

# CAREGIVER EVENTS CALENDAR

Are YOU caring for a parent, spouse or sick relative?

You ARE a caregiver...and a wife, husband, parent, child, friend, employee.....

These events are for YOU!

February					2010	
S	M	T	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

**PLEASE CALL AHEAD to confirm time and place, as holidays may conflict with meeting dates. All meetings are open to the public and cost free, unless otherwise noted.**

**February 1, 15 (1:30 – 2:30 PM). Men's Caregiver Support Group.** For male caregivers of individuals who have Alzheimer's or related dementias. Co-sponsored by Alzheimer's Association and Rest Haven Homes. Meets at Rest Haven Homes, 1424 Union NE, Grand Rapids (respite available). **Note:** The Alzheimer's Association co-sponsors a number of caregiver support groups in Kent County; a complete list is available online at <http://www.alz.org/gmc> or by calling 1-800-272-3900.

**Contact:** Brian Wilson  
**Phone:** (616) 363-6819

**February 2 (6:00 PM) Blossoming Expression Care Partner' Support Group.** For caregivers of individuals who have Alzheimer's or other dementia. Sponsored by the Alzheimer's Association. Meets at United Methodist Community House, 904 Sheldon Avenue SE, Grand Rapids, 49507.

**Contact:** Arlene Colbert  
**Phone:** (616) 821-9186

**February 2 (6:30 PM) Younger-Onset Dementia Care Partners' Support Group.** For caregivers and individuals who have Younger-Onset dementia. Sponsored by Alzheimer's Association. Meets at Faith Lutheran Church, 2740 Fuller Avenue NE, Grand Rapids, 49505 (Telephone Screening Required)

**Contact:** Mary Mathieu  
**Phone:** (616) 459-4558

**February 3 (6:00 PM) Frontotemporal Dementia/ Pick's Disease Caregiver Support Group.** For caregivers of individuals who have Frontotemporal/Pick's Disease. Co-sponsored by Alzheimer's Association and St. Mary's Health Care. Meets at St. Mary's Health Care, Wege Center, Room 14, 300 Lafayette SE, Grand Rapids.

**Contact:** Karen Bugg  
**Phone:** (616) 685-5445

**February 4, 11, 18, 25 (10 AM-12 PM) Family Support Groups.** This is a time for people who are on a cancer journey with someone they love to come together to discuss issues, give information to one another and be part of a supportive community. Meets at Gilda's Club, 1806 Bridge NW, Grand Rapids.

**Contact:** Beth Nelson  
**Phone:** (616) 453-8300

**February 4, 18 (12:30 to 2:30 PM) Caregiver Support Group.** For caregivers of individuals who have Alzheimer's or related dementias. Co-sponsored by Alzheimer's Association and CareTree Adult Day Services. Respite for loved one available free of charge – call ahead to make arrangements. Meets at CareTree, 800 East Beltline NE, Grand Rapids.

**For Information:** Clayton Brillhart (616) 363-4101  
**For respite call:** Audrey (616) 464-3665

**February 4, 11, 18, 25 (6:00-8:00 PM) Family Support Groups.** This is a time for people who are on a cancer journey with someone they love to come together to discuss issues, give information to one another and be part of a supportive community. Meets at Gilda's Club, 1806 Bridge NW, Grand Rapids.

**Contact:** Beth Nelson  
**Phone:** (616) 453-8300

**February 4 (7:00 PM) Adult Children Caregiver Support Group.** For adult children of individuals who have Alzheimer's or related dementias. Co-sponsored by Alzheimer Association and Rest Haven Homes. Meets at Rest Haven Homes, 1424 Union NE, Grand Rapids.

**Contact:** Ruth Johnston  
**Phone:** (616) 363-6819

**February 8 (10:00-11:00 AM) Medical Mondays Speaker: Edie Paul, West Michigan Heart. Topic: The Healthy Heart.** Monthly educational presentations sponsored by Covenant Village of the Great Lakes. Meets in the Covenant Village Fellowship Hall at 2510 Lake Michigan Dr. NW, Grand Rapids. Coffee and fellowship available before the presentation at 9:30AM. **Registration not required.**

**February 8, 22 (5:30-6:30PM) "Family Connection" Support Group.** This support group helps spouses, parents, siblings and other caregivers more effectively deal with the stresses created by the symptoms or behaviors associated with mental illness. It also offers guidance through shared experiences, the sharing of effective coping strategies, and knowledge about various disorders in a safe confidential setting. This support group sponsored by Pine Rest Christian Mental Health Services meets at the clinic located at 4211 Parkway Place, Suite 100, Grandville.  
**Contact:** Southwest Clinic  
**Phone:** (616) 222-3700

**February 10 (4:00 PM) Peripheral Neuropathy Support Group.** Meets the second Wednesday of each month at St. Paul's Anglican Church, 2560 Lake Michigan Dr. NW, Grand Rapids.  
**Contact:** Dorothy Teesdale  
**Phone:** (616) 897-9794

**February 10 (5:15 Dinner, 6:00 PM meeting) Trinity Lutheran Church's Helping Helpers. Speaker: Doug Brackmann, Estate Planning Attorney. Topic: Legal Planning for Families.** An education and support group for caregivers. Meets at Trinity Lutheran Church, Room 213/215, 2700 East Fulton, Grand Rapids.  
**For more information:** (616) 949-2510  
**Cost:** \$2.00 for optional dinner

