



# Activity & Program Guide

## February 2023

### Face to Face & Virtual

SOAR Fox Cities, Inc. ~ 211 E. Franklin Street Ste. A ~ Appleton, WI 54911

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Inserts: February Calendar at a Glance, Aging and IDD, Memory Cafe



**Office Hours:** Monday through Thursday, 9:00am-4:30pm  
**(Closed on Fridays)** \*Phone: 920.731.9831, \*Fax: 920.725.1531,  
 \*E-mail: [info@soarfoxcities.com](mailto:info@soarfoxcities.com), **Website:** [www.soarfoxcities.com](http://www.soarfoxcities.com)



# Policies

To be considered as a participant of SOAR Fox Cities, Inc.'s programs and/or services, the following forms will need to be filled out, updated and kept in the participant's file:

- Participant Information Form
- Acknowledgement Form from the Participant/Guardian Handbook

Note: ***The Participant Information Form needs to be updated annually.*** Throughout the course of the year changes may occur with conditions, behaviors, etc. and it is very important that SOAR Fox Cities, Inc. staff is aware of all of these changes. It is a safety precaution for all involved including the participant, staff and volunteers. Please call the office (920-731-9831) with any changes.

**Parking** When parking at our building during business hours, please use the parking stalls designated for 211 E. Franklin Visitors. If you park in other companies' stalls you risk being towed.

**Inclement Weather Policy** Out of concern for safety, bad weather occasionally forces the closing of a SOAR Fox Cities, Inc. program or service. If it becomes necessary to close SOAR Fox Cities, Inc. for any reason, SOAR FC staff will attempt to notify all participants who are signed up for the program or service of the closure. The program or service may be re-scheduled. Please watch local news channels (WBAY, WFRV, WLUK), check our website and Facebook pages for real time updates on cancellations. Most day-of cancellations will be made by 2:00pm the day of the activity.

**Payment Policy** We will NOT be able to collect payments at activities. Do not give staff your payment—we need to collect it at the office, via mail, or via our website, PRIOR to all activities. If you visit our office before/after hours, please deposit your labeled payments in the mail slot. We encourage your use of envelopes. For any questions regarding bills/invoices, please ask for extension 109. If you are registering for an activity and tickets need to be picked up, feel free to send a self-addressed stamped envelope along with your payment, or pay an extra \$1.00 to have the tickets mailed to you, or stop by our office. Watch our online calendar for advance planning of activities to fit your budget, and meet registration deadlines.

**Cancellation Policy** If you are unable to attend an event, you must cancel at least **5 days in advance**. If you do not cancel in advance you will be liable for the program fees - Please see enclosed notice regarding cancellation policy.

**Notice** SOAR Fox Cities, Inc. and its Programs are not responsible for accidents or injuries that may occur to participants or attendees during activities. SOAR Fox Cities, Inc., its employees and volunteers are not liable for any and all claims demands, losses, damages, actions, rights of action of whatever kind or nature arising out of, in consequence of, or on account of any injuries or incidents which may occur due to participation in a SOAR activity.

# Volunteering

Did you know that the volunteer opportunities with SOAR are almost endless!? Aside from volunteering at programs, we LOVE it when members help out at special events. Occasionally we also have special office projects, like folding and stuffing mailings, that we need help with! If you want to learn about these and more opportunities, please call Ashley Gustafson, Community Engagement Director, at 920-731-9831, x114 or Volunteer Coordinator Angie Petit, x126

***Some current needs are: special event committee members, assistant Coach for Special Olympics, AND***

***\*\*\*CAMP ONAWAY COUSELORS\*\*\****



*Volunteer with SOAR today!*





## SOAR Fox Cities Board of Directors

Laura McCormick, *President*  
Heather Sorebo, *Vice President*  
Gary Weber, *Treasurer*  
Leigh Bolender, *Secretary*

Polly VandenBoogaard Paul Meyer Reg Wydeven Jonathan Pitzen Bryan Mueller Julie King



Hello Friends of SOAR!

Welcome to February! We are two whole months into 2023, can you believe it?!

