



## Alzheimer's Association LOCAL support groups

### Teleconference/Webinar

[www.alz.org/wi](http://www.alz.org/wi) 24/7 Helpline 800.272.3900

Do you care for someone diagnosed with Alzheimer's disease or a related dementia? Are you looking for information and support? You are not alone.

Alzheimer's Association Affiliated Caregiver Support Groups provide emotional, educational & social support for family and friends of individuals with Alzheimer's disease & other related dementias. Please connect with the facilitator to receive call in information for the session.

#### **Barron County**

3<sup>rd</sup> Tuesday of the month from 1pm-2pm

Facilitator: Peggy Schmidt & Jim Adams 715.537.6225

#### **Burnett County**

4<sup>th</sup> Thursday of the month at 10:30am & is open to all caregivers

Facilitator: Barb Englehart 877.485.2372

#### **Chippewa County**

2<sup>nd</sup> Thursday of the month from 1pm-2pm

Facilitators: Pamela Hehl 715.828.3486 & Vern Weeks 715.313.0653

#### **Pierce County**

2<sup>nd</sup> Thursday of the month from 10am-11:30am

4<sup>th</sup> Wednesday of the month from 2pm-3:30pm

Facilitator: Amy Luther 715.273.6780



**Polk County - Amery**

1<sup>st</sup> Wednesday of the month from 10am-11:30am

Facilitator: Sharlene Bellefeuille, Alzheimer's Association WI Chapter 715.861.6174

3<sup>rd</sup> Tuesday of the month at 2pm

Facilitator: Barb Englehart 877.485.2372

**Sawyer County**

2<sup>nd</sup> Tuesday of the month from 1pm-2:30pm

Facilitator: Sharlene Bellefeuille, Alzheimer's Association WI Chapter 715.861.6174

**St Croix County**

1<sup>st</sup> Tuesday of the month from 9am-10:30am & 3<sup>rd</sup> Thursday of the month from 1pm-2:30pm

Facilitator: Tara Murdzek 715.381.4366

**Telephone Support Group for All Counties**

Last Tuesday of the month from 10am-11:30am

Facilitator: Sharlene Bellefeuille, Alzheimer's Association WI Chapter 715.861.6174

These support groups are intended for family caregivers of individuals with Alzheimer's disease & other dementias unless noted.

Sharlene Bellefeuille, Community Outreach Coordinator – Care & Support | Chippewa Valley Office | 715.861.6174 | [sbellefeuille@alz.org](mailto:sbellefeuille@alz.org)



## Webinar/Phone Family Caregiver Education Programs – September



### **10 Warning Signs of Alzheimer's**

This program covers typical age related changes, common warning signs of Alzheimer's, how to approach someone about memory concerns, early detection, the benefits of a diagnosis, the diagnostic process, and Alzheimer's Association resources.

**Tuesday, Sept. 15, 2:00-3:00 pm | [REGISTER](#)**

**Wednesday, Sept. 16, 12:00-1:30 pm | [REGISTER](#)**

**Wednesday, Sept. 23, 4:00-5:00 pm | [REGISTER](#)**

**Monday, Sept. 28, 2:00-3:00 pm | [REGISTER](#)**

**Wednesday, Sept. 30, 1:00-2:00 pm | [REGISTER](#)**

### **Las 10 Señales del Alzheimer**

La enfermedad de Alzheimer y otras demencias causan problemas de memoria, pensamiento y comportamiento que interfieren con la vida diaria. Unase a nosotros para aprender a reconocer las señales comunes de la enfermedad; Cómo abordar a una persona acerca de problemas de memoria; la importancia de la detección temprana y los beneficios de un diagnóstico; posibles pruebas y evaluaciones para el proceso de diagnóstico y recursos de la Alzheimer's Association.

**Martes, 15 de Sept., 2:00-3:00 pm | [REGISTRESE](#)**

### **COVID-19 & Caregiving**

Caring for someone living with dementia during the COVID-19 pandemic adds unique challenges for caregivers. This program provides simple tips caregivers can put in place whether the person living with dementia lives at home, in a residential facility, or care providers are coming into the home.

**Friday, Sept. 11, 10:00-11:00 am | [REGISTER](#)**

### **Dementia Conversations**

This program will offer tips on how to have honest and caring conversations with family members about going to the doctor, deciding when to stop driving and making legal and financial plans.

**Wednesday, Sept. 2, 11:00 am-noon | [REGISTER](#)**

**Thursday, Sept. 3, 1:00-2:00 pm | [REGISTER](#)**

**Tuesday, Sept. 22, 2:00-3:00 pm | [REGISTER](#)**

**Monday, Sept. 28 6:00-7:00 pm | [REGISTER](#)**

### **Effective Communication Strategies**

Teaches caregivers to decode verbal and behavioral communication by someone with Alzheimer's and other dementias. Participants leave with strategies for meaningful connection with people in early, middle and late stage dementia.

