

# ADRC Wolf River Region Dementia Care Specialist (DCS)

## Calendar of Events

Unless otherwise noted, contact Mary Jo for more information about these events by calling: 715-526-4712

### Book Clubs

- **Quarterly Dementia/Caregiver Book Club**

**October 20** – Book: *Mom's Gone Missing*

This free book club is held at **the Shawano Library from 1:00- 3:00 pm**. Discuss & engage with others regarding dementia & caregiving. A free copy of the book can be provided to participants. Call Mary Jo at 715-526-4712 or Kristin at 715-799-5270 to register.

### Memory Cafés

- **Memory Cafés**

- **Oconto County** – The 3rd Tuesday of each month from **1:30-3:00 pm**.

- **Shawano County** – The 2nd Tuesday of each month from **2:00-3:30 pm**.

The free memory cafés provide a fun, comfortable environment for people with early-stage memory loss, along with their companion and/or caregiver to engage and enjoy the company of others who are on the same journey.

**Meeting locations do change.** Contact Mary Jo at 715-526-4712 or Kristin at 715-799-5270.

### Support Groups

- **Caregiver Support Groups**

Join other caregivers to discuss tips, strategies, and meet others in similar situations.

- **Oconto County** – The Caring Tree Adult Day Center in Oconto Falls the **4th Thursday of the month from 10:00 am – 11:00 am**. For more information, contact Mary Jo at 715-526-4712 or Bonnie at 920-848-8885.

- **Shawano County** – the Shawano Library the **4th Wednesday of the month from 1:00 pm – 2:00 pm**. For more information, contact Mary Jo at 715-526-4712 or Kristin at 715-799-5270.

### Webinars, Classes & Training

- **Alzheimer's Association Educational Meetings – Oconto**

**The 1st Thursday of the month from 2:00-3:00 pm**. In partnership with the Alzheimer's Association, classes will be held at the Bond Center in Oconto. To register, contact the Alzheimer's Association at 1-800-272-3900 or Mary Jo at 715-526-4712.

- **Oct 7:** Health Living for Your Brain & Body
- **Nov 4:** Dementia Conversations
- **Dec 2:** Effective Communication Strategies

- **Alzheimer's Association Educational Meetings – Shawano**

**The 3rd Friday of each month, a free presentation from 11:00 am-Noon** at the Shawano Civic Center. In partnership with the Alzheimer's Association, this event is co-lead by the DCS from the ADRC and the Menominee Tribe. Call Mary Jo to register at 715-526-4712 or the Alzheimer's Association at 1-800-272-3900.

- **Oct 15:** Dementia Conversations
- **Nov 19:** Effective Communication Strategies
- **Dec 17:** Understanding & Responding to Dementia-Related Behavior

- **Boost Your Brain & Memory**

**The Bond Community Center, Mondays, Nov 1-Dec 20: 10-11:30 am.**

**Shawano Library, Wednesdays, Sept 15-Nov 3: 10-11:30 am.**

The evidenced based program takes a holistic approach to improving brain health. The course includes a participant's guide. Each week's session building on previously learned information. Class size is limited to 12 participants per course.

- **Dementia Care Specialist Webinar Series**

**Webinars are held the 2nd Wednesday of each month from 12:00-1:00 pm by DCS workers throughout WI.**

Events are held via Zoom or telephone. To register for these events visit: [dhs.wi.gov/dcs-webinars](https://dhs.wi.gov/dcs-webinars)

- **Oct 13:** Family Conflict & Changes in Social Support
- **Nov 10:** Non-Pharmacological Approaches: Part 1
- **Dec 8:** Non-Pharmacological Approaches: Part 2

- **Powerful Tools for Caregivers**

**Mondays, Oct 11-Nov 15 @ Marinette County ADRC**

**from 1-2:30 pm.** Dementia Care Specialist from Marinette County & Wolf River Region ADRC lead the course. Classes help caregiver take better care of themselves while caring for a spouse, partner, parent or friend. Yours is an important role. This course is for family caregivers like you!

- **Savvy Caregiver Training**

**Six-week session: Mondays, Sept 20-Oct 25 from 10:00 am-Noon**, at the Shawano Library. The program is a leading evidence-based dementia caregiver training program that has been proven to lower caregiver distress & sense of overwhelm, while increasing dementia knowledge, skill & mastery in the care role. Limited to 12 participants.