

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

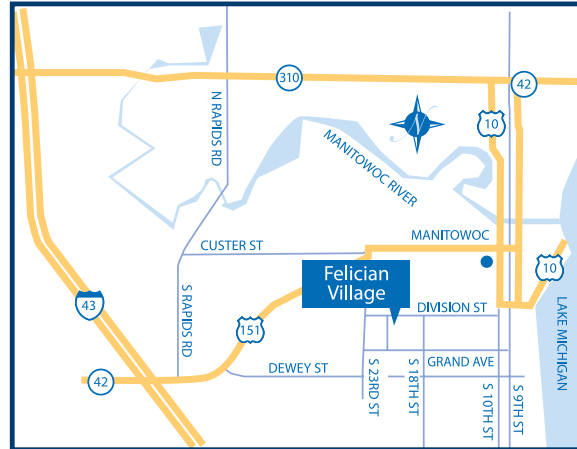
MEN CAREGIVERS ONLY

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.

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.

Powerful Tools for Caregivers

Oct. 12 - Nov. 16 • 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.*

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

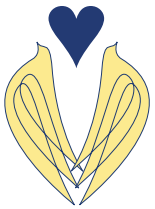
Questions?

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.