

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.....

November					2017	
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		

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 sponsors 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.

November 1 (6:30 - 8:00 PM) Dementia 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 every month. Open to caregivers supporting those affected with Alzheimer's, Lewy Body, FTD, Vascular, Parkinson's dementias and others. Co-sponsored by the Alzheimer's Association.
Contact: Karen Bugg Foley - (616) 685-5445
 Or Sharon Koets - (616) 822-5481

*** November 2 and 16 (12:30 - 2:30 PM) 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, MI. on the *first and third Thursdays of the month.*

Contact: Harlene Gedris
Phone: (616) 949-4709

November 7 (12:00-1:00 PM) Dial-In Support Group. For more information, e-mail: alzodialin@seniorhelpers.com. *First Tuesday* of each month.

Phone: (248) 865-1000

*** November 9 (10:00-11:00 AM) 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

*** November 9 (10:00-11:00 AM) 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

*** November 10 (1:00-2:00 PM)**

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

**November 13 and 27 (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

November 13 (6:30-7:30 PM) 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

November 14 and 28 (12:30 PM) Caregiver Support Group.

Evergreen Commons in Holland offers a caregiver support group on the *second and fourth Tuesdays* of every month. Respite may be available, if prearranged.

Contact: Day Center at Evergreen

Phone: (616) 355-5130

November 14 (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

November 14 (7:00-8:30 PM) 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, 49505.

Contact: Sharon Koets

Phone: (616) 822-5481

*** November 15 (10:00-11:00 AM)**

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

*** November 16 (1:00 – 2:00 PM) 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. Meets on the *third Thursday* of each month at Mercy Health SW, Grand Conference Room, 2373 64th Street, Grand Rapids.

Contact: Denise

Phone: (616) 459-7423

November 21 (7:00-8:00 PM) 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, MI 49316.

Contact: Sue Marsh

Phone: (616) 325-7619

November 22 (6:00-7:00 PM) 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

November 27 (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

*** November 28 (9:30-11:00 AM) 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

November 28 (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, MI.
Contact: Day Center at Evergreen
Phone: (616) 355-5130

November 30 (1:00-3:00 PM) Caregiver Resource Network-Family Caregiver University: Taking Care to Give Care. Do guilt or shame ever bubble up inside of you at the words "self-care"? Are you, as a caregiver, getting proper sleep, nutrition and exercise? Do you allow yourself time to do things you enjoy? This class will focus on how Caregivers can best balance caring for yourself and your loved one. This class will be held on *Thursday, November 30, 2017* at the Area Agency on Aging of Western Michigan located at 3215 Eaglecrest Dr. NE, Grand Rapids MI 49525. 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.**