



July 2022 — New Zoom Links as of 5/1/22! Support Network Meetings and Educational Opportunities

It is SO WONDERFUL to be together again in person! Please join us at **1421 Pine Ridge Road, Suite 100**.

Meetings continue to be “**Hybrid**”, making it possible for those attending in person as well as those on Zoom to be together. **A change in Zoom Link numbers took place on May 1, 2022**. Please see below..

These **two pages** contain information about the meetings and educational opportunities occurring in July. **In addition, we continue to support you individually at whatever time and date works for you**. Please don't hesitate to contact us with your questions and concerns, no matter how busy you may think we are or how trivial your issues may seem. Reach out to us! **We'll be glad you did!**

In addition to our regularly scheduled support groups, there are opportunities to learn as well as discussion groups that focus on a particular type of cognitive impairment or on an issue of concern. During many meetings/support groups, we offer our “**Club Room**” programing for individuals living with brain change. They are indicated by “**With Club Room**” on the calendar and below. The Friday afternoon **Creative Engagement for Care Partner Teams** is for everyone! Take advantage of our special guests!

If you have questions about any of these meetings, connecting by Zoom, or about our services, please ask by calling (239) 262-8388, emailing Help@Support.Network or going to our website: www.Support.Network **All services are provided free of charge!**

HYBRID GENERAL SUPPORT DISCUSSION GROUPS

Each Tuesday and Thursday from 10:00 am-11:30 am
Thursdays from 1:30 pm-3:00 pm

Our support groups are open forums where caregivers can ask questions, address concerns and receive support from others who are experiencing or have experienced similar issues. The meetings are widely varied in topics and discussions. They are led by Marianne, Cathy and other members of the Network Team. The **NEW Zoom LINK** number is the same as our telephone number: 239 262 8388 or <https://zoom.us/j/2392628388>. An engaging and lively **Club Room** is held during each meeting. The **NEW LINK** number for the Club Room is our new zip code typed twice: 34109 34109 <https://zoom.us/j/3410934109>. Both are now **HYBRID** (in person or on Zoom).

Special Meetings in July

TEEPA SNOW WEBINAR: Alzheimer's Support Network Board member and internationally recognized teacher on issues of dementia care, Teepa Snow, graciously joins us online **Monday, July 18th from 4:00-5:30 pm**. Topic: “**Friends' Guide to Respite Time: How to make it work for everyone.**” Online only at: <https://zoom.us/j/2392628388>

Problem Solving Discussion on Wednesday, July 27 at 10:00. Bring your questions! Our Team will share their years of experience and expertise to help explore the issues that bother you! This is a Hybrid meeting, in person or on Zoom at <https://zoom.us/j/2392628388> **With HYBRID Club Room online at <https://zoom.us/j/3410934109>**

Recurring Support Groups and Educational Opportunities in Alphabetical Order

ADULT CHILDREN: First & Third Wednesdays/5:30 pm-7:00 pm This **online only** group is for men and women dealing with all the issues surrounding the care of a parent, older relative or friend. The group is a great source of support, provides a nurturing environment and a place to obtain needed resources. Led by Network Team members Marianne and Debbie. <https://zoom.us/j/2392628388> No Club Room.

CREATIVE ENGAGEMENT FOR CARE PARTNER TEAMS: Fridays/2:00 pm-3:00 pm. A Care Partner Team is everyone engaged in caring for someone with brain change including the person living with cognitive issues. The program is for all who wish to explore new ways to enjoy life. Meetings are facilitated by Debbie and the Network Team. Special guests help us explore Naples area resources and topics of interest. **Everyone is welcome! Online only at <https://zoom.us/j/3410934109>**

Continued on page 2

Support Group Meetings, page 2

CHANGE in date and time: FRONTOTEMPORAL DEGENERATION (FTD): Second Tuesdays/1:30 pm-3:00 pm FTD represents a group of brain disorders caused by the degeneration of the frontal and/or temporal lobes of the brain, affecting personality, behavior and language, also referred to as Frontotemporal Dementia, Frontotemporal Lobar Degeneration (FTLD) or Pick's Disease. **HYBRID** with Zoom connection: <https://zoom.us/j/2392628388> No Club Room.

