



Brown County Dementia Friendly Community Coalition:

COVID-19 Resources for People with Dementia and their Caregivers

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Get the latest information on the **COVID-19 vaccines**, where you can get a vaccine, frequently asked questions, and state vaccine data from the Wisconsin Department of Health Services.

www.dhs.wisconsin.gov/covid-19/vaccine

For the Caregiver

Take Your Oxygen First While Caring for Older Adults *Pre-recorded Webinar*

Join Dr. Jamie Huysman as he focuses on the mental health of family caregivers. The overwhelming stress we feel as caregivers can develop into serious health issues, both mentally and physically, which can prevent caregivers from leading a fulfilling life. Mental health and these issues are finally being more normalized. Begin the authentic path necessary to start trusting ourselves and the healing process.

To view the pre-recorded presentation, click [HERE](#).

For the Person with Dementia

NWTC Memory Café at the Botanical Gardens *Tuesday, June 8th from 1:00 – 3:00pm *RSVP REQUIRED* *2600 Larsen Rd, Green Bay, WI*

Come join in the fun as we honor our men, wear our red, white & blue, celebrate Flag Day and Father's Day together. We plan to play outdoor games, enjoying the summer solstice and our last Café together before summer break. We will meet in the upstairs east side indoor/outdoor room.

Combined Memory Café and SPARK! at the Neville Public Museum *Tuesday, June 15th from 10:00am – 12:00pm *RSVP REQUIRED* *210 Museum Pl, Green Bay, WI*

The Brown County Memory Café is partnering up with the SPARK! program for this event. We'll start with our usual welcome time, introductions & social snack time before taking part in a brain game & video. Even though the museum is closed to the public...we will be able to enjoy a free guided tour of the new Generations Gallery — which showcases their collection of over 1 million artifacts. There is no museum membership or cost required to attend with a caregiver.

To RSVP for either of these Memory Cafes, please contact Connie Roberts at 920-412-9960 or e-mail croberts@curativeconnections.org.

Online Educational Opportunities

Healthy Living with Mild Cognitive Impairment: Nutrition in Action

Friday, June 18th from 9:30 – 11:30am

Join Dr. Michelle Braun, a national leader in the field of brain health, to learn about science-based, motivational strategies to boost memory through diet and nutrition. Dr. Braun has worked for 15 years as a clinical neuropsychologist in hospitals and academia. She is the author of the book *High Octane Brain: 5 Science-Based Steps to Sharpen Your Memory and Reduce Your Risk of Alzheimer's*. Attendees will hear about mindful eating and creative options for integrating healthy foods into their diets.

To register, click [HERE](#). For questions, contact Bonnie Nuttkinson at **608.265.0407** or email bnuttkin@medicine.wisc.edu.

Got Dementia on the Brain? Healthy Living for your Brain & Body

Wednesday, June 23rd from 1:00 – 2:30pm

Join in to learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. Keep your brain and body healthy! Also learn about dementia specific resources and services in Brown County!

To register, click [HERE](#) or call the Alzheimer's Association at **800.272.3900**.

Online Support Groups (ongoing)

Wisconsin Caregiver Support Groups - Alzheimer's Association

The Alzheimer's Association has put together a combined list of all of their current virtual support groups. Some are standing support groups, and some have been added due to COVID-19. These are some great opportunities to connect with other caregivers!

Click [HERE](#) see the full list.

Brown County Specific Men's Virtual Group – ADRC of Brown County

Specific for Brown County caregivers, join this group to connect with others during this time of COVID-19. Discuss challenges, successes, and maybe make some friends in the process!

Click [HERE](#) for more information on how to join!

To submit dementia-specific events to be considered for this newsletter, email your virtual event or support information to anne.gurholt@browncountywi.gov

Thank you for your hard work and dedication to people with dementia and their caregivers during this challenging time!