

January 2022 Newsletter



January Program Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>January 2022</h1> 						
Memory Cafés & Special Events						
2	3	4	5 Café – Fox West YMCA 1:30p	6 Café – River Tyme Bistro 1:30p	7	8 New Year's Day
9	10 Café – Kaukauna Public Library 1:30p	11 TLC Support Group – 1:00p Café – Ledge View Nature Center 1:30p	12 Café – Mosquito Hill 1:30p Café – Oshkosh Public Library 1:30p	13 * Care Facility Caregiver Meet-up – 1:00p	14	15
16	17 Café – Neenah Public Library 1:30p <small>Martin Luther King Jr. Day</small>	18	19 Café – Menasha Public Library 1:30p	20 Café – River Tyme Bistro 1:30p	21 Lunch Bunch Wilder's Cutting Edge Bistro 11:00a \$10 registration required	22
23 <small>Activity Professionals Week</small>	24 Café – New London Senior Center 1:30p	25 TLC Support Group – 1:00p	26 Café – Kimberly Municipal Complex 1:30p <small>Australia Day (observed)</small>	27	28	29
30	31 Café – Oshkosh YMCA 1:30p	<p>*New this month: Caregiver Meet-up for those who have family in a care facility. Join us every 2nd Thursday at 1:00pm at Globe Coffee in Neenah.</p> 				

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

Welcome 2022! Please join us in January for our regularly scheduled Memory Cafés! 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.



January 2022 Memory Café Schedule

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, January 6 – 1:30 – 3:00p

Are you feeling lucky in 2022? Join us for some fun bingo and silly conversations to start the New Year out right!

River Tyme Bistro, 425 W. Water Street, Appleton – Thursday, January 20 – 1:30 – 3:00p

Spread Joy! Lights off, caroling done, gifts given. What's left? A fresh perspective on Joy. Carry Joy into 2022. Happy New Year!

Chilton

Ledge View Nature Center, W2348 Short Road, Chilton – Tuesday, January 11 – 1:30 – 2:30p

What animals hibernate in the winter? Where do they go? Are they really sleeping the whole time? Join us for an afternoon learning about winter hibernation at the nature center!

Greenville

Fox West YMCA, W6931 School Road, Greenville – Wednesday, January 5 – 1:30 – 3:00p

Intro to exercise. No matter your fitness level, come to this Memory Café to learn and try the basics of a complete exercise routine with cardiovascular activity, strength training and stretching. Bring your exercise and fitness questions with you and a fitness professional will answer them for you.

Kaukauna

Kaukauna Public Library, 207 Thilmany Road, Suite 200, Kaukauna – Monday, January 10 – 1:30 – 3:00p

Join us for an upbeat, energizing afternoon. We will be participating in our very own Drum Circle! Come find your rhythm and inner musician as we play our drums together. No musical experience needed!

Kimberly

Kimberly Municipal Complex, 515 W Kimberly Avenue, Kimberly – Wednesday, January 26 – 1:30 – 3:00p

Celebrate Elvis Presley's Birthday with a performance by Elvis Tribute Artist, Elvis John. Put on your blue suede shoes and listen to the music while enjoying one of Elvis' favorite snacks.

Menasha

Menasha Public Library, 440 First Street, Menasha – Wednesday, January 19 – 1:30 – 3:00p

Mayor Don Merkes will present on what is happening in Menasha in 2022! Come with questions!

Neenah

Neenah Public Library, 240 E Wisconsin Avenue, Neenah – Monday, January 17 – 1:30 – 3:00p

Beat the cold with a Winter Carnival full of Minute to Win It games – celebrate the season! No skill necessary, just join in to have fun and get moving! We hope to see you!

New London

Mosquito Hill Nature Center, N3380 Rogers Road, New London – Wednesday, January 12 – 1:30 – 3:00p

We may all feel a bit tired this time of year, but some take sleep to a whole different level! Mary Swifka, a Staff Naturalist at Mosquito Hill, will help us learn about hibernation and winter survival in the animal kingdom. Venture out and join us for an afternoon—it's cold outside, but warm in our building!

New London Senior Center, 600 W Washington Street, New London – Monday, January 24 – 1:30 – 3:00p

Join us for a Jamaican themed afternoon with special guest, Melissa Mulroy, who will be performing with her ukulele! Let's spend the afternoon "Warming up Winter".

Oshkosh

Oshkosh Public Library, 106 Washington Avenue, Oshkosh – Wednesday, January 12 – 1:30 – 3:00p

Happy New Year! We're going to start this year out right by partaking in New Year traditions from around the world, playing carnival games, and enjoying each other's company in a warm, fun atmosphere.

Oshkosh YMCA, 3303 W 20th Avenue, Oshkosh – Monday, January 31 – 1:30 – 3:00p

Join Jessica Smith, from Aspire Senior Living, for a therapeutic rock painting activity! Painting promotes creativity, can be an emotional release for people struggling with stress, and can improve hand-eye coordination. We'll also learn about the history of rock painting and its significance.

Virtual – Zoom

Virtual Kairos Alive Connection Jam – Wednesdays 10:00 – 10:45a

Weekly arts participation and health education through interactive dance and storytelling.

New this Month!

Caregiver Meet-Up

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

2nd Thursday of the month at 1 PM
Globe Coffee Neenah

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
920-225-1711



Do you have a loved one living in a long-term care facility? We are creating 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 first meeting will be on Thursday January 13th at 1:00 PM.

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-2:00PM at Goodwill Community Campus in Menasha and Wednesdays from 11:00AM-2:00PM at Fox Valley Technical College in Appleton. 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 will start practicing again at St. Margaret Mary in Neenah on Tuesday, January 18th. 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.

NEW Mindworks Class!



Every Thursday
beginning
February 3rd

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

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

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 January 11th and January 25th. 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.

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

Lunch Bunch Group



Lunch Bunch



Wilder's Cutting Edge Bistro

January 21 @ 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, January 21st at Wilder's Cutting Edge Bistro.
2639 South Oneida Street, Appleton

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.

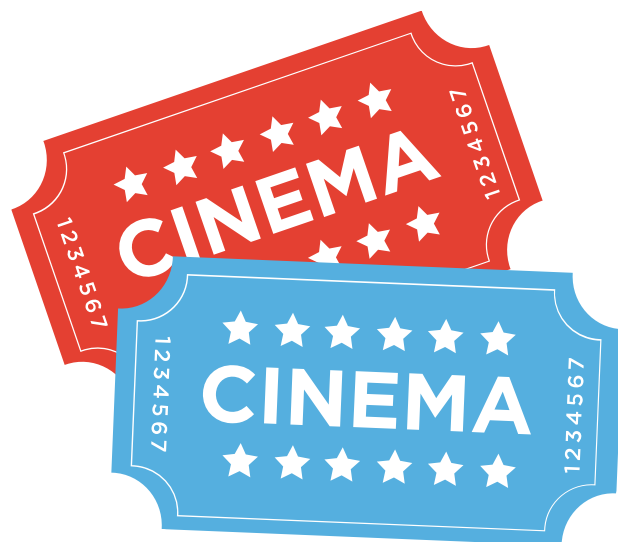
All family caregivers that day can attend a movie of their choice, a small soda, and a small popcorn for only \$5.00!

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 starting January 1, 2022 and be sure to indicate the location of your choice.

Why?

Because family caregivers really do rock!



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.



**NEVILLE
PUBLIC
MUSEUM**
of Brown County

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/, call (920) 733-4089, or email 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.

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



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 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