

## Description of Support Groups

*All in-person meetings are at 1421 Pine Ridge Rd. Suite 100 unless otherwise noted.*

*All meetings are hybrid (both in-person & online) unless otherwise noted.*

*No reservations or advance notice is required unless specifically stated.*

**General Support Group & Club Room [Every Tuesday at 10 am and Every Thursday at 10 am]** Our General Support Groups are open forums where care partners (caregivers) can ask questions, share concerns, and receive support from our staff and peers. These meetings are designed for the family and friends of people with Alzheimer's and other forms of neurodegeneration (brain change). Join in-person or online: <https://zoom.us/j/2392628388>

For people living with Alzheimer's and other forms of brain change, we proudly offer our Club Room program during our General Support Groups. Through brain stimulation and socialization, the Club Room is designed for engagement and to enhance the person's sense of well-being. Join in-person or online: <https://zoom.us/j/34109.34109>

- If you're a professional care partner, kindly contact our staff for specialized opportunities.
- During Club Room, care partners must be in the building (Club Room is not a drop-off service)

### ***Recurring Support Groups and Educational Opportunities in Alphabetical Order***

All meetings are online at <https://zoom.us/j/2392628388> unless otherwise noted.

**ADULT CHILDREN [1st & 3rd Wednesday at 5:30 pm]** This group is for men and women dealing with the issues surrounding the care of a parent, older relative, or friend. This group is an excellent source of support and a place to obtain needed resources. *Online only.*

**FRONTOTEMPORAL DEGENERATION (FTD) [2nd Tuesday at 1:30 pm]** FTD represents a group of brain disorders caused by the degeneration of the frontal and/or temporal lobes of the brain, affecting personality, behavior, and language. Join in-person or online.

**GRIEF AFTER THE JOURNEY [2nd Friday at 10:00 am]** This group is designed for those who have lost someone to Alzheimer's or another neurodegenerative disease, no matter when that loss occurred. This group offers tools for coping while providing an opportunity to join with others on a similar journey. Led by members of the Network team and joined by a bereavement counselor of AVOW Hospice. Join us in-person or online.

**GRIEF THROUGH THE JOURNEY [1st Wednesday at 10:00 am]** These meetings are for care partners, family, and friends who are experiencing the feelings of loss and grief that often accompany neurodegenerative diseases. Led by members of the Network Team and joined by a bereavement counselor from AVOW Hospice, Grief Through the Journey welcomes those who are feeling the loss of the person they knew while their loved one is still living. Join us in-person or online.

**KINDRED SPIRITS EARLY STAGE DISCUSSION GROUP [Wednesdays at 1:30 pm]** Kindred Spirits is for people who (a) are in the early stages of Alzheimer's or similar neurodegenerative disease, (b) are aware of their condition, and (c) wish to talk about the issues they are experiencing with others in a group

setting. Mel leads the group for those with brain change. At the same time, Debbie leads the group for care partners. Since this group works best with people in a similar situation, Mel and Debbie will need to meet with those who are interested to determine appropriateness. In addition, since diseases like Alzheimer's are progressive, Kindred Spirits will be appropriate for any given person only for a limited time. Email: [Mel@Support.Network](mailto:Mel@Support.Network), [Debbie@Support.Network](mailto:Debbie@Support.Network). *Registration Required.*

**LADIES & GENTLEMEN'S CLUB [Fridays at 12:30 to 3:30 pm]** Ladies & Gentlemen's Club is an in-person only meeting for men and women who are able and willing to interact with others who have brain change and are looking for companionship, entertainment, and fun. Since this group works best with individuals in a similar situation, Debbie and team members will need to meet with those who are interested to determine eligibility. The group meets at Terracina Grand: 6825 Davis Blvd, Naples, FL 34104. Email [Debbie@Support.Network](mailto:Debbie@Support.Network). *Registration Required.*

**LEWY BODY DISEASE GROUP [1st Tuesday at 1:30 pm]** This discussion group focuses on Lewy Body disease. We will learn together and hope to hear about your experiences with this complicated disease. Expert guests join us on occasion. This group is designed for people living with Lewy Body disease as well as care partners. Join us in-person or online.

**MARCO ISLAND SUPPORT GROUP [1st Friday at 10:00 am]** This group supports persons living on or near Marco Island who are dealing with brain change. Caregivers help one another in a supportive environment. This group meets in-person at the Bank of America on Marco Island: 614 Bald Eagle Dr, Marco Island, FL 34145. You may also join online.

**PROFESSIONALS SUPPORT GROUP [3rd Wednesday at 10:00 am]** Our General Support Groups and some of our other support groups are restricted to non-professionals (friends and family only). This is done to ensure a safe environment for our families. Recognizing that professionals need help and support as well, this group is designed exclusively for the challenges professionals face. If you work in memory care, assisted living, skilled nursing, home care, or provide another professional service for people with brain change, we invite you to come to this meeting where you can share your thoughts, ideas, and concerns. Join in-person or online. *Professionals Welcomed.*

**SELF CARE FOR CAREGIVERS [Fridays at 9:30 am]** The primary purpose of this group is to provide support to caregivers as outlined in the book *Self-Care for Caregivers: A Twelve Step Approach*. We discuss how the 12 steps could help us in our roles as caregivers. Participants often have experience with 12 Steps, but this is not required. Jack Johnston, Kay Schlecht, and Marianne Troy facilitate this group. Please email [Marianne@Support.Network](mailto:Marianne@Support.Network) for information. *Registration Required.*

**UNDERSTANDING ALZHEIMER'S [4th Tuesday at 1:30]** Understanding Alzheimer's is especially for families with a new diagnosis of Alzheimer's and those who are new to the Support Network. However, we invite all families and professionals to come, whether you are just starting out or have a wealth of experience. Many topics are covered including the difference between Alzheimer's and dementia, the history and pathology of Alzheimer's disease, and communication strategies. Join in-person or online. *Professionals Welcomed.*

**VASCULAR SUPPORT GROUP [2nd Wednesday at 10:00]** This discussion group focuses on vascular disease. While there are some similarities, there are also profound differences between Alzheimer's and vascular neurocognitive impairment. In addition, it is common for someone with Alzheimer's to also have vascular disease. No diagnosis of vascular disease is required. Join us in-person or online.

## Monthly Educational Presentations

**DR. JUSTIZ LECTURE SERIES [Third Saturday at 10 am]** William Justiz, MD, a neurologist and member of the Alzheimer's Support Network board of directors. Dr. Justiz speaks about subjects related to Alzheimer's and other neurocognitive disorders and answers your questions. Care partners, professionals, and people living with brain change are all welcomed. Join us in-person or online. *Professionals Welcomed.*

**TEEPA SNOW WEBINAR [Usually 3rd Monday at 4 pm]** (please check dates on the monthly calendar). Teepa Snow is a member of the Board of Directors of the Alzheimer's Support Network. Teepa is an internationally recognized expert in neurocognitive diseases. She discusses many different issues and answers your questions. Care partners, professionals, and people living with brain change are all welcomed. This is an online only offering. *Professionals Welcomed.*

**MANAGING YOUR MEMORY [4th Wednesday at 10 am]**. Neuropsychologist Dr. Bill Beckwith is an expert in memory enhancement. Dr. Beckwith is now retired after decades of delivering neuropsychological assessments and serving as a college professor. In these meetings, Dr. Beckwith shares his extensive knowledge about memory systems, assessments, and strategies to live productive lives with memory impairment. Join us in-person or online. *Professionals Welcomed.*

For help logging in to Zoom groups, call (239) 262-8388 or email [Help@Support.Network](mailto:Help@Support.Network)