

# SUPPORT GROUPS: Sacramento County



**\*\*All times listed are Pacific Standard Time (PST)\*\***

## **Men's Caregiver Support Group - Caring for a Loved One at Home**

3rd Tuesday  
2:00 pm – 3:30 pm  
Online via Zoom  
Call or email to register and receive Zoom link.  
Mendi Bates  
(916) 728-9333  
mbates@deloro.org

## **Men's Caregiver Support Group – Caring for a Loved One in a Care Setting**

3rd Thursday  
2:00 pm – 3:30 pm  
Senior Care Solutions  
8910 Sunset Ave, Suite B  
Fair Oaks, CA 95628  
Christine Grmolyes  
(916) 965-5565  
christine@seniorcs.com

## **Care Partner Perspectives Support Group (Live Well at Home by Eskaton)**

Wednesdays  
3:30 pm-4:30 pm  
Online  
Register to receive event link.  
Cynthia Driver, CGCM  
(916) 878-4725  
Christine.luetke@eskaton.org

## **TBI Support Group**

2nd Tuesday  
6:00 pm-6:40 pm  
Online via Zoom  
Email to register  
Kristin Hackman  
greyandwhitematters@yahoo.com

## **ABI Caregiver/Family Support Group**

Thursdays  
6:30 pm-8:30 pm  
[TEMPORARILY] Online via Zoom  
Email to receive Zoom link.  
Head Trauma Support Project--  
Sacramento board.htsp@gmail.com

## **ALS Sacramento Support Group Meetings (For Family, Friends and Caregivers)**

3rd Saturday  
@10:30 am  
Online via ZOOM  
<https://us02web.zoom.us/j/82890649586>  
OR Call in: 1-669-900-6833  
Meeting ID: 828 9064 9586  
ALS Greater Sacramento  
(916) 979-9265

For more information on Del Oro CRC services and resources specific to your county, visit: [www.deloro.org](http://www.deloro.org)

# SUPPORT GROUPS: Sacramento County



## **Alzheimer's Association Afternoon Support Group—Carmichael (I)**

3rd Wednesday  
2:45 pm-4:15 pm  
Christ Community Church  
5025 Manzanita Avenue (Rm M-3)  
Carmichael, CA 95608  
Facilitator: Lynn Barney  
Contact: Denise Davis  
(800) 272-3900  
denise.davis@alz.org

## **Alzheimer's Aid Society @ Summerset Senior Living Memory Loss Support Group**

Thursdays  
3:30 pm-4:30 pm  
Summerset Senior Living  
2341 Vehicle Drive (3rd Floor Lounge)  
Rancho Cordova, CA 95670  
Facilitator: Alz Aid Society Volunteer  
Contact: (916) 330-1300

## **Alzheimer's Association Afternoon Support Group—Carmichael (II)**

4th Thursday  
3:30 pm-5:00 pm  
American River Community Church  
Fireside Room  
3300 Walnut Avenue  
Carmichael, CA 95608  
Facilitator: Merry Geil  
Contact: Denise Davis  
(800) 272-3900  
denise.davis@alz.org

## **Alzheimer's Association Morning Support Group--Folsom**

2nd Friday  
10:00 am-11:30 am  
Folsom Senior Center & Arts Center  
Conference Room  
48 Natoma Street  
Folsom, CA 95630  
Facilitator: Lisa Rose  
Contact: Denise Davis  
(800) 272-3900  
denise.davis@alz.org

## **Alzheimer's Association Lewy Body Dementia Support Group--Gold River**

2nd Thursday  
10:00 am-11:30 am  
Eskaton Lodge Gold River  
11390 Coloma Road  
Gold River, CA 95670  
Denise Davis  
(800) 272-3900  
denise.davis@alz.org

## **Alzheimer's Association Dementia Caregiver Writing & Poetry Support Group**

1st Thursday  
12:00 pm -2:00 pm  
Alzheimer's Association Office  
1455 Response Road, Suite 190  
Sacramento, CA 95815  
**\*\*NO PRIOR WRITING EXPERIENCE REQUIRED\*\***  
Facilitator: Frances Kakugawa  
Contact: Denise Davis  
(800) 272-3900  
denise.davis@alz.org

For more information on Del Oro CRC services and resources specific to your county, visit: [www.deloro.org](http://www.deloro.org)

# SUPPORT GROUPS: Sacramento County



## **Alzheimer's Association Morning Support Group—Sacramento (I)**

2nd Monday  
10:00 am- NOON  
Kaiser Point West (Conference Room 3)  
1650 Response Road  
Sacramento, CA 95815  
Facilitator: Erika Wasser, LCSW  
Contact: Denise Davis  
(800) 272-3900  
denise.davis@alz.org

## **Alzheimer's Association Morning Support Group—Sacramento (II)**

2nd Friday  
10:00 am- 11:00 am  
Hart Senior Center (Cyprus Room)  
915 27th Street  
Sacramento, CA 95816  
Facilitator: Chantell Albers  
Contact: Denise Davis  
(800) 272-3900  
denise.davis@alz.org

