



# FOX VALLEY MEMORY PROJECT

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September 1, 2019

## TLC Caregiver Support / Men's Support Groups

Fox Valley Memory Project offers support specifically for dementia care partners through multiple support group options.

Two support groups run twice per month for anyone who loves or cares for a person experiencing memory loss.

### TLC Caregiver Support Group I

1st / 3rd Monday of each month beginning September 16 from 1:00-2:15p  
Located at St Mary's Parish, Appleton

### TLC Caregiver Support Group II

2nd / 4th Tuesday of each month beginning September 10 from 1:00-2:15p  
Located at Goodwill Community Campus, Menasha

Walt Zerrenner facilitates two support groups specifically for men caring for for their wives who may have a dementia.

### Men's Support Groups

1st Tuesday of each month at 2:30p | Located at Touchmark on West Prospect, Appleton

3rd Thursday of each month at 10:00a | Located at Brookdale Senior Living, Appleton \*will meet at Primrose Retirement in September only\*

For more information regarding these support groups, please contact Brianna, Program Coordinator at Fox Valley Memory Project at 920 225-1711 or e-mail to [brianna@foxvalleymemoryproject.org](mailto:brianna@foxvalleymemoryproject.org).

## Powerful Tools for Caregivers

Caregiving is rewarding. But it can be challenging too.

Caring for someone with dementia, cancer, heart disease, Parkinson's disease, stroke, or others can be physically, emotionally, and financially demanding.

Taking care of yourself is important. Powerful Tools for Caregivers can show you the way!

Where? Oshkosh Public Library

When? Thursdays from September 5 - October 17 from 4:00-5:30p

Contact Rebecca Groleau, Dementia Care Specialist for Winnebago County, at 920 236-1227 or e-mail [rgroleau@co.winnebago.wi.us](mailto:rgroleau@co.winnebago.wi.us).

## September Outreach Events

Hitting the ground running in September!

This month, Executive Director Mike Rohrkaste and Program Coordinator Brianna Jenkins, along with many dedicated volunteers, will be out and about in the community spreading the word about Fox Valley Memory Project and what it has to offer.

You can find us at the following community events:

**Thursday, September 5: Menasha Farmer's Market (2:00-6:00p)**

**Saturday, September 14: Appleton Farmer's Market (9:00a-12:30p)**

**Wednesday, September 18: Senior Living Expo @ Player's Choice (8:00-noon)**

**Saturday, September 21: Neenah Farmer's Market (9:00a-noon)**

## Walk to End Alzheimer's: The FVMP Team

As participants in the Alzheimer's Association Walk to End Alzheimer's®, we are leading the way to Alzheimer's first survivor - but we can't take on this disease alone. Will you join Fox Valley Memory Project on October 5 by walking beside us? With you on the team we can make a real difference in the fight against the nation's sixth-leading cause of death.

Registration is easy; simply visit the FVMP Walk to End Alzheimer's participant page and join our team. If you're unable to participate, please consider making a donation to the fundraising campaign. Every dollar advances the care, support and research efforts of the Alzheimer's Association®.

Thank you!

FVMP page: [http://act.alz.org/site/TR?fr\\_id=12281&pg=personal&px=16527208](http://act.alz.org/site/TR?fr_id=12281&pg=personal&px=16527208)

## St Paul Elder Services: Memory Lane Walk/Run

St Paul Elder Services is hosting a 1st Annual Memory Lane Walk/Run/Stroll! This event is a special way to memorialize the people you have loved and lost; those who are gone, but never forgotten. We want to honor their lives and their stories.

Walt Zerrenner, dedicated supporter and volunteer of FVMP, will be participating as a "captain" of a FVMP walking group. Please join Walt at this first-time event!

[Follow this link to register and for more information.](#)

For questions or more information, contact Mandy Stambuk at St Paul Elder Services at 920 766-6020 ext 171.

## Memory Cafés

Summer may be coming to an end, BUT Memory Cafes are still in full swing! September brings many different opportunities - notably the opportunity to dance at the **Valley Academy for the Arts** on **Monday, September 16 at 1:30p**! Give it a whirl with a dance partner - even if your skills are little rusty!

Some of September's Memory Cafes will "travel" to far off places (with a little imagination), celebrate in BIG ways right your chair at the Cafe, and teach you a bit

about nature's best things. Don't miss it!

### [September Memory Cafes](#)

### [October Memory Cafes](#)

We request everyone attend with a partner if possible - the experience is that much better if you are able to share it with someone! Call 920 225-1711 for more information.

## WHBY Radio Spots

In addition to community outreach events this month - catch Mike Rohrkaste and Susan McFadden on WHBY Radio! Tune in to **WHBY AM 1150** to listen in.

**Susan, along with On a Positive Note director Kathleen Albrecht, will be on The Good Neighbor Show with Kathy Keene at 11:00a on Friday, September 6.**

**Mike will join Josh Dukelow on Fresh Take on Wednesday, September 11 at 10:00a.**

Great opportunities to tune in!

## Mindworks: Register for Second Semester!

**Fox Valley Memory Project would like to welcome Mindy Gries as the new instructor! Mindy begins her position on Tuesday, September 3 and she is excited to part of FVMP and Mindworks, as well as get to know our participants and grow the program!**

**A big thank you to Satia Kavanaugh Vanderloop for jumping into Mindworks as the first instructor and helping us navigate through the first semester. It takes a lot to start up a program and give it shape - THANK YOU!**

Mindworks is a program for persons living with early memory loss and is designed to engage and promote well-being through social interaction in classroom activities, community engagement, service projects, and physical activity. The program is an opportunity for those living with memory loss to participate in meaningful experiences as an individual, while offering respite for their loved ones who care for them.

