

May 2022 Newsletter



May Program Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <small>May Day</small>	2	3 Memory Café Brillion Public Library 1:30p	4 Memory Café Fox West YMCA 1:30p	5 Memory Café River Tyme Bistro 1:30p	6 🎵	7
8 <small>Mother's Day</small>	9 Memory Café Kaukauna Public Library 1:30p	10 TLC Support Group 1:00p Memory Café Ledge View Nature Center 1:30p	11 Memory Café Mosquito Hill Nature Center 1:30p Oshkosh Public Library 1:30p	12 <small>Cinco de Mayo</small> Care Facility Caregiver Meet-up 1:00p Memory Café Heart of the Valley YMCA	13 🎵	14 Special Event Beaming, Inc. Memory Café 10:30a
15	16 Memory Café Neenah Public Library 1:30p	17	18 Memory Café Menasha Public Library 1:30p	19 Memory Café River Tyme Bistro 1:30p	20 Lunch Bunch Leo's Diner Greenville 11:00a \$10 registration required 🎵	21 <small>Armed Forces Day</small>
22 Special Event On a Positive Note Chorus Intergenerational Concert 1:00p	23 Memory Café New London Senior Center 1:30p Oshkosh YMCA 1:30p <small>Victoria Day (Canada)</small>	24 TLC Support Group 1:00p	25 Memory Café Kimberly Municipal Complex 1:30p	26	27 🎵	28
29 <small>Memorial Day</small>	30	31	<h2>May 2022</h2> <p>Memory Cafés & Special Events</p> <p>Fox Valley Memory Project • 1800 Appleton Road, Menasha, Wisconsin 54952 • (920) 225-1711 • www.foxvalleymemoryproject.org</p>			

April showers bring May flowers! 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.

May 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, May 5 – 1:30 – 3:00p

Happy Cinco De Mayo! Join us for a fun afternoon at our Mexican-themed café with music, games, & trivia. We'll have a fiesta, olé!

River Tyme Bistro, 425 W. Water Street, Appleton – Thursday, May 19 – 1:30 – 3:00p

Flowers for Mother. We all have a mother. Tell us about yours. What's your favorite memory growing up? We will make paper flowers.

Brillion

Brillion Public Library, 326 North Main Street, Brillion – Tuesday, May 3 – 1:30 – 2:30p

We will have a Cinco De Mayo Celebration! Join us at the library for a themed party with trivia about Cinco De Mayo.

Chilton

Ledge View Nature Center, W2348 Short Road, Chilton – Tuesday, May 10 – 1:30 – 2:30p

Join us for an afternoon of moving our bodies and learning new techniques with Tai Chi and yoga. What a great way to restart and refresh ourselves during this spring season!

Greenville

Fox West YMCA, W6931 School Road, Greenville – Wednesday, May 4 – 1:30 – 3:00p

Stretch your limits. Learn about stretching exercises that be done seated or standing. Do you have a nagging muscle or stiffness? Perhaps the right stretch will do the trick. This class is for all levels of exercisers.

Kaukauna

Kaukauna Public Library, 207 Thilmany Road, Suite 200, Kaukauna – Monday, May 9 – 1:30 – 3:00p

Susan McFadden will lead us in talking about loneliness and connection during the pandemic. We'll create a poem and maybe a song with ukulele accompaniment. We'll also use colors to express these feelings. Our creations will become part of a project at the University of Wisconsin Milwaukee called "Lonely No More."

Kimberly

***NEW Heart of the Valley YMCA, 225 W Kennedy Avenue, Kimberly – Thursday, May 12 – 1:30 – 3:00p**

Join us for our inaugural Memory Café at the Y! It's the perfect time of the year to plant flowers, but first, we need a beautifully decorated flowerpot. We will spend the afternoon painting our own pots to take home to use for our spring planting.

Kimberly Municipal Complex, 515 W Kimberly Avenue, Kimberly – Wednesday, May 25 – 1:30 – 3:00p

Let's make art! McKenzie Krohn, a Life Enrichment Specialist with an emphasis in Art Therapy, will be helping at our Memory Café today! Join us for an afternoon of creativity as we craft an item that you can take home and display during the spring months! Enjoy an afternoon of fun and laughter, while you work together to create a work of art.

Menasha

Menasha Public Library, 440 First Street, Menasha – Wednesday, May 18 – 1:30 – 3:00p

Join Menasha Mayor, Don Merkes, for his “Memories of Menasha” presentation and learn about the history, present, and future projects that are on the horizon for the city.

Neenah

Neenah Public Library, 240 E Wisconsin Avenue, Neenah – Monday, May 16 – 1:30 – 3:00p

April Showers bring May Flowers. Today at our Memory Café, we will plant flowers in teacups and discuss the traditions and holidays associated with the month of May.

New London

Mosquito Hill Nature Center, N3380 Rogers Road, New London – Wednesday, May 11 – 1:30 – 3:00p

Mother’s Day just passed, and our animal kingdom has the same thing going on! Staff Naturalist Jessica Miller follows up her February “love” talk to bring news of baby animals. Join us as we explore our natural world and celebrate families and friends being together.

New London Senior Center, 600 W Washington Street, New London – Monday, May 23 – 1:30 – 3:00p

Today we will be talking about “Our flag, Our freedoms” and remembering our loved ones who served in the military. Also, Jim Yeager, the New London VFW Post Commander will stop by.

Oshkosh

Oshkosh Public Library, 106 Washington Avenue, Oshkosh – Wednesday, May 11 – 1:30 – 3:00p

Flowers, Flowers, Flowers! Join us as we take a virtual tour through the Paine Gardens. Taste edible flowers while creating a flower-themed craft.

