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.
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 Alaric, 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!
New Memory Café

Location!

**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!

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**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 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@FOXVALLEYMEMORYPROJECT.ORG
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

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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

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
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.

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.

1141 Algoma Blvd
Oshkosh, WI 54901
(920) 235-6903
thepaine.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

Take care of yourself

While caring for a loved one

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.

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.
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.

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