Alameda County

ALAMEDA

2nd Thursday, 10:00 am to 11:30 am
Mastick Senior Center
1155 Santa Clara Ave.
(Info: Heather Gray, 925-284-7942)
Open Discussion Except for the Following:

Jan 10– **"Activities and Alzheimer's"** Brenda Dickinson Care Quest (East County)

Mar 13– **"Sundowning, Shadowing, & Sleep Disturbances"** Speaker from Eldercare Services

BERKELEY (1)

For Early Onset Family/Caregivers, Any Stage
4th Thursday, 7:00 pm to 9:00 pm
800 Hearst Ave
(Info: Ericka Smith, 650-962-8111)
Open Discussion Except for the Following:

Feb 28– **"Legal & Financial Planning,"** Tim Millar, MBA, CFP, Millar Financial Services

BERKELEY (2)

1st Wednesday, 7:00 pm to 9:00 pm
Alzheimer's Services of the East Bay
2320 Channing Way
(Info: Heather Gray, 925-284-7942)
Open Discussion Except for the Following:

Jan 2– **Group Rescheduled for January 9**

Jan 9– **"Maximizing Home Safety,"** Ceci Pugh, OTR

Mar 5– **"Before and After Moving a Loved One"** Brooke Russo, MSW

BERKELEY (3)

4th Thursday, 4:30 pm to 5:45 pm
Alzheimer's Services of the East Bay
2320 Channing Way
(Info: Heather Gray, 925-284-7942)
Open Discussion Except for the Following:

Apr 10– **Special Educational Event: "Financial Planning,"** Tim Millar, MBA, CFP, Millar Financial Services

CASTRO VALLEY

1st Monday, 7:00 pm to 8:45 pm
Eden Medical Center, Conference Room C
20103 Lake Chabot Rd.
(Info: Heather Gray, 925-284-7942)
Open Discussion Except for the Following:

Jan 7– **"How to Hire a Home Care Attendant,"** Mary K. Griffin, RN, MPH A Better Living Home Care Agency

Feb 4– **"What is Hospice: End of Life Issues"** Hope Hospice

Apr 7– **"The Caregiver Series: Communicating"** Film and Discussion

FREMONT

Last Wednesday, 7:00 pm to 9:00 pm
Washington Hospital West
Conference Room-Anderson C
2500 Mowry Ave.
(Info: Heather Gray, 925-284-7942)
Open Discussion Except for the Following:

Feb 27– **"Complaints of a Dutiful Daughter"** Film and Discussion

HAYWARD

4th Tuesday, 6:00 pm to 7:30 pm
Kaiser Permanente
27303 Sleepy Hollow
Medical Office Building, Rm. M3
(Info: Joyce Haynes, 510-784-4818)
Open Discussion Except for the Following:

Feb 26– **"Living in Alzheimer's Disease"** Film and Discussion

Apr 22– **Panel: Adult Day Care, Respite, and Long Term Care: Fact or Fiction** Carol Evans, NP Cecile Seidel, Residential Care/Assisted Living Miriam Velez, RN, Skilled and Custodial Care, Micheal Pope, RN Adult Day Care

OAKLAND (1)

2nd and 4th Tuesday, 11:00 am to 12:30 pm
Kaiser Hospital, Fabiola Building, Ground Floor, Room G70
3801 Howe St.
(Info: Lowanda Moore, 510-752-7682)
Open Discussion Except for the Following:

Jan 8– **"AD Stages: Progression of the Disease"** Judy Filippoff, MSW Alzheimer's Association

Feb 12– **"How Humor Beats Stress,"** Linda Thaxter Nightingale Home Care

Mar 11– **"Maintaining Your Loved One's Dignity"** Mary K. Griffin, RN, MPH, A Better Living Home Care Agency

Apr 8– **"Complaints of a Dutiful Daughter"** Film and Discussion

OAKLAND (2)

Lunch and Learn (Potluck) For African-American Caregivers
2nd Friday, 11:00 am to 1:00 pm
North Oakland Senior Center
5714 Martin Luther King Jr. Way
(Info: Cynthia Taylor: 925-284-7942)
Open Discussion Except for the Following:

Feb 8– **"Use of Medication & Medication Update"** Dr. Catherine Madison, Neurologist, CPMC - Sutter Health

