

“Safe Harbor” Support Group



One Senior Place
8085 Spyglass Hill Road
Viera, FL 32940
(321) 253-6320

www.OneSeniorPlace.com/legacy

In many ways the life of a caregiver can be likened to being on a boat adrift in a storm. Comfortable anchors no longer hold. There is no itinerary for this unwelcome trip; no indication of what to do, how to do it, when the “storm” will end or that you’ll even survive it. Emotions ebb and flow; frustration, fear, anger even guilt finds its way onboard. You paddle, you paddle harder...but you keep losing “ground.” Exhaustion becomes your only intimate companion.

You have a moral compass, you have an ethical rudder, you have a treasure chest with a hidden reserve of humor and friends yet you feel so alone. You begin to question your own sanity – does anything work well anymore? Slowly reality sets in – there’s no way to steer the course of the “ship” of this disease – it has a mind of its own as it steals the mind of the one you love. Grief and depression begin to weight you down like the heaviest of anchors but wait...there’s a note in a bottle! It reads **“Safe – In Harbor.”** You’re not sure what it means but you begin to see a bit of clearing up ahead. It looks like help is on a very near horizon! Don’t give up...

...at **Legacy Harbor** even though we’re not able to promise you a ticket for a cruise on the “Love Boat” what we do offer is a “life line” made up of people who’ll give you an extravagant welcome and a safe and understanding shelter for your caregiver storms. Who knows, you might just be pleasantly surprised when you come away with a new sense of meaning and purpose for your life – after all, it’s your legacy too!

Join us for **“Legacy Harbor’s Safe Harbor”** support group, located within One Senior Place, in Viera - An established “port” where you’ll find a group of ordinary people reaching out to each other in extraordinarily supportive ways. The common denominator which brings everyone together on the **second and fourth Thursday of each month, between 1:30 p.m. – 3:00 p.m.**, is that of being a caregiver for someone with dementia. We look forward to seeing you!

Calendar of Events

FREE CONSULTATIONS Monday – Friday 9:00 a.m. – 5:00 p.m.

Legacy Harbor Memory Resource Center is open to offer a one-stop source of information, education, counseling, support, and referrals. One-on-one consultations are available with a Care Manager. Appointments suggested call 253-6320.

Consultations with Cindi Timmerman, MSW Brevard Alzheimer’s Foundation are available by appointment to provide FREE information and guidance for anyone dealing with memory loss or Alzheimer’s Disease, call 253-6320.

MEMORY SCREENINGS 1:00 a.m. – 3:30 p.m.

East Central Florida Memory Clinic will perform FREE memory screenings by appointment. Call 253-6320

SUPPORT GROUP Safe Harbor during the Storm 1:30 – 3:00 p.m.

The 2nd and 4th Thursdays of the month are the time to share gentle conversation, care & understanding for those facing the uncertainty of caring for a loved one experiencing memory loss and dementia. Hosted by Rev. Donna Carey, VITAS Innovative Hospice Chaplain. For more information call Legacy Harbor at 253-6320

FREE consultations for anyone with questions related to dementia, memory loss or Alzheimer’s disease.

