

Support Group Meetings In April

General Support Groups: Please See Enclosed Calendar for Dates & Times

These groups are an open forum where caregivers can ask questions, address concerns and receive support from others who are experiencing similar issues. A social engagement program is provided for your loved one with memory issues in our Club Room.

Adult Children Support Group: First & Third Wednesdays/5:30-7:00

This group is for men and women dealing with all the issues surrounding the care of a parent or relative. The group is a great source of support, provides a nurturing environment and a place to obtain resources needed.

We do not offer patient care during the Adult Children Support Group

Daughters Support Group: Second & Fourth Wednesdays/5:30-7:00

This group is for women only who are caring for a parent or relative and need help from other women going through the role changes with mom or dad. The group is a great source of support, provides a nurturing environment and a place to obtain resources needed.

We do not offer patient care during the Daughters Support Group

Tools for Traveling with Someone with Dementia/Thursdays 1:30-3:00

This 8 week education and discussion series began in March and will meet in April on the following Thursdays: April 5, April 12, April 19 and April 26. This is an opportunity to discuss situations, coping tools, & to experience practicing tools. While one does not have to commit to the whole series, the 8 weeks are recommended because sessions will sometimes refer to information discussed in other sessions. The group is facilitated by the staff of the Alzheimer's Support Network and Loren Whipple. Loren is a Bereavement Services Coordinator with AVOW Hospice. A social engagement program is provided for your loved one with memory issues in our Club Room.

Justiz Time: Lecture Series with Dr. Justiz: Second Thursday/4:00-5:30

This group is facilitated by Dr. William Justiz, neurologist with Collier Neurologic Specialists. Dr. Justiz is an Alzheimer's specialist and researcher. He shares with this group all the latest and best information available. Dr. Justiz welcomes both patients and caregivers to be part of his group. This meeting will be held in our new third floor offices #33 & #34.

We do not offer patient care during this meeting

Marco Island Support Group: First Friday/10:00-11:30

This group is designed for those who live on or near Marco Island. Some have been dealing with neurocognitive disorders for a long time and others are just beginning their journey. There is much to be gained by sharing and feeling understood by others who are dealing with the same issues. This group is facilitated by Clarke Pollard and is held at the Bank of America on Bald Eagle Drive in their Community Room.

Golden Gate Support Group: Second Monday/12:30-1:30

This group is held at the Golden Gate Senior Center located at 4898 Coronado Parkway in Naples. The group is facilitated by the staff of the Alzheimer's Support Network. The group is a great source of support, provides a nurturing environment, and a place to obtain resources needed.

Facility Issues Support Group: Second Friday/10:00-11:30

We gather with others who are living the difficult life of having someone they love in a memory care, assisted living facility or a skilled nursing home. Sometimes it helps to know that you are not the only one going through this. Often it helps to discuss what is bothering us about our loved one's care. This group is also for those who are considering placement and need input on "how to". The group is facilitated by the staff of the Alzheimer's Support Network.

Support Group Meetings In April Continued

Webinar with Teepa Snow: Third Monday/7:00-8:00 *Pre-registration Required*

Join a conversation with world renowned dementia expert Teepa Snow. These webinars (online meetings) are conducted by Teepa exclusively for the Alzheimer's Support Network. Each month there will be a different discussion topic and you are invited to ask Teepa your questions. Pre-registration for this event is required. You may sign up at a meeting, email us at talks@support.network, or call our office at (239) 262-8388 and we will email you the meeting link to join the webinar.

Transitions Support Group: Third Tuesday/2:30-4:00

This support group is for caregivers to talk openly about whatever changes are occurring. Common areas of discussion are how to get help and what is available. Caregivers and those with a memory issue are separated for this group. The group is facilitated by the staff of the Alzheimer's Support Network. A social engagement program is provided for your loved one in our Club Room.

Tai Chi with Kelly Occhiuzzo: Third Wednesday/1:30-2:30

Chi is your life force energy. As you learn to flow energy during this moving meditation you will increase your Chi thereby feeling healthier and recharged. Tai Chi can reduce stress and helps improve balance. Tai Chi is great for both people with cognitive impairment and their care partners. We encourage participation by all. This group will meet in our new third floor offices #33 & #34. ***We do not offer Club Room during this time.***

Changing Worlds Support Group: Third Friday/10:00-11:30

Where do we go from here? We've made it through the nearly paralyzing days of care giving and then our loved one's loss. So much to do right away and then the reality of the loss sets in. We are here to talk about how we are dealing with all that this brings. How to take all those next steps; what is "normal grieving". This group is facilitated by the staff of the Alzheimer's Support Network and Loren Whipple of AVOW Hospice.

Early Stage Couples Group: Fourth Tuesday/2:30-4:00

This support group is for couples who are confronting any form of dementia in its Early Stages. The person with memory issues should be early in the disease process and be comfortable openly addressing the challenges he or she faces. The group is facilitated by the staff of the Alzheimer's Support Network.

Please call the Support Network at 239-262-8388 to discuss this group and to see if it is right for you

Minders Keepers: Fourth Thursday/4:00-5:30

This group is facilitated by the staff of the Alzheimer's Support Network and Dr. David Kramer, who is not only a physician but an Alzheimer's patient. It is for those in the early stages of memory loss. This group is appropriate for those who have memory issues and want to discuss these issues openly. In addition, Steve Saldukis Ph.D facilitates a caregiver group at the same time.

Please call the Support Network at 239-262-8388 to discuss the Minders Keepers Group

Male Caregiver Support Group: Fourth Friday/10:00-11:30

We have a large number of men who directly care for their wives. Others manage care by utilizing help in the home, day care and/or facilities. All situations are stressful and require us to cultivate new skills in addition to those we honed in our work lives. Are you feeling like the only one out there doing this? You are not! There is wonderful support and ideas exchanged at these meetings. The group is facilitated by the staff of the Alzheimer's Support Network.