

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.....

August					2019	
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: <http://www.alz.org/gmc> or by calling the Association's 24/7 Helpline at 1-800-272-3900.

*** August 1 and 15 (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

August 6 (12:00-1:00 PM) Alzheimer's Association Dial-In Support Group. For more information, e-mail: alzdialin@seniorhelpers.com. *First Tuesday* of each month.

Phone: (248) 865-1000

August 6 (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 - (616) 886-7865 or Barbara Schultze - (616) 949-1256

August 7 (6:00 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 on the *first Wednesday* of the month at Metro Health Conference Center, 2225 Main Street, Wyoming, MI.
Phone: (616) 252-7200

August 7 (6:30 - 8:00 PM) Alzheimer's Association Caregiver Support Group. Held at the Mercy Health Hauenstein Neuroscience Center in the Lack's Grand Room, 250 Cherry Street, Lower Level, 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

*** August 8 (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

August 8 (1:00-3:00 PM) Caregiver Resource Network-Family Caregiver University: Empathy: What is it? Can it Be Learned?

Empathy is the capacity to understand or feel what another person is experiencing from within their frame of reference, that is, the capacity to place oneself in another's position. Come learn how having empathy for others increases our understanding and helps us provide better support to the ones we love. Held on *Thursday, August 8* 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.

August 8 (6:00-7:00 PM) Alzheimer's Association Dementia Caregiver Support Group.

For caregivers of individuals who have Alzheimer's or related dementia. Meets on the *second Thursday* of the month at Pilgrim Rest Baptist Church, 510 Franklin St. SE, Grand Rapids, MI

Contact: Faye McGhee or Karin Harris

Phone: 616-581-9835

*** August 9 (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) 222-7064

August 12 and 26 (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

August 12 (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

August 13 and 27 (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

*** August 13 (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

August 13 (7:00-8:30 PM) Alzheimer's Association Support Group: Younger-Onset Dementias. For caregivers and 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

*** August 14 (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

August 14 (7:00-8:00 PM) Alzheimer's Association Caregiver Support Group.

For caregivers of individuals who have Alzheimer's or related dementias. Meets at Fourth Reformed Church, 1226 Union Ave NE, Grand Rapids, on the *second Wednesday* of the month.

Contact: Tom Boehm
Phone: (616) 334-0687

August 15 (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

August 17 (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

*** August 20 (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

*** August 21 (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

*** August 27 (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

August 27 (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

August 27 (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

August 28 (6:00-7:00 PM) Alzheimer's Association Evening Dial-In Support Group. For more information, e-mail: alzdialin@seniorhelpers.com. *Fourth Wednesday* of each month. Registration is required prior to calling in.
Phone: (800) 272-3900

*** 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.**

The following support groups are on hold for the summer but will resume in Fall, 2019:

(7:00-9:00 PM) Caregiver Support Group. Support group for families and friends of aging adults. Topic this month is: Fall Prevention at Home and in the Community, presented by Emily Champion, Speech Therapist working with Calvin College Fall Prevention Program and Steve VanderKamp, Physical Therapist, Calvin College. Meets on the *fourth Monday* of each month at the Thornapple Evangelical Covenant Church, 6595 Cascade Rd SE, Grand Rapids.
Contact: Alzheimer's Association W. Michigan
Phone: (616) 459-4558

Alzheimer's Association Caregiver Support Group. Caregiver support group primarily for caregivers who care for someone with dementia. This group meets on the *fourth Monday* of each month at Royal Park Place, 500 Parkside Dr, Zeeland.
Contact: Elicia Nevarez