April 2021

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<th>Sunday</th>
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<td>Kairo Alive Virtual - 1:30 PM</td>
<td>Memory Café Virtual - 1:30 PM Birthdays with Bobbie</td>
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<td>Memory Café Virtual - 11:00 AM Amazing Sports TV with Nicole Hardina-Wilhelm</td>
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<td>Memory Café Virtual - 11:00 AM Musical Jukebox &quot;April Showers&quot; with the McFaddens</td>
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<td>Kairo Alive Virtual - 1:30 PM</td>
<td>Memory Café Virtual - 1:30 PM Exhibit Tour with the Bergstrom Mahler Museum</td>
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<td>Memory Café Virtual - 11:00 AM Farming in Wisconsin</td>
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<td>Kairo Alive Virtual - 1:30 PM</td>
<td>Memory Café Virtual - 1:30 PM Automobile Gallery</td>
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<td>Memory Café Virtual - 11:00 AM TimeSlips &quot;Tell a Story&quot; With Carin Esselman</td>
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<td>Kairo Alive Virtual - 1:30 PM</td>
<td>Memory Café Virtual - 1:30 PM Canvas Painting with Alissa</td>
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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.
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**

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.

Kairos Alive! Wisconsin Connection Jam

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: Kairo

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

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

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
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
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!
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

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.
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 wzzerrenner@gmail.com.

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.

On Dementia: Care, Community and Creativity II

Conversation with Susan McFadden, PhD

Zoom Program
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