

ALAMEDA COUNTY

Alameda

2nd and 4th Thursdays of the month, 10 - 11:30 a.m.

Mastick Senior Center

1155 Santa Clara Ave.

Facilitated by: Shelley Cooper

Info: Heather Gray, 925.284.7942 or 650.962.8111

Open discussion, except for the following:

Sep. 10: Advantages of Respite with Janet Thompson, Mercy Care

Nov. 12: Facing Day to Day Challenges with Shaye Starkey, LCSW

Berekeley

1st Wednesday of the month, 7 - 9 p.m.

Alzheimer's Services of the East Bay - Berkeley

2320 Channing Way

Info: Deanna Randall, 415.472.4340

Open discussion, except for the following:

Nov. 4: Humor Your Stress, Film and Discussion

Castro Valley

1st Monday of the month, 7 - 9 p.m.

Eden Medical Center, Conf. Rm. C

20103 Lake Chabot Rd.

Facilitated by: Barbara Gerber-Jones

and Leonard Walker

Info: Heather Gray, 925.284.7942 or 650.962.8111

Open discussion, except for the following:

Sep. 7: Change in Meeting Date, Group will meet on Sept. 14

Sep. 14: The Alzheimer's Project Momentum in Science Part 1, Film and Discussion

Oct. 5: The Alzheimer's Project Momentum in Science Part 2, Film and Discussion

Dec. 7: Humor Your Stress, Film and Discussion

Fremont

Last Wednesday of the month, 7 - 9 p.m.

Washington Hospital West, Conf. Rm. Anderson C

2500 Mowry Ave.

Facilitated by: Carol Callaway and Barbara Petterson

Info: Heather Gray, 925.284.7942 or 650.962.8111

Open discussion, except for the following:

Sept. 30: Caregiver Stress = Caregiver Burnout

Oct. 28: Knowing When It's Time to Place: What are the Options? with Eileen Zagelow, Eldercare Services

Nov. 25: Change in Meeting Date, Group will meet on Nov. 18

Hayward

4th Tuesday of the month, 6 - 7:30 p.m.

Kaiser Permanente, Medical Office Bldg., Rm. M3

27303 Sleepy Hollow Ave.

Info: Joyce Haynes, 510.784.4818

Open discussion, except for the following:

Oct. 27: Humor Your Stress, Film and Discussion

Hayward

3rd Tuesday of the month, 4 - 5:30 p.m.

Alzheimer's Services of the East Bay - Hayward

561 A St.

Info: Eun Yoo, 510.888.1411

Open discussion, except for the following:

Sep. 15: Alzheimer's Disease Stages and Progression with Heather Gray, Alzheimer's Association

Oct. 20: Managing Challenging Behaviors and Enhancing Communication with Marilyn Jenkins-Stark, MFT

Nov. 17: Caregiver Survival Tips for the Holidays with Brooke Russo, LCSW

Oakland

2nd and 4th Tuesdays of the month
11 a.m. - 12:30 p.m.

Kaiser Hospital, Fabiola Building
Ground Flr., Rm. G70
3801 Howe St.

Info: Lowanda Moore, 510.752.7682

Open discussion, except for the following:

Sep. 8: Placement Options

Oct. 27: Maintaining Your Loved One's Dignity with John Timbs, Alzheimer's Association

Nov. 10: Approaching the Holidays with Caitlin Morgan

Dec. 8: Stress Management Techniques with Geoffrey Lane, Ph.D., VA Palo Alto Health Care System - Livermore

Pleasanton

2nd Monday of the month, 1 - 3 p.m.

Pleasanton Senior Center, Senior Support Program
5353 Sunol Blvd.

Info: Carol Bush, 925.931.5379

Open discussion, except for the following:

Sep. 7: Change in Meeting Date, Group will meet on Sept. 14

Sep. 14: How Humor Beats Stress with Robin Maimoni, Heart Homecare

Nov. 9: Sundowning, Shadowing and Sleep Disturbances with Geoffrey Lane, Ph.D., VA Palo Alto Health Care System - Livermore

CONTRA COSTA COUNTY

Antioch

2nd and 4th Wednesdays of the month, 1:30 - 3 p.m.

Antioch Senior Center

Facilitated by: Barbara Ellis

Info: Heather Gray, 925.284.7942 or 650.962.8111

Open discussion, except for the following:

Nov. 11: Coping with Stress During the Holidays with Ruth Gay, MS, Alzheimer's Association

Brentwood

2nd Thursday of the month, 7 - 8:30 p.m.

Neighborhood Church

50 Birch St.

Facilitated by: Linda Hughes

Info: Heather Gray, 925.284.7942 or 650.962.8111

Open discussion, except for the following:

Sep. 10: Activities and Alzheimer's Disease with Naomi Gary, Renaissance Director, The Commons at Dallas Ranch

Nov. 12: Difficult Behaviors: Sundowning with Eileen Zagelow, Eldercare Services

Lafayette

NEW GROUP

3rd Monday of the month, 1 - 2:30 p.m.

