

Clement Manor

MOMENTS TO EMBRACE

A CAREGIVER RESPIRE PROGRAM



CAREGIVER TRACK: FIND YOUR SUPPORT GROUP - APRIL 10

Led by Jeanne Aliota, and Tom Brefka

Being a caregiver is a demanding and selfless role, but you don't have to face it alone. Join our Caregiver Support Group and connect with others who truly understand your journey. This group is designed to provide emotional support, equip you with coping strategies, and foster a sense of community among those with shared experiences. During the session, enjoy a welcoming environment with coffee, snacks, and heartfelt connection. Begin with introductions, where each caregiver can share their story, and feel heard and supported. After a short break, we'll continue sharing, encouraging mutual support, and close the session with a creative and calming activity—making Kindness Rocks. Leave with resources for ongoing support and a renewed sense of hope and connection. Together, we'll create a space where you can recharge, share, and thrive.

To sign up, call 414-546-7984 or go to clementmanor.com/moments.

Space is limited.

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LOVED ONE TRACK: BRAIN FOOD AND NUTRITION - APRIL 10

Led by Nelly Smith

This session provides an engaging and educational session focused on the importance of nutrition and practical meal planning. Participants begin with introductions and a presentation on healthy eating using the MyPlate guidelines, complemented by a nutritious snack. The group explores adaptive equipment through a hands-on demonstration, fostering discussions about tools to simplify mealtime. Participants enjoy a second snack, receive recipe sheets, and take part in an interactive Jeopardy game to reinforce key nutrition concepts. The session concludes with a Q&A, distribution of goody bags, and an opportunity to connect, leaving attendees with valuable resources to support their well-being.

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CAREGIVER TRACK: ICE BREAKER AND MIXER - APRIL 17

Led by Carolina Vega

This program is designed to create a supportive and welcoming environment. Participants will connect with one another, share experiences, and build a community of understanding and compassion.

We will begin with an engaging ice breaker activity designed to foster conversation and connection. Caregivers will have the opportunity to introduce themselves, share their stories, and highlight the joys and challenges of their caregiving roles. As the session progresses, we will partake in fun and interactive group activities that promote teamwork and camaraderie. These activities are designed to enhance communication and allow caregivers to express their feelings in a safe setting. By the end of the session, participants will leave with new connections, practical resources, and a sense of empowerment, feeling more equipped to navigate their caregiving journey while fostering relationships with those who understand.

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LOVED ONE TRACK: BREATHWORK AND ART - APRIL 17

Led by Sabrina Fietze

This session offers a dynamic and interactive session designed to exercise both mind and body while fostering creativity and relaxation. The session will focus on gentle movement with Tai Chi chair exercises, range of motion (ROM) activities, and a fun ball toss to promote physical health and engagement. Then the group will be guided through breath work and meditation for relaxation, followed by an introduction to the concept of a Power Animal as a source of inspiration. Participants then explore their creativity through an art activity, leaving the session feeling uplifted and connected.

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CAREGIVER TRACK: POSITIVE AFFIRMATIONS & RELAXATION TECHNIQUES - APRIL 24

Led by Jeanne Aliota

Take a well-deserved break and join our respite program designed specifically for caregivers of individuals with Alzheimer's. This session offers a nurturing space to focus on your well-being and build essential self-care tools. Participants will meet one another and explore the power of positive affirmations, guided by the article "How to Stay Positive as a Dementia Caregiver: 25 Affirmations." Next, experience relaxation techniques like Progressive Muscle Relaxation and Guided Imagery to reduce stress and promote inner calm. Then we will continue with soothing activities like listening to beautiful relaxing music and expressing creativity through an inspirational coloring book. Leave feeling refreshed, supported, and empowered with new strategies to cope and care for yourself.

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LOVED ONE TRACK: CREATIVE STORYTELLING - APRIL 24

Led by Carolina Vega

This Creative Storytelling Group provides a unique and therapeutic opportunity for participants to engage in meaningful communication, social interaction, and emotional connection. The session begins with introductions and a brief explanation of the outing's purpose, highlighting the benefits of storytelling as a tool for therapeutic recreation. Through creative storytelling, participants are encouraged to share memories, express themselves, and build self-confidence in a positive and playful social environment. The activity continues with guided interventions, fostering humor therapy to alleviate agitation and promote well-being. Participants will reflect on their experience, sharing feedback and insights about the impact of storytelling on their emotional and social health.

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CAREGIVER TRACK: BREATHWORK AND CREATING A SPIRITUAL SPACE

- MAY 1 Led by Sabrina Fietze

The Caregiver Support Group provides a creative and restorative space where participants can explore self-care and empowerment through breath work, journaling, and artistic expression. We will focus on group breath work to promote relaxation, followed by reflective journaling and an opportunity to share insights. Then, we'll introduce the concept of a power or spirit animal as a metaphor for strength in caregiving. Participants learn about the materials provided and engage in an art-making process to represent their chosen animal, fostering self-discovery and resilience. The session concludes with group sharing to deepen connections and inspire mutual support.

