

## Stroke

### **Folsom Stroke Survivor and Caregiver Support Group**

**Date:** 4th Wednesday of each month

**Time:** 11:00 am to 1:00 pm

**Location:** Burger Rehabilitation

1301 East Bidwell St 2nd Floor, Folsom

**Contact:** Burger Rehabilitation

(800) 900-8491

### **Marshall Medical Stroke Support Group**

**Date:** 1st Thursday of each month

**Time:** 12:00 pm to 1:30 pm

**Location:** Wilkinson & Humpcey Building  
(formerly Mid Town Mall)

681 Main St Room 208, Placerville

**Contact:** (530) 626-2770 ext. 6002

## Respite Assistance

### **Family Caregiver Support Program**

FCSP provides limited respite to qualified informal caregivers for a frail person 60 years of age.

**Contact:** FCSP (530) 621-6151 or

(800) 510-2020

### **Del Oro Caregiver Resource Center**

Limited substitute care to alleviate caregiver stress. Participant's share of cost based on sliding scale.

**Contact:** Del Oro Caregiver Resource

Center (800) 635-0220

### **El Dorado County Senior Day Services**

Free respite offered for caregivers during support groups and educational classes.

Structured fees for ongoing respite care.

**Contact:** El Dorado Senior Day Care

(530) 621-6180

## Community Support Groups and Caregiver Assistance

*Bringing People & Services Together*

EL DORADO COUNTY

AREA AGENCY ON AGING

## Information & Assistance



937 Spring Street  
Placerville, CA  
95667



## SENIOR HELPLINE

*An Area Agency on Aging Serving El Dorado*

**Toll-free: 800.510.2020**  
**530.621.6369**

## Alzheimer's

### **Alzheimer's Association**

#### **Family Caregiver Support Program**

**Date:** 2nd Thursday of each month

**Time:** 5:30 pm to 7:00 pm

**Location:** South Lake Tahoe Senior Center

3050 South Lake Tahoe Blvd, SLT

**Contact:** Family Caregiver Support

Program (530) 621-6151

#### **Frontotemporal Dementia Caregiver Support**

*(frontal variant FTD or Pick's Disease)*

**Date:** 4th Wednesday of each month

**Time:** 7:00 pm to 8:30 pm

**Location:** Fair Oaks Presbyterian Church

11427 Fair Oaks Blvd. Rm E5, Fair Oaks

**Contact:** Denise Davis (916) 930-9080

## Cancer

### **Marshall Cancer Resource Center Support Groups & Classes for Patients, Family and Friends**

**Contact:** Marshall Cancer Resource

Center (530) 672-7050 or

www.marshallmedical.org

### **Breast Cancer Support Group**

**Date:** 2nd Friday of each month

**Time:** 7:00 pm to 8:30 pm

**Location:** Community Health Library

681 Main St, Placerville

**Contact:** Charlie Hall (530) 644-3963

### **Prostate Cancer Support Group**

**Date:** 1st Thursday of each month

**Time:** 3:00 pm to 4:30 pm

**Location:** Marshall Cancer Resource

Ctr. 3581 Palmer Dr. #400,

Cameron Park

**Contact:** Marshall Cancer Resource

Center (530) 672-7050 or

www.marshallmedical.org

### **Seasoned Survivors Cancer Support**

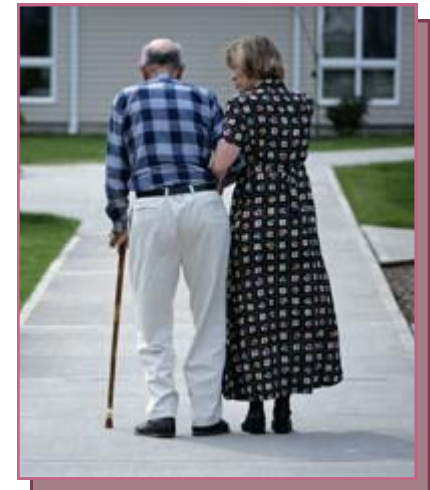
**Date:** 2nd Saturday of each month

**Time:** 11:00 am

**Location:** The Lodge at Four Seasons,

El Dorado Hills. Call for directions.

