

Alzheimer's Support Group

enhancing the lives of people affected by alzheimer's



What is an Alzheimer's Association support group?

A safe place to learn, offer and receive helpful tips, and meet others coping with Alzheimer's disease or another dementia. Meetings typically take place monthly, are always free, and are open to the public.

In some areas, specially designed support groups are available for people with early-stage memory loss, male caregivers, adult children caregivers, younger partners and frontotemporal degeneration. Some groups provide transportation service or care for people with dementia during the meetings.

Why do you need a support group?

Participation in a support group can be an empowering experience, helping members feel better prepared to cope with their unique situation, more able to confront their daily problems, and more hopeful about their future.

For information and assistance finding a group near you, please call the Alzheimer's Association 24/7 Helpline, at **800.272.3900** or visit **alz.org/greatermissouri**.

If you are a student wanting to observe the group, please call the Alzheimer's Association at 800.272.3900 for approval. Support groups are closed to care providers promoting their services.

REV 12-1-19

This list is updated regularly; however, it is **highly recommended** that you call the facilitator to confirm meeting time, date, and location.

ALZConnected (alzconnected.org) is a free online message board for caregivers and those who have Alzheimer's or another related dementia. If you cannot attend an in-person group, ALZConnected may be a support solution for you.

Caregiver Support Groups			alzheimer's  association®		
			800-272-3900		
County	Facilitator	Address	City/State	Phone	Meeting Time
Barry					
211 Central Crossing Caregiver Support Group	Kathy Shephard	Shell Knob Central Crossing Senior Center 20801 YY-15 Rd	Shell Knob, MO	417-236-6541	3rd Wednesday of each month from 10:00 to 11:30 a.m.
Benton					
188 Alzheimer's Caregiver Support Group	Dee Locke	Cole Camp Senior Center 206 W. Junge St.	Cole Camp, MO	660-438-3300 Ext. 3	1st Wednesday of each month from 1:00 to 2:30pm.
Boone					
231 Breakfast Club for Caregivers and Loved Ones with Dementia	Amelia Cottle	3710 S. Lenoir St.	Columbia, MO	573-808-4972	Last Wednesday of each month at 9:30am in the Grill.
232 Men Emerging as Caregivers	Amelia Cottle	3710 S. Lenoir St.	Columbia, MO	573-808-4972	3 rd Thursday of each month at 1:00pm in the Little Chapel in the Community Room
233 Days of Our Lives (Women's Caregiver Support Group)	Amelia Cottle	3710 S. Lenoir St.	Columbia, MO	573-808-4972	4 th Tuesday of each month at 1:30pm in the Arts & Crafts room in the Community Room
220 Alzheimer's Support Group	Amelia Cottle	Cedarhurst Living of Columbia 2333 Chapel Hill Rd	Columbia, MO	573-808-4972	2 nd Wednesday of each month from 6:30 to 8:00pm in the private dining room

Early Stage Graduate Groups are for graduates of Living with Memory Loss or Project Esteem Programs. Separate meetings for care partners and people with memory loss occur at the same time. If you plan to attend a support group, it is highly recommended that you call the facilitator to confirm date, time, and location.

++Denotes care available for individuals with dementia.

