Alzheimer's & Dementia Alliance of WI

PROGRAMS CALENDAR

MARCH 2023

Understanding Alzheimer's & Dementia *online*

Thursday, March 2nd • Three time slots available

What are the causes, warning signs, and risk factors of Alzheimer's and Dementia? Learn practical steps you can take whether you are concerned about yourself or a loved one.

10:00 AM - 11:30 AM • Please Register Here: https://bit.ly/1_UnderstandingAlz_March

1:30 PM - 3:00 PM • Please Register Here: https://bit.ly/2_UnderstandingAlz_March

5:00 - 6:30 PM • Please Register Here: https://bit.ly/3_UnderstandingAlz_March

Safety at Home *online*

Friday, March 3rd • Two time slots available

In this program we will cover the effects of dementia that impact safety. Learn how you can create a safe envrionment for your loved one at home.

10:00 AM - 11:30 AM • Please Register Here: https://bit.ly/1_SafetyatHome_March

1:30 PM – 3:00 PM • Please Register Here: https://bit.ly/2_SafetyatHome_March

Communication Tips & Strategies *online*

Monday, March 6th • Three time slots available

Understand how dementia affects communication, how to carefully observe, listen and interact effectively with persons with dementia and learn practical strategies and tips.

10:00 AM - 11:30 AM • Please Register Here: https://bit.ly/1_Communication_March

1:30 PM - 3:00 PM • Please Register Here: https://bit.ly/2_Communication_March

5:00 - 6:30 PM • Please Register Here: https://bit.ly/3_Communication_March

Understanding Behavior Changes *online*

Thursday, March 9th • Two time slots available

Understand reasons why behavior changes occur and get problem-solving tips to help prevent and cope with them.

10:00 AM - 11:30 AM • Please Register Here: https://bit.ly/1_Behaviors_March

5:00 PM - 6:30 PM • Please Register Here: https://bit.ly/2_Behaviors_March

Making the Decision About Facility Care *online*

Monday, March 20th • Two time slots available

At some point along the dementia journey, support from family, friends, and local programs may not be enough. Review items to consider when moving to facility care.

10:00 AM - 11:30 AM • Please Register Here: https://bit.ly/1_FacilityCare_March

1:30 PM - 3:00 PM • Please Register Here: https://bit.ly/2_FacilityCare_March

5:00 - 6:30 PM • Please Register Here: https://bit.ly/3_FacilityCare_March

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After registering for each program you will receive a confirmation email containing information about joining the meeting

Please direct questions to Heather Moore at heather.moore@alzwisc.org or 608-723-4288

When Cares Become Personal *online*

Thursday, March 23rd • Two time slots available

Learn everyday care approaches and techniques for those with a diagnosis. Look closely at activities of daily living such as eating, dressing, toileting and bathing. Learn ways to communicate while providing cares.

10:00 AM - 11:30 AM • Please Register Here: https://bit.ly/1_Cares_March

1:30 PM - 3:00 PM • Please Register Here: https://bit.ly/2_Cares_March

End of Life and Dementia *online*

Wednesday, March 29th • Three time slots available

Discuss the critical decisions often faced at end of life and ways to communicate and stay connected in the later stages.

10:00 AM - 11:30 AM • Please Register Here: https://bit.ly/1_EndofLife_March

1:30 PM - 3:00 PM • Please Register Here: https://bit.ly/2_EndofLife_March

5:00 - 6:30 PM • Please Register Here: https://bit.ly/3_EndofLife_March

After registering for each program you will receive a confirmation email containing information about joining the meeting

Please direct questions to Heather Moore at heather.moore@alzwisc.org or 608-723-4288

SOCIAL PROGRAMS

Meeting of Minds *online*
A memory enhancement and support program to help maximize cognitive function and sustain quality of life for those with memory loss, Alzheimer's, or other dementias.

Meets weekly on Tuesdays
10:00 - 11:30 AM

For more information contact: Jeff.Hamm@alzwisc.org

Memory Cafés are a safe and comfortable space where caregivers and their loved ones can socialize, listen to music, play games, and enjoy other cognitive enhancing activities.

