

Greenwood Senior Center Caregiver Programs

September 2026

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
30	31	1	2 Advanced Spousal Group <i>Online</i> 1-2:30pm	3	4	5
6	7 GSC CLOSED LABOR DAY *** No Programs	8 ESML Spousal Group A <i>Online</i> 10:30-12pm ESML Spousal Group B <i>Online</i> 1-2:30pm	9	10	11	12
13	14	15 Documentary Preview & Panel Discussion: The Cheryl Hauser Effect <i>In-Person</i> 1:30-2:30pm	16	17	18	19
20	21 Dementia Caregiver Group <i>In-Person</i> 10:30-12pm	22 Mid-Stage Spousal Group <i>Online</i> 10:30-12pm	23	24	25	26
27	28	29	30 Caregiver Retreat <i>In-Person</i> 9-3pm	October 1	2	3

Email kristeno@phinneycenter.org to sign up for any of these programs.



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Program Descriptions

The Cheryl Hauser Effect - A Women's Story of Autonomy: Choosing VSED in the Face of Dementia (In-Person): Documentary Preview, Panel Discussion, VSED Resources Information and Professionals. Join Wendy Longacre Brown and Sarah Brown as they share the powerful story of their mother, Cheryl Hauser — a Minnesota woman who, after her Alzheimer's diagnosis, chose to meet the end of her life on her own terms through VSED (Voluntarily Stopping Eating and Drinking). Following the documentary preview, Wendy and Sarah will be joined by professional and experts on a panel to lead a community conversation.

- Dr. Hope Wechkin — Evergreen Hospice Physician and VSED Researcher
- Crystal Cannon Flores — End-of-Life Doula specializing in VSED
- Robb Miller — Co-chair of National VSED AD Committee & Executive Director Emeritus of End-of-Life WA
- Wendy Longacre Brown and Sarah Longacre — filmmakers and death/birth doulas

Caregiver Retreat (In-Person): Join other caregivers for this day of reflection, connection, and support. The day will include opportunities for caregivers to share with one another and special sessions by Denise Malm, LICSW; Brad Lichtenstein, ND, BCB, BCB-HRV, who specializes in breathwork and mediation; and writer Ann Hedreen. Lunch included. Tiered pricing (\$40/60/100) with scholarships available. Registration required. For more information: Kristen Oshyn, kristeno@phinneycenter.org

Early-Stage Memory Loss Spousal Support Group (Online): Support group for spouses whose partners are living with Mild Cognitive Impairment to early-stage memory loss, including early-stage Alzheimer's. This group provides a space for participants to bring their questions, concerns and frustrations to the group; and to hear from and support others. These may include, but are not limited to, sharing a diagnosis with others, driving, safety, navigating changing relationships and responsibilities, among others.

Mid-Stage Memory Loss Spousal Support Group (Online): Support group for spouses whose partners are living with Mild Cognitive Impairment to early-stage memory loss, including early-stage Alzheimer's. This group provides a space for participants to bring their questions, concerns and frustrations to the group; and to hear from and support others. These may include, but are not limited to, talking about engaging partners as their dementia progresses, incontinence, changing safety concerns, and continuing to navigate changing relationships and responsibilities, among others.

Advanced Dementia Spousal Support Group (Online): Support group for spouses whose partners living with dementia have moved into a care facility. This group provides a space for participants to bring their questions, concerns and frustrations to the group; and to hear from and support others. These may include, but are not limited to, the challenges of coordinating care, advocating for partners, considering level of care intervention, and adjusting to living without their partners in their homes.

Dementia Caregiver Support Group (In-Person): Support group for anyone who is a caregiver for someone living with any stage of dementia. This group provides a space for participants to bring their questions, concerns, frustrations to the group; and to hear from and support others. RSVP kristeno@phinneycenter.org

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