

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	2nd 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	1st Monday	6:00 – 7:00 pm	Christian Home 331 Bly St. Waupun 53963	Fawn Senn 920-324-9051, x117

► Fond du Lac County **Caregiver** Groups

Fond du Lac Respite care available; advance notice requested	2nd Tuesday	1:30 – 2:30 pm	Agnesian Adult Day Services 420 E. Merrill Ave. Fond du Lac 54935	Sandy Isaac 920-921-5812
Fond du Lac NO meeting in December	4th 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	1st Thursday	5:00 – 6:00 pm	Grace Evangelical Lutheran Church Library/Lounge Area 430 Griswold St. Ripon, WI 54971	Karen Kelm 920-229-2675

► Jefferson County **Caregiver** Groups

Fort Atkinson NO August meeting; NO December meeting--social outing TBA)	3rd Monday	6:30 – 8:00 pm	Reflections Adult Day Care 511 Madison Ave. Fort Atkinson 53538	Jeanette Nelson- Milleson 920-563-3759
Watertown	4th 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	2nd 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	3rd 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	3rd Wednesday	2:00 – 3:00 pm	Clement Manor Rainbow Room 9405 W. Howard Ave. Greenfield 53228	Alice Hatzenbeller 414-546-7980
Hales Corners	2nd 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	3rd 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	1st 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 3rd 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 Bereavement 4 consecutive, sequential sessions only	Thursdays January 18, 25, February 1, 8	10:30 – 12:00 pm	Alzheimer's Association 620 S. 76th St., Suite 160 Milwaukee 53214	Lori Stahl Family Service Coordinator Grief Management Specialist 414-479-8800 or 800-272-3900

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

Milwaukee	1st Wednesday	1:30 – 2:45 pm	St. Ann Center for Intergenerational Care Chapel/Meditation Room 2801 E. Morgan Ave. Milwaukee 53207	Margaret Kruse, OSF 414-977-5075
Milwaukee	1st Thursday	2:00 – 3:30 pm	Alexian Brothers Pavilion 9225 N. 76th St. Milwaukee 53223	Fran Lange 414-380-1464 Gloria Gohlke 414-357-5105, x1015710
Wauwatosa	2nd Tuesday	10:00 – 11:30 am	The Lutheran Home Generations Room 7500 W. North Ave. Wauwatosa 53213	Lynda Markut 414-479-8800
Wauwatosa	3rd Tuesday	6:30 – 7:30 pm	The Lutheran Home 7500 W. North Ave. Wauwatosa 53213	Sarah Curtin 414-258-6171, x766
Wauwatosa	1st 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
Wauwatosa	4th Tuesday	10:00 – 11:00 am	San Camillo Atrium Dining Room 10200 W. Bluemound Rd. Wauwatosa 53226	Ronda Bauer 414-259-3796 Maggie VerBrugge 414-259-4681
West Allis All Women's Group	2nd 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	3rd 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 Partner Groups – Milwaukee County**

Milwaukee Early-stage individual and care partner Pre-registration required	4th 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 Partner Groups – Milwaukee County

Greenfield Moderate-stage individual and care partner; pre-registration required NO meeting in September	1st 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	2nd Thursday	10:00– 11:30 am	Mequon-Thiensville Chamber of Commerce Entrance: west side double doors off patio 6331 W. Mequon Rd. Mequon 53092	Christy Stemm 414-491-1123 Pam Lidington 262-674-4311
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► Ozaukee County **Early Stage** Group

Persons with Early-Stage Dementia
and Care Partner Group – Ozaukee County

Grafton Early-stage individual and care partner Pre-registration required	2nd 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	1st Thursday	10:30 am – 12:00 pm	Bethania Lutheran Church 4120 Wright Ave. Racine 53405	Marilyn Joyce 262-833-8764
Racine	2nd Thursday	6:00 – 7:30 pm	Bethania Lutheran Church 4120 Wright Ave. Racine 53405	Marilyn Joyce 262-833-8764

► Sheboygan County **Caregiver** Groups

Plymouth	2nd Tuesday	5:30 – 7:00 pm	Christian Life Church 933 Krumrey St. Plymouth 53073	Ginny Nyhuis 920-838-1311
Sheboygan All Men's Group	2nd Wednesday	6:30 – 8:00 pm	Sheboygan Falls Memorial Library 330 Buffalo St. Sheboygan Falls 53085 (Lower level)	Jim Holmes 757-903-6408

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

Sheboygan Falls NO meeting in December	4th Tuesday	5:30 – 7:30 pm	Sheboygan County Aging and Disability Resource Center 650 Forest Ave. Sheboygan Falls 53085	Christine Jeske 920-467-4182
Sheboygan	3rd Friday	1:00 – 2:30 pm	John Michael Kohler Arts Center 608 New York Ave. Sheboygan 53081	Tanya Damrow 920-918-8169

► Walworth County **Caregiver** Groups

Delavan	3rd 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	3rd Wednesday	6:30 – 7:30 pm	Arbor Village 201 Town Line Rd. Lake Geneva 53147	Andy Kerwin 262-248-4558
Lake Geneva	3rd Friday	9:30 – 11:00 am	Anchor Covenant Church 1229 Park Row Lake Geneva 53147	Anita Fraedrich 262-325-9453 Cindy Lester
Whitewater Respite care available no advance notice needed	1st Thursday	1:30 – 3:00 pm	Hearthstone/Fairhaven 426 W. North St. Whitewater 53190	Pam Hatfield 608-201-6675

► Washington County **Caregiver** Groups

Jackson NO meeting in June, July and August	3rd 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 NO meeting in July and August	2nd Wednesday	1:00 – 3:00 pm	Cedar Cottages Community Room 6090 Scenic Dr. West Bend 53095	Melissa Searle 262-306-4230

► Waukesha County **Caregiver** Groups

Brookfield	2nd 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	2nd Monday	6:30 – 8:00 pm	Menomonee Falls Fire Department W140 N7501 Lilly Rd. Menomonee Falls 53051	Jennifer Harders 414-479-8800

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

Mukwonago	2nd Tuesday	4:30 – 5:30 pm	Linden Ridge 841 County Hwy NN Mukwonago 53149	Jennifer Harders 414-479-8800
Muskego Respite care available; advanced notice requested	3rd 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
New Berlin	1st 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	1st and 3rd Tuesdays	10:00 – 11:30 am	Shorehaven Center for Life Enrichment 1306 W. Wisconsin Ave. Oconomowoc 53066	Pamela Thomas 262-560-6915
Oconomowoc	1st 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 Partner Group – Waukesha County**

Pewaukee Early-stage individual and care partner Pre-registration required	2nd Tuesday	9:30 – 11:00 am	Pewaukee Public Library 210 Main St. Pewaukee 53072	Jennifer Harders 800-272-3900 Brenda Marciniak 414-208-8178
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