

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.....

December					2017	
S	M	T	W	Th	F	Sa
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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.

Alzheimer's Association Early-Stage Support Group. This support group is for people in the early stage of Alzheimer's or related dementias. Their care partners, family members and/or friends are welcome to attend. Assessment is required for support group participation. Dates and times to be determined once participant has been assessed.

Contact: Denise Gibson
Phone: (616) 459-7423

December 5 (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

December 6 (6:30 - 8:00 PM)
Alzheimer's Association Caregiver Support Group. Held at the Mercy Health Saint Mary's Health Care, Hauenstein 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: Karen Bugg Foley - (616) 685-5445
Or Sharon Koets - (616) 822-5481

*** December 7 and 21 (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

December 11 (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 (no meeting on December 25)* of the month at the clinic located at 4211 Parkway Place, Suite 100, Grandville. Donations welcome.

Contact: Southwest Clinic

Phone: (616) 222-3700

December 11 (6:30-7:30 PM)

Alzheimer's Association Caregiver Support Group: Lewy Body Dementias.

For caregivers of individuals who have a Lewy body dementia or Parkinson's disease dementia. Meets on the *second Monday* of each month at Spectrum Health Neurology, 3rd floor, 2750 E. Beltline Ave NE, Grand Rapids.

Contact: Martha VanDyken

Phone: (616) 447-4832

December 12 (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 *second Tuesday* of each month.

Contact: Joshua Baron

Phone: (616) 886-7865

December 12 and 26 (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.

Please call ahead to confirm support group is meeting on December 26.

Contact: Day Center at Evergreen

Phone: (616) 355-5130

December 12 (7:00-8:00 PM) Alzheimer's Association LGBT Caregiver Support Group.

For LGBT caregivers of individuals who have Alzheimer's disease or related dementia. Meets at the *second Tuesday* of each month at Trinity United Methodist Church, 1100 Lake Drive SE, Grand Rapids.

Contact: Jill Granger

Phone: (616) 308-7575

December 12 (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

December 13 (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 Wednesday* of the month.

Contact: Carrie Pattee

Phone: (616) 235-5022

December 13 (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

*** December 14 (10:00-11:00 AM)**

Alzheimer's Association New Beginnings Caregiver Support Group.

For care partners whose person with dementia has passed away. Meets on the *second Thursday* of each month at the Kentwood (Richard L. Root) branch of Kent District Library, 4940 Breton Rd SE, Kentwood.

Contact: Kendra Schumaker

Phone: (616) 530-6700

*** December 14 (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

December 14 (1:00-3:00 PM) Caregiver Resource Network-Family Caregiver University: Finding Calm as a Caregiver. Being a family caregiver can be stressful! Learn to build a foundation of clarity and calm in the midst of life's trickiest times, so you can face the challenges and joys of caregiving with a renewed sense of energy and balance. Instructor will address stress relief and mindfulness. This class will be held on *Thursday, December 14* at the Area Agency on Aging of Western Michigan 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.

December 19 (7:00-8:00 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 Cornerstone Church, on the *third Tuesday* of each month at 1675 84th Street SE, Caledonia..
Contact: Sue Marsh
Phone: (616) 325-7619

*** December 20 (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

December 20 (6:00 – 7:00 PM)
Alzheimer's Association Caregiver Support Group. For caregivers of individuals who have Alzheimer's or related dementias. **La sesión es en español.** Bethlehem Intergenerational Center, 250 Commerce Ave SW, Grand Rapids. *3er. Miércoles* de cada mes.
Persona de contacto: Rebecca Lopez
Phone: (231) 736-3534

December 21 (6:00 – 7:00 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 Thursday* of the month.
Contact: Myrna Granderson or Dawn Anderson
Phone: (616) 452-7227

December 26 (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.
Please call ahead to confirm support group is meeting this month.
Contact: Day Center at Evergreen
Phone: (616) 355-5130

December 26 (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.
Please call ahead to confirm support group is meeting this month.
Contact: Anna Papke
Phone: (616) 745-3101

December 27 (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.**