

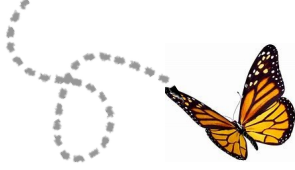










Sun	Mon	Tues	Wed
			
2	3	<p>4 Men's Caregiver Coffee DeWolf Innovation Center 8 to 9:30 a.m. <u>or</u> 10 to 11:30 a.m. (In Person or Zoom)</p> <p>Dementia Basics (8 of 8)  DeWolf Innovation Center 2 to 3:30 p.m. <i>In Person</i> Register by June 3</p>	<p>5 Wednesday Afternoon Caregiver Coffee DeWolf Innovation Center 1:30 to 3 p.m. (In Person or Zoom)</p>
9	10	<p>11 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>12 Memory Café DeWolf Innovation Center 1 to 3 p.m. (In Person) Register by June 7</p> 
<p>16</p>  <p>Happy Father's Day</p>	17	<p>18 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>19 All About Monarchs  Monarch Research Center 4970 Lakeside RD, Marion 10 to 11:30 a.m. (In Person) Register by June 12</p> <p>Wednesday Afternoon Caregiver Coffee DeWolf Innovation Center 1:30 to 3 p.m. (In Person or Zoom)</p>
<p>23</p> <p>30</p> 	24	<p>25 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>26 Memory Café DeWolf Innovation Center 1 to 3 p.m. (In Person) Register by June 21</p>

Thu	Fri	Sat
		1
6	7	8
<p>The Great Challenges of Caregiving (1 of 10)  Downtown -901 Building 1 to 2:30 p.m. (In Person) Register by May 30</p>		
13	14	15
<p>Memoir Writing (1 of 4)  10 a.m. to noon Downtown -901 Building (In Person or Zoom) Register by June 5</p> <p>The Great Challenges of Caregiving (2 of 10) Registration Closed</p> <p>The Good Times Social DeWolf Innovation Center 2 to 3:30 p.m. (In Person)</p>		
20	21	22
<p>Parking Lot Party  10 a.m. to 1 p.m. DeWolf Innovation Center (In Person) </p> <p>The Great Challenges of Caregiving (3 of 10) Registration Closed</p> <p>Conversations for Couples DeWolf Innovation Center 5 to 6:30 p.m. (In Person or Zoom) Register by June 13</p>		
27	28	29
<p>Memoir Writing (2 of 4) Registration Closed</p> <p>The Great Challenges of Caregiving (4 of 10) Registration Closed</p>		

Centered Events

June 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

Educational Sessions

All About Monarchs

Wednesday, June 19

10 to 11:30 a.m. (In-person only)

Monarch Research Center
4970 Lakeside RD, Marion



Join the Linn County Master Gardeners at the Monarch Research Station. Learn about lifecycle and habitat of a Monarch butterfly, hear about the latest research performed at the Monarch Research Station and get a tour of the grounds. Receive a "Plant an Oak Tree" kit and learn how to plant a tree in your own yard.

Registration is required by June 12. Space is limited to 20 participants. Parking is limited and may require a short walk.



Memoir Writing

Thursdays, Jun. 13 & 27, Jul. 11 & 25, Aug. 22

10 am - noon (In-person & Zoom)

Downtown-901 Building



Creating a memoir allows us to reflect on and share our life experiences and memories. By reflecting on our past, we gain a deeper understanding of ourselves and appreciate our journey. It is an opportunity to offer valuable insights and wisdom to our readers. Open to caregivers, volunteers, and people living with chronic conditions. Experience the joy of self-reflection and creativity with Ellen Szabo, M.Ed. of Szabo Creative Consulting. Co-facilitated by Mary Ann Grobstich, Family Caregiver Center staff member. Space is limited! Registration is required by June 5.



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:

June 7 for Memory Café on June 12

June 21 for Memory Café on June 26



Great Challenges of Caregiving

Thursdays, Jun. 6 to Aug. 22

(no meetings Jul. 4 & Aug. 1)

1 to 2:30 p.m. (In-person only)

Downtown-901 Building



This 10-week supportive learning group for caregivers of someone with a chronic condition will focus on topics common to the caregiving experience. Caregivers will have the opportunity to share their expertise as well as discuss new ideas in areas such as stress, mood management, anxiety, and communication. Discussions will also include changes in family and social relationships as well as the financial impacts of a chronic condition. Connect and learn from others who may be experiencing similar situations. Meetings are facilitated by Center Volunteers Les Deal & Peg O'Rourke.

Space is limited to 12 participants. Registration is required by May 30.

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.



Parking Lot Party
Thursday, June 20
10 a.m. to 1 p.m. (In-person)
DeWolf Innovation Center



Join us in the parking lot with fun and education focused on dementia! Interact and learn from people living with dementia, their care partners, and area experts. Visit over 20 booths with information, education and hands on experiences. Join us in our goal to reduce the stigma of dementia!

Listen to the University of Iowa Steel Drum Band play from 10 a.m. to noon. Enjoy refreshments from local vendors at a reasonable cost.

Help us celebrate:

- Launching Dementia Friendly Linn County
- People living with dementia and their care partners/caregivers
- Alzheimer's Longest Day



No registration is 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 June 13.**

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

Dementia Basics
Tuesdays, April 9 to June 4
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 June 3 for the June 4 session**

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 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.