

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.....

These events are for YOU!

May					2016	
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 cost free, unless otherwise noted.

Note: The Alzheimer's Association sponsors 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.

May 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, MI. on the *first and third Thursdays of the month.*
Contact: Marjean or Clayton Brillhart
Phone: (616) 363-4101

May 4 (6:30 - 8:00 PM) Dementia Caregiver Support Group. Held at the Mercy Health Saint Mary's Health Care, Hauenstein Center in the Lack's Grand Conference Room, 250 Cherry Street, Lower Level, on the *first Wednesday of every month.* Open to caregivers supporting those affected with Alzheimer's, Lewy Body, FTD, Vascular, Parkinson's dementias and others. Co-sponsored by the Alzheimer's Association.
Contact: Karen Bugg Foley
Phone: (616) 685-5445

May 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 the month at Spectrum Health Neurology, 2750 Beltline Court NE, Grand Rapids, MI 49525.
Contact: Martha VanDyken
Phone: (616) 267-7104

May 9 and 23 (5:30-6:30PM) "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.
Contact: Southwest Clinic
Phone: (616) 222-3700

May 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 the month* at Trinity United Methodist Church
 1100 Lake Drive SE, Grand Rapids MI 49506.
Contact: Carole Walters
Phone: (616) 451-9650

May 10 (7:00-8:30 PM) Alzheimer's Association Caregiver 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 the month* at Faith Lutheran Church, 2740 Fuller Avenue NE, Grand Rapids, 49505.
Contact: Sharon Koets
Phone: (616) 822-5481

May 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 every month. Respite may be available, if prearranged.
Contact: Gloria VanHaitsma
Phone: (616) 355-5153

May 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, MI 49525.
Contact: Julie Alicki
Phone: (616) 222-7064

May 12 (1:00-2:00 PM) Caregiver Support Group. Care Services of Evergreen Commons offers a caregiver support group on the *second Thursday of each month* in the Hudsonville/Jenison area. This group, which meets at Fair haven Church located at 2900 Baldwin Street, Hudsonville, MI, is primarily for caregivers who care for someone with dementia.
Contact: Gloria VanHaitsma
Phone: (616) 355-5153

May 12 (8:30 am-1:00 p.m.) Aging Well: Stretch your Brain, Stretch your Body, Stretch your Budget. A conference presented by the Council on Aging. For more information and registration please contact Lisa @ lisa.snyder@carepatrol.com (616) 269-953-7110 or visit the COA website at coakc.org

May 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 Monday* of the month at 1675 84th Street SE, Caledonia, MI 49316.
Contact: Sue Marsh
Phone: (616) 243-5682

May 23 (2:30 -3:30 PM) Alzheimer's Association Caregiver Support Group. For caregivers of individuals who have Alzheimer's or related dementias. Meets on the *fourth Monday* of the month at Family Life Center, Side By Side Adult Day Program's conference room, 1256 Walker Ave. NW, Grand Rapids, MI 49504.
Contact: Anna Papke
Phone: (616) 745-3101

May 24 (6:00-7:00 PM) Alzheimer's Association Caregiver Support Group, for caregivers of individuals who have Alzheimer's or related dementias. Meets on the *fourth Tuesday* of the month at Rockford/ Algoma Township Offices, 10531 Algoma Avenue NE, Rockford, MI 49341-7108.
Contact: Anna Papke
Phone: (616) 745-3101

May 26: (1:00-3:00 PM) CRN Family Caregiver University: Community Resources A-Z (Part 2): Transitioning to long-term care or a facility Learn about resources and topics related to transitioning to long term care or a facility. Topics include: hospital observation vs. admission, assisted living and nursing homes (and payment options for both), how to choose a long term care facility, caregiver burden/guilt, patient choices/rights, right to nursing home discharge, advocacy and communication issues. This class will be held at the Area Agency on Aging of Western Michigan located at 3215 Eaglecrest Dr. NE, Grand Rapids MI 49525. There is a \$5 suggested fee for this class (payable at the door). Registration is required. Email registration@aaawm.org or call 616-222-7032 to register.