



A Support Group for Caregivers **and** their Loved Ones with Dementia and other Issues of Aging

Caring for a Loved One with dementia or other issues of aging can be a challenging, lonely, yet common experience. Cross Span offers a unique opportunity for both the Caregiver and their Loved One to not have to "go it alone." Cross Span meets twice a month. The first meeting of each month features a planned activity for both the Caregiver and their Loved One to enjoy together with others.

The second meeting of each month offers an activity for the Loved Ones planned and led by Just Friends staff, while at the same time, Caregivers meet to share their experiences, support, and resources with each other. Cross Span greatly values the dignity of the Loved One and also provides a safe and authentic space for Caregivers to be encouraged. Cross Span is open to all. There is no cost.

When: First and Third Wednesdays of each month. 5:30 Dinner (optional) 6:00-7:30 Group

Where: St. Peter's Lutheran Church- Dinner in cafeteria; Groups meet in room 5110 & 5119

Questions? Contact Gary Goshorn 812-344-4789 or Rick Powell 812-343-5512