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**October 15, 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 our Facebook page!](#)

## **FVMP Staff Highlights**

We are excited to share recent staff changes at FVMP. As many of you know, Brianna Jenkins recently accepted a new position in floral design, and we continue to wish her well in her new endeavors and hope to see her soon at an upcoming Memory Café.

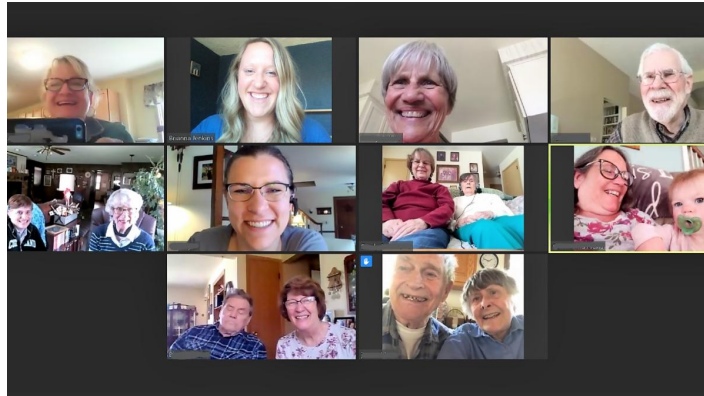
To fill this role, we are very pleased to announce that Harper Smith, our part-time intern from University of Wisconsin-Green Bay, has accepted a full-time internship as Program Coordinator for FVMP. She will begin working full time on October 26th, as she also is in the process of completing her Masters of Arts degree in Social Work. Harper will coordinate all our programs and will be assisting FVMP with grant writing, marketing, and community outreach. She has a tremendous passion for supporting people living with memory loss, their caregivers, and families. We are excited she is joining our team and look forward to her contributions. Please send Harper an email, welcoming her to the FVMP community at [atharper@foxvalleymemoryproject.org](mailto:atharper@foxvalleymemoryproject.org) or give her a call at 920-225-1711.

Stay tuned for monthly highlights of one or more FVMP staff members, committee members and volunteers!

## **Online Memory Cafés**

**It's Easier to Join Us Than You Might Think!**

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



Click the link on the day and time you would like to join us!

**Remembering the Beatles** - Friday October 16th at 1:30 p.m.

See and hear some unique recordings of the Fab Fours' first concerts, discuss your favorite Beatle's song, and join in some Beatle trivia too!

<https://uso2web.zoom.us/j/83291251057>

**Wisconsin Curiosities** - Tuesday October 20th at 11:00 a.m.

Nicole Hardina-Wilhelm from the Neenah Public Library will be telling us about quirky characters, roadside oddities and other offbeat attractions in Wisconsin.

<https://uso2web.zoom.us/j/6064484080>

Friday, October 23rd at 1:30 p.m.

<https://uso2web.zoom.us/j/81694719452>

Tuesday, October 27th at 11:00 a.m.

<https://uso2web.zoom.us/j/83802829485>

**Voting for a Change - The 19th Amendment**

Friday, October 30th at 1:30 p.m.

Jane Lang from the Neenah Historical Society will give you a virtual tour of their exhibit on how women gained the right to vote. Did you know Wisconsin was the first state to ratify this historic event?

<https://uso2web.zoom.us/j/81861685491>

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

## Intergenerational Dance Party

Saturday October 17th at 10:00 a.m.

<https://38380.blackbaudhosting.com/38380/Kairos-Alive-Intergenerational-Dance-Hall--on-Zoom>

Thursday, October 22nd at 1:30 p.m.

Thursday, October 29th at 1:30 p.m.

*Zoom links will be sent the week of the event.*

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

## Caregiver Resources

Mosaic Family Health Caregiver Support Group

Could you use some extra encouragement and understanding on your journey caring for a loved one? Mosaic Family Health holds a caregiver support meeting on the 3rd Wednesday of every month from 10:00 a.m. to 11:30 a.m. at Mosaic Family Health in Appleton (229 South Morrison Street). 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. The next meetings are October 21st, November 18th, and December 16th. We look forward to seeing or hearing you! For questions, please contact Heather Flick or Jackie Gonzalez at Mosaic Family Health at 920-832-2783.

## 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](mailto: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](mailto:FamilyCaregiversRock@outlook.com). Email submissions as a Word document to allow for copy/paste into publishing software.

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