

August/September 2025

Sunnyviews



INSIDE THIS ISSUE:

President's Letter	1—2
Advisor's Letter	2
Dates to Remember & Welcome Jayna Hintz	3
HCE Study Lesson	4—7
WAHCE Conference	8
HCE Mtg Minutes	9—10
HCE Activities	11—12
HCE Lesson: Scams	13—14
Common Scams	15
Managing Your Medical Costs	16—17
Local Library Events	18—23
The Air We Breathe	23—24
Winnebago Health & Wellness Corner	25—26
Wheelchair Wash	27
Welcome to Medicare	28
Bringing Hope & Light to the Dementia Journey	28
ForeverWell Field Trips	29
Dementia Education	30
Memory Camp	31
Finding Balance Event	32
Empowered Care Partners	33
YMCA Walking Group	34
Oshkosh Senior Expo	35
A Day with Lewy	36
Brighter Days	37
Ordinary & Happy	38
Recipe	39
Staff List	40

President's Letter

Dear HCE Members,

Our heat wave has broken, and EAA planes and campers are arriving daily for this year's celebration of flight. I hope you're having a great summer.

To our Extension staff, thank you for the excellent activities they led during Wisconsin Ideas Week. They were not only educational, they were fun.

Thank you Alicia Utke (Extension Waupaca County) for presenting the "Social Isolation & Loneliness" leader training before our April Board meeting. It was a good and worthwhile discussion.

We had four members attend the Central District meeting to represent Winnebago County: Sue Berg, Kathy Wuest, Joan Bestler, and myself. We had fun meeting with members from other counties. Sue even got people to volunteer for the 2027 State Conference. Thank you.

Thank you Westhaven Club for hosting the Spring Banquet. The fun musical decorations, silent auction, great food, and entertainment were a big hit. The Ukulele Club was so entertaining! The best part of the night was meeting our Scholarship recipient, Hannah Dobish. Hannah is the Granddaughter of HCE member, Vicki Savinski. She is a graduate of Oshkosh West High School. She will be attending University of Wisconsin Oshkosh in the fall and will be studying Kinesiology.

Jacob Kluza gave us a lesson about Beneficial Bugs on Monday, July 14th. His presentation was so informative. I hope everyone enjoyed it

as much as I did. Thank you to Joan Bestler, who brought baking items for our shoebox contributions for Nicaragua.

At the board meeting, we discussed our Annual Meeting on October 13th. We will gather at 11:45 and have a potluck lunch at noon. Rosemary Pionke wants everyone to bring a one dollar bill for a craft. We will be deciding what classes we will have for 2026. Bring your ideas. Election for president and treasurer will be held. I am having difficulty with my voice and wish to hand over the presidency to someone who can speak. We could even have co-presidents. I need someone in case my voice goes.

"May the lazy days of summer be filled with relaxation and peace."

Yours in Friendship,
Bernice Labus



HCE Advisor's Letter

Dear HCE Members,

I hope this message finds you well and enjoying the beautiful summer season.

As you may have heard, Extension is going through a period of significant transition due to recent federal funding cuts. These changes have had a deep impact on our programming, including the unfortunate elimination of our FoodWise program in Winnebago County (and statewide).

As a result, our incredible FoodWise Nutrition Educator, Kris Soper, will be leaving Extension this fall. Kris has made a lasting impact through her dedication to teaching nutrition, supporting families, and improving food access in our communities for the past 25 years. I encourage you to join me in sending Kris positive thoughts and gratitude for all she has done. If you have the opportunity, please reach out with words of appreciation or a warm goodbye—your support means so much during times like these.

While I am not affected by these staffing changes at this time, I know how unsettling change can be. I remain committed to serving as your Health and Well-Being Educator and will continue to support HCE and our community as we navigate this transition together. Your resilience, care for others, and ongoing engagement are what make this group so special.

Thank you for your understanding and continued support of Extension. We'll move forward—together.

Best,
Katie



HCE Dates to Remember

- 25th Monthly Wear ORANGE to speak out against violence
- Jul 30—Aug 3 Winnebago County Fair
- August 4 Stitches of Love Workshop
- August 15 WAHCE State Conference Registrations Due
- Sept. 15 Submissions Due for Oct/Nov HCE Newsletter
- Sept. 15—18 WAHCE State Conference—Green Bay
- October 13 Annual Meeting
- October 31 Due to Extension Winnebago County Office:
- Club President Card
 - Updated Club Membership List (w/ Photo Release Permission)
 - Affirmative Action Form
- October 31 Due to HCE Treasurer:
- Updated Club Membership List
 - Member Dues
 - Pennies for Friendship

**Welcome Jayna Hintz, Interim Director for Winnebago County**

Chris Viau resigned, effective June 27. Jayna Hintz has been named Interim Director for Winnebago and Outagamie counties, while continuing as Area Extension Director for Calumet, Manitowoc, and Sheboygan counties. Jayna provides leadership, support, and direction to Extension staff and collaborates with community partners and stakeholders to ensure access to University of Wisconsin resources and research across the region.

Jayna began her Extension journey in 2019 as the Ozaukee County 4-H Educator. She brings with her a depth of experience in partnering across organizations, elevating educational priorities, and coordinating meaningful programming. Her coaching-centered leadership style empowers staff, volunteers, and students in their professional growth. Her graduate studies focused on human development and psychological theories that span all stages of life—bringing insight and empathy to her work throughout the counties she serves.

Jayna Hintz, jayna.hintz@wisc.edu



“On Your Own” Study Lesson:
“Buzzing Into Awareness: Why World Mosquito Day Matters”

“If you think you’re too small to make a difference, you haven’t spent a night with a mosquito.” - African Proverb

August 20 marks World Mosquito Day, honoring the 1897 discovery by British doctor and Nobel Prize-winning scientist Sir Ronald Ross that mosquitoes transmit malaria. Though it may seem like a footnote in history, this discovery launched decades of life-saving research and disease prevention efforts.

Today, World Mosquito Day serves as a reminder of the ongoing impact mosquitoes have on global and local health - and how we can take action to protect ourselves, our loved ones, and our communities.

Note: The information included in this lesson was sourced from various articles written by the Centers for Disease Control and Prevention (CDC). Please visit the Centers for Disease Control and Prevention website at <https://www.cdc.gov/> for more information.

Who is Sir Ronald Ross?

Born in 1857, Sir Ronald Ross joined the Indian Medical Service and spent years studying malaria, ultimately proving that the parasites causing the disease complete part of their life cycle inside mosquitoes. His work confirmed the theories of fellow scientists Laveran and Manson and laid the foundation for modern mosquito control. Ross later became a professor of tropical medicine and an international consultant on malaria prevention, influencing public health strategies around the world.

