



April Newsletter

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Monthly Calendar

April 2021

March '21							May '21						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6								1
7	8	9	10	11	12	13	2	3	4	5	6	7	8
14	15	16	17	18	19	20	9	10	11	12	13	14	15
21	22	23	24	25	26	27	16	17	18	19	20	21	22
28	29	30	31				23	24	25	26	27	28	29
							30	31					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 Kairos Alive Virtual - 1:30 PM	2 Memory Café Virtual - 1:30 PM Birthdays with Bobbie <i>RSVP Required</i>	3
4	5	6 Memory Café Virtual - 11:00 AM Amazing Sports TV with Nicole Hardina-Wilhelm	7	8 Kairos Alive Virtual - 1:30 PM	9 Memory Café Virtual - 1:30 PM Spring Watercolor with Carrie <i>RSVP Required</i>	10
11	12	13 Memory Café Virtual - 11:00 AM Musical Jukebox "April Showers" with the McFaddens	14	15 Kairos Alive Virtual - 1:30 PM	16 Memory Café Virtual - 1:30 PM Exhibit Tour with the Bergstrom Mahler Museum	17
18	19	20 Memory Café Virtual - 11:00 AM Farming in Wisconsin	21	22 Kairos Alive Virtual - 1:30 PM	23 Memory Café Virtual - 1:30 PM Automobile Gallery	24
25	26	27 Memory Café Virtual - 11:00 AM TimeSlips "Tell a Story" With Carrie Esselman	28	29 Kairos Alive Virtual - 1:30 PM	30 Memory Café Virtual - 1:30 PM Canvas Painting with Alisa <i>RSVP Required</i>	1
2	3	Notes Zoom links are shared in the newsletter and weekly update e-mails. Contact Harper Smith at harper@foxvalleymemoryproject.org or call 920-225-1711 to request links to be sent to you				

[Click to Enlarge](#)

Memory Cafés

It's Easy to Join us Online!

Join us on Zoom using the links below for online Memory Café opportunities. Check the calendar for which Cafes require RSVP.

We are using a new system for registration.

You must register for each café you would like to receive a kit delivery for. If you need help, please call 920-225-1711

[CLICK HERE](#) to learn how to register

[Memory Café Registration](#)

Schedule

April 2nd @ 1:30 PM - Birthdays with Bobbie [RSVP Here](#)

April 6th @ 11 AM - Amazing Sports Television with Nicole

April 9th @ 1:30 PM - Spring Watercolor Painting with Carrie [RSVP Here](#)

April 13th @ 11 AM - Musical Jukebox: April Showers

April 16th @ 1:30 PM - Bergstrom Mahler Museum Exhibit Tour

April 20th @ 11 AM - Farming in Wisconsin

April 23rd @ 1:30 PM - Classic Cars

April 27th @ 11 AM - "Tell a Story Day" Timeslips Session with Carrie

April 30th @ 1:30 PM - Canvas Painting with Alisa [RSVP Here](#)

All Memory Cafés in April will use this link:

Zoom ID: 836 8124 0190

Meeting Passcode: happyday

[Click to Join Memory Café
Call](#)

Mindworks Program

Mindworks is a facilitated program designed for people with early symptoms of dementia or memory loss. The curriculum provides opportunities for enhanced social connections

while promoting brain health and overall wellness.

Our Mindworks Program Includes:

- Physical Movement
- Nutrition and Food Focused Education
- Cognitive Fitness
- Creative and Expressive Activities
- Mindfulness and Relaxation Techniques
- Technology-Based Engagement
- Intergenerational Programs
- Service Projects
- Community Engagement and Outings



The in-person program will begin on Thursday, April 8th. We ask that all Mindworks follow any COVID-19 policies set forth by FVMP and Goodwill. Classes run on Tuesdays and Thursdays from 11:00am - 2:15pm at Goodwill. Cost is \$10 and includes lunch.

To learn more and sign up, e-mail courtney@foxvalleymemoryproject.org or call 920-225-1724

Seeing Something New



SEEING SOMETHING NEW

April 6th at 10 AM

Online seminar for care partners
supporting someone with memory loss.
Find ways to live fully alive, supported,
and well during the unknown.

*Limited in-person respite care
available at the Thompson Center.
Call 920-225-1711 to register*



Join in a FREE webinar from the Dementia Letters Project to help care partners find ways to live fully alive, connected, supported, and well during the unknown.

The webinar will run from 10:00 AM - 11:00 AM on Tuesday, April 6th.

Respite care is available for a limited number of registrants. For care recipients with memory loss, a social activity will take place on-site at The Thompson Center on Lourdes from 9:30 AM - 11:30 AM. The webinar will be streamed into another room for care partners to participate in. If you need respite care, please call 920-225-1711.

