

Southeastern Wisconsin Chapter
620 S. 76th St., Suite 160
Milwaukee, Wisconsin 53214

24/7 Helpline: 800.272.3900
Website: www.alz.org/sewi

Alzheimer's Association Support Group Meetings

The Southeastern Wisconsin Chapter sponsors numerous support groups in our eleven-county region. They are open to all adults, FREE OF CHARGE. We urge you to attend regularly. You may benefit from attending more than 1 group per month. Although not required, we encourage new attendees to call the support group facilitator before attending to learn more about the group and to ensure the availability of the group.

Note: this listing is not to be used for any forms of solicitation.

What Happens In A Support Group?

(Something to Share with Newcomers and Friends)

Do I need it? Isn't it just one more thing to do?

In thinking about a Support Group, you may ask yourself those questions. Having never been to a group like that, you wonder what happens, what good will it do, will it just be a sharing of sadness? Can I talk to a stranger about my spouse, my life? These are fair questions to be asking.

Coping with the day-to-day problems and physical care of a person with Alzheimer's is both emotionally and physically draining. It is different from many other illnesses, and because the disease causes personality and behavioral changes in your loved one, you may find yourself feeling embarrassed, impatient, exhausted and even angry. We are left feeling that no one can understand what happens in our daily lives or the frustrations that we feel.

But something magical happens when people who share similar situations get together in a support group. Since everyone in the group has “been there” or “is there” now, there is a sense of trust. You can believe and learn from others. Maybe there is a creative way of handling a behavior that you had not thought of or a way to find humor in a most difficult day.

With other caregivers, it's easier to share your feelings. They share theirs and you find yours are not so different. In time, you hear yourself talking about what you “shouldn't” or “couldn't” with friends or even family. You may have a lot of mixed feelings, and it is hard to know what to do with them—sharing with our loved one is no longer possible. At support group meetings, heads nod with a lot of understanding as you speak. You can feel that magic sense of relief, the release of pent up tension that comes with knowing your problems or emotions are not so different and that you are not alone.

You can get just what you want. You can share as little or as much as you want to. If you only want solid information and how-tos, that is fine. You'll be part of a group where people can talk together, cry together and laugh together. You may find new friends, form special relationships or just find it helps you cope with day-to-day life.

► Dodge County **Caregiver** Support Groups

Waupun DGE003	1st Monday (NO Jan. meeting; Sept. meeting 9/9)	6:00 – 7:30 pm	Christian Home 452 Fox Lake Rd. Waupun 53963	Fawn Senn 920-324-9051
Juneau DGE002	2nd Tuesday	2:00 – 3:00 pm	UW-Extension Office Administration Building 127 E. Oak St., Room F Juneau 53039	Jennifer Fellin 920-887-7191
Watertown DGE006	4th Wednesday	4:00 – 5:30 pm	Watertown Public Library 100 S. Water St. Watertown 53094	Nancy Percifield 920-988-5359

► Dodge County **Early Stage** Support Group Persons with Early-Stage Dementia and Care Partners

Beaver Dam Early-stage individual and care partner Pre-registration required DGE004 + DGE004D	1st Wednesday	12:30 – 1:30 pm	Trosten Haus 1223 Madison St. Beaver Dam 53916	Kathy Bates 920-356-9015 Jean Hayden 920-356-8755
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► Fond du Lac County **Caregiver** Support Groups

Fond du Lac Respite care available; one day advance notice requested FDL001	2nd Tuesday	1:30 – 2:30 pm	Agnesian HealthCare 420 E. Merrill Ave. Fond du Lac 54935	Julie Schwartz 920-926-5099
Fond du Lac FDL005	2nd Tuesday	5:00 – 6:00 pm	Ripon Medical Center Green Lake Room, First Floor 845 Parkside St. Fond du Lac 54935	Jenifer Bunker 920-745-3757
Fond du Lac FDL002	4th Thursday (NO Dec. meeting)	6:30 – 7:30 pm	Fond du Lac Senior Center 151 E. 1st St. Fond du Lac 54935	Mary Ann LaPine 920-517-0830

