

June 2022 Newsletter



June Program Calendar

	Jur	ne 20)22	Memory Café Fox West YMCA 1:30p	Thursday 2 Memory Café River Tyme Bistro 1:30p	Friday 3	Saturday 4
	Memory C	Cafes & Spec	7 Memory Café Brillion Public Library 1:30p	Memory Cafés 8 Mosquito Hill Nature Canter 1:30p Oshkosh Public Library 1:30p	Care Facility 9 Caregiver Meet-up 1:00p Memory Café Heart of the Valley YMCA	Dementia Care Partner Conference FVTC 10:00a *Registration Required	Shavuot Begins 11
	12	13 Memory Café Kaukauna Public Library 1:30p	TLC Support ¹⁴ Group 1:00p Memory Café Ledge View Nature Center	Memory Café Menasha Public Library 1:30p		Lunch Bunch 17 Ground Round Neenah 11:00a Special Event Tales & Travel Memories 1:00p	18
	19	Memory Café Neenah Public Library 1:30p	21	Memory Café Kimberly Municipal Complex 1:30p	23	Special Event Tales & Travel Memories 1:00p	25
T	Special Event Timber Rattlers Game 1:10p *Registration Required	Memory Café New London Senior Center 1:30p Oshkosh YMCA	28 TLC Support Group 1:00p	29	30	BBB FOX BBB ME DBB PR	MORY OJECT

The beginning of beautiful sunny days and the first month of the summer! June is the perfect opportunity to get out and try something new. Join us this month and connect with others in the community!

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.



June 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, June 2 – 1:30 – 3:00p

Bingo with Amy is always a hoot. She'll bring a fun variety of prizes for all to enjoy! You won't want to miss out! The CarePatrol Cat will be in attendance, as well.

River Tyme Bistro, 425 W. Water Street, Appleton – Thursday, June 16 – 1:30 – 3:00p

Cows and farming and planting, Oh my! Come share stories of times on a farm. Bring your favorite farm pictures and memories!

Brillion

Brillion Public Library, 326 North Main Street, Brillion – Tuesday, June 7 – 1:30 – 2:30p

Test your music knowledge while playing the classic game of Bingo. We'll be sure to have a fun afternoon enjoying a few rounds of Music Bingo!

Chilton

Ledge View Nature Center, W2348 Short Road, Chilton – Tuesday, June 14 – 1:30 – 2:30p

A volunteer of Ledgeview will be sharing their knowledge of skunks. Come learn what makes skunks so unique! No smelling required.

Greenville

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

Leg strength! Build the muscles around your knees and hips to help support those joints. Learn the basic moves that can be done seated or standing and are easy enough to do at home.

Kaukauna

Kaukauna Public Library, 207 Thilmany Road, Suite 200, Kaukauna – Monday, June 13 – 1:30 – 3:00p

June is dairy month! Did you know that National Dairy Month started out as National Milk Month in 1937 to promote drinking milk? Let's celebrate our great state of Wisconsin during this special month. We'll make a batch of homemade ice cream and enjoy it before we go home.

Kimberly

Heart of the Valley YMCA, 225 W Kennedy Avenue, Kimberly – Thursday, June 9 – 1:30 – 3:00p

Small spaces can be just as beautiful as large ones; come learn some ideas for container gardening! We will have a guest speaker sharing some tips for successful container gardening.

Kimberly Municipal Complex, 515 W Kimberly Avenue, Kimberly – Wednesday, June 22 – 1:30 – 3:00p

The June Memory Café at Kimberly Public Library is a gas! Take a hilarious step back in time to 1940s Radio Classics! Laugh out loud with a brief episode of the classic Abbott and Costello Radio Broadcast followed by an entertaining round of the original 1950's television game show "Make the Connection." Memory Café attendees will then get to play a modern rendition of the game.

Menasha

Menasha Public Library, 440 First Street, Menasha – Wednesday, June 15 – 1:30 – 3:00p

Join Taylor Moeller-Roy from the Bergstrom Mahler Museum of Glass and together we will talk about the art of collage and create our own. Using different types of images and words cut from books and magazines, we'll design a one-of-a-kind glass coaster. After they're done, we will seal them with mod podge to make sure they're waterproof.

Neenah

Neenah Public Library, 240 E Wisconsin Avenue, Neenah – Monday, June 20 – 1:30 – 3:00p

Fishing is back! Come fish off the dock by the Neenah Public Library! We'll meet inside the library and then head out to see how many fish we can catch. We received a special fishing license waiver from the Wisconsin DNR. Volunteers will need a license if they plan to fish. We will have fishing poles, but feel free to bring your own. The Neenah High School Fishing Team will again be here to help us reel them in. If the weather is poor, we'll share our fish stories and engage in other fish-related activities in the library.