In addition to his scientific work, Ross was also a poet, writer, and mathematician whose legacy lives on through the Ross Institute for Tropical Diseases and Hygiene. He died in 1932, but his contributions continue to save lives to this day.

Why are mosquitoes a public health concern?

With over 3,700 species found worldwide, mosquitoes are much more than a backyard annoyance—they are among the deadliest creatures on Earth. In the United States alone, more than 200 types of mosquitoes are known to exist. While only about a dozen can spread harmful germs to humans, they’re responsible for illnesses that impact millions every year.

Only female mosquitoes bite, using the protein in blood to develop their eggs. These insects thrive in warm, humid environments and can breed in even tiny amounts of standing water. Climate change, globalization, and urbanization have contributed to expanding mosquito habitats and faster disease spread.

*Next page: A female Culex quinquefasciatus mosquito
(Centers for Disease Control and Prevention, 2024).*

How Do Mosquitoes Spread Disease?

The process of disease transmission is complex and depends on environmental conditions and mosquito biology:

1. A mosquito bites an infected person or animal.
2. If the pathogen survives in the mosquito's gut, it migrates to the insect's salivary glands over 2–3 weeks.
3. When that mosquito bites again, the pathogen is passed on to the next host.
4. That person or animal may then become sick.



Whether a mosquito can carry and transmit disease depends on:

- The type of germ
- Temperature and humidity
- How much of the germ was present in the blood meal

Common Mosquito-Borne Diseases Around the World

Source: Centers for Disease Control and Prevention, "Fighting the World's Deadliest Animal" (2024)

Mosquitoes are more than just a nuisance—they are vectors for several serious diseases that impact millions of people worldwide each year. While some of these illnesses are more common in tropical and subtropical regions, increased travel, climate change, and invasive mosquito species have made it more important than ever to understand the risks and how to protect ourselves. Below are some of the most well-known mosquito-borne diseases affecting communities both globally and, at times, here in the United States.

West Nile Virus (WNV) - West Nile virus is the leading cause of mosquito-borne disease in the continental United States. It belongs to a group of viruses called flaviviruses and is primarily spread by infected mosquitoes, often with mild or no symptoms. However, in some cases, it can cause serious neurological illness.

Dengue—Dengue is common in many parts of the world, especially in tropical and subtropical areas. Nearly half of the global population lives in regions at risk, and it is a frequent cause of fever and illness in affected areas.

Chikungunya—Chikungunya virus has been identified in over 100 countries and causes outbreaks of fever and severe joint pain. While rarely fatal, the symptoms can be disabling and long-lasting.

Zika Virus—Zika is spread by Aedes mosquitoes and has been reported in regions of Africa, the Americas, and the Pacific. Though symptoms are often mild, Zika infection during pregnancy can cause serious birth defects, making it a concern for travelers and expectant mothers.

Lymphatic Filariasis (LF)—LF is a parasitic disease spread through repeated mosquito bites over time. It can lead to permanent swelling and disability, and

currently affects over 51 million people in 44 countries.

Malaria—Malaria remains one of the most serious mosquito-borne diseases globally, with over 249 million cases and 608,000 deaths reported in 2022. Though mostly found in tropical regions, a few locally acquired cases were reported in the U.S. in 2023, highlighting its continued relevance to public health.

Understanding these mosquito-borne illnesses empowers us to take preventive action and protect the health of our families, communities, and the wider world.

Mosquito Season in Wisconsin

In Wisconsin, mosquito season runs from late spring through early fall and peaks in humid summer months, when even small amounts of standing water—like in birdbaths or clogged gutters—can become mosquito breeding grounds.

To monitor disease spread, local health departments often test dead birds and set mosquito traps to detect viruses like West Nile. The risk may be lower than in tropical regions, but awareness and prevention still matter.

A female Anopheles quadrimaculatus mosquito.
(Centers for Disease Control and Prevention, 2024)



Protecting Yourself: The 3 Ds of Mosquito Safety

According to the most recent reports of Communicable Disease to Winnebago County Public Health (July 2025), only one case of malaria has been reported in the past 2 years, occurring in 2023. However, this does not mean that bite prevention is unnecessary.

Thankfully, you can take simple steps to keep mosquitoes at bay. Experts recommend following the 3 Ds:

1. **Drain:** Eliminate standing water around your home—especially in flowerpots, gutters, tires, and birdbaths. Mosquitoes lay their eggs in even tiny amounts of water.
2. **Dress:** Wear long sleeves and pants when outside, especially during early morning and evening hours when mosquitoes are most active. Light-colored clothing is less attractive to them.
3. **Defend:** Use EPA-approved insect repellents containing DEET, picaridin, or oil of lemon eucalyptus. Follow label instructions carefully and reapply as needed.

Other prevention tips include repairing window screens, using outdoor fans on porches, and planting natural deterrents like citronella, lavender, or marigolds.

What About Repellents? Understanding DEET and Safe Use

Choosing the right insect repellent is a key part of preventing mosquito bites—and one ingredient stands out for both its effectiveness and long track record: DEET. Consumer Reports and scientific experts alike consistently recommend

DEET-based products, particularly at concentrations between 25–30%, for long-lasting protection against mosquitoes, ticks, and other biting insects.

DEET (N,N-Diethyl-meta-toluamide) was developed in the 1940s by the U.S. military and has been widely used since 1957. It works not by killing insects, but by repelling them through scent and contact, disrupting their ability to detect and bite humans. Though its exact mechanism isn't fully understood, research shows that DEET masks human scents and causes mosquitoes to avoid treated areas—even when they can't smell it.

Some people express concern about using DEET, but decades of research show that it is safe when used as directed. According to the Environmental Protection Agency, adverse health effects are rare and usually linked to misuse, such as ingesting DEET or applying it excessively. When used correctly—only on exposed skin and outer clothing, not under clothes or near the eyes and mouth—DEET poses little risk.

The Centers for Disease Control and Prevention and the EPA do not classify DEET as a carcinogen. Most DEET-related health complaints are mild and treatable at home. The most important thing is to follow product instructions and apply only what is needed.

Here are a few safety tips to keep in mind:

- Choose the right concentration. Products with 25–30% DEET offer several hours of protection; higher percentages do not improve effectiveness.
- Apply properly. Spray onto hands to apply to the face, and avoid using on children's hands or near the eyes and mouth.
- Treat clothing if needed. For outdoor activities, spray outerwear in advance and allow it to dry before wearing.
- Wash off when indoors. Clean treated skin at the end of the day to reduce prolonged exposure.
- Avoid use on infants. Instead, protect babies with mosquito netting over strollers or carriers.

