

# Jewish Community Services

## Meaningful Conversations

Groups for Adults • Free and Open to the Public

### JCS Memory Café @ Myerberg

3<sup>rd</sup> Tuesday each month

2:00 – 3:00 pm · In Person

Individuals with memory changes and their care partners can enjoy sensory-stimulating activities, and supportive socialization.

*Supported by Dementia Friendly Baltimore County, Baltimore County Department of Aging, and Transamerica Foundation of Baltimore.*

### Living with Parkinson's Disease

2<sup>nd</sup> Tuesday each month

2:00 – 3:00 pm · Zoom

Individuals diagnosed with Parkinson's Disease get support and information to help them cope with the physical, emotional, and social impact of the disease.

*Supported by the Maryland Association for Parkinson Support, Inc. Co-sponsored by the Edward A. Myerberg Center.*

### When Your Loved One has Dementia

1<sup>st</sup> and 3<sup>rd</sup> Mondays each month

10:00 – 11:30 am · Zoom

A group offering conversation, support, resources, and education for anyone who cares for someone with dementia.

*Co-sponsored by the Alzheimer's Association and the Edward A. Myerberg Center.*

### Grieving Together

Group dates and times vary.

Connect with others who are grieving.

Give and receive emotional support and learn ways to care for yourself and adjust to life after loss.

*Supported by Sol Levinson and Bros., Inc.*

### JCS Memory Café @ L'Chaim Day Program

4<sup>th</sup> Wednesday each month

2:00 – 3:00 pm · In Person

Individuals with memory changes and their care partners can enjoy sensory-stimulating activities, and supportive socialization.

### When Your Loved One has

### Parkinson's Disease

3<sup>rd</sup> Thursday each month

10:00 – 11:00 am · Zoom

This group is an opportunity for people who care for someone with Parkinson's to receive support, share experiences and learn about resources.

*Supported by the Maryland Association for Parkinson Support, Inc. Co-sponsored by LifeBridge Health and the Edward A. Myerberg Center.*

### Living with Low Vision

2<sup>nd</sup> Thursday each month

2:00 – 3:00 pm · In Person & Zoom

If you are living with macular degeneration or other visual impairments, join us for conversation, support, and information on resources and assistive technology.

*Supported by Sylvan & Isabelle Ribakow Low Vision Support Group Endowment Fund. Co-sponsored by the Edward A. Myerberg Center.*

To learn more about these and other JCS groups, visit [jcsbalt.org/events](https://jcsbalt.org/events).

[jcsbalt.org](https://jcsbalt.org) • 410-466-9200