New London

Mosquito Hill Nature Center, N3380 Rogers Road, New London – Wednesday, June 8 – 1:30 – 3:00p

The Summer Solstice is coming up. What is going on during this shortest night of our year? Let's look up in the night sky and see what we can see. Staff Naturalist Adam Brandt will guide us as we learn, laugh, and enjoy this beautiful season at the nature center.

New London Senior Center, 600 W Washington Street, New London – Monday, June 27 – 1:30 – 3:00p

Let's Chat about the Edison! Join Christine Cross, Director of the New London Public Museum, for a chat about the Edison/Simmons furniture factory once located in New London. She will share photos from the museum's archives and talk about the history of this influential factory. Christine will also discuss the history of the museum and some of the exciting possibilities for the future.

Oshkosh

Oshkosh Public Library, 106 Washington Avenue, Oshkosh – Wednesday, June 8 – 1:30 – 3:00p

Sparking Creativity with the Alzheimer's Poetry Project founder, Gary Glazner. We will tap into our fun and playful sides and engage in poetry and laughter led by Gary

Oshkosh YMCA, 3303 W 20th Avenue, Oshkosh – Monday, June 27 – 1:30 – 3:00p

"Meet Me at the Movies!" Join us for a movie-themed café featuring short clips from classic films, a game of guess that movie, and of course, popcorn! We can't wait to reminisce and learn about your favorite movies.

Virtual Dementia Panel

wandering of respite care toileting

STRESS SLEEPING

driving grief

Virtual Dementia Panel

Wednesday June 22nd 6:30 PM - 7:30 PM

Zoom or Facebook Live

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

FoxValleyMemoryProject.org/dementia-panel









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! This event for families and people living with dementia is open to all, but focuses on resources in Northeast Wisconsin. There is no cost to participate! Join us on Zoom or on Facebook Live

Save the Date



Fox Valley Memory Project Presents the 1st Annual

Dementia Care Partner Conference

Friday June 10

10:00 AM - 2:00 PM

Free Conference and respite care

Become the best care partner you can be!

Conference Presenters













Registration Required

Call 920-225-1711

or visit

FoxValleyMemoryProject.org/Conference

Conference Schedule

9:30 AM

Registration and

respite care open

Positive Approach to

10:00 - 11:00 AM

Care: Communication

and Dementia

11:15 - 12:00 PM

Breakout Session 1

12:00 - 12:45 PM

Lunch & Resource

Fair

1:00 - 1:45 PM

Breakout Session 2

1:45 - 2:45 PM

Resource Fair

Conference Location

Fox Valley Technical College 1825 N. Bluemound Drive Appleton, WI 54912

Free respite care for your loved one with dementia available on-site. Must register in advance



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



NEW Mindworks Class Coming to Waupaca 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.





Tuesdays &Thursdays
11:00am - 2:00pm
Lunch will be provided
Cost is \$10 per session
Waupaca Senior Center
207 School Street, Waupaca

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 June 9th and June 23rd.

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.

 $Registration is \ required. \ Email\ info@foxvalleymemory project.org.$

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

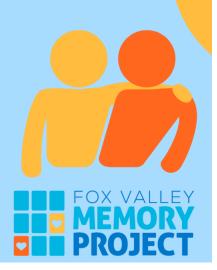
Caregiver Meet-Up

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, June 9th 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!





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.

Lunch Bunch Group



Lunch Bunch



Ground Round - Neenah

June 17 @ 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, June 17th at Ground Round 1010 Cameron Way, Neenah

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!

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 90ADPl0068, from the U.S. Administration for Community Living, DHHS, Washington, D.C. 20201.

Neenah Public Library





Memory Maker Kits

Memory Maker Kits were designed to support the caregivers of, and those living with Alzheimer's disease or related dementia's (ADRD), and cognitive disabilities. The kits contain meaningful activities that a person can successfully engage in, independently or together with someone. Please note that not every kit will be appropriate for every individual. Each kit was created around a theme, and are checked out for 28-days. Kit themes are Cars, Exercise, Gardening, Hands on Fun 2, Hands on Fun 3, Hands on Fun 4, Sewing Box, Trains, Travel, Art, Cats, Dogs, Fun and Games, Hands on Fun 1, Patriotic, and Rural Life. The kits were made possible by a generous grant from Bader Philanthropies.

Call 920-886-6315 to place a hold.

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.



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

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**



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 today! 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.

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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