**Tuesday, Sept. 22, 3:00-4:00 pm | [REGISTER](#)**

**Tuesday, Sept. 22, 5:00-6:30 pm | [REGISTER](#)**

**Tuesday, Sept. 29, 2:00-3:00 pm | [REGISTER](#)**

**Wednesday, Sept. 30, 1:00-2:00 pm | [REGISTER](#)**

### **Healthy Living for Your Brain & Body**

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

**Wednesday, Sept. 9, 11:00 am-noon | [REGISTER](#)**

**Monday, Sept. 14, 10:00-11:00 am | [REGISTER](#)**

**Tuesday, Sept. 22, 11:00 am-noon pm | [REGISTER](#)**

**Thursday, Sept. 24, 12:00-1:00 pm | [REGISTER](#)**

**Thursday, Sept. 24, 12:30-1:30 pm | [REGISTER](#)**

### **Intellectual & Developmental Disabilities and Dementia**

An overview of the prevalence of dementia for those living with an intellectual or developmental disability (IDD). Discuss warning signs and strategies to screen for dementia in those living with IDD.

**Friday, Sept. 25, 1:00-2:30 pm | [REGISTER](#)**

**Register for any of our education programs by calling 800.272.3900 or online at [alz.org/crf](http://alz.org/crf).  
You will receive connection information after you register.**

## Webinar/Phone Family Caregiver Education Programs – September



### **Legal & Financial Planning for Alzheimer's Disease**

The diagnosis of Alzheimer's disease makes planning for the future more important than ever. Learn about important legal and financial issues to consider, how to put plans in place, and how to access legal and financial resources near you.

**Wednesday, Sept. 23, 1:00-2:30 pm | [REGISTER](#)**

### **Living with Alzheimer's – Early Stage Care Partners**

The diagnosis of Alzheimer's disease is life-changing and leads to many questions. Join us for this three-part program to discuss what you need to know, what you need to plan, and what you can do as you navigate this chapter of your life.

**Three Consecutive Fridays, Sept. 11, 18, 25, 10:00-11:30 am | [REGISTER](#)**

### **Living with Alzheimer's – Middle Stage Caregivers**

This three-part program will address many topics for caregivers of individuals with moderate Alzheimer's disease, including symptoms and care needs, relationship changes, ways to maximize safety, prepare for emergencies, and access respite care.

**Wednesday, Sept. 16, 2:00-5:00 pm | [REGISTER](#)**

### **Lo Básico, La Enfermedad de Alzheimer's**

La enfermedad de Alzheimer no es una parte normal del envejecimiento. Si usted o alguien que usted conoce está afectado por la enfermedad de Alzheimer o la demencia, es el momento de conocer los hechos. Este programa proporciona información sobre detección, causas y factores de riesgo, las etapas de la enfermedad, el tratamiento y mucho más.

**Martes, 22 de Sept., 2:00-3:00 pm | [REGISTRESE](#)**

### **Resources for the Caregiver**

Learn about resources available to caregivers

**Thursday, Sept. 24, 2:00-4:00 pm | [REGISTER](#)**

### **Understanding Alzheimer's & Dementia**

Learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors, current research and treatments available to address some symptoms, and Alzheimer's Association resources.

**Monday, Sept. 21, 12:00-1:00 pm | [REGISTER](#)**

**Thursday, Sept. 24, 2:00-3:00 pm | [REGISTER](#)**

**Wednesday, Sept. 30, 6:00-7:00 pm | [REGISTER](#)**

### **Understanding Dementia**

If you have a family member or friend that is experiencing memory related issues or a recent diagnosis of Alzheimer's disease or other dementia, this presentation series is for you. Join us for a 3-session workshop.

**Three Consecutive Thursdays, Sept. 3, 10, 17, 6:00-8:00 pm | [REGISTER](#)**

### **Understanding & Responding to Dementia Related Behavior**

Provides participants with a four-step model to address behavioral aspects of dementia. The program details the model and then applies it to some of the most common behaviors associated with the disease.

**Tuesday, Sept. 8, 10:00-11:30 am | [REGISTER](#)**

**Thursday, Sept. 10, 11:30 am-1:00 pm | [REGISTER](#)**

**Thursday, Sept. 17, 1:00-2:00 pm | [REGISTER](#)**

**Thursday, Sept. 24, 1:00-2:30 pm | [REGISTER](#)**

**Tuesday, Sept. 29, 1:00-2:00 pm | [REGISTER](#)**

**Register for any of our education programs by calling 800.272.3900 or online at [alz.org/crf](http://alz.org/crf).  
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**Wisconsin teleconference / webinar  
Support Groups – September 2020**



For Persons Living with Mild Cognitive Impairment (MCI):

2<sup>nd</sup> Wednesday, 10:00-11:30 am

General Family Caregivers:

Every other Tuesday, 5:30-7:00 pm

Family Caregivers for a Loved One with Dementia Living at a Facility:

Fridays, 10:00-11:30 am

Male Family Caregivers:

3<sup>rd</sup> Wednesday, 5:30-6:30 pm

4<sup>th</sup> Thursday, 1:00-2:30 pm

Family Caregivers for a Loved One with Dementia in the Early Stages:

2<sup>nd</sup> Tuesday, 9:30-11:00 am

4<sup>th</sup> Tuesday, 10:00-11:30 am

Spanish Speaking Family Caregivers:

2<sup>nd</sup> Tuesday, 10:00-11:30 am

Grupo de Apoyo en Español:

2<sup>do</sup> Martes de cada mes, 10:00-11:30 a.m.  
Llame a Virginia Zerpa 414-431-8811

Family Caregivers for a Loved One with Frontotemporal Degeneration (FTD):

3<sup>rd</sup> Wednesday, 6:00-7:30 pm

**To attend any of our Support Groups please verify your attendance by calling  
800.272.3900**

**You will receive connection information after you register**