

# Dementia Friendly Month 2023 Schedule of Events



## June is Brain Health & Dementia Awareness month!

Participate in activities, discover local resources for businesses and those impacted and learn more about brain health and dementia in our community. Questions? Call The Aging & Disability Resource Center (ADRC) 608-785-5700

|                                   |  |
|-----------------------------------|--|
| <p><b>ALL MONTH</b></p>           | <p><b>BRAIN FIT BINGO!</b></p> <p>Bingo cards contain numerous brain healthy activities which can be completed throughout the month. Try for 1 BINGO or challenge yourself for BLACKOUT. We encourage you to bring completed cards (at least one bingo) into The Aging &amp; Disability Resource Center by 4pm on July 7 to pick up your prize. All Blackout cards will be entered into drawing for one of three brain healthy prizes! Winners will be notified after the July 7th.</p> <p><b>Pick up a card at any of the following locations:</b></p> <ul style="list-style-type: none"> <li>• La Crosse County ADRC, Libraries, or Meal Sites</li> <li>• City of La Crosse Main Library</li> <li>• City of La Crosse Community Connections Center</li> <li>• City of La Crosse Black River Beach Neighborhood Center</li> </ul>   |
| <p><b>Thursday<br/>6/1/23</b></p> | <p><b>BETWEEN THE LINES—COMMUNITY BOOK CLUB DISCUSSION</b></p> <p><i>Morningside Heights</i> by Joshua Henkin (2021)<br/> <b>11:00am-1:00pm • La Crosse Main Library (800 Main St, La Crosse)</b></p> <p>Register by May 22 online <a href="mailto:programteam@lacrosselibrary.org">programteam@lacrosselibrary.org</a> or call 608- 789-7100</p> <p>Free Light Lunch provided!</p> <p>Are you part of a book club? Do you love to read? Please consider joining us in June at the La Crosse Main Library as Part of Dementia Awareness Month for a discussion of a novel that introduces caregiving and the many facets of life with dementia.</p> <p>Read the book, <i>Morningside Heights</i> by Joshua Henkin (2021) then come discuss! Lunch provided for registered attendees. Not a reader? No problem! Community members are encouraged to attend the discussion event to learn more about dementia.</p> <p><i>Morningside Heights</i> is a sweeping and compassionate novel about a marriage surviving hardship, about the things we give up in the face of adversity; and about how to survive when life turns out differently from what we thought. Need help finding a copy? Call the Library 608- 789-7100. Limited copies for caregivers call 608-785-5700</p> |
| <p><b>Friday<br/>6/2/23</b></p>   | <p><b>BRAIN HEALTHY ACTIVITY — Coping Skills Class</b></p> <p><b>10-11:30am • Community Connections Center (1407 Saint Andrews St, La Crosse)</b></p> <p>Stress affects not only memory but other brain functions, like attention and processing, but also increases inflammation, adversely effecting heart and brain health. Join us for casual conversation and helpful ways to cope with stress and life transitions. To register, call Parks &amp; Recreation 608-789-8640. Open to All!</p>  |
| <p><b>Monday<br/>6/5/23</b></p>   | <p><b>A LOVING LEGACY - AN INTERACTIVE MEMORY BOOK WORKSHOP</b></p> <p><b>10:30am-Noon • La Crosse Main Library Creation Space (800 Main St, La Crosse)</b></p> <p>This workshop is designed as an enlightening journey into the past, enjoying pictures and memories of your life. You will learn the reason for creating a memory book and how to update as time moves forward. For individuals with dementia and their care partners who want to enjoy time together and build a way to remember. We also welcome older adults who may be in the early stages of cognitive loss who want to preserve memories. Participants need to bring a few supplies for personalization, including Photos, Specifics given upon registration. All other materials provided. Register by 6/1 Call: ADRC 608-785-5700. Facilitated by ADRC and VOI.</p>  |