Apr 11– **"Family Dynamics & Caregiving"** Heather Gray Alzheimer's Association

OAKLAND (3)

En Español/Spanish Speaking Group
Café y Charla
1st Wednesday, 10:00 am to 11:30 a.m.
Posada de Colores Senior Apartments
2221 Fruitvale Ave.
(Info: Ernesto Lopez Hidalgo: 925-284-7942)
Open Discussion

OAKLAND (4)

En Español/Spanish Speaking Group
Café y Charla
1st Thursday, 10:00 am to 11:30 a.m.
Las Bougainvilleas Senior Housing
1223 37th Ave.
(Info: Ernesto Lopez Hidalgo: 925-284-7942)
Open Discussion

PLEASANTON (1)

3rd Wednesday, 7:00 pm to 9:00 pm
Pleasanton Senior Center
5353 Sunol Blvd.
Senior Support Program
(Info: Heather Gray, 925-284-7942)
Open Discussion Except for the Following:

Jan 16– **"Placement Issues Now, Later, Never?"** Elaine Zolfarelli, MSW Reutlinger Community for Jewish Living

Feb 20– **"Complaints of a Dutiful Daughter"** Film and Discussion

Mar 19– **"Caring for the Caregiver"** Heather Gray Alzheimer's Association

PLEASANTON (2)

2nd Monday, 1:00 pm to 3:00 pm
Pleasanton Senior Center
5353 Sunol Blvd.
Senior Support Program
(Info: Carol Bush, 925-931-5379)
Open Discussion Except for the Following:

Jan 14– **"Dealing with Anger, Frustration, & Guilt"** Speaker from Eldercare Services

Mar 10– **"Legal Issues Associated with Memory Impairment"** John Milgate, ESQ

Contra Costa County

ANTIOCH

2nd and 4th Wednesday, 1:30 pm to 3:00 pm
Antioch Senior Center
415 West 2nd St.

Other Groups

El Cerrito
Open House Senior Center
510-215-4340

Fairfield
Fairfield Senior Center
707-428-7421
707-428-7654

Groveland
Groveland Adult Day Health Care Center
209-962-7469

North Bay-Alzheimer's Association
415-472-4340
707-573-1210

Pacifica
Holy Cross Lutheran Church
650-726-5929

Palo Alto
Veteran's Administration
650-858-3915

Richmond
County Geriatrics
510-374-7065

San Francisco
Family Caregiver Alliance
800-445-8106
LGBT Online Support Group, www.caregiver.org/lgbt-sptgroup.html

Santa Clara
Santa Clara Senior Center
408-651-3170
Alzheimer's Activity Center
408-279-7571

Sonoma
Vintage House
707-996-0311

Sonora
Tuolumne Adult Day Health Care Center
209-533-7180

Stockton
Golden Haven
209-464-4743

(Info: Heather Gray, 925-284-7942)
Open Discussion Except for the Following:
Apr 9– "Moving a Loved One with Dementia" Anne Sanabria The Commons at Dallas Ranch

BRENTWOOD

2nd Thursday, 7:00 pm to 8:30 pm
Neighborhood Church
50 Birch St.
(Info: Heather Gray, 925-284-7942)
Open Discussion Except for the Following:
Jan 10– "Hospice 101/Palliative Care," Carol Eldridge Community Liaison Hospice of the East Bay
Mar 13– "Difficult Behaviors and Coping Strategies" Heather Gray Alzheimer's Association

ORINDA

Lamorinda Caregiver Support Group
1st and 3rd Tuesday, 11:00 am to 12:30 pm
Holy Shepherd Lutheran Church
433 Moraga Way
(Facilitator: Dr. Ruth Pease)
(Info: Heather Gray, 925-284-7942)
Open Discussion Except for the Following:
Jan 1– Group Cancelled Due to Holiday
Mar 18– "Current Research on Alzheimer's" Carol Bibeau, RN UC Davis Alzheimer's Disease Center

PINOLE

2nd and 4th Friday, 12:30 to 2:30 pm
Pinole Senior Center, Conference Room
2500 Charles Ave.
(Info: Heather Gray, 925-284-7942)
Open Discussion

