We rise by lifting others

To see the newsletter on-line go to: www.ci.oshkosh.wi.us/Senior_Services/

920-232-5300

Subscription Price: FREE

A Monthly Publication of the Oshkosh Seniors Center supported by the Friends of the Oshkosh Seniors Center, Inc.
**Important Changes to Go Transit Bus stops at OSC.**

Due to the Oshkosh Avenue bridge being closed for several months, there is an adjustment to the Route 3 bus that services the Oshkosh Seniors Center. This bus will have limited stops.

The new schedule for stops at OSC during this bridge closure will be:

-  8:02  8:32  9:02
- 11:02 11:32
- 12:02 12:32 1:02
-  3:02  3:32  4:02

---

**Bus Pass**

Do you want to go to the Seniors Center and just don’t have a ride? What if we told you, that you can get to the Center and back home free of charge? Well, you can! The Seniors Center offers a bus pass for anyone 50 and over to get you from your nearest bus stop to the Seniors Center and back free of charge. Stop in at the front desk at either building to acquire your bus pass. If you need a regular bus pass, they are available at the bus office located on Dempsey Trail.

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**REFUNDS/PRE-PAY ACCOUNT**

- What is Prepay? In SchedulesPlus, there is an account called PREPAY, which enables you to make a deposit of funds, or to receive a refund of funds, to your own account. These prepay funds are then available for you to use as you check-in for future activities and events. You can even purchase snacks with your Prepay account.

As we work to keep our front desk help healthy, we ask that you help us.

- To limit the handling of cash, please deposit funds on your prepay account via personal check.

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**The Oshkosh Seniors Center will be closed on Monday, May 25**

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**WHAT’S IN THIS ISSUE?**

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This past month of practicing physically distancing from each other has been an epic test of our abilities to ignore our needs to be social creatures. In the name of good health we have all made changes to reduce the spread of COVID-19. We have isolated together, which has made this experience slightly more tolerable. The Oshkosh Seniors Center wants you to know we are ready to welcome each of you back, as soon as the City of Oshkosh gives us the thumbs up to “open for business”!

Enjoy a few memories from the past as we gear up for making new memories at the Oshkosh Seniors Center. Our team is anxious for your return. Please remember we are here to help. Call us at 920-232-5300, M-F, 8 am to 4:00 pm.
Does practicing “Safer At Home” have you visiting your refrigerator more often than usual? Not working out like you typically do? Check out OSC’s Fitness & Wellness Coordinator Alec Jensen’s exercise classes!

Exercise Class Schedule on Spectrum cable Life TV channel 2
(available in the City of Oshkosh only)
Monday-Sunday at 8:00 am & 4:00 pm
Find it on Roku, Amazon Fire Stick, and Apple TV
On these devices, search in apps for Oshkosh Media, add the app and classes will be available every day at 8 am & 4 pm
Or available on demand on Oshkosh Media YouTube page
https://www.youtube.com/user/
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Call 1-800-950-9952 • www.4lpi.com Oshkosh Senior Center, Oshkosh, WI A 4C 01-0984
The Oshkosh Seniors Center has been closed since March 15, 2020 as a precautionary measure to help deter the spread of COVID-19. It’s safe to say none of us saw this coming! We printed this May newsletter in early April. Please keep in mind we are sharing information that was available at the beginning of April.

The efforts to fight COVID-19 has been ever-changing, so understand the goal of the May newsletter is to communicate that if we are given the go ahead to reopen the Center will be ready! Most of the everyday activities will resume. We will contact you via email, post information on www.wi.Oshkosh.ci.us/SeniorServices, and www.facebook.com.

We are receiving several questions and we would like to take this opportunity to answer some of the more common inquiries:

**Will the Center be running regular programming in May?**

At the time we printed this newsletter in early April we were under the Governor’s order to stay Safer at Home! Changes due to COVID-19 precautionary measures were happening frequently. If we are running programs in May the schedules will be available online at www.schedulesplus.com/oshkosh/kiosk/. Please check often as schedule may change.