**Contact:** Mary Sullivan (916) 939-2417



## Caregiver's Support Group

**My Time** - A gathering for family caregivers

**Date:** 1st Friday of each month

**Time:** 1:30 pm to 3:00 pm

**Location:** Placerville Senior Center  
937 Spring St, Placerville

**Contact:** Senior Day Services  
(530) 621-6180

**My Time El Dorado Hills** - A gathering for family caregivers

**Date:** Last Thursday of each month

**Time:** 10:30 am to 12:00 pm

**Location:** El Dorado Hills Senior Center  
990 Lassen Lane, El Dorado Hills

**Contact:** Senior Day Services  
(530) 621-6180

**The Divide Caregiver Support**

*Family or friend caring for a loved one*

**Date:** 2nd Tuesday of each month

**Time:** 2:30 pm to 4:00 pm

**Location:** Greenwood Community Cntr  
4401 Hwy 193, Greenwood

**Contact:** Family Caregiver Support Program (FCSP) (530) 621-6151

**At the Lake** - Family or friend caring for a loved one

**Date:** 2nd Thursday of each month

**Time:** 5:30 pm to 7:00 pm

**Location:** South Lake Tahoe Senior Cntr  
3050 South Lake Tahoe Blvd, SLT

**Contact:** FCSP (530) 621-6151

**El Dorado Hills Caring & Sharing**

**Date:** 3rd Tuesday of each month

**Time:** 5:30 pm to 7:00 pm

**Location:** El Dorado Hills Senior Cntr  
990 Lassen Lane, El Dorado Hills

**Contact:** Denise Davis (916) 930-9080

**Grandparent/Kinship Support**—Support for those raising children of others

**Date:** 4th Wednesday of each month

**Time:** 10:00 to 11:30 am

**Location:** Placer Heights Baptist Church  
2954 Schnell School Rd., Placerville

**Contact:** Karen Russell (916) 941-8793

## Grief Support Group

**Reflection of Life and Loss**—Support for those experiencing a loss of a loved one

**Date:** Call for date(s)

**Time:** Call for current time

**Location:** Barton Hospice Office  
2092 Lake Tahoe Blvd, SLT

**Contact:** Barton Hospice (530) 543-5581

**Snowline Hospice**—Support for those experiencing the loss of a loved one in the last 18 months

**Contact:** Sue Watson (530) 621-7820

**Strength of the Journey**—Support for those experiencing sudden loss, either by accident, illness or unanticipated tragedy

**Contact:** Katherine Tuttle (530) 626-7150

**Friends for Survival**—for Survivors of Suicide Victims [www.FriendsForSurvival.org](http://www.FriendsForSurvival.org)

**Date:** 2nd Tuesday of each month

**Time:** 7:00 pm to 8:30 pm

**Contact:** Walt & Leona Narr (530) 647-8864

## Hepatitis C

**Streams of Hope**

**Date:** 2nd Friday of each month

**Time:** 12:00 pm to 1:30 pm

**Location:** Snowline Hospice  
6520 Pleasant Valley Rd, Diamond Springs

**Contact:** Katie (530) 621-2824

## Lewy Body Dementia

**Gold River Lewy Body Dementia**

*Caregivers & loved ones of those diagnosed with LBD*

**Date:** 2nd Thursday of each month

**Time:** 10:00 am to 11:30 am

**Location:** Eskaton Lodge Gold River Assisted Living & Memory Care  
11390 Coloma Rd, Gold River

**Contact:** Denise Davis (916) 930-9080

**Sacramento Pocket Area Lewy Body / Parkinson's Dementia**

**Date:** 4th Wednesday of each month

**Time:** 2:30 p.m.

**Location:** Primrose Alzheimer's Living  
7707 Rush River Dr, Sacramento

**Contact:** Lori Gales  
(916) 392-3510



## Ostomy

**Ostomy Support Group**

**Date:** 3rd Thursday of each month

**Time:** 1:00 pm - 3pm

**Location:** Marshall Medical Campus  
3581 Palmer Dr. #202, Cameron Park

**Contact:** Sherron West (530) 823-9677

## Parkinson's Disease

**Parkinson's Disease Support Group**

**Date:** 2nd Tuesday of each month

**Time:** 11:00 am to 1:00 pm

**Location:** El Dorado Hills Four Seasons  
3186 Four Seasons Dr.

**Contact:** Betsy Alver (916) 933-2465

## Spinal Cord Injury

**Spinal Cord Injury Support Group**

**Date:** 4th Monday of each month

**Time:** 6:15 pm to 8:30 pm

**Location:** Round Table Pizza  
512 Main St, Placerville

**Contact:** Lynn Murray (530) 295-7620

## Training

**The Family Caregiver**

*Classes provide hands on instruction and support for caregivers of family or friends 60 years old or greater*

Dates, times and locations vary. Call Family Caregiver Support Program (530) 621-6151 or 800-510-2020 for a schedule and locations in your area.