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!](#)
Volunteers and students will prepare stations for you to:
interact with the horses, listen to their heartbeats, and even make
horse kabobs to feed to your new equine friends!

Beaming will provide light snacks and water.

*REGISTRATION IS REQUIRED FOR THIS EVENT*

For more information, or to register, please contact Mike Rohrkaste by emailing mike@foxvalleymemoryproject.org or call 920 284-9507.
To register for this event, click here.

You can also find out more about the event and receive reminders by responding to the Facebook event here.

Online Memory Cafes: Zoom Links Below!

Until we can gather together again, staff and volunteers meet on Zoom - an online meeting platform with sound and video. More folks are getting involved and we'd love to have you with us next time.

Just go ahead and click the link below to join on each of the dates listed!  
*Dates/times subject to change. Watch the FVMP Facebook page for updates.*
Want to know the theme for each day? Check on our Facebook page!

- Friday, October 2nd @ 1:30p: https://us02web.zoom.us/j/86045267121
- Tuesday, October 6th @ 11:00a: https://us02web.zoom.us/j/86780416044
- Friday, October 9th @ 1:30p: https://us02web.zoom.us/j/81129285303
- Tuesday, October 13th @ 11:00a: https://us02web.zoom.us/j/83291251057

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

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.

Email info@kairosalive.org if you have questions, want to register, or need more information.

CREATIVITY TOGETHER™ WITH KAIROS ALIVE!

IN ASSOCIATION WITH FOX VALLEY MEMORY PROJECT AND LAWRENCE UNIVERSITY CONSERVATORY OF MUSIC.
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, 2020** - 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](mailto:FamilyCaregiversRock@outlook.com). Email submissions as a Word document to allow for copy/paste into publishing software.
Men's Caregiver Support Group
For men who are caring for a loved one living with memory loss.

Walt Zerrenner, support group facilitator, will host the group meeting at:
**10:00a on the 3rd Thursday of the month**
at **Ridgeway Country Club** (2913 County Road II, Neenah)
Coffee and pastries will be provided.

Support meetings previously held at Touchmark and Primrose are currently on hold.

If you are interested in more information or being part of this men's group, contact Walt via email at wzerrer@gmail.com.

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Wisconsin teleconference / webinar
Support Groups – September 2020

For Persons Living with Mild Cognitive Impairment (MCI):
2nd Wednesday, 10:00-11:30 am

General Family Caregivers:
Every other Tuesday, 5:30-7:00 pm

Family Caregivers for a Loved One with Dementia Living at a Facility:
Fridays, 10:00-11:30 am

Male Family Caregivers:
3rd Wednesday, 5:30-6:30 pm
4th Thursday, 1:00-2:30 pm

Family Caregivers for a Loved One with Dementia in the Early Stages:
2nd Tuesday, 9:30-11:00 am
4th Tuesday, 10:00-11:30 am

Spanish Speaking Family Caregivers:     Grupo de Apoyo en Español:
2nd Tuesday, 10:00-11:30 am             2da Martes de cada mes, 10:00-11:30 a.m.
                                         Llame a Virginia Zerpa 414-431-8811

Family Caregivers for a Loved One with Frontotemporal Degeneration (FTD):
3rd Wednesday, 6:00-7:30 pm

To attend any of our Support Groups please verify your attendance by calling 800.272.3900

You will receive connection information after you register

www.alz.org/wi      24/7 Helpline 800.272.3900      Hablamos Español, 414.431.8811

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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.