# Dementia Friendly Month 2023 Schedule of Events



## June is Brain Health & Dementia Awareness month!

Participate in activities, discover local resources for businesses and those impacted and learn more about brain health and dementia in our community. Questions? Call The Aging & Disability Resource Center (ADRC) 608-785-5700

|                                    |  |
|------------------------------------|--|
| <p><b>ALL MONTH</b></p>            | <p><b>BRAIN FIT BINGO!</b></p> <p>Bingo cards contain numerous brain healthy activities which can be completed throughout the month. Try for 1 BINGO or challenge yourself for BLACKOUT. We encourage you to bring completed cards (at least one bingo) into The Aging &amp; Disability Resource Center by 4pm on July 7 to to pick up your prize. All Blackout cards will be entered into drawing for one of three brain healthy prizes! Winners will be notified after the July 7th.</p> <p><b>Pick up a card at any of the following locations:</b></p> <ul style="list-style-type: none"> <li>• La Crosse County ADRC, Libraries, or Meal Sites</li> <li>• City of La Crosse Main Library</li> <li>• City of La Crosse Community Connections Center</li> <li>• City of La Crosse Black River Beach Neighborhood Center</li> </ul>  |
| <p><b>Monday<br/>6/5/23</b></p>    | <p><b>MOVIE AT THE ONALASKA LIBRARY</b></p> <p><i>Away From Her</i> (2006 Canadian independent drama)<br/> <b>10:00am • Onalaska Library (741 Oak Avenue S. Onalaska)</b></p> <p>This film brings to light the challenges couples face through a diagnosis of dementia. Transitions, Changes, Discovery and Coping all come to focus in this</p>   |
| <p><b>Wednesday<br/>6/7/23</b></p> | <p><b>BRAIN HEALTHY ACTIVITY— Wise Wednesdays</b><br/> <b>10:30am-Noon • Community Connections Center (1407 Saint Andrews St, LaX)</b></p> <p>Socialization is a brain healthy activity as is learning something new! Join us by having some fun, connecting with others and learning something new. To register, call La Crosse Parks &amp; Recreation 608-789-8640. Open to all! Facilitated by La Crosse Parks &amp; Rec. and UW-Extension</p> <p><b>FUN WITH MUSIC, POETRY &amp; REMINISCING— MEMORY CAFÉ</b><br/> <b>11:30am-1:00pm • Black River Beach Neighborhood Center (1433 Rose St, LaX)</b></p> <p>Light lunch offered 11:30-Noon. Event Begins at Noon.</p> <p>Join us for a unique memory café experience! Nationally recognized Poet Gary Glazner will perform well-loved classic poems, use humor, movement and music to engage and entertain! Registration required. Call the ADRC at 608-785-5700. For people with dementia and their caregivers.</p> <p><b>PROFESSIONAL SKILLS WORKSHOP with Gary Glazner</b><br/> <b>For Aging and Dementia Professionals, Family and Professional Caregivers</b><br/> <b>1:30-2:30pm • Black River Beach Neighborhood Center (1433 Rose St, LaX)</b></p> <p>Glazner shares from his over 20 years work as founder of the Alzheimer’s Poetry Project. This fun, high-energy workshops is packed-full of simple techniques to help create high-quality arts programs. The talk builds communication skills and helps increase the ability to connect with people living with memory loss. Must register by calling the Aging &amp; Disability Resource Center at 608-785-5700.</p> <p>*Both Glazner Events Hosted by ADRC with financial support from The Kathy &amp; Jack Lucey fund for Alzheimer’s.</p> |

# Dementia Friendly Month 2023 Schedule of Events



**June is Brain Health & Dementia Awareness month!**

**ALL  
MONTH**

## **BRAIN FIT BINGO!**

Bingo cards contain numerous brain healthy activities which can be completed throughout the month. Try for 1 BINGO or challenge yourself for BLACKOUT. We encourage you to bring completed cards (at least one bingo) into The Aging & Disability Resource Center by 4pm on July 7 to pick up your prize. All Blackout cards will be entered into drawing for one of three brain healthy prizes!