**I am registered for an event/activity that has been postponed, and now I cannot attend the rescheduled date. What are my options? Or, I don’t always carry cash or checks, what options do I have for payment?**

Ideally you would refund the payment to your Prepay account.

**Refunds/money deposited to Prepay and what are PREPAY funds?**

In SchedulesPlus, there is an account called PREPAY, which enables you to make a deposit of funds, or to receive a refund of funds, to your own account. These prepay funds are then available for you to use as you check-in for future activities and events. You can even purchase snacks with your Prepay account. Please note, if you originally paid via Prepay, then the refund will automatically be posted back to your prepay account.

Many of our day-to-day activities have fees associated with them. Often, you may pay $1.25 for one activity, and maybe $.75 for another. Having to make payments every time you visit can be an inconvenience. Depositing funds to your Prepay account eliminates the need to always have cash or check with you. You can get a print out of your prepay account activity at any time, just ask at the front desk.

If you do not wish to use your Prepay account, and desire a refund, please speak with the front desk volunteer. The City of Oshkosh will issue you a check via mail for the refund amount. Please note that refunds may take 3-6 weeks to be processed.
I understand that when the Center reopens, I may be notified via email, Facebook, or I can look on the City of Oshkosh website. Is there any place I can look for a calendar of what is happening when the Center reopens?

Our intent at the Center is to run as many activities and programs as possible when we reopen. However, the health of our participants will still be a focus of what we do here. We will follow the CDC guidelines, local, state and federal directives in place at that time we reopen to protect everyone’s health. To review the most up to date activities at the Center, go to www.schedulesplus.com/oshkosh/kiosk/, then click on “Our Calendar”. Staff will be continually updating the calendar for what is happening each day.

I paid for a pass and due to the Center being closed, I wasn’t able to use it and now the pass has expired. What happens next?

Any monthly Creative Expression pass, Stay Active pass, or Stay Social pass that was active at the time of closure will have the expiration date extended until June 1, 2020. (Please remember this was the information available at the beginning of April. If the timeline changes, so will the extension date.)

Will we still have Food Truck Fridays?

The short answer is we don’t know! At the time we printed this issue it was way too soon to call it off. Therefore, we are continuing our sponsorship efforts and planning for the June 19, July 17, August 21 Food Truck Fridays in South Park.

Stay tuned!

Date changes may happen as new local, state, and federal directives become available. One thing we do know is it’s going to be a well-deserved great night out!
WHEN IT COMES TO MEDICARE, 
YOU HAVE CHOICES.

Let us help you find the best plan to fit your health care needs.

Are you or a loved one enrolling in Medicare this year? Are you thinking about retiring? No matter your situation, we can help you get answers to your Medicare questions at a neighborhood meeting.

April 6th, 10 - 11 AM
The Delta
515 N Sawyer Street
Oshkosh, WI 54902

April 28th, 11 - 12 PM
Jirschele Insurance, LLC
923 S Main Street
Oshkosh, WI 54902

April 16th, 6 - 7 PM
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May is Skin Cancer Awareness Month

The Big Three from The Big See

Skin Cancer is the cancer you can see but it often goes undetected

Hey, what’s that?
Keep an eye out for any NEW moles or blemishes that have popped up – especially if they appear after age 21.

Changing
A leopard’s spots don’t change – and neither should yours
Always check if your spots are CHANGING in color, shape, size or texture.

Unusual
One of these things is not like the others...
Look for spots that are UNUSUAL in outline or continuously itch, hurt, crust or bleed for more than 3 weeks.

“The Big See” campaign aims to inspire you to open your eyes, get to know your skin, and look in the mirror.

