

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!

December					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.

December 1, 8, 15, 22, 29 (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

December 1 (12:00-1:00 PM) Care Resources Lunch and Learn. Learn about PACE (Program of All-Inclusive Care for the Elderly) to help seniors age at home. FREE lunch, information & tour included. Meets at Care Resources, 1471 Grace St. SE, Grand Rapids, MI 49506. RSVP to Jennifer Feuerstein at (616) 913-2033 or info@care-resources.org.

December 1, 15 (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

December 1, 8, 15, 22, 29 (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

December 5, 19 (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

December 5 (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

December 7 (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

December 11 (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

December 12 (10:00-11:00 AM) Medical Mondays Speaker: Susan Olthoff, RN. Topic: Weight Loss after 50. 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.**

December 12, 26 (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

www.caregiverresource.net

888-456-5664

616-456-5664

December 12 (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 at Spectrum Health Neurology, 3322 Beltline Court NE, Grand Rapids, MI 49525.

Contact: Martha Thormeier

Phone: (616) 267-8541

December 13 (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

December 13 (7:00 PM) Alzheimer's Association Younger-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

December 14 (10:30 AM – 3:00 PM) Get Away Day: Lunch at Noel Restaurant in Jamestown. 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 10:30am. 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

December 14 (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

December 14 (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

December 15 (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

December 17 (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

December 19 (11:30 AM – 1:00 PM) Confident Caregivers of West Michigan. Topic: Annual Christmas Party. 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

December 19 (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

December 19 (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