

# Together We are Stronger!

Watertown Memory Care Support Group provides a safe and confidential space for caregivers who are concerned about a loved one's memory issues. All are welcomed and encouraged to join us for these services.

- Light refreshments provided
- Feel free to bring friends for support
- Meetings are free & open to the public
- All meetings are facilitator led
- Separate area provided for free care by trained professionals for those with memory loss while caregiver attends meetings
- Educational resources provided with Q+A and speakers
- Information about resources in the Watertown Area

Watertown Area Memory Care & Aging Network is a 509(a)(1) non-profit organization whose mission is to raise awareness, provide support, and education, inspire hope & offer resources to caregivers and members of the public. We are a member of the Alzheimer's Foundation of America (AFA)

Contact us:

cl.memory.group@gmail.com  
Facebook - Watertown Memory  
Care Support Group

Connect with us:

www.wamcan.org  
wamcan22@gmail.com  
PO Box 1815  
Watertown, SD 57201  
Facebook - Watertown Area  
Memory Care and Aging Network



**Watertown Area Memory Care  
& Aging Network**

# Alzheimers /Memory Care Support Group



Sponsored by:



**Watertown Area Memory Care  
& Aging Network**

www.wamcan.org



## Resources

Watertown Area Memory Care & Aging Network has the following community resources available  
Memory Care Support Group

- Respite Care Financial Assistance
- Mary Drake Resource Library
- Community Caregiver Fair
- Memory Screening Event
- Savvy Caregiver Training Classes
- Caregiver Mentor Program

## Upcoming Events

**Watertown Event Center**  
West Highway 212 / 1901 9th Avenue SW  
Watertown, SD 57201  
*First Wednesday of each month at 7:00pm!*

### January 8, 2025

**(Note Date Change)**

“Dementia Updates”

by Aaron Shives, MD, Prairie Lakes Brown Clinic

### February 5, 2025

“Financial Planning for Long Term Care”

by a Representative of VRS P.C.

### March 5, 2025

“Losing a Loved One”

by Sara Foust, LCSW Director, Codington County Community Services and Delrita Hopper, Prairie Lakes Hospice Nurse

### April 2, 2025

“Finding the Best Option for Facility Living”

by Jill Opdahl, Social Worker with Prairie Lakes Healthcare System

### May 7, 2025

“Hearing and Dementia”

by Dr. Todd Decker, Audiologist at Professional Hearing Services

### June 4, 2025

“Let’s Talk”

by Support Group Discussion



**Connie Lake**

Connie’s journey caring for those with dementia / Alzheimer’s started in 1980. Her first job was to create an activity program in a long term care facility for their residents. It was not long before folks with that diagnosis were in her heart. In 1997, she created a recreation program in a long term care memory care unit. The focus was “person centered” with engagement and positive communication. A supportive community was a huge help and part of her career. She is retired now but the passion remains to create programs & offer more help for this country’s unsung heroes - caregivers!

The Watertown Memory Care Support Group was created in 1998 by Connie Lake and Deanna Bullis to give caregivers a place to belong. Caregivers were able to listen, share, and learn how to care for themselves. This mission remains true today.