

**Polk Family Caregivers** is a nonprofit organization that provides advocacy, information, support and resources to family members caring for their loved ones.

**Polk Family Caregivers** has been in operation for 13 years and represents the 25,000 people in our county who are doing family caregiving. If you would like to be placed on our mailing list to receive information, please contact us at [info@polkcaregivers.org](mailto:info@polkcaregivers.org)

**Polk Family Caregivers** offers special events throughout the year of interest to those caregiving loved ones who have become frail, elderly, or ill with long term health problems.



**Polk Family Caregivers**  
*...Help Begins Here*

1232 East Magnolia St.  
Lakeland, FL 33801-2126

**Phone: 863/603-9110**

Fax: 863/603-9114

[info@polkcaregivers.org](mailto:info@polkcaregivers.org)



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## POLK COUNTY Caregiver Support Groups

*This listing courtesy of Polk Family Caregivers*



[www.polkcaregivers.org](http://www.polkcaregivers.org)

## Polk County Caregiver Support Groups

### **Bartow**

Alzheimer's Caregivers  
USF Rath Senior ConNEXTions  
1350 E. Main Street, Bldg. C  
Every Thursday, 10:15 am.  
CONTACT: Penny Williams, 863/533-5925

### **Davenport**

Alzheimer's Caregivers Group  
Heart of Florida Regional Medical Center  
Board of Directors Rm., 1615 US Hwy 27 North  
1st Thursday, 10:00 am. CONTACT:  
Caregivers Group — 863/424-2544  
Early Stage Group — 863/422-5571

### **Haines City**

Alzheimer's Caregivers  
Haines City Health Care Center, 409 South 10th St.  
3rd Tuesday, 4:00 pm.  
CONTACT: Clare Roubos, 863/422-5571

Alzheimer's Caregivers  
Spring of Blessing Church (Espanol) 704 McLeod St.  
3rd Wednesday, 7:30 pm.  
CONTACT: Nancy Parente 863/292-9210

### **Lake Wales**

Alzheimer's Caregivers  
Lake Wales Public Library, 290 Cypress Gardens Lane  
4th Monday, 1:00 pm.  
CONTACT: Larry Powell, 863/292-9210

Caregiver Information & Support  
Lake Wales Medical Center, 410 S. 11th St.  
Hunt Building, 2nd Floor Dining Room  
3rd Tuesday 1:30 pm.  
CONTACT: Judy Casingal, 863/679-6823

### **Lakeland**

ADHD Caregiver Support  
First Methodist Church, 72 Lake Morton Dr.  
2nd Thursday, 7 - 9 pm, every other month  
CONTACT: Hope Workman, 863/646-8042

Alzheimer's Caregivers  
Florida Presbyterian Homes, 16 Lake Hunter Drive  
1st Monday, 10:00 am.  
CONTACT: Sherry Vogel, 863/ 688-5521

Alzheimer's Caregivers (lunch provided)  
Valencia Hills Health & Rehab, 1350 Sleepy Hill Rd.  
Every other Wednesday, 12:00 NOON  
CONTACT: Rich Quinn, 863/858-4402 x 352

Alzheimer's Caregivers (lunch provided)  
Hawthorne Inn, 6150 Lakeland Highlands Rd.  
1st Thursday, 1:00 pm  
CONTACT: Eddie Broom, 863/644-6414

Alzheimer's Caregivers (lunch provided)  
Savannah Cottage 605 Carpenter's Way  
1st Friday, 12:00 NOON  
CONTACT: Maryjo Williams 863/ 815-9411

Alzheimer's Caregivers  
Park Club of Oakbridge, 3110 Oakbridge Blvd E.  
2nd Tuesday, 7:00 pm.  
CONTACT: Maryjo Williams 863/647-1199

Alzheimer's Caregivers  
Emeritus at Lakeland  
2111 Lakeland Hills Blvd.  
2nd Wednesday, 2:00 pm.  
CONTACT: Pam Flanders 863/688-1126



# Polk County's Caregivers Support Groups

\* information verified as of 12/2009

## Lakeland (cont.)

Alzheimer's Caregivers  
The Estates at Carpenters, 1001 Carpenter's Way  
3rd Wednesday, 2:30 pm.  
CONTACT: Stefanie Thompson, 863/858-3847

Alzheimer's Caregivers (lunch provided)  
TLC Retirement, 747 Bon Air Street  
3rd Thursday, 12:00 NOON  
CONTACT: Bill Andresen, 863/688-1196

Alzheimer's Caregivers (Español)  
St. Joseph Catholic Church Conference Room  
210 W. Lemon St.  
7:00 pm. Lunes 3/2, 4/20, 5/4, 6/1, 7/6, 8/3  
CONTACT: Nancy Parente, 863/682-0555

Children with Autism Caregiver Support  
Family Fundamentals, 2nd Fl, 1021 Lakeland Hills Blvd.  
1st Tuesday, 6:00 pm.  
CONTACT: Nicole Torres, 863/686-1221, ext. 228.