PLEASANT HILL

3rd Wednesday, 7:00 pm to 8:30 pm
Mt. Diablo Center for Adult Day Health
490 Golf Club Rd.
(Please Call for Directions: 925-682-6330)
Open Discussion Except for the Following:
Jan 16– "How to Avoid Common Emergency Department Visits" Karen Weiss, RN, Kaiser Emergency Department
Feb 20– "Safety in the Home" Linda Nolen, Community Liaison, Nightingale Home Care
Mar 19– "Knowing When It's Time to Place," Etta Maitland, Ombudsman Services of Contra Costa
Apr 16– "How to Handle Repetitive Behavior and Paranoia," Carol Bibeau, R.N, UC Davis Alzheimer's Disease Center

RICHMOND

Last Wednesday, 2:00 pm to 4:00 pm
West County Adult Day Care Center
1015 Nevin, Suite 108
(Call for scheduled speakers and other info: Deborah Janke, 510-235-6276)
Open Discussion

SAN RAMON

2nd Monday, 7:00 pm to 9:00 pm
San Ramon Senior Center
9300 Alcosta Blvd.
(Info: Stephen Ellis, 925 382-1152)
Open Discussion Except for the Following:
Feb 11– "Legal and Financial Planning, " Tim Millar, MBA, CFP, Millar Financial Services

WALNUT CREEK (1)

1st and 3rd Tuesdays, 1:00 pm to 2:30 pm
Rossmoor – Gateway Clubhouse/ Conference Room
1001 Golden Rain Rd.
(Info: Priscilla Tudor, 925-988-7751)
Open Discussion

WALNUT CREEK (2)

EVERY WEDNESDAY, 10:30 am to 12:30 pm
CCJCC, Millman Respite Center
2071 Tice Valley Blvd.
(Info: Susan Jacobsen, 925-938-7800)
Open Discussion Except for the Following:
Jan 16– "Hospitalization of Cognitively Impaired Patients," Arlene Philips, Mgr., John Muir Senior Services
Feb 13– "Grief, Depression & Guilt," Patrick Arbore, EDD, Goldman Institute on Aging
Mar 12– "How to Prepare for Placement: What You Need to Know & Do" Julianne Bigelow, MS Care Quest
Apr 9– "Financial Planning for Alzheimer's Families," Tim Millar, MBA, CFP, Millar Financial Services

WALNUT CREEK (3)

EVERY TUESDAY, 10:30 am to 12 noon
CCJCC, Millman Respite Center
2071 Tice Valley Blvd.
Call for info: Susan Jacobsen, 925-938-7800)
Open Discussion Except for the Following:
Jan 1– Group Cancelled Due to Holiday

Fresno County

FRESNO (1)

2nd Saturday, 10:00am to 12:00 pm
Alzheimer's Disease Center
3313 North Hilliard Lane
(Info: Linda Hewett, 559-227-4810)
Open Discussion

FRESNO (2)

Adult Children as Caregiver's Group
3rd Wednesday, 6:00pm to 8:00 pm
Alzheimer's Disease Center
3313 North Hilliard Lane
(Info: Linda Hewett, 559-227-4810)
Open Discussion

FRESNO (3)

Spousal Topics
2nd Tuesday, 2:00pm to 3:00 pm
Alzheimer's Foundation of Central California
5140 North Fruit
(Info: Marie Espinola, 559-222-2444)
Open Discussion

Merced County

MERCED

***Note: Change in Date and Time**
4th Thursday, 10:00am to 12pm
Regent Home of Merced
3420 "R" Street
(Info: John Mower, 209-384-1818)
Open Discussion

San Francisco County

SAN FRANCISCO (1)

2nd Wednesday, 2:00 pm to 3:30 pm
Institute on Aging, Alzheimer's Day Care
3600 Geary Blvd.
(Info: Kate Saylor, 415-750-5330, x 368)
Open Discussion

SAN FRANCISCO (2)

Adult Children's Group
3rd Tuesday, 5:00 pm to 6:30 pm
Institute on Aging, Alzheimer's Day Care
3600 Geary Blvd.
(Info: Kate Saylor, 415-750-5330, x 368)
Open Discussion

SAN FRANCISCO (3)

Cantonese Speaking
3rd Wednesday, 5:00 pm to 6:30 pm
Self Help for the Elderly, Adult Day Care Services
408 22nd Ave.
(Call to confirm: 415-677-7556)
Open Discussion Except for the Following:
Jan 16– "Grief" (Speaker TBA)
Mar 19– "Legal Issues" (Speaker TBA)

