

## February 2022 Newsletter



## February Program Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <small>Chinese New Year (Year of the Tiger)</small>	2 <small>Groundhog Day</small>	3 <b>Café – Fox West YMCA 1:30p</b>	4 <b>Café – River Tyme Bistro 1:30p</b>	5
6	7 <b>*NEW Men's Meet-up - Mud Creek Coffee Sherwood 10:00a</b>	8 <b>TLC Support Group – 1:00p</b>	9 <b>Café – Mosquito Hill 1:30p</b>	10 <b>Care Facility Caregiver Meet-up – 1:00p</b>	11	12
13	14 <b>Café – Kaukauna Public Library 1:30p</b>	15	16 <b>Café – Menasha Public Library 1:30p</b>	17 <b>Café – River Tyme Bistro 1:30p</b>	18 <b>Lunch Bunch Uno Pizzeria &amp; Grill 11:00a \$10 registration required</b>	19
20 <b>Special Event – On a Postive Note Concert 1:00p St. Margaret Mary Parish Hall</b>	21 <b>Café – Neenah Public Library 1:30p</b>	22 <b>TLC Support Group – 1:00p</b>	23 <b>Café – Kimberly Municipal Complex 1:30p</b>	24	25	26
27	28 <b>Café – New London Senior Center 1:30p</b>  <b>Café – Oshkosh YMCA 1:30p</b>	<div>February 2022 </div> <div>Memory Cafés &amp; Special Events</div>				

Fox Valley Memory Project • 1800 Appleton Road, Menasha, WI 54952 • [www.foxvalleymemoryproject.org](http://www.foxvalleymemoryproject.org) • (920) 225-1711

Love is in the air! Please join us in February for our regularly scheduled Memory Cafés! This month, you'll enjoy a variety of memory café activities and special events.

In the event of inclement weather, please check your email or tune into a local news station for updates on event cancellations.

### In-Person Cafés

Registration is not required for Memory Cafés unless otherwise indicated.

### Virtual Cafés

Please note that we are no longer offering live virtual Memory Cafés.

We will have a new Chair Yoga session available on our YouTube page monthly.



## February 2022 Memory Café Schedule

[www.foxvalleymemoryproject.org](http://www.foxvalleymemoryproject.org)

Memory Cafés welcome persons experiencing memory loss, along with family and friends who love and care for them. Attendees participate in activities, learning, music, conversation, refreshments, laughter, and fun.

### Appleton

#### **River Tyme Bistro, 425 W. Water Street, Appleton – Thursday, February 3 – 1:30 – 3:00p**

American Painter's Day: We'll enjoy a discussion and a look at some of the great works of Norman Rockwell, and try our hand at our own work of art. If you have a Norman Rockwell print or treasure to share, please bring it with you.

#### **River Tyme Bistro, 425 W. Water Street, Appleton – Thursday, February 17 – 1:30 – 3:00p**

My World Upside Down - Travel without having to pack. We'll talk about and "visit" Australia & more. Bring your favorite travel stories to share!

### Chilton

#### **Ledge View Nature Center, W2348 Short Road, Chilton – Tuesday, February 8 – 1:30 – 2:30p**

We are celebrating Valentine's Day with a creative storytelling group. Join us for an afternoon of creativity, humor, and friendship with a special *Timeslips* group. Bring your imagination!

### Greenville

#### **Fox West YMCA, W6931 School Road, Greenville – Wednesday, February 2 – 1:30 – 3:00p**

Having a ball! Come and have a ball with fitness at this Memory Cafe! This exercise class will incorporate a small ball with seated exercises to build muscle while using minimal resistance. This class is for all fitness levels.

### Kaukauna

#### **Kaukauna Public Library, 207 Thilmany Road, Suite 200, Kaukauna – Monday, February 14 – 1:30 – 3:00p**

Love is in the air this Valentine's Day. Join us for a celebration of love with New Voices. Bring a friend too, what a great way to celebrate a holiday all about love!

### Kimberly

#### **Kimberly Municipal Complex, 515 W Kimberly Avenue, Kimberly – Wednesday, February 23 – 1:30 – 3:00p**

We are rolling out the red carpet to celebrate the Oscars. Come play movie trivia with us as we talk about our favorite movies, actors, and actresses.

### Menasha

#### **Menasha Public Library, 440 First Street, Menasha – Wednesday, February 16 – 1:30 – 3:00p**

Manderfield's Bakery has been a staple of Menasha and the Fox Valley for 85 years! Come listen and learn about the history of Manderfield's Bakery and how the bakery has impacted our community!

### Neenah

#### **Neenah Public Library, 240 E Wisconsin Avenue, Neenah – Monday, February 21 – 1:30 – 3:00p**

We will start the afternoon by creating a heart of kindness, and end with a game based on famous couples.