Children with Disabilities Caregiver Support  
Family Fundamentals, 2nd Fl, 1021 Lakeland Hills Blvd.  
1st Tuesday, 10 am.  
Contact: Nicole Torres, 863/686-1221, ext. 228.

Grandparents Raising Grandchildren  
Lakeland Volunteers in Medicine, 1021 Lakeland Hills Blvd  
2nd Thursday, 12:30 pm.  
CONTACT: Nancy Egbert, 863/686-7153 x 3022

NAMI Family Support Group  
Depression, Bipolar, Schizophrenia & Mental Illness  
St. David's Episcopal Church, 145 E. Edgewood Dr  
1st & 3rd Thursday, 7:00 pm.  
CONTACT: 863/533-4411

NAMI Family & Kids Support Group  
Depression, Bipolar, Schizophrenia & Mental Illness

PSC/USF Polytechnic Lakeland Campus  
LTB Rooms 1104 & 1105  
1st Tuesday, 7:00 pm.  
CONTACT: 863/533-4411

**Dial 2-1-1**  
**...for all community information**

Parkinson's Disease  
Fellowship Hall, Grace Lutheran Church, 745 Ingraham  
2nd Wednesday, 1:00 pm.  
CONTACT: Marsha Tidwell, 863/533-5925

Suicide Survivors Support Group  
Hope Hospice, 1525 Lakeland Hills Blvd.  
Every Monday 6:00 pm.  
CONTACT: Fran Gabaldon, 863/370-3225

Widows and Widowers Support Group  
Hope Hospice 1525 Lakeland Hills Blvd  
Every Tuesday, 5:30 pm.  
CONTACT: Fran Gabaldon, 863/370-3225

## Plant City

Alzheimer's Caregiver Support  
First Baptist Church, 503 N. Palmer St, Plant City  
2nd Tuesday, 2:00 pm.  
CONTACT: Stefanie Thompson, 863/688/4834

## Winter Haven

ADHD Caregiver Support  
St. John's Methodist Church, 1000 Cypress Gardens Blvd.  
2nd Tuesdays, every other month. 7 - 9pm.  
CONTACT: Hope Workman, 863/646-8042

Alzheimer's Caregivers (Early Stage Groups)  
Arts Ensemble International, Inc., 1000 American Superior Blvd  
2nd Monday, 2:00 pm.  
CONTACT: 688-4834

Alzheimer's Caregivers  
Hawthorne Inn, 625 Overlook Dr.  
3rd Wed., 11:30 am  
CONTACT: 863/324-2212

Alzheimer's Caregivers  
Neighborhood Service Center, 608 Avenue S NE,  
2nd Tuesday, 2:00 p.m.  
CONTACT: Glenda Jones, 863/294-5860

Alzheimer's Caregivers  
Library, The Meadows at Cypress Gardens  
5890 Cypress Gardens Blvd. SE  
3rd Friday, 2:00 pm.  
CONTACT: Keena Parsons, 863/324-7300


Alzheimer's Caregivers  
Sterling House, 6120 Cypress Gardens Blvd.  
3rd Monday, 4:00 pm.  
CONTACT: 863/ 318-8416

Alzheimer's Caregivers  
Spring Haven, 1225 Havendale Blvd, NW.  
3rd Thursday, 2:30 pm.  
CONTACT: Larry Powell, 863/293-0072

Alzheimer's Caregivers  
St. Joseph Catholic Church  
Family Life Center, Doorway #2, 532 Ave. M NW.  
4th Saturday, 10:00 am.  
CONTACT: Bill Andrew, 863/294-5513

Stroke Survivor Caregivers  
Fred's Southern Kitchen, 1551 3rd Street S.W.  
1st Wednesday, 11:00 am  
CONTACT: Linda Stokes 863/293-1121 x3248

**Caregiver's Resource Helpline**  
*... an automated service*



Have questions about caregiving?

**Dial 1-877-552-4950**  
*... and follow the prompts*

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Sponsored by Polk Family Caregivers  
*... Help Begins Here*

## Who is a Family Caregiver?

If you are caring for a loved one who is ill or disabled, you are a family caregiver.

Eighty per cent of all caregiving is actually done by family members, not social service agencies, nursing homes or government programs.

Family caregivers are responsible for a wide range of emotional, financial, nursing, social, homemaking and other services on a regular basis.

Family caregivers are responsible for someone else, whether that means providing 24-hour care for someone who can't dress, feed or go to the bathroom, or it means a little extra help for mom or dad as they slow down, need help cutting the law or understanding complex paperwork. There are also at least 10 million family members in the US caring for loved ones with special needs who are younger than 18 years of age.

Family Caregiving can go on for a few years or for a lifetime. It is often a very lonely, isolating experience, and that is one reason we are here to help.

Polk Family Caregivers encourages family caregivers to visit with others who are facing the same concerns and obtain first-hand information, resources and reinforcement that will help in the task of being better prepared to be a family caregiver.

*Support group information is often subject to change*