

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.....

October					2018	
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			

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

October 2 (12:00-1:00 PM) Alzheimer's Association Dial-In Support Group. For more information, e-mail: alzdialin@seniorhelpers.com. *First Tuesday* of each month.

Phone: (248) 865-1000

October 3 (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

October 3 (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

*** October 4 and 18 (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

**October 8 and 22 (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

October 8 (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

**October 9 (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

**October 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

*** October 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

October 9 (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

*** October 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

October 10 (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

*** October 11 (10:00-11:00 AM)
Alzheimer's Association New Beginnings Caregiver Support Group.**

For care partners whose person with dementia has passed away. Meets on the *second Thursday* of each month at the Kentwood (Richard L. Root) branch of Kent District Library, 4940 Breton Rd SE, Kentwood.

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

*** October 11 (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

*** October 11 (6:00-7:30 PM)**
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 Cambrien Assisted Living, 52365 Ten Mile Rd.
Phone: (800) 272-3900

*** October 12 (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

*** October 16 (10:30-11:30 AM)**
Alzheimer's Association Caregiver Support 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

*** October 17 (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

*** October 17 (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

October 18 (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

October 20 (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

October 22 (7:00-9:00 PM) Caregiver Support Group. Support group for families and friends of aging adults. October topic is "The Many Resources Provided by AARP" with guest speaker Debbie Sytsma. Meets on the *fourth Monday* of each month at the Thornapple Covenant Church, 6595 Cascade Rd SE, Grand Rapids.
Contact: Ron Rozema
Phone: (616) 485-3578 or
Contact: Julie Griffin
Phone: (616) 617-1692

*** October 23 (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

October 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

October 23 (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

October 24 (6:00-7:00 PM) Alzheimer's Association Evening Dial-In Support Group. For more information, e-mail: alzdialin@seniorhelpers.com. *Fourth Wednesday* of each month. Registration is required prior to calling in.
Phone: (800) 272-3900

October 26 (1:00-3:00 PM) Caregiver Resource Network-Family Caregiver University: Stress, Holidays and Depression – Tips for Coping All Year Around. The holiday season may bring unwelcomed guests — stress and depression – for you as a caregiver, as well as for someone you care for. Combine the normal demands of the season with the tasks of caregiving, and the season can be difficult or may become burdensome. Learn how to recognize signs of depression and anxiety, and tips for coping with the busy holiday season – and for all year round! Held on *Friday, October 26* 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.

*** 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.**