



February 2015

CAREGIVERS

CAREGIVERS GROUPS

This list of self-help groups for caregivers in and around Champaign County is prepared by the staff and volunteers of the Self-Help Center of Family Service. If you don't find the group you are looking for, or if you want to start a group, please contact the Self-Help Center at 352-0099 or by e-mail at lliss@familyservicecc.org.

The following is a key to the coded information that appears before group descriptions: 1. Year group was formed 2. A=Affiliated with a state, national or international group; F=Freestanding group 3. L=Lay run/organized group; P/L=Professional and Lay persons share facilitation/organizational roles in group; P=Professional facilitates and/or organizes group meetings.

Inclusion in this list does not constitute an endorsement or evaluation.

General

Champaign County

Caregivers Support Group (2013 F,L) This gathering of people who are caregivers of loved ones with chronic illnesses provides a place to share, exchange ideas, and occasional educational programs. Feel free to bring a lunch. Meets Tues., 11:30 a.m., at Rantoul Public Library. **Call:** Michelle Clayton or Carol Eastin, Rantoul First United Methodist Church (217) 892-2130

Circle of Friends Adult Day Center Caregivers Support Group (1996 A,P) This group is open to the community and offers expertise in dementia/Alzheimer's care support for caregivers. This group is led by professional educators, specializing in Alzheimer's and dementia care giving. Leaders offer behavior management tips for dementia/Alzheimer's disease related behavior problems often experienced in the home. This is an Alzheimer's Association approved support group. Meets 3rd Wed., 12:00-1:00 p.m., 609 W. Washington, Champaign. **Call:** Carol Mauck or Kathy Rhoads (217)359-7937


E-mail: adc@advancenet.net **Website:** circleoffriendsadc.net **Write:** Kathy Rhoads, MSW, LCSW or Carol Mauck, MSW, LCSW, Circle of Friends Adult Day Center, 609 W. Washington St., Champaign, IL 61820-3332

Family 2 Family (2013 A,L) This free 12-week course is for family caregivers (parents, relatives, and friends) of individuals with severe mental illnesses. The classes are structured to help caregivers understand and support individuals with serious mental disorders while maintaining their own well-being. The course is taught by a team of trained NAMI family member volunteers who know what it's like to have a loved one living with one of these brain illnesses. Meets Tues., 6:30-9:00 p.m. Champaign. Contact Nancy Carter for courses and locations. **Call:** Nancy Carter (217) 356-1925 **E-mail:** ncart93@gmail.com

Local Website: namichampaign.org **National Website:** nami.org **Write:** NAMI Champaign County, P.O. Box 1514, Champaign, IL 61824

NAMI Family Support (2013, A/L) This group is for any family member, friend, or loved one of an adult person with severe mental illness. This group is for adults only and is facilitated by experienced family members. Join us as we learn how to understand and support our loved ones with mental illness. Discover friends who care and understand, and share ideas that can help you better take care of yourself and your family. Learn about community services and how to find them. We listen while you share your experiences and get much needed support. Meets 2nd Thurs., 7:00-9:00 p.m., Colony West Clubhouse, 31 Colony West Dr., Champaign (1st right north of the junction of Prospect and Windsor). **Call:** NAMI Champaign (217) 419-5345 **E-mail:** champaignnami@aol.com **Local Website:** namichampaign.nami.org **National Website:** nami.org **Write:** NAMI Champaign County, P.O. Box 1514, Champaign, IL 61824

Self-Help Center, 405 S. State St., Champaign, IL 61820 Phone: (217) 352-0099 Website: selfhelp.famservcc.org

A program of Family Service funded in part by 

Douglas

NAMI Families and Caregivers – Tuscola (2014 A,L) This support group is for family, friends, and concerned others of persons living with a mental illness. The group is led by NAMI trained facilitators who are experienced caregivers. Solve problems, share experiences, and learn from others who have been there. The group has over 30 years of experience in dealing with issues surrounding the care of a loved one with mental illness living in the community. The facilitators are Diane Zell and Donna Mayer. Meets 4th Thurs. 7:00-9:00 p.m. at Tuscola United Methodist Church, 901 N. Prairie, Tuscola, IL **Call:** Diane (217) 253-2413, Donna (217) 234-7616, or NAMI Champaign (217) 419-5345 **E-mail:** champaignnami@aol.com
Local Website: namichampaign.org **National Website:** nami.org **Write:** NAMI Champaign County, P.O. Box 1514, Champaign, IL 61824

