

Support Groups

What is a support group?

An Alzheimer's Association Support Group is a scheduled gathering led by a trained professional or volunteer. People who attend are family, friends, and other caregivers who have a loved one with Alzheimer's disease, a related dementia, or memory problems. Support groups provide opportunities for people to share struggles and solutions.

What can I do in a support group?

- Be happy, sad, angry, confused - or anything in between
- Discover you are not alone
- Learn about available help in your community
- Share solutions to difficult behaviors
- Release stress with others who understand your situation
- Find education about dementia information and research
- Know that the group will respect your confidentiality
- Attend several meetings before you decide if this group is the right one for you

How do I attend a support group?

- First, call the contact number on the list of support groups. Ask to speak to the leader by name to confirm the meeting time and date.
- Some groups provide transportation service or care for people with dementia during the meetings. Please call the support group leader for more information.

Care ++

Transportation **

- Interpreting services are available for meetings. Call or email the Support Group Coordinator to arrange foreign language or sign language interpreting: **800.272.3900** or **sarah.stout@alzstl.org**.
- Students who want to observe a support group session for a class assignment must call or email the Support Group Coordinator for approval: **800.272.3900**.

What do support group members have to say?

"I found help on how to handle difficult behavior problems from others who had dealt with the same situations."

"I could be angry . . . and others would not say I should not feel like that."

"I learned that I could not and should not be the only one responsible for caring for my loved one."

Groups for people with early memory loss and their caregivers . . .

Project Esteem is a support and education program that is held at the St. Louis Chapter office. It is open to both Missouri and Illinois residents.

Various groups are also available outside of the St. Louis metro area. See the list of Early Memory Loss groups on the support group listing.

Before attending, please call the 24/7 Helpline at 800.272.3900 for information.

In Cape Girardeau, call Carol Dippold at 573.334.5866 for information about a local support and activity programs for people with early memory loss.



Alzheimer's Association Support Groups --

Illinois

Alzheimer's Association Specialized Groups

Memory Loss Support Group (caregivers and/or people with early memory loss)

St. John's Home & Community Care, Memory Loss Group | Call before attending, Collinsville, IL 62234
Meets on: 2nd Tues - 1:30 p.m. | Contact: Gail Shaw at 618-344-0276 (W)

Clay County

Flora

Flora Public Library | 216 North Main Street, Flora, IL 62839
Meets on: 4th Tues - 3:30 p.m. - odd months | Contact: Linda Warner, Trisha Katt at 217-347-7179 x1046 (W)

Clinton County

Breese

St. Joseph's Healthplex - Senior Renewal | 14160 Jamestown Road, Breese, IL 62230
Meets on: 4th Thurs - 1:30 p.m. | Contact: Sandy Radford, Paula Post at 618-526-5699

Jefferson County

Mount Vernon

++ Green Tree Assisted Living | 208 Zachery Drive, Mt. Vernon, IL 62864
Meets on: Last Wed - 6 p.m. | Contact: Kim Harlan, Sherry Meadows at 618-214-0650 (W)

Jersey County

Jerseyville

Grace Community Baptist Church | 910 County Road, Jerseyville, IL 62052
Meets on: Call for Date & Time | Contact: Chester Keene at 314-226-3419

Madison County

Collinsville

++ St. John's Home & Community Care | 222 Goethe Ave, Collinsville, IL 62234
Meets on: 2nd Tues - 1:30 p.m. | Contact: Gail Shaw, Donna Sons at 618-344-5008

St. John's Home & Community Care, Memory Loss Group | Call before attending, Collinsville, IL 62234
Meets on: 2nd Tues - 1:30 p.m. | Contact: Gail Shaw at 618-344-0276 (W)

Granite City

Fountain View Manor | 3432 Village Lane, Granite City, IL 62040
Meets on: 4th Tues - 6 p.m. - every three months | Contact: Jamie Perkhiser at 618-420-7078

++ Stearns Nursing and Rehab | 3900 Stearns Boulevard, Granite City, IL 62040
Meets on: 1st Sat - 9:30 a.m. | Contact: Donna Lacombe, Mark Lacombe at 618-931-3900 (W)

Highland

St. Joseph's Hospital | 1515 Main Street, Highland, IL 62249
Meets on: 3rd Thurs - 6:30 p.m. | Contact: Judy Hoffmann at 618-651-2833 (W)

Marion County

Centralia

Friendship House | 1000 Martin Luther King Drive, Centralia, IL 62801
Meets on: Call for date and time | Contact: Angela Brummet at 618-532-3642

Monroe County

Waterloo

Oak Hill - "In the Moment" | 623 Hamacher St., Waterloo, IL 62298
Meets on: Last Thurs - 7 p.m. | Contact: Julia Olszewski, Pat Felix at 618-939-3488 x1248 (W)

Saint Clair County

Belleville

Grand Court | 201 South Belt West, Belleville, IL 62220
Meets on: 4th Sat - 3 p.m. | Contact: Linda Robertson, Laurel Schanot at 618-281-6800 (W)

SWIC's Programs Services for Older Adults | 201 N. Church St., Belleville, IL 62220
Meets on: 2nd Tues - 2:30 p.m. | Contact: Jodi Gardner at 618-234-4410 x7031 (W)

Swansea

Sycamore Village | 225 Castellano Dr., Swansea, IL 62226
Meets on: 3rd Wed - 5:30 p.m. | Contact: Jamie Perkhiser at 618-420-7078 (C)

Washington County

Nashville

++ Friendship Manor Nursing Home | 485 S Friendship Dr., Nashville, IL 62263
Meets on: Last Thurs - 2 p.m. | Contact: Nancy McClurken, Melinda Cole at 618-314-6366