


Sun	Mon	Tues	Wed
		<p>1</p> <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>	<p>2</p> <p>Journaling (4 of 8) 10 a.m. to noon (Closed Registration)</p> <p>Wednesday Afternoon Caregiver Coffee DeWolf Innovation Center 1:30 to 3 p.m. (In-person or Zoom)</p>
<p>6</p>	<p>7</p> <p>Comprehensive Guide (3 of 4) 10 to 11:30 a.m. (Closed Registration)</p> <p>Music with Eddie DeWolf Innovation Ctr. 2 to 3 p.m. (In-person)</p>	<p>8</p> <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> <p>Women's Caregiver Coffee DeWolf Innovation Center (In Person or Zoom) 1:30 to 3 p.m.</p>	<p>9</p> <p>Journaling (5 of 8) 10 a.m. to noon (Closed Registration)</p> <p>Memory Café DeWolf Innovation Center 2 to 4 p.m. (In-person) Register by 10/7</p>
<p>13</p>	<p>14</p> <p>Comprehensive Guide (4 of 4) 10 to 11:30 a.m. (Closed Registration)</p> <p>Values-Based Decision-Making & Communication (1 of 5) DeWolf Innovation Ctr. 2 to 3:30 p.m. (In-person) Register by 10/4</p>	<p>15</p> <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>	<p>16</p> <p>Journaling (6 of 8) 10 a.m. to noon (Closed Registration)</p> <p>Wednesday Afternoon Caregiver Coffee DeWolf Innovation Center 1:30 to 3 p.m. (In-person or Zoom)</p>
<p>20</p> 	<p>21</p> <p>Music with Eddie DeWolf Innovation Ctr. (In-person) 2 to 3 p.m.</p>	<p>22</p> <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> <p>Women's Caregiver Coffee DeWolf Innovation Center 1:30 to 3 p.m. (In-person or Zoom)</p>	<p>23</p> <p>Journaling (7 of 8) 10 a.m. to noon (Closed Registration)</p> <p>Seed Savers and Pollinators  DeWolf Innovation Center 10 to 11:30 a.m. (In-person) Register by 10/18</p> <p>Memory Café DeWolf Innovation Center 2 to 4 p.m. (In-person) Register by 10/21</p>
<p>27</p>  <p>© 2024 Mercy Medical Center</p>	<p>28</p> <p>Values-Based Decision-Making & Communication (2 of 5) 2 to 3:30 p.m. (Closed Registration)</p>	<p>29</p> <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>	<p>30</p> <p>Journaling (8 of 8) 10 a.m. to noon (Closed Registration)</p> 

Thu	Fri	Sat
<p>3</p> <p>Together In Song Chorus 10 a.m. to noon (Closed Registration)</p> <p>Caring for Parents (2 of 6) 10 a.m. to noon (Closed Registration)</p>	4	5
<p>10</p> <p>Together In Song Chorus 10 a.m. to noon (Closed Registration)</p> <p>Caring for Parents (3 of 6) 10 a.m. to noon (Closed Registration)</p> <p>The Good Times Social DeWolf Innovation Center 2 to 3:30 p.m. (In-person)</p> <p>Communication Strategies for Dementia Caregivers (1 of 4) DeWolf Innovation Center (In-person) 2 to 3:30 p.m. Register by 9/20</p>	<p>11</p>  	12
<p>17</p> <p>Together In Song Chorus 10 a.m. to noon (Closed Registration)</p> <p>Caring for Parents (4 of 6) 10 a.m. to noon (Closed Registration)</p> <p>Conversations for Couples DeWolf Innovation Center 5 to 6:30 p.m. (In-person) Register by 10/10</p> <p>Communication Strategies for Dementia Caregivers (2 of 4) 2 to 3:30 p.m. (Closed Registration)</p>	18	19
<p>24</p> <p>Together In Song Chorus 10 a.m. to noon (Closed Registration)</p> <p>Caring for Parents (5 of 6) 10 a.m. to noon (Closed Registration)</p>	25	26
<p>31</p>  <p>Happy Halloween</p> <p>Together In Song Chorus 10 a.m. to noon (Closed Registration)</p> <p>Caring for Parents (6 of 6) 10 a.m. to noon (Closed Registration)</p> <p>Communication Strategies for Dementia Caregivers (3 of 4) 2 to 3:30 p.m. (Closed Registration)</p> 		

Centered Events



October 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 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

901 Building Celebration Sunday, Oct. 20

2 to 4 p.m. (In-person)
Remarks at 2:30 p.m.

