



March 2022 Newsletter



March Program Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div></div><div>March 2022</div></div>						
		1 Memory Café Brillion Public Library 1:30p <small>Mardi Gras</small>	2 Memory Café Fox West YMCA 1:30p <small>Ash Wednesday</small>	3 Memory Café River Tyme Bistro 1:30p	4	5
6	7 Men's Meet-up 10:00a	8 TLC Support Group 1:00p Memory Café Ledge View Nature Center 1:30p	9 Memory Cafés Mosquito Hill Nature Center 1:30p Oshkosh Public Library 1:30p	10 Care Facility Caregiver Meet-up 1:00p	11 Special Event Timeless Portraits 11:30a	12
13 <small>Daylight Saving Time Begins</small>	14 Memory Café Kaukauna Public Library 1:30p	15	16 Memory Café Menasha Public Library 1:30p <small>Purim Begins</small>	17 Memory Café River Tyme Bistro 1:30p <small>St. Patrick's Day</small>	18 Lunch Bunch Chefo's Pancake House 11:00a \$10 registration required	19
20 <small>Spring Begins</small>	21 Memory Café Neenah Public Library 1:30p	22 TLC Support Group 1:00p	23 Memory Café Kimberly Municipal Complex 1:30p	24 Special Event Virtual Dementia Panel 6:30p *registration required	25 	26
27	28 Memory Cafés New London Senior Center 1:30p Oshkosh YMCA 1:30p	29	30	31	 Connections Through Music Expressive Therapies Appleton 10:00a *Registration Required	
Fox Valley Memory Project • 1800 Appleton Road, Menasha, Wisconsin 54952 • (920) 225-1174 • www.foxvalleymemoryproject.org						

Spring is in the air (hopefully, soon)! Please join us in March 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.



March 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, March 3 – 1:30 – 3:00p

Signs and Song: Kristine Alarie, sign language interpreter, will be joining us to share a bit of her art. She'll teach us a few common signs, and we'll sign our goodbye song at the end of the program.

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

Feeling Lucky, in spite of it all. Join us for an afternoon of gratefulness and positivity. We'll be creating St. Patrick's Day gratitude jars and enjoying delicious, sweet treats!

NEW! Brillion

Brillion Public Library, 326 North Main Street, Brillion – Tuesday, March 1 – 1:30 – 2:30p

Join us for our inaugural Memory Café at the library. We will start off this "lucky" month by creating our very own Irish Blessing.

Chilton

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

Come to the Nature Center to learn all about maple syrup. With the freezing temperatures at night and warm spring days, March is the perfect time to tap the trees. Join us for an afternoon of learning and friendship!

Greenville

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

Stretch your muscles with bands. Learn the many muscles we can train while using an exercise band at this Memory Café. We will have both seated and standing exercise options will be available for all fitness levels.

Kaukauna

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

The spring season is a great time to get the creativity restarted. Join our Memory Café today for an afternoon of storytelling with *Timeslips*. We will spend time reminiscing, laughing, and enjoying each other's creativity!

Kimberly

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

Join us as we listen to students from Kimberly High School provide multiple live performances reading aloud from scripts used in Forensics. Participants will create poetry as an activity. We will also have snacks for all to enjoy.

Menasha

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

Come and enjoy the Fox Valley Symphony's interactive 'In Harmony Program'. We will be swept away with the sounds of music!

Neenah

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

Spend the afternoon with the talented New Voices Choir as they sing Irish Songs.

New London

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

Is spring in the air? What's different from years ago? Today we welcome Mike Hibbard, Director and Naturalist at Mosquito Hill, to help us understand a bit more about the weather and climate we now live in. It's a time to learn, but we also offer some "great" jokes, conversations, and refreshments too.

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

They say that dogs are a "Man's Best Friend". Join us at the Senior Center for an afternoon with a therapy animal and feel comforted by their love and loyalty.

Oshkosh

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

Join us for Lyrics and Laughter this month. We will share our time together signing and enjoying some of our favorite songs.

Oshkosh YMCA, 3303 W 20th Avenue, Oshkosh – Monday, March 28 – 1:30 – 3:00p

Hello spring! Celebrate the new season with a fun and colorful game of B-I-N-G-O! There might be sun, there might be rain, but there are sure to be prizes in this Bingo game!

New Memory Café Location!

NEW! **In-person Memory Café**

Join us for our inaugural Memory Cafe!
Create your own Irish blessing.