*Early Stage Graduate Groups – for graduates of Living with Memory Loss or Project Esteem programs. Separate meetings for care partners and people with memory loss occur at the same time.					
205 *Early Stage Memory Loss Group	April Bernhardt Janie Shelburn	MU Adult Day Connection 137 Clark Hall (corner of Rollins & Providence)	Columbia, MO	573-268-5107	3 rd Tuesday of each month from 6:00 to 7:30pm
Callaway					
206 Fulton Support Group	Lois Long Rhonda Cundiff	718 Court St.	Fulton, MO	573-642-3691 573-826-1050	3 rd Tuesday of each month from 11:00am to noon at the First Presbyterian Church
Camden					
227 Men Emerging as Caregivers	David Tomlinson	5384 Osage Beach Parkway	Osage Beach, MO	573-280-4129	2 nd Wednesday of each month 11:00am to 1:00pm at Wicked Willies
215 Lake Regional Health System	Sharon Konwinski	54 Hospital Dr.	Osage Beach, MO	573-346-5654	3 rd Thursday of each month from 1:00 to 3:30pm in Conference Room D
Cape Girardeau					
133 Alzheimer's Caregiver Support Group at the Library	Carol Dippold	711 Clark St	Cape Girardeau, MO	573-271-0734	2 nd Tuesday of each month from 6:00 to 7:30pm
134 The Lutheran Home	Stephanie Simmons Dolly Jewel	2825 Bloomfield Rd.	Cape Girardeau, MO	573-335-0158 573-225-2738	2 nd Tuesday of each month from 1:30 to 2:30pm
168 Greater SEMO Dementia Support Group	Carol Dippold	Iron Mountain Railroad Depot 252 E. Jackson Blvd	Jackson, MO	573-271-0734	1 st Wednesday of each month from 1:00 to 2:30pm Will meet January 8th in 2020.
Christian					
166 Cassidy United Methodist Church	Heidi Foster	5151 N. Fremont Rd.	Fremont Hills, MO	417-832-0577	3 rd Tuesday of each month from 1:30 to 3:00pm

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Cole					
202 Alzheimer's Caregivers Support Group	Betty Berendzen	Capital Region Medical Center 1432 Southwest Blvd.	Jefferson City, MO	573-632-5593	2 nd Thursday of each month from 12:00pm (noon) to 1:30pm in the Oakview Conference Room
Franklin					
161 Washington Public Library	Terri Bapst	410 Lafayette St.	Washington, MO	636-527-9330	4 th Tuesday of each month from 2:00 to 3:30pm
203 Union United Methodist Church Alzheimer's Caregiver Support Group	Georgia Miller Jeanette Long	848 W. Main St.	Union, MO	636-744-3106	1 st Tuesday of each month from 6 to 7:30pm
Greene					
224 Cox Alzheimer's Support Group	Judee Steward	Meyer Ortho & Rehab Center, Ozark Room 3535 S National Ave	Springfield, MO	417-269-3616	2 nd Tuesday of each month from 3:00 to 4:00pm. Respite care provided. Please call in advance.
216 King's Way United Methodist Church	Jennifer McBride	2401 S Lone Pine Ave.	Springfield, MO	417-718-6822 If no answer, leave a message.	2 nd Monday of each month from 6:00 to 7:30pm.
200 Alzheimer's Caregiver Support Group	Heidi Foster	1146 E Lakewood St	Springfield, MO	417-832-0577	1 st Tuesday of each month at Maple Wood Alzheimer's Special Care Center from 1:30 to 3:00pm
204 Willard First Baptist Church	Carol Bourbina Barbara Cosby	202 W. Jackson	Willard, MO	417-742-3071 417-742-2532	1 st Tuesday of each month from 6:00 to 7:30pm. Respite care provided. Enter from back.
180 Republic Dementia Caregiver Support Group	Kathy Shepard	Republic Community Center 711 E. Miller Rd.	Republic, MO	417-235-3500	2 nd Wednesday of each month from 10:00 to 11:30am in Room C.
187 North Point Alzheimer's Caregiver Workshop Series	Pam Tate	North Point Church 3401 W. Norton Rd.	Springfield, MO	417-459-7310	2 nd and 4 th Tuesdays of each month during September & October. Dates will change for November. & December, contact facilitator.
194 Dementia Caregiver Support Group	Mark Applegate Stacey Boyce	Senior Age Area Agency on Aging	1735 S. Fort Ave.	417-955-2513	3rd Tuesday of each month from 6:00 to 7:30 p.m.

