

## 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 -- Missouri

## Alzheimer's Association Specialized Groups

### Caregiver Groups

Adult Children of Persons w/AD | 9370 Olive Boulevard, St. Louis, MO 63132  
Meets on: 1st Tues - 7 p.m. | Contact: Lara Burch, Judith Bender, Ellen Sabin at 314-991-2055; 913-908-5272

Male Caregiving Experience | 9370 Olive Boulevard, St. Louis, MO 63132  
Meets on: 3rd Tues - 10 a.m. | Contact: Mark Esker, Bill J., Mike C., Jim M. at 314-432-3422 (W)

Younger Spouses (Spouses of Younger Persons w/AD) | 9370 Olive Boulevard, St. Louis, MO 63132  
Meets on: 3rd Wed - 7 p.m. | Contact: Terri Hosto at 314-286-2418 (W)

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

Crystal Oaks Skilled Nursing Facility, Memory Loss Group | Call before attending, Crystal City, MO 63019  
Meets on: 1st Wed - 3 p.m. | Contact: Michelle Rolfi at 636-933-1818(W)

Homestead at Hickory, View Memory Loss Group | Call before attending, Washington, MO 63090  
Meets on: 3rd Tues - 6 p.m. | Contact: Sarah Wildt, Debra Volker at 636-667-0229

Project Esteem | 9370 Olive Boulevard, St. Louis, MO 63132  
Meets on: Call for Date & Time | Contact: Debra Bryer at 314-801-0420 (W)

Project Esteem Graduate Day Group | Call before attending, St. Louis, MO 63132  
Meets on: 4th Wed - 1:30 pm | Contact: Debra Bryer at 314-432-3422

Project Esteem Graduate Evening Group | Call before attending, St. Louis, MO 63132  
Meets on: 1st Tues - 7 pm | Contact: Debra Bryer at 314-432-3422

Adult Day Center at the J, Memory Loss Group | Call before attending, St. Louis, MO 63146  
Meets on: 3rd Wed - 6 p.m. | Contact: Maggie Menefee, Lisa Lawrence at 314-442-3245

St. Roberts Adult Day Center, Memory Loss group | Call before attending, St. Charles, MO 63303  
Meets on: 1st Mon - 6:45 p.m. | Contact: Tina Joyner, Sallie Arvison at 314-795-2779

## Butler County

### Poplar Bluff

First United Methodist Church | 500 North Main Street, Poplar Bluff, MO 63901  
Meets on: 2nd Thurs - 2 p.m. | Contact: David Huck at 573-785-1439 (W)

## Cape Girardeau County

### Cape Girardeau

Lutheran Family and Children's Services - Cape | 3178 Blattner Dr., Cape Girardeau, MO 63703  
Meets on: 3rd Mon - 6:30 p.m. | Contact: Carol Dippold at 573-334-5866 (W)

The Lutheran Home | 2825 Bloomfield Road, Cape Girardeau, MO 63703  
Meets on: 2nd Tues - 7 p.m. | Contact: Jennifer Hamby, Dolly Jewel at 573-335-0158 (W)

## Crawford County

### Sullivan

Missouri Baptist Hospital | 751 Sappington Bridge Road, Sullivan, MO 63080  
Meets on: 3rd Tues - 7 p.m. | Contact: Tracy Tiefenbrunn Clayton, Amanda Gilman at 573-860-1604

## Franklin County

### Pacific

Pacific Care Center | 105 S. Sixth Street, Pacific, MO 63069  
Meets on: 3rd Tues - 3 p.m. | Contact: Laine Hamstra, Sarah Wengler-Poole, Holly Walker at 314-323-6189  
(c)

### Washington

Homestead at Hickory View | 1481 Marbach, Washington, MO 63090  
Meets on: 3rd Tues - 6 p.m. | Contact: Sarah Wildt, Debra Volker at 636-667-0229

Homestead at Hickory, View Memory Loss Group | Call before attending, Washington, MO 63090  
Meets on: 3rd Tues - 6 p.m. | Contact: Sarah Wildt, Debra Volker at 636-667-0229

## Gasconade County

### Owensville

\*\* Owensville Area Ambulance District | 405 East Lincoln Ave., Owensville, MO 65066  
Meets on: 3rd Mon - 4 p.m. | Contact: Libby Brueseke, Patty King, Tina Kramme at 573-437-5639

## Jefferson County

### Arnold

\*\* New Hope United Methodist Church | 3921 Jeffco Boulevard, Arnold, MO 63010  
Meets on: 3rd Mon - 7 p.m. | Contact: Elizabeth Keune, Stephanie Paul at 636-475-6329; 636-933-1347

### Crystal City

Crystal Oaks Skilled Nursing Facility | 1500 Calvary Church Road, Crystal City, MO 63019  
Meets on: 1st Wed - 3 p.m. | Contact: Michelle Rolfi, Sharon Head, Debbie Holmes at 636-933-1818(W)