Ford

Caregiver Support Group (2014 F,P) This group is for anyone who considers themselves a caregiver of another. The purpose is to provide support in order to enhance members' ability to cope with the daily stressors of being a caregiver. Meets 1st Weds. 6:30-7:30 p.m. across from Gibson Area Hospital at #4 Doctors Park, the Behavioral Wellness Center and Geriatric Behavioral Services. **Call:** Kenna Dunlap Johnson (217) 784-4540 **E-mail:** kenna_johnson@gibsonhospital.org
Website: www.gibsonhospital.org **Write:** Kenna Dunlap Johnson, #4 Doctors Park, Gibson City, IL 60936

Piatt

Atwood Caregivers' Support Group (2010 F,P) This group is for caregivers who are providing help to a family member or friend 60 or older. Meets last Wed., 4:00-5:30 p.m., United Church of Atwood, Atwood. **Call:** Roxanna Webb (217) 352-5100, ext. 136 **E-mail:** rwebb@familyservicecc.org **Write:** Roxanna Webb, Caregiver Advisor, Family Service Senior Resource Center (SRC), 405 S. State St., Champaign, IL 61820

Caregivers Support Group of Piatt County (1992 F,P) This group is a self-help network of caregivers. The group is open to anyone who is caring for a friend or loved one who is living at home or in a nursing home. The group enables caregivers to share common issues and concerns, and provides an opportunity to better understand the role of a caregiver. A newsletter is available. Meets last Mon., 3:00-4:00 p.m., Piatt County Nursing Home, 1111 N. State St., Monticello, IL 61856. **Call:** Scott Porter, Social Services Director (217) 762-6672 **E-mail:** s.porter@piattcountynursinghome.org

For Men Only (2010 F,P) This group provides support and encouragement to men who find themselves in a new role as a caregiver. The group discusses how to locate helpful resources, identify the benefits of caregiving, and balance the role of a caregiver. Meets 2nd Fri. 3:00-4:00 p.m., every other month, Hardee's restaurant, N. Market St., Monticello. **Call:** Roxanna Webb (217) 352-5100, ext. 136 or Piatt Faith In Action Office (217) 762-7575, ext. 3 **E-mail:** rwebb@familyservicecc.org
Write: Roxanna Webb, Caregiver Advisor, Family Service Senior Resource Center (SRC), 405 S. State St., Champaign, IL 61820

Vermillion

NAMI Families and Caregivers - Danville (2014 A,L) This group is for adult family members, caregivers, or concerned others of a person with mental illness age 18 and over. Facilitators are Mary Mancuso and Debbie Hesse. Meets 3rd Thurs. 7:00-9:00 p.m. at First Presbyterian Church, 100 N. Franklin, Danville, IL **Call:** Mary (217) 267-7093 or NAMI Champaign (217) 419-5345 **E-mail:** champaignnami@aol.com **or:** marymancuso7@att.net **Local Website:** namichampaign.org
National Website: nami.org **Write:** NAMI Champaign County, P.O. Box 1514, Champaign, IL 61824

Caregivers (Alzheimer's Disease / Dementia)

Champaign County

Circle of Friends Adult Day Center Caregivers Support Group (1996 A,P) This group is open to the community and offers expertise in dementia/Alzheimer's care support for caregivers. This group is led by professional educators, specializing in Alzheimer's and dementia care giving. Leaders offer behavior management tips for dementia/Alzheimer's disease related behavior problems often experienced in the home. This is an Alzheimer's Association approved support group. Meets 3rd Wed., 12:00-1:00 p.m., 609 W. Washington, Champaign. **Call:** Carol Mauck or Kathy Rhoads (217)359-7937
E-mail: adc@advancenet.net **Website:** circleoffriendsadc.net **Write:** Kathy Rhoads, MSW, LCSW or Carol Mauck, MSW, LCSW, Circle of Friends Adult Day Center, 609 W. Washington St., Champaign, IL 61820-3332

