

Winnebago County Dementia-Related Programs and Supports

Memory Cafes

A memory café is a comfortable, social gathering to allow individuals facing similar experiences with memory loss to connect, socialize and build new support networks in a safe environment. No fee or registration is required. The cafés are for both the individual with the memory impairment and their care partner. Cafés may include music, presentations, activities, or crafts and refreshments.

Oshkosh 20th St YMCA

- 3303 W. 20th Avenue
- 1st Wednesday of each month 1:30-3pm

Oshkosh Traveling Memory Café

- Locations will change each month
- 3rd Wednesday of each month 1:30-3pm

Neenah Public Library

- 240 E. Wisconsin Avenue
- 3rd Monday of each month 1:30-3pm

Menasha Senior Center

- 116 Main Street
- 4th Tuesday of each month 1:30-3pm

Fox Valley Memory Project (FVMP)

Hosts memory cafes, social activities, and the Memory Link Program throughout the Fox Cities. Contact them at (920) 225-1711 or visit their website for information and events:

<https://www.foxvalleymemoryproject.org/>

RCI REACH Program

Evidence based program to support caregivers of those with memory loss with 1:1 support, education, problem solving and stress management during 12 free sessions over 6 months. Contact Mosaic Family Health 920-560-7167 to register.



Mindworks Program

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 and physical activity. Lunch is provided and the cost is \$15 per session. Contact the Fox Valley Memory Project to register 920-225-1711.

Oshkosh Senior Center

- 200 N Campbell Road
- Thursdays 11am-2pm

Fox Valley Technical College

- 150 N Campbell Road, Oshkosh
- Mondays 11am-2pm

Goodwill Community Center

- 1800 Appleton Road, Menasha
- Mondays and Wednesday 11am-2pm
- Tuesday and Thursdays 11am-2pm

Memory Care Respite Program

A free two-hour respite program designed to give a caregiver a break each month. Volunteers and professional caregivers organize arts and crafts, music, and other fun activities to engage the participants. Please call to register for this program. **St. Paul Lutheran Church**

- 200 N. Commercial St, Neenah
- 1st and 2nd Mondays of each month 1:30- 3:30pm
- RSVP: (920) 383-1180 or email memorycarerespitepartners@gmail.com

Our Savior Lutheran Church

- 1860 Wisconsin St, Oshkosh
- 4th Tuesdays of each month 1:30-3:30pm

Caregiver Support Groups

Alzheimer's Association Support Groups

- www.alz.org/wi

Alzheimer's/Dementia Support - Bethel Home

- 225 N. Eagle St, Oshkosh
- 1st Thursday of each month at 1:30pm

Dementia Support Group – Bella Vista

- 631 Hazel Street, Oshkosh
- First Tuesday of each month at 9:30am

D.I.S.H. Virtual Support Group

- For working caregivers
- 1st Monday of each month at 7:30pm

Men's Caregiver Group - Café Nutrition

- 1350 West American Drive, Neenah
- 3rd Tuesday of the month at 10:30am

Fox Valley Memory Project Support Groups

Goodwill Community Center

1800 Appleton Road, Menasha

TLC Caregiver Support Group

- 1st and 3rd Tuesday of each month at 12:30pm

FTD Caregiver Support Group

- 3rd Monday of each month at 1pm

Next Step Support Group

- 1st Monday of each month at 1pm

Oshkosh Senior Center

200 N Campbell Road, Oshkosh

TLC Caregiver Support Group

- 4th Thursday of each month at 1pm

BEAMING INC.

BEAMING INC. offers Stable Minds equine support programs that help to reduce social isolation and encourage physical activity for caregivers and those experiencing dementia. Programs include Riding in the Moment, Memory Cafés, and Steady Strides for Parkinson's. For more information: <https://beaminginc.org/>

Trualta

Online platform that provides caregiver training with articles, tips, videos, and resources to increase caregiver's knowledge and confidence.

<https://wisconsincaregiver.trualta.com/>



SPARK!

Spark! Is a cultural program for people with early to mid-stage memory loss and their care partners to experience art, culture, and nature.

The Paine Art Center

- 1410 Algoma Blvd, Oshkosh
- Last Wednesday of each month at 1pm
- (920) 235-6903

Bergstrom-Mahler Museum of Glass

- 165 N. Park Ave, Neenah
- 2nd Tuesday of each month at 1:30pm
- (920) 751-4658

Virtual Dementia Tour

Simulated dementia experience that will increase your understanding and your ability to care for your loved one experiencing dementia.

Park View Health Care Center

- 725 Butler Avenue
- 2nd Tuesday of each month 1:30-4:30

Sign up:

<https://forms.gle/mfCHdU5owAQwAzt7>

Contact Us:

The Aging & Disability Resource Center (ADRC) of Winnebago County for more information on resources and programs:

Phone: 1-877-886-2372

Email: ADRC@winnebagoctywi.gov