Hosted in partnership with the Dementia Letters Project. Funding provided by the Respite Care Association of Wisconsin.

[Click to Register](#)

Kairos Alive! Wisconsin Connection Jam

Kairos Alive!

Creativity Together™

Join the all ages and abilities 2-way creativity jam of interactive dance, music, and theater - and the latest arts and health research learning

via Zoom

Thursday at 1:30 PM

Zoom ID: 856 0123 4172

Password: Kairos

[Join Kairos Call](#)

On a Positive Note Chorus

The On a Positive Note Chorus continues to practice virtually on Zoom bi-weekly. Join us on the following Tuesdays 3 PM - 4 PM on Zoom.



April 6th - Zoom
April 13rd - Zoom
April 27th - Hybrid in-person & Zoom

New to On a Positive Note? Call Susan at 920-739-8695 or e-mail susan.h.mcfadden@gmail.com

Caregiver Support Group

Caregiver Support Group

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



April 8th at 12 Noon

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 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 are open, with no requirement to RSVP

Questions? Call or text 920-225-1711

[Join Us Here](#)

Support Us, Buy Your Kwik Trip Gas Here!



Fox Valley Memory Project now sells Kwik Trip gift cards as a fundraiser for our programs. Each card provides a percentage of your purchase directly to Fox Valley Memory Project. You can purchase cards today through our new

virtual store.

[Purchase Online](#)

Resources from the Community



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET CONNECTED STAY CONNECTED

One on One Technology Classes NEENAH-MENASHA YMCA

Staying connected with friends and family has never been so easy! Learn the basics of today's technology, and how you can stay up to date with family and friends all over the world. Instruction is available for those age 55 and older.

Covid protocols of masking and temperature taking will be followed.

Bring your own device: tablet, cell phone or laptop and learn how easy it is to stay connected wherever you are or borrow one of ours for the instruction. Rental equipment will be available for a fee after your instruction.

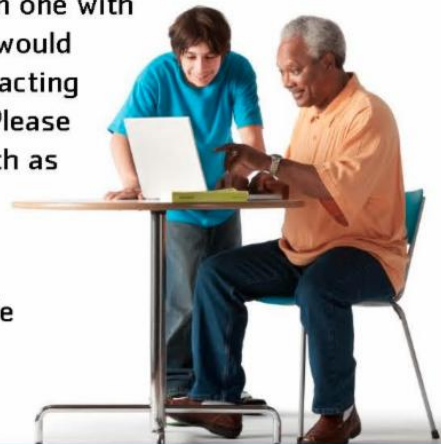
Available Classes

Learn at your own pace on any device. Come meet one on one with our volunteers who will work with you on the things you would like to know about your device! Set up your time by contacting Brandon Vanderhoof; bvanderhoof@ymcafoxcities.org. Please Include a few details of what you would like to learn. Such as Phone settings, Facebook, Google, Zoom, etc.

TRANSPORTATION

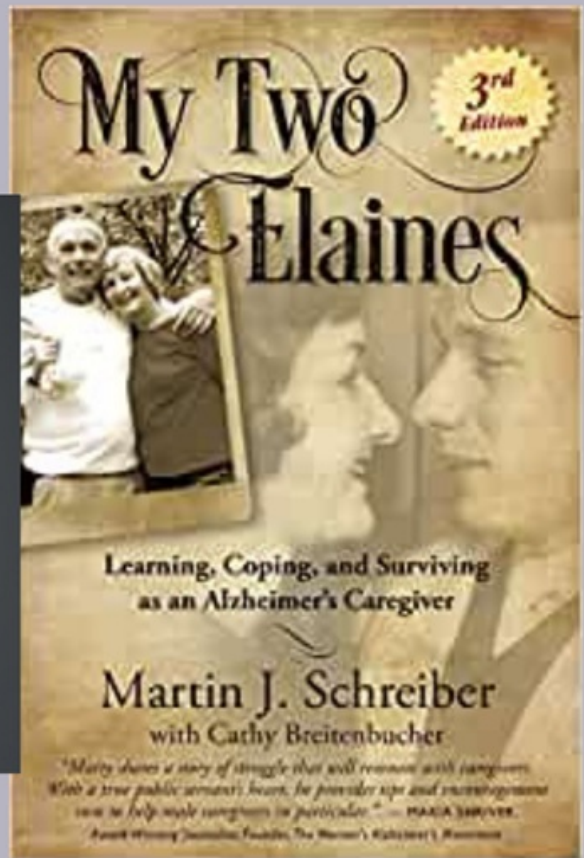
We make getting to class easy! Transportation is available upon request for anyone residing in Winnebago County.