► Jefferson County **Caregiver** Support Groups

Fort Atkinson JEF001	3rd Monday (NO Aug. meeting; NO Dec. meeting--social outing TBA)	6:30 – 8:00 pm	Fort Atkinson Area Alzheimer's Caregiver Support Group 511 Madison Ave. Fort Atkinson 53538	Jane Arbet-Meyers 920-650-3561
Watertown DGE006	4th Wednesday	4:00 – 5:30 pm	Watertown Public Library 100 S. Water St. Watertown 53094	Nancy Percifield 920-988-5359

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► Kenosha County **Caregiver** Support Group

Kenosha Respite care available; 1 week advance notice for respite KEN002	2 nd Tuesday	7:00 – 8:00 pm	Kenosha Area Family and Aging Service 7730 Sheridan Rd. Kenosha 53143	Sylvia Martens 262-657-8089 Julie Cannon 262-658-3508, x118
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► Milwaukee County **Caregiver** Support Groups

West Allis All Women's Group MKE023	2 nd Monday	6:00 – 7:30 pm	First United Methodist Church of West Allis 7530 W. Lapham St. West Allis 53214 (Use elevator entrance.)	Carolyn Holzman 414-873-3088 Valerie Holzman 414-543-9843
Greendale MKE001	3 rd Monday	7:00 – 9:00 pm	St. Alphonsus Alzheimer's Caregiver Support Group St. Alphonsus Parish Ministry Center 5960 W. Loomis Rd. Greendale 53129 (1st small parking lot north of church and south of Grange Ave.; group meets in Room 105 of Parish Ministry Center)	Wendy Benkowski 414-899-7342 Linda Susedik 414-570-1042
Milwaukee MKE004	3 rd Monday	10:00 – 11:30 am	Saint John's on the Lake 1840 N. Prospect Ave. Milwaukee 53202	Paul MacSwain 414-831-6976 Susan Kopesky 414-831-6915
Wauwatosa MKE012	2 nd Tuesday	10:00 am – 12:00 noon	The Lutheran Home 7500 W. North Ave. Wauwatosa 53213 (Board Room)	Lynda Markut 414-479-8800
Wauwatosa MKE014	1 st Wednesday	6:30 – 8:30 pm	Froedtert Hospital 9200 W. Wisconsin Ave. Wauwatosa 53226 (2NT Conference Room)	Sue Moser 414-805-9269 Ruth Fuentes 414-805-5229
Milwaukee MKE008	1 st Wednesday	1:30 – 2:45 pm	St. Ann Center for Intergenerational Care – <u>Stein Campus</u> 2801 E. Morgan Ave. Milwaukee 53207 (Chapel/Meditation Room)	Pastor David Kenny 414-977-5075
Milwaukee MKE024	1 st Friday	1:00 – 2:30 pm	St. Ann Center for Intergenerational Care – <u>Bucyrus Campus</u> 2450 W. North Ave. Milwaukee 53205 (Conference Room)	Pastor Tony Phillips 414-210-2490
Greenfield MKE002	3 rd Wednesday	2:00 – 3:00 pm	Clement Manor 9405 W. Howard Ave. Greenfield 53228 (Center for Enrichment)	Alice Hatzenbeller 414-546-7980

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► Milwaukee County **Caregiver** Support Groups (cont.)

