

## 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 -- **Missouri**

### Alzheimer's Association Specialized Groups

#### Specialized Groups

Male Caregiving Experience (Evening) | Family Partners--12880 Manchester Road, St. Louis, MO 63131  
Meets on: 2nd Tues - 6:00 PM | Contact: Mark Esker, Clifton Glore, Jim Miget at 314-432-3422 (W)

Adult Children of Persons w/AD | 9370 Olive Boulevard, St. Louis, MO 63132  
Meets on: 1st Tues - 7:00 PM | Contact: Ellen Sabin, Janet Durham at 314-993-5991(H)

Coping with Advanced Alzheimer's and Dementia | 9370 Olive Boulevard, St. Louis, MO 63132  
Meets on: 1st Tues - 7:00 PM | Contact: Carol Jo Entwistle, Kathy Langford at 314-432-3422 (W)

Male Caregiving Experience (Day) | 9370 Olive Boulevard, St. Louis, MO 63132  
Meets on: 3rd Tues - 10:00 AM | Contact: Mark Esker, Bill Juhl, Mike Caldwell at 314-432-3422 (W)

Project Esteem | 9370 Olive Boulevard, St. Louis, MO 63132  
Meets on: call office for day and time | Contact: Debra Bryer at 314-801-0420 (W)

Project Esteem Graduates--St. Roberts | call office for info, St. Louis, MO 63132  
Meets on: 1st Mon - 7:00 PM | Contact: Deb Bryer at 314-432-3422

Spouses of Younger Persons w/AD | 9370 Olive Boulevard, St. Louis, MO 63132  
Meets on: 3rd Wed - 7:00 PM | Contact: Terri Hosto at 314-286-2418 (W)

### Butler County

#### Poplar Bluff

Westwood Hills Healthcare | Hwy 67 S, P O Box 1328, Poplar Bluff, MO 63901  
Meets on: 1st Tues - 6:30 PM | Contact: Patty Shain, Joetta Martin at 573-785-0851 (W)

### Cape Girardeau County

#### Cape Girardeau

Missouri Veterans Home Cape Girardeau | 2400 Veterans Memorial Dr, Cape Girardeau, MO 63701  
Meets on: 3rd Mon - 1:00 PM | Contact: Donna Reynolds, Aleshia Bruckerhoff, Joel Pipkin at 573-290-5478 (W)

Lutheran Family and Children's Services - Cape | 3178 Blattner Dr., Cape Girardeau, MO 63703  
Meets on: 2nd Mon - 6:30 PM | Contact: Carol Dippold at 573-334-5866 (W)

The Lutheran Home | 2825 Bloomfield Road, Cape Girardeau, MO 63703  
Meets on: 2nd Tues - 7:00 PM | Contact: Jennifer Hamby, Joyce Ourth at 573-335-0158 (W)

### Crawford County

#### Sullivan

Missouri Baptist Hospital | 751 Sappington Bridge Road, Sullivan, MO 63080  
Meets on: 3rd Thurs - 7:00 PM | Contact: Tracy Clayton at 573-860-1604

### Franklin County

#### Pacific

Pacific Care Center | 105 S 6th, Pacific, MO 63069  
Meets on: 3rd Tues - 3:00 PM | Contact: Laine Hamstra, Sarah Wengler-Poole, Barbara Bailey at 314-323-6189 (c)

## Franklin County

### Washington

Homestead at Hickory View | 1481 Marbach, Washington, MO 63090  
Meets on: 3rd Thurs - 6:00 PM | Contact: Sarah Wildt at 636-667-0229

## Gasconade County

### Hermann

Frene Valley Health Center | 1800 Wein Street, Hermann, MO 65041  
Meets on: 1st Mon - 6:00 PM | Contact: Kirsten Parr at 573-486-3155

## Jefferson County

### Arnold

New Hope United Methodist Church | 3921 Jeffco Boulevard, Arnold, MO 63010  
Meets on: 3rd Mon - 7:00 PM | Contact: Elizabeth Keune, Stephanie Paul at 636-475-6329

### Crystal City

Crystal Oaks Skilled Nursing Facility | 1500 Calvary Church Road, Crystal City, MO 63019  
Meets on: 1st Wed - 3:00 PM | Contact: Michelle Rolfi at 636-933-1818 (W)

### DeSoto

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

## Lincoln County

### Troy

First Baptist Church of Troy | 1000 Elm Tree Road, Troy, MO 63379  
Meets on: 3rd Sat - 10:00 AM | Contact: Angela Oliver at 314-286-2433 (W)

## New Madrid County

### New Madrid

Golden Living Center - New Madrid | 1050 Dawson Road, New Madrid, MO 63869  
Meets on: 3rd Thurs - 6:00 PM | Contact: Donette Clark, Kim Ivie, Judy Garner at 573-748-5622 (W)

## Phelps County

### Rolla

Heritage Park | 1200 McCutchen Drive, Rolla, MO 65401  
Meets on: 2nd Tues - 7:00 PM | Contact: Cathy Paulsmeyer at 573-364-6414

