

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.....

September					2020	
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. Due to COVID- 19 many of the groups may not be meeting in person but rather virtually. All meetings are open to the public and free of cost, unless otherwise noted.

Note: The Alzheimer's Association provides 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: bit.ly/WestMISupportGroups or by calling the Association's 24/7 Helpline at 1-800-272-3900.

September 1 (10:00-11:00 AM)
Alzheimer's Association Caregiver Support Group. For caregivers of individuals who have Alzheimer's or related dementias. Meets at Church of the Servant, 3835 Burton St SE, Grand Rapids on the *first Tuesday* of each month.

Contact: Joshua Baron
Phone: (616) 913-8078

September 1, 8, 15, 22 and 29 (10:00-11:00 AM) Virtual Caregiver Support Group. AAAAWM is hosting a weekly virtual support group for family Caregivers. Discussion is led by a licensed therapist with expertise of working with older adults and their caregivers. Time will also be allowed for participants to share their own personal experience and seek advice from other participants and the therapist. Meets *every Tuesday* of each month via Zoom. Register by emailing registration@aaawm.org or call 616-222-7032. Once registered, Zoom online and phone access will be sent.

Contact: Registration @ AAAWM
Phone: (616) 222-7032

September 2 (6:30 - 8:00 PM)
Alzheimer's Association Caregiver Support Group. Held at the Mercy Health Lacks Cancer Center in the Lack's Grand Conference Room, 250 Cherry Street, Lower Level. This class is held on the *first Wednesday* of each month. Open to caregivers supporting those affected with Alzheimer's, Lewy Body, FTD, Vascular, Parkinson's dementias and others.

Contact: Sharon Koets
Phone: (616) 822-5481

*** September 3 and 17 (12:30-2:30 PM)**
Alzheimer's Association Caregiver Support Group. For caregivers of individuals who have Alzheimer's or related dementias. Meets at SarahCare Adult Day Care, 2211 East Beltline Ave NE, Grand Rapids, on the ***first and third Thursdays*** of the month.
Contact: Harlene Gedris
Phone: (616) 949-4709

September 8 and 22 (12:30 PM)
Caregiver Support Group. Evergreen Commons in Holland offers a caregiver support group on the ***second and fourth Tuesdays*** of the month, 55 W. 16th St, Holland. Respite may be available, if prearranged.
Contact: Day Center at Evergreen
Phone: (616) 355-5130

*** September 8 (3:00-4:00 PM)**
Caregiver Support Group. What you need to know about Home and Community Based Care. Meets on the ***second Tuesday*** of each month at the Knapp's Corner SarahCare, 2211 E. Beltline Ave NE, Grand Rapids.
Contact: Kendra Schumaker
Phone: (616) 530-6700

September 8 (5:00-6:00 PM)
Alzheimer's Association Caregiver Support Group: Spanish Language. For Spanish-speaking caregivers of individuals who have Alzheimer's or related dementias. Meets at Exalta Health, 2060 Division Ave S, Grand Rapids, on the ***second Tuesday*** of the month.
Contact: Allison Meyaard-Schaap
Phone: 616-475-8446 extension 105

8 de marzo (5:00-6:00 PM) ***Grupos de apoyo para cuidadores de la Alzheimer's Association: en español.*** Para cuidadores de personas que diagnosticadas con la enfermedad de Alzheimer o demencias relacionadas. Nos reunimos en el salón multiuso de Exalta Health, 2060 Division Ave S, Grand Rapids, ***el segundo martes del mes.***
Contacto: Allison Meyaard-Schaap
616-475-8446 extensión 105

September 8 (7:00-8:30 PM) ***Alzheimer's Association Caregiver Support Group: Younger-Onset Dementias.*** For caregivers of individuals who have a dementia that was diagnosed before age 65. Meets on the ***second Tuesday*** of each month at Faith Lutheran Church, 2740 Fuller Avenue NE, Grand Rapids.
Contact: Sharon Koets
Phone: (616) 822-5481

*** September 9 (1:30-2:00 PM)** ***Caregiver Support Group.*** Converse with the Nurse. Meets on the ***second Wednesday*** of each month at the Knapp's Corner SarahCare, 2211 E. Beltline Ave NE, Grand Rapids.
Contact: Kendra Schumaker
Phone: (616) 530-6700

*** September 10 (10:00-11:00 AM)**
Alzheimer's Association Caregiver Support Group. For caregivers of individuals who have Alzheimer's disease or related dementia. Meets on the ***second Thursday*** of each month at St. Paul's United Methodist Church, 3334 Breton Rd SE, Grand Rapids.
Contact: Theresa Wilson
Phone: (616) 301-2000

September 10 (6:00-7:00 PM) ***Alzheimer's Association Dementia Caregiver Support Group.*** For caregivers of individuals who have Alzheimer's or related dementia. Meets on the ***second Thursday*** of the month at Pilgrim Rest Baptist Church, 510 Franklin St. SE, Grand Rapids, MI.
Contact: Faye McGhee or Karin Harris
Phone: (616) 581-9835

***September 11 (1:00-2:30 PM)**
Alzheimer's Association Caregiver Support Group: For caregivers of individuals who have Alzheimer's disease or related dementia. Meets on the ***second Friday*** of each month at the Area Agency on Aging of Western Michigan, 3215 Eagle Crest Drive NE, Grand Rapids.
Contact: Julie Alicki
Phone: (616) 826-8970

September 14 and 28 (5:30-6:45 PM)
"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 on the *second and fourth Mondays* of the month at the clinic located at 4211 Parkway Place, Suite 100, Grandville. Donations welcome.

