

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!

April					2011	
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

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.

April 1 (1:00 PM) Alzheimer's Association Caregiver Support Group. For caregivers of individuals who have Alzheimer's or related dementias. Meets at Breton Ridge Apartments, Terrace Private Dining Room, 2500 Breton Woods Drive SE, Grand Rapids, MI 49512.

Contact: Mary Ann Shutz (616) 540-7769

To make arrangements for respite care call in advance:
Dawn (616) 643-2735

April 4, 18 (1:30 – 2:30 PM). Alzheimer's Association Men's Caregiver Support Group. For male caregivers of individuals who *have* Alzheimer's or related dementias. Meets at Rest Haven Homes, 1424 Union NE, Grand Rapids (respite available). **Note:** The Alzheimer's Association co-sponsors a number of caregiver support groups in Kent County; a complete list is available online at <http://www.alz.org/gmc> or by calling 1-800-272-3900.

Contact: Brian Wilson

Phone: (616) 363-6819

April 4 (6:30 PM). Caregiver Support Group. Evergreen Commons in Holland offers a caregiver support group on the first Monday of every month.

Contact: Gloria VanHaitsma

Phone: (616) 355-5153

April 5 (6:00 PM) Alzheimer's Association Blossoming Expression Care Partner' Support Group. For caregivers of individuals who have Alzheimer's or other dementia. Meets at United Methodist Community House, 904 Sheldon Avenue SE, Grand Rapids, 49507.

Contact: Arlene Colbert

Phone: (616) 821-9186

April 6 (9:30 –10:30 AM) Understanding and Organizing Your Medications. A free, one-hour informational workshop designed to help the lay person understand, organize, and safely handle their medications. Sponsored by United Nursing Services Home Health Agency, and held at Grandville Senior Neighbors Center located at 3380 Division SW, Grandville, MI 49418. RSVP requested.

Contact: Judi DeMink or Jennifer Smith

Phone: (616) 531-5250 or (616) 878-7021

April 6 (6:30-7:30 PM) Alzheimer's Association Frontotemporal Dementia and other Dementias Caregiver Support Group. For caregivers of individuals

who have Frontotemporal or other dementias. Meets at St. Mary's Health Care, Hauenstein Center, The Quite Room 14, 220 Cherry Street SE, Grand Rapids MI 49503.

Contact: Karen Bugg

Phone: (616) 685-5445

April 7, 14, 21, 28 (10 AM-12 PM) Family Support Groups. This is a time for people who are on a cancer journey with someone they love to come together to discuss issues, give information to one another and be part of a supportive community. Meets at Gilda's Club, 1806 Bridge NW, Grand Rapids.

Contact: Beth Nelson

Phone: (616) 453-8300

April 7, 21 (12:30 to 2:30 PM) Alzheimer's Association Caregiver Support Group. For caregivers of individuals who have Alzheimer's or related dementias.

Respite for loved one available – call ahead to make arrangements. Meets at CareTree, 800 East Beltline NE, Grand Rapids.

For Information: Marjean or Clayton Brillhart (616) 363-4101

For respite call: Audrey (616) 464-3665

April 7, 14, 21, 28 (6:00-8:00 PM) Family Support Groups. This is a time for people who are on a cancer journey with someone they love to come together to discuss issues, give information to one another and be part of a supportive community. Meets at Gilda's Club, 1806 Bridge NW, Grand Rapids.

Contact: Beth Nelson

Phone: (616) 453-8300

April 10 (2:00-4:00 PM) ALS Support Group. Features both joint and separate meetings for caregivers and care recipients. Meets at 1st Evangelical Covenant Church, 1933 Tremont Blvd. NW, Grand Rapids.

Contact: West Michigan Chapter of ALS

Phone: (616) 459-1900 or (800) 387-7121

www.caregiverresource.net

888-456-5664

616-456-5664

April 11 (10:00-11:00 AM) Medical Mondays
Speaker: Joy Spahn, Regional Director of the Alzheimer's Association. Topic: Alzheimer's Disease: One of the Things I'd Like to Forget.