Memory Loss Support Group (1984 F,P/L) This group provides support, encouragement, and information for primary caregivers. Group literature is available. Meets 3rd Thurs., 10:00-11:00 a.m., Brookens Bldg., 1776 E. Washington St., Urbana. Call before attending the first meeting. **Call:** Gail Shivers (217) 384-3784, ext. 4330 **E-mail:** gshivers@co.champaign.il.us
Write: Champaign County Nursing Home, 500 Art Bartell Rd., Urbana, IL 61802

Minds in Motion (2007 F,P) This program enhances the mental, physical, and cognitive functioning of older adults including those diagnosed with early memory loss. Activities include “brain fitness” activities (mental exercises, games, memory enhancement), exercises (taiji, dance, strength, and endurance training), relaxation therapies, creative activities (art, writing, music, and storytelling), social activities, and community events. Family members of people with early memory loss focus on self-care while creating positive activities for themselves and their family members. Call to verify meeting times. Meets Thurs., 10:00 a.m.-2:00 p.m., First United Methodist Church, 210 W. Church St., Champaign. **Call:** Program Coordinators Alice Faron (217) 359-1079; or Sandy Burgener, PhD, Program Director (217) 898-4251 for information or to enroll in the program
E-mail: a.faron@comcast.net

Vermillion

Alzheimer's Caregiver Support Group (2007 F,P) This group provides education and support for caregivers of people with Alzheimer's disease. Meets 3rd Thurs., 5:00-6:00 p.m., Hawthorne Inn, 3222 Independence Dr., Danville. **Call:** Kim LeLoup (217) 431-1600, ext. 5 **E-mail:** gardencourt@libertyvillageofdanville.com **Write:** Kim LeLoup - Alzheimer's Caregiver Support Group, Hawthorne Inn, 3222 Independence Dr., Danville, IL 61832

VA Illiana Health Care System - Alzheimer's and Related Dementia Caregivers (1985 A,P/L) This support group is dedicated to improving the quality of caregivers' lives through support and education. The group offers caregivers the opportunity to ask questions, share stories, and learn caregiving tips through discussion, guest speakers, and information from the Alzheimer's Association. Caregivers of nonveterans are welcome. Meets 2nd Wed., 2:00-3:30 p.m., VA Medical Center, Community Living Center (CLC), Conference Rm., Bldg. 101, 1900 E. Main St., Danville. **Call:** LaTosha Hampton, (217) 554-5126 **Write:** Cheryl Rome, MSW, VA Medical Center, SWS-122, 1900 E. Main St., Danville, IL 61832

Caregivers (Cancer)

Champaign County

Daytime Cancer Caregivers Group (2009 F,P) This caregivers' group is for caregivers of patients with cancer, and is open to all family members, friends, and other caregivers, regardless of where clinical care is received. Light refreshments are provided. Meets 2nd Tues., 12:00-1:00 p.m., Carle Cancer Center, 1st fl. **Call:** Lynn Kolisetty, LSW, Oncology Social Worker (217) 383-4066 **E-mail:** lynn.kolisetty@carle.com **Website:** carle.org **Write:** Lynn Kolisetty, LSW, Carle Cancer Center, 509 W. University Ave., Urbana, IL 61801

Evening Cancer Caregivers Group (2009 F,P) This caregivers' group is for caregivers of patients with cancer, and is open to all family members, friends, and other caregivers, regardless of where clinical care is received. Light refreshments are provided. Meets 3rd Weds., 5:30-7:00 p.m., 1st fl. conference rm., Carle Cancer Center, 509 W. University Ave., Urbana. **Call:** Lynn Kolisetty, LSW, Oncology Social Worker (217) 383-4066 **E-mail:** lynn.kolisetty@carle.com **Website:** carle.org **Write:** Lynn Kolisetty, LSW, Carle Cancer Center, 509 W. University Ave., Urbana, IL 61801

*For a complete listing of area support groups, visit the Self-Help Center website at
selfhelp.famservcc.org*