



Purple Angels Newsletter

A monthly publication from Marshfield Area Purple Angels, Inc.

AUGUST 2016 *Calendar*

August 4

Memory Café
11:00 a.m. to 3:00 p.m.
Good Shepherd Lutheran
Church, Marshfield

August 10

Caregiving Workshop:
Caregiving Basics
9:30 a.m. to 11:00 a.m. *or*
6:00 p.m. to 7:30 p.m.
Marshfield Public Library

August 15

National Relaxation Day

August 19 & 20

Charity Garage Sale
8:00 a.m. to 7:00 p.m.
1111 N Chestnut Ave,
Marshfield

August 22

“Be an Angel” Day



Purple Angels Memory Café moves to new day and new location

At our annual meeting in June, a vote was taken that changed the date and location of the Purple Angels Memory Café. Starting in August, the monthly memory café will be held on the first Thursday of each month at Good Shepherd Lutheran Church, 502 West McMillan Street, near the YMCA.

The new location is handicap accessible and features a drive up and drop off area, a full kitchen, and large community room. We are grateful to Pastor Peter Ruggles and the wonderful members of Good Shepherd Lutheran Church for allowing us to use this beautiful location for our monthly memory cafes.



What is a “memory café”?

Memory cafés are social gatherings where individuals with memory loss, Alzheimer’s disease, and other forms of dementia, together with their families and caregivers, come together in a safe, welcoming, and engaging environment. On the first Thursday of each month, Marshfield Area Purple Angels hosts a memory café that includes music, food, educational speakers, arts and crafts, and a lot of fun! Memory cafes are free and open to anyone looking for support and information about Alzheimer’s disease and other dementias. For more information about the Purple Angels Memory Café, contact Doug at 715-383-0897.

A graphic of a spotlight beam shining down on the text.

In the Spotlight



Mariah Frahmman
Purple Angels Volunteer

We are proud of our volunteers, and our first spotlight is on Mariah Frahmman for all the work she does helping with the memory cafes each month. Mariah is willing to help in any way she can. She helps with set up and clean up, and also helps plan the craft projects. This is a special calling for Mariah, as she lost her grandma, Marge Seubert, to Alzheimer's disease in 2014. This is a way for her to not only remain close to her grandma's memory, but to also do what her grandma did all her life: serving others. Thank you, Mariah, for all you do!

Got junk? Donate it to the Purple Angels charity garage sale August 19 & 20

Clean out your closets, cupboards and attics! It's time for the first annual charity garage sale to benefit Marshfield Area Purple Angels and we need items to sell. We'll take just about anything, as long as it is clean, in good repair, and sellable! We'll even come pick up donations, or you can drop them off any time before the garage sale. Call Doug at 715-383-0897 to make arrangements. We are also looking for volunteers to help with the garage sale on Friday, August 19 and Saturday, August 20, and we can use some help setting up on Thursday.

Marshfield Area Purple Angels is registered as a charitable organization in the State of Wisconsin and we have tax exempt status, which means we are able to accept donations and hold fundraising events. We have no paid staff and rely completely on volunteers; we also provide all of our programs free of charge. We are proud to say that 100% of donations received and funds raised go to help individuals with dementia, their families and caregivers living in the Marshfield area.

Celebrate some fun, but not so well-known holidays in August

Monday, August 15 is *National Relaxation Day!* Slow down, breath, and relax. Relaxation Day is all about winding down and just taking it easy. If you're lucky enough to have the day off work, enjoy a quiet morning watching TV from the sofa, and perhaps consider some light gardening in the afternoon, all in the spirit of relaxing!

Monday, August 22 is *Be An Angel Day!* Founded in 1993 by Jayne Howard Feldman, this day is dedicated to making the world a better place through acts of kindness, care and support. Put others before yourself and reach out to help those in need. It's a good day to sign up to be a Purple Angels volunteer. That way you can be an angel every day!

**For more information, call 715-383-0897
or visit www.marshfieldpurpleangels.org**

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*Raising awareness, providing support, and
building dementia-friendly communities.*