

# 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.....

July					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

**July 3 (12:00-1:00 PM) Alzheimer's Association Dial-In Support Group.** For more information, e-mail: [alzdialin@seniorhelpers.com](mailto:alzdialin@seniorhelpers.com). **First Tuesday** of each month.

**Phone:** (248) 865-1000

**\* July 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

**July 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

**July 9 (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, 3<sup>rd</sup> floor, 2750 E. Beltline Ave NE, Grand Rapids.  
**Contact:** Martha VanDyken  
**Phone:** (616) 447-4832

**July 10 (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

**July 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. 16<sup>th</sup> St, Holland. Respite may be available, if prearranged.  
**Contact:** Day Center at Evergreen  
**Phone:** (616) 355-5130

**July 10 (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

**July 10 (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

**July 11 (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

**July 11 (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

**\* July 12 (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

**\* July 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

**\* July 13 (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

**July 17 (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 84<sup>th</sup> Street SE, Caledonia.

**Contact:** Sue Marsh

**Phone:** (616) 325-7619

**\* July 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

**July 18 (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

**July 19 (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

**July 23 (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

**\* July 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 64<sup>th</sup> Street, Grand Rapids.

**Contact:** Kendra Schumaker

**Phone:** (616) 530-6700

**July 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

**July 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

**July 25 (6:00-7:00 PM) Alzheimer's Association Evening Dial-In Support Group.**

For more information, e-mail:

[alzdialin@seniorhelpers.com](mailto:alzdialin@seniorhelpers.com). *Fourth Wednesday* of each month. Registration is required prior to calling in.

**Phone:** (800) 272-3900

**July 26 (1:00-3:00 PM) Caregiver  
Resource Network-Family Caregiver  
University: The Healing Power of Proper**

**Rest.** Sleep habits are important at any age, but especially as we get older. Proper sleep helps us with our mood, problem-solving, learning and control of our emotions. Sleep also helps heal our bodies, including our hearts, brains and blood vessels. Sufficient sleep also affects our metabolism, insulin levels and balance. Come learn from Dr. Margaret Moen about how to improve our sleep and our lives. Held on **Thursday, July 26** 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](mailto: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.**