscle mass, reduced physical activity, and changes in the body’s ability to use insulin effectively. Moreover, older adults with diabetes are at higher risk for complications like heart disease, kidney problems, and vision loss.

Signs and Symptoms of Diabetes

Recognizing the signs and symptoms of diabetes is crucial for early detection and management. Common symptoms include:

- *Frequent Urination* - Needing to urinate more often than usual.
- *Increased Thirst* - Feeling excessively thirsty despite drinking fluids.
- *Unexplained Weight Loss* - Losing weight without trying, particularly with type 1 diabetes.
- *Fatigue* - Feeling unusually tired or weak.
- *Blurred Vision* - Vision problems that come on suddenly.
- *Slow Healing* - Cuts or bruises that take longer to heal than normal.

Diabetes and Foot Health

“About half of all people with diabetes have some kind of nerve damage,” according to the Centers for Disease Control and Prevention (CDC). This damage can lower one’s ability to feel pain, heat, or cold, which limits the body’s ability to tell when something is wrong.

Nerves in the feet and legs are most often affected. As a result, many people with diabetes experience nerve damage that causes a loss of feeling in the feet. If you don’t feel pain in your feet, you may not notice a cut, blister, sore, or other problem - meaning that small problems may become serious if they aren’t treated early.

“Diabetes can reduce blood flow and damage nerves, making a wound more likely to get infected and harder to heal, increasing the risk of amputation,” says the CDC. It is recommended that people with diabetes use a mirror to check their feet every day and make sure that there are no open wounds.

With proper management of diabetes symptoms, you can significantly reduce the risk of complications and lead a healthier, more balanced life.

Tests for Diabetes

The following information is taken directly from the National Institute of Aging website. To continue reading, visit <https://www.nia.nih.gov/health/diabetes/diabetes-older-people>.

If you have symptoms or risk factors for diabetes, it’s important to get tested. Getting an early diagnosis can help you manage your diabetes and may prevent health problems. Doctors use several blood tests to help diagnose diabetes:

- The fasting plasma glucose test measures your blood glucose at a single point in time. Most of the time, your doctor will give you the test in the morning after you have fasted (had nothing to eat or drink except water) for at least eight hours.
- The A1C test shows your average blood glucose level over the past three months. You can eat and drink before this test. The A1C test may not be accurate in people with certain other diseases and conditions, so your doctor may use other tests in addition to A1C to diagnose diabetes.

- The random plasma glucose test also measures your blood glucose at a single point in time. It is given at any time during the day and does not require fasting.
- The oral glucose tolerance test has two steps: first, your blood glucose level is tested after you have fasted overnight. Then you drink a sugary drink and have your blood glucose level tested again two hours later. If your glucose level is high, you may have diabetes.

If a blood test suggests you have diabetes, your doctor may do a second blood test to confirm the diagnosis.

Managing Diabetes

Effective management of diabetes involves a combination of lifestyle changes and medical care. First, consult with your pharmacist or healthcare provider about any diabetes-related concerns. Scheduling regular visits with a healthcare professional may help you monitor for potential complications and adjust treatment plans as needed.

Next, regularly monitor blood sugar levels. This can be done at home with a glucose meter or as advised by your healthcare provider. Adhering to prescribed medications may also help control blood sugar levels.

Eating a balanced diet rich in vegetables, whole grains, and lean proteins can also help regulate blood sugar levels. Portion control and reducing intake of high-sugar and high-fat foods may be helpful considerations.

Regular exercise helps improve insulin sensitivity and maintain a healthy weight. Activities such as walking, swimming, or gentle stretching exercises can be beneficial.

Finally, understanding diabetes and its effects can empower individuals to make informed decisions about their health. Support from healthcare providers, family, and diabetes support groups can provide additional help and motivation. While managing diabetes is a lifelong commitment, with the right tools and support, health is entirely achievable.



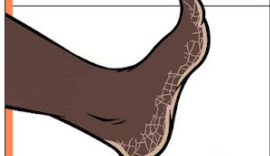

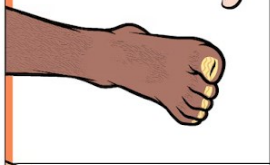
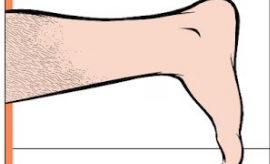
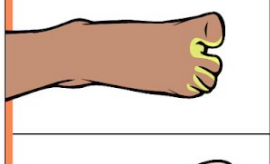

Conclusion

Diabetes Awareness Month serves as a reminder to stay informed and proactive about diabetes management, especially for older adults. By understanding the condition, making lifestyle adjustments, and seeking appropriate medical care, individuals can lead healthier lives and reduce the risk of complications.

If you or a loved one has questions about diabetes, please contact your healthcare provider.

DIABETES FOOT PROBLEMS: WHEN TO SEE YOUR DOCTOR

Visit your regular doctor or foot doctor if you have any of these symptoms:

							
Tingling, burning, or pain in your feet.	A change in the color and temperature of your feet.	Dry, cracked skin on your feet.	Loss of feeling or ability to sense heat or cold.	Thick, yellow toenails.	Loss of hair on your toes, feet, and lower legs.	A fungus infection, such as athlete's foot, between your toes.	An ingrown toenail or a sore, such as a blister, ulcer, or infected corn.

LEARN MORE: www.cdc.gov/diabetes/library/features/healthy-feet.html

CS-337438-9



The image illustrates eight common diabetes-related foot problems that may require medical attention. Source: Centers for Disease Control and Prevention (2024).

Aging Mastery Program

Originally published September 20, 2024 by the Fox Cities Community Council

The Aging Mastery Program (AMP) is a fun and engaging education and behavior change program for aging well created by the National Council on Aging. The classes address topics such as patient/physician communication, memory, home safety, malnutrition, and bucket lists. Aging Mastery helps create lifestyle changes to empower and cultivate health and longevity. Over the course of the program, participants set goals for positive actions in many aspects of their lives such as exercise, nutrition, finances, advance care planning, community engagement, and healthy relationships.

