

Macon County Health Department

July/August 2015

Caregiver Advisory Newsletter



Alzheimer's Support Group

Our monthly meeting for our Alzheimer's Support Group will be addressing topics such as managing toilet problems and incontinence, washing and bathing, dressing, eating and drinking, and understanding dementia. Our group meets the 3rd Tuesday of every month at 1:30 p.m. Call Robin for details at (217) 423-6550.

Powerful Tools for Caregivers

We are starting a new Powerful Tools class on Thursday, July 9th. Class will meet for 6 weeks and will last for approximately 90 minutes. Class will be held at Starting Point at the Macon County Health Department at 1:00 p.m. in the Main Conference Room. The evidence-based program is for those providing care for a loved one. We learn how to reduce personal stress and communicate effectively with family members and doctors. We also practice self-care and discuss reducing guilt, anger and depression. This class has been shown to minimize the negative impact that care-giving has on lives and helps us learn to identify resources for help. The goal is to help caregivers to thrive as individuals.

For more information or to register, call (217) 423-6550.



Caregiver Support Group

The MCHD Caregiver Support Group meetings will be held on **Tuesday, July 25th** and **Tuesday, August 28th** in the Main Conference Room at the Macon County Health Department located at 1221 E. Condit Street. We will meet at **10:00 a.m.** We hope you can join us. For more information, call **(217) 423-6550**.

Memory Café

We kicked off the Macon Memories Memory Café on June 8th and it was a great success!

Ladder ball seemed to be popular with heated competition and the pool table got a good workout. There was plenty of cheating at the memory ball table with more laughs than actual gaming. It did not take long for the ice to break and laughing to begin. A lot of new friendships were made.

So to sum it up, mission accomplished. Our goal is to socially engage those with memory loss in a friendly, non-threatening environment. Strangers soon became friends with much in common. Caregivers expressed gratitude and appreciation for the time spent with others. And the homemade cookies were an added bonus.

We mean this to be a celebration of the person with dementia, as well as family, friends, and caregivers. It focuses on the person beyond the disease and helps to diminish the stigma. Memory Café will meet on the 2nd and 4th Mondays of the month at 1:00 p.m. at Eagle Ridge of Decatur located at 875 W. McKinley Avenue.

Mark your calendars for **Thursday, August 27th** for the Picnic/Potluck at Scovill Zoo. This will be in place of our regular gathering that week. We will reserve tables for a gathering, and the zoo is free on Thursdays. Memory Café will provide the main dish.

We are also planning different events as the holidays approach. You will be Christmas shopping before you know it!

We could not be more proud of the fact that Decatur/Macon county has a Memory Café and we are a big part of it. If you need more information, please call Robin or Sally at (217) 423-6550.

July/August Support Groups

Alzheimer's Association Caregiver Support Group	3rd Thursday 7:00 p.m.	July 23rd August 20th	First Christian Church 3350 N. MacArthur Rd., Decatur, IL (217) 875-9436
Alzheimer's Association Caregiver Support Group	3rd Tuesday 1:30 p.m.	July 21st August 18th	Macon County Health Department Main Conference Room 1221 E. Condit St., Decatur, IL (217) 423-6550
Alzheimer's Association Caregiver Support Group	2nd Tuesday 9:30 a.m.	July 14th August 11th	Imboden Creek Gardens 185 W. Imboden Dr., Decatur, IL (217) 233-1425
Caregiver Support Group	2nd & 4th Wednesdays 2:30 p.m.	July 8th July 28th August 11th August 25th	1st Presbyterian Church 204 W. Prairie Ave., Decatur, IL 429-4195
Parkinson's Disease Support Group	3rd Thursday 1:30 p.m.	July 16th August 20th	Westminster Presbyterian Church 1360 W. Main St., Decatur, IL Contact: Kathy Broaddus (217) 820-3096 John Kileen (217) 423-0691 Don Robinson (217) 429-1010
Prostate Cancer Support Group	4th Tuesday 4:30 p.m.	July 28th August 25th	Cancer Care Specialists (upper level) 2884 N. Monroe, Decatur, IL
Macon County Health Dept Caregiver Support Group	4th Tuesday 10:00 a.m.	July 28th August 25th	Macon County Health Department Main Conference Room 1221 E. Condit St., Decatur, IL (217) 423-6550
Seeds of Hope Kinship Care Support Group Grandparents (or other family members) Raising Grandchildren	2nd Wednesday 1:00 p.m.	July 8th August 8th	Macon County Health Department Main Conference Room 1221 E. Condit St., Decatur, IL (217) 423-6550
<i>Memory Café</i>	2nd & 4th Mondays 1:00 p.m. 11:00 a.m. Thursday	July 13th July 27th August 3rd August 24th	Eagle Ridge of Decatur (lower level) 875 W. McKinley Ave., Decatur, IL Scovill Zoo 71 S. Country Club Rd., Decatur, IL

A good laugh and a long sleep are the two best cures for anything.

Until next time...keep caring.

Robin



www.maconcountyhealth.org

***Macon County Health Department
Starting Point
Caregiver Advisory Services***

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