



# September 2023

## Support Network Meetings and Educational Opportunities

Please note that the Network Office will be **closed from Friday, September 1st through Monday, September 4th** for the Labor Day Weekend. You can still **email us at [Help@support.network](mailto:Help@support.network)** or **call 239 262-8388**. As always, if you leave a message, someone will respond as soon as possible.

*Below you will find details of the plans for September meetings and presentations. Please check them and call us or email us if you have a question about anything!*

**Some of the programs listed below are designed for specific groups of people. For these gatherings, it is necessary to contact us to determine whether the group would be helpful for you and/or your loved one. Examples of these programs are Kindred Spirits, Ladies' Club and Gentlemen's Club. Mel, Debbie and other members of the team need to meet with you and your person with brain change to determine appropriateness for one of these groups or to see which other programs might better serve you.**

*In addition to the many varied programs listed on these pages, we continue to offer family and individual meetings with our Family Consultants (otherwise known as "Care Guides"). Please call to make an appointment. You can always contact us by phone or email. Reach out to us! **We'll be glad you did!***

**All services are provided free of charge!**

If you have questions about any of these meetings, connecting by Zoom, or about our services, call: (239) 262-8388, email: [Help@Support.Network](mailto:Help@Support.Network) or go to our website: [www.Support.Network](http://www.Support.Network)

### **HYBRID GENERAL SUPPORT DISCUSSION GROUPS**

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

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, Debbie, Mel, Karen and other members of the Network Team. The **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 **Zoom Link** number for the Club Room is our new zip code typed twice: 34109 34109 <https://zoom.us/j/3410934109>. Both meetings are **HYBRID** (in person and on Zoom). The **Club Room** is open for those whose Care Partners are attending the Support Group.

### **IN PARTNERSHIP in September**

**We are pleased to invite you to the following special programs with experts and organizations partnering with the Network. (Listed in chronological order.)**

**DR. JUSTIZ LECTURE SERIES** is on **Saturday, September 16 from 10 to 11 am** at the Network Office (1421 Pine Ridge Road, Suite 100) as well as on Zoom at <https://zoom.us/j/2392628388>. William Justiz, MD, a Neurologist and Network Board Member, will talk about **Evaluating Herbal Remedies** and answer as many questions as time allows after his lecture. Everyone is welcome!

**TEEPA SNOW WEBINAR** Network Board Member and internationally recognized teacher on issues of dementia care, Teepa Snow, graciously joins us online **Monday, September 18th from 4:00-5:30 pm. The topic for this month is: DRIVING!** Teepa will also answer your questions on any subject as time allows. **Online only at: <https://zoom.us/j/2392628388>** Everyone is welcome!

**More on the following page**

**More IN PARTNERSHIP Events for September**

**SHINE PRESENTATION: GETTING READY FOR MEDICARE OPEN ENROLLMENT** with Kathy Auksel, long time friend of the Network and accomplished SHINE volunteer, will be on **Tuesday, September 19th from 1:30-3:00 pm**. We look forward to hearing how we can make changes to our Medicare coverage and what SHINE can do for us. Everyone is welcome! This is a **Hybrid** meeting, in person or on Zoom at <https://zoom.us/j/2392628388>

**MANAGING YOUR MEMORY** with Neuropsychologist **Dr. Bill Beckwith** will be on **Wednesday, September 27th from 10:00-11:30 am**. Dr. Beckwith is an expert in memory enhancement. Everyone is welcome! This is a **Hybrid** meeting, in person or on Zoom at <https://zoom.us/j/2392628388> The topic this month is: **Moving Someone with Brain Change into a Memory Care Community**.

**Recurring Support Groups and Educational Opportunities  
In Alphabetical Order**

**ADULT CHILDREN: First & Third Wednesday/5:30-7:00 pm** This group is for men and women dealing with the issues surrounding the care of a parent, older relative or friend. The group, led by Debbie, is a great source of support and a place to obtain needed resources. **Online only** at: <https://zoom.us/j/2392628388>

**FRONTOTEMPORAL DEGENERATION (FTD): Second Tuesday/1:30-3:00 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. The group is led by members of the Network Team. It is **HYBRID** with Zoom connection: <https://zoom.us/j/2392628388>

**GENTLEMEN'S CLUB: Fridays/12:30-3:30 pm** is an almost weekly in person only meeting for men who are able and willing to interact with others who have brain change and are looking for companionship, entertainment and fun. Since this group works best with men in a similar situation, Debbie and members of the Team will need to meet with those who are interested to determine eligibility. The group meets at Terracina Grand. Please contact Debbie for more information: Email [Debbie@Support.Network](mailto:Debbie@Support.Network) **NOTE: Gentlemen's Club will not meet on September 1st or September 15th.**

