

# 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!

January					2010	
S	M	T	W	Th	F	Sa
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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	29	30
31						

**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.**

**January 4, 18 (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

**January 5 (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

**January 5 (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

**January 6 (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

**January 7, 14, 21, 28 (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

**January 7, 21 (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

**January 7, 14, 21, 28 (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

**January 7 (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

**January 10 (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

**January 11, 18, 25 (2:00 – 4:00 PM) 3-Part Alzheimer's Education Series.** Offered by the Alzheimer's Association Greater Michigan Chapter on three consecutive Monday afternoons. January 11 – Understanding Alzheimer's Disease & Other Dementias with Mark DeVries, PhD. January 18 – Legal and Financial Issues with Brian Plachta, Elder Law Attorney. January 25 – Navigating the Dementia Journey with Christiana Getz. Sessions will be held in the conference rooms at the Metro Health Professional Building at 2122 Health Drive SW, Wyoming, MI 49519. Reservation required.  
**To Register Call:** (616) 459-4558 or 1-800-272-3900  
**Cost:** \$10 suggested donation per person (or family) per session

**January 11, 25 (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

**January 13 (10:45 AM – 3:00 PM) Get Away Day: Lunch at Panera Bread, followed by a movie of the group's choice at Celebration Cinemas North.** 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 10:45am. 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

**January 13 (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

**January 13 (5:15 Dinner, 6:00 PM meeting) Trinity Lutheran Church's Helping Helpers. Speaker: Gale Dunn-Volkerding. Topic: Stress Management.** 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

**January 14 (10:00 AM and 2:00 PM) Dementia Series. Topic: The Alzheimer's Project: Momentum in Science Part 1.** 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

**January 16 (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

**January 18 (10:00-11:00 AM) Medical Mondays Speaker: Gentiva Health Services. Topic: Maintaining Your Independence.** 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.**

**January 18 (11:30 AM – 1:00 PM) Confident Caregivers of West Michigan. Speaker: Mike Faber, GRCC Older Learner Center. Topic: Finding Purpose, Even in Caregiving.** 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

**January 19 (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

**January 19 (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

**January 20 (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

**January 21 (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

**January 21 (7:00 – 9:00 PM) Caregiver Support Group . Topic: Learn more about Visiting Physician Services.** 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

**January 25 (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

**January 25 (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

**January 26 (7:00 – 9:00 PM) Support Group for Family & Friends of Aging Adults. Speakers: Kathy Higgins and Jamie Zimmerman. Topic: The Pain Game: Playing to Overcome.** 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