

# 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.....

These events are for YOU!

April					2009	
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 cost free, unless otherwise noted.**

**April 1 (1:15 – 2:15 PM). Men's Caregiver Support Group.** For male caregivers of individuals who *have* Alzheimer's or related dementias. Co-sponsored by Alzheimer's Association and Rest Haven Homes. Meets at Rest Haven Homes, 1424 Union NE, Grand Rapids. **Note:** The Alzheimer's Association co-sponsors a number of caregiver support groups in Kent County; a complete list is available online at [www.alzgm.org](http://www.alzgm.org) or by calling 1-800-272-3900.

**Contact:** Brian Wilson  
**Phone:** (616) 363-6819

**April 2, 9, 16, 23, 30 (10 AM-12 PM) Family Support Groups.** This is a time for people who are on a cancer journey with someone they love to come together to discuss issues, give information to one another and be part of a supportive community. Meets at Gilda's Club, 1806 Bridge NW, Grand Rapids.

**Contact:** Beth Nelson  
**Phone:** (616) 453-8300

**April 2, 16 (12:30 to 2:30 PM) Caregiver Support Group.** For caregivers of individuals who have Alzheimer's or related dementias. Co-sponsored by Alzheimer's Association and CareTree Adult Day Services. Respite for loved one available free of charge – call ahead to make arrangements. Meets at CareTree, 800 East Beltline NE, Grand Rapids.

**For Information:** Clayton Brillhart (616) 363-4101  
**For respite call:** Betsy (616) 464-3665

**April 2, 9, 16, 23, 30 (6:00-8:00 PM) Family Support Groups.** This is a time for people who are on a cancer journey with someone they love to come together to discuss issues, give information to one another and be part of a supportive community. Meets at Gilda's Club, 1806 Bridge NW, Grand Rapids.

**Contact:** Beth Nelson  
**Phone:** (616) 453-8300

**April 2 (7:00 PM) Adult Children Caregiver Support Group.** For adult children of individuals who have Alzheimer's or related dementias. Co-sponsored by Alzheimer Association and Rest Haven Homes. Meets at Rest Haven Homes, 1424 Union NE, Grand Rapids.

**Contact:** Ruth Johnston  
**Phone:** (616) 363-6819

**April 8 (10:45 AM – 3:00 PM) Get Away Day: Lunch and Butterfly exhibit at Frederick Meijer Gardens.** Offered by Holland Home, this is a fun, recreational outing planned by caregivers and staff. This program is designed to provide caregivers with the opportunity to enjoy some time for themselves, away from the duties of caregiving. Transportation is available for the first 23 people to sign up. Meet at CareTree – 800 East Beltline NE at 10:30am. Call ahead if you need respite care for your loved one, and to make reservation.

**Contact:** Audrey  
**Phone:** (616) 464-3665  
**Cost:** \$7 to \$9 admission and cost of lunch

**April 8 (4:00 PM) Peripheral Neuropathy Support Group.** Meets the second Wednesday of each month at St. Paul's Anglican Church, 2560 Lake Michigan Dr. NW, Grand Rapids.

**Contact:** Dorothy Teesdale  
**Phone:** (616) 897-9794

**April 12 (2:00-4:00 PM) ALS Support Group.** Features both joint and separate meetings for caregivers and care recipients. Meets at 1<sup>st</sup> Evangelical Covenant Church, 1933 Tremont Blvd. NW, Grand Rapids.

**Contact:** West Michigan Chapter of ALS  
**Phone:** (616) 459-1900 or (800) 387-7121

**April 13, 27 (5:30-6:30PM) "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 at the clinic located at 4211 Parkway Place, Suite 100, Grandville.

**Contact:** Southwest Clinic

[www.caregiverresource.net](http://www.caregiverresource.net)

888-456-5664

616-456-5664

Phone: (616) 222-3700

**April 14 (7:00 – 8:30 PM) Trinity Lutheran Church's Helping Helpers. Speaker: Marilyn Schutter, Holland Home. Topic: The Joy of Care-giving: You can't take care of others unless you take care of yourself!** An education and support group for caregivers. Meets at Trinity Lutheran Church, Room 213/215, 2700 East Fulton, Grand Rapids.

**For more information:** (616) 949-2510

**April 15 (10:00 – 11:30 AM) Caregiver Support Group. Topic: TBD.** A Support and education group for people who take care of a loved one. Co-sponsored by Holy Name of Jesus, Holy Redeemer, St. John Vianney, St. Sebastian, and St. Pius X Parishes in conjunction with Holland Home. Meets at Holy Redeemer Parish, 2700 Baldwin Dr., Jenison.

**Phone:** Rhonda at (616) 669-9220, Ext. 1101

**April 16 (1:30 – 2:30 PM) Caregiver Support Group.** Groups for both caregivers of persons who have Alzheimer's or related dementias; and persons with early-stage dementia. Sponsored by Pine Rest Christian Mental Health Services. Meets at Pine Rest, Mulder Center, 300 68<sup>th</sup> St. SE, Grand Rapids.

