

June is Brain Health & Dementia Awareness Month!



Presented by


To educate the public about the importance of maintaining their brain health.

To raise awareness about dementia and provide connection to resources and support.

We invite the public to attend!

Schedule of Events - June 2025

Are you a family impacted by dementia? A caregiver of a loved one with dementia?
Call 608-785-5700 to inquire about dementia resources and support

<p>Week of June 2nd – 6th <u>Meal Sites:</u> *Holmen *Onalaska *La Crosse</p>	<p>Brain Health and Dementia Awareness Week at the Senior Nutrition Meal Sites Across La Crosse County</p> <p>Enjoy nutritious meals while learning valuable tips on keeping your brain healthy, staying mentally active, and recognizing the signs of cognitive decline. Engage in fun activities, connect with others, and gain insights from experts on brain wellness. Let’s nourish both body and mind—because a healthy brain leads to a vibrant life!</p> <p style="text-align: right;"><u>Day before Registration required for senior meals, Call:</u> <i>Southside Neighborhood Center 608-792-6996, Holmen Area Community Center 608-317-8104, and Onalaska 608-317-9870</i></p>
<p>Thursday, June 5th Appts: 8:30a-12:15p Holmen Area Community Center 600 N Holmen Dr. Holmen</p>	<p>Free Brain Checks!</p> <p>A brain-check up is a wellness tool that helps identify possible changes in cognition. This is not a diagnostic test, but a tool that allows for conversation and planning. Just like blood pressure check or diabetes screening, brain checks can help you identify early; both the irreversible dementias and other reversible causes of dementia-like symptoms. Resources & support are available. Open to the public, but not intended for people with diagnosed dementias.</p> <p style="text-align: right;"><u>Must Register for a 30-minute appointment, Call 608-785-5700.</u> <i>Facilitated by La Crosse County Aging & Disability Resource Center</i></p>
<p>Thursday, June 5th 9:30am Live Session 10:30am Education 11:30am Live Session Wafer Food Pantry 1603 George St, La Crosse</p>	<p>Dementia Live & Alzheimer’s Research Update</p> <p><u>Dementia Live</u>® offers a unique inside-out understanding of dementia by immersing participants into what it may be like to live with dementia. By “walking in their shoes,” participants gain awareness of the challenges associated with living with dementia and learn valuable tools to improve communication and connection. Open to public; professionals and family caregivers!</p> <p style="text-align: center;"></p> <p style="text-align: right;"><u>Register for a 1-hour session online or by calling 608-785-5700.</u></p> <p><u>Education:</u> Alzheimer’s disease is an escalating health crisis, yet significant progress in Alzheimer’s research has led to advancements in diagnosing, treating and preventing dementia. Join us to learn about the latest in Alzheimer’s research and treatments and how we’re leading the way to find a cure.</p> <p style="text-align: right;"><i>Presented by Dementia Friendly Coalition and The Alzheimer’s Association Dementia Live is a program offering of the La Crosse County ADRC Dementia Care Specialist Program</i></p>
<p>Wednesday, June 11th 11:00-12:30pm Mooney Library - Lobby Gundersen Hospital 1900 South Ave, La Crosse</p>	<p>Meet & Greet with the Author: Sharon Lukert <i>Until My Memory Fails Me</i></p> <p>"This book is intended to be an affirming guide to enhance a positive approach toward the emotional and spiritual aspects of facing a neurodegenerative disease." Author readings, signings and Q&A 11:00 am – 11:30 and 12:00 pm – 12:30.</p> <p style="text-align: right;"><i>No registration, we will see you there!</i></p>