**Pick up a card at any of the following locations:**

- La Crosse County ADRC, Libraries, or Meal Sites
- City of La Crosse Main Library
- City of La Crosse Community Connections Center
- City of La Crosse Black River Beach Neighborhood Center

**Thursday  
6/8/23**

## **EXPERIENCE DEMENTIA!**

**10:30 am-11:30 am • Community Connections (1407 St Andrew St, La Crosse)**

This one-hour evidence-informed, high-impact experience immerses participants into life with Dementia, resulting in a deeper understanding of what it's like to live with cognitive impairment and sensory change. In "living in their shoes" we create compassion. Call ADRC to register 608-785-5700. Hosted by Dementia Friendly Coalition. Open to all!

## **UNDERSTANDING ALZHEIMER'S & DEMENTIA —Alz Assoc. Education**

**12:00-1:30 pm • Community Connections (1407 St Andrew St, La Crosse)**

Behavior is a powerful form of communication and is one of the primary ways people living with dementia communicate their needs as the ability to use words is lost. Join us and learn about common triggers for behaviors in dementia and strategies to help! To register, call La Crosse Parks & Recreation at 608-789-8640. Open to all!

## **OASIS DISCOVERY TIME WITH COULEE REGION GIVING HEARTS CHOIR PERFORMANCE**

**11:00am-3:00pm • First Free Church "The Refinery" (123 Mason St. Onalaska)**

**1:30-2:15pm Choir Performance, Sweet Treats & Refreshments to follow!**

OASIS Respite Program welcomes individuals, caregivers and potential volunteers to discover all that OASIS provides during its respite time. This fun opportunity is for new, curious individuals to tour our site, experience OASIS, and gather forms needed to participate as a caregiver / participant or volunteer!

**Monday  
6/12/23**

## **Normal Aging or Something Else? FREE BRAIN CHECKS!**

**9:00AM-3:00PM • Holmen Area Community Center (600 N. Holmen Dr.)**

A brain-checkup is a wellness tool that helps identify possible changes in cognition. Not a diagnostic test, rather, a tool that gives a baseline of where you are now and allows for conversation and planning if something is detected. Just as blood pressure checks or cancer screenings do, brain checks can help you identify early; both irreversible dementias and other reversible causes of dementia-like symptoms. Register for a 20minute screen and consultation. Call The ADRC 608-785-5700. Intended for people wanting to discuss concerns, learn about Brain Health, capture baseline. Not intended for persons under medical care for a cognitive impairment or diagnosed dementia.

## **MOVIE AT THE HOLMEN LIBRARY**

*Away From Her (2006 Canadian independent drama)*

**2:15pm • Holmen Library (121 W. Legion St. Holmen)**

This film brings to light the challenges couples face through a diagnosis of dementia. Transitions, Changes, Discovery and Coping all come to focus in this drama. We

# Dementia Friendly Month 2023 Schedule of Events



**June is Brain Health & Dementia Awareness month!**

**Tuesday  
6/13/23**

**KEYS TO POSSIBILITY: Understanding the Power of Engagement for Your Loved One with Dementia**

**9:30-10:30 am • Community Connections Center (1407 St Andrew St, LaX)**  
Designed for care partners seeking greater engagement with and for their loved ones. Gain insights and tools for why engage is important and how fostering meaningful activities bring out what still remains! Facilitated by VOI (Voices of Intention). To register, call the ADRC at 608-785-5700.

**HOW DO I BRING BACK CARE IN MY COMMUNICATION?**

**11:00am-Noon • Virtual**  
We all know that communication is critical in all relationships, but even more so with our loved ones on the dementia journey! Come find new ways you can show CARE through your communication. Join us for interactive activities and fun with non-verbal communication, positive approach and care cues, and bring back LOVE and CARE into your communication! Register with Alzheimer’s Assoc. 800-272-3900.

**Wednesday  
6/14/23**

**CONNECT SMART**

**12:30-2:00 pm • Community Connections (1407 St Andrew St, La Crosse)**  
A fun and engaging environment for persons living with dementia. This program offers small group sessions with activities to help people living with dementia maintain physical, social, emotional and cognitive skills. In another room, care partners come together for support and education. Call Parks & Rec. 608-519-2088.