DEET remains the gold standard for insect repellents due to its proven reliability. With a little care and the right precautions, it offers a safe and powerful tool to reduce your risk of mosquito bites and the diseases they can carry.

Conclusion

World Mosquito Day reminds us that even the smallest creatures can have a big impact on health. By staying informed, taking prevention seriously, and supporting efforts to control mosquito-borne diseases, we can protect ourselves—and help others around the world do the same.

So this August, take a moment to inspect your yard, grab the bug spray, and spread the word. A bite-sized action today could help prevent a bigger problem tomorrow.

2025 WAHCE Conference

September 15—17, 2025

Tundra Lodge Resort Waterpark and Conference Center
865 Lombardi Ave., Green Bay, WI 54304

Make check payable to: *WAHCE, Inc.*

Mail with registration form to:

Jane Grabarski

996 Evergreen Ave.

Grand Marsh, WI 53936

- **Fees:** \$175 for HCE Members or \$185 for non-HCE members. Registration fee includes meals.
- **One-Day Registration for Tuesday** is \$100. The registration fee includes lunch and dinner.
- WAHCE reserves the right to alter or cancel a class as necessary.
- There is a \$50 late fee for forms postmarked after August 15.
- Northeast District County Presidents do not pay a registration fee.
- Registration fees are transferrable, but not refundable.

REGISTRATION DEADLINE: AUGUST 15, 2025

The registration form and more information about the exciting tours, sessions, presenters, and speakers for the 2025 conference can be found in the May 2025 edition of the UPDATE newsletter.

You can book rooms at Tundra Lodge by calling 1-877-886-3725. Reserve by mentioning Wisconsin Association for Home and Community Education. All rooms are suites and are \$99.95 per night

Questions?

Contact 2025 Conference Chairs:

Terra Malama 920-255-0308

& Louise Dahlke 920-362-4756



HCE Executive Board Meeting Minutes: April 14, 2025

Meeting was called to order at 2 PM. The Pledge to the flag and Homemakers Creed were led by Bernice Labus. Two members from Friendship, two members from Westhaven Circle, and two members from Gillingham were present. Treasurer's report was given by Kathy Wuest and approved by members. Minutes from January meeting were read and approved.

Gloria Larson reported on the Scholarship Committee. Westhaven banquet committee reminded all to bring items for the silent auction. They showed the invitation that will be sent to each member.

Our Central District Meeting will be on April 24th at the Waupaca FVTC. Kathy Wuest, Joan Bestler, Sue Berg, and Bernice Labus will attend.

The State Conference will be in Green Bay from September 15th through the 17th. They will have a one-day registration available for September 16th for anyone wanting to attend only one day.

Thank you to Alicia Utke, Waupaca Extension educator, for presenting *Social Isolation & Loneliness* before our meeting. We had an excellent program and conversation.

Our next meeting will be on the second Monday in July. Information for our lesson in June or July will be sent to presidents when we have the details.

Meeting adjourned at 3PM.

Yours in Friendship,

Bernice Labus, President



HCE Executive Board Meeting Minutes: July 14, 2025

Meeting called to order at 1:00 PM by President Bernice Labus. The Pledge to the flag was given followed by the Homemakers Creed. Roll call: there were 5 from Gillingham Club, 3 from Friendship Club, 1 Independent and 0 from Westhaven and Keepsake Clubs. Minutes were read by Bernice Labus. Sue Berg moved that they be accepted, Rosemary Pionke seconded, and members voted yeh. Treasurer Kathy Wuest collected Pennies for Friendship.

Treasurer's report was given by Kathy Wuest. It was moved to accept by Sue Berg and seconded by Dar Schiff. All present voted to accept.

Rosemary Pionke said she had a Cultural Arts project for members to try at our Annual Meeting in October. She needs each member to bring \$1 for the craft.

For the International Committee, Sue Berg gave a report about what our Pennies for Friendship do across the world.

Gloria Larson said we will need to have two new members appointed for our Scholarship Committee in October. Kathy Wuest received a nice note from our Scholarship recipient Keenan Rahn along with information about his enrollment for his sophomore year at Ripon College this fall. His Scholarship money was sent to the college. Hannah Dobbish was awarded the Scholarship at our 2025 Spring Banquet.

Kathy Wuest reported that Lynn Mozingo is still making hats with her friends for Stitches of Love.

Advisor, Katie Jaegly, stopped by on her way to her Strong Bodies class. She let us know that our county no longer has a FoodWise Program. Very sad to hear this. It was an excellent program with outstanding educators. She volunteered to do a Strong Bodies session with us at a future meeting.

Friendship Club will host the Annual Meeting on October 13th at the Coughlin Building. Gathering time at 11:45 with potluck at noon. Bring \$1 for the Cultural Arts activity.

Sue Berg talked about the State Conference in Green Bay this year and the 2027 session which will be held in Oshkosh. She encouraged all to think about break out session, speaker, and field trip ideas.

We adjourned at 2 with the Homemakers' Prayer.

Respectfully Submitted,
Bernice Labus, President





HCE Member Activities:

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

Spring Banquet: May 8, 2025

The Spring Banquet was held at the J.P. Coughlin Center. Attendees enjoyed entertainment by the Oshkosh Ukulele Club. 2025 HCE Scholarship Award winner, Hannah Dobish, attended with family and was presented with her certificate.

*Pictured right:
Gloria Larson and Hannah Dobish
(2025 HCE Scholarship Award
winner)*



*Pictured left:
Hanna and Sara Dobish*



*Pictured left:
Gloria Larsen, Kathy Wuest, Marylin
Holmes, Joan Bestler, & Sue Berg.*



*Pictured right:
HCE members and guests attending
the banquet*



*Pictured above left & right:
Oshkosh Ukulele Club*

HCE Lesson: “Scam Bingo” Stressed Ways to Protect Ourselves

Originally Published by Waupaca County HCE

These days, newspaper reports from the local Sherriff Department include scam investigations going on in our own neighborhoods. TV, news, radio, and magazine articles share current fraud alerts. Our personal information is being hijacked through email, card readers, phone calls, and companies you do business with. Two federal departments that previously intercepted scams from other countries have now been dismantled. At the same time, social media companies have amended their privacy and protection policies and no longer screen or take action to take down fraudulent sites, leaving users to fend for themselves. Since it is our money and our personal information being stolen, it now becomes our responsibility to deal with the loss of money or privacy. We (Waupaca County HCE) thank McKenzy Wagner of the Appleton Police Department for sharing the SCAM BINGO game played at the March HCE Program. Everyone received a black gel pen to mark their bingo cards and were encouraged to use them when writing checks, as gel ink is harder to scrub your information off a check and reroute it through your bank to steal your money.

