

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!

October					2011	
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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.

October 3, 17 (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

October 3 (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

October 4 (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

October 5, 12, 19, 26; November 2, 9, 16 (10 AM to 12 PM) Early-Stage Dementia Support Group. The Alzheimer's Association, The Caregiver Cottage, LLC, and the Area Agency on Aging of Western Michigan are offering a 7 session program for those recently diagnosed with Alzheimer's Disease or other dementia (intake screening required). Held on seven consecutive Wednesdays at John Knox Presbyterian Church located at 4150 Kalamazoo Ave SE, Grand Rapids MI 49508.

Contact: Mary Mathieu
Phone: (616) 301-2231 or 1-800-272-3900

October 5 (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

October 6, 13, 20, 27 (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

October 6, 20 (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

October 6, 13, 20, 27 (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

October 7 (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

October 9 (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

www.caregiverresource.net

888-456-5664

616-456-5664

October 10 (10:00-11:00 AM) Medical Mondays
Speaker: Amy Lopez, Medical Massage Therapist.
Topic: Moving You in a New Direction. 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.

October 10, 24 (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

October 11 (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

October 11 (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

October 12 (10:30 AM – 3:00 PM) Get Away Day: Lunch at Uccello's in Wayland followed by a tour of the Paws with a Cause national headquarters at 1 PM. 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

October 12 (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

October 12 (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

14 (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

October 15 (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

October 17 (11:30 AM – 1:00 PM) Confident Caregivers of West Michigan. Speaker: A Holland Home Representative. Topic: Better Bones and Joint Protection: When Oiling Your Knees Doesn't Work. 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

October 17 (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

October 17 (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

October 20 (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

October 21, 2011 (6:30 – 8:30 PM) SarahCare Caregivers Series. Speaker: Jill Goodall, Esq. Topic: Estate and Elder Planning and Ethical Will Workshop. 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 Karnack
Phone: (616) 530-6700

October 24 (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

October 25, and November 1, 8, 15, 29 (11:30 AM – 3:00 PM) Creating Confident Caregivers.

This program is designed for families dealing with dementia or memory loss. This is a five week training series for caregivers where the person still lives at home. This program is a collaboration of the Area Agency on Aging of Western Michigan, the Alzheimer's Association, and the VA Outpatient Clinic with funding from the Administration on Aging and Michigan Office of Services to the Aging. This program will be held at the American Red Cross at 1050 Fuller Avenue NE, Grand Rapids, MI 49503. Lunch and respite will be provided.

To Register: Call (616) 459-4558

October 25 (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

October 25 (7:00 – 9:00 PM) Support Group for Family & Friends of Aging Adults. Speaker: Brian Plachta, Elder Law Attorney with Plachta, Murphy & Associates. Topic: How to Prevent your Loved One's Life Saving's from Being Wiped Out.

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