**GIVING HEARTS CHOIR PERFORMANCE & ICE CREAM SOCIAL**

**1:30-2:30PM • Caretta Senior Living (2120 Staphorst Ln. Holmen)**  
**Open to All!**  
Join us for an ice cream social and choir performance! Coulee Region Giving Hearts Choir exists to bring together individuals who have early to mid stages of memory loss, along with their caregivers, to sing in a chorus that fosters joy, well-being, purpose and community understanding.

**Thursday  
6/15/23**

**ELDER ABUSE AWARENESS WALK**

**10:00 am-11:00 am • Riverside Park Bandshell (La Crosse)**  
June 15th is World Elder Abuse Awareness Day. Don’t stand by, stand up. Walk with us! Raising awareness for the prevention of elder abuse. Registration encouraged but not required. Call ADRC 608-785-5700. Encouraged to wear purple to show you stand against elder abuse. Participants will be encouraged to walk their desired distance.

**YOUR AFFAIRS IN ORDER—*Advance Directives & Essential Estate Planning To Do’s***

**10:00am-11:30 am • Black River Beach Center (1433 Rose St. La Crosse)**  
An informational presentation that will discuss common myths of future planning and provide practical 'Next Steps' to take. 1 hr. presentation followed by 30minutes of Q&A and resource sharing. Presented by Quantum Group, Mayo & Gundersen Health Systems. Call ADRC to register 608-785-5700. Open to all!

**NUTRITION SUPPORT FOR BRAIN HEALTH**

**1:30 pm-2:30 pm • Black River Beach Neighborhood Center (1433 Rose St,LaX)**  
Nutrition is vital for the body but many are unaware of how important adequate nutrition is for their brain. In addition to nutrition, it is vital to focus on other lifestyle factors that can impact brain health. Factors such as stress, toxin and environmental exposures, infections, exercise, genetics, inflammation and sleep. Call ADRC to register 608-785-5700. Presented by Kayla Siple, RDN, CD, IFNCP.

