

## Support Groups

### What's 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 or a related dementia or memory problems. Support groups provide opportunities 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 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 to stop trying to teach or reason with my loved one. I learned to accept that the way she saw things was very real for her.*

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

### Remember . . .

Except for Project Esteem, support groups in this list are for caregivers, not people with dementia.

The Alzheimer's Association provides special groups for people with early stage memory loss. Please call the 24/7 Helpline at 800-272-3900 for information.

## Alzheimer's Association Support Groups -- **Illinois**

### Clay County

#### Flora

Flora Public Library | 216 North Main Street, Flora, IL 62839  
Meets on: 4th Tues - 3:30 PM - odd months | Contact: Darcy Bone, Linda Warner at 217-347-7179 (W)

### Clinton County

#### Breese

St. Joseph's Healthplex - Senior Renewal | 14160 Jamestown Road, Breese, IL 62230  
Meets on: 4th Thurs - 1:30 PM | Contact: Sandy Radford, Mary Laidley, Paula Post at 618-526-5486

### Jefferson County

#### Mount Vernon

Green Tree Assisted Living | 208 Zachery Drive, Mt. Vernon, IL 62864  
Meets on: Last Wed - 6:00 PM | Contact: Kim Harlan at 618-244-5580

+++ Mt. Vernon Healthcare | 5 Doctor's Park Rd, Mt. Vernon, IL 62864  
Meets on: 3rd Tues - 6:00 PM | Contact: Katrina King at 618-242-1064 (W)

### Madison County

#### Alton

St. Anthony's Adult Day Care | 915 E 5th St, P O Box 340, Alton, IL 62002  
Meets on: Last Thurs - 1:30 PM | Contact: Phyllis Moore at 618-463-5333 (W)

#### Collinsville

St. John's Home & Community Care | 222 Goethe Ave, Collinsville, IL 62234  
Meets on: 2nd Tues - 1:30 PM | Contact: Gail Shaw, Donna Sons at 618-344-0276 (W)

#### Glen Carbon

Meridian Village | 27 Auerbach Place, Glen Carbon, IL 62034  
Meets on: 1st Thurs - 4:00 PM | Contact: Lynn Thilman, Christine Baker at 618-205-4220

#### Granite City

Fountain View Manor | 3432 Village Lane, Granite City, IL 62040  
Meets on: 2nd Tues - 4:00 PM | Contact: Karen Taylor at 618-931-3999

#### Highland

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

#### Roxana

+++ Tri-County Church of Christ | 118 West First Street, Roxana, IL 62084  
Meets on: 2nd Tues - 1:00 PM | Contact: Natalie Murrie, Helen Loehr at 618-465-1557 (H)

### Marion County

#### Centralia

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Friendship House | 1000 Martin Luther King Drive, Centralia, IL 62801  
Meets on: 3rd Thurs - 6:30 PM | Contact: Angela Brummet at 618-532-3642

## Monroe County

### Columbia

Garden Place Assisted Living | 710 South Main Street, Columbia, IL 62236  
Meets on: Call for Date & Time | Contact: Tonya Schnarre at 618-281-3388 (W)

### Waterloo

Oak Hill | 623 Hamacher St., Waterloo, IL 62298  
Meets on: Last Thurs - 7:00 PM | Contact: Julia Olszewski at 618-939-3488 (W)

## Saint Clair County

### Belleville

St. Elizabeth's Hosp Home Health | 211 S 3rd St, Belleville, IL 62220  
Meets on: 2nd Wed - 6:30 PM | Contact: Mary Frierdich, Jodi Gardner at 618-234-2120 (W)

### O'Fallon

**++** O'Fallon Public Library | 120 Civic Plaza, O'Fallon, IL 62269  
Meets on: 4th Thurs - 1:30 PM | Contact: Susan Whitehair, Lois Clark at 618-977-3184

## Washington County

### Nashville

**++** Friendship Manor Nursing Home | 485 S Friendship Dr., Nashville, IL 62263  
Meets on: Last Thurs - 2:00 PM | Contact: Nancy McClurcken, Melinda Cole at 618-327-3041