

## Alzheimer's Association East Central Iowa Chapter sponsored support groups

### Allamakee County

Postville  
4th Thursday, 4:00 p.m.  
Postville Public Library  
235 West Tilden Street  
Facilitator: Trish Elsbernd

\*Meetings will be held during the months of February, April, June, August, October, December

### Waukon

4th Thursday, 4:00 p.m.  
Veteran's Memorial Hospital  
40 1st Street SE  
Facilitator: Lisa Ewing

\*Meetings will be held during the months of January, March, May, July, September, November

### Benton County

Belle Plaine  
2nd Tuesday, 10:00 a.m.  
Christ United Methodist Church  
708 15th St.  
Facilitator: Ruth Stratton

### Vinton

3rd Wednesday, 3:00 p.m.  
Windsor Manor Assisted Living  
1807 W 5th St  
Facilitators: Erin Monaghan & Abby Adolphs

### Black Hawk County

Cedar Falls  
1st and 3rd Thursday, 7:00 p.m.  
Windhaven Assisted Living  
5500 S. Main Street  
Facilitators: Laura Kann & Christy Kessens

Cedar Falls  
4th Monday, 5:30 p.m.  
Windsor Nursing and Rehab  
2305 Crescent Dr.  
Facilitator: Kathy Jensen

La Porte City  
4th Thursday, 3:00 p.m.  
La Porte City Community Center  
301 1st St.  
Facilitator: Heather Calhoon

### Waterloo

3rd Monday, 1:30 p.m.  
Friendship Village Chapel  
600 Park Lane  
Facilitators: Bev McCadam & Julie Thomas  
\*Respite Provided

### Buchanan County

Independence  
3rd Thursday, 4:00 p.m.  
Independence Senior Center  
400 Fifth Ave. NE  
Facilitator: Amy Peyton

### Independence

1st Thursday, 5:30 p.m.  
Prairie Hills at Independence  
505 Enterprise Dr. SW  
Facilitators: Mary Cook & Sherene Brown

### Cedar County

Tipton  
2nd Wednesday, 6:00 p.m.  
Prairie Hills Assisted Living  
219 S Cedar St.  
Facilitators: Sarah VanDusen & Julie Lovell

### Clayton County

Strawberry Point  
2nd Wednesday, 12:30 p.m.  
Strawberry Point Lutheran Home  
313 Elkader St.  
Facilitator: Cathy Mills

### Grundy County

Grundy Center  
2nd Thursday of every other month (\*Meetings held in October & December)  
7:00 p.m.  
Grundy County Memorial Hospital  
201 E. J Ave.  
Facilitator: Cathi Burnette

### Johnson County

Iowa City  
1st and 3rd Thursday, 1:00 p.m.  
Pathways Adult Day Health Center  
817 Pepperwood Lane  
Facilitator: Brittany Black

### Linn County

Cedar Rapids  
3rd Monday, 6:30 p.m.  
St. Lukes Hospital (Room 163)  
Facilitator: Carol Winetroub

### Cedar Rapids

2nd Thursday, 10:30 a.m.  
Alzheimer's Association East Central Iowa Chapter  
1570 42nd St. NE  
Facilitator: Kim Beals

### Cedar Rapids (\*Respite Provided)

3rd Thursday, 6:00 p.m.  
MeadowView Memory Care Village  
3005 F Ave. NW  
Facilitators: Amber Hintermeister & Melissa Jurgensen

### Marion (\*Respite Provided)

3rd Wednesday, 1:30 p.m.  
Milestones in Marion  
1080 Cardinal Dr.  
Facilitator: Ingrid Wensel

### Marion

3rd Saturday, 11:00 a.m.  
The Villages at Marion  
365 Marion Blvd  
Facilitators: Cindy Cason & Julie Becker

### Tama County

Toledo  
2nd Thursday, 6:30 p.m.  
Carrington Place of Toledo  
403 Grandview Dr.  
Facilitator: LouAnna Olson

### Traer

2nd Tuesday, 3:00 p.m.  
Sunrise Care Center  
909 Sixth St.  
Facilitators: Bev Buresh & Roxie Konicek

### Washington County

Washington  
1st Monday, 6:30 p.m.  
United Presbyterian Church  
209 E. Washington St.  
Facilitator: Connie Crossett

### Washington

4th Thursday, 2:00 p.m.  
Lending Hands Adult Day Center  
302 Hwy 1 & 92 North  
Facilitator: Bonnie Boshart

## Telephone Talk for those on-the-go

Telephone Talk is a free service for those who have questions about Alzheimer's disease or a related dementia, but don't have the time to attend a presentation or support group. The call takes place every 4th Wednesday from noon to 1:00 p.m.