# Dementia Friendly Month 2023 Schedule of Events



## June is Brain Health & Dementia Awareness month!

|                                     |  |
|-------------------------------------|--|
| <p><b>ALL MONTH</b></p>             | <p><b>BRAIN FIT BINGO!</b></p> <p>Bingo cards contain numerous brain healthy activities which can be completed throughout the month. Try for 1 BINGO or challenge yourself for BLACKOUT. We encourage you to bring completed cards (at least one bingo) into The Aging &amp; Disability Resource Center by 4pm on July 7 to pick up your prize. All Blackout cards will be entered into drawing for one of three brain healthy prizes!</p> <p><b>Pick up a card at any of the following locations:</b></p> <ul style="list-style-type: none"> <li>• La Crosse County ADRC, Libraries, or Meal Sites</li> <li>• City of La Crosse Main Library</li> <li>• City of La Crosse Community Connections Center</li> <li>• City of La Crosse Black River Beach Neighborhood Center</li> </ul>  |
| <p><b>Friday<br/>6/16/23</b></p>    | <p><b>BRAIN HEALTHY ACTIVITY — Coping Skills Class</b></p> <p><b>10-11:30am • Community Connections Center (1407 Saint Andrews St, LaX)</b></p> <p>Stress affects not only memory and many other brain functions, like mood and anxiety, but also promotes inflammation, which adversely affects heart and brain health according to Harvard Medical School. Join us for casual conversation and helpful ways to cope with change and life transitions. Call Parks &amp; Rec. to register 608-789-8640. Open to all! Facilitated by La Crosse Parks &amp; Rec.</p>   |
| <p><b>MONDAY<br/>6/19/23</b></p>    | <p><b>CLUB CONNECTIVITY</b></p> <p><b>10:30 am– 2:00 pm • MEET AT BLACK RIVER BEACH (1433Rose St. La Crosse)</b></p> <p>Designed specifically to meet the needs and interests of people who are living with Early Onset Dementia/Mild Cognitive Impairment (MCI). This month we take a ride together to Champion’s Riverside Resort for lunch with lots of Green Bay Packers decor! After lunch, we’ll take a drive to Galesville and stop at The Craft Barn! Call Parks &amp; Rec. to register 608-789-8640. Facilitated by La Crosse Parks &amp; Rec.</p>  |
| <p><b>Tuesday<br/>6/20/23</b></p>   | <p><b>EMERGENCY PLANNING WORKSHOP FOR CAREGIVERS</b></p> <p><b>12:30-1:30 pm • Holmen Area Community Center (600 N. Holmen Dr. Holmen)</b></p> <p>Do you have a loved one who needs your help to get meals, get dressed, or get out of the house? Do you have a plan for your loved one if something happens to you? A good emergency plan includes all the information that someone else will need to take over temporary care. This class will help you start your plan. Participants will receive a complimentary emergency planning workbook. Presented by ADRC Caregiver Support Specialists. Call ADRC to register 608-785-5700</p>  |
| <p><b>Wednesday<br/>6/21/23</b></p> | <p><b>BRAIN HEALTHY ACTIVITY— Wise Wednesdays</b></p> <p><b>10:30-NOON • Community Connections Center (1407 Saint Andrews St, LaX)</b></p> <p>Socialization is a brain healthy activity as is learning something new! Join us by having some fun, connecting with others and learning something new. To register, call La Crosse Parks &amp; Recreation 608-789-8640. Open to all! Facilitated by La Crosse Parks &amp; Rec. and UW-Extension</p> <p><b>SPARK! Summer Kick off</b></p> <p><b>10:30-NOON • Clearwater Farm (760 Green Coulee Rd, Onalaska)</b></p> <p>A free cultural program for people living with early to mid-stage memory loss and their care partners. Programs are designed to keep participants actively engaged in their communities by providing experiences that stimulate conversations, provide peer support and inspire creativity. Open to caregivers and people living with dementia. Must pre-register, call facilitator 608-385-4819.</p> |

# Dementia Friendly Month 2023 Schedule of Events



## June is Brain Health & Dementia Awareness month!

**ALL  
MONTH**

### **BRAIN FIT BINGO!**

Bingo cards contain numerous brain healthy activities to complete throughout the month. Try for 1 BINGO or challenge yourself for BLACKOUT. Bring completed cards (at least one bingo) into The Aging & Disability Resource Center by 4pm on July 7 to pick up your prize. All Blackout cards will be entered into drawing for one of three brain healthy prizes!

**Thursday  
6/22/23**

### **MOVIE AT THE BANGOR LIBRARY**

*Away From Her* (2006 Canadian independent drama)

**2:30pm & 6:00pm • Bangor Library (1720 Henry Johns Blvd. Bangor )**

This film brings to light the challenges couples face through a diagnosis of dementia. Transitions, Changes, Discovery and Coping all come to focus in this drama. We encourage the community to attend!

### **EXPERIENCE DEMENTIA!**

**10:30 am-11:30 am • Community Connections (1407 St Andrew St, La Crosse)**

This one-hour evidence-informed, high-impact experience immerses participants into life with Dementia, resulting in a deeper understanding of what it's like to live with cognitive impairment and sensory change. In "living in their shoes" we create compassion. Call ADRC to register 608-785-5700. Hosted by Dementia Friendly Coalition. Open to all!

### **HEALTHY LIVING FOR YOUR BRAIN & BODY—Alz Assoc. Education**

**12:00-1:30 pm • Community Connections (1407 St Andrew St, La Crosse)**

For centuries, we've known that the health of the brain and the body are connected. Join us to learn about healthy aging and how healthy habits possibly delay the onset of cognitive decline and how cognition can be impacted by healthy lifestyle! To register, call La Crosse Parks & Recreation at 608-789-8640. Open to all!

**Friday  
6/23/23**

### **MOVIE AT THE CAMPBELL LIBRARY**

*Away From Her* (2006 Canadian independent drama)

**1:15 pm • Campbell Library (2548 Lakeshore Drive. (French Island) La Crosse)**

This film brings to light the challenges couples face through a diagnosis of dementia. Transitions, Changes, Discovery and Coping all come to focus in this drama. We encourage the community to attend!

