

# Alzheimer's & Dementia Alliance of WI

## CALENDAR OF PROGRAMS AND EVENTS

### SEPTEMBER 2022 | EDUCATION PROGRAMS

 Virtual Program

**SEPT  
8TH**

#### Understanding Behavior Changes

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

10:00 – 11:30 AM

PEAK Senior Center: 155 W Lewis St, Platteville, WI

Direct questions to Heather Moore at [heather.moore@alzwisc.org](mailto:heather.moore@alzwisc.org) or 608-723-4288

**SEPT  
16TH**

#### Understanding Behavior Changes

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

10:00 – 11:30 AM

Please register and attend here: <https://bit.ly/Behavior-Changes>

Direct questions to Janet Wiegel at [janet.wiegel@alzwisc.org](mailto:janet.wiegel@alzwisc.org) or 608-697-2838

**SEPT  
22ND**

#### Our Aging Brains: Meeting the Changes and Challenges

Review what is normal for our brains as we age, and what to do if you are concerned about your cognition. Learn ways to maintain your brain health.

10:00 – 11:30 AM

PEAK Senior Center: 155 W Lewis St, Platteville, WI

Direct questions to Heather Moore at [heather.moore@alzwisc.org](mailto:heather.moore@alzwisc.org) or 608-723-4288

**SEPT  
27TH**

#### Making the Decision about Facility Care

Review things to consider when deciding to move to facility care including the difference between facilities and services they offer.

1:00 – 2:30 PM

Please register and attend here: <https://bit.ly/facility-care>

Direct questions to Janet Wiegel at [janet.wiegel@alzwisc.org](mailto:janet.wiegel@alzwisc.org) or 608-697-2838

# 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: [RKearney@alzwisc.org](mailto:RKearney@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 appropriate activities.*

## **Virtual Memory Café *online***

Meets the 3rd Friday of each month • 10:00 am - 11:30 am

For more information contact: [RKearney@alzwisc.org](mailto:RKearney@alzwisc.org)

**Lodi Memory Café** Meets the 4th Friday of each month • 1:00 pm - 2:30 pm

At Reach Out Lodi: 601 Clark St, Lodi, WI

For more information contact: [RKearney@alzwisc.org](mailto:RKearney@alzwisc.org)

**Prairie du Chien Memory Café** Meets the 3rd Tuesday of each month • 10:00 am - 11:30 am

At Hoffman Hall: 1600 S. Wacouta Ave. Prairie du Chien, WI

For more information contact: [Heather.Moore@alzwisc.org](mailto:Heather.Moore@alzwisc.org)

**Portage Memory Café** Meets the 4th Thursday of each month • 1:00 pm - 3:00 pm

At Portage Public Library: 253 E. Edgewater St. Portage, WI

For more information contact: [Janet.Wiegel@alzwisc.org](mailto:Janet.Wiegel@alzwisc.org)

**Sauk City Memory Café** Meets the 3rd Thursday of each month • 9:30 am - 11:00 am

Sauk Prairie Community Center: 730 Monroe Street, Sauk City, WI

For more information contact: [Janet.Wiegel@alzwisc.org](mailto:Janet.Wiegel@alzwisc.org)

**Reedsburg Memory Café** Meets the 2nd Friday of each month • 10:00 am - 12:00 pm

At Fusch Community Center: 2090 Ridgeview Dr. Reedsburg, WI

For more information contact: [Janet.Wiegel@alzwisc.org](mailto:Janet.Wiegel@alzwisc.org)

**Richland Center Memory Café** Meets the 4th Thursday of each month • 10:00- 11:30 am

At Woodman Senior Center: 1050 N. Orange St. Richland Center, WI

For more information contact: [Heather.Moore@alzwisc.org](mailto:Heather.Moore@alzwisc.org)

