



MINDWORKS CLASS

Staying Physically and Mentally Active

As we age, all of us begin to experience some instances of forgetfulness, like misplacing our keys or occasionally forgetting an appointment, which is normal. If you begin to have more consistent trouble remembering or doing everyday things, you may be developing memory loss or early dementia. Annie is a person who found herself in this situation, but through the caring work of her children, she found a great program that has made a positive difference in her life and theirs.

After Annie started to experience memory loss severe enough for her to stop driving, she found herself sitting alone at home every day. Before her memory loss began, she was very social, frequently seeing friends and her children. Now she was

bored and becoming less engaged in social interaction. Her children were becoming more concerned, particularly due to the pandemic and because she lived by herself.

Annie's son, David, connected with the Outagamie County Aging and Disability Resource Center (ADRC) and was referred to Fox Valley Memory Project. They recommended a program called Mindworks, which would provide social engagement twice a week in Menasha. Annie immediately found the class to be exactly what she needed. She enjoyed meeting new people, playing trivia games, listening to some of her favorite songs, and getting regular exercise. Her involvement has been a blessing to David and his siblings, as Annie now has something to look forward

to each week and continues to live happily in her Fox Valley home.

Mindworks is just one of many programs Fox Valley Memory Project offers to people living with memory loss, their care partners, and families. It's a facilitated program designed for people with early to midstage symptoms of dementia. The curriculum provides opportunities for enhanced social connections while promoting brain health and overall wellness. This program also provides respite opportunities for caregivers and family members while participants are engaged in the Mindworks class.

More specifically, the class focuses on physical movement, like chair exercise and stretching; cognitive fitness

...curriculum provides opportunities for enhanced social connections while promoting brain health and overall wellness.

activities, like word games and trivia; creative engagement opportunities, like art projects and storytelling; and other activities used to have people tap into their memories of past positive experiences. There's also a focus on nutrition, including a well-balanced lunch during class. Special outings to local attractions round out the curriculum.

Currently, Mindworks classes are offered Tuesday through Thursday at the following locations in the Fox Valley:

- Tuesdays and Thursdays: 11:00 a.m. to 2:00 p.m. at Goodwill Community Campus in Menasha
- Wednesdays: 11:00 a.m. to 2:00 p.m. at Fox Valley Technical College in Appleton

Dementia and other forms of memory loss aren't something that have to be tackled alone. Mindworks and similar programs help caregivers feel like they're part of a team, and those experiencing memory loss are given an opportunity to reclaim their individuality.

Contributed by Fox Valley Memory Project. To learn more or to register for Mindworks classes, contact Courtney Tienor, program manager, at (920) 225-1724 or info@foxvalleymemoryproject.org.



**Fox Valley
Memory Project**
1800 Appleton Rd.
Menasha, WI 54952
(920) 225-1711
foxvalleymemoryproject.org

Participants are invited to attend class while their care partners are encouraged to use the respite time, which offers an opportunity for renewal, relaxation, and a time to reenergize from caregiving. During certain Mindworks classes, we also offer a Caregiver Support Group that provides a great opportunity for caregivers to share their experiences and feelings, learn coping strategies, and feel supported.



CAREGIVER & FAMILY PROGRAMS

ALZHEIMER'S ASSOCIATION -
GREATER WISCONSIN CHAPTER
(920) 469-2110
alz.org/gwwi

ALZHEIMER'S FAMILY AND
CAREGIVER SUPPORT
PROGRAM (AFCSP)
(920) 906-4792

MEMORY CAFÉ AT OSHKOSH
COMMUNITY YMCA
(920) 230-8439
Find us on Facebook!

DEMENTIA FRIENDLY

**FOX VALLEY
MEMORY PROJECT**
1800 Appleton Rd., Menasha 54952
(920) 225-1711
info@foxvalleymemoryproject.org
foxvalleymemoryproject.org
Like us on Facebook

Fox Valley Memory Project supports people living with dementia and their care partners. Programs include socialization opportunities, like memory cafés and special outings; caregiver education, support groups, and respite; referral services; and classes for people with early to mid memory loss.

PROGRAMS FOR INDIVIDUALS WITH DEMENTIA ISSUES

**FOX VALLEY
MEMORY PROJECT**
1800 Appleton Rd., Menasha 54952
(920) 225-1711
info@foxvalleymemoryproject.org
foxvalleymemoryproject.org
Like us on Facebook

Fox Valley Memory Project supports people living with dementia and their care partners. Programs include socialization opportunities, like memory