

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					2020	
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. Due to COVID-19, these groups are currently meeting virtually or by phone. The Alzheimer's Association also hosts other virtual and dial-in support groups open to caregivers statewide. Please visit alz.org/gmc/helping_you/support_groups for a list of statewide programs. For more information, call the Alzheimer's Association at 248-996-1066 or email helplinegmc@alz.org.

*** October 1 and 15 (12:30-2:00 PM) Alzheimer's Association Caregiver Support Group.** For caregivers of individuals who have Alzheimer's or related dementias. Typically held at SarahCare Adult Day Care, 2211 East Beltline Ave NE, Grand Rapids, on the **first and third Thursdays** of the month. Currently meeting via phone. Call 248-996-1066 or email helplinegmc@alz.org to register. Meeting access information provided upon registration.

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

October 6 (10:00-11:00 AM) Alzheimer's Association Caregiver Support Group. For caregivers of individuals who have Alzheimer's or related dementias. Typically held at Church of the Servant, 3835 Burton St SE, Grand Rapids on the **first Tuesday** of each month. Currently meeting via phone or Zoom. Call 248-996-1066 or email helplinegmc@alz.org to register. Meeting access information provided upon registration.

Contact: Joshua Baron
Phone: (616) 913-8078

October 6, 13, 20 and 27 (10:00-11:00 AM) Virtual Caregiver Support Group. AAAAWM is hosting a weekly virtual support group for family caregivers. Discussion is led by a licensed therapist with expertise in 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 phone and Zoom. Email registration@aaawm.org or call 616-222-7032 to register. Meeting access information provided upon registration.

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

Alzheimer's Association Caregiver Support Group. Typically held at the Mercy Health Lacks Cancer Center in the Lack's Grand Conference Room, 250 Cherry Street, Lower Level. Currently meeting via phone and Zoom. This class is held 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. Call 248-996-1066 or email helplinegmc@alz.org to register. Meeting access information provided upon registration.

Contact: Sharon Koets

Phone: (616) 822-5481

*** October 8 (10:00-11:00 AM)**

Alzheimer's Association Caregiver Support Group. For caregivers of individuals who have Alzheimer's disease or related dementia. Typically held on the ***second Thursday*** of each month at St. Paul's United Methodist Church, 3334 Breton Rd SE, Grand Rapids. Currently meeting via phone. Call 248-996-1066 or email helplinegmc@alz.org to register. Meeting access information provided upon registration.

Contact: Theresa Wilson

Phone: (616) 301-2000

October 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

October 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. **Registration is required.**

Contact: Day Center at Evergreen

Phone: (616) 355-5130

*** October 13 (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 13 (5:00-6:00 PM) Alzheimer's Association Caregiver Support Group:

Spanish Language. For Spanish-speaking caregivers of individuals who have Alzheimer's or related dementias. Typically held at Exalta Health, 2060 Division Ave S, Grand Rapids, on the ***second Tuesday*** of the month. Currently meeting via phone. Call 616-459-7423 or email amramos@alz.org for meeting details.

Contact: Ana Ramos

Phone: 616-459-7423

13 de Octubre (5:00PM-6:00 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 Ana Ramos por teléfono al 616-459-7423 o por correo electrónico amramos@alz.org para obtener más detalles.

Contacto: Ana Ramos

Teléfono: 616-459-7423

October 13 (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 on the **second Tuesday** of each month at Faith Lutheran Church, 2740 Fuller Avenue NE, Grand Rapids. Currently meeting via Zoom. Currently meeting via phone or Zoom. Call 248-996-1066 or email helplinegmc@alz.org to register. Meeting access information provided upon registration.

Contact: Sharon Koets

Phone: (616) 822-5481

*** October 14 (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 17 (11:00 AM-12:30 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 248-996-1066 or email helplinegmc@alz.org to register. Meeting access information provided upon registration.

Contact: Patricia Bryant

Phone: (616) 452-7227

October 20 (3:00-4:00 PM) MI Alzheimer's Disease Center Mitten Minds Support Group. Support group for individuals with mild cognitive impairment or early-stage dementia. Currently meets via Zoom the **third Tuesday** of each month. For first-time attendance, email acmil@med.umich.edu before attending. After first time attending, register online at <https://alzheimers.med.umich.edu/mitten-minds-support-group/>. Registration is required each month to receive link to connect to group.

Contact: Ashley Miller, MPH

October 21 (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 at Metro Health Conference Center, 2225 Main Street, Wyoming, MI.
Phone: (616) 252-7200

*** October 27 (9:30-11:00 AM) Alzheimer's Association Caregiver Support Group.** For caregivers of individuals who have Alzheimer's disease or related dementia. Typically held on the **fourth Tuesday** of each month at Mercy Health SW, Grand Conference Room, 2373 64th Street, Grand Rapids. Currently meeting via phone. Call 248-996-1066 or email helplinegmc@alz.org to register. Meeting access information provided upon registration.

Contact: Kendra Schumaker

Phone: (616) 530-6700

October 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. **Registration is required.**
Contact: Day Center at Evergreen
Phone: (616) 355-5130

October 29 (1:00-3:00 PM VIA ZOOM) Caregiver Resource Network-Family Caregiver – Community Resources A-Z (In-home Options to Maintain Independence)
Learn about a variety of options for care in a home-based setting, such as Kent County Senior Millage, Care Management services, Medicare, Medicaid (including MI Choice Waiver), PACE, private duty home care, Adult Day Care, respite services and much more. Held on **Thursday, October 29, 2020** via Zoom. Registration is required. E-mail 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.