

# 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.....

May					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				

**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](mailto:helplinegmc@alz.org)

**May 3, 10, 17, 24 and 31 (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](mailto:registration@aaawm.org) or call 616-222-7032. Once registered, Zoom online and phone access will be sent.

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

**May 4 (6:00-7:30 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 the *first Wednesday* of the month at Metro Health Conference Center, 2225 Main Street, Wyoming.  
**Phone:** (616) 252-7200

**May 4 (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](mailto:helplinegmc@alz.org) to register. Meeting access information provided upon registration.  
**Contact:** Laura DeWitt  
**Phone:** (616) 822-5481

**May 5 and 19 (12:30-2:30PM)**  
**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](mailto:helplinegmc@alz.org) to register.  
**Contact:** Harlene Gedris  
**Phone:** (616) 949-4709

**May 9 and 23 (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

**May 10 and 24 (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. 16<sup>th</sup> St, Holland. Respite may be available, if prearranged.  
**Contact:** Day Center at Evergreen  
**Phone:** (616) 355-5130

**\* May 10 (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

**10 de mayo (5:30 PM-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

**May 10 (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](mailto:amramos@alz.org) for meeting details.  
**Contact:** Teresa Cruz-Vega  
**Phone:** 616-589-2820

**May 10 (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 at Faith 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](mailto:helplinegmc@alz.org) to register. Meeting access information provided upon registration.  
**Contact:** Sharon Koets  
**Phone:** (616) 822-5481

**\* May 11 (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

**\* May 12 (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](mailto:helplinegmc@alz.org) to register.  
**Contact:** Theresa Wilson  
**Phone:** (616) 301-2000

**\* May 17 (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](mailto:helplinegmc@alz.org) to register. Meeting access information provided upon registration.  
**Contact:** Brian Nitz  
**Phone:** (616) 822-1174

**May 17 (1:00-2:00 PM) Caregiver Resource Network-Elder Law.** Do you have an advance directive, durable medical power of attorney, will or other documents prepared? Have you been putting off the conversation because you don't know where to start? Come listen to an elder law attorney and caregiver expert explain what each document is, why you need them and how to get them ready for you or your loved one. Presented by Catherine Jacobs, Senior Counsel – Warner, Norcross + Judd. Held on *Tuesday, May 17* via Zoom. Registration is required. E-mail [registration@aaawm.org](mailto: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.

**May 17 (7:00-8:30 PM) Family & Friends Support Group.** Support group for

family and friends of aging adults. Kendra Schumaker with SarahCare will present "My Journey Through Home and Community Based Care". Meets Tuesday, May 17<sup>th</sup> at the Thornapple Evangelical Covenant Church, 6595 Cascade Rd SE, Grand Rapids.  
**Contact:** Cindy or Amy  
**Phone:** (616) 281-6363 ext. 2450

**May 18 (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](mailto:helplinegmc@alz.org).  
**Contact:** Rachel Yenchar  
**Phone:** (616) 527-5365 ext. 468

**May 19 (4:00 PM) Vista Springs Memory Care Support Group.** Monthly memory support group for family and friends who have a Loved One with memory issues. Brian Wilson, Dementia Champion and Alzheimer's Association group facilitator will present on "Reducing the Emotional Stress of Family Caregiving". Meetings are held on the *third Thursday* of the month at Vista Springs Northview – The Lodge, located at 3720 Vista Springs Ave NE, Grand Rapids.  
**Contact:** Tracy Lorenz (616) 350-1281 OR Sarah Schmidt (616) 446-7787

**May 21 (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](mailto:helplinegmc@alz.org) to register. Meeting access information provided upon registration.  
**Contact:** St. Luke AME Zion Church  
**Phone:** (616) 452-7227

**May 23 (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](mailto:helplinegmc@alz.org) to register

**Contact:** Nate Clark

**Phone:** 616-956-3488

**May 23 (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](mailto:helplinegmc@alz.org) to register.

**Contact:** Kendra Schumaker

**Phone:** (616) 530-6700

**May 24 (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

**May 26 (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 *last Thursday* of the month **via phone or Zoom**. Call (800) 272-3900 or email [helplinegmc@alz.org](mailto:helplinegmc@alz.org) to register. Meeting access information provided upon registration.

**Contact:** Lois Thomas

**Phone:** 989-884-3372

**\* 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.**