CAREGIVER EVENTS CALENDAR

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| --- | --- |
| **January** | **2020** |
|  **S** |  **M** |  **T**  |  **W** | **Th** |  **F** |  **Sa** |
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| 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 |  |

**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!**

***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](https://urldefense.proofpoint.com/v2/url?u=http-3A__bit.ly_WestMISupportGroups&d=DwMFaQ&c=4J0DyIxNDQjAR-x4NjL0NpGXBwDO_RhvZ8C7KRkAL-I&r=flp1kgU1wLbyZvXuengs-w7UX7y-BvSYzvIjPdLGuWQ&m=qLENWpwCdiIvzdq4wP0e1N5Bh5N-fWbPmb7ali4dcXI&s=z0Emr9eJD42IXn0qjuyVDPVs5R6hGB5rry4gKpu7jCU&e=) or by calling the Association’s 24/7 Helpline at 1-800-272-3900.

**\* January 2 and 16 (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

**January 7 (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

**\* January 8 (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

**January 8 (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, but due to the New Year Holiday, will be held on Wednesday, January 8. 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

**January 8 (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

**\* January 9 (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

**\*January 10 (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

**January 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*** ***Monday*** of the month.

**Contact:**Carrie Pattee

**Phone:** (616) 235-5022

**January 13 and 27 (5:30-6:45 PM)**

***“Family Connection” Support Group.*** This support grouphelps 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*** ofthe month at the clinic located at 4211 Parkway Place, Suite 100, Grandville. Donations welcome.

**Contact:** Southwest Clinic

**Phone:**(616) 222-3700

**January 14 and 28 (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

**\* January 14 (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

**January 14 (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 monthatFaith Lutheran Church,2740 Fuller Avenue NE, Grand Rapids.
**Contact:** Sharon Koets
**Phone:** (616) 822-5481

**\* January 15 (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

**January 15 (6:00-7:30 PM)**

***Joe Niekro Foundation - West Michigan Support Group*.** This support groupoffers outreach and support for brain aneurysm, AVM and stroke survivors and their caregivers. Meets on the ***third Wednesday*** of the month at Metro Health Conference Center, 2225 Main Street, Wyoming, MI.

**Phone:** (616) 252-7200

**January 16 (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

**January 18 (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

**\* January 21 (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

**January 21 (7:00-9:00 PM) *Caregiver Support Group*.** Support group for family and friends of aging adults. Elliot Talon, with Leisure Living Management, will be discussing the topic “Not Your Grandma’s Retirement Home”.  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@pinerest.org

**January 22 (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

**\* January 28 (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

**January 28 (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

**January 28 (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

**January 29 (1:00-3:00 PM) *Caregiver Resource Network-Family Caregiver University: Warning Signs of Stroke*** Did you know that 80% of strokes are preventable? Are you familiar with the acronym of BEFAST?
(Loss of **B**alance, **E**yesight loss, **F**acial drooping, **A**rm weakness, **S**peech difficulty, **T**ime to call 9-1-1.) Come learn more about the symptoms of a STROKE, and also learn from the registered dietician of AAAWM about how healthy foods and exercise can help with prevention. Held on ***Wednesday, January 29*** 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.**