Milwaukee FrontoTemporal Degeneration MKE021	3 rd Wednesday (Nov. meeting 11/27)	6:00 – 7:30 pm	Alzheimer's Association 620 S. 76 th St., Suite 160 Milwaukee 53214	Michelle Braun, PhD Lynda Markut 608-931-5651
Hales Corners MKE003	2 nd Thursday	6:30 – 8:00 pm	Hales Corners Lutheran School 12300 W. Janesville Rd. Hales Corners 53130 (Room 1018)	Rev. Keith L. Johnson Joan Richter 414-529-6700
Whitefish Bay MKE017	3 rd Thursday	1:30 – 3:00 pm	United Methodist Church Room 225 819 E Silver Spring Dr. Whitefish Bay 53217	Dave Gauger 414-962-8060 August Mortellaro 414-526-5527
Milwaukee Young Adult MKE025	4 th Tuesday (No Dec. meeting)	5:30 – 6:30 pm	Alzheimer's Association 620 S. 76 th St., Suite 160 Milwaukee 53214	Tina Bedwell 262-825-3579
Milwaukee All Men's Group MKE007	4 th Thursday (Nov. and Dec. meetings held on 2 nd Thursday)	1:00 – 2:30 pm	Alzheimer's Association 620 S. 76 th St., Suite 160 Milwaukee 53214	Tim Harrington Shai Wise 414-479-8800
Milwaukee Bereavement MKE022	4 th Thursday Feb. 7, 14, 28, Mar. 7, 21, 28	10:00 – 12:00 noon	Alzheimer's Association 620 S. 76 th St., Suite 160 Milwaukee 53214	Lynda Markut 414-479-8800
Milwaukee MKE006	1 st Friday of February, April, June, August, October, December	6:00 – 7:00 pm	Brentwood Church of Christ 6425 N. 60 th St. Milwaukee 53223	Juanita Patterson 414-687-9750

► Milwaukee County **Early Stage** Support Group Persons with Early-Stage Dementia and Care Partners

Milwaukee Early-stage individual and care partner Pre-registration required MKE018 + MKE018D	4 th Tuesday (No Dec. meeting)	10:00 – 11:30 am	Alzheimer's Association 620 S. 76 th St., Suite 160 Milwaukee 53214	Wendy Betley Lynda Markut 414-479-8800
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► **Milwaukee County Moderate Stage Support Group**
Persons with Early-Stage Dementia and Care Partners

Greenfield Moderate-stage individual and care partner; pre-registration required MKE019 + MKE019D	1 st Monday (Sept. meeting 9/9)	2:30 – 4:00 pm	Clement Manor 3939 S. 92nd St. Greenfield 53228	Laurie Nowak 414-546-7367
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► **Ozaukee County Caregiver Support Group**

Mequon OZA001	2 nd Thursday	10:00–11:30 am	Mequon-Thiensville Chamber of Commerce 6331 W Mequon Rd. Mequon, WI 53092	Christy Stemm 414-491-1123
Saukville OZA004	3 rd Thursday	6:00–7:30 pm	Oscar Grady Public Library 151 S. Main St. Saukville 53080	Valerie Cutting 414-418-0765 Christin Herzfeld 262-305-7152

► **Ozaukee County Early Stage Support Group**
Persons with Early-Stage Dementia and Care Partners

Grafton Early-stage individual and care partner Pre-registration required OZA002 + OZA002D	2 nd Wednesday	3:00 – 4:30 pm	Family Enrichment Center 885 Badger Cir. Grafton 53024	Sarah Prohuska 262-993-7352
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► **Racine County Caregiver Support Groups**

Racine RAC005	1 st Thursday (Jul. meeting 7/11)	10:30 am – 12:00 pm	Bethania Lutheran Church 4120 Wright Ave. Racine 53405	Marilyn Joyce 262-833-8764
Racine RAC006	2 nd Thursday	6:00 – 7:30 pm		
Racine All Men's Group RAC007	3 rd Wednesday	5:30 – 6:30 pm	All Saints Ascension Hospital 3810 Spring St. Racine 53405 (Lower Level—Mt. Pleasant Room)	Michael Hintz (920-659-3746)

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► Sheboygan County **Caregiver** Support Groups

Plymouth SHB001	2 nd Tuesday	5:30 – 7:00 pm	Christian Life Church 933 Krumrey St. Plymouth 53073	Angella Clarke-Kisiolek 920-980-3426
Sheboygan Falls SHB003	4 th Tuesday (NO Dec. meeting)	6:15 – 8:15 pm	Sheboygan County Aging and Disability Resource Center 650 Forest Ave. Sheboygan Falls 53085	Christine Jeske 920-467-4182
Sheboygan Falls All Men's Group SHB002	2 nd Wednesday	6:30 – 8:00 pm	Sheboygan Falls Memorial Library 330 Buffalo St. Sheboygan Falls 53085 (Lower Level)	James Holmes 757-903-6408
Sheboygan SHB004	3 rd Friday	1:00 – 2:30 pm	John Michael Kohler Arts Center 608 New York Ave. Sheboygan 53081	Jennifer Haase 920-334-5993 Wendy Jacobs 920-209-1494

