



CAREGIVER SUPPORT GROUPS

All meetings are free and open to caregivers and family members of individuals with dementia. For more information, please contact the facilitator of the group.

Hillcrest**

Facilitated by Marge Galante, RN, BSN, Program Director

Meets every Wednesday
3 to 4:30pm
3702 Fourth Avenue, San Diego
(619) 543 – 4704

Hillcrest Younger Caregivers

Co-sponsored with the UCSD Shiley-Marcos Alzheimer's Disease Research Center & the Alzheimer's Association

Facilitated by Frances Martinez-Goodrich, MSW

Meets on the 2nd Wednesday of every month
6:30 to 8:30pm
3702 Fourth Avenue, San Diego
(858) 822 – 4800

Hillcrest Evening

Co-sponsored with the Alzheimer's Association

Facilitated by Gloria Baker, MEd, RCFE, Director of Programs and Development

Meets on the 2nd and 4th Tuesday of every month
6 to 7:30pm
3702 Fourth Avenue, San Diego
(619) 543 – 4700 ext. 305

South Bay**

Facilitated by Bernice Molina, MSW, Program Director

Meets every Wednesday
3 to 4:30pm
280 Saylor Drive, Chula Vista
(619) 420 – 1703

Escondido

Co-sponsored with the Alzheimer's Association

Facilitated by Sheila Argeanton, MSW

Meets on the 1st and 3rd Thursday of every month
10am to 12pm
Redwood Elderlink
1151 S. Redwood Street, Escondido
(760) 635 – 1895

Encinitas**

Co-sponsored with the Alzheimer's Association

Facilitated by Sheila Argeanton, BS, Program Director

Meets every Wednesday
10 to 11:30am
Inside Silverado Senior Living
335 Saxony Road, Encinitas
(760) 635 – 1895

** Respite care provided free of charge during meeting. Please call in advance to reserve space for your loved one.

Caregiver Support & Discussion Group Calendar 2014

Central San Diego

Location	Date/Time	Facilitator Contact
Clairemont Lutheran Church 4271 Clairemont Mesa Blvd., San Diego, 92117	1st Thursday 1:00pm - 2:30pm	Joan Elicker-Richards 858-699-9907
Alzheimer's Association San Diego Chapter 6632 Convoy Court, San Diego, 92111	2nd and 4th Thursday 10:00am - 11:30am	Ashley Lundgren 858-966-3292
Coronado Public Library Conference Room 640 Orange Ave., Coronado, 92118	1st and 3rd Wednesday 7:00pm - 8:30pm	Gerry Garmon 619-435-1468
The Glenner Memory Care Centers 3702 Fourth Ave., San Diego, 92103 Parking available in lot on Pennsylvania	2nd and 4th Tuesday 6:00pm - 7:30pm	Gloria Baker 619-543-4700 x305
UCSD/Shiley-Marcos Alzheimer's Disease Research Center 8950 Villa La Jolla Dr., Suite C129, La Jolla, 92037	2nd Wednesday 2:00pm - 3:30pm	Lisa Snyder, LCSW 858-822-4800
Sunrise La Jolla 810 Turquoise St., San Diego, 92109	3rd Wednesday 1:30pm - 3:00pm	Sandy Braff, MFT 858-792-4610
Elmcroft of Point Loma 3423 Channel Way, San Diego, 92110	2nd Saturday 10:00am - 11:00am	Phillip Roullard 619-698-9512
Gary and Mary West Senior Wellness Center 1525 Fourth Ave., San Diego, 92101 <i>Bring your brown bag lunch!</i> Metered parking available	Every Wednesday 12:00pm - 1:00pm	Laura Stevens, MSW 619-487-0739

South San Diego

Location	Date/Time	Facilitator Contact
Bay View Baptist Church (Christian) MLK Bldg. 6134 Benson Ave., San Diego, 92114	4th Friday 6:00pm - 7:30pm	Lottie Harris, RN 619-764-9444
Imperial Beach Senior Center 1075 8th St., Imperial Beach, 91932	3rd Tuesday 10:00am - 11:30am	Anne Owens Stone 858-756-4691

East County

Location	Date/Time	Facilitator Contact
Alpine Community Center 1830 Alpine Blvd., Alpine, 91901	1st and 3rd Wednesday 2:00pm - 3:30pm	Linda Cioffi 619-445-5291
Elmcroft of La Mesa 4960 Mills St., La Mesa, 91942	2nd Saturday 10:00am - 11:00am	Mona Tisdale 619-894-3565
Lantern Crest Senior Living 11010 Sunset Trail, Santee, 92071	4th Thursday 10:00am - 11:30am	Lynne Smith 760-212-1224
Ramona Senior Center 434 Aqua Lane, Ramona, 92065	3rd Wednesday 10:00am - 11:30am	Elaine Bailey 760-787-0172
San Carlos Methodist Church 6554 Cowles Mountain Blvd., San Diego, 92119	1st and 3rd Tuesday 10:00am - 12:00pm	Robert Spalding 619-298-1350

