

# Metro Indianapolis

## January 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

**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 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.

**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 Sunday, 8p.m.

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](https://alz.org/CRF)

### Upcoming Programs...

- [Understanding Alzheimer's and Dementia](#) - Monday, January 16th, 4.30pm (ET) - VIRTUAL
- [Advancing The Science: The Latest In Alzheimer's and Dementia Research](#) - Wednesday, January 18th, 1pm (ET) - VIRTUAL
- [10 Warning Signs of Alzheimer's](#) - Wednesday, January 25th, 5pm (ET) - In person at Woodland Terrace, Danville
- [Managing Money](#) - In partnership with IUN Center For Urban and Regional Excellence Friday, January 27th, 1pm (ET) - VIRTUAL
- [ALZ TALKS : Healthy Habits For The Brain](#), Tuesday, January 31st 1pm (ET) - VIRTUAL



Register today for  
**Indiana State Advocacy Day.**

ALZHEIMER'S ASSOCIATION

On Tuesday, Feb. 7, volunteer advocates will gather at the Statehouse in downtown Indianapolis to meet with legislators and their staff to urge them to create a Dementia Care Specialist Program. Specialists would be trained to meet the unique needs of people affected by dementia, including providing caregiver and community education. We hope you'll join us.

Learn more and register [HERE](#)

**ALZHEIMER'S ASSOCIATION**