

Caregiver College for the Community

2018

Alzheimer's disease and other dementias are life-changing for both those who are diagnosed and those close to them.

A support group provides a place to connect with other caregivers who truly understand what you are going through and develop a mutual support system.

Early-Stage Support Groups

Each meeting will host two groups simultaneously in separate meeting rooms:

- One group for individuals affected by early stage memory loss facilitated by the ADRC of the Lakeshore
- One group for the care partner of the individual affected by memory loss facilitated by Connie Thimmig, Felician Village
Consultation necessary prior to first session.

1st Tuesday of the month • 10-11 a.m.

ADRC of the Lakeshore

1701 Michigan Ave, Manitowoc, WI 54220

*Please RSVP at 920-683-4180.

Family Caregiver Support Groups

ALL CAREGIVERS

3rd Thursday of the month • 2-3 p.m.

ADRC of the Lakeshore

1701 Michigan Ave, Manitowoc, WI 54220

Contact: Lynn Scheinoha at 920-683-5110

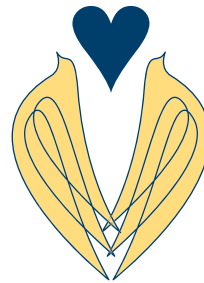
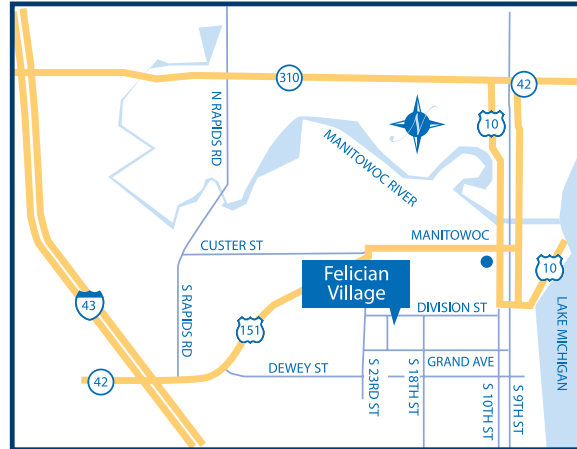
MEN CAREGIVERS ONLY

3rd Wednesday of the month • 9-10:30 a.m.

ADRC of the Lakeshore

1701 Michigan Ave, Manitowoc, WI 54220

Contact: Paul Kersten at 920-683-4180



Felician Village

1635 S. 21st Street
Manitowoc, WI 54220
(920) 684-7171



www.felicianvillage.org

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Sponsored by the Felician Sisters



**Dementia Center
of Excellence**

Felician Village

Enhance your skills and knowledge to better care for a loved one! Learn practical tips and useful information from experts in senior care.

Virtual Dementia Tour

March 15, May 18, July 13, September 6, November 15 • Call for time

Journey towards understanding and empathy with an up close, hands-on experience that provides critical insight. Feel what it's like to have dementia.

Love Your Heart, Love Your Brain

Feb. 21 • 2 p.m.

What is good for your heart is good for your brain. Learn about the connection between diet, exercise and brain health and how simple changes can have a big impact. *Presented by Alyssa Weber, Registered Dietitian, Felician Village.*

The Basics: Memory Loss, Dementia and Alzheimer's

March 21 • 2 p.m.

Learn the difference between normal aging memory changes and more serious memory problems. *In partnership with the Alzheimer's Association.*

Honoring Glen Campbell: I'll Be Me

April 17 & 24 • 1 p.m.

Watch the documentary about how Alzheimer's impacts every aspect of life. Discussion time follows. **Two part series; recommend attendance of both.** *In partnership with HomeCare Health Services & Hospice.*

Role Reversal: Parenting Your Parent

May 23 • 6 p.m.

Parents will always be our parents. Learn strategies that help when they begin to rely on us like we used to rely on them. *In partnership with the ADRC of the Lakeshore.*

Mindfulness: Yoga and Aromatherapy

June 13 • 6 p.m.

Learn powerful and simple habits to enhance your physical and emotional health that help manage stress and anxiety. *In partnership with Mindful Living, LLC.*

Walk to End Alzheimer's

Sept. 15 • 9:30 a.m. Walk begins at YMCA

To join Team Felician Village or for more information, visit www.alz.org/gwwi.

Powerful Tools for Caregivers

Sept. 21-Oct. 26 • 9:30 a.m.-12:00 p.m.

****The Gardens at Felician Village****

Cost: \$10 payable to ADRC

Taking care of yourself is just as important as taking care of your loved one. Class meets on Fridays. **Six part series; attendance of all is recommended.** *An optional lunch will be provided by Felician Village.*

Conversation Starters

Oct. 10 • 6 p.m.

Not sure what to talk about anymore? Learn ideas and tips to enhance communication, stimulate language and connect.

Presented by Dawn Petitpreen, Speech Therapist, Felician Village.

Rhythm Renewal

Nov. 28 • 10 a.m.

Celebrate caregiving! *Both caregiver and care recipient are encouraged to attend.* Actively engage in a music experience with a drumming circle that inspires creativity, relieves stress and have fun! *In partnership with Take Note Studio.*



Memory Screenings

Concerned About Your Memory?

Early detection matters.

These free, confidential memory screens will consist of a series of questions and tasks to help indicate whether a person might benefit from a complete exam for more testing. They are not used to diagnose.

Appointment required.

Call 684-7171 ext. 351

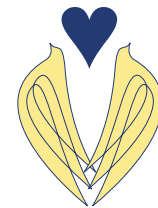
Questions?

Connie Thimmig,

*Director of Enrichment Services
& Certified Dementia Practitioner*

cthimmig@felicianvillage.org

920-684-7171, ext. 351



Felician Village

Registration required.

920-684-7171, ext.329 or fvmarketing@felicianvillage.org

All programs held in Village Hall at Felician Village and are offered at no charge unless noted.