

October 2021 Newsletter



October Program Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October 2021						1
2	3 Virtual – Yoga 11:00a Special Event – Medicare Made Simple	4	5	6 Café – Fox West YMCA 1:30p	7 Café – River Tyme Bistro 1:30p	8
9	10	11 Virtual – Yoga 11:00am *Special Event – Martin Schreiber 1:30p <small>Columbus Day (US) Indigenous Peoples' Day Thanksgiving (Canada)</small>	12 TLC Support Group – 1:00p	13 Café – Mosquito Hill 1:30p Café – Oshkosh Library 1:30p	14	15 Lunch Bunch – Van Abel's of Hollandtown 11:00a *\$10 registration required
16	17 Virtual – Yoga 11:00a Café – Neenah Library 1:30p	18	19	20 Café – Menasha Library 1:30p	21 Café – River Tyme Bistro 1:30p	22
23	24 Virtual – Yoga 11:00a Café – New London Senior Center 1:30p Café – Oshkosh YMCA 1:30p	25	26 TLC Support Group – 1:00p	27 Café – Kimberly Municipal Complex 1:30p	28 Virtual – Café 1:30p	29
30	31	*There is no Memory Café at the Kaukauna Public Library this month. Instead, we will have a Special Event hosted at Goodwill Community Campus with former Governor Martin Schreiber.				

Many of our cafés have now returned to in person. We will continue to offer virtual memory café options every month.

In-Person Cafés Registration is no longer required for most Cafés unless otherwise noted. Cafés will take place at locations across the Fox Valley.

Virtual Cafés

Zoom ID: 844 9165 0160 / Passcode: enjoy

Mindworks Class

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, Goodwill, and Fox Valley Technical College. Classes run on Tuesdays and Thursdays from 11:00AM-2:15PM at Goodwill and Wednesdays from 11:00AM-2:15PM at FVTC. Cost is \$10 and includes lunch.

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

On a Positive Note Chorus

On a Positive Note practices will begin on August 17 at St. Margaret Mary Church in Neenah. We will practice weekly from 3:00PM-4:00PM and recommend people arrive at 2:45PM. The chorus consists of people living with memory loss and their care partners. No singing ability is required. Come as you are and enjoy the music!


We will be practicing the song "Sentimental Journey" to record, because it will be shown at the end of John Weyers' play at the PAC on September 11.



Want to join On a Positive Note?

Call Susan at 920-739-8695.



Lunch Bunch Group



Lunch Bunch 

Every 3rd Friday at 11 AM
\$10 per person
Pre-register online or call 920-225-1711

August 20 – Ground Round Neenah
September 17 – Pizza Ranch Appleton
October 15 – Van Abel's of Hollandtown
November 19 – Machine Shed Appleton

Each month on the 3rd Friday at 11:00AM, participants, care partners, and friends meet together at a local restaurant to enjoy lunch together. This “Lunch Bunch” includes a meal and drink for just \$10 per person.
Join us on Friday, October 15 at Van Abel's of Hollandtown.
Register online or by phone in advance to save your seat!
To register please call 920-225-1711.

Caregiver Resources

Did you know that Fox Valley Memory Project can help direct you to community resources that can help you? Examples could include helping you connect to respite care funding, providing you with information on managing behavioral symptoms of dementia, or sending you materials to read regarding the caregiver journey. Whatever it may be, we are here to make sure that you are supported.
Call 920-225-1711 to speak about caregiver resources today!

Caregiver Support Groups

TLC CAREGIVER SUPPORT GROUP

Every 2nd & 4th Tuesday at 1:00 PM



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

1800 Appleton Rd
Menasha, WI



The TLC Caregiver Support Group will meet on Tuesday October 12th and October 26th at 1:00PM. 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 is specific to dementia caregivers. Registration is required.

Email harper@foxvalleymemoryproject.org or call 920-225-1711.

MEN'S CAREGIVER SUPPORT GROUPS

Cafe Nutrition

1350 West
American Drive,
Neenah

Every 3rd Tuesday
10:30am



Care Patrol

3701 E Evergreen
Drive #275,
Appleton

Every 3rd Thursday
10:00am

FOR MORE INFORMATION PLEASE EMAIL
INFO@FOXVALLEYMEDMEMORYPROJECT.ORG

Medicare Made Simple!