Contact: Southwest Clinic

Phone: (616) 222-3700

September 14 (6:00-7:00 PM)
Alzheimer's Association Caregiver Support Group.

For caregivers of individuals who have Alzheimer's or related dementias. Meets at Brookside Christian Reformed Church, 3600 Kalamazoo Ave SE, Grand Rapids, on the *second Monday* of the month.

Contact: Carrie Pattee

Phone: (616) 235-5022

*** September 15 (10:30-11:30 AM)**
Alzheimer's Association Male Caregiver Solutions Discussion Group.

For male caregivers of individuals who have Alzheimer's disease or related dementia. Meets on the *third Tuesday* of each month at Gemmen's Hardware, 3488 Kelly St., Hudsonville, MI.

Contact: Brian Nitz

Phone: (616) 822-1174

*** September 16 (10:00-11:00 AM)**
Alzheimer's Association Caregiver Support Group.

For caregivers of individuals who have Alzheimer's disease or related dementia. Meets on the *third Wednesday* of each month at the Cascade Library, 2870 Jack Smith Ave SE, Grand Rapids.

Contact: Sabrina Slaw

Phone: (678) 575-4398

September 16 (6:00-7:30 PM)
Joe Niekro Foundation - West Michigan Support Group.

This support group offers outreach and support for brain aneurysm, AVM and stroke survivors and their caregivers. Meets at Metro Health Conference Center, 2225 Main Street, Wyoming, MI.

Phone: (616) 252-7200

September 17 (7:00-8:30 PM) Alzheimer's Association Adult Children of a Person with Dementia Support Group.

For individuals providing care for their parents or grandparents who have Alzheimer's or related dementias. Meets at Immaculate Heart of Mary Church on the *third Thursday* of each month at 1951 Plymouth Ave SE, Grand Rapids.

Contact: Sue Marsh

Phone: (616) 325-7619

September 19 (11:00 AM-12:30 PM)
Alzheimer's Association Caregiver Support Group.

For caregivers of individuals who have Alzheimer's or related dementias. Meets at St. Luke AME Zion Church, 101 Delaware St. SE, Grand Rapids, on the *third Saturday* of the month.

Contact: Myrna Granderson or Patricia Bryant

Phone: (616) 452-7227

*** September 22 (9:30-11:00 AM)**
Alzheimer's Association Caregiver Support Group.

For caregivers of individuals who have Alzheimer's disease or related dementia. Meets on the *fourth Tuesday* of each month at Mercy Health SW, Grand Conference Room, 2373 64th Street, Grand Rapids.

Contact: Kendra Schumaker

Phone: (616) 530-6700

September 22 (6:00-7:00 PM) Alzheimer's Association Caregiver Support Group.

For caregivers of individuals who have Alzheimer's disease or related dementia. Meets on the *fourth Tuesday* of each month at Algoma Township Office, 10531 Algoma Ave, Rockford.

Contact: Anna Papke

Phone: (616) 745-3101

September 22 (3:00-4:00 PM) Caregiver Support Group. Care Services of Evergreen Commons offers a caregiver support group primarily for caregivers who care for someone with dementia. This group meets on the *fourth Tuesday* of each month at Fellowship Reformed Church, 2165 W Lakewood Blvd, Holland.
Contact: Day Center at Evergreen
Phone: (616) 355-5130

September 23 (6:00-7:00 PM) Alzheimer's Association Evening Dial-In Support Group. *Fourth Wednesday* of each month. Registration is required prior to calling in.
Phone: (800) 272-3900

September 24 (1:00-3:00 PM VIA ZOOM) Caregiver Resource Network-Family Caregiver – Organizing for Emotional Health This workshop will focus on decluttering, downsizing and organizing spaces for older adults to help them age in place in the home where they are surrounded by the possessions that mean the most to them and their family. The session will address the importance of helping older adults deal with their attachments to ‘stuff’ and the mental ‘clutter’ that impacts day to day life. It also speaks to the more severe issue of hoarding, experts will discuss the resources available to deal with clutter challenges, chronic disorganization, and hoarding disorder. Held on *Thursday, September 24, 2020* via Zoom. Registration is required. E-mail registration@aaawm.org or call 616-222-7032 to register. Once registered, you will be provided with the information for phone and online meeting access.

*** SarahCare Adult Day Center will provide care free of charge during support groups between 9 am and 5 pm. They are located at Knapp's Corner: 2211 E. Beltline, Grand Rapids and Metro Village: 2024 Health Drive, Suite B, Wyoming. Contact intake at 616-528-4003 to schedule an initial assessment. Pre-registration is rexxAquired for each drop off.**