Participants will have the opportunity to learn, get their questions answered and receive support without leaving their home or office. Call our office today at 800.272.3900 or 319.294.9699 to receive the phone number to join this FREE and CONFIDENTIAL telephone talk.

## Early stage support group offered

Individuals with early stages of Alzheimer's disease or related dementia and their carepartners are encouraged to attend the Alzheimer's Association East Central Iowa Chapter's Early Stage Support Group. Groups are offered in Cedar Rapids, Waterloo and Coralville.

The Early Stage Support Group will offer information, emotional support, and socialization among peers who face similar circumstances. The group can also encourage open communication between persons with dementia and their loved ones regarding emotional and practical issues.

## Third set of dementia care training released

The third set of the Alzheimer's Association Dementia Care Practice Recommendations for Assisted Living Residences and Nursing Homes is now available. These end-of-life recommendations were announced at the Alzheimer's Dementia Care Conference in August.

The recommendations offer concrete suggestions for end of life care and are supported by more than 30 national health and senior care organizations.

## Program in Waterloo aims to reduce caregiver stress and improve care for person with dementia

The Alzheimer's Association East Central Iowa Chapter will sponsor a free educational event on Friday, December 5th from 1:30 p.m. – 3:30 p.m. at Allen College, Gerrard Hall in McBride Auditorium. Kathleen Buckwalter from the University of Iowa will be presenting a program titled Managing Challenging Behaviors to Improve Care for Persons Living with Dementia. Dr. Buckwalter has a PhD in nursing and specializes in caregiving for people with dementia.

This presentation will provide a brief overview of Alzheimer's disease, the challenges and outcomes associated with caregiving, and outline a conceptual model of care designed for caregivers to better manage behaviors associated with dementia. The program may serve to reduce caregiver stress. The target audience for this presentation is professional and family caregivers. Nursing CEU's will be provided at \$10 and certifi-

The Waterloo group will meet the 2nd Wednesday of each month at 10 a.m. in the Kimball Ridge Center Ballroom, located at 2101 Kimball Avenue. For information on the Cedar Rapids or Coralville support groups time and location, please contact Kim Beals at 800.272.3900, 319.294.9699 or by email at kim.beals@alz.org.

If you would like more information on the Early Stage Support Group in Waterloo contact Kim Beals at 319.294.9699 or by email at kim.beals@alz.org.

They are part of the Alzheimer's Association Campaign for Quality Residential Care, which aims to raise the standard of dementia care through advocacy with health care providers, consumers of dementia care and policy makers.

For more information on the third set of recommendations or to receive your own copy, give our office a call at 800.272.3900 or 319.294.9699.



Dr. Kathleen Buckwalter

cates of attendance will be provided for social workers and other disciplines.

For more information or to register for this free event, please call our offices at (319) 272-2300 or (800) 272-3900.

## Family caregiver training available

A free three part series for family caregivers will be offered October 20th, 27th and November 3rd from 6:00 p.m. to 8:00 p.m. on the 4th floor of Mercy Medical Center in Cedar Rapids.

The three part family caregiver training will teach those caring for a loved one with Alzheimer's disease or related dementia ideas and techniques to assist with the caring of an individual.

The training will offer techniques an individual can use to help their loved one with the activities of daily living; such as eating, getting dressed, bathing, transferring or using the toilet. Attendees will also learn how they can make these activities easier for themselves and the person they are caring for and how to prevent or reduce the risk of injury.

This free three part series is hosted by Mercy Medical Center in Cedar Rapids.

To register for family caregiver training or for more information, contact Tracey Robertson at 800.272.3900 or tracey.robertson@alz.org.

## Memory Loss Library Additions

### New Books:

Children and Teens  
The Milk's in the Oven  
Youth Activity Packet  
Spanish Material  
Los Mejores Amigos en el  
Cuidado de Alzheimer

### New Audio Tapes/CD's:

DIALZ: Legal and Financial Planning, Presenter: Mona Knoll, June 08  
DIALZ: Understanding Behavior and Improving Communication, Presenter: Nick Jedicka, July 08  
DIALZ: Caregiver Stress and Nursing Facility Placement Considerations, Presenters: Lou Stockdale and Jeanne Burns, 8/08

## Caregiver Tip for Holidays

Throughout all stages of holiday preparation, involve the person in safe, manageable activities. This can help to prepare the person for the holiday and give you an opportunity to spend quality time together.