Alzheimer's Association, Conf. Rm.

251 Lafayette Circle, Suite 250

Facilitated by: Heather Gray

Info: 925-284-7942 or 650-962-8111

Open discussion, except for the following:

Oct. 19: The Alzheimer's Project: Momentum in Science Part 1, Film and Discussion

Nov. 16: The Alzheimer's Project: Momentum in Science Part 2, Film and Discussion

Pleasant Hill

3rd Wednesday of the month, 7 - 8:30 p.m.
Mt. Diablo Center for Adult Day Health
490 Golf Club Road
Info: Lorraine Otero, 925.682.6330

Open discussion, except for the following:

Sep. 16: Knowing When it's Time to Place with Etta Maitland, ombudsman, Services of Contra Costa County

Oct. 21: Medical Qualifications, with Contra Costa County Employment and Human Services – Medi-Cal

Nov. 18: Caregiving Survival Tips for the Holidays with Judy Filippoff, Alzheimer's Association

San Ramon

2nd Monday of the month, 7 - 9 p.m.
San Ramon Senior Center
9300 Alcosta Blvd.
Facilitated by: Stephen Ellis and Brenda Dvorak
Info: Stephen Ellis, 925.382.1152

Open discussion, except for the following:

Sep. 14: The Alzheimer's Project: Momentum in Science Part 1, Film and Discussion

Oct. 12: The Alzheimer's Project: Momentum in Science Part 2, Film and Discussion

Nov. 9: Group Cancelled Due to Holiday

Walnut Creek

Wednesdays, 10:30 a.m. - 12:30 p.m.
CCJCC, Millman Respite Center
2071 Tice Valley Blvd.
Info: Susan Jacobsen, 925.938.7800

Open discussion, except for the following:

Sep. 16: Update on Medications and Behaviors, with Ruth Gay, MS, Alzheimer's Association

Oct. 21: Alzheimer's Disease and its Stages Plus Overview of Related Dementias with Heather Gray, Alzheimer's Association

Nov. 18: How to Find the Appropriate Facility when Placement is Necessary with Etta Maitland, ombudsman, Services of Contra Costa County

Nov. 11 & Nov. 25: Groups Cancelled due to Holiday

Dec. 26: Caring for the Caregiver with Marilyn Jenkins-Stark, MFT

Dec. 23 & Dec. 20: Groups Cancelled due to Holiday

SAN FRANCISCO COUNTY

San Francisco

Cantonese Language
3rd Wednesday of the month, 5 — 6:30 p.m.
Self Help for the Elderly, Adult Day Care Services
408 22nd Ave.
Info: Lydia Tsung, MSW, 415.677.7556

Open discussion, except for the following:

Sep. 16: Activities and Alzheimer's Disease with Fay Zhao, Activity Manager

Oct. 21: Placement options with Heather Gray, Alzheimer's Association

Nov. 18: Thanksgiving Sharing with Lydia Tsung, MSW

Dec. 16: Christmas Celebration with Lydia Tsung, MSW

SAN MATEO COUNTY

Half Moon Bay

For All Family Caregivers

Last Wednesday of the month, 12:30 — 2 p.m.

Coastside Adult Day Health Center

645 Correas St.

Info: Dawn Wolf, MFT, 650.726.5067

Open discussion, except for the following:

Nov. 25 & Dec. 30: Change in Meeting Dates, Group will meet on Dec. 9

Dec. 9: Nurturing Ourselves During the Holidays

Redwood City

Co-sponsored by Kaiser Permanente Medical Center

1st Thursday of the month, 7 — 8:30 p.m.

Wells Fargo Bank Building, 4th Floor, Conf. Rm.

900 Veterans Blvd. (park at the top level)

Facilitated by: Ann Blick-Hammer and Lee Martin-Jones

Info: Ann Blick-Hammer, 408.366.4397 Press *1

Open discussion, except for the following:

Sep. 3: Maintaining Your Loved One's Dignity and Self Respect

Oct. 1: Listening Session with Ann Davidson

Nov. 5: Caregiver Stress and Burnout

SANTA CLARA COUNTY

San Jose

Japanese or English language groups run in 8-week sessions and registration is required.

Tuesdays, September 8 thru October 27 and November 3 thru December 15, 10 a.m. — 11:30 a.m.

Yu-Ai-Kai, Japanese American Community

Senior Center

588 N. 4th St.

Info: English language group, Barbara Masterson, 408.294.2505

Info: Japanese language group: Emi or Yuko, 408.294.2505

Open discussion, except for the following:

Sep. 29: Coping with Hygiene Issues

Santa Clara

2nd Tuesday of the month, 7 — 8:30 p.m.

Santa Clara City Library, Redwood Conf. Rm.

2635 Homestead Rd.

Facilitated by: Erica Erney and Kate Onstott

Info: Erica Erney, 408.366.4377

Open discussion, except for the following:

Oct. 13: Legal Issues and Dementia/Medi-Cal Updates with Minda Parrish, Elder Law Attorney