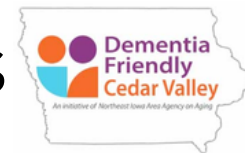


Dementia-Related Social Opportunities

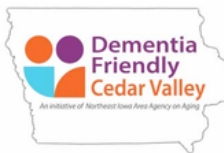
in the Cedar Valley



	WATERLOO CAREGIVER SUPPORT GROUP	WATERLOO CAREGIVER SUPPORT GROUP #2	NEI3A CAREGIVER SUPPORT GROUP	CAREGIVER SUPPORT GROUP AT UNI DEMSIM HOUSE	CEDAR FALLS CAREGIVER SUPPORT GROUP
Date & Time	3rd Thursday, 1pm	3rd Wednesday, 1pm	1st Tuesday, 3pm	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	UNI Dementia Simulation House 8712 University Ave, Cedar Falls, IA 50613	CedarStone Connection Room 4715 Algonquin Dr. Cedar Falls, IA 50613
Virtual Option?	X	X	✓	X	X
Intended Audience	Caregivers	Caregivers	Caregivers, Person living with dementia	Spouses/Partners, Caregivers	Caregivers, Spouses, Children, Person living with dementia
Facilitator Name	Bev McCadam	Bev McCadam	NEI3A Staff	Eran Hanke	Briget Meyer
Contact Information	blmccadam@gmail.com 319-291-8252	blmccadam@gmail.com 319-291-8252	800-779-8707	dementia.simulation@uni.edu	bmeyer@cedarstoneseniorliving.com (319)-486-8383
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.

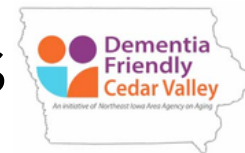
Contact mzimmerman@nei3a.org with any updates or requests to change this document.

Updated: 7/24



Dementia-Related Social Opportunities

in the Cedar Valley



	DEMENTIA ENGAGEMENT SESSIONS	FRIENDS MEMORY CAFE	WAVERLY CAREGIVER SUPPORT GROUP	INDEPENDENCE CAREGIVER SUPPORT GROUP	MEMORY CIRCLE
Date & Time	3rd Wednesday, 10am	1st Wednesday, 10am	1st Tuesday, 12:30pm	3rd Wednesday, 6pm	Every Tuesday, 2pm
Location	Prairie Pkwy Garden 5100 Prairie Pkwy Cedar Falls, IA 50613	Hartman Reserve Nature Center 657 Reserve Dr., Cedar Falls, IA 50613	Waverly Health Center 312 9th St SW, Waverly, IA 50677	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 of people living with dementia. Music therapy available for individuals with dementia	Caregivers, Spouses, Partners and/or Children	Spouses, Caregivers, Person living with dementia
Facilitator Name	Rich Congdon	Theresa Johnson	Josh Brewer	Sarah Zimmerman	Mary Fogarty
Contact Information	rjcongdon@gmail.com grow@parkwaygarden.org	(319)-214-0711	jbrewer@waverlyhealthcenter.org (319)-352-4981	szimmerman@PrairieHillsAtIndependence.com (319)-334-2000	mailmrf@cfu.net
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	Support group for caregivers. Music therapy for individuals with dementia.	Safe space to share stories and difficulties. Alzheimer's Association Affiliated	A safe space for social interaction. Anyone is welcome, no registration required.