GRIEF THROUGH THE JOURNEY: First & Third Wednesdays: 10:00 am-11:30 am These meetings are for anyone experiencing the feelings of loss and grief that usually accompany any neurodegenerative disease. The group welcomes those who are feeling losses of the person they knew while their loved one is living and those with cognitive impairment who wish to discuss their feelings of loss and grief. The group is led by members of the Network team and joined by a Bereavement Counselor of AVOW Hospice. **HYBRID** Meeting <https://zoom.us/j/2392628388> With **HYBRID Club Room: <https://zoom.us/j/3410934109>**

GRIEF AFTER THE JOURNEY: Second Fridays/10:00 am-11:30 am When our loved one passes away, we must deal with our grief. Where do we go from here? This discussion group focuses on "normal" grief and tools for coping while providing an opportunity to join with others on a similar journey. Led by members of the Network team and joined by a Bereavement Counselor of AVOW Hospice. **HYBRID** meeting online at <https://zoom.us/j/2392628388> No Club Room.

KINDRED SPIRITS (note time change): Wednesdays/1:30 pm-3:00 pm This meeting is for people who have a diagnosis of some form of a neurocognitive condition, are aware of it and are willing to talk about the issues they are experiencing. Join us in a safe space to share your feelings, frustrations, and challenges as well as adaptations you have made to help overcome those challenges and successes you have had. It's also a place to lift each other up and help each other as we walk down similar journeys. Mel and other members of the Network Team lead this group. Please email Mel@Support.Network to ask about this program. **HYBRID** No Club Room

MARCO ISLAND SUPPORT GROUP: First Fridays/10:00 am-11:30 am This group supports persons living on or near Marco Island who are dealing with neurocognitive disorders. It is facilitated by Debbie. Caregivers share feelings and help one another cope in a supportive environment. On **July 1st**, the group will resume meeting at the **Bank of America on Marco Island**. Hopefully, we will be able to connect on Zoom as well at <https://zoom.us/j/2392628388> No Club Room.

NEWCOMERS/ ALZHEIMER'S 101: Second Wednesdays/10:00 am-11:30 am For families new to the Alzheimer's Support Network or who have a new diagnosis of dementia, we will provide an overview of Alzheimer's (Alzheimer's 101), an introduction to our services and answer your questions. Everyone is welcome even if you are familiar with the Network and/or dementia. **HYBRID** meeting (in person or online at: Zoom link: <https://zoom.us/j/2392628388> No Club Room.

PROBLEM SOLVING DISCUSSION MEETING: Fourth Wednesdays/10:00 am-11:30 am. Bring Your Questions! The **HYBRID meeting** is facilitated by the Network Team. Online: <https://zoom.us/j/2392628388> With **HYBRID Club Room** in person or online: <https://zoom.us/j/3410934109>

SELF CARE FOR CAREGIVERS: A TWELVE STEP APPROACH Fridays/9:30 am-11:00 am This group's primary purpose is to provide support to caregivers as outlined in the book Self-Care for Caregivers: A Twelve Step Approach, and to discuss how the 12 steps could help us in our roles as caregivers. Previous experience with the 12 Steps is not needed. Jack Johnston, Kay Schlecht, and Marianne Troy facilitate this group. No Club Room. Please email Marianne@Support.Network for information. **HYBRID** meeting

TEEPA SNOW WEBINAR: Once a month on a Monday from 4:00-5:30 pm. This is a special opportunity to take advantage of the wisdom of our Board Member and internationally recognized expert dementia care teacher. Please check the monthly calendar for the date as it varies each month. **Join on July 18th online only** at <https://zoom.us/j/2392628388> No Club Room

For Help logging in to Zoom groups, please go to: www.Support.Network, call (239) 262-8388 or email Help@Support.Network

Alzheimer's Support Network, 1421 Pine Ridge Road, Suite 100, Naples, FL 34109