

Brain Wellness Programs and Services

Education

*Support
Groups*

Social Engagement

Brain Health Enhancement

*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.
800.272.3900 / 800.272.3900 / www.alz.org/sewi*

Education

living with dementia - early stage

Living with Dementia 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 or a related dementia 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.

Cost: Free.

Audience: Persons with early stage dementia and their care partners

**None Scheduled at this
time**

living well with chronic conditions

The diagnosis of a cognitive condition like Mild Cognitive Impairment (MCI), Alzheimer's disease or another related dementia is life-changing and requires support and information to best manage and cope with these chronic health conditions. Join this six-week program to help you enjoy a healthier life! Learn how to maximize your potential even when a long-term health condition like cognitive impairment or dementia may require you to alter your activities. You will get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices and learn better ways to talk with your doctor and family about health. This program will also help you cope with co-existing ongoing health problems like arthritis, asthma, diabetes, heart disease, mild depression, obesity, cancer and osteoporosis.

Cost: Free.

Audience: Persons with early stage dementia and their care partners

None Scheduled at this time

Support Groups

Milwaukee County	Date	Registration	Time
Clement Manor - Center for Enrichment 3939 S. 92nd St. Greenfield, WI	1st Monday of each month	Required. Call Laurie Nowak at 414.546.7367	2:30pm - 4:00pm
Alzheimer's Association 620 S. 76th St., Ste. 160 Milwaukee, WI	4th Tuesday of each month	Required. Call Wendy Betley at 800.272.3900 or email wbetley@alz.org	10:00am – 11:30am
Ozaukee County	Date	Registration	Time
Family Enrichment Center 885 Badger Circle Grafton, WI	2nd Wednesday of each month	Required. Call Sarah Prohuska at 262.993.7352 or Kathy Glaser at 262.284.8120	3:00pm - 4:30pm

Waukesha County	Date	Registration	Time
Pewaukee Public Library 210 Main Street Pewaukee, WI	2nd Tuesday of each month	Required. Call Jennifer Harders at 800.272.3900	9:30am - 11:30am

Social Engagement

Memories in the Making

The Alzheimer's Association Memories in the Making® program offers creative art expression for individuals with early to the middle stages of Alzheimer's disease. Even after people with dementia have lost the ability to use words, they are able to paint their thoughts, emotions and memories in a manner that is expressive and beautiful. Art becomes their voice.

Cost: \$5.00 and covers all four sessions. You are welcome to pay at the door.

Waukesha County	Date	Registration	Time
Wagner Park N31 W23320 Green Road Pewaukee, WI 53072	This is a 4 part series that begins on February 7, 2019	Required. Contact Jennifer Harders at 800.272.3900 or jharders@alz.org	1:00pm - 2:30pm

memory cafés

An opportunity for individuals with MCI, early-stage Alzheimer's disease and related dementias, their care partners as well as those who worry about memory problems, to come together to share your stories, socialize and create new friendships while enjoying refreshments.

Who is eligible to attend? Persons with MCI, early-stage Alzheimer's disease and related dementias and their care partners.

What is the application process? Call 800.272.3900 for more information.

Cost: No cost to attend

Fond du Lac County	Date - Ongoing	Registration	Time
--------------------	----------------	--------------	------

Fond du Lac Public Library 32 Sheboygan Street Fond du Lac, WI 54935	4th Thursday of Each Month	Required. Contact Mary Voell at 414.779.8484	1:00 - 2:30 pm
Kenosha County	Date - Ongoing	Registration	Time
Kenosha Senior Center 2717 67th St Kenosha, WI 53143	2nd Thursday of Each Month	Required. First time attendees please call 800.272.3900	2:00 - 3:30 pm
Milwaukee County	Date - Ongoing	Registration	Time
Meyer's Restaurant & Bar 4260 S 76th St Greenfield, WI	2nd Monday of Each Month	Required. First time attendees please call 800.272.3900	2:30 to 4:00 pm
Bay View United Methodist Church 2772 S Kinnickinnic Avenue Milwaukee, WI	3rd Monday of Each Month	Required. First time attendees please call 800.272.3900	1:00 to 2:30 pm
Daddy's Soul Food & Grill 754 N 27th Street Milwaukee, WI	First Tuesday of Each Month	Required. First time attendees please call 800.272.3900	2:30 to 4:00 pm
Tosa Bowl and Bun 7212 W. North Avenue Wauwatosa, WI 53213	2nd Tuesday of Each Month	Required. First time attendees please call 800.272.3900	4:00 to 5:30 pm

