

# 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!

March					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.**

**March 1, 8, 15, 22, 29, April 5 (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

**March 1 (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

**March 2 (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

**March 3, 10, 17, 24, 31 (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

**March 3 (11:00 AM –1 2:00 PM) Organizing and Downsizing into Assisted Living.** A free, one-hour informational workshop designed to help the lay person understand and deal with the daunting task of getting a home

full of memories packed and sorted for an impending move. Sponsored by United Nursing Services Home Health Agency, and held at Appledorn Assisted Living Center located at 727 Apple Avenue, Holland, MI 49423. RSVP requested.

**Contact:** Damian Smith or Jennifer Smith  
**Phone:** (616) 392-4650 or (616) 878-7021

**March 3, 17 (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

**March 3, 10, 17, 24, 31 (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

**March 4 (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

**March 7, 21 (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

**March 7 (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

**March 8 (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

**March 8 (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

**March 9 (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

**March 9 (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

**March 10 (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

**March 10 (6:30 –7:30 PM) Fall Prevention and Home Safety.**

A free, one-hour informational workshop designed to help the lay person understand fall prevention and staying safe in the home, as well as offer practical advice and tips on how to stay in your home as long as possible. Sponsored by United Nursing Services Home Health Agency, and held at Cornerstone Church located at 1675 84<sup>th</sup> Street, Caledonia, MI 49316. RSVP requested.

**Contact:** Mara Marsman or Jennifer Smith

**Phone:** (616) 698-3170 or (616) 878-7021

**March 13 (2:00-4:00 PM) ALS Support Group.**

Features both joint and separate meetings for caregivers and care recipients. Meets at 1<sup>st</sup> Evangelical Covenant Church, 1933 Tremont Blvd. NW, Grand Rapids.

**Contact:** West Michigan Chapter of ALS

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

**March 14, 28 (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

**March 15 (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

**March 16 (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

**March 17 (11:00 AM – 3:00 PM) Get Away Day: Lunch at The Heritage Restaurant at Grand Rapids Community College.**

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

**March 17 (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 68<sup>th</sup> St. SE, Grand Rapids.

**Contact:** Nancy Cortney

**Phone:** (616) 364-1500, Ext. 3677

**March 19 (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

**March 21 (10:00-11:00 AM) Medical Mondays**  
**Speaker: Linda Kirpes, Life Enrichment Director, Covenant Village. Topic: Optimal Brain Health: Tips and Technology for Fitter Brains.** 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.*

**March 21 (11:30 AM – 1:00 PM) Confident Caregivers of West Michigan. Speaker: Kari Kempema, HHS Health Options. Topic: Long-Term Care.** 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

**March 21 (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

**March 21 (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 84<sup>th</sup> Street SE, Caledonia, MI 49316.  
**Contact:** Kendra Schumaker  
**Phone:** (616) 530-6700

**March 22 (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

**March 22 (7:00 – 9:00 PM) Support Group for Family & Friends of Aging Adults. Speaker: Jennifer Smith, Community Liaison, United Nursing Service. Topic: Understanding and Organizing Your Medications.** 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

**March 23 (12:30 – 1:30 PM) Depression in the Elderly.** A free, one-hour informational workshop designed to help the lay person understand the signs, symptoms, and possible causes of depression, as well as strategies for coping with depression as it relates to grief, bereavement, or dementia. Sponsored by United Nursing Services Home Health Agency, and held at Hopkins United Methodist Church located at 322 North Maple, Hopkins, MI 49328. RSVP requested.  
**Contact:** Pastor Linda Burton or Jennifer Smith  
**Phone:** (269) 793-7323 or (616) 878-7021

**March 28 (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

**March 28 (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