

# 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 20<sup>th</sup> St YMCA

- 3303 W. 20th Avenue
- 4th Monday of each month 1:30-3pm

### Oshkosh Public Library

- 106 Washington Avenue
- 2nd Wednesday of each month 1:30-3pm

### Neenah Public Library

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

### Elisha D. Smith Public Library in Menasha

- 440 First Street
- 3rd Wednesday 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 \$10 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
- 1<sup>st</sup> and 2<sup>nd</sup> Mondays of each month 1:30-3:30pm
- RSVP: (920) 383-1180 or email [memorycarerespitepartners@gmail.com](mailto:memorycarerespitepartners@gmail.com)

### Our Savior Lutheran Church

- 1860 Wisconsin St, Oshkosh
- 4<sup>th</sup> Tuesdays of each month 1:30-3:30pm
- RSVP: (920) 727-5555 ext. 2217

## Caregiver Support Groups

### Alzheimer's Association Support Groups

[www.alz.org/wi](http://www.alz.org/wi)

#### Alzheimer's/Dementia - Bethel Home

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

#### Caregiver Group- Community Church

- 2351 Ryf Rd, Oshkosh
- 2<sup>nd</sup> Tuesday of each month at 3:30pm

#### Men's Caregiver Group - Café Nutrition

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

#### TLC/Caregiver Support Group- Fox Valley Memory Project

##### Goodwill Campus in Menasha

- 2<sup>nd</sup> and 4<sup>th</sup> Tuesday, 1<sup>st</sup> Monday and 3<sup>rd</sup> Wednesday of each month at 1pm

##### The Plaza at Gateway Park & Globe Coffee

- 2<sup>nd</sup> Thursday of each month at 1pm

##### Oshkosh Senior Center

- 4<sup>th</sup> Thursday of the month at 1pm

#### Family Caregiver Support Group- Mosaic Health

- 229 S. Morrison St, Appleton
- 3<sup>rd</sup> Wednesday of the month 10-11:30am

## BEAMING INC.

BEAMING INC. offers 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, Equine-Assisted Memory Cafés and Steady Strides for Parkinson's.

## Trualta

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

View the ADRC website for a calendar of events:

<https://www.co.winnebago.wi.us/adrc/dementia-and-alzheimer-resources/event-calendar/month>



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## 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
- 2<sup>nd</sup> Tuesday of each month at 10:30am
- (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
- 2<sup>nd</sup> Thursday of each month 9am – 12pm

#### Sign up:

<https://forms.gle/mfCHdU5owAQwAztc7>

## 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@winnebagoountywi.gov](mailto:adrc@winnebagoountywi.gov)