We hope that the new year has started out well for all of you! Things have been incredibly busy on our end. Here are just a few updates...Last month, you were introduced to Amy Uecke, our new Social, Recreation & Respite Coordinator. Amy has hit the ground running and in the next few months you'll start to see more SRR activities!

Basketball is in full swing and we're looking forward to swimming and track in the very near future!

Lastly, you'll see that we're hiring for a few positions to include an SRR aide! If you know someone that is interested, please feel free to have them submit their application to me via email at [erin@soarfoxcities.com](mailto:erin@soarfoxcities.com).

I also have just a couple of things that I want to remind everyone about:

- Please pay close attention to the "register by" dates in the newsletter. **We will NOT register anyone for any activity after the register by date.** This includes dances, family events, and other activities.
- When registering **you must include an active email address that you check regularly.** If an activity is going to be cancelled, we will send the cancelation notice via email. We apologize for any inconvenience, but we do not have the ability to call everyone when something is canceled. Email is the fastest way for us to get the message out quickly.
- Where else can you see if an activity has been canceled? Follow us on **Facebook** as we post all cancelations on Facebook. If the cancelation is because of a weather closure, we will post the closure to **Channels 5, 11 and 26.** Lastly, you can always call our offices and ask – We will make the decision to cancel an evening activity by no later than 2pm the day of the activity.

If you have any questions regarding where to learn more about activity cancelations and/or how we will notify you of cancelations, please feel free to contact us!

In closing, we hope your new year has started out in a happy and healthy way! We can't wait to see you all moving forward and we're looking forward to the upcoming activities!

~ Erin Schultz-Wege, Executive Director

## SOAR Fox Cities Staff can be reached at 920.731.9831

Erin Schultz-Wege, Executive Director, x116  
Ashley Gustafson, Director of Community Engagement, x114  
Jolene Verstegen, Financial Administrator, x115  
VACANT TBI Support Program Coord., x113  
LeeAnn Stein, Director of Adult Programs, x112  
Lindsay O'Brien, Fundraising & Grant Manager, x127  
Clare Buckley, TBI Support Program Navigator, x118  
Angie Petit, Volunteer Coordinator, x126

Heidi Zick, Family Programs & Community Resource Coordinator, x111  
Leah Quinn, Member and Office Support Specialist, x100  
Kari Much, Accounting Clerk, x109  
Lisa McCallister, Youth Services Manager, x110  
Jen Kalishek, Special Olympics, x122  
Amy Uecke, SRR Program Coordinator x113

## Registering for all activities is required!

1. Select the activities that fit your schedule.
2. **Be sure to register 7 days (one week) before an activity that you want to attend, unless a specific registration date is noted in the description of the activity.**
3. Complete the enclosed registration form and return it to our SOAR office with payment. You can pay online at [www.soarfoxcities.com](http://www.soarfoxcities.com), send a check, or stop at our office. Payment must be made prior to an activity.



## **A FEW ANNOUNCEMENTS AND UPDATES (last updated June 2022)**

### **Cancellation Contacts**

To make sure we are able to get ahold of the appropriate individual(s) to the best of our ability when a program or activity is cancelled with short notice we have added a section to the online jot form, the yearly membership form, and the paper registration slip on the last page of the newsletter that asks for an e-mail and/or phone number specifically for when a cancellation occurs. This is important because a participant's emergency contact listed on file at SOAR is often different than the contact needed to notify for a cancellation as participants frequently have more than one housing staff, ride arrangement, or caregiver that they spend time with on a daily basis. In addition, some individuals are easier to get ahold of via e-mail, while others prefer a phone call. Let us know which communication platform works best for you in the event of a cancellation by filling this new section out when signing up for activities. We thank you for your help and understanding in advance!

### **Online Activity Sign-Up**

We're encouraging everyone to sign up to receive the online newsletter! We always try to plan the delivery of the mailed newsletter to coincide with the delivery of the online newsletter, but we can't predict how long the postal service will take to deliver bulk mailings such as the newsletter. Unfortunately, it sometimes takes longer than preferred. When/if this is the case we encourage you to utilize the option of signing up for programs online through the SOAR website. If you need help with this process contact Leah by calling (920) 731-9831, ext. 100, or email [leah@soarfoxcities.com](mailto:leah@soarfoxcities.com) and she can send you an e-mail of a document containing step-by-step written instructions with picture references. OR stop by the office for a hard copy during office hours M-TH 9am-4:30pm. These instructions are also on our website!

