

Are you a caregiver for someone with memory loss?

Want someone to talk to?



If you are a family caregiver or a friend of a person with dementia, our informal meetings offer **resources for problem solving**, **educational information**, as well as **emotional support**.

They are a place where people can **share their experiences and feelings** and hear from others in similar situations.

You are not alone on this journey. Come as you are and meet other caregivers with related concerns.

- Meetings are free of charge and available for family caregivers and friends of persons with dementia **(not appropriate for professional caregivers)**
- For additional information please call the facilitator. If the facilitator is unavailable please call 844-HELP-ALZ (844-435-7259)

DEMENTIA/ALZHEIMER'S CAREGIVER MEETINGS

Location	Date/Time	Facilitator Contact
Buena Park Buena Park Senior Activity Center (in Walter Ehlers Community Recreation Center) 8150 Knott Ave., Buena Park, CA 90620	3 rd Friday 10:30 a.m.	Catherine Smith 949-422-0836 Center 714-236-3870
Corona del Mar Oasis Senior Center 801 Narcissus Ave., Corona Del Mar, CA 92625	1 st Wednesday 10:00 a.m.	Vic Mazmanian 949-310-6682 Jamie Webb 949-485-1478 OASIS 949-644-3244
Costa Mesa Costa Mesa Senior Center 695 W 19th St., Costa Mesa, CA 92627 (Upstairs Room 202, check-in main lobby)	1 st Friday 1:00 p.m.	Anna Maurizi 949-400-4878 William Young 714-420-2210 Senior Center 714-327-7550
Cypress Cypress Senior Center 9031 Grindlay St., Cypress, CA 90630 (Conference Room)	3 rd Wednesday 1:30 & 7:00 p.m.	Renee R. 310-699-9876 (1:30) Jessica C. 562-716-2826 (7:00) Peggy C. 714-724-1074 (7:00) Senior Center 714-229-2005

DEMENTIA/ALZHEIMER'S CAREGIVER MEETINGS continued

Location	Date/Time	Facilitator Contact
Fullerton Fullerton Community Center 340 W Commonwealth Ave. Fullerton, CA 92835 (Classroom 1A)	1st Monday 7:00 p.m.	Amy Green 717-476-6899
Fullerton Fullerton Gardens 1510 E Commonwealth Ave., Fullerton, CA 92831 <i>Free Respite Care available during meetings, call facility</i>	3 rd Thursday 9:30 a.m.	Fullerton Gardens 714-441-2636 Estelle Worden 714-497-0848
Fountain Valley Center at Founders Village Senior/Community Center 17967 Bushard St., Fountain Valley, CA 92708 (Upstairs, check-in main lobby)	2 nd Thursday 1:00 p.m.	Sue Warner 714-801-6800 Center 714-593-4446
Huntington Beach Senior Center in Central Park 18041 Goldenwest St., Huntington Beach, CA 92648	1 st & 3 rd Tuesday 6:30 p.m.	Tina Hernandez 714-856-3909 Ellie Nixon 714-642-9458 Senior Center 714-536-5600
Irvine Irvine Adult Day Health Services 20 Lake Rd., Irvine, CA 92604	2 nd & 4 th Wednesday 3:30 p.m.	Irvine Adult Day 949-262-1123 Jill Upton
Irvine - Men's Group Alzheimer's Orange County 2515 McCabe Way, Irvine, CA 92614	2 nd Tuesday 6:00 p.m.	Kevin Bigelow 714-227-2194 Dennis Miyadi 714-401-5563
Laguna Beach Susi Q Senior Center 380 3rd St., Laguna Beach, CA 92651 (Park in structure)	1 st Wednesday 1:30 p.m.	Pam Leszczynski 949-742-9597 Susi Q 949-464-6645
Laguna Woods Geneva Presbyterian Church 24301 El Toro Rd., Laguna Woods, CA 92637 (Annex)	1st Tuesday 3:30 p.m.	Rowena Cole 949-273-9126 Geneva Presbyterian 949-837-2323
Laguna Woods South County Adult Day Services 24260 El Toro Rd., Laguna Woods, CA 92637 (Also open to non-dementia caregivers) <i>Free Respite Care available during meetings, call facility</i>	3 rd Monday 1:30 p.m.	So. County Adult Day 949-855-9444 Shiffy Crane 949-632-7967
Mission Viejo <i>New Group! Starts Oct. 11</i> Sunrise Mission Viejo 26151 Country Club Dr., Mission Viejo, CA 92691	3 rd Thursday 6:00 p.m.	Carol Tryon 949-757-3751
Placentia Placentia-Linda Hospital 1301 N Rose Dr., Placentia, CA 92870 (Meeting Room 1, check-in main lobby)	4 th Monday 7:00 p.m.	Judy Dickinson 714-524-6951 Linda Henderson 714-993-7417 Hospital 714-993-2000