- **Mondays, October 21-November 18, 2024**
- **12:00pm - 2:00pm**
- **Appleton YMCA - 218 E Lawrence Street, Appleton**
- **Cost:** \$25, includes AMP materials, workbook, & expert speakers
- **Topics covered:** navigating longer lives, exercise, sleep, healthy eating and hydration, financial fitness, advanced planning, healthy relationships, medication management, community engagement, and falls prevention.

Build your own personal playbook for aging well. This fun, innovative program empowers you to:

- improve your well-being
- strengthen ties to your community
- meet new friends
- provide encouragement to one another

**Register by calling
(920) 832-4763 by
October 16**

Questions:
Contact Katie Gellings at
katie.gellings@wisc.edu



AI-Powered Scams:

How to Protect Yourself in the Age of Artificial Intelligence

Originally published by UW-Madison Information Technology Posted September 11, 2024
<https://it.wisc.edu/news/ai-powered-scams-how-to-protect-yourself-2024/>

Scammers are always looking for new ways to trick people, and generative artificial intelligence (AI) technology is giving them powerful new tools to do so at a larger scale than ever before. Since 2020, phishing and scam activity has increased 95%, with millions of new scam pages popping up every month, according to Bolster.ai. Some estimate the losses from these AI-powered scams will reach more than \$10 trillion worldwide by 2025.

Here's what this new reality means for you—and some steps you can take to protect yourself and your loved ones:

How are scammers using AI?

“What we are seeing is AI automating or ‘supercharging’ a lot of the same techniques that scammers are already using, including making possible some new attacks,” says Dave Schroeder, UW–Madison national security research strategist. “Scammers essentially use AI as a job aid or an additional tool—just like many of us do.”

Common tactics scammers use with the help of generative AI include:

Voice cloning: One of the most alarming new scams uses AI to clone voices. Scammers only need a short audio clip of someone's voice to create a convincing fake. They then use the cloned voice to impersonate a family member in distress, claiming they need money urgently.

“Imagine a situation where a ‘family member’ calls from what appears to be their phone number and says they have been kidnapped, and then the ‘kidnapper’ gets on the line and gives urgent instructions,” Schroeder explains. “Victims of these scams have said they were sure it was their family member's voice.”

Deepfakes: AI can also create fake photos or videos that prey on your emotions and can look incredibly real. Scammers may use these to impersonate public figures or create fake charity appeals after disasters.

Phishing: The days of the classic “Nigerian Scam”—relatively easy-to-spot emails riddled with misspellings and grammar mistakes—are mostly

over. Today, generative AI helps scammers craft much more convincing phishing emails and fake websites. These might appear to be from your bank, your favorite shopping site, or even your friendly neighborhood Help Desk.

Spear Phishing: Scammers can use AI tools to analyze your online and social media presence to help them create highly personalized “spear phishing” attacks. They use your personal information for sophisticated social engineering, including romance scams.

How to spot AI-powered scams

Allen Monette, associate director for cybersecurity operations in the Division of Information Technology (DoIT), notes that AI is “making it hard to tell when something is a fake just based on the content itself.” However, there are still ways to spot potential AI scams. Here are some telltale signs:

- **Urgency:** Scammers often pressure you to act immediately.
- **Unusual requests:** Be wary if someone asks you to send money or gift cards or share sensitive information unexpectedly.
- **Strange phrasing:** AI-generated content may still use odd word choices or unnatural language.
- **Unnatural details:** Look and listen closely for things like unusual background noises, strange facial or hand movements, inconsistent lighting and shadows, and unnatural speed changes.
- **“Off” feeling:** Trust your instincts if something feels wrong about the interaction.

Protecting yourself and your loved ones

The good news is that you can protect yourself using many of the same strategies that work for regular scams. Here are some strategies to keep in mind:

- **Be prepared:** Educate yourself and your family about scams. Pick a code word that only your family knows to help confirm identities if you receive an unexpected call, text or email.
- **Be careful what you share:** Be cautious about what personal information you share online. Scammers can use personal details from your life as leverage points.
- **Slow down:** Don’t let yourself get caught up in the scammer’s false sense of urgency. Take time to think critically and ask questions.
- **Verify, verify, verify:** Use a trusted number or email address—not the one that contacted you—to confirm who contacted you.

- **Trust your intuition:** If something feels “off” or wrong, it probably is.

What to do if you suspect an AI scam

- Stop engaging with the suspected scammer. Hang up. Don't reply to that text or email.
- Contact the real person or organization directly using trusted contact information.
- Use the “Report Suspicious” button in Outlook to report suspicious emails.
- Contact the local police if you or someone you know is victimized by a scam.
- You can also report fraud to the Federal Trade Commission.

The future of AI scams

As AI technology advances, these scams will likely become even more sophisticated. “When a threat actor can now make an AI-generated video of an event that never happened—with no quick or easy way to verify it—and amplify that through AI-enabled bot networks on social media in minutes, and do that globally, at scale, it breaks the fabric of a society based on trust,” Schroeder warns.

Our best defense is awareness and skepticism. By staying informed about these tactics and verifying unexpected requests, we can protect ourselves and our communities from AI-powered scams.