Unleashed - A Homeschool Collaborative in Menasha, continues to work with Mindworks participants on a project to give back to the community. Together, students of both programs are creating dementia sensory mats to be given to individuals in the REACH Program through Mosaic Family Health. This wonderful partnership connects people of different ages throughout the community.

Call Brianna Jenkins, Program Coordinator, at 920 225-1711 with any questions about Mindworks or for enrollment information. Enrollment in this program is required.

## Valley VNA Senior Care Offers Lyrics & Laughter™

Research shows that music, especially with active participation, demonstrates physiological, emotional and social benefits to those with memory loss. Active participation stimulates the brain and also has some physical benefits. Music is a road to memories and helps those with dementia to engage and socialize in ways they normally cannot do.

**Next session begins September 12 and runs through October 17. It is held on Thursdays from 1:00-2:00p at Valley VNA Senior Care (1535 Lyon Drive, Neenah).**

Please call 920 727-5555 to make a reservation for this engaging program.

## BrightStar Virtual Dementia Tours

BrightStar Care of Appleton/Fox Cities offers a unique and moving experience known as a Virtual Dementia Tour. Three one-hour sessions take place the 3rd Monday of each month at BrightStar Care located at 35 Park Place Ste 100, Appleton.

September Sessions:  
**Monday, September 16**  
3:00p, 4:00p, and/or 5:00p

Pre-registration is required as space is limited.  
To register, please contact BrightStar Care at 920 882-7277

## SPARK!

### *Bergstrom-Mahler Museum, Building for Kids, and Trout Museum*

SPARK! is a program for caregivers and loved ones living with memory loss. The Bergstrom-Mahler Museum of Glass, the Building for Kids Children's Museum, and The Trout Museum of Art (with a second program at St Paul Elder Service) are pleased to be among the Wisconsin museums awarded funding by Bader Philanthropies and the Community Foundation to create programming where participants engage in lively discussions, art making, and multi-sensory activities.

Each one-hour program is led by a specially trained museum educator who will engage participants in interactive exhibit experiences. After each program, coffee and conversation is led by volunteers who give participants and caregivers the opportunity to support and socialize.

### September 2019 Sessions

**Bergstrom-Mahler Museum of Glass**  
Tuesday, September 10 from 10:30a-12:00p | Explore the Galleries

[Click here for more about SPARK! at the Bergstrom-Mahler Museum](#)

**Building for Kids:**  
Sunday, September 15 from 2:00-3:30p | The Spice of Life

[Click here for more about SPARK! at The Building for Kids](#)

**Trout Museum:**  
Monday, September 9 from 1:00-2:30p  
Helen Frankenthaler Abstract Expressionist Painting

[Click here for more about SPARK! at The Trout Museum of Art or St. Paul Elder Services](#)

**Registration:** Contact the Bergstrom-Mahler at 920 751-4658, the Building for Kids at 920 734-3226, or The Trout Museum at 920 733-4089 to reserve your spot. Registration is required at least one week prior to your selected program(s) as space is limited.

## Volunteer with The Project

Fox Valley Memory Project is always open to having new faces join in at various programs to volunteer. There are many Memory Cafes across the Fox Valley that can always use a smiling face and helping hand.

If you or someone you know is interested in being part of Fox Valley Memory Project as a volunteer, please call Brianna Jenkins, Program Coordinator, at 920 225-1711 or e-mail [brianna@foxvalleymemoryproject.org](mailto:brianna@foxvalleymemoryproject.org). Thank you so much!

## Memory Loss Resource Center

The Memory Loss Resource Center provides information to those experiencing a dementia, their care partners, family and friends. Call 920 225-1711 to ask questions or schedule an appointment to obtain information and community resources.

## REACH In-Home Coaching Program

REACH (Resources for Enhancing Alzheimer's Caregiver Health) is a 6-month evidence-based in-home caregiver intervention program. REACH supports the caregiver by addressing issues such as emotional well-being, stress management, troubling behaviors, problem solving and self-care.

You may contact the Caregiver Coach, Heather Flick, directly at 920 997-8407 to find out more about this program. All calls are confidential. [Click here](#) to read more about the REACH Program.

## Caregiver Support

Mosaic Family Health (229 S Morrison Street, Appleton) has a family caregiver support group. The group is offered the **3rd Wednesday of each month.**

Free parking is in the Mosaic clinic front parking lot.

Share your journey with others having similar experiences.

[Click here](#) for the flyer with meeting dates and contact information.

## Memory Care Respite Partners

A monthly respite program is held on the **1st & 2nd Monday of each month** at St. Paul Lutheran Church in Neenah (200 N Commercial Street, Neenah).

This free program is staffed by professional caregivers and trained volunteers. Activities include music, organized arts, crafts and refreshments.

Registration is requested by email at [memorycarerespitepartners@gmail.com](mailto:memorycarerespitepartners@gmail.com) or by calling 920 383-1180.

[Click here](#) for more information.

## Memory Assessment Center

Memory Assessments are provided at Mosaic Family Health (229 S Morrison Street, Appleton). Initial assessments screen for memory impairment and assess overall health. If necessary, a more comprehensive memory evaluation can be provided in order to further diagnose a dementia or memory loss disability.

Call Mosaic at 920 997-8436 to schedule an appointment.

## Thank You to Our Generous Supporters

Fox Valley Memory Project is funded entirely by donations and grants. Thank you to all who generously contribute to the organization.

## Collaborating to Improve Quality of Life

Fox Valley Memory Project collaborates with other organizations to offer programs and services that improve quality of life for persons with dementia, as well as their family care partners and friends. We encourage practices of hospitality and inclusion that make our community dementia-friendly.

Join Our Mailing List



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