DEMENTIA/ALZHEIMER'S CAREGIVER MEETINGS continued

Location	Date/Time	Facilitator Contact
San Clemente RIO - San Clemente ADHC 2021 Calle Frontera, San Clemente, CA 92673	3 rd Friday 10:00 a.m.	Kate Egan & Lisa Matrise 949-498-7671
San Juan Capistrano Silverado Senior Living 30311 Camino Capistrano, San Juan Cap., CA 92675 <i>Free Respite Care available during meetings, call facility</i>	3 rd Wednesday 10:00 a.m.	Kathy Carchidi 949-933-2765 Silverado 949-240-0550
San Juan Capistrano San Juan Capistrano Community Center 25925 Camino Del Avion, San Juan Capistrano, CA 92675	3 rd Thursday 3:00 p.m.	Jacque Schweppe 714-259-7509 Community Ctr 949-493-5911
Seal Beach The Health Care Center on Golden Rain (Leisure World) 1661 Golden Rain Rd., Seal Beach, CA 90740	4 th Tuesday 10:00 a.m.	Ellie Nixon 714-642-9458 Heath Center 562-493-9581
Tustin Tustin Senior Center (Enter Main Lobby) 200 South C St., Tustin, CA 92780	2 nd Tuesday 3:30 p.m.	Jacque Schweppe 714-259-7509 Senior Center 714-573-3340
Yorba Linda <i>New Group! Starts Nov. 8th</i> ActivCare of Yorba Linda 4725 Valley View Ave., Yorba Linda, CA 92886	2 nd Wednesday 10:30 a.m.	Judy Dickinson 714-524-6951

FAITH BASED DEMENTIA/ALZHEIMER'S CAREGIVER MEETINGS

Location	Date/Time	Facilitator Contact
Garden Grove Diocese of Orange Pastoral Center 13280 Chapman Ave., Garden Grove, CA 92840 (Mercy Center, Room 1D)	4 th Wednesday 2:00 p.m.	Patty Mouton 714-349-5517
Lake Forest Saddleback Church 1 Saddleback Pkwy, Lake Forest, CA 92630 (Room 312)	1 st Monday 7:00 p.m.	Vic Mazmanian 949-310-6682 Saddleback 949-609-8000
Newport Beach Our Lady Queen of Angles Catholic Church 2046 Mar Vista Dr., Newport Beach, CA 92660 (Parish Center Staff Lounge)	1 st Tuesday 7:00 p.m.	Jim Casey & Patty Mouton 949-640-1750 Our Lady 949-644-0200
Newport Beach St. Andrew's Presbyterian Church 600 St Andrews Rd, Newport Beach, CA 92663 (Room B016)	3 rd Tuesday 3:00 p.m.	Roger Riley 949-697-8707 Donna Shockley 949-675-1904 St. Andrew's 949-631-2880
Orange St. Paul's Lutheran Church 1250 E Heim Ave, Orange, CA 92865 (Room 4 (Sewing), enter off canal parking lot)	1 st Tuesday 5:30 p.m.	Jacque Schweppe 714-259-7509 Estelle Worden 714-497-0848 St. Paul's 714-637-2640

FAITH BASED DEMENTIA/ALZHEIMER'S CAREGIVER MEETINGS continued

Type/Location	Date/Time	Facilitator Contact
Orange First Christian Church of Orange 1130 E Walnut Ave, Orange, CA 92867 (Fireside Room, across from Sanctuary)	3 rd Tuesday 7:00 p.m.	Estelle Worden 714-497-0848 First Christian 714-538-9681
Santa Ana Trinity United Presbyterian Church 13922 Prospect Ave, Santa Ana, CA 92705 (Samaritan Care Center)	1 st Thursday 2:30 p.m.	Chris Hoppe 714-538-3823 Nancy Price 714-639-6379 Trinity United 714-544-7850

SPECIALIZED MEETINGS

Type/Location	Date/Time	Facilitator Contact
Caregivers of Lewy Body & Frontotemporal Dementia Alzheimer's Orange County 2515 McCabe Way, Irvine CA 92614	1 st Wednesday, 9:30 a.m. 3 rd Tuesday, 1:00 p.m.	Donna Velarde, LCSW 949-757-3759
Down Syndrome/Alzheimer's Caregiver Group Alzheimer's Orange County 2515 McCabe Way, Irvine CA 92614	3 rd Tuesday 10:00 a.m.	Kim Bailey, MSG 949-757-3771
For Individuals with Early Memory Loss (and their care partners) Brea, Irvine and Laguna Woods	Time-limited series Dates/times vary Pre-registration required	Donna Velarde, LCSW 949-757-3759

DEMENTIA/ALZHEIMER'S CAREGIVER MEETINGS IN OTHER LANGUAGES

Location	Date/Time	Facilitator Contact
Farsi Speaking Support Group OMID Multicultural Institute 2101 Business Center Dr., Ste. 150, Irvine, CA 92612	2 nd Wednesday 2:00 p.m.	Rosa Oloumi 714-366-4477 OMID 949-502-4721
Korean Speaking Support Group Alzheimer's Orange County 2515 McCabe Way, Irvine CA 92614	2 nd Tuesday 6:00 p.m.	Erin Kim, LCSW 951-809-3007
Spanish Speaking Support Group South Coast Global Medical Center (formerly Coastal Communities Hospital) 2701 S. Bristol St., Santa Ana, CA 92704 (Conference Room A-B)	2 nd Wednesday 6:00 p.m.	Norma Castellano 949-757-3767 Hospital 714-754-5454
Spanish Speaking Support Group St. Boniface Catholic Church 120 N. Janss St., Anaheim, CA 92805	1 st Wednesday 10:00 a.m.	Norma Castellano 949-757-3767 St. Boniface 714-956-3110
Vietnamese Speaking Support Group CalOptima PACE 13300 Garden Grove Blvd., Garden Grove CA 92843	2 nd Thursday 10:00 a.m.	Minh-Thu Co 949-757-3756 PACE 714-468-1100

These meetings are free of charge and available for caregivers, family and friends of persons with dementia. All meetings listed are co-sponsored by Alzheimer's Orange County and are in compliance with organization standards.