Since seniors are more likely to “follow the rules” as well as be home, here are some new ways to protect yourself:

- Never say “yes” or “no” to a phone caller when you answer. Your voice can be used to sign up for unwanted goods or services. Answer the questions, “Is this...?” or “Can you hear me...” with “How may I help you?”
- If you receive an unsolicited email bill, do not look at it or respond to the attached phone number. Just delete the email.
- If you get a phone call or email and are asked to UNSUBSCRIBE, just delete the email. Any action you take in response lets them know you are alive, connected, and can be conned.
- Do not carry your Medicare Card, Social Security Card, or extra credit cards with you in your purse or wallet. These are a gold mine to scammers trying to use your identity to take out credit or launder money. Carrying a debit card with direct access to your checking account can be drained in just a minute. Protect your debit card like you would your cash.



SPOT THE SCAM

BINGO CARD

<p>Pretends to be from a well-known brand</p> 	 <p>Says you've won a prize</p>	<p>Uses pressure to make you act fast</p> 
<p>Asks for payment in gift cards, cash, crypto, or wire transfer</p> 	 <p>Includes a suspicious link</p>	<p>Comes from a number you don't recognize</p> 
<p>Has typos or strange wording</p> 	 <p>Asks for personal info (passwords, SSN, etc.)</p>	<p>Says "Don't tell anyone!"</p> 

Originally published by the Aging & Disability Resource Center of Winnebago County
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/June%202025%20%285%29.pdf>

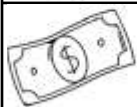
Common Scams

In 2024, Older Americans lost a record breaking \$4.9 billion stolen through fraudulent scams (aarp.org, 2025). Younger Americans lost on average around \$19,000 per person, while older adults lost a staggering \$83,000. While fraud affects people of all ages, the aging population are particularly vulnerable to scams and often suffer greater losses. This is partially because they frequently have greater assets than younger generations, and they tend to be more trusting and polite.

In order to properly protect yourself from scammers, it is helpful to know common scams, so you won't fall victim to these schemes (fbi.gov, 2025; ovc.ojp.gov, 2021). Here are some of the most common ones:

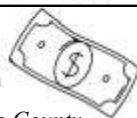
- **Romance Scams:** Scammers pretend to be an interested romantic partner on dating websites or social media. Often, they will ask to chat with you privately through email, text, or over the phone. After gaining your trust, they will ask for expensive gifts, money, or banking information.
- **Grandparents Scams:** Criminals will pretend to be a family member, often a grandchild, in need immediate financial help.
- **Government Impersonation Scams:** Scammers will pretend to be a government employee and threaten to arrest or prosecute you unless you agree to pay them.
- **Sweepstakes/Charity/Lottery Scams:** Criminals will claim they work for a charity group, or that you won the lottery or some sort of sweepstakes. Then they will try to collect a fee.
- **Investment scams:** You may have heard of Bitcoin and cryptocurrency scams. These kinds of scams will often paint the illusion that you will “win big” or get rich quick by investing in certain product, etc...

In addition to recognizing scams, be sure to never provide any personal information or provide funds to people you do not know (fbi.gov, 2025). Also, resist the urge to act quickly since scammers will often pressure people to act immediately. Make sure that your computer anti-virus and security software are up to date. Lastly, call your local police if you feel you are in any danger.



Managing Your Medical Costs

By the GWAAR (Greater Wisconsin Agency on Aging Resources) Services Team



Originally published by the Aging & Disability Resource Center of Winnebago County
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/July%202025.pdf>

As you age, your medical needs increase, leading to higher medical costs and greater difficulty in managing them. You may require more medical care than you did when you were younger, but that doesn't mean you should pay more for it. There are several things you can do to help keep your medical care costs under control. Listed below are tips to help you manage your healthcare costs.

- **Understand your out-of-pocket costs.** You should talk to an Elder Benefit Specialist (EBS), a State Health Insurance Assistance Program (SHIP) Counselor, or an agent to walk through what your out-of-pocket costs will be with your medical insurance policy. When you know what to expect, you can plan for monthly costs, such as doctor visits and medications. If you know your out-of-pocket cost for out-of-network providers, you can make more informed decisions about your care and potentially save money. You can also coordinate your care to take advantage of savings when deductibles are met.
- **Check eligibility for cost-saving programs.** You can save money on your monthly Medicare premiums if you are low-income by applying for a Medicare Savings Plan. You can also save money on prescription drugs with a program called Extra Help that could lower your Part D premiums, deductibles, and co-pays.
- **Familiarize yourself with your medical plan's formulary.** Most plans have formularies, or lists of medications that they cover. Some plans limit the number of pills you can obtain at a time and specify whether they will cover generic or brand-name medications. Switching to generic medications can save you money because these drugs are usually less expensive than name-brand medications. You may also be able to request to have a drug added to a formulary or placed at a lower tier to reduce your out-of-pocket costs.
- **Ensure that your providers and pharmacies are in network.** You will most likely not be covered or incur higher costs if you visit providers or pharmacies that are out of network. Contact your plan to ensure you stay in network to avoid higher costs.
- **Understand coverage criteria.** Research the services covered by your plan and the requirements for coverage. You can use your plan's

website to look up the coverage criteria or contact your plan for more information. Take this information to your provider to ensure they know the coverage requirements to avoid unexpected costs.

- **Don't be afraid to ask questions.** You should be in the habit of asking your healthcare providers questions about your treatment plan and whether there might be less expensive alternatives available. Don't be afraid to ask your insurance provider to look into coverage of items or services before you receive them to help avoid unexpected costs.
- **Know your right to appeal.** You may have a right to appeal a denied service or medication. Keep an eye out for notices or letters that outline your right to appeal. If you have been denied coverage you believe should have been covered, you may have the right to appeal. Usually, instructions on how and where to appeal are included on the notice that outlines the denial or service charge. If you have questions, you can find help at your local Aging and Disability Resource Center (ADRC) or consult your healthcare plan.

It's important to understand your appeal rights, the cost-saving programs available to you, and your healthcare insurance plan to effectively manage medical costs. Saving money on your medical care can help ensure that your budget stretches further. Don't be surprised by medical costs; plan ahead and find answers before they become a problem.



Do you need additional help managing your medical costs?

Extension's financial education programs help families and individuals across the state achieve financial well-being, keeping pace with day-to-day expenses, reaching financial goals, planning for life's unexpected events, and securing their financial future.

**Contact Extension Winnebago County Financial Educator,
Todd Wenzel, for more information at
todd.wenzel@wisc.edu or 920-232-1982**

2024 & 2025 Upcoming Local Library Events

Neenah Library:

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

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

8/4 @ 1:00pm—Stitching Group: Bring your crafting project (cross stitch, embroidery, knitting, crochet, or anything else you can bring along) and join us for an hour of crafting.