### **Activity Arrival Time**

Please do not arrive for activities more than 15 minutes before the activity is scheduled to start! If you do, we cannot guarantee the front doors of the building will be open, especially if the activity is after 4:00pm or on a weekend, or that someone will be available to let you in. As it gets colder outside, this is IMPORTANT as we don't want you waiting out in the cold! We understand those taking Valley Transit cannot always control this so please contact us with any questions! Thank you!

# Calendar-at-a-glance

## February 2023

### Program Type KEY

Youth Programs=TnT/Y , Adult Programs =AE/SRR,  
Advocacy Programs/TBI =ADV ,  
Family Programs =FAM, Community Ed =CE,  
Aging/Intellectual Developmental Disability=AGI

February	Program Choice	Time	Page	Cost: member/ non-member/ caregiver	IRIS Code	Staffed by:	Type KEY
1	Coffee Connections	10:30am-11:30am	6	FREE	-	Heidi	FAM
2	TnT	6:30pm-8:00pm	8	FREE	-	Lisa	TnT
2,9,16,23	My Rights	6:00pm-7:30pm	9	FREE	-	Ginger/LeeAnn	AE
8	Games	5:30pm-7:30pm	9	\$15/\$30	F	Amy	SRR
8	SOAR Memory Café	3:30pm-5:00pm	7	FREE	-	Heidi	AGI
8	Virtual TBI Support Group	5:30pm-6:30pm	9	FREE	-	Clare	TBI
9	Baking	10:00am-12:00pm	9	\$30/\$60	F	LeeAnn	AE
10	SRR Adult Dance	6:00pm-8:00pm	10	\$10/\$20	C	Amy	SRR
13, 20, 27	Household Chores	4:00pm-5:15pm	10	\$25/\$50	F	LeeAnn	AE
14	Parent Happy Hour	6:00pm-7:00pm	6	FREE	-	Heidi	FAM
15	Valentine Craft	5:30pm-7:30pm	10	\$20/\$40	F	Amy	SRR
15	Baking	10:00am-12:00pm	10	\$30/\$60	F	LeeAnn	AE
15	Valentine Lunch and Bingo	12:30pm-2:30pm	10	\$40/\$80	F	Jillian/Sara	SRR
16	TnT	6:30pm-8:00pm	8	FREE	-	Lisa	TnT
16	TBI Support Group (In Person)	5:00pm-6:00pm	9	FREE	-	Julie Fiel and Clare	TBI
18	Dinner and Disney on Ice	3:30pm-9:30pm	10	\$65/\$90/\$30	C	Amy	SRR
20	Make and Take	10:00am-12:00pm	10	\$30/\$60	F	LeeAnn	AE
20	Dinner and Movie	6:00pm-8:00pm	10	\$40/\$80	C	Amy	SRR
2/21, 2/28, 3/7	Healthy Cooking Series	4:00pm-5:30pm	10	\$90/\$150	F	LeeAnn	AE
27	TBI Support Group-In Person	6:00pm-7:00pm	9	FREE	-	Clare	TBI

## Coffee Connections with Heidi

**Wednesday, February 1st, 10:30am-11:30am, Fee: FREE**

Join us for the February Parent Support Group Meeting at the **SOAR Building, lower level**, for hot coffee/tea, a pastry and fruit while we support one another and discuss our goals for the new year! We will be meeting with Home Instead, an organization that provides home care for individuals with disabilities as well as aging adults. **We kindly ask that you RSVP for this morning event.**  
Please do so by calling SOAR at (920)731-9831 or via email at **heidi@soarfoxcities.com** by January 31st, 2023

## Parent Support Group/Happy Hour with Heidi

**Tuesday, February 14th, 6:00pm-7:00pm, Fee: FREE**

Enjoy an evening out with other parents and caregivers at **Meade Street Bistro** as we support each other and discuss issues we are facing and successes we have had. We will be discussing grief in all its forms with a guest speaker. Feel free to purchase a drink and/or food to enjoy while we chat!