<p>Saturday, June 14th 1:30pm-3:00pm The Nature Place 789 Myrick Park, La Crosse</p>	<p><i>Until My Memory Fails Me</i> Book Release Party with the Author Sharon Lukert "This book is intended to be an affirming guide to enhance a positive approach toward the emotional and spiritual aspects of facing a neurodegenerative disease." www.sharonlukert.com <i>No registration, we will see you there!</i></p>
<p>Monday, June 16th 9:00am-3:00pm Dahl Family YMCA 1140 Main St, La Crosse</p>	<p>Nourish Your Mind Retreat: Essential Health Practices for your Brain A one-day retreat designed for boosting brain health. Hear from Dr. Michelle Braun, Ph.D., ABPP-CN, a board-certified neuropsychologist and national leader in brain health, share science-backed strategies to enhance memory, focus, and cognitive wellness. Experience a culinary medicine demo including mocktails, presentation on the vitality of aging and a mindfulness and functional movement exercise. Engage, connect, and take-home practical brain-boosting tools. Registration required. Email: kflock@lacrossecounty.org Questions: 608-792-3805 Hosted by the ADRC of La Crosse County Dementia Care Specialist Program and Dahl Family YMCA Sponsored by the Women's Fund of Greater La Crosse Donations from Grounded Coffee, Hy-Vee, & People's CoOp</p>
<p>Wednesday, June 18th 5:00-9:00pm The Courtyard at Celebrations on River 2100 Dawson Ave. La Crosse</p>	<p>ENDALZ Fest! The ENDALZ Fest Foundation's goal is to bring together advocates and supporters to raise awareness and funds in the Coulee Region. Donations used to fund respite resources for Alzheimer's and other Dementias in the Coulee Region and offer caregiver wishes grants. Join us for an evening of Casino-Style fundraising, celebration, and heavy appetizers! Register Online: https://endalzfest.com/</p>
<p>Friday, June 20th 9:00am-12:00pm Black River Beach Neighborhood Center 1433 Rose St. La Crosse</p>	<p>Brain Health and Living well with Support and Education Series In person viewing of a live-streamed educational presentation facilitated by Dr. Nathaniel Chin, UW Health memory clinic doctor and medical director of the Alzheimer's Disease Research Center. Open to individuals with MCI, families, professionals, and public. The event includes discussion, support, and complimentary refreshments. Presentation by Gordon Giles, PhD on the topic of Performance Based Intervention Approaches that Support Functional Cognition begins at 9:30 AM. Must Register: 608-785-5700. Hosted by the ADRC of La Crosse County Dementia Care Specialist Program. Funded by the Jack & Kathy Lucey Fund for Alzheimer's</p>
<p>Monday, June 23rd 4:30pm Walk Kick Off 5:30pm WWD Film 7:00pm Talk Back Q&A Weber Center for the Performing Arts 428 Front St S, La Crosse</p>	<p>The Power of Purple: Featuring a Film & Walk Celebration The documentary Wine, Women and Dementia exposes the isolation, financial stress, physical and emotional toll these family caregivers' shoulder for their dementia loved ones and themselves. The world is facing a crisis as baby boomers age into dementia. The U.S has an estimated 16 million unpaid dementia family caregivers currently keeping loved ones with dementia afloat emotionally, physically, financially. Join prior to screening for the Walk to End Alzheimer's Kick Off Celebration with commentary appetizers and beverage! After the screening a talk back discussion with Q&A. Hosted by the ADRC of La Crosse County Dementia Care Specialist Program and Alzheimer's Association Sponsored by Weber Center for the Performing Arts, ViaroHealth, O'Brien Physical Therapy and Wellness Registration required to save your seat at www.webercenterarts.org/event/the-power-of-purple/.</p>
<p>Thursday, June 26th 12:30pm-1:30pm Holmen Area Community Center 600 N Holmen Dr. Holmen</p>	<p>Awareness and Misperceptions of Hospice Care—Understand the Basics Hospice care focuses on comfort and dignity at the end of life; it involves care and support services that can be of great benefit to people in the later stages of Alzheimer's and other dementias and their families. Join us to learn more about hospice care and opportunity for questions. <i>No registration, we will see you there! Presentation by St. Croix Hospice</i></p>

More information:

608-785-5700

adrc@lacrossecounty.org

<https://tinyurl.com/5em869d6>