Since 1979, The Skin Cancer Foundation has set the standard for educating the public and the medical community about skin cancer, its prevention by means of sun protection, the need for early detection and prompt, effective treatment.
The well-being of all of you and the OSC staff is of great importance. We are taking additional steps to ensure the safety of our participants and staff. On a daily basis we have been and will continue to follow the guidance and recommendations of the CDC, WHO, and the Winnebago Public Health Department regarding hygiene and cleaning. Our safety measures are designed to address a broad spectrum of viruses, including COVID-19. Efforts include everything from handwashing hygiene, to the use of specific cleaning products, and “common area” cleaning procedures.

Specific steps we are taking include:

- Use of cleaning and disinfecting protocols after groups depart and before others arrive, with particular attention paid to table and chair surfaces

- Increased frequency of cleaning and disinfecting public spaces, with a focus on the counter at the front desk, computer kiosks, door handles, restrooms, light switches, handrails, and other “high touch” areas.

- The cleaning and disinfecting of games, cards, bingo supplies etc.

- In addition, staff have increased the frequency of cleaning and disinfecting office spaces

Here’s a glimpse of what we’ve been up to during the time of closure:
While some staff were busy cleaning and disinfecting at the Center, other staff members served the community by helping out at City Hall with early voting and absentee ballots. The staff worked many hours per day, directly with the public, so that everyone’s right to vote could happen. Special thanks to Bobbie Jo, Sara, Evan and Alec for their service to the Oshkosh community! You may also have seen OSC staff manning your voting site. We all helped where we could to support each other during this unusual time.
Boost Your Immune System

Authors: Dr. JJ Allen PharmD, CISSN & Sean Casey RD, CISSN

If there was ever a time in our recent history where the immune system was at the forefront of daily discussion, it’s now. One can hardly turn on the nightly news, open a newspaper, or surf the internet without coming across strategies to boost the immune system. With the overwhelming flow of information out there, it’s no wonder many patients ask me, “What are legitimate ways to improve my immune system?”

To address this question, I emphasize a personalized, holistic approach to building one’s immune system through six key pillars: a diet rich in nutrient-dense foods, sleep, stress management, social connection, physical activity, and sunlight exposure. Although these pillars form a strong base, there are times when further fortification of the immune system, in the form of nutraceuticals (natural foods, including antioxidants, dietary supplements, fortified dairy products, and citrus fruits, and vitamins, minerals, herbals, milk, and cereals) is quite important; especially in instances where it may be challenging to obtain desired nutrients from food alone.

Research suggests that nutraceuticals such as beta-glucan, CBD, elderberry, Immunoglobulin G, melatonin, vitamin D, zinc and many others all may directly or indirectly support various aspects of immune function. I recommend and personally take combinations of these and other dietary supplements quite frequently, but recognize that the combination varies for each patient.

Here are few things to consider: elderberry products should be standardized for anthocyanins, but many are not. High doses of CBD interact with blood thinning medications such as warfarin. Without the proper supporting micronutrients, taking a high dose of Vitamin D may lead to calcification of your arteries and soft tissue. When it comes to high-dose zinc, consuming it without other key minerals may lead to anemia and neurological symptoms.

My goal in sharing these nuances of various nutraceuticals which support the immune system is not to scare you. Rather it’s to inform you that although dietary supplements are great tools when used correctly, if used incorrectly, they do carry risk. As a Doctor of Pharmacy with extensive study in physiology, pharmacology, nutrition, and biochemistry, I know that one cannot take a “one size fits all” approach to fortifying the immune system. For this reason, I strongly encourage anyone considering the use of nutraceuticals to seek the assistance of someone with knowledge of both their medications as well as a firm understanding of the biological science disciplines.

Considering the current viral pandemic we are experiencing, to date there are no known nutraceuticals proven to prevent, treat, or cure COVID-19. If you see advertisements suggesting this or individuals making such claims, these should be disregarded. Per FDA law, these claims are illegal.

In summary, there are many ways to support and fortify your immune system. At Hometown Pharmacy, we take a holistic approach to optimizing your immune system through the six pillars; and when appropriate, the strategic use of nutraceuticals. If you have questions on which nutraceuticals may be right for you, please reach out to a Hometown Pharmacy team in your area.

