Dementia Friendly Milwaukee County Newsletter

April 2026

Dear people of Milwaukee County Dementia Friendly Community Coalition,
Welcome to our April newsletter! We hope you find it filled with valuable information and resources.

Join us for Fun Gardening activities with Growing Connections!

Join us for a fun day in the garden with Growing Connections!
Growing Connections is a program that uses gardening and nature-based activities to support people living with memory loss and their caregivers.
Participants can enjoy light gardening, sensory activities, and time spent in the garden while connecting with others in a supportive setting.
Activities may include: Planting and caring for plants, Sensory activities in the garden, Light gardening tasks, Time spent in nature with others.
Dates: Monday, April 13, 2026 and Monday, May 11, 2026
Time: 10:00 am – 12:00 pm
Location: Milwaukee County Parks Office, 9722 W. Watertown Plank Road, Milwaukee, WI 53226
Cost: Free
Registration is required.
Contact: Jessica Kaminski, Program Coordinator
(414) 750-3894
Jessica.Kaminski@ccaging.org
Contact us at (414) 750-3894 or jessica.kaminski@ccaging.org to sign up!

Growing Connections
A free gardening program created for people with memory loss and their caregivers.
Hosted by Milwaukee County Parks, Milwaukee County Department on Aging, and Community Care Aging Services

Thursday, April 16, 2026
1:00 - 3:00 pm
Milwaukee County Parks Office
9722 W. Watertown Plank Road
Milwaukee, WI 53226
Free
Registration is required.
Contact: Jessica Kaminski, Program Coordinator
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2026 Wisconsin Advocacy Day

Wisconsin Advocacy Day is a statewide event where people living with dementia and their families gather in Madison to meet with legislators and share how dementia affects their lives. It's a chance to ask for better support and better care for people living with dementia and their families. Advocacy Day is a powerful way to make your voice heard and help shape policy that supports people living with dementia and their families. Wear purple to show support for people living with dementia and their families. Bring your own purple shirt or pick up a purple shirt at the registration table. Lunch is provided. Registration is required.

Boost Your Brain & Memory Program

Boost Your Brain & Memory Program is a free program for people living with memory loss and their caregivers. Participants learn practical tools to support brain health, memory, and everyday life. Topics may include:

- Brain health
- Memory tools
- Sleep
- Stress
- Nutrition
- Medication
- Exercise
- Social connection

Location: Wauwatosa Senior Resource Center
Wauwatosa Senior Resource Center
Zoom Video
Dates: April 14, May 12, June 9, 2026
Time: 10:00 - 11:30 AM
Cost: Free
Registration is required.
Contact: Jessica Kaminski, Program Coordinator
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Savvy Caregiver

Savvy Caregiver is a free program for people who are providing care for someone living with a memory disorder or other dementia-related condition. Participants learn practical tools to support themselves while caring for someone else.
Contact us at (414) 750-3894 or jessica.kaminski@ccaging.org to sign up!

Savvy Caregiver® Program

Develop your confidence, knowledge and skills

- Learn to manage difficult behaviors, communicate effectively, make decisions, and care for yourself while caring for someone living with a memory disorder or other dementia-related condition.
- Participants receive a workbook, DVD, and other resources to support their caregiving journey.
- Participants must be able to attend all 7 sessions, plan to care for someone living with a memory disorder or other dementia-related condition, and be able to participate in discussions.

Dates: Tuesdays, May 26 - June 30, 2026
Time: 10:00 - 12:00 pm
Location: Virtual via Zoom
Cost: Free
Registration is required.
Contact: Jessica Kaminski, Program Coordinator
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Thriving While Caring: Practical Tools for Dementia Caregivers

Thriving While Caring: Practical Tools for Dementia Caregivers

Caregiving Challenges Affect Everyone

Tuesday, April 28, 2026 | Thursday, May 28, 2026 | Wednesday, June 24, 2026

Tuesday, April 28, 2026 | Thursday, May 28, 2026 | Wednesday, June 24, 2026

Featured Speakers

Kristin Kaiser
Dementia Care Specialist

Kelly Ellingson
Caregiver Support Specialist

Kelly Ellingson
Caregiver Support Specialist

Kristin Kaiser
Dementia Care Specialist

Caregiving Lunch
Wednesday, April 29, 2026
Wednesday, May 27, 2026
Wednesday, June 24, 2026
Wednesday, July 29, 2026
Wednesday, August 26, 2026
Wednesday, September 23, 2026
Wednesday, October 28, 2026
Wednesday, November 18, 2026
Wednesday, December 16, 2026
Time: 11:30 AM - 1:00 PM
Location: Greenfield Senior Center, 5300 W. Layton Ave., Greenfield, WI 53220
Cost: Free
Registration is required.
Contact: Jessica Kaminski, Program Coordinator
(414) 750-3894
Jessica.Kaminski@ccaging.org
Contact us at (414) 750-3894 or jessica.kaminski@ccaging.org to sign up!

Greenfield Church of Christ
5420 S 92nd STREET • MILWAUKEE, WI

Brain Health Corner:

Brain Health Corner is a free program for people living with memory loss and their caregivers. Participants learn practical tools to support brain health, memory, and everyday life. Topics may include:

- Sleep
- Stress
- Nutrition
- Medication
- Exercise
- Social connection

Brain Health Corner is hosted by the Wauwatosa Senior Resource Center.

Dates: April 14, May 12, June 9, 2026
Time: 10:00 - 11:30 AM
Location: Wauwatosa Senior Resource Center
Cost: Free
Registration is required.
Contact: Jessica Kaminski, Program Coordinator
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Better Brain Health Presentation

Better Brain Health

Learn practical ways to support your brain health!

This presentation provides practical information on how to support brain health, memory, and everyday life. It covers topics such as sleep, stress, nutrition, medication, exercise, and social connection. The presentation is designed for people living with memory loss and their caregivers, and includes time for questions and discussion.

Date: Tuesday, April 28, 2026
Time: 10:00am-11:30am
Location: Virtual via Zoom
Cost: Free
Registration is required.
Contact: Jessica Kaminski, Program Coordinator
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Aging and Disabilities Services of Milwaukee County News

One-On-One Medicare Counseling
Sellers and Thelund
MEDICARE
ALL Medicare Counseling
Medicare Counseling
Medicare Counseling