8/5 @ 6:30pm—Powered by Yarn: Bring your own project and tools. We supply the company, as well as moral and technical support in knitting and crocheting. This is an open crafting group.

8/5, 8/12, 8/19, 8/26, 9/3, 9/10, 9/17, 9/24, & 10/1 @ 5:30—8:30pm—Mah Jongg Meet Up: All skill levels, 18yrs+ are welcome to drop by and play. A few Mah Jongg sets will be provided, along with cards. If you have your own Mah Jongg card, please bring it with you.

8/15 & 8/22 @ 6:30am—Sunrise Yoga: Rejuvenate with 60 minutes of yoga with a 2nd-floor water view with yoga instructor Sarah Broda at 6:30 a.m. The library is not open at this time, and we will have someone posted at the doors starting at 6:15 until 6:35 a.m. Please bring a yoga mat or towel with you. Free, open to the public, and no registration necessary.

8/18 @ 1:30pm Memory Café—Valley VNA: Memory Cafés are for those experiencing early stage dementia, mild memory loss, or cognitive impairment, and for family and friends of those affected. It's a great opportunity for lively discussions, information gathering, refreshments, camaraderie, and lots of creative fun thrown in! We have a gerontology professional on hand to answer questions and an enormous wealth of experience among participants to be shared. Join us!

9/9 & 10/14 @ 4:30—6:30pm—Legal 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); assistance with legal forms; assistance with legal procedures; and guidance to additional resources. Please bring any paperwork relevant to your case.

9/27 @ 1:00pm—Dragon Boat & Mooncake Festival: Bringing together elements of sport, cuisine, and cultural heritage, this event is perfect for families and patrons of all ages. Explore and learn about Chinese traditions

while sampling foods such as rice dumplings and mooncakes. Several crafts and hands-on activities like paper zongzi, origami dragon boats will be available. Also, don't forget to participate in dry land dragon boat racing! Free, open to all, and no registration necessary.

9/30 @ 6:00pm—Strolling Photo Workshop with Photo Opp: The Neenah Public Library is excited to again host Appleton's Photo Opp for a walking photography workshop Tuesday, September 30th at 6:00 pm. Bring any camera (smartphone, digital, analog, instant, etc.) and take a casual stroll outside the library's premises while snapping photos and learning photography tips from Photo Opp's friendly photography experts. This is a relaxed/casual drop-in workshop meant to instruct and inspire. No reservations necessary. The workshop will last approximately one hour. Participants should meet outside the library's front entrance at 6:00 pm.

9/29, 10/6, 10/13, 10/20, & 10/27 @ 6:00—8:00pm—Mindful Living: Explore the many benefits of living mindfully – resulting in a less stressful life. You'll learn how to meditate, manage emotions, and challenge negative thoughts. Throughout the class, the book, *Slowing Down to the Speed of Life*, by Richard Carlson and Joseph Bailey, rev. ed. 2009, will be used in discussions. *Registration is required & participants are required to attend the first night. Class size is limited.*

10/4 @ 1:00pm—Paranormal October Series—Supernatural Lake Superior: Join Chad Lewis for a unique presentation on the wildly supernatural phenomenon of Lake Superior! His book, *Supernatural Lake Superior*, was released in July 2025. Lewis has captivated Neenah residents for many years, and this time will be no different. Will you remain in your seat or turn and run out the door from fear? Join us this spooky season for tales of the supernatural surrounding the largest freshwater lake in the world, Lake Superior.

10/22 @ 6:30pm—Paranormal October Series—Haunted Fox Valley: Hosts, Scott Wittman and Mickey Sanders of Badger Bizarre, are here this year to talk about haunted locations throughout the Fox Valley. Come hear actual captured evidence from past residents of the Fox Valley - who seemingly have never left!

10/25 @ 6:30pm—Paranormal October Series—Exploring the Paranormal: Join us for an after-hours event with Barnaby Jones, owner and founder of Wisconsin CAPS (Cryptids, Anomalies, and Paranormal Society). He will speak about the paranormal and the equipment used in paranormal investigations. After the presentation, discover if the Neenah Public Library is HAUNTED! Take a walk around the library in the dark if you dare!

Menasha Library:

<https://www.menashalibrary.org/calendar#/events/>

Register for events online or call 920-967-3690.

8/5, 8/12, & 9/2 @ 4:30pm—Legal Clinic: Winnebago Free Legal Assistance Clinic is a non-profit organization 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); assistance with legal forms or legal procedures; and guidance to additional resources. Please bring any paperwork relevant to your case.

Fiction Book Club Discussion: Everyone is welcome to join our fiction book club -- Novel Thoughts -- for some lively conversation about great novels - from classics to recent favorites!

- **8/7 @ 10:00am: “This Tender Land” by William Kent Krueger**
- **9/4 @ 10:00am: “Demon Copperhead” by Barbara Kingsolver**

8/11 @ 5:30pm—A Late Summer Garden Lunch—Cooking Demo: Join Chef Shelly for this delicious summer cooking demo featuring the best of late summer fruits and vegetables at their peak of flavor. Sample the dishes, learn how to choose and process the bounty, and take home the recipes. Spots are limited—reserve your spot starting August 1!

8/16 & 9/20 @ 10:00am—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.

8/20 @ 6:00pm—Green and Gold—End of Summer Movie: Enjoy a special presentation of the 2025 film *Green and Gold*. A fourth-generation dairy farmer on the brink of losing his farm to the bank wagers everything on a bet with his beloved Green Bay Packers while his granddaughter pursues music to save what they've worked for their whole lives.

9/6 @ 1:00pm—Square Dancing 101: Many were forced to square dance in gym classes. We are sorry! Join us to find out what you missed in your school experience. Square dancing is fun! You can dance to old or modern music. It's great cardio, improves balance, strengthens your bones, and stimulates the mind. Walk away from screens to socialize, laugh, and move. Try REAL square-dancing with a group of enthusiasts at the library.

9/11 @ 6:30pm—All Aboard—Wisconsin Railroads and Lionel Toy Trains: Join Bob Piel as he discusses his family history related to WI railroads and Lionel toy trains. Be sure to check out his display of toy trains outside of our Local History room!

Oshkosh Public Library:

<https://www.oshkoshpubliclibrary.org/events>

Call 920-236-5205 to register for events.

8/2, 9/6, & 10/4 @ 11:00am—Oshkosh Community Jam: Find your musical crew at the library! Bring your guitar, harmonica, drum, banjo - whatever you play - and jam to the Oshkosh beat.