Brillion Public Library

Tuesday, March 1
1:30PM-2:30PM



Connections Through Music

Group Time and Date Details:

- Fridays beginning March 25, for 10 sessions
- 10-11 AM
- This group is limited to 8 participants
Caregivers are required to attend



Group Description:

Join us in this music therapy group that will utilize the power of music to stimulate the brain, support new habits, improve mood, and create memories within your relationship. This group will meet weekly and participants will engage in active music making within the group setting. You will learn tools that you can use at home as well!

Possible benefits:

- Improved Quality of Life
- Attention to task
- Limb coordination
- Organization
- Follow through
- Decision making
- Impulse control
- Improving mood
- Reducing anxiety levels
- Connection with caregiver

What is Neurologic Music Therapy (NMT)?

Neurologic Music Therapy is research based, using protocols that utilize elements of music such as rhythm and melody to help different areas of the brain.

Neuroscience has found that music stimulates the entire brain, reinforcing the use of music as a tool to create harmony, connection, and strategies to assist with day to day living.

For questions on registration fee, registration, or other questions regarding group
Please contact Fox Valley Memory Project
Phone: 920.225.1711



Group will be held at:
Expressive Therapies, LLC
245 N Metro Drive, Appleton, WI 54913



Timeless Portraits Event

Timeless Portraits!



Everyone should have a nice portrait of themselves, whether it is posed or a candid shot documenting themselves doing something they love. No matter what stage we are at in life, photos can capture seasons of life that are part of our story.

March 11, 2022 from 11:30AM-1:30PM

Goodwill Complex • 1800 Appleton Rd. Menasha



Every participant receives one **FREE** print!
For details on how to receive additional
prints and digital images, contact:

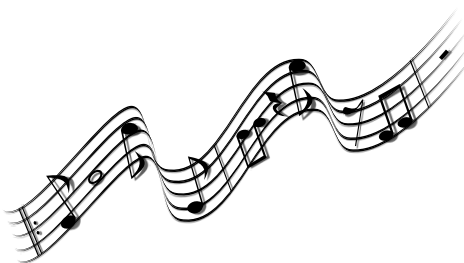
email and phone

On a Positive Note Chorus

On a Positive Note will practice again every Tuesday at St. Margaret Mary in Neenah starting on March 15th.

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**.

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
or call **920-225-1724**.

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



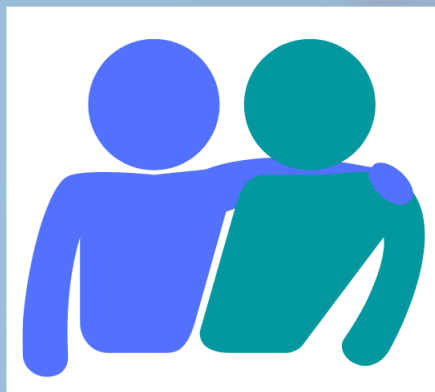
The TLC Caregiver Support Group will meet on Tuesday March 8th and March 22nd. Join us in a supportive and safe environment to share, interact, listen, and learn with other caregivers and care partners of those with a memory loss disability. This group is specific to dementia caregivers.

Registration is required. Email harper@foxvalleymemoryproject.org.

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@FOXVALLEYMEMPORYPROJECT.ORG

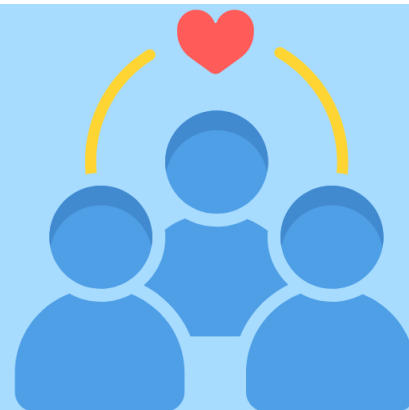
Men's Meet-Up

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!

1st Monday of the month

10:00 AM

Mud Creek Coffee
W571 Castle Drive
Sherwood



Offered by Fox Valley Memory
Project

info@foxvalleymemoryproject.org

920-225-1711



You are welcome to join our newest support group, offered specifically for men who are caring for a loved one living with dementia. Join us in an open and relaxing social hour, sharing the joys and challenges of the dementia journey.

