


Sun	Mon	Tues	Wed
	1 	2 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)	3 Finding Meaning & Hope (6 of 9) Registration Closed Wednesday Afternoon Caregiver Coffee DeWolf Innovation Center 1:30 to 3 p.m. (In Person or Zoom)
7	8	9 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) Dementia Basics DeWolf Innovation Center 2 to 3:30 p.m. (In Person)  Register by Apr. 8 Women's Caregiver Coffee DeWolf Innovation Center 1:30 to 3 p.m. (In Person or Zoom)	10 Finding Meaning & Hope (7 of 9) Registration Closed Container Gardens & Lettuce Bowls DeWolf Innovation Center 10 to 11:30 a.m. (In Person)  Register by Apr. 3 Memory Café DeWolf Innovation Center 1 to 3 p.m. (In Person) Register by Apr. 8
14	15	16 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) Life After Caregiving (1 of 6) DeWolf Innovation Center 9 to 10:30 a.m. (In Person)  Register by Apr. 11 Dementia Basics DeWolf Innovation Center 2 to 3:30 p.m. (In Person) Register by April 15	17 Finding Meaning & Hope (8 of 9) Registration Closed Wednesday Afternoon Caregiver Coffee DeWolf Innovation Center 1:30 to 3 p.m. (In Person)
21	22 Comprehensive Guide Series (1 of 4)  DeWolf Innovation Center 10 to 11:30 a.m. (In Person) Register by Apr. 15 Guide to Financial Planning & Dementia DeWolf Innovation Center Noon to 1 p.m. (In Person) Register by Apr. 15  (Boxed Lunch included)	23 Men's Caregiver Coffee DeWolf Innovation Center 8 to 9:30 a.m. <u>or</u> 10 to 11:30 a.m. Life After Caregiving (2 of 6) Registration Closed Women's Caregiver Coffee DeWolf Innovation Center 1:30 to 3 p.m. (In Person or Zoom) Dementia Basics DeWolf Innovation Center 2 to 3:30 p.m. (In Person) Register by Apr. 22	24 Finding Meaning & Hope (9 of 9) Registration Closed Memory Café DeWolf Innovation Center 1 to 3 p.m. (In Person) Register by Apr. 22
28	29 Comprehensive Guide Series (2 of 4) Registration Closed	30 Men's Caregiver Coffee DeWolf Innovation Center 8 to 9:30 a.m. <u>or</u> 10 to 11:30 a.m. Life After Caregiving (3 of 6) Registration Closed Dementia Basics DeWolf Innovation Center 2 to 3:30 p.m. (In Person) Register by April 29	



Thu	Fri	Sat
<p>4</p> <p>Together In Song Chorus Registration Closed</p>	5	6
<p>11</p> <p>Together In Song Chorus Registration Closed</p> <p>The Good Times Social DeWolf Innovation Center 2 to 3:30 p.m. (In Person)</p>	12	13
<p>18</p> <p>Together In Song Chorus Registration Closed</p> <p>Conversations for Couples DeWolf Innovation Center 5 to 6:30 p.m. (In Person or Zoom) Register by Apr. 11</p> <p>Spirituality & Caregiving (1 of 5) DeWolf Innovation Center 1:30 to 3 p.m. (In Person) Register by Apr. 15</p> <p>Medicaid Q & A Downtown- 901 Building 1:30 to 3 p.m. (In Person) Register by Apr. 15</p>	19	20
<p>25</p> <p>Together In Song Chorus Registration Closed</p> <p>Spirituality & Caregiving (2 of 5) Registration Closed</p>	26	27
		

Centered Events



April 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 pre-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

Container Gardens & Lettuce Bowls Wednesday, April 10

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

DeWolf Innovation Center

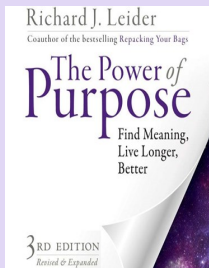


Join the Linn County Master Gardeners in a fun class learning about in's and out's of planting a container garden. Create your own lettuce bowl to take home. This class is open to former caregivers, current caregivers and those for whom they care. **Registration is required by April 3. Space is limited to 20.**

Life After Caregiving: The Power of Purpose Tuesdays, April 16 to May 21

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

DeWolf Innovation Center



After a loved one dies, caregivers may experience a variety of emotions and life changes. This 6-week supportive learning group for caregivers who has experienced the loss of the person for whom they cared provides an environment of acceptance to explore feelings and ask questions as we read and discuss Richard Leider's dynamic book, "The

Power of Purpose: Finding Meaning, Live Longer, Better." 3rd Edition.

Facilitated by Center Volunteers Kathy Jasper and Julie Jensen. **Registration is required by April 9. Space is limited to 10 participants.** Priority will be given to first-time attendees. Books can be purchased through Amazon or at Barnes and Noble or borrowed through the Center's Lending Library.

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.)

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.**

Medicaid Q&A

Thursday, April 18

1:30 to 3 p.m. (In-person & Zoom)

Downtown—901 Building



Iowa Legal Aid Attorney Lisa Gavin and Iowa Department of Health and Human Services Representative Lori Gibson will share Medicaid basics and answer questions.

Registration is required by Apr. 15.

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

Meeting ID: 857 2682 0158

Passcode: 750176

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.**

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:

Apr. 8 for Memory Café on Apr. 10

Apr. 22 for Memory Café on Apr. 24

& Events

Spirituality and Caregiving
Thursdays, April 18, 25, May 2, 9 & 23
1:30 to 3 p.m. (In-person only)
DeWolf Innovation Center



This five-week supportive learning and discussion group for those caring for someone with a chronic condition is an opportunity to explore spirituality and how it is woven into caregiving. Participants will have the opportunity to explore their spiritual beliefs and traditions, hear about beliefs and traditions of others, reflect on spiritual needs, and raise questions related to spirituality.

Facilitated by Center Volunteers Julie Johnson and Kathy Thornton, RSM. **Please register by April 15. Space is limited to 15 participants.**

Comprehensive Planning Guide
Mondays, April 22, 29, May 6 & 13
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 April 15. Space is limited to 20 participants.**

Guide to Financial Planning & Dementia
Monday, April 22
Noon to 1 p.m. (In-person only)
DeWolf Innovation Center



Transamerica, working with MIT's Age Lab, has developed a guide to financial planning for caregivers supporting individuals living with dementia. The guide helps answer questions about finding care and how to financially plan for dementia. It also reviews steps to take in each stage as well as helpful questions for caregivers to answer. Morgan Stanley and Transamerica invite you to learn more to help prepare you for your loved one's future.

Facilitated by Nick Arndt, CFP®, ChFC®, CLU®, RICP® with Transamerica. **Please register by April 15. A boxed lunch will be provided at no charge.**

Registration is Closed:

Finding Meaning and Hope
Wed., Mar. 6 to May 1; 10 a.m. to noon; 901 Building
Together in Song Chorus
Thurs., Mar. 7 to May 3; 10 a.m. to noon; 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

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 April 11.**

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

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:

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