

alzheimer's  association

**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** Groups

Juneau	2 nd Tuesday	2:00 – 3:00 pm	UW-Extension Office Administration Building 127 E. Oak St., Room F Juneau 53039	Ashley Vergenz 920-386-3821 Jennifer Fellin 920-887-7191
Watertown	4 th Wednesday	4:00 – 5:00 pm	Watertown Public Library 100 S. Water St. Watertown 53094	Nancy Percifield 920-877-7191
Waupun	1 st Monday	6:00 – 7:00 pm	Christian Home 331 Bly St. Waupun 53963	Fawn Senn 920-324-9051, x117

► Dodge County **Early Stage** Group

Persons with Early-Stage Dementia and Care Partners

Beaver Dam Early-stage individual and care partner Pre-registration required	1 st Wednesday	12:30 – 1:30 pm	Trosten Haus 1223 Madison St. Beaver Dam 53916	Mary Weiss 920-887-4282 Kathy Bates 920-356-9015
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► Fond du Lac County **Caregiver** Groups

Fond du Lac Respite care available; advance notice requested	2 nd Tuesday	1:30 – 2:30 pm	Agnesian HealthCare 420 E. Merrill Ave. Fond du Lac 54935	Julie Schwartz 920-926-5099
Fond du Lac NO meeting in December	4 th Thursday	6:30 – 7:30 pm	Fond du Lac Senior Center 151 E. 1st St. Fond du Lac 54935	Mary Ann LaPine 920-517-0830
Ripon	On Hold	On Hold	Grace Evangelical Lutheran Church Library/Lounge Area 430 Griswold St. Ripon, WI 54971	On Hold

► Jefferson County **Caregiver** Groups

Fort Atkinson NO August meeting; NO December meeting--social outing TBA)	3 rd Monday	6:30 – 8:00 pm	Reflections Adult Day Care 511 Madison Ave. Fort Atkinson 53538	Jane Arbet-Meyers 920-650-3561
Watertown	4 th Wednesday	4:00 – 5:30 pm	Watertown Public Library 100 S. Water St. Watertown 53094	Nancy Percifield 920-877-7191

► Kenosha County **Caregiver** Group

Kenosha Respite care available; 1 week advance notice for respite	2 nd Tuesday	7:00 – 8:00 pm	Kenosha Area Family and Aging Service 7730 Sheridan Rd. Kenosha 53143	Sylvia Martens 262-653-1234 Julie Cannon 262-658-3508, x118
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► Milwaukee County **Caregiver** Groups

Greendale	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 sunroom of Parish Ministry Center)	Wendy Benkowski 414-899-7342 Linda Susedik 414-570-1042
Greenfield	3 rd Wednesday	2:00 – 3:00 pm	Clement Manor Rainbow Room 9405 W. Howard Ave. Greenfield 53228	Alice Hatzenbeller 414-546-7980
Hales Corners	2 nd Thursday	7:00 – 8:30 pm	Hales Corners Lutheran School 12300 W. Janesville Rd, Rm.B19 Hales Corners 53130	Rev. Keith L. Johnson Joan Richter 414-529-6700
Milwaukee	3 rd Monday	10:00 – 11:30 am	Saint John's on the Lake 1840 N. Prospect Ave. Milwaukee 53202	Paul MacSwain Susan Kopesky 414-831-6915
Milwaukee	1 st Friday of February, April, June, August, October, December	6:00 – 7:00 pm	Brentwood Church of Christ 6425 N. 60th St. Milwaukee 53223	Juanita Patterson 414-687-9750
Milwaukee All Men's Group	4 th Thursday (Nov. and Dec. meetings held on 2nd Thursday)	1:00 – 2:30 pm	Alzheimer's Association 620 S. 76th St., Suite 160 Milwaukee 53214	Tim Harrington 414-479-8800
Milwaukee FTD (Frontotemporal Degeneration)	3 rd Wednesday	6:00 – 7:30 pm	Alzheimer's Association 620 S. 76 th St., Suite 160 Milwaukee 53214	Michelle Braun, PhD Jim Fenske 262-366-4231
Milwaukee	1 st Wednesday	1:30 – 2:45 pm	St. Ann Center for Intergenerational Care Chapel/Meditation Room 2801 E. Morgan Ave. Milwaukee 53207	Pastor David Kenny 414-977-5075

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► Milwaukee County **Caregiver** Groups (continued)