8/4 @ 6:00pm—Join Our Focus Group!: You're invited to an informal gathering of Oshkosh residents to share your thoughts and help to guide decisions about library resources, services, and spaces. We need your input to help ensure that the library continues to reflect the needs and interests of the Oshkosh community.

8/4 @ 9:00am—Book Buzz: Find your next favorite read with Librarian Sarah. She'll talk about popular new titles releasing this month and give you suggestions for what to read while you wait.

8/4, 8/11, 8/18, & 8/25 @ 9:30am—Oshkosh Truck Memorabilia: Tim Wright is sharing an array of items from his vast collection of Oshkosh truck memorabilia at the Oshkosh Public Library, offering a fascinating glimpse into the history of the iconic vehicles that helped define the city's legacy. Whether you're a local history enthusiast or a Oshkosh Truck aficionado, this exhibit is a must-see for anyone interested in Oshkosh's industrial past and its enduring impact on the world of transportation.

8/5 @ 6:00pm—Storytime for Grownups: Join librarian Sarah Read at Planet Perk for a monthly grownup storytime. Color, work on a puzzle, craft, or cuddle with a cat while Sarah reads you a short story. Stories will be a mixture of genres, classics and contemporary, with time for discussion afterwards. It's like listening to an audiobook, but with friends!

8/5 @ 6:00pm—Adult DIY: Craft with us at the library! Call us to reserve your seat and supplies for these in-person, instructor-led workshops.

8/9 @ 9:00am—Craft Swap: Have a closet full of old craft supplies or uncompleted projects? Bring them to the craft swap! August 4 – 8: Drop off clean, gently used craft supplies at the library's First Floor Service Desk. For every bag you donate, receive one ticket to the swap! Only legitimate craft supplies will be accepted. August 9: Swap Day! Redeem your tickets for new-to-you supplies. Bring a bag for your treasures! Don't have anything to swap? You can still join in the fun by checking out library materials! Show us your library receipt dated August 9 to shop the swap!

8/12 @ 6:30pm—Stitch Together: Are you looking for a craft community,

camaraderie, or conversation? Bring your work-in-progress and join our new craft circle! All tidy crafts are welcome. 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!

8/16 @ 11:00am—Secret Unbirthday Gift Exchange: Help us spark our birthday celebration with a secret gift swap! Answer a survey to share your interests, and you'll be anonymously paired with another participant to exchange a small gift. Creative and handmade gifts are encouraged! Wrap and label your gift with your partner number, then drop it off at the 2nd floor reference desk or bring it to the Unbirthday Party on August 16 to exchange with your partner. The Unbirthday Party will have light refreshments and activities and is for swap participants only. Sign-ups start July 1. Gifts should be valued between \$10-\$15. Must be 18 or older to participate.

8/19 & 9/16 @ 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.

8/21 @ 6:00pm—Not Your Classic Book Club: No assigned reading here! You choose the book, whether it's a favorite or a flop. Discuss what you're reading and get new ideas from fellow readers. Share your thoughts, recommendations, and an appreciation for good stories.

8/26 @ 6:30pm—Banned Book Club: *To Kill a Mockingbird* by Harper Lee: Each month we explore banned and challenged books guided by Librarian Sarah. Discover the reasons behind censorship and engage in safe and thought-provoking discussions with fellow readers. If you value your freedom to read, this book club is for you!

9/24 @ 6:30pm—Pratt Trail– A Path to Preserving History & Heritage: In 2023—2024, a routine construction project in Menominee Park unearthed artifacts in an area identified as an extensive Native American village circa AD 900—1600. Cultural material such as grit-tempered Woodland and Oneota shell-tempered pottery were encountered during the road work. Cultural features in the form of pits and post molds were also encountered. The Pratt Trail reconstruction project was suspended as archaeologists from UW-Milwaukee were brought in to assess and ensure protection of the archaeological items. The City of Oshkosh also engaged with Wisconsin's Historical Society, DNR, and Tribal Nations to ensure compliance with laws protecting our state's heritage. Seth Schneider, Ph.D. (UWM Archaeological Research Laboratory Center) will share his experience working at the site, describe the artifacts found, and discuss the importance of preserving this historically significant village site beneath the newly constructed road.

10/1 @ 6:00pm—Saving Lives with Satellites: UW–Madison may be the birthplace of satellite meteorology, but scientists on campus have never stopped developing new ways for space-based instruments to protect and improve the lives of people back on Earth. Besides predicting when you might need your umbrella, weather satellites help us in ways that can potentially save lives. Our speaker is Steve Ackermann, former director of the Cooperative Institute for Meteorological Satellite Studies and former Vice Chancellor for Research at UW-Madison. You may know him as one of The Weather Guys, who appear regularly on Wisconsin Public Radio. Bring your questions and join us for a lively and informative evening!

The Air We Breathe

Originally published by the Winnebago County Public Health Department
<https://myemail.constantcontact.com/Public-Health-Happenings---July-2025.html?soid=1124680822228&aid=Tb2GqLXuUOw>

Reducing the health impacts of air pollution

There are times that the air quality outdoors is not safe for everyone. Wildfire smoke from Canada has recently caused several Air Quality Health Advisories in Wisconsin. Poor air quality can affect breathing for people with heart disease, asthma, and other respiratory diseases, as well as kids and teenagers. When air quality is potentially unhealthy for you, try to stay indoors.

Be aware of local air quality:

- Wisconsin Air Quality Monitoring Data (<https://airquality.wi.gov/home/map>)
- AirNow.gov (<http://www.airnow.gov/>)

During air quality advisories, take these steps to keep your indoor air quality Healthy:

- Close windows and doors to keep the indoors clear of outdoor air
- Seal any leaks around windows and doors
- Run A/C on fan or recirculate to filter the air inside
- Use an indoor air purifier

Learn More:

- DHS [Outdoor Air Quality and Health](#)
- DNR [Fire Management Dashboards](#)
- AirNow [Air Quality Guide for Particle Pollution](#)
- CDC [Air Quality](#)

What do the **Air Quality Index** Colors Mean?



Good

Good time to go outdoors.

Moderate

Unusually sensitive people go indoors if you have symptoms.

Unhealthy for Sensitive Groups

Sensitive groups reduce outdoor activity; go indoors if you have symptoms.

Unhealthy

Everyone reduce outdoor activity; go indoors if you have symptoms.

Very Unhealthy

Everyone avoid outdoor activity.

Hazardous

Stay indoors.

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

menashawi.gov/departments/senior_center**Oshkosh Senior Center**

#920-232-5300

ci.oshkosh.wi.us/seniorservices**Neenah-Menasha YMCA**

#920-729-9622

ymcafoxcities.org/foreverwell**Oshkosh YMCAs**

#920-230-8916

oshkoshymca.org/foreverwell-ages-55**Winnebago County Health Department –
Wellness Plus**

#920-232-3000

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.

