

July 2021 Newsletter



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h2>July 2021</h2> <p>Fox Valley Memory Project Sponsored Events</p>				1 Café - River Tyme Bistro 1:30p	2	3
4 No chair yoga due to 4th of July holiday	5	6	7	8	9	10
11	12 Virtual - Chair yoga 11:00a Café - Kaukauna Public Library 1:30p	13 TLC - Support Group 1:00p	14 Caregiver Support Poetry - Goodwill Community Campus 10:00a Café - Mosquito Hill 1:30p	15 Café - River Tyme Bistro 1:30p	16	17
18	19 Virtual - Chair yoga 11:00a Virtual - Olympics 1:30p	20	21 Café - Riverside Park Neenah 1:30p	22	23	24
25	26 Virtual - Chair yoga 11:00a Café - New London Senior Center 1:30p	27 TLC - Support Group 1:00p	28 Café - Kimberly Municipal Complex 1:30p	29 Preserving Memories Through Art - Goodwill Community Campus 4:00p	30	31

Fox Valley Memory Project - www.FoxValleyMemoryProject.org - 920-225-1711

We are transitioning back to the regular Memory Café schedule that existed before the pandemic. Some Cafés are ready to return in-person, while others will remain virtual until locations open for groups again.

Virtual Cafés

Zoom ID: 844 9165 0160

Passcode: enjoy

In-Person Cafés

Registration is appreciated, but not required. Cafés will take place at locations across the Fox Valley. Register by calling 920-225-1711

Preserving Memories Through Art



Thursday July 29 at 4:30 PM - 1800 Appleton Road Menasha, WI

Join us as we talk about how memories and stories are preserved in objects. Bring an object to share or use one provided. Artist-in-Residence, Elyse-Krista Mische will lead us in preserving our memories with framed drawings. After the event, we welcome you to head to Pullman's with other participants to enjoy an evening meal together. Registration is required. Call 920-225-1711 to register.

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

We ask that all Mindworks participants 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.

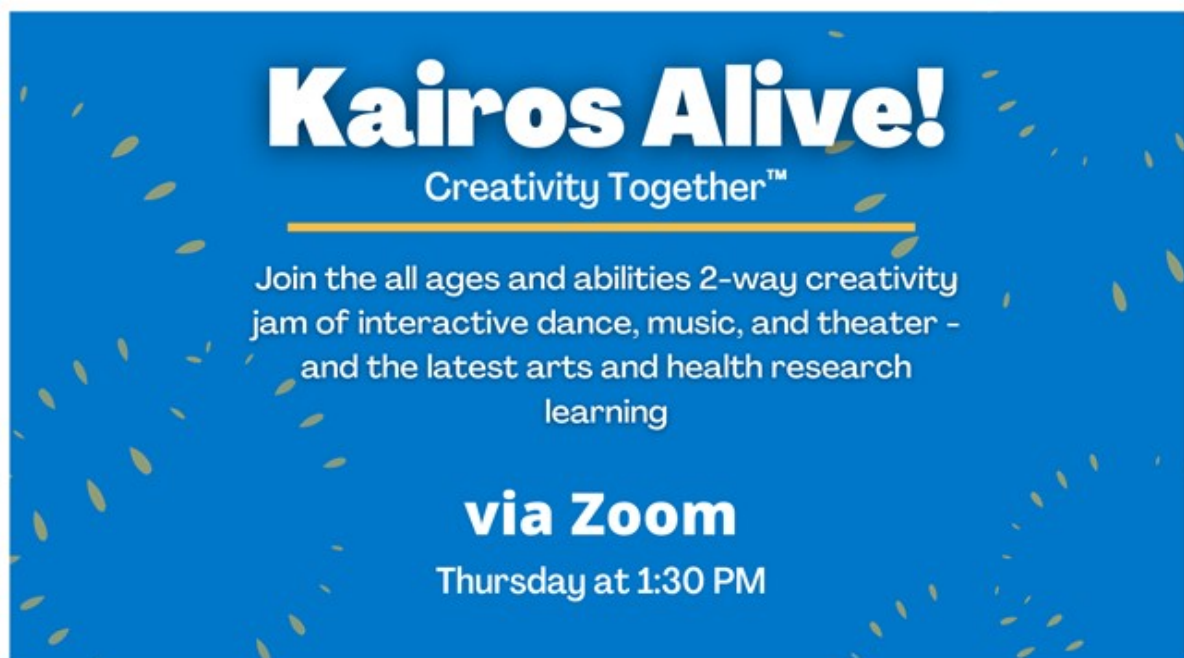
To learn more and sign up, e-mail courtney@foxvalleymemoryproject.org or call 920-225-1724

On a Positive Note Chorus

The On a Positive Note Chorus is on a break through July. Enjoy all the activities that summer has to offer and we'll see you again soon!

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

Kairos Alive! Wisconsin Connection Jam

A blue rectangular graphic with a white border. It features the text "Kairos Alive!" in large white bold font, followed by "Creativity Together™" in a smaller white font. Below this is a horizontal orange line. Under the line, the text "Join the all ages and abilities 2-way creativity jam of interactive dance, music, and theater - and the latest arts and health research learning" is written in white. At the bottom, "via Zoom" is in large white bold font, and "Thursday at 1:30 PM" is in white. The background of the graphic is decorated with small yellow leaf-like shapes.

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

Email info@kairosalive.org for the weekly link

Caregiver Support Group



TLC 

CAREGIVER SUPPORT GROUP

EVERY 2ND & 4TH TUESDAY AT 1 PM

TLC is a support group for caregivers and loved ones who care for a person with memory loss or dementia.

