

# **Support Groups for People with Vision Loss**

Updated 2/24/2024

## **Spectrios Institute Support Groups**

Spectrios Institute Support Groups are facilitated by Leah Gerlach, M.S. and often feature guest speakers. We also offer a special technology support group, hosted by our access technology instructors. Support groups meet via Zoom. Please sign up to ensure that you receive the zoom link/dial in information.

### Dates and Times

- First Friday of each month from 10:30 a.m. – 11:30 am
- Third Wednesday of each month from 7:00 pm – 8:00 pm
- Technology—Second Wednesday of each month from 7:00 pm – 8:00 pm

For Questions: Call 630-690-7115

## **Especially for our Veterans, Service Members, and their families**

### **Hines VA Blind/Low Vision Support Group – for veterans and their families:**

Date and Time: 1st Wednesday of every month from 1:00 - 2:30 pm.

Location: Hines VA Blind Center, 5000 S. 5th Ave. Hines Illinois, 60141

Contact: Pat Zeinstra, VIST Coordinator- 708-202-2351

### **Jesse Brown VA Low Vision Support Group – for veterans and their families:**

Date and Time: 1st Wednesday of every month from 1:00 - 2:30 pm.

Location: 820 S. Damen Ave., Chicago, IL 60612

Contact: Melinda Dunlap, VIST Coordinator- 312-569-7531

## **Support Groups in Your Community**

### **Second Sense groups**

Second Sense has several groups. One specifically for people with Retinitis Pigmentosa, and others centered on a specific activity or interest. Information for the other groups can be found at <https://www.second-sense.org/programs/live-with-vision-loss/support/>

### **The RP Group**

Date: Second Tuesday of the month at 7:00 pm.

Dial-In Information: Call the conference line at 312-809-1004

Registration and Contact: Kathy Austin at Second Sense, [kathy.austin@second-sense.org](mailto:kathy.austin@second-sense.org) or 312-236-8569

### **Oak Park Low Vision Group**

Facilitated by former vision rehabilitation professional, Mike Henson. For adults who are looking to regain personal independence and receive emotional support after experiencing vision loss. You'll discover resources and strategies for coping with vision loss in a friendly and supportive setting.

Date & Time: First Wednesday of the month at 10:00 AM

Location: Virtually via Zoom

Contact: Mike Henson at [rumbero1030@gmail.com](mailto:rumbero1030@gmail.com)

### **Barrington Area Council on Aging (BACOA) Low Vision Support Group**

This group offers education and support for people living with restricted vision in the Barrington Area

Date and Time: Second Thursday of each month from 1:00 – 2:30 pm

Location: Lake Barrington Woods (Independent and Assisted Living) at 22320 Classic Ct, just outside of Barrington on State Route 14.

Contact: Diane Voss Hansen at 847-381-5030 or email [dvonhansen@bacoa.org](mailto:dvonhansen@bacoa.org)

### **Lake County Low Vision Support Group (NEW Aug 2023)**

Date and Time: Monthly from 10:00 am – 12:00 pm, date TBD

Location: currently Wauconda Library

Contact: Ginger Irwin at 847-421-4168, please leave a message and she will get back to you

### **Wheeling Township VIP (Visually Impaired Persons) Support Group**

Meeting monthly via Zoom

Date and Time: First Thursday of the month from 1:00-2:30 pm

Contact: Lynndah: email [llahey@wheelingtowship.com](mailto:llahey@wheelingtowship.com) & phone number 847-259-7730 x 21

### **Low Vision Group – Oregon, IL.**

This is a group for those who have low vision, any form of vision loss, or caregivers of those with vision loss.

Date and Time: Second Tuesday and fourth Thursday of the month from 12:00 – 1:30 pm

Location: Rock River Center, Activity Room: 810 S. Tenth St.; Oregon, IL 61061

Contact: Anne Jones at 815-732-3587 or email [birdhse1@comcast.net](mailto:birdhse1@comcast.net)

### **Skokie Low Vision Support Groups**

Date and Time: Monthly on the second Tuesday of the month at 1:30 p.m.

Location: Held in person at Skokie Public Library via zoom and call in.

Contact: Dawn Wlezien. For more information call Skokie Public Library or email [dwlezien@skokielibrary.info](mailto:dwlezien@skokielibrary.info)

### **Talking Books Discussion Group**

Books alternate between non-fiction and fiction and are chosen in advance.

Date and Time: Monthly on the 4th Wednesday of the month from 1:30 p.m. – 2:30 p.m.

Contact: Paul Kim - call Skokie Public Library or email [PKim@skokielibrary.info](mailto:PKim@skokielibrary.info)

### **The Progress Center in Forest Park**

Meets the fourth Monday of the month from 2:00 -3:00pm at the Progress Center for Independent Living, 7521 Madison St, Forest Park. For more information contact Horacio at 708-209-1500

### **Oasis Support Groups**

Orland Park: Oasis First Steps for people new to vision loss the group meets at Orland Park Christian Reformed Church, 7500 W. Sycamore Dr., Orland Park, IL 60462 the 1st Thursday of each month from 12:30 - 2:30 pm

Frankfort: Oasis First Steps for people new to vision loss the group meets at the Founder's Community Center, 140 Oak Street, Frankfort, IL 60473 the second Thursday of each month 12:30 – 2:30 pm

Call for more information (708) 995-6121

### **The Chicago Lighthouse Support Groups:**

They have a variety of programming available to seniors with vision loss, including chair exercise, yoga, book club, and art exploration.

The Chicago Lighthouse has two locations: The main location is 1850 W. Roosevelt Rd., Chicago. The Chicago Lighthouse North is 222 N. Waukegan Rd., Glenview, IL 60025

Date and Time: Monthly Support Group on the first Tuesday from 1:30 p.m. to 2:30 p.m.

Contact: Melissa at (847) 510-2060 or e-mail [Melissa.Wittenberg@chicagolighthouse.org](mailto:Melissa.Wittenberg@chicagolighthouse.org)

**Carillon Low Vision Group – Plainfield:**

Date: First Tuesday of the month

Location: 21146 Carillon Drive, Plainfield, Illinois

Contact: 815-886-6767 or 708-921-2580 call for more information

**The Mid Valley Low Vision Support Group – St. Charles:**

Meets at St. Charles Public Library, 1 S. Sixth St., St. Charles, Il.

Meeting date is the second Wednesday of the month starting at 1:00 pm

Contact Dave Peterson (630) 918-0546 or e-mail [dcpete43@gmail.com](mailto:dcpete43@gmail.com)

## **General Assistance for Seniors**

### **DuPage County Senior Services**

Assistance for Older Adults (60+) living in DuPage County, with unpaid bills, respite for a (non-paid) family care giver, Home Delivered Meals or a medical assistive device.

Contact: Amy Gaydos, 630-407-6480, [amy.gaydos@dupageco.org](mailto:amy.gaydos@dupageco.org)