Monthly educational presentations sponsored by Covenant Village of the Great Lakes. Meets in the Covenant Village Fellowship Hall at 2510 Lake Michigan Dr. NW, Grand Rapids. Coffee and fellowship available before the presentation at 9:30AM. **Registration not required.**

April 11, 25 (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 at the clinic located at 4211 Parkway Place, Suite 100, Grandville.

Contact: Southwest Clinic **Phone:** (616) 222-3700

April 12 (12:30 PM). Caregiver Support

Group. Evergreen Commons in Holland offers a caregiver support group on the second Tuesday of every month.

Contact: Gloria VanHaitsma

Phone: (616) 355-5153

April 12 (7:00 PM) Alzheimer's Association Young-Onset Caregiver Support Group.

For caregivers and individuals who have Younger-Onset dementia. Sponsored by Alzheimer's Association. Meets at Faith Lutheran Church, 2740 Fuller Avenue NE, Grand Rapids, 49505 (Telephone Screening Required)

Contact: Mary Mathieu

Phone: (616) 459-4558

April 13(11:00 AM – 3:00 PM) Get Away Day: Lunch at the Flat River Grill in Lowell and shopping downtown.

Offered by Holland Home, this is a fun, recreational outing planned by caregivers and staff. This program is designed to provide caregivers with the opportunity to enjoy some time for themselves, away from the duties of caregiving. Transportation is available for the first 23 people to sign up. Meet at CareTree – 800 East Beltline NE at 11:00am. Call ahead if you need respite care for your loved one, and to make a reservation.

Contact: Becki

Phone: (616) 464-3665

Cost: Cost of lunch

April 13 (1:00 –2:00 PM) What Exactly is Home Health Care?

A free, one-hour informational workshop designed to help the lay person understand the services provided by Home Health Care agencies, as well as how to pay for these services. Sponsored by United Nursing Services Home Health Agency, and held at the David D. Hunting YMCA located at 475 Lake Michigan Drive, Grand Rapids, MI 49504. RSVP requested.

Contact: Gail Telman or Jennifer Smith

Phone: (616) 855-9622 or (616) 878-7021

April 13 (4:00 PM) Peripheral Neuropathy Support Group.

Meets the second Wednesday of each month at St. Paul's Anglican Church, 2560 Lake Michigan Dr. NW, Grand Rapids.

Contact: Dorothy Teesdale

Phone: (616) 897-9794

April 13 (4:30 PM). Caregiver Support Group.

Evergreen Commons offers a caregiver support group on the second Wednesday of every month at Royal Park in Zeeland.

Contact: Gloria VanHaitsma

Phone: (616) 355-5153

April 14 (10:30 AM) Alzheimer's Association Caregiver Support Group.

For caregivers of individuals who have Alzheimer's or related dementias. Meets at Caledonia United Methodist Church, 250 Vine Street, Caledonia, MI 49316.

Contact: Jean VanDenBeldt

Phone: (616) 878-3300

April 16 (1:30 PM) Alzheimer's Association Caregiver Support Group.

For caregivers of individuals who have Alzheimer's or related dementias. Meets at Grand Rapids Home for Veterans, 3000 Monroe Ave. NW, Grand Rapids.

Contact: Sue Marsh

Phone: (616) 243-5682

April 18 (11:30 AM – 1:00 PM) Confident Caregivers of West Michigan. Speaker: Mike Faber, Grand Rapids Community College. Topic: Understanding & Adapting to Age Related Loss.

Confident Caregivers of West Michigan is a monthly support group for sharing needs, questions, answers and encouragement. Complimentary lunch provided. RSVP requested. Meets at Calvary Church Room 123, 777 East Beltline, Grand Rapids.

