

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.....

January					2018	
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.

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

January 2 (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

January 3 (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

*** January 4 and 18 (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 8 and 22 (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

January 8 (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

January 9 (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

January 9 and 23 (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 9 (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

January 9 (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

January 10 (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

January 10 (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 11 (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

*** January 11 (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 12 (1:00-2:00 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

January 16 (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

*** January 17 (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 17 (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

January 18 (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

January 22 (7:00-9:00 PM) Caregiver Support Group. Support group for families and friends of aging adults. Meets on the *fourth Monday* of each month at the Thornapple Evangelical Covenant Church, 6595 Cascade Rd SE, Grand Rapids.

Contact: Ron Rozema
Phone: (616) 485-3578 or
Contact: Julie Griffin
Phone: (616) 617-1692

*** January 23 (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 23 (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 23 (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 24 (4:00 PM – 5:30 PM) The ALS Association Michigan Chapter Caregiver Support Group.

Meets on the fourth Wednesday of each month at Mercy Health Saint Mary's Health Care, Hauenstein Neurosciences Community Education Room, 220 Cherry St SE, Grand Rapids.
Contact: Susan Woolner
Phone: (616) 685-5201

January 24 (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

January 25 (1:00-3:00 PM) Caregiver Resource Network-Family Caregiver University: Developing Resilience: Tools for the Caregivers in the New Year.

This class will focus on ways we can build resilience to deal with the adversities we face as caregivers. By growing stronger through difficult situations, we are able to discover joy and bring our best selves to those we care for and our communities. Tangible tools to build resilience will be taught to class participants. This class will be held on *Thursday, February 25* 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.

*** 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.**