

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.....

December					2018	
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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 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: <http://www.alz.org/gmc> or by calling the Association's 24/7 Helpline at 1-800-272-3900.

Alzheimer's Association Early-Stage Support Group. This support group is for people in the early stage of Alzheimer's or related dementias. Their care partners, family members and/or friends are welcome to attend. Assessment is required for support group participation. Dates and times to be determined once participant has been assessed.

Contact: Joy Spahn
Phone: (616) 459-7423

December 4 (12:00-1:00 PM) Alzheimer's Association Dial-In Support Group. For more information, e-mail: alzodialin@seniorhelpers.com. *First Tuesday* of each month.
Phone: (248) 865-1000

December 4 (1:00-3:00 PM) Caregiver Resource Network-Family Caregiver University: Emotional Intelligence – Recognizing Emotions and Learning How to Understand Them. We learn how to read, write, count and memorize in school. Chances are we were never taught how to recognize and manage our emotions and the wide ranging effect they have on ourselves and our relationships. Join us for a stimulating and thought-provoking session as you learn what you missed the first time around - about the fascinating field of emotional intelligence. Held on *Tuesday, December 4* at the Area Agency on Aging of Western MI, located at 3215 Eaglecrest Dr. NE, Grand Rapids. There is a \$5 suggested fee for this class (payable at the door). Registration is required. E-mail registration@aaawm.org or call 616-222-7032 to register.

December 5 (6:00 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 on the *first Wednesday* of the month at Metro Health Conference Center, 2225 Main Street, Wyoming, MI.
Phone: (616) 252-7200

December 5 (6:30 - 8:00 PM)

Alzheimer's Association Caregiver Support Group. Held at the Mercy Health Hauenstein Neuroscience Center in the Lack's Grand Room, 250 Cherry Street, Lower Level, 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: Karen Bugg Foley - (616) 685-5445
Or Sharon Koets - (616) 822-5481

*** December 6 and 20 (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

December 10 (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

December 10 (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

December 11 (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 *second Tuesday* of each month.

Contact: Joshua Baron
Phone: (616) 886-7865

December 11 (12:30 PM)

Caregiver Support Group. Evergreen Commons in Holland offers a caregiver support group on the *second and fourth Tuesdays* of the month (**4th Tuesday is Dec. 25 – group canceled**), 55 W. 16th St, Holland. Respite may be available, if prearranged.

Contact: Day Center at Evergreen
Phone: (616) 355-5130

December 11 (2:30-4:30 PM) Caregiver Resource Network – Diversity Academy presents

Over 6 million individuals in the United States have developmental disabilities. Often times, the Developmentally Disabled are misunderstood, sometimes disenfranchised, and, at times, become victims of a system that may not identify their needs. Please join us for a panel discussion with local experts, whose work focuses on improving the lives of the Developmentally Disabled. This class will be held on **Tuesday, December 11** at the Area Agency on Aging of Western Michigan located at 3215 Eaglecrest Dr. NE, Grand Rapids MI 49525. Registration is required. E-mail name, organization and training title to registration@aaawm.org to register.

*** December 11 (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

December 11 (7:00-8:30 PM)

Alzheimer's Association Support Group: Younger-Onset Dementias. For caregivers and 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

*** December 12 (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

December 12 (7:00 - 8:00 PM)

Alzheimer's Association Caregiver Support Group. For caregivers of individuals who have Alzheimer's or related dementias. Meets at Fourth Reformed Church, 1226 Union Ave NE, Grand Rapids, on the *second Wednesday* of the month.

Contact: Tom Boehm

Phone: (616) 334-0687

*** December 13 (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

*** December 14 (1:00-2:00 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) 222-7064

December 15 (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

Phone: (616) 452-7227

*** December 19 (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

December 19 (10:00 – 11:00 AM)

Alzheimer's Association Caregiver Support Group. La sesión es en español. Kent County Community Action, 121 Franklin St. SE, Suite 110, Grand Rapids. Comida provista para personas con demencia. Por favor llame antes de asistir. *3er. Miércoles* de cada mes.

Persona de contactar antes de asistir: Ramona Alvarez

Phone: (616) 632-7969

December 20 (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

December 26 (6:00-7:00 PM) Alzheimer's Association Evening Dial-In Support Group.

For more information, e-mail:

alzodialin@seniorhelpers.com. *Fourth Wednesday* of each month. Registration is required prior to calling in.

Phone: (800) 272-3900

*** 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 required for each drop off.**