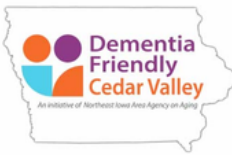


Dementia-Related Social Opportunities

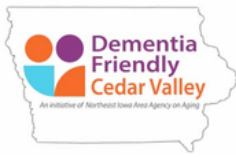
in the Cedar Valley



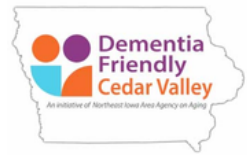
| | WATERLOO CAREGIVER SUPPORT GROUP | WATERLOO CAREGIVER SUPPORT GROUP #2 | NEI3A CAREGIVER SUPPORT GROUP | CEDAR VALLEY SUPPORT GROUP SPONSORED BY UNI | CEDAR FALLS CAREGIVER SUPPORT GROUP |
|----------------------------|---|---|--|---|--|
| Date & Time | 3rd Thursday, 1pm | 3rd Wednesday, 1pm | 2nd 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 319-273-5765 | 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: 3/2025



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. |