



Caring compassionately for aging and disabled people since 1985

www.stjohnscc.org

618-344-5008

Family Caregiver Support Groups

2nd Wednesday of every month

5:30 - 6:00 pm

Light Dinner Served

6:00 - 7:00 pm

Support Group

(Complimentary Adult Day Services Available)

Meets at St. John's Community Care, 222 Goethe Avenue, Collinsville, IL 62234

3rd Wednesday of every month

6:30 - 8:00 pm

Meets at St. John's Community Care, 1015 B Century Dr., University Pointe II, Edwardsville, IL 62025

For more information, call Stacey Rhodes (618) 344-5008.

Alzheimer's Support Group - Collinsville

2nd Tuesday of every month

1:30 - 3:00 pm

(Complimentary Adult Day Services Available)

For more information call 344-5008.

Savvy Caregiver Class - Using a curriculum developed by the University of Minnesota. This training provides tools to family members who are caring for an individual with dementia/memory loss who is living at home, either alone or with family. Each session will be comprised of six two-hour sessions. For session details and dates call 618-344-5008.

Surviving Caregiving Seminar – Held annually in the spring. Check website event page for details.

Cardinals Reminiscence League - A program for people with early stage memory loss and their care partners. Open to people with memory loss who would like to share memories about the Cardinals baseball team, learn about the team's history, and support the current team. New fans and those who would like to socialize and learn more are welcome. No charge to participate. Registration and assessment is required. Please call Stacey Rhodes at 618-344-5008 for registration information.

Held yearly from April - Oct. Sessions meet on the 3rd Thursday of each month from 10:30 am - 12:00 pm at St. John's Community Care, 1015B Century Drive, University Pointe II, Edwardsville, IL 62025

Brain Wave - Open to people experiencing early memory loss. This group provides a safe, positive, strength-based environment where participants will learn, share and engage with an expert.

Sessions are held on Wed. and Fri. and continue for 10 weeks. Registration and assessment is required. Please call Stacey Rhodes at 618-344-5008 for registration information.

Dementia Friendly Community – is a one-hour informal presentation. It is geared toward having a small group of 3-12 individuals interacting with our presenter, sharing information, and conducting group exercises. Group members will walk away with an understanding on what dementia is and what is considered normal memory loss versus not normal. The ten signs of memory loss will be reviewed and techniques to communicate with those who are challenged by dementia.