

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.....

November					2019	
S	M	T	W	Th	F	Sa
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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		

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 or by calling the Association's 24/7 Helpline at 1-800-272-3900.

November 5 (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) 913-8078

November 6 (1:00-3:00 PM) Caregiver Resource Network-Family Caregiver University: Holiday Gifts for Caregivers (Joys of Caregiving) The best gifts for caregivers are ones that make them feel supported and give them well-deserved time off from caregiving. Come learn about some of those gifts, and how you can make time for yourself to experience a break even in the midst of caregiving. Held on *Wednesday, November 6* 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.

November 6 (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

November 6 (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, 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

*** November 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

*** November 8 (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

November 11 and 25 (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

November 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 Monday* of the month.
Contact: Carrie Pattee
Phone: (616) 235-5022

November 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.
Contact: Day Center at Evergreen
Phone: (616) 355-5130

*** November 12 (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

November 12 (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 month at Faith Lutheran Church, 2740 Fuller Avenue NE, Grand Rapids.
Contact: Sharon Koets
Phone: (616) 822-5481

*** November 13 (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

November 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

*** November 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

November 14 (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

November 16 (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

*** November 19 (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

*** November 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

November 21 (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

*** November 26 (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

November 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.
Contact: Anna Papke
Phone: (616) 745-3101

November 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.
Contact: Day Center at Evergreen
Phone: (616) 355-5130

November 27 (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

*** 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.