**Westfield Memory Café** Meets the 1st Wednesday of each month • 10:00 am - 11:30 am

At Village Hall: 124 East 3rd Street, Westfield, WI

For more information contact: [Janet.Wiegel@alzwisc.org](mailto:Janet.Wiegel@alzwisc.org)

# SUPPORT GROUPS

## Men's Caregiver Support Groups

September 6th 1:00 - 2:30 PM **online**  
September 8th 10:00 - 11:30 AM **in-person\***  
September 20th 1:00 - 2:30 PM **in-person\***  
To participate contact 608-232-3400, ext 112 or  
Jeff.Hamm@alzwissc.org

## Adult Child Caregiver Support Group

September 7th 6:30 - 8:00 PM **online**  
September 21st 6:30 - 8:00 PM **in-person\***  
To participate contact 608-232-3400, ext115 or  
RKearney@alzwissc.org

## Younger Caregiver Support Group

For those under 65 taking care of a loved one  
September 27th 4:30 - 5:30 PM **in-person\***  
To participate contact 608-232-3400, ext115 or  
RKearney@alzwissc.org

## Dane County Caregiver Support Group

September 8th 1:00 - 2:30 PM **online**  
September 22nd 1:00 - 2:30 PM **in-person\***  
To participate contact 608-232-3400, ext115 or  
RKearney@alzwissc.org

## Lewy Body Dementia Caregiver Support Group

September 14th 1:30 - 3:00 PM **online**  
September 28th 1:30 - 3:00 PM **online**  
To participate contact 608-697-2838 or  
Janet.Wiegel@alzwissc.org

## "Conversations" Early Stage Dementia Support

**Group:** For those with a dementia diagnosis  
September 5th 1:00 - 2:00 PM **online**  
September 19th 15th 1:00 - 2:00 PM **online**  
To participate contact 608-232-3400, ext115 or  
RKearney@alzwissc.org

## "Conversations" Early Stage Dementia Support

**Group:** For those with a dementia diagnosis  
Weekly on Wednesday 10:30 AM - 12:00 PM **online**  
To participate contact 608-232-3400, ext115 or  
RKearney@alzwissc.org

**\*In-person at**

**6314 Odana Road, Suite 4, Madison WI**

## Lodi Caregiver Support Group

September 15th 1:00 - 2:30 PM  
**Reach Out Lodi 601 Clark St. Lodi, WI**  
To participate contact 608-697-2838 or  
Janet.Wiegel@alzwissc.org

## Prairie du Chien Caregiver Support Group

September 27th 10:00 - 11:30 AM  
**Hoffman Hall 1600 S. Wacouta Ave.  
Prairie du Chien, WI**  
To participate contact 608-723-4288 or  
Heather.Moore@alzwissc.org

## Platteville Caregiver Support Group

September 8th 1:00 - 2:30 PM  
**PEAK Senior Center 155 W. Lewis St. Platteville, WI**  
To participate contact 608-723-4288 or  
Heather.Moore@alzwissc.org

## Portage Caregiver Support Group

September 5th 1:00 - 2:30 PM  
**Portage Public Library: 253 E. Edgewater St.  
Portage, WI**  
To participate contact 608-697-2838 or  
Janet.Wiegel@alzwissc.org

## Columbus Caregiver Support Group

September 11th 10:00 - 11:30 AM  
**Columbus Senior Center: 125 N Dickason Blvd  
Columbus, WI**  
To participate contact 608-697-2838 or  
Janet.Wiegel@alzwissc.org

## Reedsburg Caregiver Support Group

September 21st 12:00 - 1:30 PM  
**Reedsburg Public Library: 370 Vine St  
Reedsburg, WI**  
To participate contact 608-697-2838 or  
Janet.Wiegel@alzwissc.org

## Spring Green Caregiver Support Group

September 22nd 1:00 - 2:30 PM  
**Spring Green Community Library: 230 E Monroe St  
Spring Green, WI**  
To participate contact 608-697-2838 or  
Janet.Wiegel@alzwissc.org