



FOX VALLEY
**MEMORY
PROJECT**

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April 1, 2020

CANCELLED

To coincide with recent Safer at Home and social distancing orders, Fox Valley Memory Project programming will be **cancelled through Thursday, April 30** at this time.

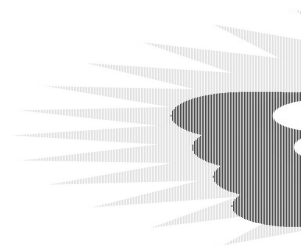
As we receive more information pertaining to safety and well being, we will communicate via e-mail, website posts, and through our Facebook page.

Thank you for your understanding and patience - we hope to be back together again soon!

Follow Fox Valley Memory Project on Facebook!

There is so much content to see and share. It's a great way to stay engaged while we're apart.

[Click here to go to the Facebook page!](#)



Below you can find resource lists linked directly to websites so graciously curated by Jane Mahoney who works for GWAAR.

GWAAR stands for the Greater Wisconsin Agency on Aging Resources, Inc. It is a nonprofit agency committed to supporting the successful delivery of aging programs and services in 70 counties and 11 tribes in Wisconsin.

[This first list includes information on hotlines and other telephone supports, mental health information, and online support group resources.](#)

[The second list is comprised of of online and virtual education for caregivers, as well as technology resources for staying connected virtually.](#)

[Last, but certainly not least, this list shares activities and resources to engage caregivers and those they care for, grandparent and multi-generation family resources, and other good website to know about.](#)

Grandma and Grandpa need our help!

We all want to keep them safe, so their retirement communities are keeping them isolated: no visitors, no communal meals, no activities, even choir is cancelled. Ugh! This is truly a recipe for loneliness.

It is time for all of us to step up.

What can we do to help? I have reached out to all my friends in the senior communities to ask for ideas.

Some seniors are very computer savvy. If they have an iPhone or a tablet or computer, call them and Skype or FaceTime. Get the kids involved. If you schedule it for the same time every day, they will then have something to look forward to.

Several of the communities that I talked to are working on setting up this ability for people who don't know how to do it themselves.

Here are some more ideas:

Mail! Send them letters, packages. Have the kids do art while they are home from school and send them along with a note.

Go outside Grandma's apartment window and call her. Wave.

Have the kids color pictures and mail them.

Send word search books, crossword puzzle books, puzzles. But don't send them all at once; mail one each day.

Run errands for them. Get their groceries.

If you set up a time to call or Skype, schedule with your siblings so you spread out the contacts over the day.

Send flowers.

Make a family movie DVD and send it to the community to play for your loved one.

Ask if the staff will help the resident to write responses if they can't do it themselves.

One family member said she would go outside her mom's window, just so her mom could see her. Sweet!



Do you remember at Christmas time, when you would adopt-a-family? Contact a community and ask them for a person who is lonelier, then adopt-a-senior. Become pen-pals. Call them. Then, do all the above.

Send cards or possibly books Grandma can read with messages written inside the covers to offer encouragement.

Fill Grandpa's birdfeeder.

One gal said: We got my mom the Echo Show. She doesn't have to know anything about technology. We drop in on her and she can see us on the screen and we see her, then we sit down and chat with each other for a while.

In all your messages, stop talking about the bad news and look at the bright side of things. Let your message be a ray of sunshine.

The key to all this is, don't just do it once. Don't send just one letter and feel like you've done your share. Put it on your calendar and do it often.

Children have more time now. You have more time now. Let's send some love!

Jean Long Manteufel, senior move manager and CEO of Long's Senior Transitions in Appleton, writes a column on the first Sunday of each month about life changes associated with aging. She can be reached at 920-734-3260 or Jean@TransitionsWithJean.com

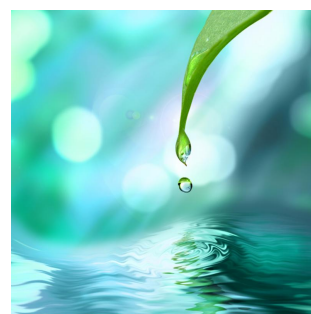
MIND Diet Cooking Class with Julie - POSTPONED

An announcement with a new date will be made as soon as arrangements for a location can be scheduled

Join Julie Andrews, local registered dietician, chef, and cookbook author for a hands-on cooking class! Julie will lead us in creating a few recipes from her MIND Diet Plan & Cookbook and teach us how our cognition can be improved by what we eat. Register for this class to find out how simple changes can promote a healthier brain.

Memory Cafes

We are hopeful we can come together again in May. Please watch for announcements regarding May Memory Cafe status on the Fox Valley Memory Project website, Facebook page, and in your inbox.



April Memory Cafes have been cancelled

***TENTATIVE* May Memory Cafe Schedule**

We request everyone attend with a partner if possible - the experience is that much better when it is shared with another. Call 920 225-1711 for more information.



Purple Angel Dementia Awareness Training

Training aims to create a more understanding and dementia-friendly community for citizens living with memory loss and also for care partners and family members. Fox Valley Memory Project encourages people living with memory loss to be part of their community with as much independence as they are comfortable with, and for as long as they are able.

Businesses Trained in March:

Great Midwest Bank (Chilton location)

A group of staff from nature centers across Northeast Wisconsin came together and participated in a Purple Angel Dementia Awareness presentation at Mosquito Hill Nature Center on Friday, March 13.

Thank you for joining in to create a more inclusive and dementia-friendly community.

If you would like more information about Purple Angel Training, please reach out to Brianna Jenkins, Program Coordinator, at 920 225-1711 or e-mail brianna@foxvalleymemoryproject.org.

Memory Camp 2020!

Beautiful Moon Beach Camp in St. Germain, WI, will host Memory Camp once again - welcoming families from August 17 - 20. [Click here to be routed to the registration page.](#)

REGISTER NOW!

If you have questions about Memory Camp activities, experiences, or costs, please feel free to call Susan McFadden at 920 739-8695.

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.

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