



Felician Village

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FOR IMMEDIATE RELEASE

Felician Village offers caregiver classes for the community

MANITOWOC, Wis. (Jan. 24, 2018) - Felician Village will offer several caregiver classes for families throughout the upcoming year. “Caregiver College” will help caregivers enhance their skills and knowledge of caring for a person with Alzheimer’s disease.

All classes will be held at the Village Hall, Felician Village, 1635 S. 21st St., Manitowoc, unless otherwise noted. To register, call 920-684-7171 ext. 329.

The first class for family caregivers, “**Love Your Heart, Love Your Brain,**” will be held on Wednesday, February 21, at 2 p.m. Participants will learn what is good for your heart is good for your brain, 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. Please see the listing below for the remainder of 2018 family caregiver classes.

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 and 24 • 1 p.m.
Watch the documentary about how Alzheimer’s impacts every aspect of life. Discussion time will follow. **This is a two part series and it is recommended to attend 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 • September 15 • 9:30 a.m. Walk begins at the YMCA
To join the Felician Village team and for more information, visit
www.alz.org/gwwi

Powerful Tools for Caregivers • September 21 - October 26
9:30 a.m. - 12 p.m.

*Class will be held at The Gardens at Felician Village
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.**
Cost: \$10 payable to ADRC.

Conversation Starters • October 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 • November 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.*

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.

Felician Village will also offer classes for professional caregivers. For a complete list of 2018 classes, please visit www.felicianvillage.org.

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About Felician Village

Felician Village, a continuing care campus, has been providing housing and services for seniors through rehabilitation, independent living, assisted living and long-term care for more than 130 years. Felician Village is a Catholic organization that welcomes people from all faiths.

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