

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.....

February					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			

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: Denise Gibson

Phone: (616) 459-7423

*** February 1 and 15 (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

February 6 (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

February 7 (6:30 - 8:00 PM)

Alzheimer's Association Caregiver Support Group. Held at the Mercy Health Saint

Mary's Health Care, Hauenstein 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

*** February 8 (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

*** February 8 (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

*** February 9 (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

**February 12 and 26 (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

**February 12 (6:30-7:30 PM) Alzheimer's
Association Caregiver Support Group:**

Lewy Body Dementias. For caregivers of individuals who have a Lewy body dementia or Parkinson's disease dementia. Meets on the *second Monday* of each month at Spectrum Health Neurology, 3rd floor, 2750 E. Beltline Ave NE, Grand Rapids.

Contact: Martha VanDyken

Phone: (616) 447-4832

**February 13 (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

**February 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

**February 13 (7:00-8:00 PM) Alzheimer's
Association LGBT Caregiver Support
Group.**

For LGBT caregivers of individuals who have Alzheimer's disease or related dementia. Meets at the *second Tuesday* of each month at Trinity United Methodist Church, 1100 Lake Drive SE, Grand Rapids.

Contact: Jill Granger

Phone: (616) 308-7575

**February 13 (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

February 13 (2:30 PM – 4:30 PM)
Caregiver Resource Network – Diversity Academy presents Caring for the Undocumented. This class will be held on *Tuesday, February 13* 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.

February 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 Wednesday* of the month.
Contact: Carrie Pattee
Phone: (616) 235-5022

February 14 (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

February 15 (6:00 – 7:00 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 Thursday* of the month.
Contact: Myrna Granderson or Dawn Anderson
Phone: (616) 452-7227

February 20 (7:00-8:00 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 Cornerstone Church on the *third Tuesday* of each month at 1675 84th Street SE, Caledonia.
Contact: Sue Marsh
Phone: (616) 325-7619

*** February 21 (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

February 21 (6:00 – 7:00 PM) Alzheimer's Association Caregiver Support Group. For caregivers of individuals who have Alzheimer's or related dementias. **La sesión es en español.** Bethlehem Intergenerational Center, 250 Commerce Ave SW, Grand Rapids. **3er. Miércoles** de cada mes.
Persona de contacto: Rebecca Lopez
Phone: (231) 736-3534

February 22 (1:00-3:00 PM) Caregiver Resource Network-Family Caregiver University: Personal Health Advocacy: Communicating with Our Healthcare Providers. Whether we're discussing our health needs or those of the person we're caring for, this class will help develop the strategies and tools needed to be our own health advocates. A panel of experts will share their knowledge from working in doctor's offices and hospital settings. Held on *Thursday, February 22* 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.

February 26 (7:00-9:00 PM) Caregiver

Support Group. Support group for families and friends of aging adults. Meets on the *fourth Monday* of each month at the Thornapple Evangelical Covenant Church, 6595 Cascade Rd SE, Grand Rapids.

Contact: Ron Rozema

Phone: (616) 485-3578 or

Contact: Julie Griffin

Phone: (616) 617-1692

*** February 27 (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

February 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

February 27 (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

February 28 (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.**