

September 2024

Sun	Mon	Tues	Wed
1	2 Offices Closed 	3 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)	4 Wednesday Afternoon Caregiver Coffee DeWolf Innovation Center 1:30 to 3 p.m. (In-person or Zoom)
8 	9	10 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) Women's Caregiver Coffee DeWolf Innovation Center 1:30 to 3 p.m. (In Person or Zoom)	11  Journaling: Write Better to Feel Better (1 of 8) Downtown- 901 Building 10 a.m. to noon (in-person or via Zoom) Register by Sept. 3. Memory Café DeWolf Innovation Center 1 to 3 p.m. (In-person) Register by Sept. 9
15	16 Music with Eddie DeWolf Innovation Center 2 to 3 p.m. (In-person) 	17 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)	18 Journaling: Write Better to Feel Better (2 of 8) 10 a.m. to noon Closed Registration Wednesday Afternoon Caregiver Coffee DeWolf Innovation Center 1:30 to 3 p.m. (In-person or Zoom)
22	23 Comprehensive Guide (1 of 4) DeWolf Innovation Center 10 to 11:30 a.m. (In-person) Register by Sept. 18 	24 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) Women's Caregiver Coffee DeWolf Innovation Center 1:30 to 3 p.m. (In-person or Zoom)	25 Healing Benefits of Nature DeWolf Innovation Center 10 to 11:30 a.m. (In-person)  Register by Sept. 20 Journaling: Write Better to Feel Better (3 of 8) 10 a.m. to noon Closed Registration Memory Café DeWolf Innovation Center 1 to 3 p.m. (In-person) Register by Sept. 23
29	30 Comprehensive Guide (2 of 4) 10 to 11:30 a.m. Closed Registration		

Centered Events

September 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

fccg@mercy.org

Downtown- 901 Building

901 8th Ave. SE

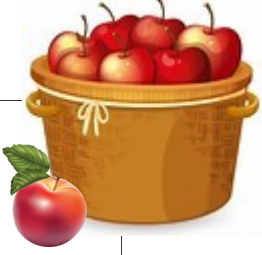

Cedar Rapids, IA 52401

DeWolf Innovation Center

9000 C Ave. NE

Cedar Rapids, IA 52402

familycaregiverscenter.org

Thu	Fri	Sat
<p>5</p> <p>Together In Song Chorus DeWolf Innovation Center 10 to noon (In-person) Register by Aug. 26</p> <p>New Season</p>	6	7
<p>12</p> <p>Together In Song Chorus 10 to noon <i>Closed Registration</i></p> <p>The Good Times Social DeWolf Innovation Center 2 to 3:30 p.m. (In-person)</p>	13	14
<p>19</p> <p>Together In Song Chorus 10 to noon <i>Closed Registration</i></p> <p>Conversations for Couples DeWolf Innovation Center 5 to 6:30 p.m. (In-person) Register by Sept. 11</p>	20	21
<p>26</p> <p>Together In Song Chorus 10 to noon <i>Closed Registration</i></p> <p>Caring for Parents with Chronic Conditions (1 of 6) 10 a.m. to noon (In-person) Register by Sept. 20</p> <p>Back Again</p>	27	28
		
		

Healing Benefits of Nature
Wednesday, Sept. 25
 10 to 11:30 a.m.
 (In-person Only)
DeWolf Innovation Center



Our busy lives often keep us from going outdoors and enjoying nature. Join the Linn County Master Gardeners by exploring simple ways to connect with nature and improve your emotional and physical health. Create a “reflection jar” to take home by bringing meaningful items from nature (shells, rocks, leaves, herbs). We will also provide plenty of supplies for this activity. Weather permitting, we may spend a little time outdoors- please join us! **Register by Sept. 20.**

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.**

Journaling: Write Better to Feel Better
Wednesdays, Sept. 11 - Oct. 30
 10 a.m.—noon
 (In-person & Zoom)
Downtown-901 Building



Learn how journaling can help you feel better from Ellen Szabo of Szabo Creative Consulting and Mary Ann Grobstich, Family Caregivers Center Caregiver Education & Outreach Facilitator. Sessions are open to current and former caregivers, volunteers and people living with chronic conditions. **Register required by Sept. 9. Space is limited.** Zoom link will be sent upon registration.

Music with Eddie
Monday, Sept. 16
 2 to 3 p.m.
 (In-person only)
DeWolf Innovation Center



Eddie Hochman MT-BC, music therapist with HallMar Village, will be offering a bi-monthly time for caregivers and those living with chronic conditions to enjoy and connect to music. No experience needed. No registration required.

Caring for Parents
Thursdays, Sept. 26 - Oct. 31
 10:30 to Noon
 (In-person only)
Downtown -901 Building



This 6-week supportive learning group is designed for adult children who are caregivers and/or are supporting a caregiver of a parent with a chronic condition. Participants will have the opportunity to share, learn, and discuss ideas about topics that are common to the caregiving experience such as stress, communication, and finding balance. Facilitated by Center volunteers Paula Burgmeier and Jody Weigel! **Register by September 20. Limited to 10 participants.** First time attendees will be given priority.

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:
Sept. 9 for Memory Café on Sept. 11
Sept. 23 for Memory Café on Sept. 25

Comprehensive Planning Guide
Mondays, Sept. 23 - Oct. 14
 10 to 11:30 a.m.
 (In-person Only)
DeWolf Innovation Center



Planning ahead as a caregiver can help reduce stress by making sure you and others know what to do in the event of a change in condition of your loved one or yourself. Join Center Volunteers, Paula Burgmeier and Laura Sagers along with Attorney Mark Van Heukelom to create your own comprehensive plan, gather and organize personal and legal documents, and discuss your wishes to help you be prepared for your future. There will be four sessions, each covering different topics. **Registration is required by Sept. 18. Space is limited to 20 participants.**

& Events

Together In Song Chorus
Thursdays Sept. 5— Oct. 31
10 a.m. to noon
(In-person)
DeWolf Innovation Center



The Together in Song Chorus is a fun, low pressure chorus for individuals living with chronic conditions, their care partners and volunteer singers. The chorus brings together individuals of all skill levels and musical backgrounds with the goal of providing social connection, meaning and purpose. The season ends with a concert held on Friday, Nov. 1 at 3 p.m. If you're interested in singing or volunteering, we would love to hear from you! **Registration required by Sept. 2.**

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.)

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

Conversations for Couples
Third Thursday
5 to 6:30 p.m.
(In-person)
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 Sept. 11.**

Family Caregivers Center Events

To register for an event:

Call the Center at (319) 221-8866 or email fcgc@mercy.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.