Milwaukee Public Branch Libraries Rotates between Villard Square Branch Capitol Branch Atkinson Branch Mitchell Street Branch Washington Park Branch	3rd Tuesday of Each Month	Required. First time attendees please call 800.272.3900	2:30 to 4:00 pm
Pitch's Express and McKinley Marina Roundhouse 1750 N Lincoln Memorial Dr Milwaukee, WI 53212	3rd Wednesday of Each Month	Required. First time attendees please call 800.272.3900	2:30 to 4:00 pm
Ferch's Malt Shoppe and Grill 5636 Broad Street Greendale, WI 53129	4th Wednesday of Each Month	Required. First time attendees please call 800.272.3900	2:30 to 4:00 pm
Miss Katie's Diner 1900 W Clybourn St Milwaukee, WI 53233 Free Valet Parking	On Hold for the Summer	Required. First time attendees please call 800.272.3900	2:30 to 4:00 pm
St. Francis Brew Pub 3825 S. Kinnickinnic Ave St. Francis, WI 53235	First Thursday of Each Month	Required. First time attendees please call 800.272.3900	4:30 to 6:00 pm

South Shore Libraries Rotates between Cudahy Family Library Oak Creek Public Library St. Francis Public Library South Milwaukee Public Library	3rd Thursday of Each Month	Required. First time attendees please call 800.272.3900	1:30 to 3:00 pm
Three Lions Pub 4515 N. Oakland Avenue Shorewood, WI 53211	3rd Thursday of Each Month	Required. First time attendees please call 800.272.3900	2:30 to 4:00 pm
Ozaukee County	Date - Ongoing	Registration	Time
Cedars III Bowling Center W53 N404 Park Circle Cedarburg, WI 53012	3rd Tuesday of Each Month	Required. Call Kathy Glaser at 262.284.8120	2:00 to 3:30 pm
Riveredge Nature Center 4458 County Road Y Saukville, WI 53080	First Wednesday of Each Month	Required. Call Kathy Glaser at 262.284.8120	2:30 to 4:00 pm
Racine County	Date - Ongoing	Registration	Time
Parkside Cafe 1400 Hwy 11 Union Grove, WI 53182	Third Thursday of Each Month	Required. First time attendees please call 800.272.3900	1:30 - 3:00 pm
Sheboygan County	Date - Ongoing	Registration	Time
Generations 1500 Douglas Drive Plymouth, WI	First Wednesday of Each Month	Required. First time attendees please call 800.272.3900	2:30 - 4:00 pm
Walworth County	Date - Ongoing	Registration	Time

Irving L Young Memorial Library 431 W Center St Whitewater, WI 53190	2nd Monday of Each Month	Required. First time attendees please call 800.272.3900	10:30 - 12:00 pm
Matheson Memorial Library 101 N Wisconsin Street Elkhorn, WI	4th Tuesday of Each Month	Required. First time attendees please call 800.272.3900	1:00 - 2:30 pm
Lakeshore Public Libraries Rotates between Aram Public Library Burlington Public Library Lake Geneva Public Library	First Friday of Each Month	Required. First time attendees please call 800.272.3900	10:30 - 12:00 pm
Washington County	Date - Ongoing	Registration	Time
Jack Russell Memorial Library 100 Park Avenue Hartford, WI	Second Monday of Each Month	Required. Call Tammy Dickman at 262.335.4497	1:30pm to 3:00 pm
West Bend Community Memorial Library 630 Poplar St West Bend, WI	4th Tuesday of Each Month	Required. Call Tammy Dickman at 262.335.4497	1:30 to 3:00 pm
Riveredge Nature Center 4458 County Road Y Saukville, WI 53080	First Wednesday of Each Month	Required. Call Kathy Glaser at 262.284.8120	2:30 to 4:00 pm
Waukesha County	Date - Ongoing	Registration	Time

