

**Early Stage Programs  
Southeastern Wisconsin**

**Waukesha 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: Contact: <a href="http://www.alz.org/sewi">www.alz.org/sewi</a></p>	<p>No class is currently scheduled at this time. Please contact the Alzheimer's Association to be put on a notification list, 414-479-8800 or 800-272-3900.</p>
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## Early Stage Programs Southeastern Wisconsin

### The Curative Memory Program

Curative Care Network offers a program designed to enhance memory function in older adults. This program is beneficial for adults experiencing memory loss not typically associated with the normal aging process. For example, persons who have been diagnosed with Mild Cognitive Impairment (MCI), the early stages of Alzheimer's disease or other forms of dementia, Parkinson's etc. Curative's comprehensive program incorporates memory training, physical exercise, proper nutrition, relaxation and peer support in each 4 hour program.

**Who is eligible to attend?** Persons wanting to take a proactive approach to memory loss will benefit from this program. Participants need to feel comfortable being part of conversations about memory loss concerns. Persons need to be able to follow along with the program agenda. Personal care assistance is not available at the Curative Memory Program.

**What is the application process?** Contact Curative Senior Services to set up a tour and complete enrollment forms.

<p>Location: Curative Care Network - Drop Ranch N84 W19100 Menomonee Avenue Menomonee Falls Contact: Jennifer McAlister 262.574.9147 <a href="http://www.curative.org">www.curative.org</a></p>	<p>Cost: \$32.00 per day Ongoing and Limited-Time Program</p> <ul style="list-style-type: none"> <li>• Tuesday and Thursday</li> <li>• 10:00 a.m. – 2:00 p.m.</li> <li>• Lunch provided</li> <li>• Transportation available (through Rideline if living in Waukesha County)</li> </ul>
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### MindWorks

This is a memory program based on current research and other successful programs. MindWorks may help you maintain or even improve your memory and thinking skills. A typical day at MindWorks includes cognitive stimulation, humor, discussion, socialization, and light exercise or walking. MindWorks is a program of Lutheran Social Services.

**Who is eligible to attend?** Members are adults who are experiencing memory problems, have Mild Cognitive Impairment (MCI) or Alzheimer's disease or who want to maintain cognitive skills.

**What is the application process?** A meeting is set up after the initial contact to meet with the interested adult. After the initial meeting the potential member would be invited to attend a free trial day in the group. The potential member is invited to join MindWorks based on mutual agreement of the member and the MindWorks facilitator. The application is given to the member after the trial day and usually returned on his or her first official day in MindWorks.

<p>Location: Lutheran Social Services 2000 Bluemound Road, Waukesha</p> <p>Contact: Cynthia Hines-Sabol, 262-719-2193 or Cynthia.hinessabol@lsswis.org</p> <p><a href="http://www.lsswis.org">www.lsswis.org</a></p>	<p>Cost: \$32.00 per day</p> <p>Ongoing Program</p> <ul style="list-style-type: none"> <li>• Tuesday and Thursday</li> <li>• 10:00 a.m. – 2:00 p.m.</li> <li>• Lunch provided</li> </ul>
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### 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: Holy Cross Lutheran Church W156 N8131 Pilgrim Road Menomonee Falls</p> <p>Contact: Dawn Adler R.T. dadler@luthermanor.org 414.464.3888 Ext. 314</p> <p><a href="http://www.luthermanor.org">www.luthermanor.org</a></p>	<p>Cost: \$25.00 per day</p> <p>Ongoing Program</p> <ul style="list-style-type: none"> <li>• Mondays, 9:45 am – 12 noon (the class can be expanded to 4 hrs w/lunch upon request)</li> <li>• Lunch provided</li> <li>• Transportation available</li> </ul>
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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](http://www.alz.org/sewi)