Heritage Park | 1200 McCutchen Drive, Rolla, MO 65401  
Meets on: 1st Thurs - 1:30 PM | Contact: Cathy Paulsmeyer at 573-364-6414

### St. James

\*\* Golden Living Center - St. James | 415 Sidney Street, P.O. Box 69, St. James, MO 65559  
Meets on: 3rd Mon - 5:30 PM | Contact: Tracy Rosenow at 573-265-3271 ext 246

## Saint Charles County

### O'Fallon

Garden View Care Center O'Fallon | 700 Garden Path, O'Fallon, MO 63366  
Meets on: 4th Thurs - 7:00 PM | Contact: Charlotte Litle, April O'Hara at 636-240-2840 (W)

Delmar Gardens of O'Fallon | 7068 S Outer 364, O'Fallon, MO 63368  
Meets on: 2nd Thurs - 4:00 PM | Contact: Jennifer Krpan, Ralph Covinsky at 636-240-6100 (W)

## Saint Charles County

### O'Fallon

Morning Star Church--Faith-based group | 1600 Feise Road, O'Fallon, MO 63368  
Meets on: 3rd Sun - 12:45 PM | Contact: Tracey Rhodes, Charlotte Shelburne at 636-240-0700 (H)

### Saint Charles

NHC - St. Charles | 35 Sugar Maple, St. Charles, MO 63303  
Meets on: 3rd Wed - 10:00 AM | Contact: Shirley Scott, Ronda Figge at 636-946-8887 (W)

### Saint Peters

**++** Nurses & Co Adult Day Services | 115 Piper Hill Dr, 2nd Fl, St. Peters, MO 63376  
Meets on: 2nd Thurs - 7:00 PM | Contact: Laura Kriss, Miriam Wetter at 636-926-3722 (W)

## Saint Francois County

### Farmington

Parkland Health Center | 1101 West Liberty Street, Farmington, MO 63640  
Meets on: 2nd Mon - 3:00 PM | Contact: Christine Black, Jack Hand at 573-760-8342

St. Paul Lutheran Church | 609 East Columbia St, Farmington, MO 63640  
Meets on: Last Thurs - 2:00 PM | Contact: Sara Cruse at 573-431-0223 (W)

## Saint Louis City & County

### Central City

Grace United Methodist Church | 6199 Waterman Blvd., St. Louis, MO 63112  
Meets on: 4th Tues - 7:00 PM | Contact: Michelle Hyde, Nancy Jones at 312-339-5896 (C)

St. Paul AME Church - First Overflow Room | 1260 Hamilton, St. Louis, MO 63112  
Meets on: 4th Sun - 11:30 AM | Contact: Karen Parker Davis at 314-529-9622 (W)

### Mid County

**++** JCC Adult Day Services | 6 Millstone Campus Dr, St. Louis, MO 63146  
Meets on: 1st Mon - 3:00 PM | Contact: Kristin Draeger, Deb Ellis at 314-442-3261

### North City

**+++** McCormack House | 3915 Olive, St. Louis, MO 63108  
Meets on: 1st Wed - 1:30 PM | Contact: Marie Meisel, James Williams, Marilyn Depke at 314-612-5912 (W)

### North County

First Christian Church of Florissant | 2890 Patterson Rd., Florissant, MO 63031  
Meets on: 2nd Tues - 7:00 PM | Contact: Mary Swip, Claudia Martin at 314-831-3750

Delmar Gardens North | 4401 Parker Rd, Florissant, MO 63033  
Meets on: 3rd Sat - 9:00 AM | Contact: Kathy Gallyoun at 314-355-1516 (W)

Bridgeton Community Center | 4201 Fee Fee Rd, Bridgeton, MO 63044  
Meets on: 1st Thurs - 6:00 PM | Contact: Tammy Boling, Kris Kanis at 314-291-0855(H)

Mother of Good Counsel Home | 6825 Natural Bridge, St. Louis, MO 63121  
Meets on: Last Sat - 10:30 AM | Contact: Father Carl Dehne at 314-633-4420

Murchison Tabernacle | 7629 Natural Bridge, Normandy, MO 63121  
Meets on: 3rd Sat - Noon | Contact: Valerie Harper, Sonya Douglas at 314-723-3812

Missouri Veterans Home North Co | 10600 Lewis & Clark, St. Louis, MO 63136  
Meets on: Last Tues - 1:00 PM | Contact: Buffy Huffman at 314-340-6389 x226 (W)

### South City

Beauvais Manor on the Park | 3625 Magnolia Avenue, St. Louis, MO 63110  
Meets on: 3rd Thurs - 5:30 PM | Contact: Christina Troisi, Lavonja Atkinson at 314-771-2990

The Charless Home | 4431 South Broadway, St. Louis, MO 63111  
Meets on: 1st Thurs - 7:00 PM | Contact: Dottie Engelhardt, Rebecca Fierberg at 314-353-6586 (H)