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LOVED ONE TRACK: MUSIC THERAPY - MAY 1

Led by Rebecca Fischer

This Music Therapy Group offers a therapeutic and engaging experience that uses music to foster socialization, self-expression, sensory stimulation, and relaxation. The session begins with introductions, followed by a structured music therapy session including a greeting song, movement, vocal warm-ups, instrument play, songwriting, and sensory interventions to create a dynamic and enjoyable atmosphere. Participants engage in a calming music and drawing activity, blending creative expression with relaxation. The session concludes with a wrap-up, leaving participants feeling connected, inspired, and refreshed.

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CAREGIVER TRACK: - REFILLING YOUR VESSEL, TAKING CARE OF YOURSELF - MAY 8

Led by Synergy Home Health

I'm sure, as a family caregiver you've heard well meaning comments like, "Don't forget to take care of yourself too!" And while you may have heard the expression, "you can't refill from an empty vessel", it seems easier said than done! This session is for all family caregivers! Join us as we share in a simple exercise with your peers to determine where you may need the support from others, along with tips to deliver true respite for yourself, so you can be there for your loved one.

Ruth Busalacchi, Certified Senior Advisor, and Owner of SYNERGY HomeCare has conducted this exercise with support groups in the past, and it was well received!

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LOVED ONE TRACK: ART PROJECT - MAY 8

Led by Tania Sanders

Unleash your creativity in our art therapy class, where we'll craft beautiful tissue paper coasters in a fun and supportive setting designed especially for individuals with Alzheimer's. Participants will be guided through the process of making unique coasters using colorful art supplies. The session begins with introductions and a discussion of the project, followed by a look at a completed example for inspiration. This class is a wonderful opportunity to explore self-expression, engage with others, and create something meaningful and personal.

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CAREGIVER TRACK: LIVING WITH DEMENTIA, A SIMULATION AND DISCUSSION - MAY 15 Led by Jill Holberg and Teresa Gatto

The Caregiver Support Group offers an insightful and supportive experience designed to help participants better understand dementia and learn practical caregiving strategies. The session begins with an overview of dementia, including its types, effects, and simple approaches to care, followed by an interactive “Dementia Live” activity to provide firsthand insight into the challenges faced by individuals with dementia. Then we will focus on reflection and sharing, encouraging participants to embrace meaningful moments with their loved ones through journaling and open discussion. The group concludes with tips, local resources, and shared takeaways, leaving caregivers equipped with knowledge and a sense of community.

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LOVED ONE TRACK: SPIRITUAL CARE- MAY 15

Led by Tom Brefka

This curriculum will focus on fostering a sense of calm and gratitude. It begins with a "Calming Presence" exercise, encouraging participants to reflect on what they are thankful for. Following this, an interactive session invites them to share something they are grateful for, whether it's food, family, or memories. The concept of thankfulness is further introduced through a coloring activity labeled "Thankfulness Coloring," where participants can express their gratitude visually. The session emphasizes a "Calming Presence" with another reflection on thankfulness. Participants then listen to quiet music to promote relaxation before concluding with a final reflection. This structured program aims to engage participants in meaningful activities that encourage mindfulness, creativity, and positive emotional experiences.

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CAREGIVER TRACK: WHAT YOU NEED TO KNOW ABOUT SENIOR LIVING COMMUNITIES - MAY 22

Led by Kim Skoczynski

This educational program is designed to empower caregivers with practical knowledge and support. Caregivers will learn how to recognize when they may need help and gain insights into different levels of senior housing and care options, including their associated costs. The program covers financial resources and essential terms. You will explore whether you or your loved one should stay at home or consider senior living, identifies desired lifestyles, and learn certain acronyms used in the industry. There will be an overview of downsizing resources, payment options for caregiving services, and critical questions to ask when evaluating senior living communities. This program equips caregivers with the tools to make informed decisions and provides a supportive space to navigate this important journey.

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LOVED ONE TRACK: COOKING CLASS - MAY 22

Led by Pam Dieter and Joanne Emanuel

Join us for a delightful cooking class designed especially for individuals with Alzheimer's, where food becomes a gateway to creativity, connection, and fun. Over the course, participants will explore various ingredients, learn about nutrition, and enjoy the hands-on experience of preparing a delicious dish. The session encourages self-expression through culinary exploration and fosters meaningful social interactions. After cooking, participants will savor their creations together in a warm, supportive environment. This engaging class is a wonderful opportunity to discover new interests, stimulate the senses, and create cherished moments with others.

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CAREGIVER TRACK: MAKING GREETING CARDS - MAY 29

Led by Nancy Black

Take a well-deserved break and unleash your creativity in this program designed exclusively for caregivers. Led by a talented creative artist, this session offers a relaxing and enjoyable opportunity to design your own unique greeting cards. The class includes step-by-step guidance, plenty of inspiration, and all the supplies you'll need to create personalized masterpieces. At the end of the session, every caregiver will leave with their own beautiful greeting cards and a refreshed spirit. This is a chance to nurture yourself while creating something meaningful and memorable.