Crystal Oaks Skilled Nursing Facility, Memory Loss Group | Call before attending, Crystal City, MO 63019  
Meets on: 1st Wed - 3 p.m. | Contact: Michelle Rolfi at 636-933-1818(W)

### DeSoto

Baisch Nursing Center | 3260 Baisch Drive, DeSoto, MO 63020  
Meets on: 2nd Tues - 6:30 p.m. | Contact: Kathy Yuengel, Paula Broombaugh at 636-586-2291

## Lincoln County

### Troy

Troy Senior Center | 1380 Boone St., Troy, MO 63379  
Meets on: 3rd Sat - 10 a.m. | Contact: Angela Oliver at 636-295-1825 (C)

## New Madrid County

### New Madrid

Golden Living Center - New Madrid | 1050 Dawson Road, New Madrid, MO 63869  
Meets on: 3rd Monday - 6 p.m. | Contact: Donette Clark, Kim Ivie at 573-748-0490

## Phelps County

### Rolla

Phelps County Regional Medical Center - Pulaski Room | 1000 West 10th Street, Rolla, MO 65401  
Meets on: 1st Thurs - 1:30 p.m. | Contact: Cathy Paulsmeyer at 573-364-6414

### Saint James

## Phelps County

### Saint James

Golden Living Center - St. James | 415 Sidney Street, St. James, MO 65559  
Meets on: 3rd Mon - 5:30 p.m. | Contact: Teresa Holt, Lonnie Salts at 573-265-8921 (W)

## Saint Charles County

### O'Fallon

Delmar Gardens of O'Fallon | 7068 S Outer 364, O'Fallon, MO 63368  
Meets on: 2nd Thurs - 4 p.m. | Contact: Jennifer Krpan at 636-240-6100 (W)

Morning Star Church--Faith-based group | 1600 Feise Road, O'Fallon, MO 63368  
Meets on: 3rd Sun - 12:30 p.m. | Contact: Tracey Rhodes, Charlotte Shelburne at 636-240-0700 (H)

### Saint Charles

St. Roberts Adult Day Center | Call before attending, St. Charles, MO 63303  
Meets on: 1st Mon - 6:45 p.m. | Contact: Tina Joyner, Michael Thompson at 314-795-2779

St. Roberts Adult Day Center, Memory Loss group | Call before attending, St. Charles, MO 63303  
Meets on: 1st Mon - 6:45 p.m. | Contact: Tina Joyner, Sallie Arvison at 314-795-2779

### Saint Peters

**++** Nurses & Co Adult Day Services | 115 Piper Hill Dr, 2nd Fl, St. Peters, MO 63376  
Meets on: 2nd Thurs - 7 p.m. | Contact: Laura Kriss, Miriam Wetter at 636-926-3722 (W)

## Saint Francois County

### Farmington

Mineral Area Regional Medical Center - Community Room | 1212 Weber Rd., Farmington, MO 63640  
Meets on: 4th Thurs - 2 p.m. | Contact: Jacki Meyer, Nickie Rotter at 573-431-0223 (W)

## Saint Louis City & County

### Mid County

**++** Adult Day Center at the J, Monday group | 2 Millstone Campus Dr, Arts and Education Building, St. Louis, MO 63146  
Meets on: 1st Mon - 3 p.m. | Contact: Maggie Menefee at 314-442-3261

Adult Day Center at the J, Wednesday group | Call before attending, St. Louis, MO 63146  
Meets on: 3rd Wed - 6 p.m. | Contact: Maggie Menefee at 314-442-3245

### North City

McCormack House | 3915 Olive, St. Louis, MO 63108  
Meets on: 1st Wed - 1:30 p.m. | Contact: Marie Meisel, James Williams at 314-657-1668

### North County

First Christian Church of Florissant | 2890 Patterson Rd., Florissant, MO 63031  
Meets on: 2nd Tues - 7 p.m. | Contact: Mary Swip at 314-831-3750

Delmar Garden North | 4401 Parker Rd, Florissant, MO 63033  
Meets on: 3rd Sat - 9 a.m. | Contact: Kathy Gallyoun, Linda Jurging-Pereda at 314-355-1516 (W)

Mother of Good Counsel Home | 6825 Natural Bridge, St. Louis, MO 63121  
Meets on: Last Sat - 10:30 a.m. | Contact: Rhonda Hansen, Father Carl Dehne at 314-383-4765

Missouri Veterans Home North Co | 10600 Lewis & Clark, St. Louis, MO 63136  
Meets on: Last Tues - 1 p.m. | Contact: Buffy Huffman, Jan Palmer at 314-340-6389 (W)

### South City

Beauvais Manor on the Park | 3625 Magnolia Avenue, St. Louis, MO 63110  
Meets on: 3rd Thurs - 5:30 p.m. | Contact: Christina Troisi at 314-633-8107