SAN FRANCISCO (4)

2nd Monday, 6:30 pm to 8:00 pm
Lakeside Presbyterian Church
201 Eucalyptus Dr. (at 19th Ave.)
Open Discussion

SAN FRANCISCO (5)

1st Saturday, 10:30 am to 12:00 pm
Institute on Aging, Alzheimer's Day Care
3600 Geary Blvd.
Open Discussion

SAN FRANCISCO (6)

Support Group for Lesbian, Gay, Bisexual and Transgender Caregivers
3rd Saturday, 10:00 am to 11:30 am
New Leaf
103 Hayes Street (near Market St.)
(Info: Steven Dick, 415-434-3388)
Open Discussion

SAN FRANCISCO (7)

Support Group for Caregivers of Individuals with Frontal Temporal Dementia (also known as Pick's Disease)
2nd Thursday, 1:30 pm to 3:00 pm
UCSF Campus (Parnassus Ave. between Stanyan and 3rd Ave.)
(Info on exact location: Robin Ketelle, RN, MS, 415-502-1053)
Open Discussion

SAN FRANCISCO (8)

Discussion on Memory Impairment Meeting
3rd Wednesday, 3:30 to 5:00 pm
Laguna Honda Hospital, Alzheimer's Day Care and Resource Center
375 Laguna Honda Blvd.
Clarendon Hall, Room 162, 1st Floor
(Info: 415-759-4589)
Open Discussion

SAN FRANCISCO (9)

2nd Thursday, 1:00 pm to 2:30 pm
Jones United Methodist Church
1975 Post St. (at Steiner)
2nd Floor Conference Room
(Info: Robert Williams, 415-921-7653)
Open Discussion

more Support Groups, page 14

San Mateo County

BURLINGAME
1st Wednesday, 7:00 pm to 9:00 pm
Senior Focus
1720 El Camino Real
Open Discussion

HALF MOON BAY
Last Wednesday, 12:30 pm to 2:00 pm
Coastside Adult Day Health Center
645 Correas
(Info: Dawn Wolf, MFT, 650-726-5067)
Open Discussion

MENLO PARK
3rd Wednesday, 7:00 pm to 8:30 pm
Menlo Presbyterian Church
950 Santa Cruz Ave., Library
(Info and directions: Sue Sheehan, 650-851-0296)
Open Discussion

REDWOOD CITY
1st Thursday, 7:00 pm to 8:30 pm
Bay Area Bank Building, 4th Floor #400
Conference Rm.
900 Veterans Blvd. (park at the top level)
Co-sponsored by Kaiser Medical Center
Open Discussion Except for the Following:
Jan 3– **"Managing Difficult Behaviors,"** Speaker TBA
Mar 1– **"End of Life Issues"** Speaker TBA

*NEW GROUP
SAN CARLOS
2nd Tuesday, 7:00-8:30 pm
San Carlos Elms
707 Elm Street
Open Discussion

SAN MATEO
Adult Children's Group
3rd Wednesday, 7:00 pm to 9:00 pm
Mills Hospital
100 South San Mateo Dr.
Open Discussion

SOUTH SAN FRANCISCO
1st and 3rd Fridays, 10:00 am to 11:30 am
South San Francisco Senior Center
3 Arroyo Dr.
Open Discussion

Santa Clara County

GILROY
3rd Friday, 2:00 pm to 3:30 pm
Day Break
Wheeler Manor
651 W. 6th St.
Open Discussion

LOS GATOS
3rd Tuesday, 1:30 pm to 3:00 pm
United Methodist Church,
111 Church St.
Room 12
Open Discussion

MOUNTAIN VIEW (1)
1st Thursday, 4:30 pm to 6:30 pm
Park Pavilion, Rm. N
2400 Grant Rd.
The entrance is on the north side of the building, not the YMCA entrance. From the intersection of North Dr. and Grant Rd., go west on North Dr. Parking is free on the west side of the building.
Open Discussion

MOUNTAIN VIEW (2)
3rd Wed, 7:00 pm to 9:00 pm
Park Pavilion, Rm. N
2400 Grant Rd.,
The entrance is on the north side of the building, not the YMCA entrance. From the intersection of North Dr. and Grant Rd., go west on North Dr. Parking is free on the west side of the building.
Open Discussion

