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November 2020 Newsletter

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

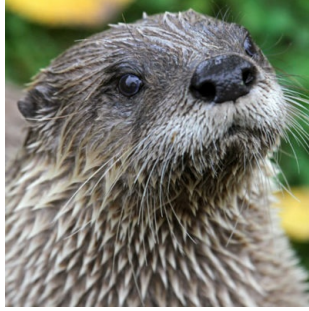
[Click here to go to our Facebook page!](#)

November Activity Calendar

Fox Valley Memory Project

November 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 11 AM Memory Café Broadway Show Tunes	4	5	6 1:30 PM Memory Café Suncatchers – RSVP for your free craft kit to be delivered	7
8	9	10 11 AM Memory Café Musical Flashback to 1955	11	12 12 Noon – Caregiver Support Group Focused on those who have loved ones in care facilities www.Bit.Ly/FacilitySupportGroup	13 1:30 PM Memory Café Thanksgiving Greeting Cards RSVP for your free craft kit to be delivered	14
15	16	17 11 AM Memory Café Popular Music Before the Beatles	18 10 AM – Zoom to the Zoo Virtual Outing with home delivered lunch and souvenir \$10 RSVP at (920) 225-1711	19	20 1:30 PM Memory Café Bountiful Harvest of Gratitude RSVP for your free craft kit to be delivered	21
22	23	24 11 AM Memory Café DJ Carrie Esselman	25	26	27 1:30 PM Memory Café Holiday Ornament Craft RSVP for your free craft kit to be delivered	28
29	30	RSVP For your FREE Friday Craft Kits at www.Bit.Ly/NovCraftKits Join Memory Cafés at www.Bit.Ly/NovMemoryCafes				

Zoom to the Zoo Virtual Event



Join us on a ***virtual*** trip to the NEW Zoo! We will see the animal exhibits using our Zoom, a video chat app, to take you with us.

Cost: \$10 per person

Includes: Access to the online event PLUS a home delivered lunch and zoo souvenir!

RSVP by e-mailing harper@foxvalleymemoryproject.org OR by calling 920-225-1711

Online Memory Cafés

It's Easy to Join Us Online!

Join us on Zoom using the links below for online Memory Café opportunities. This month, we will have music themes on Tuesdays and craft-along kits on Fridays.

Please [RSVP HERE](#) for Friday Cafés if you want to receive a free craft kit delivered to you. You can also call (920)225-1711 to RSVP.

All craft kit requests must be received by Thursday at 12 PM prior to the Friday Café.



All Memory Cafés in November will use this link:

<https://us02web.zoom.us/j/88386825182>

Meeting ID: 883 8682 5182

Dial in number: (312) 626-6799

Tuesday Nov.3rd @ 11 AM - Broadway Show-tunes

No RSVP needed

Friday Nov. 6th @ 1:30 PM - Suncatchers

[RSVP Here](#) to receive a craft kit

Tuesday Nov. 10th @ 11 AM - Popular Music Before the Beatles

No RSVP needed

Friday Nov. 13th @ 1:30 PM - Greeting Card

[RSVP Here](#) to receive a craft kit

Tuesday Nov. 17th @ 11 AM - 1955 Flashback

No RSVP needed

Friday Nov. 20th @ 1:30 PM - Bountiful Harvest of Gratitude

[RSVP Here](#) to receive a craft kit

Tuesday Nov. 24th at 11 AM - DJ Carrie Esselman

No RSVP needed

Friday Nov. 27th at 1:30 PM - Christmas Ornaments

[RSVP Here](#) to receive a craft kit

If you have questions about using Zoom, please contact Mike by calling 920-284-9507 or emailing mike@foxvalleymemoryproject.org

New Support Group

November 12th at 12 PM

This support group will be geared towards caregivers who have loved ones living in a facility. We recognize that it is difficult to remain connected with their loved ones while facilities are doing their best to keep COVID from entering. This support group will take place virtually to start, and we will continue to monitor the COVID-19 situation to determine when it is safe to return to in-person meetings. Meetings will be open, with no requirement to RSVP.

The support group will take place monthly on the 2nd Thursday at 12 PM

Join us at www.bit.ly/FacilitySupportGroup



**Caregiver
Support Group**

FOX VALLEY
MEMORY
PROJECT

For those with loved ones in
care facilities

Monthly group on the 2nd
Thursday at 12 PM on Zoom

Open to All

www.bit.ly/facilitysupportgroup

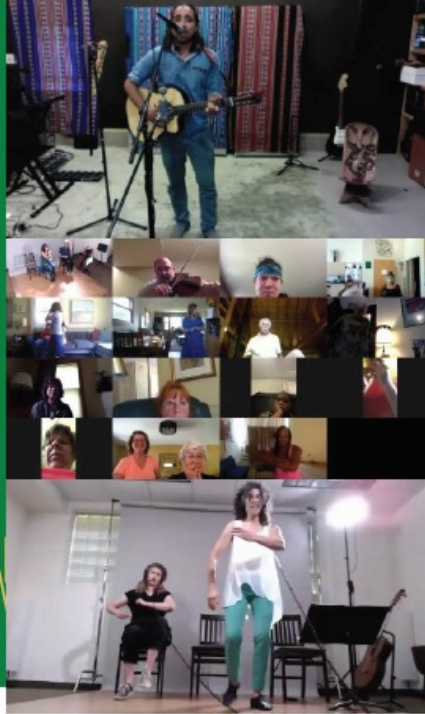
The flyer features a stylized illustration of a woman with dark hair, wearing a white lab coat, holding a blue tablet. The background is split into a yellow top half and a dark blue bottom half. The text is in white and blue, with the Fox Valley Memory Project logo in the top right corner.

