

January 2024

Sun	Mon	Tues	Wed
	<p>1</p>  <p>Happy New Year! Offices Closed</p>	<p>2</p> <p>Men's Caregiver Coffee DeWolf Innovation Center 8 to 9:30 a.m. <u>or</u> 10 to 11:30 a.m.</p> <p>Life After Caregiving (7 of 8) Downtown- 901 Building 1:30 to 3 p.m. <i>(In Person)</i> Registration closed</p>	<p>3</p> <p>Wednesday Afternoon Caregiver Coffee DeWolf Innovation Center 1:30 to 3 p.m.</p>
7	8	<p>9</p> <p>Men's Caregiver Coffee DeWolf Innovation Center 8 to 9:30 a.m. <u>or</u> 10 to 11:30 a.m.</p> <p>Life After Caregiving (8 of 8) Downtown- 901 Building 1:30 to 3 p.m. <i>(In Person)</i> Registration closed</p> <p>Women's Caregiver Coffee DeWolf Innovation Center 1:30 to 3 p.m.</p>	<p>10</p> <p>Memory Café DeWolf Innovation Center 1 to 3 p.m. <i>(In Person)</i> Register by Jan. 8</p>
14	<p>15</p>  <p>MARTIN LUTHER KING DAY</p>	<p>16</p> <p>Men's Caregiver Coffee DeWolf Innovation Center 8 to 9:30 a.m. <u>or</u> 10 to 11:30 a.m.</p>	<p>17</p> <p>Wednesday Afternoon Caregiver Coffee DeWolf Innovation Center 1:30 to 3 p.m.</p>
21	22	<p>23</p> <p>Men's Caregiver Coffee DeWolf Innovation Center 8 to 9:30 a.m. <u>or</u> 10 to 11:30 a.m.</p> <p>Women's Caregiver Coffee DeWolf Innovation Center 1:30 to 3 p.m.</p>	<p>24</p> <p>Memory Café DeWolf Innovation Center 1 to 3 p.m. <i>(In Person)</i> Register by Jan.22</p>
28	29	<p>30</p> <p>Men's Caregiver Coffee DeWolf Innovation Center 8 to 9:30 a.m. <u>or</u> 10 to 11:30 a.m.</p>	31

Centered Events ❄️

❄️ **January 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

Thu	Fri	Sat
4 Caregiving and Guilt, Resentment, & Acceptance (1 of 4) 1 to 2:30 p.m. (Zoom only) Register by Jan. 2	5	6
11 The Good Times Social DeWolf Innovation Center 2 to 3:30 p.m. (In Person) Caregiving and Guilt, Resentment, & Acceptance (2 of 4) 1 to 2:30 p.m. (Zoom only) Registration Closed	12	13
18 Conversations for Couples DeWolf Innovation Center 5 to 6:30 p.m. Register by Jan. 15 Caregiving and Guilt, Resentment, & Acceptance (3 of 4) 1 to 2:30 p.m. (Zoom only) Registration Closed	19	20
25 Caregiving and Guilt, Resentment, & Acceptance (4 of 4) 1 to 2:30 p.m. (Zoom only) Registration Closed	26 ❄️ ❄️	27 ❄️
		

Caregiving and Guilt, Resentment, and Acceptance

Thursdays, Jan. 4 to 25

1 to 2:30 p.m.

(Zoom Only)



This four-week series, facilitated by Center Volunteer Peg O'Rourke, will focus on some of the toughest emotions and feelings about caregiving. Caregivers will explore guilt – what it is, how to recognize it, and steps to overcome it and delve into the feelings of resentment and finding acceptance. Participants will have the opportunity to share, learn, and discuss ideas and experiences with these topics.

Registration is required by Jan. 2. A Zoom link will be emailed to you after you register and before the first session.

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:
Jan. 8 for Memory Café on Jan. 10
Jan. 22 for Memory Café on Jan. 24

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 Jan. 15.

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

Meeting ID: 810 9997 4135

Passcode: 070794

Men's Caregiver Coffee

(In-person & Zoom)

DeWolf Innovation Center

Early Morning Group

Tuesdays

8 to 9:30 a.m.

Late Morning Group

Tuesdays

10 to 11:30 a.m.

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.)

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

Registration is Closed:

Life After Caregiving

Tuesdays, Nov. 7 - Jan. 16 (no meeting Dec. 26)

1:30 to 3 p.m.

One-on-One Meetings

Individual meetings with a trained volunteer or staff member are available for caregivers interested in discussing their situation. During a one-on-one, we help caregivers by providing reassurance, guidance, education, and connection to community and Family Caregiver Center resources.

To request a one-on-one meeting, please call the Center at (319) 221-8866 or email fccg@mercyare.org.

Family Caregivers Center Event Information

To register for an event:

Call the Center at (319) 221-8866 or email fccg@mercyare.org. Each event description lists if registration is required.

Event locations:

Family Caregivers Center events are offered at two locations – the Downtown-901 Building and DeWolf Innovation Center. The location of each event is listed and color-coded in the event description and on the calendar. Addresses for both locations can be found on the front page.

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:

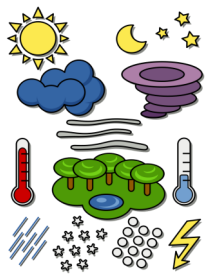
To participate in an event via Zoom, you can call in by phone or use your desktop, tablet or smart phone app.

🔗 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.



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.