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Howell					
222 West Plains Alzheimer's Group	Vena Shaffer Cynthia Haigler	750 W. Broadway	West Plains, MO	417-496-1948 417-593-4418	2 nd Tuesday of each month at West Plains Public Library from 11:00 am to 12:00 pm
Jasper					
185 Joplin Alzheimer's Caregiver Support Group	Ruth Guzman	Area Agency on Aging X 531 E. 15th St	Joplin, MO	417-434-3861	3 rd Thursday of each month from 6:00 to 7:30pm
Jefferson					
110 Crystal Oaks Skilled Nursing	Michelle Rolfi	1500 Calvary Church Rd.	Festus, MO	636-933-2927	1 st Wednesday of each month from 3:00 to 4:30pm
124 First Baptist Church of Festus/Crystal City	Debi Govero	107 N. Truman Blvd.	Crystal City, MO	573-760-2386	1 st Friday of each month from 10:00 to 11:30am
173 ++Arnold Dementia Support Group	Kris Stark	2012 Missouri State Rd	Arnold, MO	573-701-4107	3rd Tuesday of every month from 1:30 to 3:00pm in rooms 2 and 3 of the Family Life Center Please call 314-705-7092 if you will be accessing the respite opportunity.
Laclede					
213 Lebanon-Laclede Library	Pam Kasiske	915 S. Jefferson	Lebanon, MO	417-532-3999	2 nd Tuesday of each month from 12:30 to 2:00pm
Lawrence					
223 Oak Pointe of Monett	Kathy Shepard	1011 Old Aripport Rd.	Monett, MO	417-235-3500	1 st Wednesday of each month from 11:00 am to 12:30pm
Lincoln					
171 Lincoln County Alzheimer's Caregiver Support Group	Paul Huff	101 St. Stephen Ln.	Troy, MO	636-338-4881	2 nd Tuesday of each month from 1:30 to 3:00 pm

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<i>Macon</i>					
236 Loch Haven Nursing Home	Stacy Wood	701 Sunset Hills Fr.	Macon, MO	660-385-3113	2 nd Monday of each month from 5:30 to 7:00pm; light dinner served
<i>Marion</i>					
228 Beth Haven Nursing Home	Darci Clatt	2500 Pleasant St.	Hannibal, MO	573-221-6000	3 rd Wednesday of each month from 4:00 to 5:30pm
237 Monroe City Manor Care Center	Nancy Voepel	1010 US-36 BUS & US Hwy 36	Monroe City, MO	573-735-2010	1 st Tuesday of each month from 1:30 to 3:00pm
<i>Morgan</i>					
244 Morgan County Alzheimer's Support Group – Versailles	Stephanie Pryor Dina Dunklee	104 W. Lafayette St.	Versailles, MO	573-378-5438	1 st Monday of each month from 4:30 to 5:30pm
<i>Phelps</i>					
145 Presbyterian Manor	Joelle Freeland	1200 Homelife Plaza	Rolla, MO	573-364-7336	3 rd Thursday of each month from 6:00 to 7:30pm in the Community Room
<i>Pettis</i>					
132 Sedalia Alzheimer's Support Group	Kathy Medlock	200 S. Limit	Sedalia, MO	660-851-0668	1 st Thursday of each month from 6:00 to 7:30 p.m.
<i>Perry</i>					
169 Perry County Memorial Hospital	Michelle Perez	439 N. West St.	Perryville, MO	573-579-2536	4 th Thursday of each month from 10:00 to 11:00 a.m.
<i>Polk</i>					
201 Missouri Memory Center	Julia Schreiber Billie Baldwin	1245 N. Butterfield	Bolivar, MO	417-860-2842 417-298-0354	2nd Monday of each month from 5:00 to 6:00 pm
<i>Saline</i>					
246 Alzheimer's Caregiver Support Group	Sarah Griggs Sheryl Randall	Fitzgibbon Hospital 2305 S. 65 Highway 65340	Marshall, Mo.	660-886-9676	3 rd Tuesday of each month in the Classroom Suite (upstairs) from 5:30to 7:00pm