Our next meeting will be on Monday, March 7th at 10:00 AM

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

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, March 10th at 1:00 PM

Lunch Bunch Group



Lunch Bunch



Chefo's Pancake House

March 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, March 18th at Chefo's Pancake House
760 West Kimberly Avenue, 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!

Virtual Dementia Panel

Talk to a dementia expert!

Virtual Dementia Panel
Thursday March 24
6:30-7:30 PM
Zoom or Facebook Live

You are welcome to send questions in advance,
or ask during event. Registration for Zoom
participation is required

FoxValleyMemoryProject.org/Dementia-Panel

ADRC
Aging & Disability Resource Center
of Winnebago County

ADRC
Aging & Disability Resource Center
of Calumet, DeKalb and Waukegan Counties

MOSAIC
FAMILY HEALTH
Teaching the Art & Heart of Care

FOX VALLEY
MEMORY
PROJECT

Get your questions answered by local dementia care experts!

When you or a loved one are on the dementia journey, you may have questions like “is this normal?” or “how do I manage symptoms?” Our dementia panel is ready to take your questions and help guide you to answers that will help! These events for people living with dementia and their families are open to all. We will focus on resources in Northeast Wisconsin. There is no cost to attend!

Upcoming Virtual Panel Event

Join us on Zoom or Facebook Live for a virtual dementia panel event
Thursday March 24th 6:30-7:30 PM

For additional information, please call (920) 225-1711

Resources from the Community



SPARK!
CULTURAL PROGRAMMING
for PEOPLE WITH MEMORY LOSS

Friday, March 18 at 4:30pm

We're hosting a SPARK! Extension at the PAC. We'll participate in an interactive program and watch the show! Pre-registration required.

Learn more by calling 920-734-3226 or visiting buildingforkids.org/spark



DON'T LET THE PIGEON DRIVE THE BUS!
THE MUSICAL!



Through a partnership with the Fox Cities Performing Art Center, the Building for Kids is excited to offer a unique programming opportunity for SPARK! families.

SPARK! participants are individuals experiencing memory loss and their caregivers or family members. On March 18, the PAC is presenting, Don't Let the Pigeon Drive the Bus: The Musical. SPARK! participants can register for the show and extension program for \$5.

The timeline for the evening is as follows:

- **4:30-5pm, SPARK! Participant arrival**
- **5-6pm, SPARK! Program**
- **6-7pm, Don't Let the Pigeon Drive the Bus: The Musical Performance**

This timeline will allow you early access to the building and our program will be hosted in a separate space from the public. We will have easy access to bathrooms and our seats, and you will be able to take a break in our programming space during the show if need be.

You can RSVP by calling the Building for Kids at 920-734-3226.

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/, 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.

The Sandwich Club

Adult Children Caring for Loved Ones with Dementia Support Group

Join the conversation about
balancing caregiving and
navigating care for your
parent living with Dementia
all while raising a family,
career, & social life.



Join us from **12p-1p** on the
1st & 3rd Thursday of each Month virtually via **ZOOM!**

RSVP is required.

If you are interested in attending, please contact:

Carrie Esselman
Dementia Care Specialist
920-832-2038

*"I don't think of myself as a caregiver. I'm his daughter.
He needs me. And because he needs me, I know I need
to take care of myself."*



Powerful Tools for Caregivers



Upcoming Workshop

Join us on

Fridays
April 22-May 27
from
9:30 a.m.-11:00 a.m.
at
Outagamie County
ADRC
320 S. Walnut Street
Appleton, WI 54911

*If you are in need of Respite for your loved one during the duration of the workshop, please contact Carrie Esselman to see what options are available.

Take care of yourself

While caring for a loved one

Powerful Tools FOR Caregivers

is a six week program designed to provide family caregivers with the tools to take care of themselves while caring for a loved one. You will benefit from this class whether helping a parent, partner, spouse, adult child, neighbor, or friend.

Learn to:

- Reduce stress
- Boost self-confidence
- Communicate your feelings better
- Increase your ability to make tough decisions
- Deal with guilt, depression, or anger
- Identify helpful resources that support you
- Share ideas and problem solve with other family caregivers

"I don't think of myself as a caregiver. I'm his daughter. He needs me. And because he needs me, I know I need to take care of myself. Powerful Tools helped me do that."

Registration is required. Space is limited

Deadline to register is *April 15, 2022* or upon filling.

Call Carrie at 920-832-2038 to register or for more details.

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

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.

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

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
(920) 832-9360

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