Related links

- How to avoid a scam | Federal Trade Commission (<https://consumer.ftc.gov/articles/how-avoid-scam>)
- What to know about AI scams and how to help protect your assets | Wells Fargo (<https://conversations.wf.com/protect-your-assets/>)
- What are AI scams and how do you stop them? | Sift (<https://sift.com/blog/what-are-ai-scams-and-how-do-you-stop-them>)
- What you need to know about artificial intelligence scams | City of New York (<https://www.nyc.gov/site/dca/news/014-24/national-consumer-protection-week-what-you-need-know-artificial-intelligence-scams>)

- Scammers use AI to enhance their family emergency schemes | Consumer Advice (<https://consumer.ftc.gov/consumer-alerts/2023/03/scammers-use-ai-enhance-their-family-emergency-schemes>)
- 2024 state of phishing & online scams: Statistics, facts, trends & recommendations | Bolster.ai (<https://bolster.ai/blog/2024-state-of-phishing-statistics-online-scams>)
- How cybercriminals are using gen AI to scale their scams | Okta (<https://www.okta.com/blog/2024/01/how-cybercriminals-are-using-gen-ai-to-scale-their-scams>)





HCE Member Activities:

A special thanks to Bernice Labus for taking photographs at these events and sharing them for the newsletter!

Friendship Club Activity

Members of Friendship Club attended The Museum of Wisconsin Art (MOWA) in West Bend.

Pictured below:

*Rosemary Pionke
Kathy Wuest
Sarah Winkel
Bernice Labus*



WAHCE Conference: September 16—18, 2024



*Pictured left:
Silent Auction Basket from
Winnebago County*

*Pictured below:
Items in Shoebox to Nicaragua.*



Sarah Winkel's Cultural Arts projects at WAHCE Conference. Sarah's entries won two Red Ribbons. Congratulations Sarah!



Joan Bestler and other attendees toured the Windmill in Little Chute during the conference.



Friendship Club Activity

Members of Friendship Club enjoying an evening together.

Pictured below:

*Rosemary Pionke
Belvia Faust
Jenny Stadtmueller
Kathy Wuest
Sarah Winkel*



Mood Boost Nature Walk!

Originally published by Fox Cities Community Council September 13, 2024

Mental Health America, in partnership with Heckrodt Wetland Preserve in Menasha, is hosting a weekly nature walk at 6 p.m. Everyone is welcome for this inclusive and rejuvenating weekly event.

**Walk with us in Nature to Unplug & Connect
Every Sunday Evening - 6PM
Heckrodt Wetland Preserve, 1305 Plank Road, Menasha**



**mood
boost**

Everyone is welcome to beat the Sunday Scaries with an all natural Mood Boost at this inclusive & rejuvenating weekly event. Free of charge. No registration, No sign-in. Bring a friend or come on your own. Come once, come when you can, or come every week. Meet by the large stones outside the Nature Center.

Brought to you by a collaborative partnership of

Mental Health America of Wisconsin & Heckrodt Wetland Preserve.

Questions? Email marybeth@mhawisconsin.org or michael@mhawisconsin.org

Follow us on Facebook <https://www.facebook.com/MHAofWisconsin>

Rebuilding Together: National Rebuilding Day

Originally published September 27, 2024 by Fox Cities Community Council



Calling All 501(c)(3) Nonprofits!



Do you run or know someone from a 501(c)(3) nonprofit organization that could use some help with repairs or modifications? Rebuilding Together Fox Valley is here to assist! We're gearing up for National Rebuilding Day and are looking for nonprofits in need of facility repairs to apply for our Community [Re]vitalization program.



Assistance with crucial repairs or modifications to your organization's facility.



Support to ensure your space can continue serving the community effectively.

How to Apply:



Complete our Community [Re]vitalization Application.



Provide proof of 501(c)(3) status.



Submit your application to Rebuilding Together Fox Valley at 2416 Industrial Drive Unit E, Neenah, WI 54956.

For more details and to download the application, visit <https://www.rtfv.org/community-revitalization> or contact us at (920) 730-2156.



[Re]pairing Homes
[Re]vitalizing Communities
[Re]building Lives

Originally published by the Aging & Disability Resource Center of Winnebago County
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/October%202024.pdf>



Winter is on it's way!

Let's talk about Energy Assistance....

The Wisconsin Home Energy Assistance Program (WHEAP) assists eligible households with their heating and electric bills. Regular energy assistance is a once-a-year benefit available between October 1st and May 15th each year. You can apply online at:

energybenefit.wi.gov

Please call the statewide Customer Care Center at 1-800-506-5596 with questions about your online application. Due to the high volume of applications, it may take up to 10 business days for an online application to be processed.

If you're disconnected or without heat, or will be disconnected soon, please call the Customer Care Center at 1-800-506-5596.

To view income limits or get a paper application, visit

energyandhousing.wi.gov



Originally published by the Aging & Disability Resource Center of Winnebago County
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/October%202024.pdf>

Medicare Open Enrollment



It's almost time to review your current Medicare health and drug coverage and make needed changes for 2025!

For assistance with open enrollment:

- Contact 1-800-MEDICARE
- Use the online plan finder at [medicare.gov](https://www.medicare.gov)
- Contact a Benefit Specialist at the ADRC

Originally published by the Aging & Disability Resource Center of Winnebago County
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/Sept%202024.pdf>



SIMPLY ART

ForeverWell Age 55+
NEENAH-MENASHA YMCA
Held in the Solarium

BOO-rific Home Decor

Tuesday, October 22 | 10:00 AM-NOON
Registration deadline October 14

Join us in creating this set of two boo-rific wooden ghost home décor pieces. Stylish and spooky. You will want to keep this item stored and displayed for years to come.

Cost:

Y Member: \$10

General Public: \$15



Register online at ymcafoxcities.org/register
or at the Member Service desk at any Y location.
Registration opens August 12

For more information contact Luann Luehring at 920.954.7643 or lluehring@ymcafoxcities.org

Winnebago County Health & Wellness Corner

Originally published Sept. 2023 by Aging & Disability Resource Center of Winnebago County
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/09-2023.pdf>

Health & Wellness Corner



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:

(SEE NEXT PAGE FOR LIST OF LOCATIONS AND CONTACT INFORMATION)

Menasha Senior Center

#920-967-3530

https://www.menashawi.gov/departments/senior_center/index.php

Oshkosh Senior Center

#920-232-5300

www.ci.oshkosh.wi.us/seniorservices

Neenah-Menasha YMCA

#920-729-9622

<https://www.ymcafoxcities.org/foreverwell>

Oshkosh YMCAs

#920-230-8916

www.oshkoshymca.org/programs/senior-programs/index.html

**Winnebago County Health Department –
Wellness Plus**

#920-232-3000

www.co.winnebago.wi.us/health/divisions-program-areas/your-health/adult/wellness-plus-healthy-aging-classes

Omro Community Center

Please call #920-685-0380 for current activities.