### **ENDALZ FEST!**

**5:00-10:00pm • Celebrations on the River \* New Courtyard! (2100 Dawson Ave.LaX)**

The EndAlz Fest Foundation's goal is to bring together advocates, supporters, care givers, and those affected by Alzheimer's to raise awareness in the Coulee Region.

Join us for an evening of fundraising and celebration featuring Coulee Region Giving Hearts Choir performance, Charcuterie Boards with heavy appetizers, Silent Auction, Memory Garden and Photo Booth!

- 5:00-7:30pm Dementia Friendly Hours (including onsite respite by OASIS and a memory café experience with Poet Gary Glazner)
- 7:30pm Live Music by TUGG - featuring Andy Hughes and Joe Glazner!
- 9:30pm Illumination Ceremony

Money raised directly goes to local programs and resources that support caregivers in our communities as well as towards the Walk to End Alzheimer's and the Alzheimer's Association. Questions? Call Brit 608-797-8270. Tickets \$30 at <https://endalzfest.com>

# Dementia Friendly Month 2023 Schedule of Events



## June is Brain Health & Dementia Awareness month!

### ALL MONTH

#### BRAIN FIT BINGO!

REMEMBER TO TURN COMPLETED CARDS into the ADRC (300 4th St. N. La Crosse) by 4pm July 7th. At least 1 Bingo (horizontal, vertical or diagonal) will receive a prize. All Blackout cards will be entered into a drawing for one of three brain healthy prizes. Winners will be contacted at a later date.

### Wednesday 6/28/23

#### CONNECT SMART

12:30-2:00 pm • Community Connections (1407 St Andrew St, La Crosse)

A fun and engaging environment for persons living with dementia. This program offers small group sessions with activities to help people living with dementia maintain physical, social, emotional and cognitive skills. In another room, care partners come together for support and education. Call Parks & Rec. to register 608-519-2088.

### Thursday 6/29/23

#### MOVIE AT THE WEST SALEM LIBRARY

*Away From Her* (2006 Canadian independent drama)

2:15 pm • West Salem Library (702 Industrial Dr. West Salem)

This film brings to light the challenges couples face through a diagnosis of dementia. Transitions, Changes, Discovery and Coping all come to focus in this drama. We encourage the community to attend!

#### WALK TO END ALZHEIMER'S KICKOFF PARTY!

5:30-7:30 pm • La Crosse Distilling Company(1407 St Andrew St, La Crosse)

Be part of local efforts to raise dementia awareness. Whether it's you're interested in supporting the Alzheimer's Association annual walk, your first time participating in the walk as a team leader or you are a seasoned pro, we invite you to join us at La Crosse Distilling Co. to kick off this year's Walk to End Alzheimer's. Connect with others, learn about our fundraising tools, and get motivated to have the best year! Walk to End Alzheimer's will be Saturday September 16th at 8:30am at Riverside Park. To learn more [act.alz.org/lacrosse](http://act.alz.org/lacrosse). Alzheimer's Assoc. Helpline 1-800-272-3900

### Become a Dementia Friendly Business!



Approximately 2,300 people in La Crosse County are living with Alzheimer's disease or another related dementia. This number is projected to increase by 48% by 2030. In addition, 1 in 4 workers age 25+ are caregivers. These numbers will touch us all because they represent customers, colleagues, family members, friends, & neighbors!

Learn about how you can support dementia awareness in our community by providing a free hour of education for your staff and employees. Call the Aging & Disability Resource Center today to discuss! 608-785-5700.

### Need a Guest Presenter?

#### Need a speaker for your group or organization?



Topics like brain health, Alzheimer's and other dementia, warning signs, caregiving, dementia friendly communities, caregiving and the workplace and more! Presentations are interactive and tailored to your program/agency needs to help your group learn. Call the Dementia Friendly Community Coalition Chair to discuss your needs or ideas! 608-386-0767.