Alexian Brothers Lansdowne Village | 4624 Lansdowne Ave., St. Louis, MO 63116  
Meets on: Call for Date and Time | Contact: Starr Sargent at 314-351-6888 (W)

### South County

## Saint Louis City & County

### South County

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

Laclede Groves | 723 S Laclede Station Rd, St. Louis, MO 63119  
Meets on: 2nd Wed - 1:00 PM | Contact: Joyce Poole at 314-968-5570 (W)

Bethesda Dilworth Adult Day Club | 9645 Big Bend Blvd, St. Louis, MO 63122  
Meets on: Last Tues - 10:30 AM | Contact: Terri Glaze, Jan Palmer at 314-800-1911

Green Park Nursing Center | 9350 Green Park Rd., St. Louis, MO 63123  
Meets on: 1st Tues - 7:00 PM | Contact: Bob Sontag at 314-845-0900 (W)

Alexian Brothers Sherbrooke Vlg | 4005 Ripa Avenue, St. Louis, MO 63125  
Meets on: 4th Mon - 3:00 PM | Contact: Sandra Jones at 314-544-1111 (W)

Delmar Gardens South | 5300 Butler Hill Rd, St. Louis, MO 63128  
Meets on: 4th Tues - 7:00 PM | Contact: Darlene Coats at 314-842-0588 (W)

Nazareth Living Center | 2 Nazareth Lane, St. Louis, MO 63129  
Meets on: 3rd Tues - 1:00 PM | Contact: Janet Vise, Sr. Pat Quinn at 314-649-4686 (W)

### West County

Garden View Care Ctr/Chesterfield | 1025 Chesterfield Point Pkwy, Chesterfield, MO 63017  
Meets on: 2nd Wed - 7:00 PM | Contact: Rhonda Uhlenbrock, Kavitha Nallabelli at 636-537-3333 (W)

NHC - Town & Country | 13995 Clayton Road, Town & Country, MO 63017  
Meets on: 2nd Tues - 7:00 PM | Contact: Dawn Wright at 636-227-5070 (W)

Sunrise Senior Living/Chesterfield | 1880 Clarkson Road, Chesterfield, MO 63017  
Meets on: 2nd Sat - noon | Contact: Kristin Romano, Neosha Owens at 636-536-3800 (W)

**\*\*** Meramec Bluffs Senior Living Community | 1 Meramec Bluffs Drive, Ballwin, MO 63021  
Meets on: 1st Thurs - 9:30 AM | Contact: Gayle Truesdell, Brenda Akers, Christine Parker, Marie Van Doren at 636-861-0600 (W)

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

NHC of Maryland Heights | 2920 Fee Fee Rd, Maryland Hts, MO 63043  
Meets on: 3rd Thurs - 7:00 PM | 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 - 7:00 PM | Contact: Sandi Antalick, Leatha Mason at 636-861-0500 (W)

Parc Provence | 605 Coeur de Ville, Creve Coeur, MO 63141  
Meets on: 3rd Tues - 4:30 PM | Contact: Angie Keeven, Kelley Pollard at 314-542-2500 (W)

## Sainte Genevieve County

### Ste. Geneveieve

St. Elizabeth Adult Day Care- St. Genevieve | 765 Market St., Ste. Genevieve, MO 63670  
Meets on: 2nd Thurs - 6:00 PM | Contact: Lisa Fleeman, Mary Ann Ajo at 573-880-8418

## Scott County

### Sikeston

Home Advantage | 808 Hunter Ave., Ste. 3, Sikeston, MO 63801  
Meets on: Call for Date & Time | Contact: Sarah Morgan, Lisa Howell at 573-472-4165

Missouri Delta Medical Center | 1008 N Main, Sikeston, MO 63801  
Meets on: 1st Wed - 2:00 PM | Contact: Tina Hartlein, Heather Cox at 573-471-1600 (W)

## Stoddard County

### Dexter

Crowley Ridge Care Center | P O Box 668, N Outer Rd, Dexter, MO 63841  
Meets on: 3rd Thurs - 3:00 PM | Contact: Joan Mayberry at 573-624-5557 (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 - 6:00 PM | Contact: Jerri Jordan, Mark Stephens at 636-359-1213 (C)

St. John's Lutheran Church | 950 South State Hwy 47, Warrenton, MO 63383  
Meets on: 1st Thurs- 1:00 PM | Contact: Marilyn Foster, Molly Hendershot at 636-456-2888

## Washington County

### Potosi

Potosi Manor | 307 South Highway 21, Potosi, MO 63664  
Meets on: 3rd Tues - 2:00 PM | Contact: Kristy Whitney Arp at 573-701-9249 (W)

## Wayne County

### Piedmont

AARP of Piedmont | Hwy 34 East, Piedmont, MO 63957  
Meets on: 2nd Thurs - 1:00 PM | Contact: Minnie May, Mary Ann Simon, Rene Westmoreland, Deana Burke,  
Dorothy Wideman at 573-856-4405 (H)