

Centered Events

November 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
familycaregiverscenter.org

Downtown- 901 Building
 901 8th Ave. SE
 Cedar Rapids, IA 52401

DeWolf Innovation Center
 9000 C Ave. NE
 Cedar Rapids, IA 52402

Thu	Fri	Sat
	 <p>You're Invited!</p> <p>Together In Song Chorus Concert DeWolf Innovation Center 3 to 4:30 p.m. (In-person)</p> 	2
<p>7</p> <p>Communication Strategies for Dementia Caregivers (4 of 4) DeWolf Innovation Center 2 to 3:30 p.m. (In-person) (Closed Registration)</p> <p>Life After Caregiving- for Spouses DeWolf Innovation Center 3 to 4:30 p.m. (In-person) Register by 10/31</p> 	8	9
<p>14</p> <p>Happiness is Complicated - Write Better to Feel Better DeWolf Innovation Center 10 a.m. to noon (In-person) Register by 11/7</p>  <p>Life After Caregiving DeWolf Innovation Center 3 to 4:30 p.m. (In-person) (Closed Registration)</p> <p>Good Time Social DeWolf Innovation Center 5 to 6:30 p.m. (In-person)</p>	<p>15</p> 	16
<p>21</p> <p>Medicaid Q & A DeWolf Innovation Center 10 to 11:30 a.m. (In-person or Zoom) Register by 11/14</p> <p>Life After Caregiving DeWolf Innovation Center 3 to 4:30 p.m. (Closed Registration)</p> <p>Conversations for Couples DeWolf Innovation Center 5 to 6:30 p.m. (In-person) Register by 11/14</p>	22	23
<p>28</p> <p>Offices Closed</p> 	<p>29</p> <p>Offices Closed</p>	30

November

<p>3</p>  <p>Daylight Saving Time ends</p>	<p>4</p> <p>Music with Eddie DeWolf Innovation Center 2 to 3 p.m. (In-person)</p>	<p>5</p> <p>Men's Caregiver Coffee DeWolf Innovation Center 8 to 9:30 a.m. or 10 to 11:30 a.m. (In-person or Zoom)</p>  <p>Election Day</p>	<p>6</p> <p>Wednesday Afternoon Caregiver Coffee DeWolf Innovation Center 1:30 to 3 p.m. (In-person or Zoom)</p> <p>Exploring Grief & Loss Support for Caregivers  Downtown- 901 Building 5:30 to 7 p.m. (In-person) Register by 11/1</p>
<p>10</p>	<p>11</p> 	<p>12</p> <p>Men's Caregiver Coffee DeWolf Innovation Center 8 to 9:30 a.m. or 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>13</p> <p style="color: red;">No Memory Café Today</p>
<p>17</p> 	<p>18</p> <p>Music with Eddie DeWolf Innovation Center 2 to 3 p.m. (In-person)</p>	<p>19</p> <p>Men's Caregiver Coffee DeWolf Innovation Center 8 to 9:30 a.m. or 10 to 11:30 a.m. (In-person or Zoom)</p>	<p>20</p> <p>Wednesday Afternoon Caregiver Coffee DeWolf Innovation Center 1:30 to 3 p.m. (In-person or Zoom)</p> <p>Memory Café DeWolf Innovation Center 2 to 4 p.m. (In-person) Register by 11/18</p>
<p>24</p>  <p>FAMILY Caregivers CENTER* of MERCY</p> <p>© 2024 Mercy Medical Center</p>	<p>25</p>	<p>26</p> <p>Men's Caregiver Coffee DeWolf Innovation Center 8 to 9:30 or 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>27</p>

Life After Caregiving for Spouses
Thursdays Nov. 7,14,21, Dec. 5,12,19
3 to 4:30 p.m. (In-person)
DeWolf Innovation Center



What happens when the caregiving is over? After a spouse dies, caregivers may experience a variety of emotions and life changes. This 6-week supportive learning group provides an environment of acceptance to discuss feelings and ask questions about how to deal with the loss of caregiving as well as the loss of your spouse. Topics include grief and loss, self-care, and planning for the future.

Facilitated by Tammy Buseman, MDiv, BCC Chaplain and COPE Team Lead, Mercy Medical Center, and Becky Krapfl, LBSW, Caregiver Engagement Facilitator, Family Caregivers Center.
Register by Oct. 31.



Exploring Grief & Loss Support for Family Caregivers
Wednesday, Nov. 6
5:30 to 7 p. m. (In-person)
901–8th AVE SE



Join us for a focus group as we explore community needs related to grief and loss. We are interested in connecting with you as we develop new programming to support those who have lost a loved one. If you are a family caregiver who has experienced a loss and would be willing to share ideas, please attend this open discussion. **Register by Nov. 1.**



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
(Zoom link can be used to join both groups.)

Happiness is Complicated – Write Better to Feel Better
Thursday, November 14
10 a.m. to noon (In-person)
DeWolf Innovation Center



Join us for a writing workshop with Ellen Szabo. Ellen has been providing virtual workshops for the Family Caregivers Center for three years. We are pleased to welcome her from Gloucester, MA. Discover the gift of 'writing to feel better' in this unique and inspiring creative writing workshop co-facilitated by Mary Ann Grobstich, Family Caregivers Center. **Register by Nov. 7.**

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

Medicaid Q & A
Thursday, Nov. 21
10 to 11:30 a.m. (In-person & Zoom)
DeWolf Innovation Center



Iowa Legal Aid Attorney Lisa Gavin and Iowa Department of Human Services Representative Lori Gibson will share Medicaid basics and answer questions. **Register by Nov. 14**

To join via Zoom: [Click Here](#) or call (888) 788-0099
Meeting ID: 812 6918 2607 Passcode: 761960

Memory Café
Wednesday, Nov. 20
2 to 4 p.m. (In-person)
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.

No Meeting Nov. 13
Register by: Nov. 18 for Memory Café on Nov. 20

& Events

The Together in Song Chorus Concert Friday, Nov. 1

3 to 4:30 p.m. (In-person or Zoom)

DeWolf Innovation Center

You are invited to the Together in Song Chorus' fall 2024 concert! Sing along to a medley of show stoppers such as Top of the World, Witch Doctor, and I See the Light. Join us after the concert for refreshments! A recording will also be available on YouTube following the concert.



To join via Zoom: [Click Here](#) or call (888) 788-0099
Meeting ID: 380 738 0966 Passcode: 994635



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.**



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 Nov. 14**

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

Closed Registrations

- Communication Strategies for Caregivers of Persons Living with Dementia

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.**

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.



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.