Originally published by the Aging & Disability Resource Center of Winnebago County
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/July%202025.pdf>

FREE



Winnebago County
WHEELCHAIR AND
SCOOTER WASH

When: Saturday, August 9, 2025 10:00 AM - 12:00 PM
Where: J & R Auto Service, 29 Main St, Oshkosh

Services:

- Wash
- Minor Inspections and Repairs
- Food and Music
- Door Prizes and More!

Clean
vibes



Sponsored by:



Originally published by the Aging & Disability Resource Center of Winnebago County
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/April%202025%20FINAL.pdf>

Welcome to Medicare

Presented by Winnebago County Elder Benefit Specialists

The Aging and Disability Resource Center of Winnebago County invites you to attend a 'Welcome to Medicare' presentation. Current or future Medicare beneficiaries and their loved ones are invited to join us to learn more about Medicare options and benefits.

Oshkosh

July 8 - 2pm
September 9 - 10am
December 16 - 2pm

Neenah

August 12 - 2pm
October 2 - 10am



To RSVP Call 1-877-886-2372 or email us at adrc@winnebagoountywi.gov

Save the Date!

2nd Annual Conference:
Bringing Hope & Light to the
Dementia Journey

Keynote Speaker: Jolene Brackey
Author of Creating Moments of Joy

On site respite available



Date:
August 13, 2025



Time:
8:30a.m.-3:30p.m.



Location:

First Free Church
123 Mason St.
Onalaska, WI 54650



Originally published by the Aging & Disability Resource Center of Winnebago County
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/June%202025%20%285%29.pdf>



NEW DESTINATIONS, NEW FRIENDS!

FOR AGES 55+

FOREVERWELL FIELD TRIPS

Our senior field trips aren't just outings - they're lifelines to connection, joy, and discovery! Every trip offers seniors 55+ a chance to stay active, build friendships, explore new places, and create lasting memories. These experiences support mental well-being, reduce isolation, and bring the community closer - because adventure has no age limit.

JUNE 9
HIKE @ HECKRODT • 9-10:30 a.m.
Meet in the parking lot of Heckrodt Wetland Reserve at 1305 Plank Road, Menasha.
We will hike 1.5 - 2 miles.

JULY 16
BIKE @ WIOUWASH • 10-11:30 a.m.
Meet Fox River Brewing and we will bike out and back. Anyone interested, can enjoy lunch together at Fox River Brewing.

AUGUST 12
VALUE MOVIE DAY • TIME TBD
Meet us at the Marcus Cinema in Oshkosh for a Tuesday Value Movie! Movie and time are TBD.
NOTE: Members will provide their own transportation and pay for their own movie and/or food.

REGISTER ONLINE, at the Front Desk of either location, or by calling 920-236-3380.

OSHKOSH COMMUNITY YMCA • www.oshkoshymca.org

Downtown 920-236-3380 324 Washington Avenue • 20th Avenue 920-230-8439 3303 W. 20th Avenue

Originally published by the Aging & Disability Resource Center of Winnebago County
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/July%202025.pdf>



DEMENTIA EDUCATION SUMMER SERIES

Dates & Topics

June 10
Understanding Alzheimer's and Dementia

June 24
Building Foundations of Caregiving


July 8
Supporting Independence

July 22
Communicating Effectively

August 12
Responding to Dementia Related Expressive Actions

August 26
Exploring Care & Support Services

With:
COURTNEY TIENOR
Executive Director of Community Services
St. Paul Elder Services, Inc.

A free series offered by
 St. Paul Elder Services, Inc.

 **Memory Care Resource Center**
221 E 13th Street
Kaukauna, WI

 **3:00 - 4:30 PM**

 **(920) 766-6186**



Scan QR Code

REGISTER NOW

**This series is offered in partnership
with the Alzheimer's Association*

Originally published by the Aging & Disability Resource Center of Winnebago County
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/June%202025%20%285%29.pdf>



Memory Camp at Moon Beach

August 18-21, 2025



Hosted and directed by:

Carrie Esselman, Fox Valley Memory Project

Rachel Watkins-Petersen, Respite Care Association of Wisconsin



Leave dementia at the hilltop and embrace the magic of camp! Memory Camp is a stigma-free, joy-filled retreat for those with mild to moderate dementia, their family caregivers, and extended families and friends.



Sing by the fire, create poetry, savor s'mores, play cards, glide across Moon Lake on a pontoon, stretch with seated yoga, hike accessible trails, visit the music garden, kayak, swim, or simply relax on the shore.

Each family is matched with a trained volunteer, offering you respite—whether for a moment or the whole day. Stay in modern cabins with private baths, enjoy delicious meals, and soak in the warmth of a truly welcoming community.

All persons, regardless of religious beliefs, are welcome & encouraged to attend.

Register at uocwi.org or call Moon Beach (715) 479-8255



Moon Beach | 1487 Moon Beach Road St. Germain, WI 54558

Originally published by the Winnebago County Public Health Department
<https://myemail.constantcontact.com/Public-Health-Happenings---July-2025.html?soid=1124680822228&aid=Tb2GqLXuUOw>

JOIN US | FOR THIS FREE FALL PREVENTION COMMUNITY EVENT

Tuesday, August 26th, 2025

Bridgewood Conference Center

1000 Cameron Way, Neenah

Event - 8:30am - Noon

Registration Opens at 8:15am

Welcoming Remarks: 9:00am

What's in Your Finding Balance Toolbox?

Join us for this year's Finding Balance Together event, where you'll discover tools to help you stay steady, safe, and independent!

You'll have the opportunity to:

- ▶ Learn new exercises promoting balance and strength
- ▶ Gain valuable insights to preventing and managing concussions as you age
- ▶ Participate in interactive health screens
- ▶ View engaging demonstrations—such as how to use Urban Walking Poles, and nutritious meal ideas
- ▶ Explore helpful community resources
- ▶ Build your own "Finding Balance Toolbox!"

Pre-registration is appreciated

Please register to reserve your place as seating is limited.

For more information, and to register online, visit

www.FindingBalanceTogether.org or scan the QR code:



**THANK YOU
TO OUR
SPONSORS!**



Originally published by the Aging & Disability Resource Center of Winnebago County
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/July%202025.pdf>



EMPOWERED CARE PARTNERS!

Education for Individuals Caring for a Loved One with a Memory Disorder

- Learn communication approaches and strategies
- Receive practical tips and information
- Problem-solve solutions for those tough situations
- Facilitated by a Licensed Clinical Social Worker who specializes in Memory Disorders

2ND AND 4TH TUESDAY OF EACH MONTH/1:30-3:00

(8 SESSIONS: BEGINNING AUGUST 26, 2025)

NEW! VIRTUAL OPTION NOW AVAILABLE!

