

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!

August					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	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.

August 1, 15 (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

August 1 (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

August 2 (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

August 3 (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

August 4, 11, 18, 25 (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

August 4, 18 (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

August 4, 11, 18, 25 (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

August 4, 11, 18 (7:00 – 9:00 PM) 3-Part Alzheimer's Education Series. Offered by the Alzheimer's Association Greater Michigan Chapter on three consecutive Thursday evenings. August 4 – Understanding Alzheimer's Disease & Other Dementias with T. Scott Halstead, PhD, Neuropsychologist. August 11 – Legal and Financial Issues with Elder Law Attorney, Beth A. Swagman. August 18 – Strategies for Navigating the Dementia Journey with Christiana Getz. Sessions will be held at Faith Lutheran Church, 2740 Fuller Ave. NE, Grand Rapids MI 49505. Reservation required.

To Register Call: 616-459-4558 or 1-800-272-3900
Cost: \$10 suggested donation per person (or family) per session

August 5 (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

August 8 (10:00-11:00 AM) Medical Mondays
Speaker: Steve Chambers, Citizens for Better Care.
Topic: Senior Scams. Monthly educational presentations sponsored by Covenant Village of the Great Lakes. Meets in the Covenant Village Fellowship Hall at 2510 Lake Michigan Dr.

www.caregiverresource.net

888-456-5664

616-456-5664

NW, Grand Rapids. Coffee and fellowship available before the presentation at 9:30AM. **Registration not required.**

August 8, 22 (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

August 9 (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

August 9 (1:00 2:30 PM) Caregiver Resource Network Caregiver Class: Organizing Your Life.

Are you caring for an older adult or are you an older adult taking care of someone else? If so, attend this complimentary training and learn how to organize yourself and the person you are caring for. The Organizing Specialists will give you tips and tricks to get started and get organized. Registration is required. Complimentary Respite is also available upon request.

Phone: (616) 456-5664

E-Mail: Your name and title of class registration@aaawm.org

August 9 (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

August 10 (11:00 AM – 3:00 PM) Get Away Day: Picnic lunch and visit to the beach at Holland State Park. 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

August 10 (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

August 10 (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

August 11 (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

August 14 (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

August 15 (11:30 AM – 1:00 PM) Confident Caregivers of West Michigan. Speaker: Christiana Getz, Alzheimer's Association. Topic: Know the 10 Signs.

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

August 15 (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

August 15 (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

August 18 (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

August 20 (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

August 22 (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

August 23 (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

August 23 (7:00 – 9:00 PM) Support Group for Family & Friends of Aging Adults. Speaker: Mary Beth Barkeley, Home Instead Senior Care. Topic: How to Help Your Senior Manage Medications/How Medication Problems Can Hurt Older Adults. 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

August 25 (10:00 11:30 AM) Caregiver Resource Network Caregiver Class: Technology 101. Are you caring for an older adult or are you an older adult taking care of someone else? If so, attend this complimentary training and learn how to set up an email account, order prescriptions online and other "techie" things. Teens in the WSC Reverse Mentoring program will meet one-on-one to teach you online skills. Lunch provided. Registration is required. Complimentary Respite is also available upon request.
Phone: (616) 456-5664
E-Mail: Your name and title of class registration@aaawm.org