### New London

**Mosquito Hill Nature Center, N3380 Rogers Road, New London – Wednesday, February 9 – 1:30 – 3:00p**

Love is in the air, so let's talk about our furry and feathered friends' love lives today. Join us, along with Jessica Miller, a Staff Naturalist at Mosquito Hill, to gather fun facts. You can always plan on some laughter, refreshments, and time with friends as well. Hope to see you at our nature center!

**New London Senior Center, 600 W Washington Street, New London – Monday, February 28 – 1:30 – 3:00p**

St. Patrick's Day in New London (New Dublin), WI. Did you know that every year the Shamrock Club asks the city council of New London if they will change the name of our fair city to New Dublin for the week? The club has been putting on a parade for over 35 years and it now rivals the size of Milwaukee's parade. We'll talk about what it takes to put on the weeklong events, the months of planning, and all the shenanigans that go on around it.

### Oshkosh

**Oshkosh Public Library, 106 Washington Avenue, Oshkosh – Wednesday, February 9 – 1:30 – 3:00p**

In honor of the shortest month of the year, let's celebrate all things short – like minute to win it games, two sentence short stories, and of course – short cake!

**Oshkosh YMCA, 3303 W 20<sup>th</sup> Avenue, Oshkosh – Monday, February 28 – 1:30 – 3:00p**

Get into the Mardi Gras spirit! Mardi Gras is about music, parades, beads, floats, and excitement. We'll share and discuss the meaning behind Mardi Gras, and revel in the traditions of this historical celebration.

## New Location!

# Caregiver Meet-Up

*Do you have a loved one in a senior care facility?*

2nd Thursday of the month at 1 PM

Neenah Public Library

You are a caregiver, even when your loved one lives in a care facility. Join us to talk to other caregivers who have a loved one living in a facility like assisted living, skilled nursing, or memory care.

Offered by Fox Valley Memory Project  
[info@foxvalleymemoryproject.org](mailto:info@foxvalleymemoryproject.org)  
920-225-1711



Do you have a loved one living in a long-term care facility? We created a group to support caregivers who have transitioned their loved one to a healthcare community including places like skilled nursing, assisted living, memory care, or another facility.

Our next meeting will be on Thursday February 10th at 1:00 PM  
at Neenah Public Library.

## New this Month!

### Men's Meet-Up

**1st Monday of the month**

**10:00 AM**

Mud Creek Coffee

W571 Castle Drive

Sherwood

Offered by Fox Valley Memory Project

[info@foxvalleymemoryproject.org](mailto:info@foxvalleymemoryproject.org)

920-225-1711



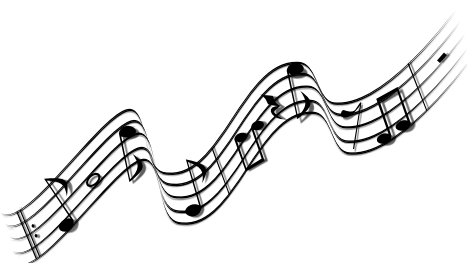
Do you care for a loved one with dementia? You are not alone! Come learn how other men manage the changes that come with being a caregiver for a loved one. Whether you are new to the journey or have been caregiving for years, we welcome you to join us!

**Join us for our first meeting on  
Monday, February 7th**

### On a Positive Note Chorus

On a Positive Note will practice at St. Margaret Mary in Neenah on Tuesdays. We start at 3:00 PM but recommend that people arrive at 2:45 PM to get there before the school lets out.

We encourage people to join us!



Want to join On a Positive Note?  
Call Susan at **920-739-8695**.





JOIN US FOR A FREE CONCERT BY

**ON A POSITIVE  
NOTE CHORUS!**

*Celebrating Love  
and Inspiration*

**SUNDAY, FEBRUARY 20TH**

**1:00PM**

**ST. MARGARET MARY  
PARISH HALL**

**620 DIVISION STREET**

**NEENAH, WI**

**(ENTER FROM REED STREET)**

**MASKS REQUIRED**



# 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. Mindworks also provides a respite opportunity for caregivers while their loved ones attend the program.

## 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, Fox Valley Technical College, and Oshkosh Public Library.

Classes are scheduled on the following days from 11:00AM - 2:00PM

**Tuesdays and Thursdays** at **Goodwill Community Campus in Menasha**

**Wednesdays** at **Fox Valley Technical College in Appleton**

**Thursdays** at **Oshkosh Public Library in Oshkosh**

Cost is \$10 per session and includes lunch

To learn more and sign up, email: [courtney@foxvalleymemoryproject.org](mailto:courtney@foxvalleymemoryproject.org)  
or call **920-225-1724**.