Oshkosh YMCA, 3303 W 20th Avenue, Oshkosh – Monday, May 23 – 1:30 – 3:00p

Say aloha to summer fun with a colorful luau party! Hawaiian shirts and grass skirts are welcome! There will be tropical snacks, island music, and lots of laughs. Exciting activities will include chair “beach volleyball” and “pass the coconut”. We look forward to celebrating sweet summertime together!

You're Invited



A free service of the Fox Valley Memory Project

Open House

**Wednesday, May 4th
9:30 AM - 11:30 AM**

Fox Valley Memory Project Office -
Goodwill Community Campus
1800 Appleton Road, Menasha, WI 54952

Enjoy light refreshments as you meet our two new Resource Navigators. Bring your questions about the dementia journey and learn about working with a Resource Navigator one-on-one for FREE!



To register, call **920.225.1711** or visit our website for more information!
foxvalleymemoryproject.org/MemoryLink





PLEASE JOIN US FOR A

SPRING CONCERT

*For the Young and
Young-at-Heart*

...-----...

Featuring the On a Positive Note
Chorus & Flute Students of Carol Smith

Sunday, May 22nd
1:00 PM

St. Margaret Mary Parish Hall
620 Division Street
Neenah, Wisconsin



New Memory Café Location

NEW! In-person Memory Café



*Join us for our
inaugural café!*

**Thursday, May 12
1:30PM-3:00PM**

Heart of the Valley YMCA

Beaming, Inc. Event

In-person Memory Café



*Join us for a special
Equine Experience!*

**Saturday, May 14
10:30AM**

BEAMING Inc., Neenah

2692 County Road GG, Neenah, Wisconsin

Join this special equine experience that includes: grooming and bonding with an equine partner, observation/education on equine movement, reminiscing through music, making treats, and feeding the horses!

TALES & TRAVEL MEMORIES

DEMENTIA FRIENDLY "TRIPS" ON SELECT FRIDAYS 1-2:30 PM EXPERIENCE WORLD TRAVELS WITH APPLETON PUBLIC LIBRARY AND FOX VALLEY MEMORY PROJECT

Enjoy worldwide travel right in our community using Appleton Public Library's materials and our imaginations. This dementia-friendly event will combine art, music, food, and more to immerse you in a new culture every month!

MEXICO - JUNE 17 & 24

Using music makers & shakers we're exploring sounds and sights of Mexico! Taste the local flavors and travel to this culture-rich country.

EGYPT - JULY 8 & 22

Explore one of the earliest documented civilizations, Egypt! Known for its deep history and large pyramid structures, Egypt is full of interesting artifacts and stories!

ARIZONA - AUGUST 12 & 26

Arizona, a southwestern U.S. state, is best known for the Grand Canyon, the mile-deep chasm carved by the Colorado River. Learn about the various plants that make Arizona a unique place to live!

Appleton
Public Library

All events held at 1800 Appleton Road Menasha, WI and
require advance registration.

Call 920-225-1711 or register at

www.FoxValleyMemoryProject.org/TalesAndTravel

FOX VALLEY
MEMORY
PROJECT

NEW Mindworks Class Coming to Calumet County

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.



Mondays & Wednesdays
11:00am - 2:00pm
Lunch will be provided
Cost is \$10 per session
Brillion Public Library
326 N. Main Street, Brillion

Mindworks provides respite care for caregivers while people with memory loss enjoy a fun, social afternoon! Caregivers can also attend TLC Caregiver Support Groups on-site during Mindworks twice a month.



To register, call **920.225.1711** or visit
our website for more information!
FoxValleyMemoryProject.org/Mindworks



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

Mondays and Wednesdays at **Brillion Public Library in Brillion**

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: info@foxvalleymemoryproject.org
or call **920-225-1711**.

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 May 10th and May 24th. 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

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, May 12th at 1:00 PM

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



“ 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 90ADPI0068, from the U.S. Administration for Community Living, DHHS, Washington, D.C. 20201.

Lunch Bunch Group



Lunch Bunch

 FOX VALLEY
MEMORY
PROJECT

Leo's Diner - Greenville

May 20 @ 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, May 20th at Leo's Diner
1665 Greenville Drive, Greenville

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.

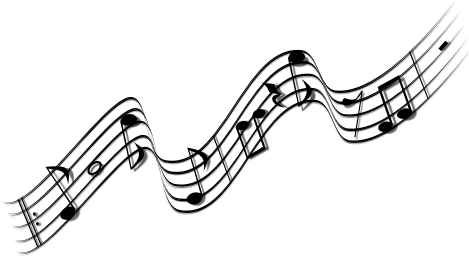
Call 920-225-1711 to speak about caregiver resources today!

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**.

Aging & IDD Program



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!

This project is supported, in part by grant number 90ADPI0068, from the U.S. Administration for Community Living, DHHS, Washington, D.C. 20201.

Community Resources

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

Currently on hold. Please check
<https://www.buildingforkids.org/spark/> for updates



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.

FREE!
OPEN
TO THE
PUBLIC

Outagamie Caregiver Coalition *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.

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



To us, it's personal

920.997.0118



Extension

UNIVERSITY OF WISCONSIN-MADISON
OUTAGAMIE COUNTY

920.832.5126

Jan 26	Striking a Balance
Feb 23	Loss, Grief & Changing Relationships
Mar 23	Increasing Social Connectedness
Apr 27	Advance Care Decisions
May 25	Tech-ED for Adults & Phone Pals
Jun 22	Final-Journey Companions
Jul 27	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.

An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements. Each Home Instead® franchise office is independently owned and operated.



JANUARY 26

Striking a Balance

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.

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

FEBRUARY 23

Loss, Grief & Changing Relationships

with Susan Kazik. MSW. CAPSW Caregiver Coach. RC/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 Melissa 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 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 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