

# April 2022 Newsletter



# **April Program Calendar**



Happy Spring! What a great time of the year to get out and try something new. Join us this month for one of our many creative and social opportunities!

### Memory Cafés

Registration is not required for Memory Cafés unless otherwise indicated. Please see the next pages for information about the date and location of each café.

#### Special Events

FVMP hosts special events throughout the month. For more information please visit our website or call (920) 225-1711.



### **April 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, April 7 – 1:30 – 3:00p

Spring is on Wing! It's a great time of the year to do a little bird watching and see who all made the trip back for the summer! We will complete a special bird craft project and even have a few bird songs! Tweet, Tweet!

### River Tyme Bistro, 425 W. Water Street, Appleton – Thursday, April 21 – 1:30 – 3:00p

Join us for a Spring-themed Craft project that is sure to be a winner. Jena Kloepfel will be leading the activity.

#### **Brillion**

### Brillion Public Library, 326 North Main Street, Brillion – Tuesday, April 5 – 1:30 – 2:30p

We are celebrating "International Children's Book Day", a day that is celebrated annually on or around Han Christian Andersen's birthday. We are celebrating to inspire a love of reading and to bring attention to children's books.

### **Chilton**

### Ledge View Nature Center, W2348 Short Road, Chilton – Tuesday, April 12 – 1:30 – 2:30p

New Season, New Growth- exploring what new life grows in spring around the nature center

#### <u>Greenville</u>

### Fox West YMCA, W6931 School Road, Greenville – Wednesday, April 6 – 1:30 – 3:00p

Walk to Wellness. Learn about the benefits of walking by incorporating it into your day. Even if you prefer to stay seated, you will learn a way to make this movement work for you and reap all the rewards for your body. This class is for all levels of exercisers.

#### Kaukauna

### Kaukauna Public Library, 207 Thilmany Road, Suite 200, Kaukauna – Monday, April 11 – 1:30 – 3:00p

Come join us and make some noise! We will be welcoming a Life Enrichment specialist from St. Paul who will lead us in a drum circle. No past musical experience or special talent is needed to create this special music!

#### **Kimberly**

#### Kimberly Municipal Complex, 515 W Kimberly Avenue, Kimberly – Wednesday, April 27 – 1:30 – 3:00p

Join us for some music therapy with 'In Harmony', an education and outreach group of the Fox Valley Symphony Orchestra. Working with a music therapist, participants will positively engage with music and with one another.

### Menasha

### Menasha Public Library, 440 First Street, Menasha – Wednesday, April 20 – 1:30 – 3:00p

Menasha Historical Society presents 'Menasha Hometown Story' – Join us to learn about the history of Menasha and what makes this town so special.

#### Neenah

Neenah Public Library, <del>240 E Wisconsin Avenue, Neenah</del> – Monday, April 18 – <u>1:30 – 3:00p</u> \*\*Will be held at Valley VNA, 1535 Lyon Dr, Neenah

Rose Zoesch-Weigel will lead us in the practice of Qi Gong and Tai Chi. Qi Gong is an ancient Chinese tradition of combining gentle rhythmic movements with breath to relieve stress and increase energy. It is practiced for exercise, relaxation, self-healing, and meditation; and can be practiced standing or seated. Rose is certified in yoga, Tai Chi Easy, Spring Forest Qi Gong, and is currently working on Certification for Qi Gong Infused Yoga. Rose considers herself a lifelong learner who enjoys sharing her knowledge with others and gains so much from her students of all ages and backgrounds.

### **New London**

Mosquito Hill Nature Center, N3380 Rogers Road, New London – Wednesday, April 13 – 1:30 – 3:00p
It sounds prehistoric but has long legs and flies. What is it? A Sandhill Crane, of course! Staff Naturalist
Adam Brandt will talk about these amazing birds we often see in farm fields around the area. We look forward to welcoming you and warmer weather to the nature center!