**February 10 (11:00 AM – 3:00 PM) Get Away Day: Lunch at Flat River Grill in Lowell, followed by a visit to Flat River Antique Mall.** Offered by Holland Home, this is a fun, recreational outing planned by caregivers and staff. This program is designed to provide caregivers with the opportunity to enjoy some time for themselves, away from the duties of caregiving. Transportation is available for the first 23 people to sign up. Meet at CareTree – 800 East Beltline NE at 11:00am. Call ahead if you need respite care for your loved one, and to make a reservation.  
**Contact:** Audrey  
**Phone:** (616) 464-3665  
**Cost:** Cost of lunch

**February 11 (10:00 AM and 2:00 PM) Dementia Series. Topic: The Basics of Hospice.** The Dementia Series is a free monthly community education program sponsored by Clark Retirement Community. Meets at 10:00 AM at Keller Lake at Windsor Cottage and at 2:00 PM at Clark Chapel at 1551 Franklin St. SE, Grand Rapids.  
**Contact:** Chris Simons  
**Phone:** (616) 452-1568

**February 14 (2:00-4:00 PM) ALS Support Group.** Features both joint and separate meetings for caregivers and care recipients. Meets at 1<sup>st</sup> Evangelical Covenant Church, 1933 Tremont Blvd. NW, Grand Rapids.  
**Contact:** West Michigan Chapter of ALS  
**Phone:** (616) 459-1900 or (800) 387-7121

**February 15 (11:30 AM – 1:00 PM) Confident Caregivers of West Michigan. Speaker: Kevin O'Hara. Topic: Older Adult Substance Abuse.** Confident Caregivers of West Michigan is a monthly support group for sharing needs, questions, answers and encouragement. Complimentary lunch provided. RSVP requested. Meets at Calvary Church Room 123, 777 East Beltline, Grand Rapids.  
**Contact:** Regina Scovill  
**Phone:** (616) 956-9377 ext. 3672

**February 16 (2:00 PM) Caregiver Support Group.** For caregivers of individuals who have Alzheimer's or related dementias. Co-sponsored by Alzheimer's Association and Holland Home Raybrook Manor. Meets in the Chapel Fellowship Room at Raybrook Manor, 2121 Raybrook Ave. SE, Grand Rapids, MI 49546  
**Contact:** Laurie Howe **Phone:** (616) 235-2084

**February 16 (6:30 – 8:00 PM) Caregiver Support Group.** A Support and education group for people who take care of a loved one. Co-sponsored by The Shrine of St. Francis Xavier and Our Lady of Guadalupe, and Immaculate Heart of Mary parishes. Meets at St. Francis Xavier school at 250 Brown St. SE, Grand Rapids.  
**Phone:** (616) 538-8019

**February 17 (10:00 – 11:30 AM) Caregiver Support Group. Topic: TBD.** A Support and education group for people who take care of a loved one. Co-sponsored by Holy Name of Jesus, Holy Redeemer, St. John Vianney, St. Sebastian and St. Pius X Parishes in conjunction with Holland Home. Meets at Holy Redeemer Parish, 2700 Baldwin Dr., Jenison.  
**Phone:** Rhonda at (616) 669-9220, Ext. 1101

**February 18 (1:30 – 2:30 PM) Caregiver Support Group.** Groups for both caregivers of persons who have Alzheimer's or related dementias; and persons with early-stage dementia. Sponsored by Pine Rest Christian Mental Health Services. Meets at Pine Rest, Mulder Center, 300 68<sup>th</sup> St. SE, Grand Rapids.  
**Contact:** Nancy Cortney  
**Phone:** (616) 364-1500, Ext. 3677

**February 20 (1:30 PM) Caregiver Support Group.** For caregivers of individuals who have Alzheimer's or related dementias. Co-sponsored by Alzheimer's Association and GR Home for Veterans. Meets at Grand Rapids Home for Veterans, 3000 Monroe Ave. NW, Grand Rapids.  
**Contact:** Sue Marsh  
**Phone:** (616) 243-5682

**February 18 (7:00 – 9:00 PM) Caregiver Support Group. Kristine Kading, City of Wyoming Stepping Stones Program. Topic: Recreational Activities for Persons with Dementia.** SarahCare along with Caregiver Cottage LLC offer a monthly community support group with free care for a loved one while the caregiver attends the group. Refreshments provided. This support group is held at: SarahCare Adult Day Center @ Metro Health Village (North of M-6 and Byron Road) at 2024 Health Drive, Suite B, Wyoming, MI 49519  
**Phone:** (616) 530-6700

**February 22 (10:00 – 11:30 AM) Caregiver Support**

**Group.** A support and education group for people who take care of a loved one. Offered by Mayflower Congregational Church and Holland Home. Meets at Mayflower Congregational Church, 2345 Robinson Rd. SE, Grand Rapids. **For information call:** (616) 459-6255

**February 22 (3:00 PM) Caregiver Support Group.**

For caregivers of individuals who have Alzheimer's or related dementias. Co-sponsored by Alzheimer's Association and Family Life Center. Meets in the Side By Side Adult Day Program's conference room, 1256 Walker Ave. NW, Grand Rapids (respite available).

**Contact:** Judy Maxim **Phone:** (616) 235-2910, Ext. 17

**February 23 (7:00 – 9:00 PM) Support Group for Family & Friends of Aging Adults. Speakers: Kari Sederburg, and Brooke Zehr, Gerontology Network. Topic: Learn about Gerontology Network services.**

Note: An open forum style question and answer session is facilitated by Ron Rozema after each guest speaker session.

Meet at Thornapple Evangelical Covenant Church, 6595

Cascade Rd. SE (NE corner Cascade & Burton).

**For Information:** Julie Griffin (616) 243-8116 or Ron Rozema (616) 222-4522