STEPPING ON

FALLS PREVENTION CLASS FOR MEN AND WOMEN 55+

Strength and balance exercises.

Learn how to identify and
remove fall hazards.

Learn how vision, hearing, and
more affect your risk of falling.

Learn how to get back on
your feet if you fall.



Tuesdays, October 1 - November 12
1 - 3 pm

Hyde Family Community Center
545 Monroe St, Oshkosh
Door 11

Suggested Donation of \$15

Register with Winnebago County Public Health
Call 920-232-3000 or email health@winnebagocountywi.gov



Originally published by the Aging & Disability Resource Center of Winnebago County
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/Sept%202024.pdf>

LEAF

no one behind

YARD WASTE CLEAN UP

Sunday November 3rd, 2024
 Starting @ 10:00am



Partners of the Oshkosh Healthy Aging Group are organizing another volunteer event to engage neighborhoods in a day of yard cleanup.

Seeking yard help or
 interested in volunteering?

Contact: ADRC@winnebagoountywi.gov

Residents must pre-register for assistance by **Monday, October 28th**. Priority given to people with disabilities or aging conditions that inhibit leaf removal.



Thank you
 Partners:



For more information or to fill out
 an application please visit
wchd.pub/leafnoonebehind2024
 or scan the QR code:



Originally published by the Aging & Disability Resource Center of Winnebago County
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/October%202024.pdf>

CAREGIVER EVENT

November 14 | 10AM-3PM
Culver Family Welcome Center
at UW-Oshkosh

**FREE RESPITE SERVICES
PROVIDED BY:**



**JOIN OTHER DEMENTIA
CAREGIVERS FOR:**

Speaker

Sheri Fairman of Dementia Care Solutions, LLC

Resource Tables

Connect with and learn about local dementia related organizations

Caregiver Panel

Hear from other caregivers how the dementia journey has impacted their lives

Virtual Dementia Tour

Experience what it feels like to have dementia

REGISTRATION REQUIRED

[Link for Registration](#)



**FREE LUNCH PROVIDED FOR
ATTENDEES AND RESPITE
PARTICIPANTS**



FOR QUESTIONS OR ASSISTANCE WITH REGISTRATION
PLEASE CALL 877-886-2372

Originally published August 2024 by the Winnebago County Aging & Disability Resource Center
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/August%202024%20%285%29.pdf>




DEMENTIA SUPPORT GROUP

Join Us on the First
Tuesday of Every Month

COFFEE AND PASTRIES PROVIDED

 **BELLA VISTA PRIVATE DINING ROOM**

 www.bellavistaofeden.com

 **920-393-9998**

 **BELLA VISTA**
— A SENIOR LIVING COMMUNITY —



631 HAZEL ST.
OSHKOSH

START AT
9:30 AM



TUESDAYS

2024



MAY 7	SEP 3
JUN 4	OCT 1
JUL 2	NOV 5
AUG 6	DEC 3

Open to the public.
Please RSVP

Originally published August 2024 by the Winnebago County Aging & Disability Resource Center
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/August%202024%20%285%29.pdf>



MEMORY SCREENING



A quick memory test can help determine your baseline or detect early memory loss!

Our Dementia Care Specialist will be available each month at the following locations to complete memory screenings and answer questions regarding memory loss, dementia, and caregiving.

OSHKOSH SENIOR CENTER
200 North Campbell Road
Oshkosh

3rd Wednesday of the month
10:30am—Noon

Call to set up your appointment
(920) 232-5300

MENASHA SENIOR CENTER
116 Main Street
Menasha

3rd Tuesday of the month
8:30am - 10am

Call to set up your appointment
(920) 967-3530

***New**

Originally published by the Aging & Disability Resource Center of Winnebago County
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/January%202024.pdf>

CHANGING LIVES,
ONE RIDE AT A TIME.



EQUINE-ASSISTED MEMORY CAFÉS

A horse experience for adults with dementia & their caregivers

2024 DATES

All Memory Cafés are
free 1.5-hour sessions



JANUARY 8 1:30pm

FEBRUARY 12 1:30pm

MARCH 11 1:30pm

APRIL 8 1:30pm

MAY 13 1:30pm

JUNE 10 1:30pm

JULY 8 10am

AUGUST 19 10am

SEPTEMBER 9 10am

OCTOBER 14 10am

NOVEMBER 11 10am

DECEMBER 2 1:30pm

**DECEMBER 7 Seniors
with Santa at noon**

► To register, please
RSVP to 920-851-6160
or incbeaming@gmail.com

You're invited...

We welcome community members with early- to moderate-stage dementia and their caregivers to enjoy horse experiences and other interactive activities at the BEAMING Barn every month at our no-cost Equine-Assisted Memory Cafés.

Participants can enjoy grooming, walking and riding horses; riding our Equicizer horse simulator; making and feeding horse treats; short educational presentations; live music; dancing; watercolor painting; arts and crafts activities; planting flowers; a scavenger hunt; "show and tell" sharing of memories; our Sensory Walking Path, socializing with snacks; listening to and identifying birds and butterflies in our gardens; and other outdoor and barn activities. All activities take place with BEAMING staff and volunteers to encourage participation and maintain safety.

Equine-assisted Memory Cafés are a wonderful way for participants and their families to engage in a social gathering and meet others for camaraderie and support.



HELD RAIN OR SHINE AT THE BEAMING BARN

2692 County Road GG, NEENAH

2024 Upcoming Local Library Events

Neenah Library: <https://neenahlibrary.org/events/adults/month>

Call 920-886-6315 or email library@neenahlibrary.org to register for events.