Join us for a **FREE** seminar to learn about Medicare plan options!



Monday, October 4

4:00PM - 5:00PM

James P. Coughlin Center

625 E. County Road Y

Oshkosh, WI

Meeting Rooms A & B



ADRC Elder Benefit Specialists will provide us with valuable information to simplify the process and help you make well-informed decisions about coverage before open enrollment begins on October 15.

Respite care will be provided for people living with dementia to allow care partners to participate.

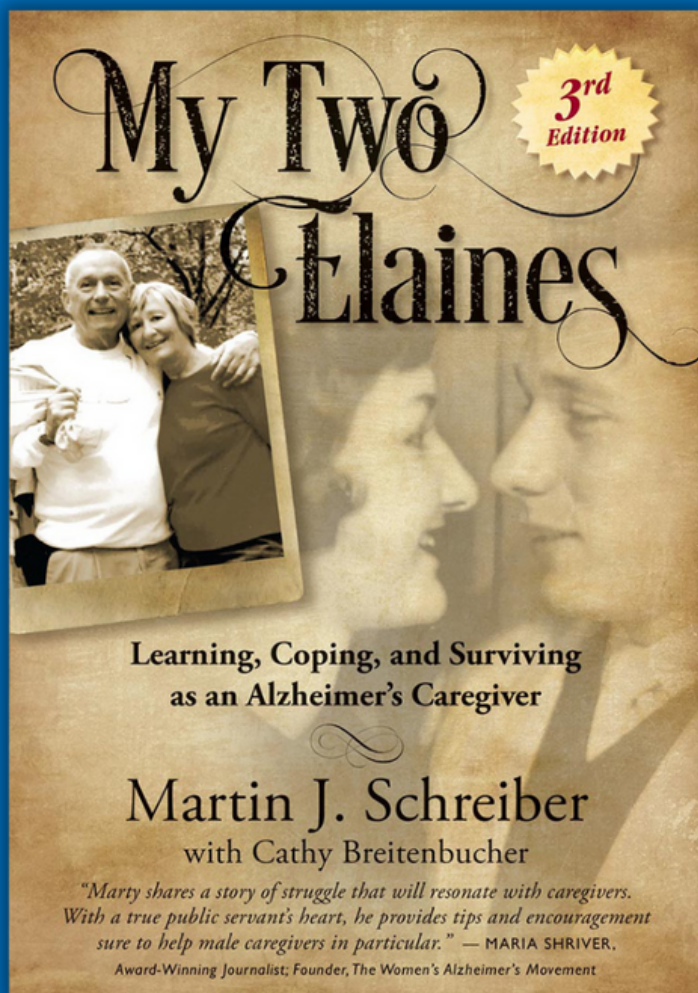


**Register online or call
920-225-1711.**



SPECIAL EVENT

Caregiver Book Discussion with former Governor Martin Schreiber



 FOX VALLEY
**MEMORY
PROJECT**

MONDAY, OCTOBER 11TH
1:30 PM

**GOODWILL
COMMUNITY CAMPUS
1800 APPLETON RD,
MENASHA**

Governor Schreiber has become a passionate advocate for anyone caring for someone living with memory loss, sharing his personal journey as a caregiver for his wife in his published book, "My Two Elaine's: Learning, Coping, and Surviving as an Alzheimer's Caregiver."

If you are interested in respite care during the discussion,
please call 920-225-1711
or email info@foxvalleymemoryproject.org

Resources from the Community

Between the Lines Book Club

Join others in your community!

Between the Lines book club is for those caring for a loved one with memory loss. Open to all caregivers, professionals, and community members.

When: 2nd & 4th Mondays in October and November:

Oct. 11th & 25th

Nov. 8th & 22nd

Time: 10:00am-11:30am

Where: Hoffman Memory Care Resource Center inside St. Paul Elder Services - 221 E. Thirteenth St., Kaukauna.

