

# What Caregivers Need to Know

## 2019 Schedule

### When the Diagnosis is Alzheimer's or a Related Dementia:

Join us for 2 Free classes each month at the  
Lake County Public Library

1919 W. 81st Avenue  
(US 30) in Merrillville

January 25th, 2019  
"The Cost of Aging"  
Florian Steciuch, Senior Care  
Advisor & Insurance Agent

February 22nd, 2019  
"Nutrition for Mental  
Health"  
Elaine Bintz, CHC, CPT, LMT

March 22nd, 2019  
"Let's Focus on What We  
Can Do"

Dawn Griffin, Director of  
Sales & Marketing at  
Clarendale of Schererville

✦ Understanding  
Alzheimer's /Dementia  
10-11:30 a.m.  
(this class repeats each month)  
Advanced Issues in

✦ Lunch Provided by Residences of  
Deer Creek

✦ Dementia Care  
Noon- 1:30 p.m.  
(different topic/speaker each  
month)

To register, call toll-free,  
(888) 303-0180



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# Alzheimer's /Dementia Support Groups for Caregivers

## Lake County Support Groups

**First Tuesday of every month at 10:00 a.m.**  
St. Anthony Village, Franciscan  
Communities  
205 Franciscan Drive, Crown Point, Indiana  
Facilitated by Jill Barr

**Second Wednesday of every month at 6p.m.**  
Hartsfield Village  
10000 Columbia Avenue, Munster, Indiana  
Facilitated by Jill Keilman

**Second Thursday of every month at 10 a.m.**  
United Methodist Church  
654 E. 4th Street, Hobart, Indiana  
Facilitated by Kathleen Luken

**Second Thursday of every month at 6 p.m.**  
Christ Presbyterian Church  
7416 East 109th Avenue, Winfield, Indiana  
Facilitated by Kathleen Luken

**Fourth Sunday of every month at 2:00 p.m.**  
Franciscan St. Margaret Health  
Blessed Mother Conference Room  
24 Joliet Street (Route 30), Dyer, Indiana  
Facilitated by Jim & Pat Koeling

## Porter County Support Groups

**First Wednesday of every month at 8:30a.m.**  
**Men's Breakfast Group**  
Viking Chili Bowl  
105 E. US Highway 30, Valparaiso, IN  
Facilitated by John Gorski

**First Thursday of every month at 3:00p.m.**  
Pestos Restaurant  
3123 Calumet Avenue, Valparaiso, IN  
Facilitated by Barb Kubiszak & Terri Dickus

## Helpline

If someone you love has been diagnosed with Alzheimer's disease or dementia, you probably have questions...

Call our toll-free Helpline in Northern Indiana and talk to a professional!

**(888)303-0180**



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For More Information contact Stephanie Barton  
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