

# Caregiver Support Meetings & Memory Cafe's

## General Family Caregiver Group

- **Riverwood Senior Living**, Wisc Dells, Last Tuesday @ 10am | Contact Sue, 608-886-0873
- **Woodman Senior Center**, Richland Center, 4th Monday @ 10:30m | Contact Pam to register, 548-3954

## Veteran Specific Caregiver Group

- **VA Clinic** in Baraboo, 3rd Monday @ 1:30pm | Contact Meghann Schmitt, 256-1901 ext. 12308  
\*caregiver of enrolled veteran or enrolled veteran who is a caregiver

## Parkinson's Specific Group

- **First Congregational Church** in Baraboo, 3rd Monday @ 2pm | Contact Geri Schoenoff, 356-3473

## Mental Health Specific Group

- **West Square Building, UW Extension Room**, 3rd Monday @ 6pm | Contact Ted Hall, 1-608-301-5390
  - Virtual option available: <https://us02web.zoom.us/j/84660758640> \*for adults with a loved one who has symptoms of a mental health condition, including alcohol or substance use disorders

## Dementia Specific Groups

- **Maplewood** in Sauk City, 4th Tuesday @ 3pm | Contact Theresa Grimes, 643-3383
- **Virtual Morning Coffee Connect**, Every Monday @ 10am | Contact Pam Kulberg, 548-3954
- **Reedsburg Library**, 3rd Wednesday @ 12pm | Contact Marina Wittmann, 355-3289

## Huntington's Disease Specific Groups

- **Virtual Huntington's Disease Groups**, 3rd Tuesday @ 6:30pm (Caregivers), 2nd Tuesday @ 6:30pm (Young Adults, 16-35), 1st Saturday at 10:30am (Statewide) | Contact Deb Zwickey, 414-257-9499

## Memory Cafe's

A safe space where caregivers and loved ones with dementia can socialize, listen to music, and have fun!

- **Sauk Community Center**, 3rd Wednesday @ 9:30am | Contact Kurt Goeckermann, 355-3289
- **Fusch Community Center**, 2nd Friday @ 10am | Contact Kurt Goeckermann, 355-3289
- **Reach Out Lodi**, 4th Friday @ 1pm | Contact Penny, 592-4592

## Alzheimer's Association Virtual Statewide Groups | call 800-272-3900 to register

- **For Persons Living with Mild Cognitive Impairment**, 2nd Wednesday @ 10am
- **Family Caregivers for Loved One with Dementia Living at a Facility**, every other Friday @ 10am
- **Family Caregivers for Loved One with Frontotemporal Degeneration**, 3rd Wednesday @ 6pm
- **Family Caregivers for Loved One with Dementia in the Early Stages**, 4th Tuesday @ 10am

## ADRC Support for Caregivers | ADRC: (608)355-3289

- Powerful Tools for Caregivers, Caregiver Lending Library, Respite Funding and more available!

ADRC: (608)355-3289



[www.co.sauk.wi.us/adrc](http://www.co.sauk.wi.us/adrc)