Tech Talk Tuesdays:

- **10/8 @ 1:30pm—All About the Digital Library:** Take your library books on the go! Discover how easy it is to check out electronic books and audiobooks from the digital library on your device! Learn how to access your library account online so you can browse the digital library stacks.
- **11/12 @ 1:30pm—An Introduction to Artificial Intelligence:** Artificial Intelligence (AI) has been making headlines. Learn the basics of this trending technology and how you can use AI in everyday life.

10/8 & 11/12 @ 4:30—6:30pm—Legal Assistance Clinic: Winnebago Free Legal Assistance Clinic is a non-profit organization consisting of volunteer attorneys and paralegals who provide free legal assistance to the community on most civic legal issues, on a first-come, first-served basis. Services provided are limited and may include: a brief legal consultation with an attorney (or referral to an attorney if one is not available); assistance with legal forms; assistance with legal procedures; and guidance to additional resources. When attending a clinic, please bring any paperwork that is relevant to your case.

10/9 @ 6:30pm—True Crime Series with the Hosts of Badger Bizarre Podcast: Join us as Scott Wittman and Mickey Sanders discuss various Wisconsin true crime cases. Badger Bizarre is a true crime podcast that features true crime, unsolved mysteries, paranormal tales and bizarre happenings in WI.

10/10 @ 6:30pm—Menasha Historical Society Program—Peanuts & Crackerjacks: Join Adrian Martin (*Menasha Historical Society*) as he presents Peanuts and Crackerjacks. This program will view Menasha's baseball history - the players, the teams, the parks and more! Due to remodeling at the Elisha D. Smith Public Library in Menasha, the program will be at the Neenah Library.

10/18, 11/1, 11/15, & 11/29 @ 10:30am—Chair Yoga: Join Nicole from Absolute Wellness in a relaxing yet powerful 30-minute chair exercise experience! Learn how to engage your core while doing full body movements, all while sitting down. Some standing exercises will also be offered with modifications for using the chair.

10/18 & 11/15 @ 9:15am—Fitness Friday: Balance & Strength: Nicole, with Absolute Wellness, will guide you through an hour-long active stretching with balance exercises. This class is for all abilities. Remember to bring a towel or yoga mat and a water bottle.

Memory Cafés:

- **10/21 @ 1:30pm—Safety Tips with Officer Joe**
- **11/18 @ 1:30pm—Memory Café—New Voices Choir**

10/24 @ 6:30pm—History Program—Oak Hill Cemetery: Uncovering 175 Years of History: Oak Hill Cemetery is one of the oldest municipally owned cemeteries in the United States. It serves as a final resting place for thousands of Neenah residents. Join Executive Director, Erica Suchyta for an evening exploring the 175-year history of this beautiful cemetery.

10/26 @ 1:00pm—Debunking the Paranormal at Gainor's Tavern: Barnaby Jones is a cryptozoologist, paranormal researcher, author, narrator, speaker, podcast host for "Monsters on the Edge" and "Whispers from the Dark," and founder/lead investigator of Wisconsin CAPS (Cryptids, Anomalies, and the Paranormal Society). Built in 1877 by Michael Gainor, this historical building has been a general store, blacksmith shop, tavern, post office, dance hall, and bar throughout its many years of existence. Stories of paranormal activity in the building are abundant, but how can we tell which ones are true or false? Join us for this historical and fun presentation showcasing audio and visual evidence of paranormal activity caught in the building and how CAPS did their research into finding the truth behind these stories!

11/1 & 11/29 @ 9:15am—Fitness Friday—Boot Camp: Nicole, with Absolute Wellness, will guide you through an hour-long, full-body workout (cardio, core, upper and lower body.). This class is for all abilities. Remember to bring a towel or yoga mat, and a water bottle.

11/3 @ 12:00pm—3:30pm—Repair Café Fox Valley: Bring in your broken items and our fixers will do their best to repair them for free. Computers, phones, small appliances, electronics, sewing and mending, jewelry, watches, and more! Guardian is required for those under 18. No firearms or weapons.

11/4 @ 2:00pm—Adult Afternoon Program: Etched in Stone—Understanding the Symbols Used on Old Gravestones: Dennis Jacobs will take a look at symbols used on Victorian grave markers. He will explain the hidden meanings behind carvings used on mid- to late- nineteenth century gravestones. Learn what different symbols represent and why they may not have been chosen to represent their loved ones.

11/6 @ 7:00pm—Everyone Has a Story to Tell: Join us for an engaging workshop where budding writers can enhance their storytelling abilities, uncover their distinct voice, and begin crafting the first draft of a new work—be it a short story, poem, or nonfiction piece. Local authors Bill Gillard and Tom Cannon will guide participants through exercises and group discussions focused on key elements like plot development, character creation, the difference between showing and telling, building tension, and captivating readers. Bill and Tom will also offer advice and share insights from their experiences.

11/13 @ 6:30pm—Once Upon a Tuesday: The Woman's Tuesday Club was established in Neenah in 1886 and continues to meet today. Join members of the club as they present "Once Upon A Tuesday." Experience some of what the ladies of Neenah and Menasha were learning about through the reading of

selected minutes, brief discussion of historical events, and musical interludes from the 1890s through 1970s.

11/21 @ 6:30pm—History Program—The Neenah-Menasha Santa Float: There is nothing more magical than the Neenah-Menasha Fire Rescue Santa Float visiting your neighborhood every December. But how did this tradition begin? How does it continue? Join Executive Director, Erica Suchyta to learn how the Neenah-Menasha Fire Rescue brings Santa Claus to town every year.

Menasha Library: <https://www.menashalibrary.org/calendar#/events/>
Register for events online or call 920-967-3690.

10/8 @ 3:30pm—Time Machine Tuesday—Wreath Making: This month's Time Machine is Wreath Making! Join us for some creative fun as we make and decorate custom wreaths from straws. Suggested age 12 and up. Room 1319 in our temp location: UWO-Fox Valley Campus 1478 Midway Road, Menasha.

