CAREGIVER EVENTS CALENDAR

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| --- | --- |
| **December**  | **2022** |
|  **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 |

**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.

**For Alzheimer's Association caregiver support groups, dates and times may be subject to change.  For up to date support group information, please visit** [**www.alz.org/gmc/helping\_you/support\_groups**](http://www.alz.org/gmc/helping_you/support_groups) **or contact the Alzheimer's Association's 24/7 Helpline at 800.272.3900 or** **helplinegmc@alz.org**

 **December 1 and 15 (12:30-2:00PM) *Alzheimer’s Association Caregiver Support Group.*** For caregivers of individuals who have Alzheimer’s or related dementias. This group will be taking place in-person at SarahCare Adult Day Care, 2211 East Beltline Ave NE, Grand Rapids on the ***first and third*** ***Thursdays*** of the month. Call 800.272.3900 or email helplinegmc@alz.org to register.

**Contact:**Harlene Gedris

**Phone:** (616) 949-4709

**December 6, 13, 20 and 27 (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 the expertise in working with older adults and their caregivers.  Time will also be allowed for participants to share their own personal experiences 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

**December 7 (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

**December 7 (6:30-8:00 PM) *Alzheimer’s Association Caregiver Support Group.*** For caregivers of individuals who have Alzheimer’s or related dementias. Currently meeting on the ***first Wednesday*** of the month via **phone or Zoom**. Call 800.272.3900 or email helplinegmc@alz.org to register. Meeting access information provided upon registration.

**Contact:**Laura DeWitt

**Phone:** (616) 822-5481

**December 8 (11:00 AM-12:00 PM) *Alzheimer’s Association Caregiver Support Group*.** For caregivers of individuals who have Alzheimer’s disease or related dementia. This group will be taking place in person at St. Paul’s United Methodist Church, 3334 Breton Rd SE, Grand Rapids on the ***second Thursday*** of the month. Call 800-272-3900 or email helplinegmc@alz.org to register.

**Contact:** Theresa Wilson

**Phone:** (616) 278-6526

**December 13 and 27 (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

**13 de diciembre (5:30-6:30 PM) *Grupo de apoyo para cuidadores en Español del Alzheimer's Association.*** Cada segundo martes del mes (5:30 PM-6:30 PM) Grupo de apoyo para cuidadores en Español del Alzheimer's Association.  Para cuidadores de personas que padecen de la enfermedad de Alzheimer o demencias relacionadas. Nos reunimos en el salón de multiuso de Exalta Health, 2060 Division Ave S, Grand Rapids, cada segundo Martes del mes. Debido al COVID-19, nos estamos reuniendo por teléfono. Comuníquese con Teresa Cruz-Vega por teléfono al 616-589-2820 para obtener más detalles..

**Contacto:** Teresa Cruz-Vega

**Teléfono:** 616-589-2820

**December 13 (5:30-6:30 PM) *Alzheimer’s Association Caregiver Support Group: Spanish Language.*** For Spanish-speaking caregivers of individuals who have Alzheimer’s or related dementias. This group will be held at Exalta Health, 2060 Division Ave S, Grand Rapids, on the ***second*** ***Tuesday*** of the month. Call 616-459-7423 or email amramos@alz.org for meeting details.

**Contact:** Teresa Cruz-Vega

**Phone:** 616-589-2820

**December 13 (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. Typically held atFaith Lutheran Church,2740 Fuller Avenue NE, Grand Rapids. Currently meeting on the ***second Tuesday*** of the month via **phone or Zoom.** Call 800.272.3900 or email helplinegmc@alz.org to register. Meeting access information provided upon registration.

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

**December 14 (6:00-7:00 PM) *Alzheimer’s Association Caregiver Support Group*.** For caregivers of individuals who have Alzheimer’s disease or related dementia. This group will be taking place in person at Rivertown Ridge, 3555 Copper River Ave. SW, Wyoming, MI 49418 on the ***second Wednesday*** of the month. Call 800-272-3900 or email helplinegmc@alz.org to register.

**Contact:** Karra Vander Wiere

**Phone:** (616) 240-9925

**December 17 (7:00-8:30 PM) *Family & Friends Support Group*.** Support group for family and friends of aging adults. Noelle Partee with Pine Rest Christian Mental Health Services will present “Tips and Tricks for Caregiving and Prevention Through the Eye of an Occupational Therapist”. Meets Tuesday, December 17th at the Thornapple Evangelical Covenant Church, 6595 Cascade Rd SE, Grand Rapids.
**Contact:**  Cindy or Amy

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

**December 17 (11:00 AM-12:00 PM) *Alzheimer’s Association Caregiver Support Group.*** For caregivers of individuals who have Alzheimer’s or related dementias. Typically held at St. Luke AME Zion Church, 101 Delaware St. SE, Grand Rapids, on the ***third Saturday*** of the month. **Currently meeting via phone or Zoom.** Call 800-272-3900 or email helplinegmc@alz.org to register. Meeting access information provided upon registration.

**Contact:** St. Luke AME Zion Church

**Phone:** (616) 452-7227

**December 20 (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. In-person meetings take place at Gemmen’s Hardware, 3488 Kelly St., Hudsonville, MI, on the ***third Tuesday*** of the month. Call 800.272.3900 or email helplinegmc@alz.org to register. Meeting access information provided upon registration.

**Contact:** Brian Nitz

**Phone:** (616) 822-1174

**December 21 (10:00-11:00 AM) *Alzheimer’s Association Caregiver Support Group.*** For caregivers of individuals who have Alzheimer’s or related dementias. This caregiver support group meets in-person at the Ionia County Commission on Aging, 115 Hudson St, Ionia, MI 48846, on the ***third Wednesday*** of each month. If you do not have a valid email address, or if you would like help registering, please contact our Helpline at 800-272-3900 or helplinegmc@alz.org.

**Contact:** Rachel Yenchar

**Phone:** (616) 527-5365 ext. 468

**December 22 (7:00-8:00 PM) *Alzheimer’s Association Caregiver Support Group.*** For caregivers of individuals who have Alzheimer’s or related dementias. Currently meeting on the ***fourth Thursday*** of the month **via phone or Zoom**. Call (800) 272-3900 or email helplinegmc@alz.org to register. Meeting access information provided upon registration.

**Contact:**Lois Thomas

**Phone:** 989-884-3372

**December 26 (9:30-11:00 AM) *Alzheimer’s Association Caregiver Support Group.*** For caregivers of individuals who have Alzheimer’s or related dementias. This group will be held in-person at Russ’ Restaurant (Cutlerville), 6444 Division Ave. S, Grand Rapids, MI 49548, on the ***fourth Monday*** of the month**.** Call 800.272.3900 or email helplinegmc@alz.org to register.

**Contact**: Kendra Schumaker
**Phone**: (616) 530-6700

**December 26 (6:45-7:45 PM) *Alzheimer’s Association Aging with Down Syndrome Support Group.*** This group is for family members of individuals with Down syndrome to share concerns or questions about Alzheimer's disease and to seek support. This group will be held in-person at the Down Syndrome Association of West Michigan, 160 68th St SW Ste. 110, Grand Rapids, MI 49548, on the ***fourth Monday*** of the month**.** Call 800.272.3900 or email helplinegmc@alz.org to register

**Contact:**Tom Hackett

**Phone:** 616-724-4720

**December 27 (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.**