Wild Plum Memory Cafes Rotates between Brookfield Public Library Elm Grove Public Library Germantown Community Library Menomonee Falls Public Library	3rd Monday of Each Month	Required. First time attendees please call 800.272.3900	3:00 - 4:30 pm
Four Points Library Rotates between Hales Corners Public Library Muskego Public Library Franklin Public Library New Berlin Public Library	3rd Tuesday of Each Month	Required. First time attendees please call 800.272.3900	2:00 - 3:30 pm
The Spot on Broadway 500 E Broadway St Waukesha, WI 53186	4th Wednesday of Each Month	Required. First time attendees please call 800.272.3900	10:30am - 12:00 pm
Lake Country Libraries Rotates between Delafield Public Library Hartland Public Library Oconomowoc Public Library Pewaukee Public Library Town Hall Library	First Friday of Each Month except July	Required. First time attendees please call 800.272.3900	10:30am - 12:00 pm

memories in the making ®

A watercolor painting session for families living with early-stage dementia. Please join us for a special Memories in the Making® painting session. Participate in an opportunity to be creative through the art of painting in water color. No experience necessary!

Registration is required.

Cost: \$5 per pair of attendees. Scholarships available. Payment instructions will be provided upon registration.

Milwaukee County	Date	Registration	Time
Alzheimer's Association 620 S. 76th Street #160 Milwaukee, WI 53214	Three consecutive Thursdays beginning June 1, 2017	Required. Contact Wendy Betley at 800.272.3900	10:00am - 11:30am
Ozaukee County	Date	Registration	Time
W.J. Niederkorn Library 316 W Grand Ave Port Washington, WI 53074	Monday June 5, 2017	Required. Contact Sarah Prohuska at 800.272.3900	10:00am - 11:30am
Racine County	Date	Registration	Time
Racine Gateway Technical College 901 Pershing Drive Racine, WI 53403	Three consecutive Tuesdays beginning March 21, 2017	Required. Contact Wendy Betley at 800.272.3900	2:00pm - 3:30pm

SPARK! program

SPARK! is a free cultural program for caregivers and loved ones experiencing beginning to mid-stage Alzheimer's disease and other forms of memory loss. SPARK! programs are hosted in museums, art studios and nature centers across Wisconsin and Minnesota and feature interactive experiences in a welcoming environment. Specially-trained educators engage participants in lively discussions through art-making and interactions with museum artifacts and other multi-sensory activities. Get all the information you need at www.sparkprograms.org

Cost: Free

Brain Health Enhancement

memory masters

Memory Masters is designed for those Interested in retaining memory function. This class focuses on exercising the brain in a positive, supportive environment where participants learn, share, and engage with one another. Classes consist of a structured curriculum that includes critical thinking, creative activities, physical exercise, and a nutritious lunch, while connecting with others in a fun and nurturing environment. Memory Masters is a proactive approach in working on brain health for anyone concerned about their memory. In addition, the participants in classes like these often make lasting relationships with one another. It provides a natural support for not only the participants, but for extended family members who are going through similar circumstances.

Cost: \$30. Includes lunch. Scholarships may be available.

Audience: Anyone interested in retaining memory function.

Kenosha County	Date	Registration	Time
Boys and Girls Club 1330 52nd Street Kenosha, WI	Mondays & Wednesdays	For more information or to enroll, contact Davin at 262.658.3508	10:00am - 2:00pm

mind effects

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 and is in early stages of memory loss.

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

Audience: Persons with early stage dementia

Milwaukee County	Date	Registration	Time
The Lutheran Home 7500 W. North Ave. Milwaukee, WI	Tuesday Wednesday Thursday	Contact the Lutheran Home for the current schedule at 414. 258.6171 ext: 750 or www.thelutheranhome.org	10:00am - 2:00pm

more than memory

More than Memory is an innovative brain and body health course designed for individuals living with cognitive impairments such as Alzheimer's, dementia and Parkinson's. Each two-hour class includes physical fitness, socialization and specifically exercises one of more of the seven abilities of the brain: Memory, Reasoning, Attention, Body Awareness, Language, Learning and Planning. Class members work in small groups, partake in unique cultural experiences offered in the greater Milwaukee community, and engage in lifelong learning.

Who is eligible to attend? People living with cognitive impairments.

What is the enrollment process? Tour and interview.

Cost: \$30.00 per class

Audience: Persons with mild-mid stage cognitive impairments

Milwaukee County	Date	Registration	Time
Luther Manor Retirement Community 4545 N. 92nd St. Milwaukee, WI	Ongoing program	Contact Luther Manor Retirement Community for the current schedule at 414.464.3888 or www.luthermanor.org	Ongoing program

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.