**We kindly ask that you RSVP for this evening by calling SOAR at (920)731-9831 ext. 111 or e-mail heidi@soarfoxcities.com.**

**Register by: Monday, February 13th**

### **Did You Know!?**

SOAR is still selling Kwik Trip Cards! For every gift card purchased directly from SOAR a percentage of the purchase is donated back to SOAR!  
Call us at 920-731-9831 or stop by the office to purchase yours today!

## SOAR Memory Cafe with Heidi

**Wednesday, February 8th, 3:30pm-5:00pm, Fee: FREE**

-Located at the SOAR Building, Lower Level Activity Room

See insert for specific information about this month!

**Call or e-mail Heidi to RSVP at (920) 731-9831 ext.111,**

**heidi@soarfoxcities.com**

**Register by: Thursday, February 2nd**



## SOAR Camp Onaway Announcements!

Camp Onaway Applications will be **available Monday, February 6<sup>th</sup>**.  
Stop by the office or call (920)731-9831 for an application.

Camp Onaway 2023 dates will be **Tues., June 6th through Sat., June 10th**.  
Please contact LeeAnn or Lisa if you have questions.

**LeeAnn Stein:** (920)731-9831 ext: 112, leeann@soarfoxcities.com

**Lisa McCallister:** (920)731-9831 ext: 110, lisa@soarfoxcities.com



# SOAR Fox Cities - where YOUth fit in!

**SOAR Thru Summer Camp**—We are so excited to announce that our first SOAR Thru Summer Camp located on the second floor of the SOAR Building in our new Youth Club House has been a success on the “fun-scale!” This is an all day camp held June through August on Mondays through Fridays for youth with varying abilities to meet new friends and have fun with some awesome camp counselors. We filled our time exploring the Appleton area’s outdoor and indoor events such as the zoo, a community drum circle, Altitude Trampoline Park, the outdoor splash pad, Pinot’s Pallet, and so much more! In addition to field trips, we played so many exciting activities in our on-site Youth Club House such as making ice-cream from scratch, cooling down with relaxing movies, and getting messy with science projects and art activities. Check out the SOAR Facebook Page to see lots of fun pictures from the first year of SOAR Thru Summer Camp! We can’t wait to see what is instore for next summer!

**Teen Stop**—Teen Stop has the same collaboration as described above for Kids Klub, but focuses on Middle School aged children. Neenah School district is currently using this after-school program for middle school. Great games and activities are planned by middle school peers. Held during the school year only.

**TnT**—Youth ages 13-23 from any Fox Cities school district can come and meet new people, try fun group games, trivia questions and laughs. This positive interaction between peers allows them to gain exposure to each other, which leads to understanding and results in acceptance for each person involved. All teen participants take part in large and small group activities such as singing, sharing and games, engage in cooperative learning experiences and have opportunities for leadership development. There is no cost for this program. This is held 6:30-8:00pm at First Congregational United Church of Christ, 724 E South River St., Appleton. There is no cost for this program.



## Quick Reference

Youth Services Manager: Lisa McCallister, 920-731-9831 x110, [lisa@soarfoxcities.com](mailto:lisa@soarfoxcities.com)

**If you are a TEEN or a young adult (through age 23), join TnT! with Lisa**

- **TnT - In Person - Thurs., Feb. 2nd**

6:30pm - 8:00pm, at The First Congregational United Church of Christ, 724 E South River St., Appleton.

Fee: FREE

~TnT is the place to be!

- **TnT - In Person - Thurs., Feb. 16th**

6:30pm-8:00pm, at the First Congregational United Church of Christ, 724 E South River St., Appleton.

Fee: FREE

~TnT is a night where everyone works together to have fun, participate in team building activities and meet new friends.