NEUROSCIENCE GROUP, 1305 W. AMERICAN DRIVE, NEENAH

Registration is required for this free series. Contact Julie Feil, MSW, LCSW (920) 725-9373 ext. 6850 for more information and to register. Materials included.



excellence in brain, spine and pain care
neurosciencegroup

Originally published by the Aging & Disability Resource Center of Winnebago County
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/April%202025%20FINAL.pdf>



OUTDOOR WALKING GROUP

ForeverWell 55+

OGDEN YMCA

Cost: Y Member - FREE

General Public - \$3 Pass

Thursday, September 11

9:00-11:00 AM

Community First Credit Union – Café

*Bring a few dollars to enjoy a snack

Approximately 4 mile walk

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

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

Originally published by the Aging & Disability Resource Center of Winnebago County
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/July%202025.pdf>



OSHKOSH CONVENTION CENTER, 2 N. MAIN ST
TUES. OCT. 7, 2025 9-1

- **A Public Expo for Active adults, Retirees, Veterans, and Caregivers**
- **450+ Attendees with 75+ Exhibitors of Senior Products & Services**
- **Free Admission, Health Screenings, Speakers, and Door Prizes**



Originally published by the Aging & Disability Resource Center of Winnebago County
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/April%202025%20FINAL.pdf>

Save the Date

Thursday, October 9, 2025

A Day with Lewy

Lewy Body Dementia and the Caregiving Journey

Join us for an informative conference dedicated to expanding your knowledge and comprehension of Lewy body dementia, exploring its impact, symptoms, and the latest research in the field.



Explore resources for caregivers and listen to insights from expert speakers.



8:00 am - 4:00 pm



Acquire new skills and connect with local professionals.



UW-Oshkosh
Culver Family
Welcome Center
625 Pearl Avenue
Oshkosh, WI 54901



Pending approval: CE credits will be offered for professionals at no cost.
Sponsorship is not an endorsement by the conference planning committee or their representing agencies.

Originally published by the Aging & Disability Resource Center of Winnebago County
<https://www.co.winnebago.wi.us/sites/default/files/uploaded-files/April%202025%20FINAL.pdf>



Oshkosh Community YMCA

BRIGHTER DAYS

SUPPORT PROGRAM



WHAT IS BRIGHTER DAYS?

A support program for those ages 55+ that have experienced the loss of their partner.

GOALS OF THE PROGRAM:

- ✔ To support those, 55+ years old in their grief following the loss of their partner by bringing people of like experience together.
- ✔ To improve feelings of isolation and depression through social connectedness, mindfulness activities, and physical activity.
- ✔ To help participants maintain independence through regular physical activity and falls prevention measures.

PROGRAM OUTLINE

- ✔ WEEKLY
Support group led by YMCA staff following the GPS Model. Each session will include mindfulness, check in, discussion, and a closing.
- ✔ WEEKLY
Small Group Training with a Certified Personal Trainer or Group Exercise Instructor.
- ✔ MONTHLY
Monthly Enrichment Sessions such as bowling, visiting public attractions, potluck socials, and more!

NEXT STEPS

Please contact Brandy Hankey at brandyhankey@oshkoshymca.org or (920) 230-8439 to learn more about the program and to schedule an intake appointment.

MEMBERSHIP BENEFIT

Participants that do not receive a membership as an insurance benefit will receive a complimentary membership if they participate in a minimum of 4 sessions per month.

OSHKOSH COMMUNITY YMCA
www.oshkoshymca.org
Downtown (920) 236-3380
20th Avenue (920) 230-8439



SUPPORTED BY:



"Having a support network in your life and being a part of other people's support networks, means you can add their energy and their mental, emotional, and physical resources to your measure of resiliency."

- Unknown

Originally published by Ordinary & Happy
<https://www.facebook.com/ordinaryandhappy/>

Deep 'Get to Know You' Topics

Ordinary & Happy

Glass half empty or half full and why.

Morning person or night owl.

Whether spontaneity sounds fun or frustrating.

What a 'fun' weekend looks like.

Work hard then have fun or work smart to try to have more fun.

A memorable experience and what you learned.

Your strongest personality trait.

What you believe others think is your strongest personality trait.

What does 'success' mean to you.

Whether you'd move to a new city or country and what it would take.

What you believe is the most noble profession.

Whether music makes you want to sing, dance, jump, or listen.



What 'home' means to you.

Your favorite place and why.

A passion outside of work.

A moment you believe altered your life path.

Whether 'good and bad' is more black and white or a spectrum.

One of your fondest memories.

What you'd do if you didn't have to work.

How you show love.

What motivates you.

Whether, generally, you'd rather stay in or go out.

What you think of when someone says 'let's do something'.

What you want to be remembered for.

Mexican Street Corn Dip

Originally published by Half Baked Harvest.com
<https://www.halfbakedharvest.com/street-corn-dip/>

Ingredients:

- 2 tablespoons chili powder
- 2 teaspoons smoked paprika
- 1/2-2 teaspoons cayenne pepper (to your taste)
- 2 tablespoons extra virgin olive oil
- 1 yellow onion, chopped
- 2 cups corn (3-4 raw)
- 2 cloves garlic, chopped
- kosher salt and black pepper
- 6 ounces cream cheese, at room temperature
- 1/3 cup sour cream
- 4 tablespoon salted butter
- 1/3 cup olive oil mayo or use plain Greek yogurt
- 2 tablespoons fresh lime juice
- 3/4 cup crumbled cotija cheese
- 1 ear grilled corn, kernels removed from the cob
- 1/4 cup fresh cilantro, chopped



Directions:

1. Mix the spices. In a bowl, combine the chili powder, paprika, cayenne, and a pinch of salt.
2. Heat the olive oil in a skillet over medium-high heat. Add the onion and cook until soft, 5 minutes. Add the corn, garlic, 1 teaspoon of the spice mix, and season with salt and pepper. Cook until the corn is softened, 5 minutes.
3. Reduce the heat to low. Mix in the cream cheese until melted and creamy. Stir in the sour cream. Cook until warmed throughout. If desired, thin the dip with milk.
4. In a separate skillet, melt the butter until golden. Mix in 3 teaspoons of the spice mix, plus a pinch of chili flakes and salt. Cook another minute, then remove from the heat.
5. Mix the mayo and lime juice with a pinch of salt.
6. Spoon the dip into a wide serving bowl. Top with grilled corn and drizzle the mayo and spicy butter over the corn. Sprinkle on the cheese and cilantro. Serve with lots of chips for scooping!

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.

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