

## San Diego/Imperial Chapter Caregiver Support Group Calendar 2014

### Central San Diego

Location	Date/Time	Facilitator Contact
<b>Clairemont Lutheran Church</b> 4271 Clairemont Mesa Blvd, San Diego, CA 92117	1st Thursday 1:00p.m.-2:30p.m.	Jessica Lister, MSW: 858.966.3298
<b>Alzheimer's Association San Diego Chapter</b> 6632 Convoy Court, San Diego, CA 92111	2nd and 4th Thursday 10:00a.m.-11:30a.m.	Jessica Lister, MSW: 858.966.3298
<b>Coronado Public Library Conference Room</b> 640 Orange Ave, Coronado, CA 92118	1st and 3rd Wednesday 7:00p.m.-8:30p.m.	Gerry Garmon: 619.435.1468
<b>Gary &amp; Mary West Senior Wellness Center</b> 1525 4 <sup>th</sup> Ave., San Diego, CA 92101	4th Tuesday 5:00p.m.-6:00p.m.	Melissa Quiroz, MFT: 702.622.7575
<b>UCSD/Shiley-Marcos Alzheimer's Disease Research Center</b> 8950 Villa La Jolla Drive, SuiteC129, La Jolla, CA 92037	2nd Wednesday 2:00p.m.-3:30p.m.	Lisa Snyder, LCSW: 858.822.4800
<b>Sunrise La Jolla</b> 810 Turquoise St, San Diego, CA 92109	3rd Wednesday 1:30-3:00p.m.	Sandy Braff, MFT: 858.792.4610
<b>Elmcroft of Point Loma</b> 3423 Channel Way, San Diego, CA 92110	2nd Saturday 10:00a.m.-11:00a.m.	Sharon Johnson: 619.226.9659

### South San Diego

Location	Date/Time	Facilitator Contact
<b>Bay View Baptist Church (Christian)</b> 6134 Benson Ave San Diego, CA 92114	4th Friday 6:00-7:30p.m.	Lottie Harris, RN: 619.764.9444
<b>Imperial Beach Senior Center</b> 1075 8th Street, Imperial Beach, CA 91932	3rd Tuesday 10:00a.m.-11:30a.m.	Anne Owens Stone: 858.756.4691

### East County

Location	Date/Time	Facilitator Contact
<b>Alpine Community Center</b> 1830 Alpine Blvd, Alpine, CA 91901	1st and 3rd Wednesday 2:00p.m.-3:30p.m.	Linda Cioffi: 619.445.5291
<b>Elmcroft of La Mesa</b> 4960 Mills St, La Mesa, CA 91941	2nd Saturday 10:00a.m.-11:00a.m.	Melissa Quiroz, MFT: 702.622.7575
<b>Lantern Crest Senior Living</b> 11010 Sunset Trail, Santee, CA 92071	4th Thursday 10:00a.m.-11:30a.m.	Lynne Smith: 760.212.1224
<b>Ramona Senior Center</b> 434 Aqua Lane, Ramona, CA 92065	3rd Wednesday 10-11:30a.m.	Elaine Bailey: 760.787.0172
<b>San Carlos Methodist Church</b> 6554 Cowles Mountain Blvd., San Diego, CA 92119	1st and 3rd Tuesday 10a.m.-12:00p.m.	Robert Spalding: 619.298.1350

### North County Inland

Location	Date/Time	Facilitator Contact
<b>Redwood Elderlink</b> 1151 S Redwood St, Escondido, CA 92025	1st and 3rd Thursday 10-11:30a.m.	Sheila Argeanton, MSW: 760.635.1895
<b>Belmont Village Sabre Springs</b> 13075 Evening Creek Dr, San Diego, CA 92128	3rd Wednesday 6:30-8:00p.m.	Kathy Gilbert, MSW: 619.894.8334

**\*\* Free Respite Care Provided**

**Please call the Support Group Facilitator to verify time & location**

**Questions? Please call Jessica Lister, MSW: 858.966.3298 or FREE 24/7 Helpline 800.272.3900 | [www.alz.org/sandiego](http://www.alz.org/sandiego)**



