

Alzheimer's Association: Memories In The Making® summer session starting in Viroqua

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VIROQUA, WI - MAY 10, 2022 -The Alzheimer's Association Wisconsin Chapter is offering a new series of in-person sessions of Memories in the Making (MIM) in Viroqua this summer, beginning May 19, 2022. The sessions will be facilitated by Valerie Joy Hein Hamstra at the West Fork Sports Club, [S3649 County Rd S, Viroqua, WI 54665](#). Sessions are from 1:00-3:00 pm Thursdays: May 19, June 23, July 14 and August 18. These sessions are free of charge and designed for those on a journey with dementia and their care partners. All supplies are provided.

"Witnessing the creativity and conversations among participants during MIM sessions is incredibly empowering," said Hein Hamstra. "The memories that are shared while reminiscing and painting are an example of the importance of social engagement for individuals with dementia and their care partners."

Registration is encouraged. Contact the Alzheimer's Association 24/7 Helpline at 800.272.3900 to sign up. Masks and hand sanitizer will be available. Anyone not fully vaccinated will be asked to wear a mask.

The Alzheimer's Association Memories in the Making® program offers creative art expression for individuals with mild cognitive impairment (MCI) and early to the middle stages of Alzheimer's disease and related dementias. Participants create

imaginative and colorful watercolor paintings. Most have no prior art experience. The painting process provides an opportunity to engage socially and reminisce about meaningful life moments, individuals or personal interests. Participants share stories about their art. A trained facilitator documents these memories, rekindling communications with family, friends and caregivers. Hein Hamstra is a volunteer Community Educator & Early Stage Social Engagement Leader.

Statistics:

- An estimated **2 million Americans** age 65 and older are living with Alzheimer's.
- Alzheimer's is the **sixth leading cause of death** in the U.S. Between the years 2000 and 2019, **deaths from Alzheimer's increased by 145%**.
- In 2020, more than **11 million caregivers** of people with Alzheimer's or other dementias provided an estimated 15.3 billion hours of unpaid care, a contribution to the nation valued at \$257 billion.