

ENGAGING!

Kinship 4 Caregivers

Welcomes current and former caregivers for education, fun, and new connections.

September 2023 1:15-2:30pm

7th Coffee and Conversation

Mississippi Valley Conservancy
Visitor Center, N5727 County Rd Z, Onalaska

21st Education: Services Savvy!

Onalaska Community Ctr, 515 Quincy St.

October 1:15-2:30pm

5th Have a Gourd Time

Jolivette's to Swarthout-Neshonec Park
W3452 Highway 16, West Salem

19th Education: Care & Support by Stage

Community Connections Center
1407 Saint Andrews St. La Crosse

November

2nd Movie & Popcorn 11:30am-2:00pm

Rivoli Theatre, 117 N 4th Street, La Crosse

16th Education: Engaging Your Loved One

1:15-2:30pm

Onalaska Community Cntr, 515 Quincy St.

December 1:15-2:30pm

7th Make & Take Plate Decorating

Community Connections Center
1407 Saint Andrews St. La Crosse

21st Education: Holidays & Care Recipients

Community Connections Center
1407 Saint Andrews St. La Crosse

** January Activity Bag Available the Dec events

UPLIFTING!



ACTIVITES FOR AT-HOME CONNECTIONS

January 2024

Activity Bag: *Beach Get Away!*

Scavenger BINGO Card #1

Book: "Keeping Love Alive as Memories Fade" by Debbie Barr, Edward Shaw, Gary Chapman * *Book available at ADRC*

February

Activity Bag: *Things to Love!*

Scavenger BINGO Card #2

Book: "Keeping Love Alive as Memories Fade" by Debbie Barr, Edward Shaw, Gary Chapman * *Book available at ADRC*

MARCH

Activity Bag: *Lucky Us!*

Scavenger BINGO Card #3

21st Book Club Discussion 1:15-2:30pm

First Lutheran Church – Fireside Room
410 Main St, Onalaska

** *Winter Activity Bags may be picked up at either The ADRC, 300 N 4th St, La Crosse or OASIS, 4141 Mormon Coulee Rd, La Crosse*

PARTICIPATE!

Kinship 4 Caregivers

Provides an hour of engaging, uplifting personal time for caregivers to practice self-wellness, fun and education. Scheduled Thursdays so those in need of respite can utilize local programming for loved ones.

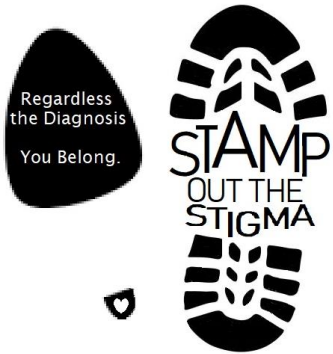
- ❖ 1st Thursday for Fun Activities
- ❖ 3rd Thursday for Education Topics
- ❖ Events typically do not provide meal, so "eat before we meet" if necessary.
- ❖ Activity Bags and Scavenger BINGO are provided to inspire connection during the winter months when groups do not meet in person.

Kinship...

- ❖ Welcomes current and former caregivers for education, fun, and new connections.
- ❖ Varying support options
- ❖ Caregivers can just have fun - Without 'diagnosis talk'!
- ❖ Opt Into the activities that appeal to you and your caregiving journey.

Hosted in Partnership with The Aging & Disability Resource Center of La Crosse County Dementia Care Specialist Program, EndAlz Fest Foundation, and Causeway Caregivers- OASIS Respite Program.





Caregivers may feel the stigma of a diagnosis, which can affect interactions within their family, social circle, or community. Isolation is unforgiving.

Regardless the Diagnosis. You Belong.



Monday Respite 9 – 11 am
Thursday Respite 11 am – 3 pm

Please plan accordingly to arrive within 5 minutes of the program time for drop off or pick up.

2023

January							February							March						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
15	16	17	18	19	20	21	19	20	21	22	23	24	25	22	23	24	25	26	27	28
22	23	24	25	26	27	28	26	27	28	26	27	28	29	30	31					
29	30	31	26	27	28	26	27	28	29	30	31									
April							May							June						
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8	9	10	11	12	13	14	7	8	9	10	11	12	13	4	5	6	7	8	9	10
15	16	17	18	19	20	21	14	15	16	17	18	19	20	11	12	13	14	15	16	17
18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24		
22	23	24	25	26	27	28	29	28	30	31	25	26	27	28	29	30				
23	24	25	26	27	28	29	28	25	26	27	28	29	30							
30	30	25	26	27	28	29	30													
July							August							September						
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8	9	10	11	12	13	14	7	8	9	10	11	12	4	5	6	7	8	9		
15	16	17	18	19	20	21	14	15	16	17	18	19	11	12	13	14	15	16		
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October							November							December						
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November							December													
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Scheduling Respite:

Call or Text (608) 780-0471 or email oasisrespiteprogram@gmail.com

- Monday Respite participants MUST BE scheduled by Friday of the week prior.
- Thursday Respite participants MUST BE scheduled by Tuesday.
- Any medications that will occur during program time must be administered at home.



300 N. 4th Street, La Crosse
 608-785-5700
www.lacrossecounty.org/adrc/
 Dementia Care Specialist,
 Kelsey Flock



www.endalzfest.com



4141 Mormon Coulee Rd, La Crosse (Office)
 123 Mason Street, Onalaska (Program)
 608-780-0471
www.oasisrespite.org