COST: FREE



For more information or to setup a time for your instruction, please contact Brandon Vanderhoof at bvanderhoof@ymcafoxcities.org or 920.886.2136

Virtual Book Club



Join others in your community in a virtual book club! We will discuss **My Two Elaines, "Learning, Coping and Surviving as an Alzheimer's Caregiver"** written by former Wisconsin governor Martin Schreiber. Open to all; caregivers, professionals, and community members.

When: Mondays, April 12th - May 3rd, 2021

Time: 9:30am - 10:30am

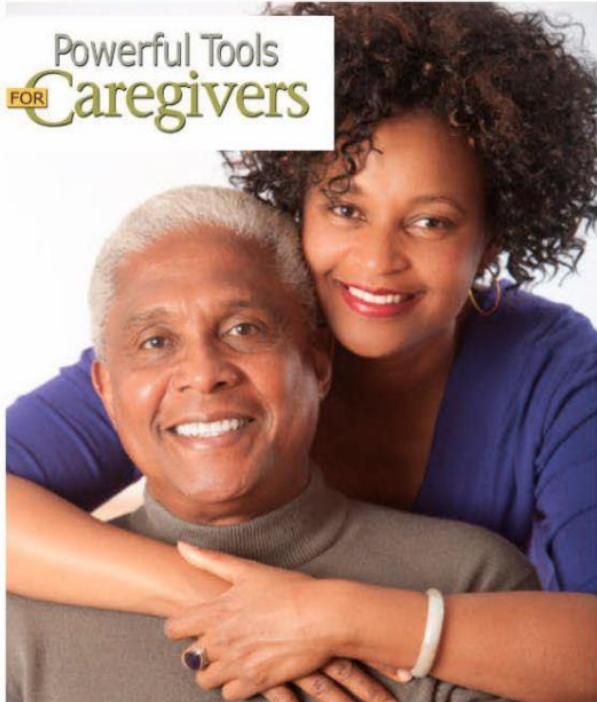
Where: By phone or virtually via Microsoft Teams

Facilitated by Dementia Care Specialists: Carley Prochaska, Scott Seeger, Carrie Esselman

**For questions or to register, please contact:
Carley Prochaska, Dementia Care Specialist
Phone: (715) 346-1401
Email: prochasc@co.portage.wi.us**

Registration is required; space is limited!





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!

Online Powerful Tools for the Caregiver Class

Tuesdays, May 4th – June 8th 2021

1:30-3:00 PM

Contact: Alisa Richetti

Phone: 920-236-1227

Email: arichetti@co.winnebago.wi.us

We will be using ZOOM and will have a brief virtual check-in on Tuesday, April 27th at 1:30pm to review the class schedule and ensure all participants are able to access the program online.



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



Men's Caregiver Support Group

Walt Zerrenner facilitates an independent support group for men who are caring for a spouse with memory loss. The group meets at 10:00 a.m. on the 3rd Thursday of the month at the CarePatrol office, 3701 E Evergreen Drive #280, Appleton. 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.



Where Can Those 65+ Get the COVID-19 Vaccine?

Starting January 25, those eligible can get the vaccine:

- Through your health care provider
- By checking the website or social media of your health care provider, pharmacy, or local health department to see if the vaccine is available
- DHS and local health departments are coordinating additional vaccination options

Patience

It will take time to vaccinate everyone. The population size for those 65 and older is 700,000 and Wisconsin currently receives ~70,000 first-dose vaccines per week from the federal government.

Other resources for information include your local Aging and Disability Resource Center or senior center.



WISCONSIN DEPARTMENT
of HEALTH SERVICES

COVID-19 Vaccinations

Starting January 25th, Wisconsinites aged 65+ are eligible to receive the COVID-19 vaccine. Learn more by clicking the link shared below by the Wisconsin Department of Health Services.

[**Click to Learn More**](#)

On Dementia: Care, Community and Creativity II

Conversation with
Susan McFadden, PhD

Zoom Program

Dementia-Friendly Communities

Why We Need Them and
How We Can Create Them



Susan H. McFadden, PhD

Thursday April 8th

2 PM local time

[Registration Link](#)

Volunteer Needs

Fox Valley Memory Project couldn't put on the programming that we do without the help of our *wonderful* volunteers. This month we will be seeking folks to help with the following:

- Delivering craft kits around the Fox Valley
- Participating in Memory Café events
- Picking up lunch for Mindworks and helping to serve

If these sound like things you can help with, please click below to let us know!

[Volunteer Opportunities](#)

Fox Valley Memory Project

www.FoxValleyMemoryProject.org | (920) 225-1711