New London Senior Center, 600 W Washington Street, New London – Monday, April 25 – 1:30 – 3:00p

Join us for our "Planting Seeds for Spring" Memory Café. We all love a good fresh vegetable from our own garden or a bright, beautiful flower arrangement in the center of the dinner table. Take your pick of the seed packets we provide and plant a seed or two. We'll check back in July to see how big our plants have grown! Listen to a gardener talk about their passion, plants of all kinds.

### **Oshkosh**

Oshkosh Public Library, 106 Washington Avenue, Oshkosh – Wednesday, April 13 – 1:30 – 3:00p

For the Love of Poetry! April is National Poetry Month so we're going to celebrate. We're going to explore the poet in each of us. And we'll take a virtual walk through the Downtown Poetry Walk. Everyone will leave with their own DIY magnetic poetry set.

Oshkosh YMCA, 3303 W 20<sup>th</sup> Avenue, Oshkosh – Monday, April 25 – 1:30 – 3:00p

Don't miss this special musical event featuring the WESTHAVEN QUARTET! The WESTHAVEN QUARTET has entertained various groups for the past 10 years. Emerging from the Barbershop tradition, they have expanded their repertoire of Four-Part Harmony to include pop and show songs of the '40s-'60s along with contemporary Top Ten tunes. Featuring Mike Gary - Lead, Greg Heiar - Bass, Howie Frank — Tenor, and Don Derozier - Baritone, the WESTHAVEN QUARTET is sure to provide an afternoon of memorable music.

### **Location Change!**

# In-person Memory Café



Join Rose Zoesch-Weigel for Qi Gong and Tai Chi

> Monday, April 18 1:30PM-3:00PM

FOX VALLEY
MEMORY
PROJECT

Will be held at Valley VNA 1535 Lyon Drive, Neenah



Due to the carpet being replaced at Neenah Public Library, our April Memory Café will be held at Valley VNA.



Your generosity allows Fox Valley Memory Project to expand our programs that support people living with dementia, their care partners, and families. Your help is making a positive impact in our community.



No ticket required, but your generous bids on auction items are greatly appreciated.
RSVP to: info@foxvalleymemoryproject.org, call 920.225.1711 or scan this QR code:



Thursday, April 21, 2022 4:30pm - 7:30pm Best Western Premier Bridgewood Resort & Hotel 1000 Cameron Way, Neenah

Silent auction will open one week earlier and close at the end of the April 21 event.

Heavy Appetizers and Beverages will be provided.

#### **EVENT SCHEDULE:**

**4:30 – 5:30** Reception

5:30 - 6:00 'On a Positive Note' Chorus

Performance and Program Updates

6:00 - 6:30 Food and Refreshments

6:30 - 7:00 Live Auction with special guest

Bill Jartz (WBAY)

7:00 Silent Auction Closes

7:00 - 7:30 Raffle Drawing and Thank You

# **New Program: Memory Link**



A free service of the Fox Valley Memory Project

# Do you care for someone with memory loss?

Resource Navigators are here to help you navigate the dementia journey by...

- Listening to your story & hear your challenges
- Offering simple and practical solutions
- Suggesting services in your community
- Connecting regularly as needs change

Call today to enroll in this free program!

920-225-1711 FoxValleyMemoryProject.org





11 Our Memory Link
Navigator helped us get
through the toughest
times and sorted things
into manageable pieces
that we could handle

This project is supported, in part by grant number 90ADP10068, from the U.S. Administration for Community Living, DHHS, Washington, D.C. 20201.

## New Program: Aging & IDD



A partnership between:





# Aging and Intellectual & Developmental Disability Program

Helping people with IDD and their caregivers to navigate the dementia journey

### Program offerings will include:

- Specialized Memory Café starting April 2022
- Educational opportunities to help you manage behavioral symptoms of dementia in the context of an IDD diagnosis
- Training on the use of the Early Detection Screen for Dementia (EDSD) tool developed specifically for the IDD population
- More!

Call 920-225-1711 to learn more!

### **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 April 12th and April 26th.

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.

