

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!

January					2012	
S	M	T	W	Th	F	Sa
	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.

January 2, 16 (1:30 – 2:30 PM). Alzheimer's Association Male 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 MI 49505 (respite available).

Contact: Brian Wilson
Phone: (616) 363-6819

January 2 (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

January 4 (6:30-7:30 PM) Alzheimer's Association Caregiver Support Group: Frontotemporal Lobar Degeneration & other Dementias. For caregivers of individuals who have Frontotemporal disorder or other dementia. Meets at St. Mary's Health Care, Hauenstein Center, Lacks Grand Room, 220 Cherry Street SE, Grand Rapids MI 49503.

Contact: Karen Bugg
Phone: (616) 685-5445

January 5, 12, 19, 26 (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

January 5, 12, 19, 26 (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

January 9, 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 at the clinic located at 4211 Parkway Place, Suite 100, Grandville.

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

January 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 at Spectrum Health Neurology, 3322 Beltline Court NE, Grand Rapids, MI 49525.

Contact: Martha Thormeier
Phone: (616) 267-8541

January 10 (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

January 10 (7:00 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 at Faith Lutheran Church, 2740 Fuller Avenue NE, Grand Rapids, 49505.

Contact: Mary Mathieu
Phone: (616) 301-2231

January 11 (10:45 AM – 3:00 PM) *Get Away Day: Lunch at Panera Bread and a movie of the group's choice at Celebration Cinema North.* 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 10:45am. 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 and movie

January 11 (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

January 11 (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

January 15 (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

January 16 (11:30 AM – 1:00 PM) *Confident Caregivers of West Michigan. Speaker: Susan Olthoff, Holland Home. Topic: Alzheimer's and Memory 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

January 16 (7:00 PM) *Alzheimer's Association Adult Children's Caregiver Support Group.* For individuals providing care for their parents or grandparents 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

January 18 (7:00 – 8:00 PM) *Alzheimer's Association Male Caregiver Support Group.* For male caregivers of individuals who have Alzheimer's or related dementias. Meets at Zeeland Community Hospital, DeWitt Professional Building, 8333 Fletch Street, Zeeland MI 49464.
Contact: Ric Smith
Phone: (616) 298-1333

January 18, 25, and February 1 (7:00 – 9:00 PM) *3-Part Alzheimer's Education Series.* Offered by the Alzheimer's Association Greater Michigan Chapter on three consecutive Wednesday evenings. **January 18** – Understanding Alzheimer's Disease & Other Dementias with Kevin Foley, MD, Medical Director, St. Mary's Alzheimer's Disease and Memory Disorders Program. **January 25** – Legal and Financial Issues with Elder Law Attorney, Caroline Dellenbusch. **February 1** – Strategies for Navigating the Dementia Journey with Mary Mathieu, Program Coordinator, Alzheimer's Association. Sessions will be held at Hope Network Behavioral Health Services Family Life Center, Side By Side Adult Day Care, 1256 Walker NW, Grand Rapids MI 49504. Reservation required.
To Register Call: 616-459-4558 or 1-800-272-3900
Cost: \$10 suggested donation per person (or family) per session

January 19 (6:30 – 8:30 PM) *SarahCare Caregivers Series. Speaker: Sarah Vanderberg. Topic: Fall Prevention.* The presentations in this free series provide family caregivers with helpful information and resources to use in their caregiving role. Meets at SarahCare Adult Day Center, 2024 Health Dr. Ste. B, Wyoming MI 49519.
Contact: Michelle Hoiem
Phone: (616) 530-6700

January 24 (7:00 – 9:00 PM) *Support Group for Family & Friends of Aging Adults. Speaker: Karla Sorensen, Outreach Team Leader for Holland Home. Topic: The Joy of Care-giving – Caring for Yourself as you care for your Loved One How to set boundaries and master techniques for coping with stress.* 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