



Felician Village

1635 S. 21st Street ♥ Manitowoc, Wisconsin 54220-5652
T (920) 684-7171 F (920) 684-0240 ♥ www.felicianvillage.org

FOR IMMEDIATE RELEASE

Felician Village offers caregiver classes for the community

MANITOWOC, Wis. (Feb. 5, 2019) - 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 in the Village Hall at Felician Village, 1635 S. 21st St., Manitowoc, unless otherwise noted. Registration is required for all classes. To register, call 920-684-7171 ext. 329.

The first class for caregivers, “**Understanding Alzheimer’s and Dementia,**” will be held on Wednesday, February 20, at 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.* Please see the listing below for the remainder of 2019 caregiver classes.

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 the 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 and 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 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.

Walk to End Alzheimer's • September 14 • 9:00 a.m. Walk begins at the YMCA

To join the Felician Village team and for more information, visit

www.alz.org/gwwi

Taking Care of SOMEone Else • September 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 • October 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 • November 12 • 2 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.*

Virtual Dementia Tour • March 6, June 20, August 23, October 17, 2019 and January 6, 2020 • Call for time

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

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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.

Contact

Barb Fricke

Director of Marketing
920-684-7171 ext. 329
bfricke@felicianvillage.org

Kim Christoffel
Marketing Specialist
920-684-7171 ext. 361
Kchristoffel@felicianvillage.org