

Vernon County ADRC Programming

Boost Your Brain and Memory: Have you ever wondered if there were way to take care of your brain as you age? The Boost Your Brain & Memory class focuses on a variety of lifestyle factors that impact brain health and memory strategies. Class Topics: Physical Activity, Emotional Health, Cognitive Activity, Nutrition, Spiritual Activity, & Social Engagement.

Powerful Tools for Caregivers: You may not even think of yourself as a caregiver - you're simply helping someone you love. But when the stresses and difficulties that often come with caregiving become overwhelming, it's important to take care of yourself too. just six weeks, Powerful Tools for Caregivers can help you identify and manage the physical, emotional and financial challenges that family caregiving can present and connects you with other caregivers who are facing some of the same feelings and problems you may be facing.

Managing Stress: Stress is the reaction we experience when the demands placed on us are too much to cope with. While some stress can be positive, too much stress can affect us in negative ways both physically and emotionally. At this workshop learn ways to manage, reduce, identify signs & sources stress, and learn to make an action plan.

Care Partner Support Groups: Groups offer a safe place where any negative emotions about caregiving can be expressed and validated (like anger, frustration, and grief), helping participants feel they are not alone. Family Caregivers can gather ideas on how others deal with the everyday challenges of caring for a loved one during each of the stages of dementia. We offer both in person and virtual options.

MCI & Early Stage Dementia Support Groups: This group is for folks with mild cognitive impairment and early stage dementia. This group will be held in-person and offers a safe place for folks to share emotions, both positive and negative, discuss challenges and how to overcome them.

Book Clubs: Keep Your Brain Active by joining a book club. Keeping your mind active may help maintain your learning, remembering, and thinking skills. We offer both in person and virtual options.

Dementia Live: High-impact, evidence-informed facilitated experience, followed by discussion which results in a deeper understanding of what it's like to live with a cognitive impairment and sensory changes. Ideal for families, community organizations, and workplace.

Dementia Education Staff Training: What is dementia and how it affects the brain. What is normal aging and what isn't. Includes information on communication techniques. And what is a dementia friendly environment.