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May 15, 2020

Memory Cafes and other Virtual Connection Fun!

Week of May 18 - 22

If you do not already receive the links via email, send an email to Brianna at brianna@foxvalleymemoryproject.org to get connected!

Tuesday, May 19

11:00 – 11:45a

“Let’s Ride”

Beaming – a local equine therapy barn – is bringing the barn to our homes! Join us for a ride, meet some barn friends, and play along to the beat of the horses!



Tuesday, May 19

1:30p

BINGO!

Join Rebecca (Winnebago County DCS and Menasha Memory Café facilitator) for virtual BINGO!

We'll get you the link to join and the link to get your BINGO cards!



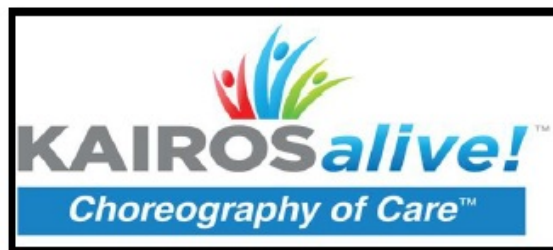
Thursday, May 21

1:30 – 2:10p

“Dancing Heart Live”

Join Kairos Alive via Zoom for interactive movement, dance, and connection!

If you want to check it out, we'll get you the link and password to join!



Friday, May 22

1:30 – 2:15p

Lori Murphy and her son Jack, both part of their family band, Murphy's Law, are back for another smashing afternoon of classic Broadway tunes 😊



Give Help & Get Help

The Give Help • Get Help Hub provides a “one-stop-shop” for those who need help and those who want to give help in the Fox Cities during the COVID-19 pandemic.

United Way Fox Cities launched the [Give Help * Get Help Hub](#)

A convenient, easy-to-use, “one-stop shop” for those who need help and those who want to give help in the Fox Cities during the COVID19 pandemic.

The [Give Help * Get Help Hub](#) complements United Way's 2-1-1 service. If you do not find help you are looking for, or are unable to access the website,

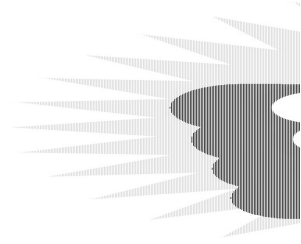
call 2-1-1 to connect to health and human services.

Click the Give Help * Get Help Hub link above (in blue) to check it out.

Follow Fox Valley Memory Project on Facebook!

There is so much content to see and share. It's a great way to stay engaged while we're apart.

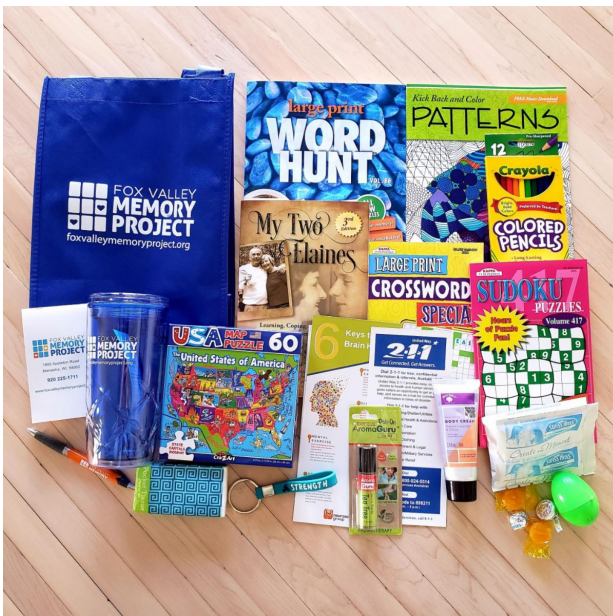
[Click here to go to the Facebook page!](#)



We're looking for your feedback!

As Fox Valley Memory Project looks forward to when we can gather together again, what precautions would you hope to see in place to support healthy interactions?

Please email Brianna, Program Coordinator, at brianna@foxvalleymemoryproject.org with suggestions and ideas to help participants feel safe and healthy.



Goodie Bags!

The United Way and Morton LTC started it, but now Fox Valley Memory Project has continued putting together bags full of fun things for both care partners and their loved ones!

So what's in these Goodie Bags? Words games, puzzles, adult coloring books and colored pencils, treats, a drink tumbler, and some self care items you might not currently have on hand.

Think you might want one? Or know someone who might enjoy one? We want folks to have these!

Send an e-mail to Brianna, Program Coordinator with FVMP, at

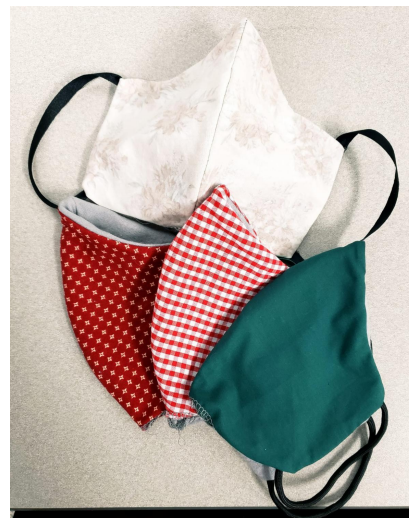
Cloth Face Masks

Could you use a face mask? Or could someone you know use one?

Fox Valley Memory Project does have a number of masks available and we'd be happy to coordinate a drop off date, place, and time.

If you, or someone you know could use one, please let us know!

Send an e-mail to Brianna at brianna@foxvalleymemoryproject.org.



Caregiver Resources

Below you can find resource lists linked directly to websites so graciously curated by Jane Mahoney who works for GWAAR.

GWAAR stands for the Greater Wisconsin Agency on Aging Resources, Inc. It is a nonprofit agency committed to supporting the successful delivery of aging programs and services in 70 counties and 11 tribes in Wisconsin.

[This first list includes information on hotlines and other telephone supports, mental health information, and online support group resources.](#)

[The second list is comprised of of online and virtual education for caregivers, as well as technology resources for staying connected virtually.](#)

[Last, but certainly not least, this list shares activities and resources to engage caregivers and those they care for, grandparent and multi-generation family resources, and other good website to know about.](#)

Thank You to Our Generous Supporters

Fox Valley Memory Project is funded entirely by donations and grants. Thank you to all who generously contribute to the organization.

Collaborating to Improve Quality of Life

Fox Valley Memory Project collaborates with other organizations to offer programs and services that improve quality of life for persons with dementia, as well as their family care partners and friends. We encourage practices of hospitality and inclusion that make our community dementia-friendly.

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