

## Support Groups 2016

### Diabetic Support Group

A mutual support group comprised of people with diabetes, their families and people who have had their lives affected by diabetes. This group meetings the fourth Monday of each month, unless otherwise noted, in the Memorial Hospital Auditorium 9 a.m. - 11 a.m. Call (618) 257-5861 upon arrival. **NOTE: May meeting is the third Monday of the month. This group does NOT meet in December.**

### Hope Blooms

A community based breast cancer support group, Hope Blooms offers an opportunity for women who have been diagnosed with breast cancer to express their physical and emotional needs with others who have had similar experiences. Hope Blooms meets on the second Tuesday of each month at 7 p.m. at the Cancer Treatment Center in Swansea. PET/CT Imaging entrance, Suite A. Call (618) 257-5936 for more information.

### Pulmonary Rehabilitation

A group for people with diseases of the lung and their families. Participants learn about their disease and share ideas and solutions to their problems. Meetings are held on the last Wednesday of every month (except June-August) at 1:30 p.m. at the Memorial Health Education Center, 706 East Highway 50, O'Fallon. **PLEASE NOTE: The December meeting will be the THIRD Wednesday from 1-3 p.m.** For more information call Respiratory Care at (618)-257-5560.

### Stroke Support Group

This group is for people who have experienced a stroke or brain injury, and their families. Participants will learn how to heal physically, cognitively and emotionally. Meetings will be held in the Orthopedic and Neurosciences Center Community Room. This group meets every third Wednesday of the month, from 12-1 p.m. For more information, please call Heidi Hoskins at (618) 257-5758.

### AWAKE Support Group

AWAKE (Alert, Well, and Keeping Energetic) is a support group for people affected by sleep apnea. Our goals are to educate and encourage those affected by sleep apnea, including spouses and partners, to inform the general public about sleep apnea and other sleep disorders, obtain medical care and testing when needed, and to manage diagnosed sleep apnea and other sleep disorders. AWAKE meets three times a year at 6 p.m. For more information, call Memorial's Sleep Disorders Center at 618-628-2502. **Schedule for 2015: 3/31, 7/28, 11/17**

### Alzheimer's Support Group

This group, linked with the Alzheimer's Association, is for family, friends and other caregivers who have a loved one with Alzheimer's disease, or a related dementia or memory problem. This group provides opportunities for people to share struggles and solutions. Meetings alternate between Programs and Services for Older Persons (SWIC-PSOP), and Senior Care at Memorial Hospital, on the second Tuesday of the month. **(PSOP: starting at 2:30 p.m. - even months/Senior Care: starting at 6 p.m. - odd months).** For more information, call Anita at 257-4099.

### Heart Failure Support Group

This group meets on the third Wednesday of each month at 1:30 p.m. in Memorial Hospital's Diabetic Education Room. **This group does not meet in January or February.** For more information, call Shannon at 257-5797.

### Spinal Cord Injury Support Group

This group, in partnership with LINC, is for adults who have suffered a spinal cord injury and their family/caregivers. This group will help educate patients and those in the community about SCI, and provide encouragement through treatment and a safe environment for people to share their experiences. Meetings will be held on the third Friday of each month from Noon- 2 p.m. in the Orthopedic and Neurosciences Center - Community Room. For more information, call Lindsay at 257-5758.