10/15 @ 5:00pm—8:00pm—Library Renovation Celebration: Learn about the progress on the Elisha D. Smith Menasha Public Library Renovation process. We will have a short presentation at 6:30pm along with images and team members available to answer questions throughout the night. Drop in anytime between 5-8pm. Free hors d'oeuvres and drinks. Location is One Menasha Center, 8th Floor, 201 Main St., Menasha.

10/19 & 11/16 @ 9:00am—Family Roots Genealogy Club: Everyone is invited to join the Family Roots Wisconsin when they hold their monthly genealogy meeting on the third Saturday of each month at 9:00am. Meetings include a time to share news, a time to share genealogy research techniques, and sometimes a speaker. There are no dues to belong to Family Roots Wisconsin. Meeting will be held at the Neenah Police Station in the Community Room, 2111 Marathon Ave., Neenah, or join the meeting virtually via Zoom.

11/5—4:30pm Legal Clinic at the UWO Fox Cities Campus: Winnebago Free Legal Assistance Clinic is a non-profit organization consisting of volunteer attorneys and paralegals who provide free legal assistance to the community on most civil legal issues, on a first-come, first-served basis.

11/11 @ 6:30pm—SMITHworks Creative Writing Group: Join us the 2nd Monday of each month as we continue our monthly writing series. Find us in room 1130 at the UWO Fox Cities campus - 1478 Midway Rd. Menasha.

Oshkosh Public Library: <https://www.oshkoshpubliclibrary.org/events>
Call 920-236-5205 to register for events.

10/8, & 10/22 @ 1:00pm—Drop-In Tech Help: Drop in to the lower level meeting room any time during the session for one-on-one help with computers, internet, email, social media, or other technology. Assistance provided on a first-come, first-served basis. Bring your smartphone, tablet or whatever device has

you stumped!

10/8 & 11/12 @ 6:00pm—Adult DIY: Craft with us at the library! Call (920) 236-5205 to reserve your seat and supplies for the in-person, instructor-led workshops. These classes are free and do not require a library card to attend. October: Gnome Door Wreath. November: Stenciled Votives.

10/8 & 11/12 @ 6:30pm—Stitch Together: Are you looking for a craft community, camaraderie, or conversation? Join our new craft circle! Bring your work-in-progress and join us under the Dome. All tidy crafts are welcome (sorry—no chainsaw carving or ice sculptures at this time)! No registration required. Beginners are welcome and we'll have practice tools available for those who'd like to try a new craft. Show off your creations, share tips and tricks, and join in our community projects!

10/15 & 11/19 @ 4:30pm—Winnebago Free Legal Assistance Clinic: Winnebago Free Legal Assistance Clinic is a non-profit organization consisting of volunteer attorneys and paralegals who provide free legal assistance to the community on most civil legal issues

Genealogy Club: A series of genealogy talks to help jump start your research in an organized and effective way. Presented by genealogist Sherry Lloyd and librarian Michael McArthur, these talks will guide you in the research of your family history.

- **10/29 @ 10:00am—Building Family Trees**
- **11/19 @ 10:00am—Finding Local Documents**

NaNoWriMo: National Novel Writing Month is the largest writing project on the planet! We'll give you tips and tricks to write a 50,000-word novel in 30 days. Think you can't do it? Yes, you can!

- **10/26 @ 10:00am—Intro:** Learn what NaNoWriMo is all about and get useful tips to help you succeed. You'll learn how to sign up on the NaNoWriMo website and go home with tools to keep track of your word count, ideas to find time to write and suggestions to combat writers block.
- **11/8 @ 6:00pm—Tea & Sympathy:** Have you hit a writing roadblock? Have your characters gone off the rails? Maybe you just feel like you're losing steam. Join your fellow writers for snacks, commiseration, and maybe even some tips to get you back on track.
- **11/16 @ 7:00pm—Night of Writing Dangerously:** At a loss for words? Let us help you with plot ninjas, word sprints, and other support. Hang on tight – it's a wild ride to refresh your creativity during this "savage" night of writing dangerously! Refreshments will be served.
- **11/25 @ 5:00pm—Into the Home Stretch:** The race is nearly over. The finish line is in sight. Don your writing caps (think Kentucky Derby with a writer's twist – there will be prizes for creativity) and head into the holidays with a plan for a solid NaNoWriMo finish.

Rent Smart Classes Available for Summer/Autumn 2024!

Rent Smart is designed to help those individuals who have little to no rental experience and those who have had difficulty obtaining rental housing. Participants may be first time renters as they graduate from school, homeowners transitioning to renting, individuals with poor rental or credit history, or individuals who have other issues that may cause potential landlords to perceive them as high-risk tenants. Rent Smart provides practical education to help people looking for rental housing find, get, and keep suitable housing. The program focuses on the knowledge and skills essential for a successful renting experience. It challenges participants to know and understand their rights and responsibilities as a tenant, as well as know and understand the rights and responsibilities of their landlord. Emphasis is on forming a strong partnership between the tenant and landlord. Establishing a positive rental history is much like having a positive credit report, and Rent Smart starts participants on the right path for success.

Upcoming VIRTUAL Class Dates & Times:

October: 9, 10, 16, 17, 23, 24 @ 11:00AM – 12:00PM (Wed/Thurs)

November: 2, 9, 16 @ 9:00AM – 11:30AM (Saturday)

December: 3, 5, 10, 12, 17, 19 @ 7:00PM – 8:00PM (Tues/Thurs)

Location: Live, online instruction via Zoom; links sent after completing registration. Register at: <https://go.wisc.edu/Rentsmartregister>

Cost: FREE

What you will learn:

- Planning for and meeting monthly expenses
- Tips for finding and maintaining affordable housing
- How to complete an application and why landlords screen applicants
- Strategies for building positive relationships with landlords and neighbors
- Responsibilities and rights of landlords and tenants

Participants must complete all 6 modules to earn the Rent Smart certificate.