Resources from the Community

KAIROS ALIVE! NE WISCONSIN COMMUNITY CONNECTION JAM ON ZOOM

All Ages and Abilities
Welcome!

Thursdays
1:30-2:15 PM



Curated by Kairos Alive! dancer/singer/actors, we'll sing, tell stories and move together on the virtual dance floor. These events are designed for all ages and abilities and often feature live music to inspire you, your family and friends.

Made possible by support from Bader Philanthropies.

REGISTER IN ADVANCE at info@kairosalive.org to receive instructions to join us online.

**CREATIVITY
TOGETHER™
WITH KAIROS ALIVE!**

**IN ASSOCIATION WITH FOX
VALLEY MEMORY PROJECT
AND LAWRENCE UNIVERSITY
CONSERVATORY OF MUSIC.**

Kairos Alive! November link:

<https://us02web.zoom.us/j/85458431714pwd=NnpJYW9ZaHMrMXVxZWpKOGpHU2xldz09>

Meeting ID: 85458431714

Passcode: kairos

Dementia 101 & Behaviors

Would you like to know about the basics of dementia, some communication tips, and how to handle challenging behaviors? Then join Dementia Care Specialist Carrie Esselman from the COW Counties and Rebecca Groleau from Winnebago county via zoom.

When: November 17th

Time: 2-3:30pm

Zoom info:

<https://us02web.zoom.us/j/85448957694?pwd=NlVScUFRWEVaTjJpZ2pDMk5aRzZlZ0p1a0o9>

Meeting ID: 854 4895 7694
Passcode: 336789



[Click to open](#)

Dementia 101 & Behaviors November 17th @ 2 PM

Join the Dementia Care Specialists in learning how to handle challenging behaviors

Zoom Meeting ID 854 4895 7694
Passcode 336789

[Zoom Link](#)

Family Caregiver Support Group

Could you use some extra encouragement and understanding on your journey caring for a loved one? Join us and start getting extra support now! We will be meeting on the **third Wednesday** of every month from **10:00am to 11:30 am** at **Mosaic Family Health** located at **229 South Morrison Street, Appleton, WI 54911**. Parking is free for attendees in the Mosaic parking lot located directly in front of the building. You may also participate over the phone by calling 920-560-7263 and entering 489522 when prompted.

All caregivers are welcome.

January 15th, 2020; 10:00am to 11:30am	July 15th, 2020; 10:00am to 11:30am
February 19th, 2020; 10:00am to 11:30am	August 19th, 2020; 10:00am to 11:30am
March 18th, 2020; 10:00am to 11:30am	September 16th, 2020; 10:00am to 11:30am
April 15th, 2020; 10:00am to 11:30am	October 21st, 2020; 10:00am to 11:30am
May 20th, 2020; 10:00am to 11:30am	November 18th, 2020; 10:00am to 11:30am
June 17th, 2020; 10:00am to 11:30am	December 16th, 2020; 10:00am to 11:30am

We look forward to seeing you! For questions please contact Heather Flick or Jackie Gonzalez at Mosaic Family Health at 920-832-2783.

Caregiver Support is provided with Older Americans Act funding from the Outagamie County Aging & Disability Resource Center (ADRC).

Participant donations are warmly accepted to support Family Caregiver Support Group continuation.



[Click to open](#)

In-Person Support Group at Mosaic Family Health from the ADRC

November 18th 10-11:30AM
229 South Morrison Street, Appleton,
WI 54911

Contact Mosaic Family Health with any questions at 920-832-2783

Caregiver Resources

Men's Caregiver Support Group

Walt Zerrenner facilitates an independent support group for men who are caring for a loved one living with memory loss. The group meets at 10:00 a.m. on the 3rd Thursday of the month at Ridgeway Country Club in Neenah (2913 County Road II). Appropriate social distancing measures are in place to ensure a safe, in-person setting. If you are interested in more information or would like to join the caregiver's support group, contact Walt via email at wzerrenner@gmail.com.

Family Caregivers, Share Your Journey!

Because of a generous donation from the Aline Zerrenner Dementia Friendly Fund, Family Caregivers Rock will compile a second collection of stories into a book from Wisconsin family caregivers entitled *A Not So Lonely Journey*.

Do you want to be part of it? Simply start composing as if you were talking to a friend. This is YOUR journey, so there is no right or wrong - only you know your thoughts, feelings, and

experiences. If you would like to make a submission for *A Not So Lonely Journey*, see below:

- **Submission deadline is midnight on Sunday, November 15** - no exceptions.
- Anticipated publication is March 2021 and limited to 240 pages.
- Submissions may be from past or present Wisconsin family caregiver who cared for a loved one of any age with a memory-related diagnosis.
- Submissions are limited to:
 - Maximum of 7 single-spaced, typed pages
 - Minimum of 2 single-spaced, typed pages
- Not all submissions are guaranteed to be published.

Any questions and all submissions should be emailed to:

FamilyCaregiversRock@outlook.com. Email submissions as a Word document to allow for copy/paste into publishing software.

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