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Scotland					
221 Scotland County Care Center	Laura Schenk	434 E. Sigler	Memphis, MO	660-465-7221	3 rd Thursday of each month from 6:30 to 8:00pm
St. Charles					
181 **O'Fallon Caregiver Dementia Support Group	Steve and Angie Garner	822 W Terra Lane	O'Fallon, MO	636-219-9645	2nd Tuesday of each month from 6:00 to 7:30 pm at Attentive Adult Day Center Respite care provided. Please call in advance.
142 ++Nurses & Company	Ann Groomes, R.N. Julie Foelsch	115 Piper Hill Dr.	St. Peters, MO	636-357-2840 636-926-3722	2nd Thursday of each month from 7:00 to 8:30pm, 2nd Floor
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121 *Early Stage Graduates	Wanda Hults	St. Charles Community Commons 427 Spencer Rd.	St. Peters	636-346-7491	1 st Tuesday of each month from 10:30am till noon
St. Francois					
123 Farmington Area Senior Center	Susan Burris	607 Wallace Rd.	Farmington, MO	573-756-9800	4 th Thursday of each month from 2:00 to 3:30pm
St. Louis					
136 Male Caregiver Experience - West	Chuck Jahneke Jim Miget	Reliv 136 Chesterfield Industrial Blvd.	Chesterfield, MO	314-495-3149 314-607-0531	1 st Tuesday of each month from 10:00am to 11:30am
135 Male Caregiver Experience - Central	Mark Fitzgerald Craig Rydgig	Alzheimer's Assoc. 9370 Olive Blvd.	St. Louis, MO	314-398-1522 618-225-0665	3 rd Tuesday of each month from 10:00am to 11:30am
101 For Adult Children Caregivers	Lisa Bornstein	Parkway United Church of Christ 2841 N. Ballas Rd.	St. Louis, MO	314-608-7088	1 st Tuesday of each month at 7pm
102 For Adult Children Caregivers	Connie Fry	Alzheimer's Assoc. 9370 Olive Blvd.	St. Louis, MO	314-504-5014	2 nd Wednesday of each month at 7pm
162 For Younger Partner Caregivers	Terri Hosto Andrea Denny	Alzheimer's Assoc. 9370 Olive Blvd.	St. Louis, MO	314-623-4117 817-366-2653	3 rd Wednesday of each month at 7pm
103 ++ Caregiver Connections	Ashley Stockman Kristen Conard	2 Millstone Campus Dr.	St. Louis, MO	314-442-3245	1 st Monday of each month from 3:00 to 4:30pm, Lower Level

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160 ++ Caregiver Connections 2	Ashley Stockman Kristen Conard	2 Millstone Campus Dr.	St. Louis, MO	314-442-3245	3 rd Friday of each month from 10:00 to 11:30am, Ground Level
106 Beloved Community United Methodist Church	Marie Meisel James Williams	3115 Park Ave.	St. Louis, MO	618-977-7066 314-368-3127	1 st Wednesday of each month from 1:30 to 3:00pm
155 St. Thomas Holy Spirit Lutheran Church	Chuck Jahneke	3980 S. Lindbergh Blvd.	St. Louis, MO	314-495-3419	2 nd Tuesday of each month from 7:00 to 8:30pm
111 Delmar Gardens North		4401 Parker Rd.	Florissant, MO	314-355-1516	3 rd Saturday of each month from 9:00 to 10:30am No meeting in December.
138 Mother of Good Counsel Home		6825 Natural Bridge	St. Louis, MO	314-446-2425	Last Saturday of each month from 10:30am till noon. No meeting in November or December
107 ++ Cardinal Ritter Senior Services	Cheryl Woodruff	7663 Watson Rd.	St. Louis, MO	314-918-2295	4 th Tuesday of each month (except December) from 1:30 to 3:00pm
131 Laclede Groves	Abby Frye	723 S. Laclede Station Rd.	St. Louis, MO	314-446-2536	2 nd Tuesday of each month from 5:30 to 7:00pm Contact facilitator for directions to meeting room.
125 First Presbyterian Church	Alice Bowen David Evans	100 E. Adams	Kirkwood, MO	314-822-1177	3 rd Saturday of each month from 10:00 to 11:30am
112 Delmar Gardens South	Darlene Coats	5300 Butler Hill Rd.	St. Louis, MO	314-842-0588	4 th Tuesday of each month from 7:00 to 8:30pm
139 Nazareth Living Center	Sheila Chibnall-Treptow Angela Kalinowski	2 Nazareth Lane	St. Louis, MO	314-649-4686	3 rd Tuesday of each month from 1:00 to 2:30pm
128 Garden View Care Center – Dougherty Ferry	Ethel Canady	13612 Big Bend Rd.	St. Louis, MO	636-529-8109	2 nd Wednesday of each month from 6:00 to 7:00pm
164 Meramec Bluffs Senior Living	Carla Schmidt	1 Meramec Bluffs Dr.	Ballwin, MO	636-923-2364	1 st Thursday of each month from 10:00 to 11:30am