For more information, please contact Todd Wenzel at (920)-232-1982 or todd.wenzel@wisc.edu.



Preserve It Fresh, Preserve It Safe: 2024, No. 5 (September/October)

Originally published April 2024 by the University of Missouri Extension
<https://extension.missouri.edu/publications/hes160>

Pressure Cooker vs. Pressure Canner - Are They the Same?

Does it matter which one you use to preserve your food? The answer is YES!

A pressure cooker is not designed to preserve food.

When food is preserved or "canned" a specific temperature is needed for a certain amount of time to reduce microorganism levels to a safe level. A pressure cooker does not

allow the entire thermal process to occur, while a pressure canner does. Therefore, canning in a pressure "cooker" is considered an unsafe method for food preservation.



Some appliances on the market indicate they are able to preserve food as well as cook food. In these cases, it is very important for the user to consult with the manufacturer about the items that can be preserved safely because limited research has been done. We cannot assume that when a product says it can be used for canning that the appropriate research has been done.

Consumers should be cautious if they see claims being made especially for low-acid foods such as vegetables and meats. These items need to be pressure-canned for proper preservation.

Contact your local extension office if you are ever in doubt about an appliance. Learn about pressure canning safely and more at <https://www.ncrfsma.org/north-central-food-safety-extension-network-ncfsen>

Vacuum Sealing Mason Jars: Are They Safe for Preservation?

A new kitchen gadget is gaining popularity on social media: vacuum-sealing mason-style jars. Several brands are available, but the

descriptions and images might suggest these tools are a replacement for the research-based canning and heat processing procedures. Mason-style jar vacuum sealers cannot be used to preserve foods that would otherwise be canned and processed using a heat treatment (boiling water bath, atmospheric steam canning, or pressure canning).

To use, a mason-style jar is filled with food and the standard lid is applied. The vacuum sealer device is aligned on top of the lid, turned on, and oxygen is removed. This creates a vacuum inside the jar which holds the lid in place. This seal may not be air-tight because the plastisol band (sealing compound) on the lid is not heated.



Vacuum sealing can extend the shelf life of certain foods by creating an environment within the jar that has little or no oxygen. Many types of bacteria need oxygen to survive and grow. Depending on the time and temperature conditions, fatty acids in foods can become rancid if they are exposed to oxygen. By removing the air from inside the jar, the shelf life of the food can be improved. However, bacteria such as *Clostridium botulinum* and *Listeria monocytogenes* can survive without oxygen and can be a serious food safety risk.

Additionally, filling a jar with steaming hot food and then using the vacuum sealer gadget to seal the jar is not a safe process. When food is properly canned and processed, it reaches an internal temperature of at least 212°F for boiling water bath and atmospheric steam canning, and a temperature between 240 to 250°F with pressure canning. These temperatures play an important role in destroying bacteria and creating a safe environment within the jar.

Vacuum-sealing mason-style jars can be used to safely store and extend the shelf life of certain foods such as dehydrated herbs, spices, grains, legumes, nuts, seeds, and dried fruits and vegetables.



A newsletter for those
who preserve food
at home.

Support Others, Support Yourself

Originally published by New Mental Health Connection

<https://mentalhealth.networkofcare.org/foxcities-wi/Content/Index/14648>

Support Others

We all have mental health. We all have physical health. It's all a part of being human. But the way we treat our mental health should not be different from our physical health.

If someone we know has a cold, the flu, or a sprained ankle, it wouldn't be unusual to check in with them. We may ask how they are doing and offer to help them.

When someone we know is not doing well emotionally, though, it's not always as obvious to us. We may notice that the person hasn't been themselves lately, but we're not sure why or what to do. We're afraid that if we reach out, they may get angry or feel embarrassed. Yet, the opposite is usually the case.

We need to think back to a time when we were struggling. Did we feel appreciative when someone else reached out to see how we were doing? Or feel relief knowing that someone cared?

How about when we were struggling and nobody checked in to see how we were doing? Chances are we felt pretty lonely. Or the stigma around mental-health problems prevented us from seeking support. Possibly we felt embarrassed or afraid of being judged.

These experiences are why we can't be afraid to check in with someone we suspect is struggling. We need to trust our gut and not let our fear of "what if" keep us from acting. If we think a person might be struggling, it's likely they are. What can we do? Check in and offer support.

When Should We Reach Out

Most likely, we already check in on our friends and family on a regular basis. However, if you notice any of the following listed below, you might consider checking in on them more often and offering a different level of support. Reaching out right away could make a difference.

Reach out more if you notice any of the following:

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning

- Extreme mood changes, including uncontrollable “highs” or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Difficulties understanding or relating to other people
- Changes in sleeping habits or feeling tired and low energy
- Changes in eating habits such as increased hunger or lack of appetite
- Changes in sex drive
- Difficulty perceiving reality (delusions or hallucinations, in which a person experiences and senses things that don't exist in reality)
- Inability to perceive changes in one's own feelings, behavior, or personality (“lack of insight” or anosognosia)
- Overuse of substances like alcohol or drugs
- Multiple physical ailments without obvious causes (such as headaches, stomachaches, or vague and ongoing “aches and pains”)
- Thinking about suicide
- Inability to fulfill daily activities or handle daily problems and stress
- An intense fear of weight gain or concern with appearance

How to Offer Support

It is important to recognize that emotional struggles can happen to anyone. It is not exclusive to a certain race, ethnicity, sex, age, education level, or financial status. It can be difficult to know what to do or say.

Offering support isn't about having all the answers or solving someone's problems. It's about caring, listening, and helping them connect to additional support and resources if necessary. It is about being there for the person and letting them know they are important and significant to you. It's about letting them know they are not alone.

The following are some tips to help get you started. These are simple actions that anyone can do to offer support. Do not underestimate the power of kindness and being present for someone.

