



Dementia-Related Support Opportunities

Dubuque County

| | UNIFIED THERAPY | MEMORY CAFE | CARE FOR THE CAREGIVER | NEI3A SUPPORT GROUP |
|----------------------------|--|---|---|---|
| Date & Time | Open Monday-Friday | 2 nd and 4 th Thursdays 10-11:00am (Starting in March) | Mondays at 1:30 | Mondays 2-3PM (Zoom) Last Monday 2-3PM (In-Person) |
| Location | 4135 Pennsylvania Ave Dubuque 1690 Elm St Suite 230 Dubuque | Varies | Church of the Resurrection 4300 Asbury Road, Dubuque | NEI3A Dubuque office 2728 Asbury Road, Fountain Park Springs Building #430, Dubuque |
| Virtual Option | ✓ | x | x | ✓ |
| Intended Audience | People living with dementia and their caregivers | People with memory impairment and their caregivers | Caregivers of those with dementia | Caregivers |
| Facilitator Name | Kersten Yutzy, Speech Therapist Michelle Sullivan, Physical Therapist Ellie Spillane, Occupational Therapist | Taylor Hummer | Mary Schmidt | NEI3A Staff |
| Contact Information | Unifiedtherapy.com Kersten: kersteny@unifiedtherapy.com Michelle: michelles@unifiedtherapy.com Ellie: ellies@unifiedtherapy.com | 563-690-9679 thummer@stonehilldbq.com | 563-556-7511 | 563-588-3970 |
| Description | Speech, occupational, and physical therapy. Also offers inservices to caregivers | Seasonal programs, activities, and social time Register by Monday before attending | Support group for caregivers. Includes separate group for loved one | Support group for caregivers, which includes online or in-person options |

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



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| | CAREGIVER RESOURCE CENTER SUPPORT GROUP | CAREGIVER RESOURCE CENTER VIRTUAL SUPPORT GROUP | ASBURY SUPPORT GROUP | PARKINSON'S SUPPORT GROUP |
|----------------------------|--|---|---|---|
| Date & Time | 1 st Thursday 2-3 PM | 3 rd Thursday 2-3 PM | 2 nd and 4 th Thursday 2-3 PM | 3 rd Saturday 10-11 AM |
| Location | Caregiver Resource Center - 3485 Windsor Ave., Dubuque | online | Asbury Library - 5290 Grand Meadow Dr., Asbury | UnityPoint -Finley Hospital: 350 N. Grandview Ave, Dubuque- Woodward Auditorium |
| Virtual Option | X | ✓ | X | X |
| Intended Audience | Caregivers | Caregivers | Caregivers | People with Parkinson's and their caregivers |
| Facilitator Name | Taylor Hummer | Taylor Hummer | Taylor Hummer | Judy Osterhaus |
| Contact Information | 563-690-9679 thummer@stonehilldbq.com | 563-690-9679 thummer@stonehilldbq.com | 563-690-9679 thummer@stonehilldbq.com | judyosterhaus@gmail.com |
| Description | General support group for anyone in an informal caregiving role. | Virtual option for those in an informal caregiving role | General support group for anyone in an informal caregiving role | Support group for those with Parkinson's and includes members with related dementia |