

# Clement Manor

## MOMENTS TO EMBRACE

### A CAREGIVER RESPIRE PROGRAM



### CAREGIVER TRACK: FIND YOUR SUPPORT GROUP - APRIL 4

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 two-hour 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.

Suggested cost is \$10 per person , per track, but we will not turn away anyone for financial reasons.

Space is limited.

*This program is sponsored by Bader Philanthropies.*



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### A CAREGIVER RESPIRE PROGRAM



### LOVED ONE TRACK: BRAIN FOOD AND NUTRITION - APRIL 4

Led by Bekah Blank and 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. After a break, 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.**

To sign up, call 414-546-7984.

Qualified caregivers will be provided during each session.

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### CAREGIVER TRACK: TIME MANAGEMENT & COOKING- APRIL 11

Led by Carolina Vega

**This program highlights the benefits of weekly meal preparation, including stress reduction, improved decision-making, and better work-life balance. The first hour begins with a briefing to introduce activity leaders and set personal goals, using biofeedback scales to assess stress and tension related to menu planning and meal prep. Participants will explore the practical impact of meal prep by analyzing time, money, frequency, and food waste. After a short break, the second hour includes a hands-on demonstration with Home Chef meals, showcasing how to turn cooking into an enjoyable experience. Participants will sample prepared meals and revisit the impact of meal subscriptions on their time and resources. The session concludes with a debrief, allowing caregivers to reassess their stress levels, reflect on their progress, and leave with actionable techniques to enhance their time management and self-care.**

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### LOVED ONE TRACK: BREATHWORK AND ART - APRIL 11

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 first hour focuses on gentle movement with Tai Chi chair exercises, range of motion (ROM) activities, and a fun ball toss to promote physical health and engagement. After a short break with refreshments, the second hour includes guided 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 25

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. During the first hour, 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. After a short break with snacks and beverages, the second hour continues 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 25

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. Following the outing, participants 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 FOR A HEALTHY WELLBEING- MAY 2

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. The first hour focuses on group breath work to promote relaxation, followed by reflective journaling and an opportunity to share insights. After a refreshing break with refreshments, the second hour introduces 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 2

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. After a snack break, 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: - REDUCING STRESS, BETTER SLEEP, MUSIC FOR CAREGIVERS - MAY 9** Led by Synergy Home Health

This two-hour respite session is designed to equip caregivers with practical tools to enhance their well-being and improve the care they provide. In the first hour, the instructor will demonstrate how to use music to create joyful, engaging moments with loved ones—letting the rhythm inspire movement and connection. After a break featuring a light snack of healthy, easy-to-eat finger foods, the second hour will focus on the importance of restorative sleep. Caregivers will learn techniques to clear their minds for a better night's rest, leaving with a mini wind chime as a calming reminder to prioritize self-care.

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### LOVED ONE TRACK: COLOR CREATIONS - MAY 9

Led by Laura Lee Pridgeon

**Discover the joy of creativity in Color Creations, a class designed especially for individuals with Alzheimer's. This two-hour 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. Midway, take a relaxing break to enjoy some snacks and refreshments before finishing your masterpiece. 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.**

To sign up, call 414-546-7984.

Qualified caregivers will be provided during each session.

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### CAREGIVER TRACK: LIVING WITH DEMENTIA, A SIMULATION AND DISCUSSION - MAY 16

Led by Carly Loewus 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. A break with a light, easy-to-prepare lunch provides an opportunity to relax and connect. The second hour focuses 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: ART PROJECT - MAY 16

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. Over two hours, 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. After some creative crafting, we'll enjoy a snack break before finishing the coasters to take home. 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: WHAT YOU NEED TO KNOW ABOUT SENIOR LIVING COMMUNITIES - MAY 23

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. After a short break, 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 23

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 of two hours, 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: - COLOR CREATIONS ON CANVAS - MAY 30

Led by Laura Lee

**Discover the joy of creativity in Color Creations on canvas. This two-hour 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. Midway, take a relaxing break to enjoy some snacks and refreshments before finishing your masterpiece. 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 - CREATIVE CREATIONS WITH BAKING AND MOVEMENT - MAY 30** Led by Crystal Anderson

Join us for a joyful session designed to engage and uplift individuals through baking and movement! In the first hour, participants will enjoy an interactive presentation featuring her delightful cheesecake creations decorating with fun toppings. Participants will also learn about their creative baking project and discuss the ingredients used in the cheesecake. After a break, participants will enjoy a light snack, offering ideas for simple meals to make at home. The second hour 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 6

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. After a break, 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: TAI CHI AND STROLL AROUND CAMPUS - JUNE 6

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. After a short break with protein rich snacks, the second session will include an indoor stroll around the Clement Manor campus with interesting stops and discussions along the way.

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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### CAREGIVER TRACK: SIT, FIT & STRETCH AND TAI CHI - JUNE 13

Led by Deborah Solis and Natalie Strade

**The Caregiver 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 45 minutes of seated exercises, with or without weights, designed to strengthen all muscle groups, enhance flexibility, promote relaxation, and reduce stress. After a short snack break featuring protein-rich options, the group transitions to 45 minutes of 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 13

Led by Tom Brefka

**Experience the joy of connection and self-expression in our Music and Memories program, a two-hour 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. After a short break with snacks and refreshments, the second hour 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: PAMPERING & SELF CARE SESSION - JUNE 20

Led by Carolina Vega and Andrea Gracyalny

**This thoughtfully designed experience offers therapeutic benefits, including stress reduction, improved mood, enhanced sleep quality, and a sense of deep relaxation. The session begins where participants will set personal relaxation goals using biofeedback scales for body tension, anxiousness, and stress. The first hour features soothing hand massages and a guided facial to melt away stress, followed by a short refreshment break. In the second hour, the group transitions into a Guided Relaxation Experience that promotes inner peace and well-being. The session concludes with a debrief, allowing participants to reassess their biofeedback levels and reflect on achieving their relaxation goals, while taking away valuable techniques for ongoing self-care.**

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## LOVED ONE TRACK: CORN HOLE AND BINGO - JUNE 20

Led by Sabrina Fietze

Join us for a fun and engaging respite program designed specifically for individuals with Alzheimer's. This two-hour session offers a wonderful opportunity for participants to socialize, stay active, and enjoy stimulating activities in a supportive environment. During the first hour, participants will form two teams and enjoy a friendly game of Corn Hole, fostering camaraderie and gentle physical activity, followed by a refreshing snack and juice break to relax and recharge. In the second hour, 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: CARD MAKING CLASS - JUNE 27

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. Midway through, we'll take a break to enjoy light snacks and refreshments. 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 - RELAXATION TECHNIQUES - JUNE 27**

Led by Carolina Vega

**This thoughtfully designed experience offers therapeutic benefits, including stress reduction, improved mood, enhanced sleep quality, and a sense of deep relaxation. The session begins where participants will learn about relaxation using special techniques. The first hour features introductions, practicing relaxation, and soothing hand massages with aromatherapy, followed by a short refreshment break. In the second hour, the group transitions into a Guided Relaxation Experience that promotes inner peace and well-being. The session concludes with a debrief, to reflect on achieving their relaxation goals.**

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