First, determine the right time and place. Sometimes this is easier said than done. Ideally, you want to find a time that works for both of you and provides enough time for a conversation that won't feel rushed. Try to find a safe location where the person will feel comfortable talking.

Check in. Start by asking, “How have you been?” or “How's it going?” If their response is “Fine” or “Good” or “OK,” then follow up by sharing what you've noticed and that you're concerned about them. More often

than not, the person will appreciate that you care and are checking in. Sometimes, though, a person may respond angrily, become defensive, or simply state that they don't want to talk about it. Whatever the case, remain calm and respectful, don't argue or judge, and let them know you're there for them if they ever want to talk.

Listen. Listen. Listen. It's okay if you don't know exactly what to say. Sitting with someone and listening and being present with them is a great way to offer support. When someone is not present, it is noticed. So, listen without any distractions and give the person your full, undivided attention. Put your phone on silent mode, and keep it out of sight. Remember to listen with respect, empathy, and an open mind. Listen without judging their thoughts, feelings, or perspective. And, every so often, summarize what they have said to make sure you're understanding. This also demonstrates that you really care and are truly listening.

Avoid minimizing. Don't make comments like "You're fine" or "Cheer up" or "It could be worse." Instead of helping, these comments minimize what the person is going through and could lead to feelings of shame or embarrassment.

Avoid giving advice. Unless the person specifically asks for your advice, don't give it. Keep listening and asking open-ended questions. Maybe ask them what they think might help. Ask something like, "Have you been through something like this before? What helped then?"

Ask, "'How can I help?'" Don't assume you know what would be helpful to someone who is struggling. It's always better to ask, "How can I help?" If they're unsure or respond with "Nothing, I'm fine," offer a few suggestions for things you are willing to do. Don't be pushy. Maybe offer things like running a few errands for them or cooking them a meal.

Practice random acts of kindness. Sometimes doing something for them, such as bringing them a meal or helping around the house, is what they need. It can be hard for people to ask for help when they need it.

Stay connected. Checking in with a quick text/call saying you are thinking about them lets them know they are not alone. Remind them that you're still there for them. Continue this every couple of days or weekly.

Be inclusive. Keep including them in social activities. Also, understand if they initially commit but later decide not to come. Be supportive by not making them feel guilty, and let them know you will check in on them later. Keep inviting them to events, even if they consistently decline.

Know when to seek professional help. Sometimes the support you can offer won't be enough. If you notice that your friend or loved one continues to struggle after weeks or months, they may be showing signs of a mental health condition and likely need professional help. Don't be afraid to encourage them to seek help from a mental health professional, and offer to help them find a provider if needed. If someone you care about is in immediate danger of taking suicidal action, seek help by calling 911 or going to the closest emergency room. Trained crisis counselors are available 24/7 by texting MHA to 741741, calling or texting 988, or chatting at [988lifeline.org](https://www.988lifeline.org).

What to Do—What to Say

The following information comes from the Substance Abuse and Mental Health Services Administration (SAMHSA).

If a friend or family member is showing signs of a mental health problem or reaching out to you for help, offer support by:

- Finding out if the person is getting the care that they need and want—if not, connect them to help.
- Expressing your concern and support.
- Reminding your friend or family member that help is available and that mental health problems can be treated.
- Asking questions, listening to ideas, and being responsive when the topic of mental health problems come up.
- Reassuring your friend or family member that you care about them.
- Offering to help your friend or family member with everyday tasks.
- Including your friend or family member in your plans—continue to invite them without being overbearing, even if your friend or family member resists your invitations.
- Educating other people so they understand the facts about mental health problems and do not discriminate.
- Treating people with mental health problems with respect, compassion, and empathy.

How to Talk About Mental Health

Do you need help starting a conversation about mental health? Try leading with these questions and make sure to actively listen to your friend or family member's response:

- I've been worried about you. Can we talk about what you are experiencing? If not, who are you comfortable talking to?
- What can I do to help you to talk about issues with your parents or someone else who is responsible and cares about you?

- What else can I help you with?
- I am someone who cares and wants to listen. What do you want me to know about how you are feeling?
- Who or what has helped you deal with similar issues in the past?
- Sometimes talking to someone who has dealt with a similar experience helps. Do you know of others who have experienced these types of problems who you can talk with?
- It seems like you are going through a difficult time. How can I help you to find help?
- How can I help you find more information about mental health problems?
- I'm concerned about your safety. Have you thought about harming yourself or others?

When talking about mental health problems:

Know how to connect people to help (<https://www.samhsa.gov/find-help>)

- Communicate in a straightforward manner
- Speak at a level appropriate to a person's age and development level (preschool children need fewer details as compared to teenagers)
- Discuss the topic when and where the person feels safe/comfortable
- Watch for reactions during the discussion and slow down or back up if the person becomes confused or looks upset

What If I'm Really Worried

If you are really worried about someone, seek professional help immediately. Call 911 or take them to the closest emergency room. Trained crisis counselors are available 24/7 by texting MHA to 741741, calling or texting 988, or chatting at 988lifeline.org. While you wait, here are some actions you can take to help someone experiencing a mental health crisis.

Information and Resources to Better Support

Visit the website <https://mentalhealth.networkofcare.org/foxcities-wi/Content/Index/14648> for more information and resources to better support specific populations of people:

- Someone who identifies as LGBTQ+
- Black/Indigenous
- A Veteran
- A Young Person
- A Person with a Disability
- A Person With a Mental Illness

Actions Steps for Helping Someone in Emotional Pain



Ask

“Are you thinking about killing yourself?”



Keep Them Safe

Reduce access to lethal items or places.



Be There

Listen carefully and acknowledge their feelings.



Help Them Connect

Call or text the 988 Suicide & Crisis Lifeline number (988).



Stay Connected

Follow up and stay in touch after a crisis.

[nimh.nih.gov/suicideprevention](https://www.nimh.nih.gov/suicideprevention)

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

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