

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.....

March					2020	
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
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 free of cost, unless otherwise noted.

Note: The Alzheimer's Association provides a number of support groups for caregivers of individuals with Alzheimer's disease and related dementias that meet monthly throughout the West Michigan region; a complete list is available online at: bit.ly/WestMISupportGroups or by calling the Association's 24/7 Helpline at 1-800-272-3900.

March 3 (10:00-11:00 AM) Alzheimer's Association Caregiver Support Group. For caregivers of individuals who have Alzheimer's or related dementias. Meets at Church of the Servant, 3835 Burton St SE, Grand Rapids on the **first Tuesday** of each month.
Contact: Joshua Baron
Phone: (616) 913-8078

March 4 (6:30 - 8:00 PM) Alzheimer's Association Caregiver Support Group. Held at the Mercy Health Lacks Cancer Center in the Lack's Grand Conference Room, 250 Cherry Street, Lower Level. This class is held on the **first Wednesday** of each month.. Open to caregivers supporting those affected with Alzheimer's, Lewy Body, FTD, Vascular, Parkinson's dementias and others.

Contact: Sharon Koets
Phone: (616) 822-5481

*** March 5 and 19 (12:30-2:30 PM) Alzheimer's Association Caregiver Support Group.** For caregivers of individuals who have Alzheimer's or related dementias. Meets at SarahCare Adult Day Care, 2211 East Beltline Ave NE, Grand Rapids, on the **first and third Thursdays** of the month.

Contact: Harlene Gedris
Phone: (616) 949-4709

March 9 (6:00-7:00 PM) Alzheimer's Association Caregiver Support Group. For caregivers of individuals who have Alzheimer's or related dementias. Meets at Brookside Christian Reformed Church, 3600 Kalamazoo Ave SE, Grand Rapids, on the **second Monday** of the month.

Contact: Carrie Pattee
Phone: (616) 235-5022

March 9 and 23 (5:30-6:45 PM)

"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 on the *second and fourth Mondays* of the month at the clinic located at 4211 Parkway Place, Suite 100, Grandville. Donations welcome.

Contact: Southwest Clinic

Phone: (616) 222-3700

March 10 and 24 (12:30 PM)

Caregiver Support Group. Evergreen Commons in Holland offers a caregiver support group on the *second and fourth Tuesdays* of the month, 55 W. 16th St, Holland. Respite may be available, if prearranged.

Contact: Day Center at Evergreen

Phone: (616) 355-5130

*** March 10 (3:00-4:00 PM) Caregiver Support Group.**

What you need to know about Home and Community Based Care. Meets on the *second Tuesday* of each month at the Knapp's Corner SarahCare, 2211 E. Beltline Ave NE, Grand Rapids.

Contact: Kendra Schumaker

Phone: (616) 530-6700

March 10 (5:00-6:00 PM) Alzheimer's Association Caregiver Support Group: Spanish Language.

For Spanish-speaking caregivers of individuals who have Alzheimer's or related dementias. Meets at Exalta Health, 2060 Division Ave S, Grand Rapids, on the *second Tuesday* of the month.

Contact: Allison Meyaard-Schaap

Phone: 616-475-8446 extension 105

10 de marzo (5:00-6:00 PM) Grupos de apoyo para cuidadores de la Alzheimer's Association: en español.

Para cuidadores de personas que diagnosticadas con la enfermedad de Alzheimer o demencias relacionadas. Nos reunimos en el salón multiuso de Exalta Health, 2060 Division Ave S, Grand Rapids, *el segundo martes del mes.*

Contacto: Allison Meyaard-Schaap

616-475-8446 extensión 105

March 10 (7:00-8:30 PM) Alzheimer's Association Caregiver Support Group: Younger-Onset Dementias.

For caregivers of individuals who have a dementia that was diagnosed before age 65. Meets on the *second Tuesday* of each month at Faith Lutheran Church, 2740 Fuller Avenue NE, Grand Rapids.

Contact: Sharon Koets

Phone: (616) 822-5481

*** March 11 (1:30-2:00 PM) Caregiver Support Group.**

Converse with the Nurse. Meets on the *second Wednesday* of each month at the Knapp's Corner SarahCare, 2211 E. Beltline Ave NE, Grand Rapids.

Contact: Kendra Schumaker

Phone: (616) 530-6700

*** March 12 (10:00-11:00 AM) Alzheimer's Association Caregiver Support Group.**

For caregivers of individuals who have Alzheimer's disease or related dementia. Meets on the *second Thursday* of each month at St. Paul's United Methodist Church, 3334 Breton Rd SE, Grand Rapids.

Contact: Theresa Wilson

Phone: (616) 301-2000

*** March 13 (1:00-2:30 PM) Alzheimer's Association Caregiver Support Group:**

For caregivers of individuals who have Alzheimer's disease or related dementia. Meets on the *second Friday* of each month at the Area Agency on Aging of Western Michigan, 3215 Eagle Crest Drive NE, Grand Rapids.

