CAREGIVER EVENTS CALENDAR

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| --- | --- |
| **November** | **2021** |
|  **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 |  |  |  |  |

**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!**

***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 Michigan Chapter provides a number of local support groups for caregivers of individuals with Alzheimer’s disease and related dementias that meet monthly throughout West Michigan. Due to COVID-19, these groups are currently meeting virtually or by phone. The Alzheimer’s Association also hosts other virtual and dial-in support groups open to caregivers statewide. Please visit [alz.org/gmc/helping\_you/support\_groups](file:///C%3A%5CUsers%5Ckrcopenhaver%5CDownloads%5Calz.org%5Cgmc%5Chelping_you%5Csupport_groups) for a list of statewide programs.

**For Alzheimer's Association caregiver support groups, please contact the Alzheimer's Association helpline at 800-272-3900 or email** **helplinegmc@alz.org**

**November 2, 9, 16, 23 and 30 (10:00-11:00 AM) *Virtual Caregiver Support Group.*** AAAWM 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:**AAAWM

**Phone:** (616) 222-7032

**November 3 (6:00-7:30 PM)**

***Joe Niekro Foundation - West Michigan Support Group*.** This support groupoffers outreach and support for brain aneurysm, AVM and stroke survivors and their caregivers. Meets the ***first Wednesday*** of the month at Metro Health Conference Center, 2225 Main Street, Wyoming.

**Phone:** (616) 252-7200

**November 8 and 22 (5:30-6:45 PM)**

***“Family Connection” Support Group.*** This support grouphelps 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*** ofthe month at the clinic located at 4211 Parkway Place, Suite 100, Grandville. Donations welcome.

**Contact:**Southwest Clinic

**Phone:**(616) 222-3700

**November 9 and 23 (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

**\* November 9 (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

**\* November 10 (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

**November 16 (1:00-3:00 PM) *Caregiver Resource Network-Family Caregiver University: Community Resources A to Z: Part 2: Long Term Care Options.*** Learn about resources related to transitioning into long term care or a nursing facility. Topics include independent living, assisted living, skilled nursing, continuum of care, costs, Community Transition Services, and caregiver resources. Held on ***Tuesday, November 16*** 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.

**November 16 (7:00-9:00 PM) *Family & Friends Support Group*.** Support group for family and friends of aging adults. Ashley Huisman with Emmanuel Hospice will be presenting on “Handling the Holidays”.  Meets on the ***third Tuesday*** each month at the Thornapple Evangelical Covenant Church, 6595 Cascade Rd SE, Grand Rapids. Facilitated by Nicholas DeBoer, LMSW.
**Contact:**  Cindy or Amy

**Phone:** (616) 281-6363 ext. 2450

**November 23 (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

**\* SarahCare Adult Day Center will provide care free of charge during support groups between 9 am and 5 pm. (Dependent on availability and also on COVID safety precautions). 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 required for each drop off.**