This month's read will be:

"A Dignified Life: The Best Friends Approach to Alzheimer's Care"

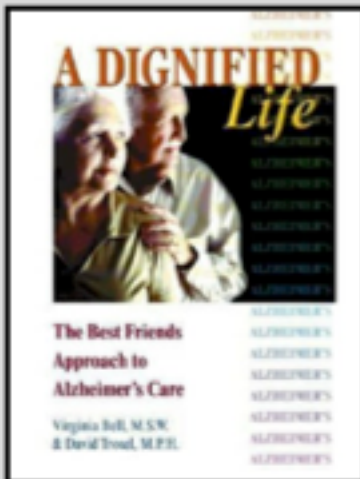
By Virginia Bell & David Troxel

Books will be provided

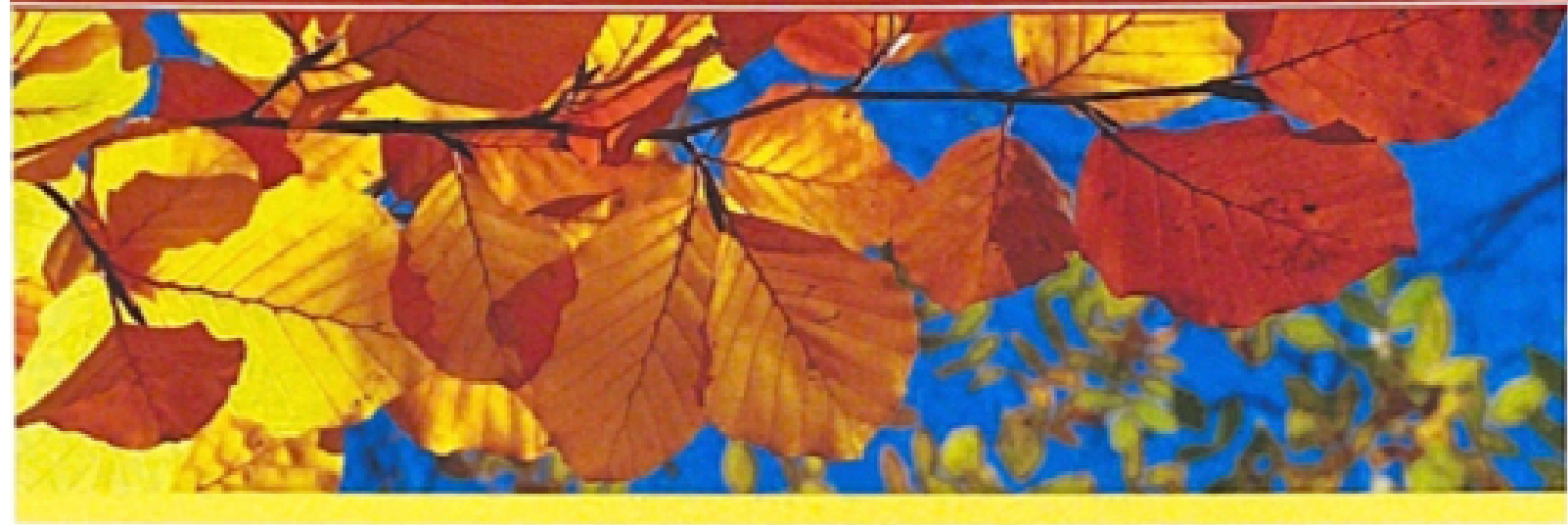
For questions or to register, please contact:

Julie Feil at 920-766-6186

*Registration is Required



Senior Autumn Fest



Tuesday, October 12, 2021

11:00-3:00 PM

**St. Peter & Paul Catholic Church
105 N Olk Street, Hortonville**

Free Event will include:

Agency Fair open prior to and after program

12:00:Lunch

1:00: Program:

"My Two Elaines"

Presented by Martin Schreiber,
Former Wisconsin Governor, Author, and Caregiver

Please call to register for lunch!