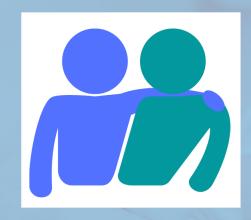
Registration is required. Email harper@foxvalleymemoryproject.org.

# 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

# 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





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, April 4th at 10:00 AM

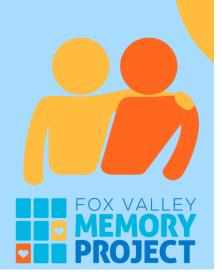
# **Caregiver Meet-Up**

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.

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### **Lunch Bunch Group**



# **Lunch Bunch**



Hollander's in Little Chute

\*\*April 22 @ 11:00AM

Pre-register online or call 920-225-1711 \$10 per person

This month on the 4th Friday (changed due to Good 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, April 22nd at Hollanders Pub & Grill 1820 E Main Street, Little Chute

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!

### On a Positive Note Chorus

On a Positive Note will practice again every Tuesday at St. Margaret Mary in Neenah.

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.

## **Connections Through Music**

# Connections Through Music

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

Classes are held on Fridays from 10:00 - 11:00 AM
Expressive Therapies, LLC
245 N Metro Drive, Appleton

This class is currently full. Please watch for other opportunities for this program again in the fall!

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# Resources from the Community



#### 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.



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 nevilllepublicmuseum.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."





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 aregivers

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.









FREE! **OPEN** TO THE **PUBLIC** 



proudly presents

# **CAREGIVER CHATS**





The **CAREGIVER CHATS** series is designed to provide a place to openly share and discuss what's happening in your life as a caregiver.



To us, it's personal

920.997.0118



UNIVERSITY OF WISCONSIN-MADISON **OUTAGAMIE COUNTY** 

920.832.5126

Join us for insightful conversations around caregiving challenges, plus discover helpful resources and gain encouragement from professionals and your peers.

Jan 26 Striking a Balance Feb 23 Loss, Grief & Changing Relationships Mar 23 Increasing Social Connectedness

Advance Care Decisions Tech-ED for Adults & Phone Pals Apr 27 May 25

Final-Journey Companions

Unicorns & Joy

RSVP at: https://bit.ly/3jakBi2 All chats are 4:00-5:00 p.m. Online only (via Zoom).

# >> See reverse side for more event details.



### JANUARY 26 Striking a Balance

All chats are 4:00-5:00 p.m.

with Karen Dickrell. Extension Outagamie County

Discover how to find more balance in your life, with all the stresses and demands on you and your family.

### **FEBRUARY 23**

**Loss, Grief & Changing Relationships** 

with Susan Kazik. MSW. CAPSW Caregiver Coach. RCI REACH. Mosaic Family Health

Discussion will include changing roles as care needs increase, concepts of grief, secondary loss, as well as formal and informal support systems.

### MARCH 23

**Increasing Social Connectedness for Older Adults** 

with Jan Sommerfeld. RSVP Director. Volunteer Fox Cities

Learn more about TeleMatch, Cycling Without Age, and Retired & Senior Volunteer programs that include transportation, meals and housing.

### **APRIL 27**

**Advance Care Decisions** 

with Becky Deuel. Fox Valley Advance Care Planning Partnership

Hear updates on Durable power for health care. "It's always too soon until it's too late."

### **MAY 25**

**Tech-ED for Adults & Phone Pals** 

with Chelsea Vosters. Older Adult Program Coordinator

Learn more about Tech-ED for Adults & Phone Pals program, offered through the Volunteer Fox Cities program.

### **JUNE 22**

**Final-Journey Companions** 

with Mellissa Hanson. Final Journey Death Doula

Get details on the Final Journey Death Doula programs as well as resources to help prepare for the end-of-life journey.

### JULY 27 Unicorns & Joy

with Karen Dickrell. Extension Outagamie County

What do unicorns have to do with joy? It's all in the way we look at our lives through a creative lens! Sometimes, all we see are difficulties, when there may be opportunities if we take a different perspective.

# **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 toda**y! Call 920-727-5555 ext. 2217

**Collaborating Partners:** 

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



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** 



# 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