Registration is required.

 **FOX VALLEY MEMORY PROJECT**

1800 Appleton Rd
Menasha, WI

The TLC Caregiver Support Group will meet on Tuesday July 13th and July 27th at 1 PM. Join us in a supportive and safe environment to share, interact, listen, and learn with other caregivers and care partners of those with a memory loss disability. This group will run on the 2nd and 4th Tuesday of the month and is specific to dementia caregivers. Registration is required by e-mailing harper@foxvalleymemoryproject.org Questions? Call or text 920-225-1711

Caregiver Support Poetry Reading

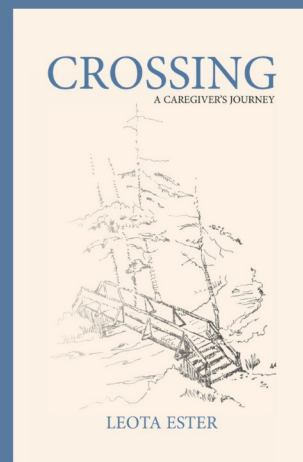
Caregiver Support: Poetry Reading

FREE! Wednesday, July 14 10:00 AM
1800 Appleton Road Menasha, WI

- Register by July 5 for a mailed copy of "Crossing"
- Registrations accepted through July 14



Free respite care for loved ones with memory loss is available during the event!



Register online at www.FoxValleyMemoryProject.org or call 920-225-1711



Memory Camp 2021

August 16-19

Join us at Memory Camp 2021, as we relax and enjoy camp activities at beautiful Moon Beach Camp in St. Germain, WI. Memory Camp is for people living with dementia and their families.



Because of the pandemic, we couldn't have Memory Camp in 2020, but now we're excited about our upcoming camp session, August 16-19, 2021. All staff will be fully vaccinated by then. You can read more about safety protocols on the registration page:

<https://www.ultracamp.com/info/sessionDetail.aspx?idCamp=340&idSession=298397&campCode=ucc>

In 2018 and 2019, our campers ranged in age from 5 to 95! Every family gets its own place to stay with up to four bedrooms, a full bathroom, extra sink, and living area. Many of the "cabins" are accessible for walkers and wheelchairs with walk-in showers.



Registration for Memory Camp is now open; camperships are available to help with fees. Slots may go quickly, as we're all so eager for events like this. Register here:

<https://www.ultracamp.com/info/sessionDetail.aspx?idCamp=340&idSession=298397&campCode=ucc>

For general information about the camp, go to:

<https://ucci.org/moon-beach/>



If you don't do websites, feel free to call Susan McFadden at 920-739-8695, email her at susan.h.mcfadden@gmail.com, or call Phoebe Spier at the camp and she can help you with the registration and answer your questions. Here's her contact information:

Phoebe Spier, Managing Director Moon Beach

Email: phoebe@ucci.org

715.479.8255

YMCA Technology Classes



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. Come meet one-on-one with our volunteers who will work with you on the things you would like to know about your device! **Covid protocols of masking and temperature taking are currently being followed.**

Available Classes

Learn at your own pace on any device. Schedule a one-on-one class now by contacting:

Julie Swiecichowski
(P) 920.886.2177
(E) jswiecichowski@ymcafoxcities.org

To help us prepare for your personalized class, please share a few details about what you would like to learn. Our volunteers can help you learn about such things as Phone settings, Facebook, Google, Messaging, Zoom, etc.

We will ask you to bring your own device, so you can learn how easy it is to stay connected. Rental equipment is also available for a fee.

COST: FREE

Grant funding for Get Connected Stay Connected was awarded by Bader Philanthropies, Inc.

For more information or to setup a time for your instruction, please contact



Resources from the Community

SPARK! at Bergstrom Mahler Museum of Glass

SPARK! is a cultural program for people with early- to mid-stage memory loss and their care partners. SPARK! is located in museums, galleries, nature centers, and cultural venues across the United States and continues to expand into new communities.

SPARK! programs welcome care partners to stay actively engaged in their communities while joining peers to experience art, culture, and nature in a comfortable environment with specially trained staff and volunteers. SPARK! programs typically last 60-90 minutes and group sizes average 20-25 participants. Attending a SPARK! program provides care partners an opportunity to be together IN THE MOMENT. The programs are not reminiscent nor do they rely on recalling memories, but rather focus on observations, conversations, and creative experiences. There are a variety of programs to fit every interest and comfort level. From art-making, singing, and drama to museum discussions, performances, and cooking – SPARK! offers something for everyone

SPARK!(ler) paintings

- Tuesday, July 13 10:30-11:30am
- Free event - RSVP Requested. Call 920-751-4658 or email moeller-roy@bmmlgass.com
- Celebrate the Fourth of July with us at Bergstrom-Mahler Museum of Glass! We will explore water colors and create colorful sparklers and fireworks that we can keep inside.

Riding in the Moment

'Riding in the Moment' is an adaptive equine program to enhance the quality of life for people with dementia, and other forms of memory loss. UW Madison has partnered with BEAMING Inc. which is a non-profit organization in Neenah, that offers equine-assisted experiences for individuals with special needs and community members. Participants are provided a safe, supportive and dynamic environment where they can ride, groom and pet the horses as well as engage with staff, volunteers and other participants in the experiential ranch setting.

Click [HERE](#) to watch BEAMING Inc. on the news!

If you are interested in participating in this 8-week program, contact Katie Samuelson, BEAMING Inc. Center Director at 920-851-6160 or incbeaming@gmail.com.

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 help with the following:

- 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!

[Click here to sign up for volunteer activities](#)