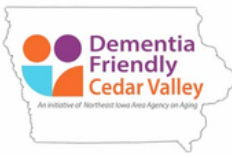


Dementia-Related Social Opportunities

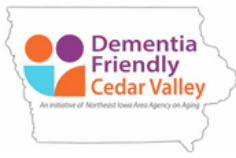
in the Cedar Valley



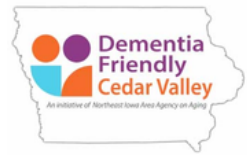
	WATERLOO CAREGIVER SUPPORT GROUP	WATERLOO CAREGIVER SUPPORT GROUP #2	NEI3A CAREGIVER SUPPORT GROUP	CEDAR VALLEY SUPPORT GROUP SPONSORED BY UNI	CEDAR FALLS CAREGIVER SUPPORT GROUP
Date & Time	3rd Thursday, 1pm	3rd Wednesday, 1pm	2nd Thursday, 10am	Every Tuesday, 1pm	1st Friday, 1pm
Location	Friendship Village (Private Dining Room, 2nd Floor- Village Terrace Building) 600 Park Lane, Waterloo, IA 50702	Friendship Village (Village Place- Balcony Lounge 2nd Floor) 3720 Village Place, Waterloo, IA 50702	NEI3A Office 3840 W. 9th St, Waterloo, IA 50702	Gallagher Bluedorn Performing Arts Center Room 103 8201 Dakota St, Cedar Falls, IA 50614	CedarStone Connection Room 4715 Algonquin Dr. Cedar Falls, IA 50613
Virtual Option?	X	X	✓	X	X
Intended Audience	Caregivers	Caregivers	Caregivers	Spouses/Partners, Caregivers	Caregivers, Spouses, Children, Person living with dementia
Facilitator Name	Bev McCadam	Bev McCadam	NEI3A Staff	UNI Dementia Simulation House Team	Sara Strickler
Contact Information	blmccadam@gmail.com 319-291-8252	blmccadam@gmail.com 319-291-8252	800-779-8707	dementia.simulation@ uni.edu	sstrickler@ cedarstoneseniorlivin g.com 319-215-3761 319-595-2060
Description	Support group for family members of people living with dementia, open to the public.	Support group for family members of people living with dementia, open to the public.	General support group for anyone in an informal caregiving role.	Open to the public support group for caregivers and spouses/partners of someone with dementia.	Safe space for friends, family, & caregivers and those with dementia to share their experiences. Alzheimer's Association Affiliated.

Contact mzimmerman@nei3a.org with any updates or requests to change this document.

Updated: 2/2025



Dementia-Related Social Opportunities in the Cedar Valley



	DEMENTIA GARDEN ENGAGEMENT SESSIONS	HARTMAN RESERVE FRIENDS MEMORY CAFE	INDEPENDENCE CAREGIVER SUPPORT GROUP	MEMORY CIRCLE
Date & Time	3rd Wednesday, 10am In Summer	1st Wednesday, 10am	3rd Wednesday, 6pm	Most Tuesdays, 2pm
Location	Prairie Pkwy Garden 5100 Prairie Pkwy Cedar Falls, IA 50613	Hartman Reserve Nature Center 657 Reserve Dr., Cedar Falls, IA 50613	Independence Public Library 805 1st St E, Independence, IA 50644	Cedar Falls Community Center 528 Main St, Cedar Falls, IA 50613
Virtual Option?	X	X	X	X
Intended Audience	Individuals with dementia and carepartners (caregivers must accompany their loved one)	Individuals with dementia and carepartners (supportive person must accompany person with dementia)	Caregivers, Spouses, Partners and/or Children	Spouses, Caregivers, Person living with dementia
Facilitator Name	Rich Congdon	Theresa Johnson	Teresa Rathbun	Mary Fogarty
Contact Information	rjcongdon@gmail.com & grow@parkwaygarden.org	(319)-214-0711	trathbun@prairiehillssatindependence.com 319-334-8659	mailmrf@icloud.com
Description	Garden and greenhouse for those with dementia to garden and make social connections.	Call to reserve your spot. Supports leisure for people living with dementia; Nature-related activities	Safe space to share stories and difficulties. Alzheimer's Association Affiliated	A safe space for social interaction. Anyone is welcome, no registration required.