

Early Stage Programs Southeastern Wisconsin

Milwaukee County

Living with Alzheimer's Disease

Living with Alzheimer's disease is an education program for persons with early-stage Alzheimer's disease or related dementia and their care partners. The diagnosis of Alzheimer's disease is life-changing and leads to many questions. What will this mean for me and my family? How do I plan for the future? Where can I get the help I need? Join us for this three-part program where you will hear from others who have been where you are. We will discuss what you need to know, what you need to plan, and what you can do as you navigate this chapter of your life.

Who is eligible to attend? People with a diagnosis of either mild cognitive impairment (MCI) or any type of dementia in the early stage who are interested in and able to actively discuss the topics introduced. A care partner, spouse, family member, or close friend is also encouraged to attend.

What is the application process? An in-person and/or phone interview is required prior to attending.

<p>Location: Alzheimer's Association, 620 S. 76th Street, Suite 160, Milwaukee</p> <p>Contact: Pre-registration is required. Wendy Betley, 414-479-8800 or wendy.betley@alz.org</p> <p>www.alz.org/sewi</p>	<p>Cost: No charge.</p> <p>3-week Sessions:</p> <ul style="list-style-type: none"> • April 13, 20 and 27, 2012 10:00 – 11:30 am • August 9, 16 and 23, 2012 4:30 – 6:00 pm • Nov 26, Dec 3 and 10, 2012 10:00 – 11:30 am
--	---

Early Bird Club

A memory enhancement class designed specifically for individual's with mild memory loss. The focus of the program is maintaining and enhancing memory and brain functioning through use of a variety of different brain exercises.

Who is eligible to attend? Anyone who wants to participate in the program.

What is the application process? Completing a simple enrollment form and responding to two simple questions.

<p>Location: The Lutheran Home</p> <p>7500 West North Avenue Wauwatosa</p> <p>Contact: Stephanie Leanes 414-258-4192</p> <p>www.thelutheranhome.org</p>	<p>Cost: \$37.00 per class</p> <p>Ongoing Program</p> <ul style="list-style-type: none"> • Monday through Thursday • 10:00 a.m. – 2:00 p.m. • Lunch provided
--	---

Revised December 2011. Due to the changing nature of services, this list may not be comprehensive. Although the Alzheimer's Association does not endorse or promote any services other than those of the Association, we are available to answer questions and help clarify service needs.

414-479-8800 / 800.272.3900 / www.alz.org/sewi

Early Stage Programs Southeastern Wisconsin

Jump Start Mental Fitness Class

Jump Start is an ongoing mental fitness class specifically designed for people with early memory loss held in the independent living area of Luther Manor. This class is ongoing and consists of educational topics on the brain and memory, memory techniques, and mental fitness exercises. Lunch, creativity, social support and physical activity are part of every class. Jump Start emphasizes “Intentional Memory” and “Novel Ways” to use the brain in a fun and participatory atmosphere. Support group components and creative experiences support class learning.

Who is eligible to attend? Anyone interested in participating.

What is the application process? Please contact us for a free Try-It class. Family members are encouraged to attend.

<p>Location: Luther Manor Independent Living – Sycamore Room South Terrace 4545 N. 92nd Street, Milwaukee</p> <p>Contact: Dawn Adler R.T. 414-464-3888 Ext. 314 dadler@luthermanor.org</p> <p>www.luthermanor.org</p>	<p>Cost: \$37.00 per day, \$33.00 per day for Luther Manor Residents. \$25 for a half day.</p> <p>Ongoing Program</p> <ul style="list-style-type: none"> • Monday and Wednesday • 10:00 a.m. - 2:00 p.m. • Lunch provided • Transportation available
---	--

Brain Stretch Club

This program is designed to enhance cognitive abilities as well as provide support for the social, educational and emotional needs of persons with a diagnosis of early memory loss. A typical day includes time for socializing and discussing current events along with brain stretch activities like memory recall, creative writing, listening to music, art therapy, stress reduction techniques, and physical exercise. Brain and heart healthy snacks are included. The Brain Stretch Club is a program of Clement Manor.

Who is eligible to attend? Adults with a diagnosis of early memory loss who are independent with activities of daily living and are ambulatory.

What is the application process? Contact us to schedule an appointment. Application process includes an assessment.

<p>Location: Clement Manor 3939 South 92nd Street, Greenfield</p> <p>Contact: Laurie Nowak 414-546-7367</p> <p>www.clementmanor.com</p>	<p>Cost: \$37.00 per class</p> <p>Ongoing Program</p> <ul style="list-style-type: none"> • Monday and Thursday • 9:30 a.m. - 2:00 p.m. • Brain and heart healthy meals and snacks
--	--

Revised December 2011. Due to the changing nature of services, this list may not be comprehensive. Although the Alzheimer’s Association does not endorse or promote any services other than those of the Association, we are available to answer questions and help clarify service needs.

414-479-8800 / 800.272.3900 / www.alz.org/sewi