

Metro Indianapolis

March 2023 Alzheimer's Association Newsletter

Caregiver Support Groups

Avon - Our Shepherd Lutheran Church 1st Tues of the month, 10 a.m.

Carmel - Motion 4 Life Fitness 3rd Fri of the month, 3:30 p.m.

Carmel - Prime Life Enrichment Inc. 2nd Wed of the month, 10 a.m.

Danville - Hendricks County Senior Services 2nd Thurs of the month, 2pm

Greenfield - Hancock Wellness Center - Greenfield 2nd Thurs of the month, 3pm

Franklin - Hampton Inn & Suites 2nd Tues of the month at 1:30pm (Respite offered).

Indianapolis -- Irvington Presbyterian Church 2nd Tues of the month, 1 p.m.

Indianapolis Meridian - second Presbyterian Church 3rd Wed of the month, 1.30pm

Indianapolis Northside - Nora Public Library 2nd Wed of the month, 1:30 p.m.

Indianapolis Northside - Coming soon - St Luke's United Methodist Church

Indianapolis South - Indianapolis Public Library, West Perry Branch 2nd Fri of the month, 1:30 p.m.

Indianapolis South - Southport United Methodist Church 4th Tues of the month, 7pm

Indianapolis West - Ben Davis Christian Church 2nd Wed of the month, 6:30 p.m.

Lebanon - Witham Health Services 3rd Tues of the month, 6 p.m.

Martinsville- A Senior Retreat 1st Tues of the month, 2:00 p.m (Respite offered).

Noblesville-- First United Methodist Church 1st Thurs of the month, 6:30 p.m.

Shelbyville - Shelby Senior Services 3rd Tues of the month, 1:30pm

LGBTQ+ Caregiver Support Group - virtual 4th Sun, 8pm.

IDD/Down Syndrome with Alzheimer's Caregiver Support group - virtual 2nd Mon, 7pm

To register click on the link for each program or call our 24/7 Helpline 800 272 3900. For more virtual programs visit alz.org/CRF

Upcoming Programs...

- **Living with Alzheimer's For Caregivers - Middle Stages**, Wednesday, March 1st, 6:30pm (ET) - VIRTUAL
- **Managing Money**, Wednesday, March 8th, 11 (ET) - VIRTUAL with speaker Julie Collins, Program Manager, NW Indiana.
- **Life With Lewy Body Dementia - Medication Management, Sleep and Motor Concerns**, Wednesday, March 8th, 1pm (ET) - VIRTUAL
- **Dental Care and Dementia**, Saturday, March 11th, 10am (ET) - VIRTUAL
- **Understanding Alzheimer's and Dementia in Partnership With Urban League**, Thursday, March 16th 3pm (ET) - In Person at Indianapolis Urban League
- **Life with Lewy Body Dementia - Managing Caregiver Stress**, Wednesday March 22nd 12pm (ET) - VIRTUAL
- **ALZ TALKS: Conversations with your Doctor** - Thursday, March 30th ,1pm - VIRTUAL
-

Español.....

Michigan: Cuerpo y cerebro sano es vida sana: Consejos de las últimas investigaciones y demostración de cocina, jueves, 16 de marzo (ET) - VIRTUAL

Thank you to all those who supported our State Advocacy Day in February and the great news is that House Bill 1422 which would create an Indiana Dementia Care Specialist Program is still alive. Please tell state legislators to support funding for more dementia support in local communities by going [HERE](#)

