

# Winnebago County Dementia-Related Programs and Supports

## Memory Cafes

A memory café is a social gathering to allow individuals facing similar experiences with memory loss to connect, socialize and build new support networks in a safe environment. No fee or registration is required. The cafés are for both the individual with the memory impairment and their care partner. Cafés may include music, presentations, activities, and refreshments.

### **Oshkosh 20<sup>th</sup> St YMCA**

- 3303 W. 20th Avenue
- 1<sup>st</sup> Wednesday of each month 1:30-3pm

### **Oshkosh Traveling Memory Café**

- Locations will change each month
- 3<sup>rd</sup> Wednesday of each month 1:30-3pm

### **Neenah Public Library**

- 240 E. Wisconsin Avenue
- 3<sup>rd</sup> Monday of each month 1:30-3pm

### **Menasha Senior Center**

- 116 Main Street
- 4<sup>th</sup> Tuesday of each month 1:30-3pm

### **Fox Valley Memory Project (FVMP)**

Hosts memory cafes, social activities, and the Memory Link Program throughout the Fox Cities. Contact them at (920) 225-1711 or visit their website for information and events:

<https://www.foxvalleymemoryproject.org/>

## RCI REACH Program

Evidence based program to support caregivers of those with memory loss with 1:1 support, education, problem solving and stress management during 12 free sessions over 6 months. Contact Mosaic Family Health 920-560-7167 to register.



## Mindworks Program

Mindworks is a facilitated program designed for people with early symptoms of memory loss. The curriculum promotes overall health and wellness, brain health and social connections through classroom activities, community engagement and physical activity. Lunch is provided and the cost is \$15 per session. Contact the Fox Valley Memory Project to register 920-225-1711.

### **Oshkosh Senior Center**

- 200 N Campbell Road
- Thursdays 11am-2pm

### **Fox Valley Technical College**

- 150 N Campbell Road, Oshkosh
- Mondays 11am-2pm

### **Goodwill Community Center**

- 1800 Appleton Road, Menasha
- Mondays and Wednesday 11am-2pm
- Tuesday and Thursdays 11am-2pm

## Memory Care Respite Program

A free two-hour respite program gives the caregiver a break each month. Volunteers and professional caregivers organize arts, music and fun activities to engage the participants. Registration is required.

### **St. Paul Lutheran Church**

- 200 N. Commercial St, Neenah
- 1<sup>st</sup> and 2<sup>nd</sup> Mondays of each month  
1:30- 3:30pm
- Call (920) 383-1180 or email  
[memorycarerespitepartners@gmail.com](mailto:memorycarerespitepartners@gmail.com)

### **Our Savior Lutheran Church**

- 1860 Wisconsin St, Oshkosh
- 4<sup>th</sup> Tuesdays of each month 1:30-3:30pm
- Call (920)727-5555

## Caregiver Support Groups

### Alzheimer's Association Support Groups

- [www.alz.org/wi](http://www.alz.org/wi)

### Alzheimer's/Dementia Support - Bethel Home

- 225 N. Eagle St, Oshkosh
- 1<sup>st</sup> Thursday of each month at 1:30pm

### Dementia Support Group – Bella Vista

- 631 Hazel Street, Oshkosh
- 1st Tuesday of each month at 9:30am

### D.I.S.H. Virtual Support Group

- For working caregivers
- 1<sup>st</sup> Monday of each month at 7:30pm

### Men's Caregiver Group - Café Nutrition

- 1350 West American Drive, Neenah
- 3<sup>rd</sup> Tuesday of the month at 10:30am

### Fox Valley Memory Project Support Groups

#### Goodwill Community Center

1800 Appleton Road, Menasha

#### TLC Caregiver Support Group

- 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of each month at 12:30pm

#### FTD Caregiver Support Group

- 3<sup>rd</sup> Monday of each month at 1pm

#### Next Step Support Group

- 1<sup>st</sup> Monday of each month at 1pm

#### Oshkosh Senior Center

200 N Campbell Road, Oshkosh

#### TLC Caregiver Support Group

- 4<sup>th</sup> Thursday of each month at 1pm

## BEAMING INC.

BEAMING INC. offers Stable Minds equine support programs that help to reduce social isolation and encourage physical activity for caregivers and those experiencing dementia. Programs include Riding in the Moment, Memory Cafés, and Steady Strides for Parkinson's. For more information: <https://beaminginc.org/>

## Trualta

Online platform that provides caregiver training with articles, tips, videos, and resources to increase caregiver's knowledge and confidence.

<https://wisconsin caregiver.trualta.com/>



## SPARK!

Spark! Is a cultural program for people with early to mid-stage memory loss and their care partners to experience art, culture, and nature.

### The Paine Art Center

- 1410 Algoma Blvd, Oshkosh
- Last Wednesday of each month at 1pm
- (920) 235-6903

### Bergstrom-Mahler Museum of Glass

- 165 N. Park Ave, Neenah
- 2<sup>nd</sup> Tuesday of each month at 1:30pm
- (920) 751-4658

## Virtual Dementia Tour

Simulated dementia experience that will increase your understanding and your ability to care for your loved one experiencing dementia.

### Park View Health Care Center

- 725 Butler Avenue
- 2<sup>nd</sup> Tuesday of each month 1:30-4:30

### Sign up:

<https://forms.gle/mfCHdU5owAQwAztc7>

## Contact Us:

The Aging & Disability Resource Center (ADRC) of Winnebago County for more information on resources and programs:

**Phone:** 1-877-886-2372

**Email:** [ADRC@winnebago countywi.gov](mailto:ADRC@winnebago countywi.gov)

