

March 2024

Sun	Mon	Tues	Wed
 <p>Weather Related Cancellations & Closings The Family Caregivers Center will follow the Cedar Rapids School District's policy for weather related cancellations and closings. If school is closed, events occurring that day will be cancelled or offered via Zoom only. Morning events on late start dates and afternoon events on early out days will either be cancelled or offered via Zoom only. Registered participants will be notified. Cancellations and closings will be posted on KCRG and Mercy's website. The Family Caregivers Center may or may not be open during these times, but will be available by phone if caregiver needs arise.</p>			
3	4	5 <div style="background-color: #d9ead3; padding: 5px;"> <p>Men's Caregiver Coffee DeWolf Innovation Center 8 to 9:30 a.m. <u>or</u> 10 to 11:30 a.m. (In Person or Zoom)</p> </div>	6 <div style="background-color: #f4cccc; padding: 5px;"> <p>Finding Meaning & Hope Downtown- 901 Building 10 a.m. to noon (In Person) Register for the series by Mar. 1</p> </div> <div style="background-color: #d9ead3; padding: 5px;"> <p>Wednesday Afternoon Caregiver Coffee DeWolf Innovation Center 1:30 to 3 p.m. (In Person or Zoom)</p> </div>
10 	11	12 <div style="background-color: #d9ead3; padding: 5px;"> <p>Men's Caregiver Coffee DeWolf Innovation Center 8 to 9:30 a.m. <u>or</u> 10 to 11:30 a.m. (In Person or Zoom)</p> </div> <div style="background-color: #d9ead3; padding: 5px;"> <p>Women's Caregiver Coffee DeWolf Innovation Center 1:30 to 3 p.m. (In Person or Zoom)</p> </div>	13 <div style="background-color: #f4cccc; padding: 5px;"> <p>Finding Meaning & Hope Downtown- 901 Building 10 a.m. to noon Registration Closed</p> </div> <div style="background-color: #d9ead3; padding: 5px;"> <p>Memory Café DeWolf Innovation Center 1 to 3 p.m. (In Person) Register by Mar. 6</p> </div>
17 	18	19 <div style="background-color: #d9ead3; padding: 5px;"> <p>Men's Caregiver Coffee DeWolf Innovation Center 8 to 9:30 a.m. <u>or</u> 10 to 11:30 a.m. (In Person or Zoom)</p> </div>	20 <div style="background-color: #f4cccc; padding: 5px;"> <p>Finding Meaning & Hope Downtown- 901 Building 10 a.m. to noon Registration Closed</p> </div> <div style="background-color: #d9ead3; padding: 5px;"> <p>Wednesday Afternoon Caregiver Coffee DeWolf Innovation Center 1:30 to 3 p.m.</p> </div>
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Centered Events



March 2024

Events are offered in TWO locations!

Look for the location listed under each event – **GREEN** for events at the **DeWolf Innovation Center** & **ORANGE** for events at the **Downtown - 901 Building**.

The Family Caregivers Center is a resource for family caregivers offering a variety of events, including education sessions and support groups. The calendar lists opportunities for both caregivers and the people for whom they care. See the back for event descriptions, location of event and if pre-registration is required to attend.

Events are offered both in person and via Zoom. Check the event description for details of how an event is offered. Zoom links can be found under each event description on the back.

If you have questions about an event, want to register, or would like to receive weekly emails with event reminders and Zoom links, contact the Family Caregivers Center at:

(319) 221-8866

fcgc@mercyare.org





Downtown- 901 Building

901 8th Ave. SE
Cedar Rapids, IA 52401

DeWolf Innovation Center

9000 C Ave. NE
Cedar Rapids, IA 52402

familycaregiverscenter.org

Thu	Fri	Sat
	1	
7 Together In Song Chorus DeWolf Innovation Center 10 a.m. to noon <i>(In Person)</i> Register for the 2024 Spring season by Mar. 4 Veteran's Affairs Q & A DeWolf Innovation Center 2:30 to 3:30 p.m. <i>(In Person or Zoom)</i> Register by Mar. 1	8	9
14 Together In Song Chorus DeWolf Innovation Center 10 a.m. to noon Registration Closed The Good Times Social DeWolf Innovation Center 2 to 3:30 p.m. <i>(In Person)</i>	15	16
21 Together In Song Chorus DeWolf Innovation Center 10 a.m. to noon Registration Closed Conversations for Couples DeWolf Innovation Center 5 to 6:30 p.m. <i>(In Person or Zoom)</i> Register by Mar. 15	22	23
28 Together In Song Chorus DeWolf Innovation Center 10 a.m. to noon Registration Closed		30

Finding Meaning and Hope Wednesdays, March 6 to May 1 10 a.m to noon

(In-person only)

Downtown—901 Building



Join caregivers to learn how to regain hope and build resilience with dealing with the challenges of caring for someone with dementia or other cognitive impairment. Learn skills that can help you navigate your caregiving journey with healing and hope. This 9-session series features videos and discussions based on the groundbreaking book, *Loving Someone Who Has Dementia: How to Find Hope While Coping with Stress and Grief* by Pauline Boss, Ph.D., a leading expert on caregiver grief. This series is facilitated by Center volunteer Paul Swearingen and Mary Ann Grobstich, Center Caregiver Community Facilitator. **Registration is required by March 1. Limited to 10 participants.**

The Good Time Social Second Thursday 2 to 3:30 p.m.

