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October 1, 2020



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!](#)

PROGRAMS

join us at BEAMING, INC

2692 County Rd GG, Neenah

SATURDAY, OCTOBER 10

11:00A - 12:30P

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!



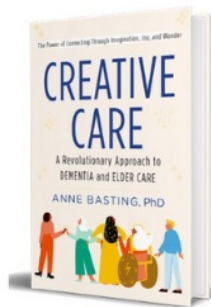
Beaming will provide light snacks and water.

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.

Monday, October 12 @ 1:30p

Part of the 2020 Fox Cities Book Festival!



Sponsored by:



Anne Basting shares poignant and funny stories from her new book **CREATIVE CARE: A REVOLUTIONARY APPROACH TO DEMENTIA AND ELDER CARE**.

After 25+ years of infusing the arts in to care settings, Basting's mother was diagnosed with dementia. Suddenly she felt a new urgency to identify just how and why shifting from loss to strength, from memory to imagination, can bring families and care providers into meaningful relationship again.

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.

- Friday, October 2nd @ 1:30p: <https://uso2web.zoom.us/j/86045267121>
- Tuesday, October 6th @ 11:00a: <https://uso2web.zoom.us/j/86780416044>
- Friday, October 9th @ 1:30p: <https://uso2web.zoom.us/j/81129285303>
- Tuesday, October 13th @ 11:00a: <https://uso2web.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.



**CREATIVITY
TOGETHER™
WITH KAIROS ALIVE!**

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

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

Family caregivers, share your journey

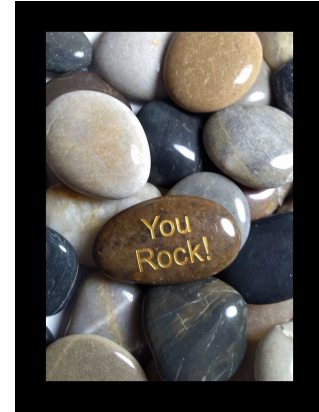
Because of a generous donation from the Aline Zerrenner Dementia Friendly Fund, Family Caregivers Rock will compile a second collection of stories into a book from Wisconsin family caregivers entitled *A Not So Lonely Journey*.

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





I don't think of myself as a caregiver.
I'm his daughter. He needs me. And because he needs me, I know I need to take care of myself. Powerful Tools helped me do that.

There's a Powerful Tools for Caregivers workshop starting soon near you!

When: Oct 12th-Nov 16th

Where: Join us via zoom

Meeting ID: 823 9581 2286

Passcode: 541667

Register by: by October 5th

Contact: Rebecca Groleau

Phone: 920-236-1227

Email: rgroleau@co.winnebago.wi.us

Caregiving is rewarding.

But it can be challenging too.

Caring for someone with an injury or illness — such as 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 (PTC) can show you the way!

What is Powerful Tools for Caregivers? And why should I take it?

Powerful Tools focuses on **your** well-being. The class meets once a week for six weeks and has been studied and shown to help family caregivers:

- Reduce stress, guilt, anger, and depression and improve emotional well-being
- Manage time, set goals, and solve problems
- Master caregiving transitions and be part of decision-making
- Communicate effectively with the person needing care, family members, doctors, and other helpers
- Find and use community resources

If you have questions or would like to register, contact Rebecca Groleau via email at rgroleau@co.winnebago.wi.us or call 920 236-1227.

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 wzerrenner@gmail.com.



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:

2nd Tuesday, 10:00-11:30 am

Grupo de Apoyo en Español:

2^{do} 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

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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