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141 NHC of Maryland Heights	Maria McAllister David Hildebrand	2920 Fee Fee Rd.	Maryland Heights, MO	314-291-1020	3 rd Thursday of each month from 7:00 to 8:30pm
154 St. Paul's Lutheran Church	Lauren Erdelen	12345 Manchester Rd.	Des Peres, MO	636-219-1116	4 th Tuesday of each month (except December) from 2:00 to 3:30pm
179 Charter Senior Living Alzheimer's Caregiver Support Group	Ann James	6543 Chippewa	St. Louis, MO	314-401-8946 314-647-6600	3 rd Thursday of each month from 5:30 to 7:00 p.m. in the Conference Room.
113 Alzheimer's Caregiver Support Group	Ginny Eades Lori Condict	Alzheimer's Assoc. 9370 Olive Blvd.	St. Louis, MO	314-348-2351 314-489-4772	4 th Wednesday of each month at 1:30pm
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117 *Early Stage Graduates – Daytime Group	Marta Goldberg	Alzheimer's Assoc. 9370 Olive Blvd.	St. Louis, MO	314-324-1688	4 th Wednesday of each month at 1:30 p.m.
115 *Early Stage Graduates	Ginny Eades	Parkway United Church of Christ 2841 N. Ballas Rd.	St. Louis, MO	314-348-2351	1 st Tuesday of each month at 7pm
119 *Early Stage Graduates	Debbie Eldridge	Salem United Methodist Church 1200 S. Lindbergh Blvd.	St. Louis, MO	314-918-7410	1 st Wednesday of each month at 7pm
Taney					
219 Faith Lutheran – The Keepers	Judy Rose	221 Malone St.	Branson, MO	417-348-1740	3 rd Tuesday of each month from 6:30 to 8:00pm
Warren					
151 St. John's Lutheran Church	Molly Hendershot Cheri Hofeldt	950 S. State Highway 47	Warrenton, MO	636-488-5751 636-456-3070	1 st Thursday of each month from 1:00 to 2:30pm
Webster					
165 Marshfield Senior Center	Chris Parker	417 W Washington St	Marshfield, MO	417-859-3555	3 rd Tuesday of each month from 4:00 to 5:30pm

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Illinois					
<i>Madison</i>					
104 Alton Memorial Hospital – Senior Renewal	Julie Clayton	1 Memorial Dr.	Alton, IL	618-920-5212	2 nd Friday of each month from 2:00 to 4:00pm
149 St. John's Community Care	Gail Shaw Diane Nelson	222 Goethe Ave	Collinsville, IL	618-344-5008	2 nd Tuesday of each month from 1:30 to 3:00pm
186 Edwardsville Alzheimer's Caregiver Support Group	Amy Hunter Sara Hoelscher Mary Jo Smith	Edwardsville Library 112 S. Kansas St.	Edwardsville, IL	618-979-3602	2 nd Monday of each month from 4:00 to 5:00pm in the downstairs meeting room
<i>Monroe</i>					
143 Oak Hill –“In the Moment”	Julia Olszewski	623 Hamacher St.	Waterloo, IL	618-939-3488 ext. 1248	Last Thursday of each month from 7:00 to 8:30pm (Nov – 3 rd Thursday; December – No meeting)
<i>Marion</i>					
146 Grace United Methodist Church	Tiffany Bullard Rick McCullum	116 E. Schwartz St..	Salem, IL	618-322-0095 618-548-2164	2 nd Thursday of each month from 6:30 to 8:00pm in the Fireplace Room
<i>St. Clair</i>					
158 SWIC/PSOP Alzheimer's Caregiver Support Group	Jodi Gardner Rebecca Rieso	201 N. Church St.	Belleville, IL	618-234-4410 ext. 7031	2 nd Tuesday of each month from 2:30 to 4:00 p.m.

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