## **Alzheimer's Association Morning Support Group--Elk Grove**

2nd Wednesday  
10:00 am-11:30 am  
Senior Center of Elk Grove  
8230 Civic Center Drive  
Elk Grove, CA 95757  
Facilitator: Jackie McGrath  
Contact: Denise Davis  
(800) 272-3900  
denise.davis@alz.org

## **Alzheimer's Caregiver Support Group - Carmichael**

Every 2nd and 4th Sunday  
2:00 pm- 4:00 pm  
Meets online via ZOOM  
Contact facilitator for meeting information.  
Rochelle Van Driel  
916-627-0188  
rochellevandrielcounseling@gmail.com

## **The Journey Support Group Dementia Family Support Group**

2nd Wednesday  
6:00 pm-7:00 pm  
WellQuest of Elk Grove  
8871 E. Stockton Blvd.  
Elk Grove, CA 95624  
Contact: Tammy Cahill  
(916) 833-1288  
tcahill@wqliving.com

## **Coffee Klatch Support Group @ Revere Court**

Every Wednesday  
@ 10:00 am  
Revere Court  
7707 Rush River Drive  
Sacramento, CA 95831

Meets online via Zoom first three weeks, in-person last week of the month; call to register and receive Zoom link.

Casey Simon  
(916) 392-3510

For more information on Del Oro CRC services and resources specific to your county, visit: [www.deloro.org](http://www.deloro.org)

## **The Oars Senior Living - Family Support Group**

3rd Wednesday  
1:00pm - 2:00pm  
Online via Zoom

Call to register and receive Zoom link.

Facilitator: Rae Ortiz

Contact: Melissa Gagliardo

(916) 212-0388

MGagliardo@TheOarsSeniorLiving.com

## **Sacramento Area Brain Tumor Support Group**

1st Wednesday

6:30 pm-8:00 pm (until 12/1/2021)

Meets online via [WebEx](#)

Meeting number (access code): 135 312 0285

Meeting password: 2021

Contact: Breana Sanchez

(800) 272-3900

bnsanchez@ucdavis.edu

## **Alzheimer's Association Frontotemporal Dementias Caregiver Support Group**

4th Wednesday  
7:00 pm- 8:30 pm

Shriner's Hospital--on UC Davis Medical Center Campus (Board Room)

2425 Stockton Blvd.

Sacramento, CA 95817

Denise Davis

(800) 272-3900

denise.davis@alz.org

## **HD Society of America Greater Sacramento Area VIDEO Support Group**

2nd Wednesday

7:00 pm-8:30 pm

Online via ZOOM

TO REGISTER: <https://hdsa-org.zoom.us/meeting/register/tJwqfu-srjwqHNB1ybvLTqSem4tLtN0YbTUo>

Lisa Kjer-Mooney, LCSW

(916) 734-6277

lkjer@hdsa.org

## **HD Society of America Northern CA Care Partners Support Group**

3rd Tuesday

7:00 pm-8:30 pm

Online via ZOOM

TO REGISTER: <https://hdsa-org.zoom.us/meeting/register/tJErdOisqj8sGd1JSVmqRKSR7ohFQITgGe40>

Maria-Elena Marticorena, LCSW

Elenalcsw2020@gmail.com

## **Sacramento PD Caregivers Lunch Bunch**

3rd Tuesday 11:00 am-1:00 pm

Online via ZOOM

Contact facilitator for meeting details.

Gain Saetern, LCSW (916) 728-9333

gsaetern@deloro.org

# SUPPORT GROUPS: Sacramento County



## Parkinson's Support Group of Sacramento (NORTHEAST AREA)

4th Thursday  
1:00 -2:00 pm  
St. Marks United Methodist Church  
(Room E-24)  
2391 St. Marks Way  
Sacramento, CA 95864  
Sean Tracy  
916-482-7014  
sstfam@winfirst.com

## Young Onset Parkinson's Support Group

1st Wednesday  
@ 6:30 pm  
[Temporarily] Online  
Contact facilitator(s) for more information.  
Mary Beth Arjil  
530-409-4118  
marjil@sbcglobal.net  
  
Tony Wong  
916-730-6303  
acwong60@gmail.com

## Parkinson's Support Group of Sacramento (Arden-Arcade)

3rd Thursday  
@ 10:00 am  
Arden Christian Church  
4300 Las Cruces Way  
Sacramento, CA 95864  
Keith Tronson  
916-395-2771  
keithtronson@sbcglobal.net

## Parkinson's Support Group of Folsom

4th Monday  
10:30 am-12:00 pm  
Folsom Senior Center  
48 Natoma St  
Folsom, CA 95630  
Donna Rixmann  
916-712-9642  
Donna@yogapeace.net

Jim Morris  
916-359-4859  
jimor1940@gmail.com

Cathy Johnson  
916-791-2425

## Parkinson's Support Group of Elk Grove

3rd Wednesday  
11:00 am - 12:30 pm  
Senior Center of Elk Grove  
8230 Civic Center Dr., Suite 100  
Elk Grove, CA 95757  
Myron Jantzen 916-804-6497  
mpjantzen@aol.com

For more information on Del Oro CRC services and resources specific to your county,  
visit: [www.deloro.org](http://www.deloro.org)