# NEW Mindworks Class!



Every Thursday  
beginning  
February 3rd

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Classes will be held Thursdays  
from 11:00am - 2:00pm  
Oshkosh Public Library  
106 Washington Avenue , Oshkosh  
Lunch will be provided - Cost is \$10 per session

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Mindworks is a facilitated program designed for people with early symptoms of memory loss. The curriculum promotes overall health and wellness, brain health and social connections through classroom activities, community engagement, service projects, and physical activity.

Please contact Courtney Tienor at  
920-225-1724 for more information.  
[www.foxvalleymemoryproject.org](http://www.foxvalleymemoryproject.org)

## 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 February 8th and February 22nd. 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](mailto:harper@foxvalleymemoryproject.org).

# 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](mailto:INFO@FOXVALLEYMEDMEMORYPROJECT.ORG)

## Lunch Bunch Group



# Lunch Bunch



## Uno Pizzeria & Grill

**February 18 @ 11:00AM**

**Pre-register online or call 920-225-1711**

**\$10 per person**

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, February 18th at Uno Pizzeria & Grill.  
W3254 Van Roy Road, Kimberly**

**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!



# Save the Date

On Saturday, February 12th from 10 am -4 pm, Family Caregivers Rock will be hosting another Marcus Theatre Event.

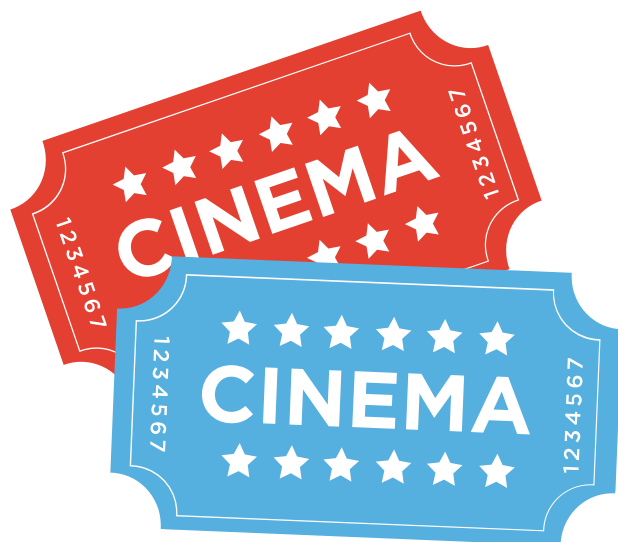
All family caregivers that day can attend a movie of their choice, a small soda, and a small popcorn for only \$5.00!

You may also sign up a guest for an additional \$5.00.

This event will take place at Marcus Theatres in Green Bay, Oshkosh, and both Appleton area locations. Simply RSVP on their website [FamilyCaregiversRock.org](http://FamilyCaregiversRock.org) starting January 1, 2022 and be sure to indicate the location of your choice.

Why?

Because family caregivers really do rock!





# Memory Care Respite Partners

Respite for you and care for your loved one



**4th Tuesday of each month**

**1:30 to 3:30 pm**

**Our Savior's Lutheran Church  
1861 Wisconsin Street, Oshkosh**

**While you're away, we will provide:**

- Organized arts, crafts, and music
- Staffing by professional caregivers and volunteers
- Snacks and refreshments
- This is a free community program!

***Enjoy a few hours of personal time each month!***

**Register today!      Call 920-727-5555 ext. 2217**

## **Collaborating Partners:**

Winnebago County ADRC, Our Savior's Lutheran Church,  
Valley VNA Senior Care, Oshkosh Senior Center

## What is SPARK!

SPARK! is a cultural program for people with early to mid-stage memory loss and their care partners. Programs are designed to keep participants actively engaged in their communities by providing experiences that stimulate conversations, provide peer support and inspire creativity through engaging in museum experiences, workshops and programs.

- SPARK! programs are FREE for families to attend together.
- All SPARK! facilitators are trained by the Alzheimer's Association or the local Aging & Resource Disability Centers
- SPARK! programs typically last 60-90 minutes. Group sizes are limited, and so please pre-register for the programs you plan to attend.



## Where is SPARK! near me

Within Brown, Outagamie, and Winnebago Counties, there are five sites currently offering programs.

Each venue's program is unique and includes topics such as cooking, art-making, drama/dance, music/song, poetry and storytelling. SPARK! programs are designed to be offered on various days and times to encourage attendance at multiple locations.



1410 Algoma Blvd  
Oshkosh, WI 54901  
(920) 235-6903  
thepaine.org

### SPARK! Program Schedule

1-2:30 pm, on last Wednesdays of the month

Participants gather in the Studio, located in the lower level of the mansion, before enjoying activities related to art, gardens and current events or exhibitions happening at The Paine.

Please RSVP one week in advance, by calling 920-235-6903.