**Contact:** Nancy Cortney

**Phone:** (616) 364-1500, Ext. 3677

**April 16 (7:00 – 9:00 PM) Caregiver Support Group. Speaker: Dr. Kevin Foley and Karen Bugg. Topic: Recognizing the symptoms of Alzheimer's and Parkinson's.** SarahCare offers a monthly community support group with free care for a loved one while the caregiver attends the group.

Refreshments provided. This support group is held at: SarahCare Adult Day Center @ Metro Health Village (North of M-6 and Byron Road) at 2024 Health Drive, Suite B, Wyoming, MI 49519

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

**April 18 (1:30 PM) Caregiver Support Group.**

For caregivers of individuals who have Alzheimer's or related dementias. Co-sponsored by Alzheimer's Association and GR Home for Veterans. Meets at Grand Rapids Home for Veterans, 3000 Monroe Ave. NW, Grand Rapids.

**Contact:** Sue Marsh

**Phone:** (616) 243-5682

**April 20 (10:00-11:00AM) Medical Mondays. Speaker: Joel VanderWall, Comprehensive Physical Therapy. Topic: Back Pain Prevention.** Monthly educational presentations sponsored by Covenant Village of the Great Lakes. Meets in the Covenant Village Fellowship Hall at 2510 Lake Michigan Dr. NW, Grand Rapids. Coffee and fellowship available before the presentation at 9:30AM. **Registration not required.**

**April 20 (11:30 AM – 1:00 PM) Confident Caregivers of West Michigan. Speaker: Carol Flietstra, Holland Home. Topic: Conquering Fears and Anxiety.** Confident Caregivers of West Michigan is a monthly support group for sharing needs, questions, answers and encouragement. Complimentary lunch provided. RSVP requested. Meets at Calvary Church Room 123, 777 East Beltline, Grand Rapids.

**Contact:** Regina Scovill

**Phone:** (616) 956-9377 ext. 3672

**April 21 (2:00 PM) Caregiver Support Group.** For caregivers of individuals who have Alzheimer's or related dementias. Co-sponsored by Alzheimer's Association and Holland Home Raybrook Manor. Meets in the Chapel Fellowship Room at Raybrook Manor, 2121 Raybrook Ave. SE, Grand Rapids, MI 49546

**Contact:** Laurie Howe

**Phone:** (616) 235-2084

**April 21 (6:30 – 8:00 PM) Caregiver Support Group.**

A Support and education group for people who take care of a loved one. Co-sponsored by The Shrine of St. Francis Xavier and Our Lady of Guadalupe, and Immaculate Heart of Mary parishes. Meets at St. Francis Xavier school at 250 Brown St. SE, Grand Rapids.

**Phone:** (616) 538-8019

**April 22 (6:00 PM) Frontotemporal Dementia/ Pick's Disease Caregiver Support Group.** For caregivers of

individuals who have Frontotemporal/Pick's Disease. Co-sponsored by Alzheimer's Association and St. Mary's Health Care. Meets at St. Mary's Health Care, Wege Center, Room 14, 300 Lafayette SE, Grand Rapids.

**Contact:** Karen Bugg

**Phone:** (616) 913-1044

**April 23 (2:00 PM) Dementia Series. Speaker: Clark Chaplains. Topic: Spirituality and Dementia.** The

Dementia Series is a free monthly community education program sponsored by Clark Retirement Community. Meets at Clark Chapel at 1551 Franklin St. SE, Grand Rapids.

**Contact:** Chris Simons

**Phone:** (616) 452-1568

**April 27 (10:00 – 11:30 AM) Caregiver Support Group. Topic: Handling Loss. Speaker: Dr. Beth**

**Reimel, Grief and Loss Counselor.** A support and education group for people who take care of a loved one. Offered by Mayflower Congregational Church and Holland Home. Meets at Mayflower Congregational Church, 2345 Robinson Rd. SE, Grand Rapids.

**For information call:** (616) 459-6255

**April 27 (11:30 AM – 1:30 PM). Side-by-Side Adult Day Services Caregiver Support Group.** For caregivers

of individuals who have Alzheimer's or related dementias. Co-sponsored by Alzheimer's Association and Side-By-Side Adult Day Services. Lunch provided at no cost. Meets at Conference Room, Family Life Center, 1256 Walker Ave. NW, Grand Rapids.

**Contact:** Judy Maxim

**Phone:** (616) 235-2910, Ext. 17

**April 28 (7:00 – 9:00 PM) Support Group for Family & Friends of Aging Adults. Speaker: Carol Heerema, Nurse Educator. Topic: What they don't tell you about moving into a nursing home – the little things that drive you crazy.**

Note: An open forum style question and answer session is facilitated by Ron Rozema after

each guest speaker session. Meet at Thornapple Evangelical Covenant Church, 6595 Cascade Rd. SE (NE corner Cascade & Burton).

**For Information:** Julie Griffin (616) 243-8116 or Ron Rozema (616) 222-4522