Downtown-901 Building



Join us we celebrate nine years at the 901 8th Ave. location and we prepare to move to the DeWolf Innovation Center by the end of 2024. Share stories, hear remarks from Kathy Good and enjoy refreshments. **Register by October 14.**

Men's Caregiver Coffee

Tuesdays

Early Morning Group – 8 to 9:30 a.m.

Late Morning Group – 10 to 11:30 a.m.

(In-person & Zoom)

DeWolf Innovation Center

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, 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

Communication Strategies for Caregivers of Persons Living with Dementia

Thursdays, Oct. 10, 17, 31 & Nov. 7

2 to 3:30 p.m.

(In-person only)

DeWolf Innovation Center



It can be challenging to have a conversation and engage meaningfully with a person who has Dementia. Simple tasks can become challenging and mood and behaviors can change. Family members may not have professional training to address these challenges.

Join Mercy Speech Therapy and UIHC Speech Therapy for a workshop aimed to enhance engagement and the quality of interaction with your loved one.

Each session guides you through:

- cognitive-communication
- activities of daily living (ADL's)
- memory, mood/sensory changes
- communication.



Interactive small group sessions will help you develop strategies and supports that are customized to your loved one's needs and can be used in everyday life.

Register by Sept. 17. A questionnaire will be provided at registration. Please complete and return to the Family Caregivers Center by **Sept. 20.**

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

Memory Café

Second & Fourth Wednesday

2 to 4 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.

Register by:

Oct. 7 for Memory Café on Oct. 9

Oct. 21 for Memory Café on Oct. 23

Seed Savers and Pollinators Wednesday, Oct. 23

10 to 11:30 a.m.

(In Person)

DeWolf Innovation Center



Join the Linn County Master Gardeners to learn how to harvest and preserve seeds for next year's garden. Create your own "recipe box" of pollinator and flower seeds with instructions for planting and care. **Register by Oct. 18. Space is limited to 20 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.**

& Events

Values-Based Decision-Making & Communication Mondays, Oct 14, 28, Nov. 11, 25, & Dec. 9 2 to 3:30 p.m. (In-person) DeWolf Innovation Center



Learn how to apply a value-based approach to decision-making and communication related to aging and planning. Discuss topics include exploring living/housing/care options, approaching health & legal issues, understanding family dynamics, advanced care planning and end of life conversations, and dealing with emotions of self & others

Register by Oct. 7. Registration fee of \$125.00. Fee can be paid with cash or check.

Facilitated by Mary McCall, PhD. who has a doctorate in Human Development and Aging and over 40 years of experience helping individuals plan for mid to later life.

Conversations for Couples Third Thursday 5 to 6:30 p.m. (In-person) DeWolf Innovation Center

A group for couples with one partner living with dementia to socialize, share and connect with other couples. A light meal will be served. **Register by Sept. 11.**

Music with Eddie First & Third Monday 2 to 3 p.m. (In-person only) DeWolf Innovation Center



Join Eddie Hochman, HallMar Village's board-certified music therapist, for a bi-monthly music group providing opportunities to focus on connection, active engagement, socializing, expression, mood management and more. Come sing, listen, play a variety of instruments, improvise, help write songs and more! Each week, the group will focus on a topic/theme (ex. The Olympics/60's American Folk), to lead the conversation and musical experience. No musical experience needed whatsoever! **No registration required.**

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

Family Caregivers Center Events

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.

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.

If you have questions about how to join a group or event using Zoom, please contact the Center.

Closed Registrations

- **Together In Song Chorus**
Thursdays Sept. 5 - Oct. 31 from 10 a.m. to noon at the DeWolf Innovation Center
- **Journaling: Write Better to Feel Better**
Wednesdays, Sept. 11 - Oct. 30 from 10 a.m. to noon at the Downtown 901 Building
- **Comprehensive Guide**
Monday, Sept. 23 - Oct. 14 from 10 to 11:30 a.m. at the DeWolf Innovation Center
- **Caring for Parents**
Thursdays, Sept. 26 - Oct. 31 from 10:30 to noon at the Downtown 901 Building

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of MERCY