To reach JJ and the Sawyer Street Hometown Pharmacy team: Call: 920-426-0763, Text: 920-289-2863, or Email: jallen@hometownpharmacyrx.com
This month we celebrate the women in our lives who mean or meant the most to us. Whether we call them Momma, Mom, Granny, Grandma, Auntie, Godmother, Daughter, Teacher, Neighbor, or Friend, the sentiment is still the same. We love these women for the love & support shared with us in life. To all the beautiful, strong, and influential women in our lives, both past and present,
Happy Mother’s Day!

The staff here at OSC thought it would be fun to have a contest matching our mothers to us. Look at page 15
Can you match the child with the mother? Give it your best guess, then return/share your answers via email, mail, drop off, or even a phone call. We’ll take the correct answers, put them in a drawing, and 5 people will win prizes!

email answers to: jwells@ci.oshkosh.wi.us
Phone answers to: 920-232-5300
Mail to: Oshkosh Seniors Center
Attn: Bobbie Jo Luft
200 N. Campbell Road
Oshkosh WI 54902

Your Name____________________________________________Phone_________________

Please print clearly so we can read it

Write the child that goes with each mom
Mom #1 Child #_______      Mom #5 Child #_______      Bonus: Guess who?
Mom #2 Child#_______      Mom #6 Child #_______       Child #1__________Child #4________
Mom #3 Child#_______      Child #2__________Child #5_______
Mom #4 Child #__________    Child #3__________Child #6_______

Entry Deadline: Friday, May 22 at 4 pm

14
Mother’s Day Contest

Mom

Child

Mom #1

Child #1

Mom #2

Child #2

Mom #3

Child #3

Mom #4

Child #4

Mom #5

Child #5

Mom #6

Child #6
Brain Fitness

There is evidence that brain games may help sharpen certain thinking skills such as processing speed, planning skills, reaction time, decision making, and short-term memory. Pick up a pen and workout that brain!

Answers on page 19

From the day we are born our brain is primed for learning, ready to capture the experiences of our lives and encode them into its web of nerve connections. Below are some key words related to how learning and memory happen within the brain and the role of social engagement plays in both. To learn more, see the "Successful Aging & Your Brain booklet from the Dana Foundation at www.dana.org/successfulaging."
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Do you enjoy gardening but no longer have the space or energy to maintain a full garden? Container gardening might be the perfect solution. Plants that can be grown in pots and containers are unlimited in variety and use, a container garden can go almost anywhere, you don’t have to pull any weeds, and there are fewer pests to deal with. Use these container gardening tricks as part of your overall garden plan.

Article Source: Preparedness Mama
https://preparednessmama.com/container-gardening-tricks/

Be Creative With Your Container—If you are just starting container gardening, it can be expensive to buy new pots, so look around and find things you already have that can be used for your garden. Just about any container can be used for growing your plants. It’s another way to recycle cans and empty egg cartons, which are good seed starters. If that doesn’t appeal to you, terracotta pots are inexpensive and attractive. You can also use plastic pots, which have the added advantage of holding moisture longer. Choose containers of different sizes and shapes or colors for interest.

Soil Is Important—It is possible to have a productive garden in appropriate size containers. You just need a big enough pot size to accommodate the root requirements of your plants and good potting soil to support the nutrients your plants will need. Regular garden soil is too heavy to use in container gardening. Look for something light but water retaining at the local nursery. Typically the potting soil contains peat moss, perlite and vermiculite.

Planting Depth or Planting Width?—The wonderful thing about plants is that their root systems are adaptive. They will use the space they are given to grow healthy plants. That means you have options when choosing your containers. Every plant has a certain soil depth as a minimum requirement. Think about a tomato plant growing large juicy fruit. Its root system is huge and the more room you give it to reach into the soil, the bigger your fruit will become. People who want to grow tomatoes in containers use 5-gallon buckets or 32 gallon totes. It’s all about the roots. Other plants – like lettuce – do not require much in the way of soil depth and can be grown in shallow containers.