Cost: \$40.50

Audience: Persons with early stage dementia

Milwaukee County	Date	Registration	Time
------------------	------	--------------	------

Clement Manor - Center for Enrichment 3939 S. 92nd St. Greenfield, WI	Monday, Tuesday, Wednesday and Thursday	Required. Contact Clement Manor - Center for Enrichment for the current schedule at 414.546.7367 www.clementmanor.com	9:30am to 2:00pm
---	--	--	------------------

recharge: retain and regain...the health of your body and brain
ReCharge! is an interactive brain and body fitness class. Engage in brain exercises while among friends and improve memory, focus and concentration. Fitness center available.
Who is eligible to attend? Anyone who is concerned about their memory and want to learn memory strategies and how to exercise the brain.
What is the application process? Contact us to schedule an appointment. Please come for a free class visit to experience it first hand.
Cost: \$40.00 per day, 25.00 per half-day (**Lunch provided**)
Audience: Persons with early stage dementia

Milwaukee County	Date	Registration	Time
Chai Point 1400 N. Prospect Ave. Milwaukee, WI	Tuesdays and Thursdays	Required. For more information call Dawn Adler at 414.277.8838 dadler@jewishseniorliving.com	10:00am - 2:00pm
Ozaukee County	Date	Registration	Time
Sarah Chudnow Community 10995 N. Market St Mequon, WI 53092	Wednesdays	Required. For more information call Dawn Adler at 414.277.8838 dadler@jewishseniorliving.com	10:00am - 2:00pm

memory matters

Memory Matters is a proactive approach to brain health. In the course you will learn to understand the importance of mental fitness--knowing you can grow and learn at any age, develop memory strategies for everyday living, maintain or improve concentration, learn techniques for stress reduction, maintain community involvement and learn strategies for successful aging.

Who is eligible to attend? Any individual who is concerned about memory loss or may have a diagnosis of early memory loss or other cognitive impairment.

What is the application process? Interview process is conducted by the program director.

Audience: Persons with early stage dementia

Sheboygan County	Date	Registration	Time
St. Paul Lutheran Church 730 County Rd. PPP Sheboygan Falls, WI	Ongoing program	Required. For more information call Marissa at 920.627.6847	Ongoing program

memory minders

This program offers proactive and interactive services that benefit communities and individuals with early stage memory loss and their families.

memory wellness small group programs

Small group programs designed to maintain memory and improve quality of life that focus on memory wellness through education, memory tips and techniques, mental fitness and creativity in a fun, interactive social group setting.

Who is eligible to attend? Independent adults experiencing memory problems who desire a proactive and interactive program to maintain memory and cognitive skills.

What is the application process? Brief meeting with program director to answer a few questions and upon mutual agreement filling out enrollment forms.

Cost: The Providence Place: \$32.00 per day

Alexian Village: \$38.00 per day (12 week program)

Audience: Persons with early stage dementia

Milwaukee County	Date	Registration	Time
------------------	------	--------------	------

Alexian Village 9301 N. 76th St. Milwaukee, WI	Twelve-week program	Required. For more information call Jill Hoven at 262.707.9387 jill@memoryinders.net www.memoryinders.net	Twelve-week program
--	----------------------------	---	----------------------------

private 1:1 memory wellness consultation
Private sessions that focus on individualized memory wellness needs through education and activities tailored for each person. This is offered within the person's home.
Cost: \$75.00 per hour or package pricing is available
Audience: Persons with early stage dementia
Contact: Jill Hoven at 262.707.9387 or jill@memoryinders.net | www.memoryinders.net

mindworks
MindWorks 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 enrollment 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.
Audience: Persons with early stage dementia

Waukesha County	Date	Registration	Time
Lutheran Social Services 2000 Bluemound Rd. Waukesha, WI	Ongoing program Tuesdays and Thursdays	Call Patricia David at 262.424.2832 or patricia.david@lsswis.org	Ongoing program 10:00 am - 2:00 pm

r & r club:recharge and renew club - younger onset

This is for active individuals experiencing early memory loss under the age of 65.

Milwaukee County	Date	Registration	Time
Chai Point 1400 N. Prospect Ave. Milwaukee, WI	Fridays beginning August 2016	Required. For more information call Dawn Adler at 414.277.8838 dadler@jewishseniorliving. com	9:00am - 1:00pm