## People First with LeeAnn

**Tues., Feb. 14th**-People First Fox Cities Member dinner at SOAR.

## Virtual Brain Injury Support Group with Clare

5:30pm-6:30pm, on Zoom

Fee: FREE

- **Wed., Feb. 8th**– Brain Injury Support Group meetings are for brain injury survivors and supporters.
- Please email Clare with any questions at [clare@soarfoxcities.com](mailto:clare@soarfoxcities.com) or call (920) 585-7820

## Brain Injury Support Group-In Person with Clare, and Julie Fiel

5:00pm-6:00pm

Located at Neuroscience Group on 445 W. Calumet St. Appleton 54915

Fee: FREE

- **Thurs. Feb. 16th**- Brain Injury Support Group meetings are for brain injury survivors and supporters.
- Please email Clare with any questions at [clare@soarfoxcities.com](mailto:clare@soarfoxcities.com) or call (920) 585-7820

## Brain Injury Support Group at St. Elizabeth with Clare

6:00pm-7:00pm, Located at St. Elizabeth Hospital 1506 South Oneida St. Appleton, 2nd Floor Conference Room

Fee: FREE

- **Mon., Feb. 27th**- Brain Injury Support Group meetings are for brain injury survivors and supporters. Please email Clare with any questions at [clare@soarfoxcities.com](mailto:clare@soarfoxcities.com) or call (920) 585-7820

## My Rights with Ginger and LeeAnn

6:00pm-7:30pm, SOAR Building, First Floor Board Room

Fee: FREE

- **Thurs., Feb. 2nd, 9th, 16th, and 23rd**– Part of the Living Well Project, this series will explore your rights. When people understand their rights, they have better lives.

**Register by Jan. 26th**

## Games with Amy

5:30pm-7:30pm,

SOAR Building, Lower Level

Fee: \$15 member/\$30 non-member

- **Wed., Feb. 8th**– Enjoy a variety of board games with friends.

**Register by Feb. 2nd**

## Baking with LeeAnn

10:00am-12:00pm, SOAR Building, Lower Level

Fee: \$30 member/\$60 non-member

- **Thurs., Feb. 9th**–This month we have Lisa's favorite recipe - Lemon Poke Cake.

**Register by Feb. 2nd**

**SRR Dance with Amy** (Thank you Knights of Columbus for your generous food donations)

6:00pm-8:00pm

**\*\*\*\*LOCATED AT ST. MARY'S ELEMENTARY SCHOOL MENASHA (SCHOOL GYM)\*\*\*\***

528 2nd St. Menasha, WI 54952

Fee: \$10 member/\$20 non-member/\$0 caregiver (still need to register)



- **Fri., Feb. 10th**-Join us for a Valentine's Dance!

**Register by Feb.6th****Household Chores with LeeAnn**

4:00pm-5:15pm, SOAR Building, First Floor Board Room

Fee: \$25 member/\$50 non-member

**Mon., Feb. 13th, 20th, and 27th**-Topics will include laundry and cleaning. **Register by Feb. 6th****Valentine Craft with Amy**

5:30pm-7:30pm SOAR Building, Lower Level

Fee: \$20 member/\$40 non-member

**Wed., Feb. 15th**—Make a Valentine Craft!**Register by Feb. 8th****Baking with LeeAnn**

10:00am-12:00pm, SOAR Building, Lower Level

Fee: \$30 member/\$60 non-member

- **Wed., Feb. 15th**- Another favorite of Lisa's is Cherry Pie Bars. It's Cade's favorite!

**Register by Feb. 8th****Valentine Lunch and Bingo with Jillian and Sara**

12:30pm-2:30pm SOAR Building, Lower Level

Fee: \$40 member/\$80 non-member

- **Wed. Feb. 15th** –Share the love and have lunch with friends from SOAR! After lunch we will have a few rounds of BINGO to find out who the lucky winners will be!

**Register by Feb.13th****Dinner and Disney on Ice with Amy**

3:30pm-9:30pm, at the Resch Center, drop off and pick up at SOAR Building

Fee: \$65 member/\$90 non-member/\$30 caregiver

- **Sat., Feb. 18th**—We will take a bus to Good Company for dinner and then to the Resch Center to see Disney on Ice. Bring your own money for refreshments and souvenirs at the Resch, if desired. Please be aware that Disney productions often have a lot of lighting and sound effects. Finally, please refrain from wearing costumes or hats.

