

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.

MUG CLUB

3rd Tuesday of the month
10 a.m.

The Villa at Felician Village -
Community Room

1600 S. 18th Street,
Manitowoc, WI 54220

Contact: cthimmig@felicianvillage.org or
(920) 684-7171, ext. 351



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



Felician Village

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



www.felicianvillage.org

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Sponsored by the Felician Sisters

Caregiver College for the Community

2019



**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 6, June 20, August 23,
October 17, 2019 & January 6, 2020

Call for time

Truly comprehending the challenges an individual with dementia face every day is next to impossible. This medically and scientifically proven experience can help provide critical insight and understanding of what it's like to live with this disease.

Advocacy Day

Feb. 19 • 8:30 a.m. - 4:30 p.m.

Best Western Premier Park Hotel
22 S. Carol Street, Madison, WI

Join advocates from across Wisconsin to meet face-to-face with our State Legislators. Learn about the Alzheimer's Association's 2019 legislative priorities and hear from key policy makers about their efforts. **Register online at: <http://bit.ly/advocacy2019>**

Understanding Alzheimer's and Dementia Feb. 20 • 2 p.m.

This program provides a general overview for people who are facing a diagnosis as well as those who wish to be informed. *In partnership with the Alzheimer's Association.*

Therapeutic Touch

March 19 • 2 p.m.

Massage and touch effectively reduces anxiety, agitation and depression. Learn techniques to benefit both the caregiver and care receiver. *In partnership with Take Time Therapeutic Massage, Leah Strutz, LMT.*

Music & Memory

April 23 • 2 p.m.

Learn how the power of music can help spark memories and feelings, improve mood and help with managing stress. *Presented by Tim Lindloff, Volunteer Coordinator, Felician Village & Leslie Edwards, Music Specialist.*

Sleep...What's That?

May 22 • 2 p.m.

Sleep is crucial to maintain your own health. Learn how you can assist your loved one in receiving a restful night's sleep so you can sleep well too. *In partnership with Robert Pamerter M.S. Registered Sleep Technologist and Sleep Disorders Medicine Consultant.*

Healthy Living for Your Brain & Body

June 17 • 6 p.m.

Learn the latest research on diet, exercise, cognitive activity and social engagement and how to incorporate these recommendations into a plan for healthy aging. *In partnership with the Alzheimer's Association.*

Powerful Tools for Caregivers

July 26 - August 30 • 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 strongly recommended.** *An optional lunch will be provided by Felician Village.*

Walk to End Alzheimer's

Sept. 14 • 9:00 a.m. Walk begins at YMCA

Help raise awareness and funds for care, support, & research. To join Team Felician Village or for more information, visit www.alz.org/gwwi.



Taking Care of Someone Else

Sept. 18 • 10 a.m.

Have you set aside your life to help another? Learn how you can take action on YOUR OWN behalf with a few tools to help YOU take care of YOU! *Presented by Lynn D. Scheinoha, ADRC of the Lakeshore.*

Effective Communication Strategies

Oct. 22 • 2 p.m.

Explore strategies and learn how to decode messages through attitude, tone of voice, facial expressions and body language. *In partnership with the Alzheimer's Association.*

When It's Time: Supportive and Comfort Care

Nov. 12 • 6 p.m.

Learn about palliative care, hospice and the benefits of starting the conversation early for both the family and loved one. *Presented by Carla Duket, CSW, Aurora Health Care.*

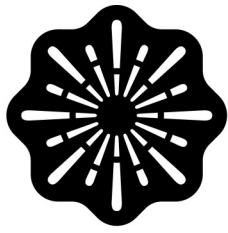
Questions?

Connie Thimmig, CDP

Director of Enrichment Services
& Certified Dementia Practitioner
cthimmig@felicianvillage.org
920-684-7171, ext. 351

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

Unless noted, all programs held in Village Hall at Felician Village and are offered at no charge.



SPARK!

CULTURAL PROGRAMMING
for PEOPLE WITH MEMORY LOSS



SPARK! is a free monthly program for individuals living with early-to-mid stage memory loss, their care partners, and family members. Participants are engaged in lively conversations, exhibit exploration, historic artifacts, and multi-sensory activities.



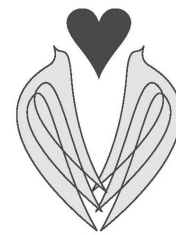
SPARK! programs are held at the Manitowoc County Historical Society on the **first Wednesday of each month at 11 am**. Participants may arrive at 10:45 am for coffee and conversation before the program begins. Participants and their families are also welcome to stay after to tour the museum.

UPCOMING PROGRAMS:

- May 1: Civil War Soldier
- June 5: Victorian Pampering
- July 3: Toys and Games of the Past
- August 7: The Pioneer Prairie
- September 4: Life on the Farm
- October 2: Victorian Song and Dance
- November 6: In the Leather Shop
- December 4: Christmas Calling Cards

Space is limited for the programs and we ask that you register at least 3 days before the program. To register for a SPARK! program you can email info@ManitowocCountyHistory.org or call the museum at (920) 684-4445.

The SPARK! program at the Manitowoc County Historical Society is made possible in part by generous support from Felician Village.



Felician Village