210 Museum Place  
Green Bay, WI 54303  
(920) 448-4460  
nevillepublicmuseum.org

### SPARK! Program Schedule

10:00 am on third Tuesdays of the month

SPARK! programs are designed to give participants an experience they wouldn't normally have at the museum. Every program is different.



100 W College Ave  
Appleton, WI 54911  
(920) 734-3226  
buildingforkids.org

### SPARK! Program Schedule

1 PM, first Sunday of the month

We welcome and encourage our programs to be multi-generational. The Building for Kids Children's Museum empowers children, engages parents and energizes communities. Our goal is to inspire, teach, and reinforce curiosity.



111 W College Ave  
Appleton, WI 54911  
(920) 733-4089  
troutmuseum.org

### SPARK! Program Schedule

1- 2:30 pm, second Monday of the month

Located in the heart of downtown Appleton, TMA's mission is to connect and empower people through creativity and the visual arts.

Register at [troutmuseum.org/education/spark/](http://troutmuseum.org/education/spark/), call (920) 733-4089, or email [info@troutmuseum.org](mailto:info@troutmuseum.org).



165 N Park Ave  
Neenah, WI 54956  
(920) 751-4658  
bmmglass.com

### SPARK! Program Schedule

10:30 am on second Tuesdays of the month

At a museum located on the shores of Lake Winnebago, sculpture created with the mysterious medium of glass will captivate your imagination and inspire your inner artist.

Please RSVP by calling 920-751-4658.



# Wise Wisconsin

A LIFE SPAN PROGRAM VIRTUAL LEARNING SERIES

**One-hour sessions on Wednesdays at 9am  
February 2nd - March 9th, 2022 via zoom**

**Registration here: <https://go.wisc.edu/5u4ez3>**

## February

**2nd** - Old at Heart:  
Reframing the way we  
think and talk about  
growing older

**9th** - Compassion  
Resilience

**16th** - Advanced Directives?  
What are those?

**23rd** - Jump Start your  
Energy!

## March

**2nd** - The Retirement  
Transition

**9th** - Preparing for the  
Growing Season

\*\*Registration is  
required. Links will be  
sent the week of each  
session to registered  
participants.\*\*

**Check out <https://go.wisc.edu/i2165a> for more details.**



**Extension**

UNIVERSITY OF WISCONSIN-MADISON

**Email Sara Richie, Life Span  
Program Manager, at  
[sara.richie@wisc.edu](mailto:sara.richie@wisc.edu) with any  
questions.**





# Shopping & Errand Service

Grocery shopping, food pantry and prescription pick-ups, and other personalized errands for Outagamie County residents, ages 60 years and older.

- One trip weekly per participant
- Up to two locations per trip (maximum of 2 hours, including travel)
- Outagamie County residents only

**To schedule Shopping & Errand Service, call Home Instead® at 920.997.0118.**

Participant donations are welcomed but not required. A donation envelope will be provided with each visit. Participant donations are confidential and will ensure service continuation.

Shopping & Errand Service receives federal Older Americans Act funding from Outagamie County.

*In partnership with*



*Each Home Instead franchise office is independently owned and operated.*

# Have You Fallen In Your Home?



**We can help keep  
you in your home**

**Rebuilding Together Fox Valley can install:**

- Grab Bars
- Bathtub Transfer Benches
- Anti-Slip Adhesives In Bathtubs
- Toilet Seat Risers
- Night Lights

**To Qualify:**

- Must reside in the cities of Oshkosh, Neenah, Menasha, or Appleton
- Must own and live in the home (we cannot serve apartments, duplexes, or mobile homes)



**This initiative is free to homeowners thanks to  
generous funding provided by the Oshkosh Area  
Community Foundation and the Community  
Foundation for the Fox Valley Region**



**Get Help Now**

**(920) 730-2156**

**contact@rtfv.org**

**rtfv.org**





**Volunteer  
FOX CITIES**



# TECH-ED FOR ADULTS

Join Volunteer Fox Cities by participating in Tech-ED for older adults to answer your technology questions and learn tips and tricks of using your technology devices.

- **Take advantage of a flexible, one-on-one appointment with one of our compassionate technology instructors!**
- **Couples or friends are welcome!**
- **Bring your own device(s) or try one of our iPads!**
- **Suggested session length is a minimum of 3 times and will last approximately 60 minutes. Sessions for couples may last up to 90 minutes.**
- **Learn how to resolve issues and/or concerns as well as how to use Zoom/Facetime, safety features, popular apps, and so much more!**
- **Funding provided by Older Americans Act from Outagamie County. Services provided on a donation basis.**

**Express your interest or enroll by contacting:**

Chelsea Vosters  
[chelsea@volunteerfoxcities.org](mailto:chelsea@volunteerfoxcities.org)  
(920) 832-9360

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