**Register by Jan. 30th****Make and Take with LeeAnn**

10:00am-12:00pm, SOAR Building Lower Level

Fee: \$30 member/\$60 non-member

- **Mon. Feb. 20th** –We will be making lasagna that you can take home for a meal and/or freeze.

**Register by Feb. 13th****Dinner and Movie with Amy**

6:00pm-8:00pm, SOAR Building, Lower Level

Fee: \$40 member/\$80 non-member

- **Mon. Feb. 20th** –Come join us for good food and a good movie!

**Register by Feb. 13th****Healthy Cookies Series with LeeAnn**

4:00pm-5:30pm, SOAR Building, Lower Level

Fee: \$90 member/\$150 non-member

- **Tues., Feb. 21st, 28th, and March 7th** –A three week cooking series with nutrition education. Each night you will make your own dinner.

**Register by Jan. 31st**

# Special Olympics Updates

Special Olympics is dedicated to empowering individuals with intellectual disabilities to become physically fit, productive, and respected members of society through sports training and competition. The sports we offer give our athletes a safe and fun environment to grow their self-confidence, keep a steady social life and practice healthy living by being active. We also have opportunities for coaching and volunteering.

**For more information on our program, please contact our Special Olympics Coordinator, Jen Kalishek by e-mailing [jen@soarfoxcities.com](mailto:jen@soarfoxcities.com) or calling (920) 731-9831 ext. 122**

**Our 2022 bowling season ended with a holiday pizza party. Thank you to all our bowling volunteers and especially Coach Dawn for another incredible season! We couldn't do it without you!**



**ATTENTION SWIMMERS: Practices will begin Monday, February 6<sup>th</sup>, 2023, and will take place on Mondays at the Appleton East pool from 4:00pm – 5:30pm weekly.**

*The 2023 Basketball season has started! If you need a copy of your team's schedule, please contact Jen. Athletes should remember to dress comfortably for practice and only wear their basketball shoes inside the gym (using a different pair outdoors). Bring water bottles to games and practices to stay hydrated! As our practices are in the Appleton Schools, when the schools close due to inclement weather, our practices will also be cancelled. Watch your email and Facebook for any updates!*

**Jerseys will be distributed but MUST be returned at the end of the season or participants will be charged the full cost of the uniform. If you borrowed one from a previous year, it should also be returned.**

**Thanks for your cooperation!**

**Participants, Caregivers & Parents - PLEASE BE SURE TO KEEP AN EYE ON YOUR EMAILS DURING SPORTS SEASONS! Our PRIMARY means of communication are email and social media. We apologize, but we cannot call every single caregiver, parent, or athlete (there simply aren't enough hours in the day) & email/social media is the quickest way to communicate changes in practices, updates, and more. If your email is NOT up to date, please let Jen know!**

**Is your medical information with SOWI up to date?**

**-If your medical exam is near expiration or you're not sure, please email Jen to double check.**

**-You cannot participate in Special Olympics activities if your medical is not up to date or if you cannot prove you have been vaccinated.**

**- All athletes must also have a COVID-19 Participant Release Form and Communicable Disease Participant Waiver on file with SOWI. If you have not signed each of these please contact Jen.**

**Special Olympics (SO)**

**Reminder! Our cancellation policy is:**

If you are unable to attend an activity, you must cancel at least 5 days in advance to be eligible for a credit. If a participant cancels less than 5 days before the activity or is a no-show, there will be no credit given, only in rare instances will exceptions be granted.

**If the activity requires tickets and you cancel more than 5 days in advance, you are STILL fully responsible for the cost of the activity. Possible exceptions exist if we are able to fill the spot that was cancelled. If we are able to fill the vacancy, a credit will be applied to the participant's account.**

If cancelling (or no-show) for a part of a series, no credit will be given.

If eligible, only credits will be given. No refunds will be given.

IRIS refuses to pay for services not provided, which includes cancellations and no-shows. If you require IRIS-billing, based on the Cancellation Policy, you are fully responsible for all cancelled (or no-show) activity fees.