Wauwatosa	2 nd Tuesday	10:00 – 11:30 am	The Lutheran Home Generations Room 7500 W. North Ave. Wauwatosa 53213	Lynda Markut 414-479-8800
Wauwatosa	1 st Wednesday	6:30 – 8:30 pm	Froedtert Hospital 2NT Conference Room 9200 W. Wisconsin Ave. Wauwatosa 53226	Sue Moser 414-805-9269 Ruth Fuentes 414-805-5229
West Allis All Women's Group	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 Val Holzman 414-543-9843
Whitefish Bay	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 Richard Whitaker 414-964-2424, x121

► Milwaukee County **Early Stage** Group

Persons with Early-Stage Dementia and Care Partners

Milwaukee Early-stage individual and care partner pre-registration required	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** Group

Persons with Early-Stage Dementia and Care Partners

Greenfield Moderate-stage individual and care partner; pre-registration required NO September meeting	1 st Monday	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** Group

Mequon	2 nd Thursday	10:00– 11:30 am	Mequon-Thiensville Chamber of Commerce Port Washington State Bank 197 S. Main St. Thiensville 53092 (Location temporary May–Sept 2018)	Christy Stemm 414-491-1123 Pam Lidington 262-546-0226
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► Ozaukee County **Early Stage** Group

Persons with Early-Stage Dementia and Care Partners

Grafton Early-stage individual and care partner Pre-registration required	2 nd Wednesday	3:00 – 4:30 pm	Family Enrichment Center 885 Badger Cir. Grafton 53024	Sarah Prohuska 262-993-7352 Kathy Glaser 262-284-8124
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► Racine County **Caregiver** Groups

Racine	1 st Thursday	10:30 am – 12:00 pm	Bethania Lutheran Church 4120 Wright Ave. Racine 53405	Marilyn Joyce 262-833-8764
Racine	2 nd Thursday	6:00 – 7:30 pm	Bethania Lutheran Church 4120 Wright Ave. Racine 53405	Marilyn Joyce 262-833-8764

► Sheboygan County **Caregiver** Groups

Plymouth	2 nd Tuesday	5:30 – 7:00 pm	Christian Life Church 933 Krumrey St. Plymouth 53073	Angella Clarke-Kisiolek 920-980-3426
Sheboygan All Men's Group	2 nd Wednesday	6:30 – 8:00 pm	Sheboygan Falls Memorial Library 330 Buffalo St. Sheboygan Falls 53085 (Lower level)	Jim Holmes 757-903-6408
Sheboygan Falls NO meeting in December	4 th Tuesday	5:45 – 7:45 pm	Sheboygan County Aging and Disability Resource Center 650 Forest Ave. Sheboygan Falls 53085	Christine Jeske 920-467-4182
Sheboygan	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** Groups

Delavan	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 NO meetings in August and December	3 rd Wednesday	6:30 – 7:30 pm	Arbor Village 201 Town Line Rd. Lake Geneva 53147	Andy Kerwin 262-248-4558
Lake Geneva	3 rd Friday	9:30 – 11:00 am	Anchor Covenant Church 1229 Park Row Lake Geneva 53147	Cindy Lester 262-210-9783
Whitewater Respite care available no advance notice needed	On Hold	On Hold	Hearthstone/Fairhaven 426 W. North St. Whitewater 53190	On Hold

► Washington County **Caregiver** Groups

Jackson	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
West Bend	2 nd Wednesday	1:00 – 3:00 pm	Cedar Cottages Community Room 6090 Scenic Dr. West Bend 53095	Melissa Bright 262-306-4230

► Waukesha County **Caregiver** Groups

Brookfield	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
Menomonee Falls	2 nd Monday	6:30 – 8:00 pm	Menomonee Falls Fire Department W140 N7501 Lilly Rd. Menomonee Falls 53051	Jennifer Harders 414-479-8800
Mukwonago	On Hold	On Hold	Linden Ridge 841 County Hwy NN Mukwonago 53149	On Hold
Muskego Respite care available; advanced notice requested	3 rd Tuesday	6:30 – 8:00 pm	St. Paul's Lutheran Church S66 W14325 Janesville Rd. Muskego 53150	David Timm 262-787-5955 Andrew Timm 414-254-3548

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► Waukesha County **Caregiver** Groups (continued)

New Berlin	1 st Tuesday	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
Oconomowoc	1 st and 3 rd Tuesdays	10:00 – 11:30 am	Shorehaven Center for Life Enrichment 1306 W. Wisconsin Ave. Oconomowoc 53066	Pamela Thomas 262-560-6915
Oconomowoc	1 st Wednesday	6:30 – 8:00 pm	St. Jerome Catholic Church Parish Conference Room 995 S. Silver Lake St. Oconomowoc 53066 (Use canopied entrance)	Brenda Stieber 262-569-9027 Mary Ellen Pankow 262-567-9612

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

Pewaukee Early-stage individual and care partner Pre-registration required; NO May meeting	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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