

# 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!

November					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.**

**November 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

**November 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

**November 3, 10, 17, 24 (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

**November 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

**November 3, 10, 17, 24 (10 AM-12 PM) (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

**November 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

**November 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

**November 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

**November 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

**November 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

[www.caregiverresource.net](http://www.caregiverresource.net)

888-456-5664

616-456-5664

**November 9 (10:45 AM – 3:00 PM) Get Away Day: Lunch at The Heritage Restaurant.** 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

**November 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

**November 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

**November 10 (10:00-11:00 AM) Medical Mondays Speaker: Phil VanderLugt, Grand Rapids**

**Ophthalmology. Topic: Protect Your Precious Gift of Sight.** 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.*

**November 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

**November 10 (1:00 – 3:00 PM) Caregivers: Who's Taking Care of You?** The Caregiver Resource Network presents a free presentation by author, Lynn Alexander, designed to help you learn how to take care of yourself, reduce stress and find strategies to get you through this time of caregiving. This free event is being held at Grand Rapids Public Library Ryerson Auditorium, Level 3 (111 Library Street NE), and will include free parking, refreshments, and door Prizes. Registration encouraged at: [registration@aaawm.org](mailto:registration@aaawm.org) or (616) 456-5664

**November 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

**November 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

**November 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

**November 17, 2011 (6:30 – 8:30 PM) SarahCare Caregivers Series. Speaker: Joy Spahn, Alzheimer's Association. Topic: Alzheimer's and Dementia Care.**

*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

**November 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

**November 21 (11:30 AM – 1:00 PM) Confident Caregivers of West Michigan. Speaker: A Holland Home Representative. Topic: Coping with Grief While Celebrating the Holidays.** 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

**November 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

**November 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

**November 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

**November 22 (7:00 – 9:00 PM) Support Group for Family & Friends of Aging Adults. Speaker: MaryBeth Barkeley, Community Service Representative for Home Instead. Topic: Communications: Eliminating Family Conflict.** 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

**November 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