

Sun	Mon	Tues	Wed
			<p>1 Finding Meaning & Hope (9 of 9) <i>Registration Closed</i></p> <p>Wednesday Afternoon Caregiver Coffee DeWolf Innovation Center 1:30 to 3 p.m. (In Person or Zoom)</p>
<p>5</p>  <p>Cinco de Mayo</p>	<p>6 Comprehensive Guide Series (3 of 4) <i>Registration Closed</i></p>	<p>7 Men's Caregiver Coffee DeWolf Innovation Center 8 to 9:30 a.m. <u>or</u> 10 to 11:30 a.m. <i>In Person or Zoom</i></p> <p>Life After Caregiving (4 of 6) <i>Registration Closed</i></p> <p>Dementia Basics DeWolf Innovation Center 2 to 3:30 p.m. (In Person)  Register by May 6</p>	<p>8 Memory Café DeWolf Innovation Center 1 to 3 p.m. (In Person) Register by May 6</p>
<p>12</p>  <p>Happy Mother's Day</p>	<p>13 Comprehensive Guide Series (4 of 4) <i>Registration Closed</i></p>	<p>14 Men's Caregiver Coffee DeWolf Innovation Center 8 to 9:30 a.m. <u>or</u> 10 to 11:30 a.m. <i>(In Person or Zoom)</i></p> <p>Life After Caregiving (5 of 6) <i>Registration Closed</i></p> <p>Women's Caregiver Coffee DeWolf Innovation Center 1:30 to 3 p.m. (In Person or Zoom)</p> <p>Dementia Basics DeWolf Innovation Center 2 to 3:30 p.m. (In Person)  Register by May 13</p>	<p>15 Wednesday Afternoon Caregiver Coffee DeWolf Innovation Center 1:30 to 3 p.m. (In Person)</p>
<p>19</p>	<p>20</p>	<p>21 Men's Caregiver Coffee DeWolf Innovation Center 8 to 9:30 a.m. <u>or</u> 10 to 11:30 a.m. <i>In Person or Zoom</i></p> <p>Life After Caregiving (6 of 6) <i>Registration Closed</i></p> <p>Dementia Basics DeWolf Innovation Center 2 to 3:30 p.m. (In Person)  Register by May 20</p>	<p>22 Memory Café DeWolf Innovation Center 1 to 3 p.m. (In Person) Register by May 20</p>
<p>26</p>	<p>27 Centers are Closed for Memorial Day</p> 	<p>28 Men's Caregiver Coffee DeWolf Innovation Center 8 to 9:30 a.m. <u>or</u> 10 to 11:30 a.m. <i>(In Person or Zoom)</i></p> <p>Women's Caregiver Coffee DeWolf Innovation Center 1:30 to 3 p.m. (In Person or Zoom)</p> <p>Dementia Basics DeWolf Innovation Center 2 to 3:30 p.m. (In Person)  Register by May 27</p>	<p>29</p> 

Centered Events

May 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**.

Thu	Fri	Sat
2 Together In Song Chorus <i>Registration Closed</i> Spirituality & Caregiving (3 of 5) <i>Registration Closed</i>	3 Together In Song Chorus Concert DeWolf Innovation Center 3 to 4:30 p.m. You're Invited! (In Person)	4
9 Poetry (1 of 3) Downtown - 901 Building New 10:30 a.m. to noon (In Person or Zoom) Register by May 2 Spirituality & Caregiving (4 of 5) <i>Registration Closed</i> The Good Times Social DeWolf Innovation Center 2 to 3:30 p.m. (In Person)	10 Creative Art Series (1 of 4) DeWolf Innovation Center (In Person) New 10 to 11:30 a.m. Register by May 3	11
16 Poetry (2 of 3) <i>Registration Closed</i> Conversations for Couples DeWolf Innovation Center 5 to 6:30 p.m. (In Person or Zoom) Register by May 9	17 Creative Art Series (2 of 4) <i>Registration Closed</i>	18
23 Poetry (3 of 3) <i>Registration Closed</i> Spirituality & Caregiving (5 of 5) <i>Registration Closed</i>	24 Creative Art Series (3 of 4) <i>Registration Closed</i>	25
30	31 Creative Art Series (4 of 4) <i>Registration Closed</i>	



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@mercy.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



Educational Sessions

Dementia Basics

Tuesdays, April 9 to May 28

2 to 3:30 p.m.

(In-person only)

DeWolf Innovation Center

Join the Family Caregivers Center for an eight classes exploring dementia basics! Come for one class or all to learn about dementia and how to support someone living with dementia. Classes will be facilitated by Center staff Abby Weirather, Manager, and Becky Krapfl, Caregiver Engagement Facilitator. This series is open to caregivers, volunteers and the larger community. **Registration is required by the Monday prior to each class:**

Register by May 6 for the May 7 session

Register by May 13 for the May 14 session

Register by May 21 for the May 28 session



Poetry

Thursdays, May 9, 16 & 23

10:00 am - noon

(In-person or Zoom)

Downtown – 901 Building

Writing can inspire and transform, and it can promote and support healing. Poetry can illuminate familiar feelings in new ways and open avenues to insight and self-care. Join us for the new 3-session workshop with Ellen Szabo! Ellen has led Journaling workshops for the Center in 2022 and 2023. **Space is limited to 12** participants with priority given to new participants. **Registration is required by May 2.**



Memory Café

Second & Fourth Wednesday

1 to 3 p.m. (In-person only)

DeWolf Innovation Center

A Memory Cafe 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:

May 6 for Memory Café on May 8

May 20 for Memory Café on May 22



Creative Art Series

Fridays, May 10, 17, 24, & 31

10 to 11:30 a.m.

(In-person only)

DeWolf Innovation Center

Studies have shown that engaging in art and other creative endeavors, even for 5 to 10 minutes can bring you relaxation, healing and a sense of joy.

Tara Moorman Benson and Linda Peterson, local artists and former caregivers, will share different ways to engage in art, no experience necessary. In the first two weeks, explore the world of watercolor and learn a variety of techniques with Tara. In the second two weeks, use small pieces of fusible fabric to create a robin collage to welcome spring with Linda.



Space will be limited to 20 participants. Supplies will be provided. **Registration is required by May 3.**



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, 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.)

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.**





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 May 9.**

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

Meeting ID: 860 0131 3006

Passcode: 215098

Registration is Closed:

- **Finding Meaning and Hope**
Wed., Mar. 6 to May 1 from 10 a.m. to noon
Downtown – 901 Building
- **Together in Song Chorus Practices**
Thurs., Mar. 7 to May 3 from 10 a.m. to noon
DeWolf Innovation Center
- **Life After Caregiving: The Power of Purpose**
Tues., April 16 to May 21 from 9 to 10:30 a.m.
DeWolf Innovation Center
- **Spirituality and Caregiving**
Thurs., April 18, 25, May 2, 9 & 23 from 1:30 to 3 p.m.
DeWolf Innovation Center
- **Comprehensive Guide**
Mon, April 22, 29, May 6 & 13 from 10 to 11:30 a.m.
DeWolf Innovation Center

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

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 event. 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.