For questions or more information about a specific group, please contact the Facilitator.
Or, contact the Family Services Manager - Nicole Reich, LMFT 858-966-3293

www.alz.org/sandiego



North County Inland

Location	Date/Time	Facilitator Contact
Redwood Elderlink 1151 S. Redwood St., Escondido, 92025	1st and 3rd Thursday 10:00am - 11:30am	Sheila Argeanton, BS, CDT 760-635-1895
Belmont Village Sabre Springs 13075 Evening Creek Dr. South, San Diego, 92128	1st and 3rd Thursdays 6:30pm - 8:00pm	Kathy Gilbert, LCSW 619-894-8334
Americare Adult Day Healthcare ** 340 Rancheros Dr., Suite 196, San Marcos, 92069	2nd Tuesday 2:00pm - 4:00pm	Marisa Reese, MSW 760-682-2424 x29
Vista Gardens Memory Care 1863 Devon Place, Vista, 92081	Every Thursday 1:30pm - 3:30pm	Sandy Braff, MFT 858-792-4610
The Meridian Lake San Marcos ** 1177 San Marino Dr., San Marcos, 92078	2nd and 4th Wednesday 10:30am - 11:30am	Leslie Quintanar 760-566-7496
Silvergate Retirement Residence ** 420 Elbrook Dr., Fallbrook, 92028	3rd Wednesday 1:30pm - 3:00pm	Barbara Heric 858-966-3293

North County Coastal

Location	Date/Time	Facilitator Contact
Sunrise at La Costa ** 7020 Manzanita St., Carlsbad, 92011	3rd Thursday 5:30pm - 6:30pm	Sandy Braff, MFT 858-792-4610
ActivCare at Bressi Ranch 6255 Nygaard St., Carlsbad, 92009	2nd Tuesday 10:00am - 11:30am	Catherine Lombardi 760-415-5919
The Glenner Memory Care Centers ** 335 Saxony Rd., Encinitas, 92024	Every Wednesday 10:00am -12:00pm	Sheila Argeanton, BS, CDT 760-635-1895
San Luis Rey Valley United Methodist Church 5570 Old Ranch Rd., Oceanside, 92057	2nd and 4th Mondays 6:00pm - 7:30pm	Patricia Hodgkin 858-410-5761
Oceanside Pacific Place 3500 Lake Blvd., Oceanside, 92056	4th Tuesday 10:00am - 11:30am	Catherine Lombardi 760-415-5919

Support & Discussion Groups uniquely designed for . . .

Location	Date/Time	Facilitator Contact
Younger Onset Care Partners (diagnosis under 65) Alzheimer's Association 6632 Convoy Court, San Diego, 92111	1st Monday 6:00pm - 7:30pm	Nicole Reich 858-966-3293 <i>Pre-Registration Required</i>
Adult Children Care Partners San Marcos Senior Center 111 Richmar Ave., San Marcos, 92069	Every Tuesday 10:00am - 11:30am	Lynne Smith 760-212-1224
Lewy Body & Frontotemporal Dementia Care Partners UCSD/Shiley-Marcos Alzheimer's Disease Research Center 8950 Villa La Jolla Dr., Suite C129, La Jolla, 92037	1st Wednesday 2:00pm - 3:30pm	Lisa Snyder, LCSW 858-822-4800 <i>Pre-Registration Required</i>
Younger Care Partners (under 60) The Glenner Memory Care Center Hillcrest 3702 4th Ave., San Diego, 92103	2nd Wednesday 6:30pm - 8:00pm	Frances Martinez-Goodrich, MSW 858-822-4800 <i>Pre-Registration Required</i>
Men's Caregiver Discussion and Support Group Alzheimer's Association 6632 Convoy Court, San Diego, 92111	2nd and 4th Wednesday 10:00am - 11:30am	Tom Gillette 858-966-3293
Spanish Speaking Care Partners ** Americare Adult Day Healthcare 340 Rancheros Dr., Suite 196, San Marcos, 92069	4th Wednesday 2:00pm - 4:00pm	Vanessa Arellano, MSW 760-682-2424 x18
Spanish Speaking Care Partners Casa Familiar Recreation Center 268 W Park Ave., San Ysidro, 92173	Every Tuesday 10:00am - 11:30am	Ana Chiquete 619-428-1115

**** Free Respite Care offered. Please contact the Facilitator for more information.**