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LOVED ONE TRACK - CREATIVE CREATIONS WITH BAKING AND MOVEMENT - MAY 29

Led by Crystal Anderson

Join us for a joyful session designed to engage and uplift individuals through baking and movement! Participants will enjoy an interactive presentation featuring her delightful baking creations. Participants will also learn about their creative baking project and discuss the ingredients used in their creation. The time will be filled with lighthearted games, music, movement exercises, and a sing-along to encourage connection and fun. The session will conclude with a moment of reflection as participants share something they enjoy, fostering a sense of community and positivity. Each participant will leave with a tasty treat to take home, along with wonderful memories!

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CAREGIVER TRACK: WELLNESS EMPOWERMENT FOR HEALING - JUNE 5

Led by Catherine Alexander

The Caregiver Support Group offers a nurturing environment where participants can learn and practice body-based techniques to promote healing and self-transformation. The session begins with introductions and incorporates guided breath work, a body scan meditation, finger holds, and Emotional Freedom Techniques (EFT) to help participants release stress and connect with their inner calm. The group continues with additional breath work, targeted holds, and techniques focusing on head, neck, and shoulder pressure points, as well as acupressure, to relieve tension and foster relaxation. The session concludes with a calming guided meditation, leaving participants refreshed and empowered with tools to support their well-being.

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LOVED ONE TRACK: GAMES AND BINGO - JUNE 5

Led by Sabrina Fietze

Join us for a fun and engaging respite program designed specifically for individuals with Alzheimer's. This session offers a wonderful opportunity for participants to socialize, stay active, and enjoy stimulating activities in a supportive environment. Participants will enjoy a team game, fostering camaraderie and gentle physical activity, followed by a refreshing snack and juice break to relax and recharge. Then, everyone can participate in a lively game of Bingo with exciting prizes, encouraging cognitive engagement and joyful interaction. This program aims to provide a safe, enjoyable, and enriching experience for all attendees.

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CAREGIVER TRACK: SIT, FIT & STRETCH AND TAI CHI - JUNE 12

Led by Deborah Solis and Natalie Strade

This session offers a rejuvenating experience focused on improving both mental and physical well-being through seated exercises and tai chi techniques. The session begins with introductions, followed by 45 minutes of seated exercises, with or without weights, designed to strengthen all muscle groups, enhance flexibility, promote relaxation, and reduce stress. The group transitions to tai chi movements, fostering balance, improved posture, and a healthier approach to body movement. The session concludes with a discussion of the benefits of protein and key takeaways, leaving participants feeling stronger, more relaxed, and empowered.

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LOVED ONE TRACK: MUSIC AND MEMORIES - JUNE 12

Led by Tom Brefka

Experience the joy of connection and self-expression in our Music and Memories program, a session led by a certified music therapist, designed for individuals with Alzheimer's. This interactive class encourages participants to make musical choices, engage socially, and enjoy the uplifting power of music. The first hour begins with a welcoming song to introduce the group, followed by a "Getting to Know You" activity set to music, interactive instrument play, and a fun "Finish the Phrase" sing-along. The session continues with more instrument play, a creative Music Ball game where participants sing about chosen topics, and a soothing relaxation activity featuring calming music. The session concludes with a personalized goodbye song, leaving participants feeling connected, uplifted, and enriched by the shared experience.

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CAREGIVER TRACK: CARD MAKING CLASS PT. 2 - JUNE 19

Led by Nancy Black

Take a well-deserved break and unleash your creativity in this program designed exclusively for caregivers. Led by a talented creative artist, this session offers a relaxing and enjoyable opportunity to design your own unique greeting cards. The class includes step-by-step guidance, plenty of inspiration, and all the supplies you'll need to create personalized masterpieces. At the end of the session, every caregiver will leave with their own beautiful greeting cards and a refreshed spirit. This is a chance to nurture yourself while creating something meaningful and memorable.

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LOVED ONE TRACK: TAI CHI AND STROLL AROUND CAMPUS - JUNE 19

Led by Debora Solis

The Alzheimer's Support Group offers a rejuvenating experience focused on improving both mental and physical well-being through seated exercises and tai chi techniques. The session begins with introductions, followed by tai chi movements, fostering balance, improved posture, and a healthier approach to body movement. The session will also include an indoor stroll around the Clement Manor campus with interesting stops and discussions along the way.

We will have a discussion of the benefits of protein and key takeaways, leaving participants feeling stronger, more relaxed, and empowered.

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CAREGIVER TRACK: - COLOR CREATIONS ON CANVAS - JUNE 26

Led by Laura Lee

Discover the joy of creativity in Color Creations on canvas. This session is all about exploring self-expression and celebrating the artistic process. Artwork becomes a meaningful way to communicate and reflect the unique perspective of its creator. The class begins with a warm introduction and simple instructions for the watercolor project, followed by time to let your imagination flow onto the canvas. With vibrant watercolor paints and brushes provided, this is a wonderful opportunity to connect with others, express yourself, and experience the therapeutic power of art. All art masterpieces can be taken home.

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LOVED ONE TRACK - RELAXATION TECHNIQUES - JUNE 26

Led by Carolina Vega and Natalie Strade

Participants will come for the finale of the season, enjoying an engaging game, and enjoying a final party together, with snacks and beverages, recapping our time together.

We look forward to enjoying one final session together!

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