



Felician Village

1635 S. 21<sup>st</sup> Street ♥ Manitowoc, Wisconsin 54220-5652  
T (920) 684-7171 F (920) 684-0240 ♥ [www.felicianvillage.org](http://www.felicianvillage.org)

## FOR IMMEDIATE RELEASE

### **Felician Village offers caregiver classes for the community**

MANITOWOC, Wis. (Feb. 5, 2020) - Felician Village will offer several caregiver classes for the community throughout the upcoming year. “Caregiver College” will help caregivers enhance their skills and knowledge of caring for a person with Alzheimer’s disease or dementia, another form of Alzheimer’s.

All classes will be held in the Village Hall at Felician Village, 1635 S. 21st St., Manitowoc, unless otherwise noted. Registration is required for all classes. To register, call 920-684-7171, ext. 329.

The first class for caregivers, “**MIND Diet: Foods to Eat & to Avoid,**” will be held on Tuesday, February 25, at 2 p.m. presented by Erin Diederich, UW-Green Bay Dietetic Intern. She will discuss how the MIND diet is aimed at reducing the risk of dementia and the decline in brain health that people often experience with age.

#### **Technology & Tips to Assist Caregivers • March 18 • 2 p.m.**

A fun, interactive presentation providing information on technology and aides available to assist caregivers. *Presented by Stacie Scheibe, Memory Loss Technology Specialist, Options for Independent Living.*

#### **Powerful Tools for Caregivers • March 19 - April 30**

9:30 a.m. - 12 p.m. (Class meets Thursdays)

\*Class will be held at The Gardens at Felician Village

Taking care of yourself is just as important as taking care of your loved one.

**Attendance of all classes is recommended.** Cost: \$10 payable to ADRC.

#### **Coffee, Cookies & Dementia Conversation • April 29 • 10 a.m.**

Bring your questions about dementia and caregiving. This open forum will give you an opportunity to get answers and find help. *Presented by Ginny Nyhuis, Program Manager, Alzheimer’s Association.*

### **Understanding & Responding to Dementia Related Behavior**

May 19 • 2 p.m.

Learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges. *Presented by Ginny Nyhuis, Program Manager, Alzheimer's Association.*

### **Critical Actions in the Face of Dementia**

June 16 • 6 p.m. OR June 17 • 10 a.m.

Learn about memory loss and discover the steps you need to take soon to protect yourself and your loved ones. *Presented by Kevin Jameson, Founder of the Dementia Society of America, and Bill Harrington, Certified Financial Planner.*

### **Mindful Movement • September 15 • 2 p.m.**

Discover the benefits for both the caregiver and the care receiver of incorporating exercise and practical movement into caregiving. *Presented by Tiana Schisel, Director of Therapy Services, Felician Village.*

### **Walk to End Alzheimer's • September 19 • 9:00 a.m.**

Walk begins at the YMCA  
To join the Felician Village team and for more information, visit  
[www.alz.org/gwwi](http://www.alz.org/gwwi)

### **What's New in Alzheimer's Research? • October 6 • 2 p.m.**

Learn about the latest science, advancing research and treatments on the horizon. *Presented by Kari Paterson, Executive Director, Alzheimer's Association.*

### **Seniors and Winter SADness • November 18 • 10 a.m.**

The cold, dark months of winter can be tough. Learn how Seasonal Affective Disorder can affect anyone, including caregivers, and tips to beat the winter blues. *Presented by Cameron Goetz, Ph.D, Clinical Psychologist, HFM Behavioral Health & Lakeshore Memory Clinic.*

### **Virtual Dementia Tour • March 31, June 30, August 20, October 29, 2020 and January 7, 2021 • Call for time**

Journey towards understanding and empathy with an up close, hands-on experience that provides critical insight and understanding of what it's like to have dementia.

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### **About Felician Village**

Felician Village, a continuing care campus, has been providing housing and services for seniors through rehabilitation, independent living, assisted living and long-term care for more than 130 years. Felician Village is a Catholic organization that welcomes people from all faiths.

**Contact**

*Barb Fricke*

Director of Marketing

920-684-7171 ext. 329

[bfricke@felicianvillage.org](mailto:bfricke@felicianvillage.org)

*Kim Christoffel*

Marketing Specialist

920-684-7171 ext. 361

[kchristoffel@felicianvillage.org](mailto:kchristoffel@felicianvillage.org)