Contact: Julie Alicki

Phone: (616) 826-8970

*** March 17 (10:30-11:30 AM)**
Alzheimer's Association Male Caregiver Solutions Discussion Group. For male caregivers of individuals who have Alzheimer's disease or related dementia. Meets on the ***third Tuesday*** of each month at Gemmen's Hardware, 3488 Kelly St., Hudsonville, MI.
Contact: Brian Nitz
Phone: (616) 822-1174

March 17 (7:00-9:00 PM) Caregiver Support Group. Support group for family and friends of aging adults. Topic to be covered: "Come Visit Me: A hands-on look at visiting loved ones with memory loss", presented by Susan Lamos, Vista Springs. Meets on the ***third Tuesday*** of each month at the Thornapple Evangelical Covenant Church, 6595 Cascade Rd SE, Grand Rapids.
Contact: Nick DeBoer;
nick.deboer@pinterest.org

*** March 18 (10:00-11:00 AM)**
Alzheimer's Association Caregiver Support Group. For caregivers of individuals who have Alzheimer's disease or related dementia. Meets on the ***third Wednesday*** of each month at the Cascade Library, 2870 Jack Smith Ave SE, Grand Rapids.
Contact: Sabrina Slaw
Phone: (678) 575-4398

March 19 (6:00-7:30 PM)
Joe Niekro Foundation - West Michigan Support Group. This support group offers outreach and support for brain aneurysm, AVM and stroke survivors and their caregivers. Meets at Metro Health Conference Center, 2225 Main Street, Wyoming, MI.
Phone: (616) 252-7200

March 19 (7:00-8:30 PM) Alzheimer's Association Adult Children of a Person with Dementia Support Group. For individuals providing care for their parents or grandparents who have Alzheimer's or related dementias. Meets at Immaculate Heart of Mary Church on the ***third Thursday*** of each month at 1951 Plymouth Ave SE, Grand Rapids.

Contact: Sue Marsh
Phone: (616) 325-7619

March 21 (11:00 AM-12:30 PM)
Alzheimer's Association Caregiver Support Group. For caregivers of individuals who have Alzheimer's or related dementias. Meets at St. Luke AME Zion Church, 101 Delaware St. SE, Grand Rapids, on the ***third Saturday*** of the month.
Contact: Myrna Granderson or Patricia Bryant
Phone: (616) 452-7227

*** March 24 (9:30-11:00 AM) Alzheimer's Association Caregiver Support Group.** For caregivers of individuals who have Alzheimer's disease or related dementia. Meets on the ***fourth Tuesday*** of each month at Mercy Health SW, Grand Conference Room, 2373 64th Street, Grand Rapids.
Contact: Kendra Schumaker
Phone: (616) 530-6700

March 24 (6:00-7:00 PM) Alzheimer's Association Caregiver Support Group. For caregivers of individuals who have Alzheimer's disease or related dementia. Meets on the ***fourth Tuesday*** of each month at Algoma Township Office, 10531 Algoma Ave, Rockford.
Contact: Anna Papke
Phone: (616) 745-3101

March 24 (3:00-4:00 PM) Caregiver Support Group. Care Services of Evergreen Commons offers a caregiver support group primarily for caregivers who care for someone with dementia. This group meets on the ***fourth Tuesday*** of each month at Fellowship Reformed Church, 2165 W Lakewood Blvd, Holland.
Contact: Day Center at Evergreen
Phone: (616) 355-5130

March 25 (6:00-7:00 PM) Alzheimer's Association Evening Dial-In Support Group. Fourth Wednesday of each month.

Registration is required prior to calling in.
Phone: (800) 272-3900

March 26 (1:00-3:00 PM) Caregiver Resource Network-Family Caregiver University. Dementia Caregiver Support.

Caring for a person with dementia is not easy and the demands of the role are constantly changing. Dementia experts will help us understand the reasons for some difficult dementia behaviors and teach us communication techniques to address them. Participants will also be given ideas on how to create meaningful experiences with a person who has dementia and how to enrich the lives of everyone involved throughout each stage of the disease. Held on Thursday, March 26, 2020 at the Area Agency on Aging of Western MI, located at 3215 Eaglecrest Dr. NE, Grand Rapids. There is a \$5 suggested fee for this class (payable at the door). Registration is required. E-mail registration@aaawm.org or call 616-222-7032 to register.

*** SarahCare Adult Day Center will provide care free of charge during support groups between 9 am and 5 pm. They are located at Knapp's Corner: 2211 E. Beltline, Grand Rapids and Metro Village: 2024 Health Drive, Suite B, Wyoming. Contact intake at 616-528-4003 to schedule an initial assessment. Pre-registration is required for each drop off.**