Virtual Memory Café *online*
Friday, March 17th
10:00 am - 11:30 am
For more information contact:
Janet.Wiegel@alzwisc.org

Lodi Memory Café
Friday, March 24th
1:00 - 2:30 PM
Reach Out Lodi: 601 Clark St, Lodi, WI
For more information contact:
Janet.Wiegel@alzwisc.org

Portage Memory Café
Thursday, March 23rd
1:00 pm - 3:00 pm
At Portage Public Library: 253 E. Edgewater St. Portage, WI
For more information contact:
Janet.Wiegel@alzwisc.org

Sauk City Memory Café
Thursday, March 16th
9:30 am - 11:00 am
Sauk Prairie Community Center: 730 Monroe Street, Sauk City, WI
For more information contact:
Janet.Wiegel@alzwisc.org

Reedsburg Memory Café
Friday, March 10th
10:00 am - 12:00 pm
At Fusch Community Center: 2090 Ridgeview Dr. Reedsburg, WI
For more information contact:
Janet.Wiegel@alzwisc.org

Westfield Memory Café
Wednesday, March 1st
10:00 am - 11:30 am
At Village Hall: 124 East 3rd Street, Westfield, WI
For more information contact:
Janet.Wiegel@alzwisc.org

ADAW
Alzheimer's & Dementia Alliance of Wisconsin

ONLINE SUPPORT GROUPS

Men's Caregiver Support Groups
Tuesday, March 7th 1:00 - 2:30 PM
To participate contact 608-232-3400, ext 112 or
Jeff.Hamm@alzwisc.org

Adult Child Caregiver Support Group
Wednesday, March 8th 6:30 - 8:00 PM
To participate contact 608-723-4288 or
Heather.Moore@alzwisc.org

Dane County Caregiver Support Group
Thursday, March 9th 1:00 - 2:30 PM
To participate contact 608-232-3400, ext 112 or
Jeff.Hamm@alzwisc.org

Lewy Body Dementia Caregiver Support Group
Wednesday, March 8th 1:30 - 3:30 PM
Wednesday, March 22nd 1:30 - 3:30 PM
To participate contact 608-697-2838 or
Janet.Wiegel@alzwisc.org

"Wednesday Conversations"
Early Stage Dementia Support Group:
For those with a dementia diagnosis
Wednesday, March 1st 10:30 AM - 12:00 PM
Wednesday, March 15th 10:30 AM - 12:00 PM
To participate contact 608-232-3400, ext 112 or
Jeff.Hammn@alzwisc.org

IN-PERSON SUPPORT GROUPS

Men's Caregiver Support Groups
Tuesday, March 21st 1:00 - 2:30 PM
Thursday, March 9th 10:00 - 11:30 AM
6314 Odana Road, Suite 4, Madison WI
To participate contact 608-232-3400, ext 112 or
Jeff.Hamm@alzwisc.org

Adult Child Caregiver Support Group
Wednesday, March 15th 6:30 - 8:00 PM
6314 Odana Road, Suite 4, Madison WI
To participate contact 608-232-3400 ext 112 or
Jeff.Hamm@alzwisc.org

Younger Caregiver Support Group
For those under 65 taking care of a loved one
Tuesday, March 28th 4:30 - 5:30 PM
6314 Odana Road, Suite 4, Madison WI
To participate contact 608-232-3400, ext 112 or
Jeff.Hamm@alzwisc.org

Dane County Caregiver Support Group
Thursday, March 23rd 1:00 - 2:30 PM
6314 Odana Road, Suite 4, Madison WI
To participate contact 608-232-3400, ext 112 or
Jeff.Hamm@alzwisc.org

"Monday Conversations"
Early Stage Dementia Support Group:
For those with a dementia diagnosis
Monday, March 6th 1:00 - 2:00 PM
6314 Odana Road, Suite 4, Madison WI
To participate contact 608-232-3400 ext. 112
Jeff.Hamm@alzwisc.org

Lodi Caregiver Support Group
Thursday, March 16th 1:00 - 2:30 PM
Reach Out Lodi 601 Clark St. Lodi, WI
To participate contact 608-697-2838 or
Janet.Wiegel@alzwisc.org

Prairie du Chien Caregiver Support Group
Tuesday, March 28th 10:00 - 11:30 AM
Hoffman Hall 1600 S. Wacouta Ave.
Prairie du Chien, WI
To participate contact 608-723-4288 or
Heather.Moore@alzwisc.org

Platteville Caregiver Support Group
Thursday, March 9th 1:00 - 2:30 PM
PEAK Senior Center 155 W. Lewis St. Platteville, WI
To participate contact 608-723-4288 or
Heather.Moore@alzwisc.org

Portage Caregiver Support Group
Monday, March 6th 1:00 - 2:30 PM
Portage Public Library: 253 E. Edgewater St.
Portage, WI
To participate contact 608-697-2838 or
Janet.Wiegel@alzwisc.org

Columbus Caregiver Support Group
Thursday, March 9th 10:00 - 11:30 AM
Columbus Senior Center: 125 N Dickason Blvd
Columbus, WI
To participate contact 608-697-2838 or
Janet.Wiegel@alzwisc.org

Reedsburg Caregiver Support Group
Wednesday, March 15th 12:00 - 1:30 PM
Reedsburg Public Library: 370 Vine St
Reedsburg, WI
To participate contact 608-697-2838 or
Janet.Wiegel@alzwisc.org

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