**GRIEF AFTER THE JOURNEY: Second Friday/10:00 am-11:30 am** When our loved one passes away, we must deal with our grief. 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**, in person or on Zoom at: <https://zoom.us/j/2392628388>

**GRIEF THROUGH THE JOURNEY: First Wednesday/10:00 am-11:30 am** These meetings are for care partners and those close to someone with brain change who are 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 still living. The group is led by members of the Network Team and joined by a Bereavement Counselor from AVOW Hospice. **HYBRID** meeting, in person or on Zoom at: <https://zoom.us/j/2392628388>

**DR. JUSTIZ LECTURE SERIES: Third Saturday/10:00 am-11:00 am.** Neurologist William Justiz, MD talks about Alzheimer's and other forms of brain change. On September 19, Dr. Justiz will talk about Evaluating Herbal Remedies. **HYBRID** meeting. Everyone is welcome to join in person or on Zoom at <https://zoom.us/j/2392628388>

**More on the following page**

## More Recurring Events

**KINDRED SPIRITS DISCUSSION GROUP: Wednesday/1:30 pm-3:00 pm** This meeting is for people who have a diagnosis of a neurocognitive condition, are aware of it and wish to talk about the issues they are experiencing with others on a similar journey. Join us in a safe space to share your feelings, frustrations, and challenges as well as adaptations you have made to help overcome challenges. Mel and other members of the Network Team lead this group. **Since this group works best with people in a similar situation, Mel will need to meet with those who are interested to determine appropriateness.** **HYBRID** Debbie leads a Care Partners' discussion group for those whose partners are attending the Kindred Spirits meeting. Email: [Mel@Support.Network](mailto:Mel@Support.Network)

**LADIES' CLUB: Friday/12:30-3:30 pm** is an almost weekly in person only meeting for women who are able and willing to interact with others who have brain change and are looking for companionship, entertainment and fun. **Since this group works best with women in a similar situation, Debbie will need to meet with those who are interested to determine eligibility.** The group meets at Terracina Grand. Please contact Debbie for more information: Email [Debbie@Support.Network](mailto:Debbie@Support.Network)  
**NOTE: Ladies' Club will not meet on September 1st or September 15th.**

**LEWY BODY DISEASE GROUP First Tuesday/1:30-3:00 pm.** This discussion group focuses on Lewy Body Disease. We will learn together and hope to hear about your experiences with this complicated disease. Members of the Network Team facilitate this **HYBRID** group, with expert guests joining us on occasion. Everyone is welcome in person or on line at: <https://zoom.us/j/2392628388>

**MANAGING YOUR MEMORY: Fourth Wednesday/10:00-11:30 am.** Memory expert, **Dr. Bill Beckwith** joins us to answer your questions! September's topic is: **Moving Someone with Brain Change into a Memory Care Community.** The Network Team facilitates this **HYBRID** meeting which is in person or online at: <https://zoom.us/j/2392628388>

**MARCO ISLAND SUPPORT GROUP: First Friday/10:00-11:30 am No meeting 9/1/23** This group supports persons living on or near Marco Island who are dealing with brain change. Caregivers help one another in a supportive environment. Debbie facilitates this group that meets In person **at the Bank of America on Marco Island.** **HYBRID** meeting online at : <https://zoom.us/j/2594346377>

**ONLINE ONLY GROUP Third Wednesday/ 10:00-11:30 am** For those who wish to join with others in a more "intimate" online format where everyone is "in a little box" from wherever you are! Everyone is welcome on **online only.** Click here to go to Zoom link: <https://zoom.us/j/2392628388>

**SELF CARE FOR CAREGIVERS: A TWELVE STEP APPROACH Every Friday/9:30-11:00 am** **This groups meets even on days when the office is closed.** The 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. Please email [Marianne@Support.Network](mailto:Marianne@Support.Network) for information.

**TEEPA SNOW WEBINAR: Once a month on a Monday from 4:00-5:30 pm.** This is an 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 Teepa on Monday, September 18 online only at <https://zoom.us/j/2392628388>.** Topic: **DRIVING!**

**UNDERSTANDING ALZHEIMER'S: Second Wednesday/10:00-noon** This meeting is especially for families with a new diagnosis of Alzheimer's or who want to understand the disease better. Clarke gives a presentation and answers your questions. **HYBRID** meeting, in person or online at Zoom link: <https://zoom.us/j/2392628388>

For Help logging in to Zoom groups, please go to: [www.Support.Network](http://www.Support.Network),  
call (239) 262-8388 or email [Help@Support.Network](mailto:Help@Support.Network)  
Alzheimer's Support Network, 1421 Pine Ridge Road, Suite 100, Naples, FL 34109