

Sun	Mon	Tues	Wed
<p>1</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. (In Person or Zoom)</p>	<p>3</p> <p>Wednesday Afternoon Caregiver Coffee DeWolf Innovation Center 1:30 to 3 p.m. (In Person or Zoom)</p>	
<p>7</p>	<p>8</p>	<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. (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>10</p> <p>Memory Café DeWolf Innovation Center 1 to 3 p.m. (In Person) <b>Register by July 8</b></p>
<p>14</p>  <p>Flag Day</p>	<p>15</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. (In Person or Zoom)</p> <p>Veterans Affair Q &amp; A DeWolf Innovation Center 1 to 2 p.m. (In Person or Zoom) <b>Register by July 12</b></p>	<p>17</p> <p>Wednesday Afternoon Caregiver Coffee DeWolf Innovation Center 1:30 to 3 p.m. (In Person or Zoom)</p>
<p>21</p>	<p>22</p> 	<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. (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>24</p> <p>Memory Café DeWolf Innovation Center 1 to 3 p.m. (In Person) <b>Register by July 22</b></p> <p>Flower Arranging DeWolf Innovation Center 10 to 11:30 a.m. (In Person) <b>Register by July 19</b></p>
<p>28</p> 	<p>29</p> 	<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. (In Person or Zoom)</p>	<p>31</p>

Thu	Fri	Sat
<p>4</p>  <p><b>Happy 4th OF JULY!</b></p> <p>Offices Closed</p>	<p>5</p>	<p>6</p>
<p>11</p> <p>Memoir Writing (3 of 5) <i>Registration Closed</i></p> <hr/> <p>The Great Challenges of Caregiving (5 of 10) <i>Registration Closed</i></p> <hr/> <p>The Good Time Social DeWolf Innovation Center 2 to 3:30 p.m. (In Person)</p>	<p>12</p>	<p>13</p>
<p>18</p> <p>The Great Challenges of Caregiving (6 of 10) <i>Registration Closed</i></p> <hr/> <p>Conversations for Couples DeWolf Innovation Center 5 to 6:30 p.m. (In Person) <b>Register by July 12</b></p>	<p>19</p> 	<p>20</p>
<p>25</p> <p>Memoir Writing (4 of 5) <i>Registration Closed</i></p> <hr/> <p>The Great Challenges of Caregiving (7 of 10) <i>Registration Closed</i></p>	<p>26</p> 	<p>27</p>
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# Centered Events



**July 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@mercyCare.org](mailto:fcgc@mercyCare.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](http://familycaregiverscenter.org)

## Veteran's Affairs Q & A Tuesday, July 16 1 to 2 p.m.

(In-person & Zoom)

### DeWolf Innovation Center



Sign up for a 15-minute individual meeting with a Suellyn Parson, Veteran Service Coordinator with the Linn County Veterans Affairs Office. Receive answers to your questions and review benefits in which your Veteran may be eligible. If you are interested in joining via Zoom, a link will be emailed to after you register.

**Registration is required by July 12. Space is limited to four.**

## Flower Arranging Wednesday, July 24 10 to 11:30 a.m.

(In-person only)

### DeWolf Innovation Center



Join us for a fun event with the Linn County Master Gardeners! Learn how to create your own arrangement to take home. Open to former and current caregivers and the person they are caring for. **Registration is required by July 19. Limited to 20 participants, supplies are included.**

## 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:**

**July 8** for Memory Café on July 10

**July 22** for Memory Café on July 24

## 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.**

## Conversations for Couples Third Thursday

5 to 6:30 p.m.

(In-person only)

### 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 July 12.**

## & Events

### 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. Facilitated by volunteers Carole Butz and Laura Sagers. **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. Facilitated by volunteers Carole Butz and Laura Sagers. **No registration required.**

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

Meeting ID: 849 0144 0732

Passcode: 424684

### Closed Registrations:

#### Great Challenges of Caregiving

Thursdays, Jun. 6 to Aug. 22 (no meetings Jul. 4 & Aug. 1) from 1 to 2:30 p.m.

#### Memoir Writing

Thursdays, Jun. 13 & 27, Jul. 11 & 25, Aug. 22 from 10 a.m. to noon

**COMING SOON**

### August Events

- Yoga Series
- Medicaid Q & A
- Together In Song Chorus Meet and Greet

### Family Caregivers Center Events

#### To register for an event:

Call the Center at (319) 221-8866 or email [fcgc@mercy.org](mailto: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 event. 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 at (319) 221-8866 or email [fcgc@mercy.org](mailto:fcgc@mercy.org).



### Weather Related Cancellations & Closings

The Family Caregivers Center follows 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.