

Fox Valley Memory Project & the Alzheimer's Association Present

# Understanding the Dementia Journey

## Educational workshops across the Fox Valley

If you are caring for someone with Alzheimer's disease or dementia, are concerned about a loved one who has been diagnosed or are concerned about memory loss, **you are not alone.**

The *Understanding the Dementia Journey* workshops focus on a variety of topics designed to help family and professional caregivers navigate the challenges of Alzheimer's disease and dementia. Each class includes a focus topic about a local resource in the community. **All classes are free of charge.**

Pre-registration is appreciated – To reserve your seat, call the Alzheimer's Association **1.800.272.3900**

### Neenah Public Library | 5:30 pm – 7:30 pm

240 E. Wisconsin Ave., Neenah; 920.886.6315

January 23	<b>Healthy Living for your Brain &amp; Body</b> Focus Topic: Memory Café's
March 27	<b>Dementia Conversations</b> Focus Topic: Memory Loss Resource Center
May 22	<b>The Basics: Memory Loss, Dementia &amp; Alzheimer's</b> Focus Topic: Mosaic Family Health Center
July 24	<b>Effective Communication Strategies</b> Focus Topic: Sensory Theme Kits
September 25	<b>Understanding &amp; Responding to Behaviors</b> Focus Topic: Purple Angel Dementia Awareness
November 27	<b>Caregiver Stress: Take Care of Yourself</b> Focus Topic: Reach Program

### Prince of Peace Church | 5:30 pm – 7:30 pm

2330 E Calumet Street, Appleton; 920.739.5255

February 13	<b>Healthy Living for your Brain &amp; Body</b> Focus Topic: Memory Café's
April 10	<b>Dementia Conversations</b> Focus Topic: Memory Loss Resource Center
June 12	<b>The Basics: Memory Loss, Dementia &amp; Alzheimer's</b> Focus Topic: Mosaic Family Health Center
August 14	<b>Effective Communication Strategies</b> Focus Topic: Sensory Theme Kits
October 9	<b>Understanding &amp; Responding to Behaviors</b> Focus Topic: Purple Angel Dementia Awareness
December 11	<b>Caregiver Stress: Take Care of Yourself</b> Focus Topic: Reach Program

- Participants are encouraged to bring friends and family.
- Take home education materials provided in each class.
- Light refreshments will be served.

### For more information:

**Alzheimer's Association Greater WI**

[www.alz.org/gwwi](http://www.alz.org/gwwi)

920.260.4682

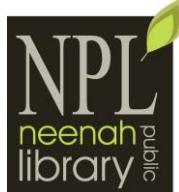
### Fox Valley Memory Project

[www.foxvalleymemoryproject.org](http://www.foxvalleymemoryproject.org)

920.225.1711

**alzheimer's  association®**

### Greater Wisconsin Chapter



Prince of Peace Lutheran Church,  
ELCA – Appleton, WI

"We are a Family of Christians"



St. Paul Elder Services, Inc.  
Sponsored by The Franciscan Sisters of Christian Charity