PALO ALTO
1st Tuesday, 1:30 pm to 3:00 pm
Avenidas Senior Center
450 Bryant St.
Open Discussion
Jan– Cancelled

SAN JOSE (1)
2nd Saturday, 11:00 am to 12:30 pm
O'Connor Hospital,
2100 Forest Ave.
Medical Staff Conference Room
Open Discussion Except for the Following:
Feb 9– **"Family Relations"** John Timbs, MFT

SAN JOSE (2)
2nd Monday, 5:00 pm to 6:30 pm
Daybreak Respite and Caregiver Support Services
at Saint Francis of Assisi Church
5111 San Felipe Rd
Garden Room
(Info: 408-270-4900)
Open Discussion

SAN JOSE (3)
CHINESE LANGUAGE
Last Saturday, 10:30 am to 12:00 pm
John XXIII Multi-Services Center
195 E. San Fernando St.
(Info: Peining Chang, 650-623-3143)
Open Discussion

SAN JOSE (4)
VIETNAMESE LANGUAGE
3rd Friday, 10:30 am to 12:00 pm
John XXIII Multi-Services Center
195 E. San Fernando St.
(Info: Quoc Ha, 408-282-8608)
Open Discussion

SAN JOSE (5)
2nd Monday, 7:00 pm to 8:30 pm
Family Health Center
Kaiser Santa Teresa
276 International Circle
Third Floor, Conf. Rooms A & D
Open Discussion

SAN JOSE (6)
Yu-Ai-Kai, Japanese American Community Senior Center
588 N. 4th St.
Groups run in 8 week sessions
10:00 am to 11:30 am
(To Register for either the Japanese or English Language Groups call: Wesley Kazuo Mukoyama, 408-294-2505)
Open Discussion

SAN JOSE (7)
KOREAN LANGUAGE
2nd Wednesday, 11:30 am to 1:30 pm
Korean-American Community Services, Inc.
1800-B Fruitdale Ave.
(Info: Eunice Dokko, 408-920-9733)

SANTA CLARA (1)
New Day & Time
Adult Children's Group
2nd Thursday, 7:00 pm to 8:30 pm
Santa Clara Senior Center
1303 Fremont Street
Open Discussion

SANTA CLARA (2)
2nd Tuesday 7:00 pm to 8:30 pm
Santa Clara City Library
2635 Homestead Rd.
Redwood Conference Room
Co-sponsored by Kaiser Healthcare
Open Discussion Except for the Following:
Feb 12– **"Managing Difficult Behaviors"** John Timbs, MFT
May 13– **"Legal Issues"** Minda Parrish, ESQ

SANTA CLARA (3)
3rd Tuesday, 10:30 am to 12:00 pm
Memory Assessment Clinic, Cupertino
19000 Homestead Rd., Bldg 2 Suite 213
(Information call, 408-366-4397)
Open Discussion

WEST VALLEY/SARATOGA
2nd Wednesday, 3:00 pm to 5:00 pm
Saratoga Federated Church in the Library
20390 Park Place
Open Discussion

Solano County

VACAVILLE
2nd Wednesday, 7:00pm to 9:00 pm
Vaca Valley Hospital Campus
Adult Day Center
1020 Nut Tree Road
(Info: 707-454-3006)
Open Discussion

Stanislaus County

MODESTO (1)
3rd Tuesday, 9:30 a.m.
Alzheimer's Affiliates of Stanislaus County
Sylvan Improvement Club
2545 Sylvan Rd.
(Info. Stu McCullough, 209-521-1606)

MODESTO (2)
4th Thursday, 9:30 - 11 a.m.
Miller's Place Support Group
DMC Foundation
730 McHenry Avenue
(Info: Joanne Lyions, 209-521-0507)

MODESTO (3)
2nd and 4th Wednesday, 6:30 – 8:00 p.m.
Miller's Place Support Group
DMC Foundation
730 McHenry Avenue
(Info: Joanne Lyions, 209-521-0507)

The Alzheimer's Association welcomes and is supportive of all persons regardless of age, race, gender, class, ethnicity, sexual orientation, language, physical ability, or religion.