In the event of SOAR cancelling an activity due to weather or other reasons, all registered participants will be credited for the activity or refunded upon request via check.

Please understand that the cancellation policy exists for several reasons including:

- 1. Programs can fill up quickly and when this happens we create a waitlist. Canceling in advance allows us to contact those on the waiting list and gives another participant the opportunity to join the activity.
- 2. Many programs require purchases that reflect on the number of individuals participating in that specific activity such as movie/theater/sports game tickets, transportation expenses, arts and crafts supplies, baking/cooking supplies, or meals, where the money cannot be replaced or exchanged when someone cancels without notice. We try to avoid this the best we can by trying to typically buy tickets as close to the date of the activity as possible, but sometimes this is not always an option. **Thank you for your understanding, patience, and support!**



**\*Email to contact if CANCELLATION occurs:** \_\_\_\_\_ **\*Participant Name** \_\_\_\_\_

Date of Activity	Activity Name	Cost

Submit total amount due to: **Registration and Payment required prior to activities.** **Total:** \_\_\_\_\_

SOAR Fox Cities  
211 E Franklin St., Suite A  
Appleton, WI 54911

Pay by cash, check (# \_\_\_\_\_), or on-line.

If you use IRIS, Lakeland Care, Includa, CLTS, or Community Care please check this box ☐

Please provide billing name & contact info: \_\_\_\_\_



## February 2023 Calendar at a Glance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> -Coffee Connections	<b>2</b> -My Rights -TnT	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b> -Games -SOAR Memory Cafe -Virtual TBI Support Group	<b>9</b> -My Rights -Baking	<b>10</b> -Dance	<b>11</b>
<b>12</b>	<b>13</b> -Household Chores	<b>14</b> -People First -Parent/Caregiver Happy Hour	<b>15</b> -Craft -Baking -Valentine Lunch/Bingo	<b>16</b> -My Rights -TnT -TBI Support Group	<b>17</b>	<b>18</b> -Disney on Ice
<b>19</b>	<b>20</b> -Household Chores -Make and Take -Dinner & Movie	<b>21</b> -Healthy Cooking Series	<b>22</b>	<b>23</b> -My Rights	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b> -Household Chores -TBI Support Group at St. E's	<b>28</b> -Healthy Cooking Series	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b>	<b>7</b> -Healthy Cookies Series	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>

# AGING & IDD PROGRAM

HELPING PEOPLE WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES AND  
THEIR CAREGIVERS TO NAVIGATE THE DEMENTIA JOURNEY

A partnership between:



For more information, or to  
schedule an appointment,  
contact Heidi at:  
(920) 731-9831 or  
[heidi@soarfoxcities.com](mailto:heidi@soarfoxcities.com)

## SPECIALIZED IDD MEMORY CAFÉ –

- SOAR Lower Level Activity Room,
- February 8, 3:30–5 pm

## EARLY DETECTION SCREEN FOR DEMENTIA (EDSD) TOOL

- Developed specifically for the IDD population
- Best to do a baseline screen at 35–40 years old, then yearly for changes

## AGING/IDD RESOURCE HOURS –

- Stop in to get your questions answered and discuss concerns
- SOAR, 2nd Floor Volunteer Room
- January 25, 4–5:30 pm;  
February 16, 1–2:30 pm;  
February 20, 9–11 am

# WINTER FUN

## MEMORY CAFE

**WEDNESDAY, FEBRUARY 11 ❄️ 3:30-5:00 PM**  
**SOAR LL ACTIVITY ROOM**

This specialized memory café is a place for individuals 35 and older with intellectual and developmental disabilities and memory problems, or dementia, and their caregiver, to meet others in their similar situation.

Share experiences, make friends, find information and support, and enjoy a variety of activities to celebrate the fun of winter while indoors!

We will be having fun and remembering a winter wonderland at our memory café

Each participant should register and attend with a caregiver that helps them. If this would not be possible, please reach out to Heidi to discuss options. Register by Thursday, February 5 by calling Heidi at (920)731-9831 or via email at [heidi@soarfoxcities.com](mailto:heidi@soarfoxcities.com).