920-779-6011

*****St. Peter & Paul Parish & the Village of Hortonville's Senior Activities Committee request that all participants wear masks, when not eating, to respect and maintain the health and safety of everyone. *****

**" F r o m
c a r i n g
c o m e s
c o u r a g e "
-
L a o T z u**

**2021 Family Caregiver
Appreciation Day
November 3rd 3:30-6:30PM**

**The Grand Meridian
2621 N Oneida St
Appleton WI 54911**

Join us for complimentary soup, salad, sandwiches, desserts, live
music & vendor booths starting at 3:30

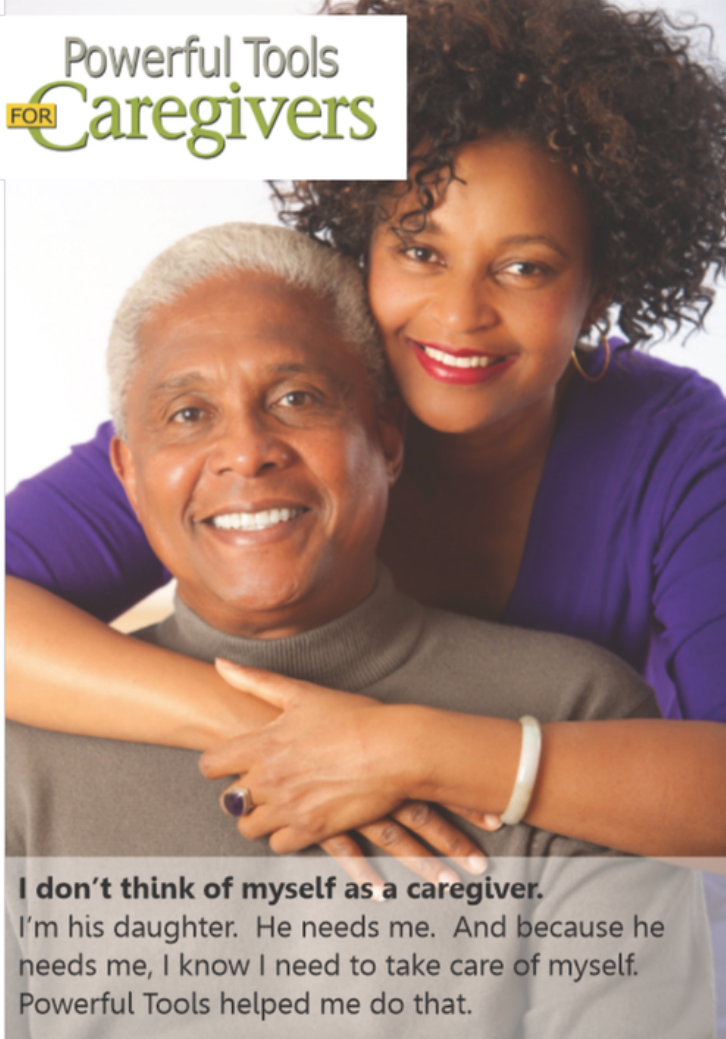
Inspirational presentation regarding self-care by Sarah Crawford,
Sitawi Life Coaching starting at 4:30

Presentation of the Siblings Choice Caregiver Award 5:15

Chair Yoga at 5:30

Register: at <https://bit.ly/OCAD2021> or call
920-460-9955 with questions We look forward to seeing
you!





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!

Powerful Tools for the Caregiver Class

Oshkosh Senior Center

Thursdays, October 14th – November 18th 2021

10:30AM - Noon

Contact: Alisa Richetti

Phone: 920-236-1227

Email: arichetti@co.winnebago.wi.us





Volunteer
FOX CITIES



TECH-ED FOR ADULTS

Join us at Volunteer Fox Cities by participating in a Tech-ED program to learn tips and tricks of using technology devices.

Currently accepting participants ages 60+ and ages 50+ as of January 2022!

- **Take advantage of a flexible, one-on-one appointment with one of our compassionate technology instructors at no cost to you! Couples or friends are also welcome!**
- **Bring your own device or use one of our iPads!**
- **Sessions will be offered 3 or 6 times and will last between 60-90 minutes at a time that works best for you and your instructor. We will accommodate your needs and preferences!**
- **Take control of your household and become tech-savvy! Learn how to use Zoom/Facetime, safety features, popular apps, and so much more!**
- **Funding provided by Older Americans Act from Outagamie County**

Express your interest by contacting:

Chelsea Vosters
chelsea@volunteerfoxcities.org
(920) 832-9360

Volunteer Fox Cities
2616 S. Oneida St
Appleton, WI 54915