(In-person only)

DeWolf Innovation Center



All former caregivers, current caregivers and those whom they are caring for are invited to gather and spend time with friends you already know or to make new connections. Play a game or find a spot to visit. Refreshments will be provided. **No registration required.**

Memory Café Second & Fourth Wednesday 1 to 3 p.m.

(In-person Only)

DeWolf Innovation Center



A Memory Café is a welcoming place for individuals living with various forms of dementia and their care partners. Join Center volunteers Sam McCord and Susie Winkowski in discussions about a variety of topics as well as education and activities. Find support and exchange information with others who understand.

Registration is required by:
March 6 for Memory Café on March 13
March 20 for Memory Café on March 27

Conversations for Couples Third Thursday 5 to 6:30 p.m.

(In-person & Zoom)

DeWolf Innovation Center

A monthly group for couples with one partner living with dementia to socialize, share and connect with other couples. A light meal will be served.

Registration required by March 15.

To join via Zoom: [Click Here](#) or call (888) 788-0099
Meeting ID: 860 0131 3006
Passcode: 215098

Veterans Affairs Q & A Thursday, March 7 2:30 to 3:30 p.m.

(In-person & Zoom)



DeWolf Innovation Center

Sign up for a 15-minute individual meeting with a Suellyn Parson, Veteran Service Coordinator with the Linn County Veterans Affairs Office. Receive answers to your questions and review benefits in which your Veteran may be eligible. If you are interested in joining via Zoom, a link will be emailed to after you register. **Registration is required by March 1. Space is limited to four.**

Men's Caregiver Coffee (In-person & Zoom)

DeWolf Innovation Center

Early Morning Group		Late Morning Group
Tuesdays	<u>OR</u>	Tuesdays
8 to 9:30 a.m.		10 to 11:30 a.m.

Groups for male caregivers to share their story, learn caregiving tips and network with others. Facilitated by Center volunteers Tom Brennom, Rob Cook, John Rogers, Craig Wood and Mercy Hospice Social Worker Brian Miller. No registration required. **We welcome you to join either group at the time most convenient to you.**

To join via Zoom: [Click Here](#) or call (888) 788-0099
Meeting ID: 871 1618 4852
Passcode: 811909
(Zoom link can be used to join both groups.)

Together In Song Chorus

Thursday, March 7

10 a.m. to noon

(In-person only)



DeWolf Innovation Center

The Together in Song Chorus is a fun, low pressure chorus for individuals living with dementia and other chronic conditions, their care partners and volunteer singers. Together in Song brings together individuals of all skill levels and musical backgrounds with the goal of providing social connection, meaning and purpose.

Practices occur weekly on Thursdays from 10 a.m. to noon through May 2 with a concert scheduled on May 3 at 3 p.m. **Register by March 4 for the 2024 Spring season.**

Women's Caregiver Coffee

Second & Fourth Tuesday

1:30 to 3 p.m.

(In-person & Zoom)

DeWolf Innovation Center

A support group for female caregivers. Share your story, network with other female caregivers and learn caregiving tips. **No registration required.**

To join via Zoom: [Click Here](#) or call (888) 788-0099

Meeting ID: 849 0144 0732

Passcode: 424684

Wednesday Afternoon Caregiver Coffee

First & Third Wednesday

1:30 to 3 p.m.

(In-person & Zoom)

DeWolf Innovation Center

A group for all caregivers who are providing support to share their story, as well as listen and learn as they connect with others. **No registration required.**

To join via Zoom: [Click Here](#) or call (888) 788-0099

Meeting ID: 853 4860 0074

Passcode: 655337

One-on-One Meetings

Individual meetings with a trained volunteer or staff member are available for caregivers interested in discussing their situation. During a one-on-one, we help caregivers by providing reassurance, guidance, education, and connection to community and Family Caregiver Center resources. **To request a one-on-one meeting, please call the Center at (319) 221-8866 or email fcgc@mercyare.org.**

Family Caregivers Center Event Information

To register for an event:

Call the Center at (319) 221-8866 or email fcgc@mercyare.org. Each event description lists if registration is required.

Event locations:

Family Caregivers Center events are offered at two locations – the Downtown-901 Building and DeWolf Innovation Center. The location of each event is listed and color-coded in the event description and on the calendar. Addresses for both locations can be found on the front page.

Caregiving assistance:

Caregiving assistance is available at the event location for caregivers interested in attending an events. Please contact the Center at least a week in advance to request assistance.

How do I use Zoom:

To participate in an event via Zoom, you can call in by phone or use your desktop, tablet or smart phone app.

Joining by Video:

- From your email, click on "Click Here" for the event you want to attend.
- Go to <https://zoom.us/> and click on "Join A Meeting". Enter the Meeting ID and passcode.

Joining by Phone:

- Dial #1 (888) 788-0099 and enter the meeting ID and passcode when prompted.