## Saint Louis City & County

### South County

**++** Cardinal Ritter Senior Services | 7663 Watson Rd, St. Louis, MO 63119  
Meets on: 4th Tues - 1:30 p.m. | Contact: Cheryl Woodruff, Kathryn Wobus at 314-962-7501

First Baptist Church of Webster Groves | 3251 S. Brentwood Blvd., Webster Groves, MO 63119  
Meets on: 3rd Sat - 10 a.m. | Contact: Etheldra Jones-Hollis, Sharon Taylor, Dana Grant, Patricia Grant Kendell at 314-517-5996

Laclede Groves | 723 S Laclede Station Rd, St. Louis, MO 63119  
Meets on: 2nd Wed - 1 p.m. | Contact: Joyce Poole at 314-446-2316

Green Park Nursing Center | 9300 Green Park Rd., St. Louis, MO 63123  
Meets on: 1st Tues - 7 p.m. | Contact: Bob Sontag at 314-845-0900 (W)

Sherbrooke Vlg - Alexian Brothers | 4005 Ripa Avenue, St. Louis, MO 63125  
Meets on: Last Mon - 3 p.m. | Contact: Sandra Jones, Cynthia Strohm at 314-544-1111 (W)

Delmar Gardens South | 5300 Butler Hill Rd, St. Louis, MO 63128  
Meets on: 4th Tues - 7 p.m. | Contact: Darlene Coats, Kathleen Ryan, Louis Appelman at 314-842-0588 (W)

Nazareth Living Center | 2 Nazareth Lane, St. Louis, MO 63129  
Meets on: 3rd Tues - 1 p.m. | Contact: Janet Vise, Sr. Pat Quinn at 618-281-6307

### West County

Garden View Care Ctr/Chesterfield | 1025 Chesterfield Point Pkwy, Chesterfield, MO 63017  
Meets on: 2nd Wed - 7 p.m. | Contact: Kavitha Nallabelli, Jan Fitzgerald at 636-537-3333 (W)

**++** Sunrise Senior Living/Chesterfield | 1880 Clarkson Road, Chesterfield, MO 63017  
Meets on: 2nd Sat - 11:30 a.m. | Contact: Neosha Owens, Kristin Romano at 636-536-3800 (W)

Meramec Bluffs Senior Living (Monday group) | 40 Meramec Trails Drive, Ballwin, MO 63021  
Meets on: 1st Mon - 1 p.m. | Contact: Brenda Akers at 636-861-0600 (W)

Meramec Bluffs Senior Living (Thursday group) | 1 Meramec Bluffs Drive, Ballwin, MO 63021  
Meets on: 1st Thurs - 9:30 a.m. | Contact: Gayle Truesdell at 636-861-0600 x2427 (W)

Bon Vivant Adult Day Club | 1525 Bowles Avenue, Fenton, MO 63026  
Meets on: 2nd Thurs - 6:30 p.m. | Contact: Angela Fiedler, Lisa Calkins, Kerri Gallen at 636-343-1600 (W)

NHC of Maryland Heights | 2920 Fee Fee Rd, Maryland Hts, MO 63043  
Meets on: 3rd Thurs - 7 p.m. | Contact: Maria McAllister at 314-291-0121(W)

Garden View at Dougherty Ferry | 13612 Big Bend Road, Valley Park, MO 63088  
Meets on: 2nd Wed - 7 p.m. | Contact: Sandi Antalick, Leatha Mason at 636-861-0500 (W)

**++** Parc Provence | 605 Coeur de Ville, Creve Coeur, MO 63141  
Meets on: 3rd Thurs - 5:30 p.m. | Contact: Amanda Brandt, Laura Schmid, Angie Keeven at 314-542-2500 (W)

## Scott County

### Sikeston

Missouri Delta Medical Center | 1008 N Main, Sikeston, MO 63801  
Meets on: 1st Wed - 2 p.m. | Contact: Heather Cox at 573-472-7490 (W)

## Warren County

### Warrenton

**+++** C.L.A.M. (Caring for Loved Ones with Alzheimer's and Memory Loss) | College United Methodist - 701 East Main, Warrenton  
Meets on: 3rd Mon - 6 p.m. | Contact: Jerri Jordan, Mark Stephens, Mary Boschert at 636-359-1213 (C)

St. John's Lutheran Church | 950 South State Hwy 47, Warrenton, MO 63383  
Meets on: 1st Thurs - 1 p.m. | Contact: Marilyn Foster, Delores DeBlaze at 636-456-2888

# Wayne County

## Piedmont

AARP of Piedmont | Hwy 34 East, Piedmont, MO 63957

Meets on: 2nd Thurs - 1 p.m. | Contact: Mary Morgan, Minnie May, Betty Lou Wildman, Dorothy Wideman at  
573-856-4964