Nutrients Required—Your plants need 3 main nutrients to thrive. Nitrogen (N), which promotes healthy foliage, Phosphorus (P), which works on the flowers and a necessity if you want to harvest any kind of fruit or vegetable, and Potassium (K) which promotes strong roots and overall vigor. When you purchase fertilizer in the store the package always refers to the N-P-K ratio, 10-20-10. They are always listed in the same order, so, in this case, you would be purchasing fertilizer with 10% Nitrogen (N), 20% Phosphorus (P) and 10% Potassium (K).

Extra Watering—Containers will always require extra watering during the hot part of your growing season. The limited soil area will dry out faster than a regular “in ground” garden. Plan on watering daily during peak season and consider adding a drip system if you are the forgetful type. All lush, productive gardens get that way by having adequate water, sun, and nutrients. If you are planning on using your containers for food production, paying attention to the water requirements of your plants is perhaps the biggest thing you can do to be successful.
While practicing “Safer At Home”, please take the time to check in on a friend, relative, or neighbor. Let’s work together to stay connected, making sure needs are met, and help to pass the time during days which can become long.

How to reach out? You can call, text, video chat, or even go back to good old letter writing!

If you need to chat, call us at the Center: 920-232-5300, we’d enjoy hearing from you!
Hi Travelers,

We miss you! We hope this update finds you all healthy and safe. The situation around the Coronavirus is changing rapidly and Winnebago Senior Tours is working with our venues on a trip by trip basis. As I write this, we have already cancelled the following trips: “Guys & Dolls” at Fireside Theatre in Fort Atkinson, “The Golden Girls” at the Schauer Theatre and The Biltmore Estate extended trip by Diamond Tours. The Fox Cities PAC has postponed Jimmy Buffet’s “Margaritaville”. Our number one goal is to keep our travelers safe and healthy. Winnebago Senior Tours is monitoring our phone messages daily, so please leave a message at 920-232-5312 and your call will be returned. If you are interested in registering for any future trips, simply send a check with your request to Winnebago Senior Tours (WST), PO Box 1851, Oshkosh, WI 54903

Thank you for your support and patience as we all deal with unprecedented times. We hope to be back, **On the Road Again**, real soon!

Sincerely,

Winnebago Senior Tour Guides
Planning Efforts for Food Truck Fridays are a GO!
(Of course we will be following local, state and federal recommendations as they become available)

Food Truck Fridays Summer of 2020
June 19
July 17
August 21
5-9 pm
Family Fun in South Park!
Fundraiser for the Oshkosh Seniors Center
Food Trucks & Live Music

Thank You to Our Current Sponsors!

- WI Public Service  Silver
- Valley VNS  Silver
- Evergreen  Bronze
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- Fletcher Chiropractic  Patron
- Bella Vista  Patron
- Gartman Mechanical  Patron
- Fletcher Chiropractic  Patron
- Landscape Solutions  Patron
- Jirschele Insurance  Patron

It’s not too late to become a sponsor of Food Truck Fridays!

The Friends raise more than 10% of the entire operating budget of the Oshkosh Seniors Center. Food Truck Fridays are the major fundraising events for the year! A successful summer ensures we are able to provide funding for programming and support that benefits the Center and their 4,000 participants. Please contact Anne Schaefer at 920-232-5306 if you are interested.
Featured Partner: Oshkosh Healthy Neighborhoods

Making social connections in a world of social distancing

A few weeks ago, the focus of almost all our work relied on the concept of “social connectedness.” Today, to say that the landscape has changed significantly is an understatement. Like everyone else, Oshkosh Healthy Neighborhoods is learning to navigate a “new normal” and trying to identify what it means to maintain social distancing. We put together this list of tips for seniors regarding social distancing in our neighborhoods.