Contact: Regina Scovill

Phone: (616) 956-9377 ext. 3672

April 18 (1:00 PM) Alzheimer's Association Caregiver Support Group.

For caregivers of individuals who have Alzheimer's or related dementias. Meets in the Conference Room at Raybrook Manor, 2121 Raybrook Ave. SE, Grand Rapids, MI 49546

Contact: Laurie Howe

Phone: (616) 235-2084

April 18 (7:00 PM) Alzheimer's Association Adult Children's Caregiver Support Group.

For caregivers of individuals who have Alzheimer's or related dementias. Meets at Cornerstone Church, 1675 84th Street SE, Caledonia, MI 49316.

Contact: Kendra Schumaker

Phone: (616) 530-6700

April 19, 26, May 3, 10, 17, 24 (1:30-3:00 PM) Powerful Tools for Caregivers.

A nationally recognized course designed to provide caregivers of older adults with tools to meet their own needs as they care for others. Powerful Tools for Caregivers is a six week course, presented as a free public service by Clark Retirement Community, held at Clark's Franklin Campus. Classes are limited to 12 participants. Registration required.

Phone: (616) 452-1666 ext. 179

April 19 (6:30 – 8:00 PM) Caregiver Support Group. A Support and education group for people who take care of a loved one. Co-sponsored by The Shrine of St. Francis Xavier and Our Lady of Guadalupe, and Immaculate Heart of Mary parishes. Meets at St. Francis Xavier School at 250 Brown St. SE, Grand Rapids.
Phone: (616) 538-8019

April 20 (10:00 – 11:30 AM) Caregiver Support Group. A Support and education group for people who take care of a loved one. Co-sponsored by Holy Name of Jesus, Holy Redeemer, St. John Vianney, St. Sebastian and St. Pius X Parishes in conjunction with Holland Home. Meets at Holy Redeemer Parish, 2700 Baldwin Dr., Jenison.
Phone: Rhonda at (616) 669-9220, Ext. 1101

April 21 (1:30 – 2:30 PM) Caregiver Support Group. Groups for both caregivers of persons who have Alzheimer's or related dementias; and persons with early-stage dementia. Sponsored by Pine Rest Christian Mental Health Services. Meets at Pine Rest, Mulder Center, 300 68th St. SE, Grand Rapids.
Contact: Nancy Cortney
Phone: (616) 364-1500, Ext. 3677

April 25 (10:00 – 11:30 AM) Caregiver Support Group. A support and education group for people who take care of a loved one. Offered by Mayflower Congregational Church and Holland Home. Meets at Mayflower Congregational Church, 2345 Robinson Rd. SE, Grand Rapids.
For information call: (616) 459-6255

April 25 (3:00 PM) Alzheimer's Association Caregiver Support Group. For caregivers of individuals who have Alzheimer's or related dementias. Respite for loved one available – call ahead to make arrangements. Meets in the Side By Side Adult Day Program's conference room, 1256 Walker Ave. NW, Grand Rapids (respite available).
Contact: Beth Gregory
Phone: (616) 235-2910, ext. 17

April 26 (6:00 – 7:00 PM) Alzheimer's Association Caregiver Support Group. For caregivers of individuals who have Alzheimer's or related dementias. Meets at the Algoma Township Office, 10531 Algoma Avenue NE, Grand Rapids.
Contact: Anna Papke
Phone: (616) 745-3103

April 26 (7:00 – 9:00 PM) Support Group for Family & Friends of Aging Adults. Speaker: Christiana Getz, Program Coordinator, Alzheimer's Association. Topic: Strategies for Navigating the Dementia Journey. Note: An open forum style question and answer session is facilitated by Ron Rozema after each guest speaker session. Meet at Thornapple Evangelical Covenant Church, 6595 Cascade Rd. SE (NE corner Cascade & Burton).
For Information: Julie Griffin (616) 243-8116 or Ron Rozema (616) 222-4522