► Walworth County **Caregiver** Support Groups

Delavan WAL001	3 rd Wednesday	4:00 – 5:00 pm	Community Centre 826 E. Geneva St. Delavan 53115	Arlene Torrenga 262-728-6393 Bob Holland 262-472-0958
Lake Geneva WAL002	3 rd Wednesday (Jan. meeting 1/23; NO Aug. or Dec. meetings)	6:30 – 7:30 pm	Arbor Village 201 Town Line Rd. Lake Geneva 53147	Andy Kerwin 262-248-4558
Whitewater WAL004	3 rd Thursday	2:00 – 3:00 pm	Irvin L. Young Memorial Library 431 W. Center St. Whitewater 53190	Bonnie Beam-Stratz 920-728-4088
Lake Geneva WAL003	3 rd Friday	9:30 – 11:00 am	Anchor Covenant Church 1229 Park Row Lake Geneva 53147	Cindy Lester 262-210-9783

► Washington County **Caregiver** Support Groups

West Bend WSH002	2 nd Wednesday	1:00 – 3:00 pm	Cedar Cottages 6090 Scenic Dr. West Bend 53095 (Community Room)	Melissa Bright 262-306-4230
Jackson WSH004	3 rd Wednesday	6:00 – 7:30 pm	Jackson Area Community Center Conference Room N165 W20330 Hickory Ln. Jackson 53037	Lynn Steinbach 262-617-7425 Ruth Wood 414-403-7914

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► Waukesha County **Caregiver** Support Groups

Menomonee Falls WKS002	2 nd Monday	6:30 – 8:00 pm	Menomonee Falls Fire Department W140 N7501 Lilly Rd. Menomonee Falls 53051	Jennifer Harders 414-479-8800 Mary Todd-Krueger 414-573-7817
New Berlin WKS006	1 st Tuesday (NO Jan. meeting)	6:30 – 8:00 pm	New Berlin Public Library 2nd Floor Conference Room 15105 Library Ln. New Berlin 53151	Audrey Mecham 262-679-1180 Joyce Rian 262-439-9569
Brookfield WKS001	2 nd Tuesday	1:30 – 3:00 pm	Wheaton Franciscan Healthcare Elmbrook Memorial Hospital Library Room 343 19333 W. North Ave. Brookfield 53045	Laura Harvey 262-431-4079
Oconomowoc WKS008 / WKS008B	1 st Tuesday (NO Jan. meeting) 3 rd Tuesday	10:00 – 11:30 am	Shorehaven Center for Life Enrichment 1306 W. Wisconsin Ave. Oconomowoc 53066	Pamela Thomas 262-560-6915
Muskego Respite care available; advanced notice requested WKS012	3 rd Tuesday	6:30 – 8:00 pm	St. Paul's Lutheran Church S66 W14325 Janesville Rd. Muskego 53150	David Timm 414-588-3840 Andrew Timm 414-254-3548
Oconomowoc WKS010	1 st Wednesd ay (Mar. meeting 3/13)	6:30 – 8:00 pm	St. Jerome Catholic Church 995 S. Silver Lake St. Oconomowoc 53066 Parish Conference Room (Use canopied entrance)	Brenda Stieber 262-569-9027 Mary Ellen Pankow 262-567-9612

► Waukesha County **Early Stage** Support Group

Persons with Early-Stage Dementia and Care Partners

Pewaukee Early-stage individual and care partner Pre-registration required WKS013 + WKS013D	2 nd Tuesday	9:30 – 11:00 am	Pewaukee Public Library 210 Main St. Pewaukee 53072	Jennifer Harders 800-272-3900 Brenda Marciniak 262-636-6711
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