## North County Coastal

Location	Date/Time	Facilitator Contact
<b>Belmont Village Cardiff by the Sea</b> 3535 Manchester Ave, Cardiff, CA 92007	3rd Thursday 1:30-3:00p.m.	Catherine Lombardi: 760.415.5919
<b>Sunrise at La Costa **</b> 7020 Manzanita St, Carlsbad, CA 92011	3rd Thursday 5:30-6:30p.m.	Sandy Braff, MFT: 858.792.4610
<b>ActivCare at Bressi Ranch</b> 6255 Nygaard St, Carlsbad, CA 92009	2nd Tuesday 10:00a.m.-11:30a.m.	Catherine Lombardi: 760.415.5919
<b>The Glenner Memory Care Centers **</b> 335 Saxony Road, Encinitas, CA 92024	Every Wednesday 10:00a.m.-12:00p.m.	Sheila Argeanton, MSW: 760.635.1895
<b>Oceanside San Luis Rey Valley United Methodist Church (Begins in February!)</b> 5570 Old Ranch Rd., Oceanside, CA 92057	2nd and 4th Mondays 6:00p.m.-7:30p.m.	Patricia Hodgkin: 858.410.5761
<b>Oceanside Pacific Place</b> 3500 Lake Blvd., Oceanside, CA 92056	4th Tuesday 10:00a.m.-11:30a.m.	Catherine Lombardi: 760.415.5919
<b>Vista Gardens</b> 1863 Devon Place, San Diego, CA 92084	Every Thursday 1:30-3:30p.m.	Sandy Braff, MFT: 858.792.4610

## Specialty Support Groups

Location	Date/Time	Facilitator Contact
<b>Younger Onset Care Partners (diagnosis under 65)</b> Alzheimer's Association 6632 Convoy Court, San Diego CA 92111	1st Monday 6:00-7:30p.m.	Jessica Lister, MSW: 858.966.3298 <i>Pre-Registration Required</i>
<b>Adult Children Care Partners</b> San Marcos Senior Center 111 Richmar Ave, San Marcos, CA 92069	Every Tuesday 10:00a.m.-11:30a.m.	Lynne Smith: 760.212.1224
<b>Spanish Speaking Care Partners</b> Americare Adult Day Healthcare 340 Rancheros Drive, Suite 196, San Marcos, CA 92069	4th Wednesday 6:00p.m.-7:00p.m.	Rose Korb: 760.682.2424
<b>Spanish Speaking Care Partners</b> Casa Familiar Recreation Center 268 W Park Ave, San Ysidro, CA 92173	Every Tuesday 10:30a.m.-12:00p.m.	Luz Camacho: 619.721.8712
<b>Lewy Body &amp; Frontotemporal Dementia Care Partners</b> UCSD/Shiley-Marcos Alzheimer's Disease Research Center 8950 Villa La Jolla Drive, Suite C129, La Jolla, CA 92037	First Wednesday 2:00p.m.-3:30p.m.	Lisa Snyder, LCSW: 858.822.4800 <i>Pre-Registration Required</i>
<b>Younger Care Partners (under 60)</b> The Glenner Memory Care Center Hillcrest 3686 4th Avenue, San Diego, CA 92103	2nd Wednesday 6:30p.m.-8:30p.m.	Frances Martinez-Goodrich, MSW: 858.822.4800 <i>Pre-Registration Required</i>
<b>Men's Caregiver Support Group (begins in February!)</b> Alzheimer's Association 6632 Convoy Court, San Diego CA 92111	2nd and 4th Wednesday 10a.m.-11:30a.m.	Gabriel Nicdao: 858.966.3292
<b>Veterans and Families of Veterans (begins in Feb.!)</b> San Marcos Public Library 2 Civic Center Drive, San Marcos, CA 92069	2nd and 4th Wednesday 6:30p.m.-8:00p.m.	Kym Grey, LCSW: 760.908.7165

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