Tips for Seniors Navigating through COVID-19:

1. **Social distancing does NOT mean social isolation.** Because we are following the “safer at home” recommendation it is easy to fall into the habit of isolating. But there is a big difference between physical isolation and social isolation. The current recommendation is to avoid large gatherings and keep a physical distance, but we need to be social. We should be thinking about how to make connections with family and friends using creative tools and technologies. Whether it’s putting something in your window to let your neighbors know you are okay or sharing status updates on social media, it is critical to stay connected with your friends and neighbors during this transition. (The attached pictures might spark some ideas.)

**Go out of your way to say hello.** As we continue to walk outside you might notice a few unfamiliar faces. Oshkosh Healthy Neighborhoods challenges you to go out of your way to say hello to everyone you encounter. Or, as our monthly publication is aptly named, a simple “Hey, Neighbor!” might be a perfect opening to a conversation. Keep the required distancing, but hopefully, as the days unfold you can use this time to make new acquaintances. (To receive our Hey, Neighbor! Bi-weekly publication please email info@gohni.com.)

2. **Take advantage of “At Risk” shopping times.** Most essential stores are now providing designated shopping times for those that are most vulnerable to the virus. Seniors over age 60 and people with jeopardized immune systems are encouraged to shop early in the morning or later in the evening. Less people shopping lowers the risk of exposure, so take advantage of the opportunity when possible. Stores might also waive the limited purchases for essential items like paper products and cleaning supplies. This allows people who are at risk to stock up so they don’t have to venture to out as frequently.

3. **Set up formal connection times and methods.** We’ve noticed a lot of neighborhoods set check-in meetings, either daily or weekly, even if there isn’t much to report. Establishing a formal check-in with family and friends is a good idea. That way, if you don’t hear from a neighbor or relative during a weekly timeframe, you will know to reach out. Some neighborhoods are even posting signs like the ones pictured on the next page to indicate if they need help. Please be safe and only place signs in windows that are not visible from the street. In this example, the sign was placed in a kitchen window where only the neighbors facing them can see.
Without doubt, the upcoming weeks present challenges in our neighborhoods and beyond. But Oshkosh Healthy Neighborhoods challenges you to think of the opportunities it may provide in terms of getting to know your neighbors. Please find more information at www.gohni.org. If you would like to sign up for our Hey, Neighbor! series send an email to info@gohni.org. Remember, even with everything going on in the world, and perhaps with even a greater emphasis and importance, great neighborhoods start with you!

Covid-19 Resources:

- **The City of Oshkosh** [www.ci.oshkosh.wi.us](http://www.ci.oshkosh.wi.us)
- **COVID-19 Hotline**: 920-232-3026
- **City Hall**: 215 Church Avenue P.O. Box 1130 Oshkosh, WI 54903-1130 State of Wisconsin current information/updates: [https://www.dhs.wisconsin.gov/covid-19/index.htm](https://www.dhs.wisconsin.gov/covid-19/index.htm)
- Find local resources by calling 2-1-1. Sponsored by the Oshkosh United Way.

Get creative. In one neighborhood older neighbors put up a green sign to signal everything is ok. If they need assistance, they put the red sign in their window. The neighbors know they should stop by if the red sign is showing.
Friends of the Oshkosh Seniors Center
200 N Campbell Rd
PO Box 3423
Oshkosh WI 54903-3423

The Oshkosh Seniors Center is working to enrich the quality of life for adults 50 and over.

Oshkosh Seniors Center
200 North Campbell Road
Oshkosh, WI 54902
920-232-5300

South Building Hours:
Mon – Fri 8 am – 4 pm

North Building Hours:
Mon – Fri 6:45 am – 4 pm

OSC Staff
Jean Wollerman, Senior Services Manager
Sara Barndt, Secretary
Anne Schaefer, Mktg/Fund Development
Jane Wells, Program Supervisor

Activity Coordinators:
Evan Bremerger, Social & Educational
Alec Jensen, Fitness & Wellness
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