

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!

March					2010	
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, as holidays may conflict with meeting dates. All meetings are open to the public and cost free, unless otherwise noted.

March 1, 15 (1:30 – 2:30 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 (respite available). **Note:** The Alzheimer's Association co-sponsors a number of caregiver support groups in Kent County; a complete list is available online at <http://www.alz.org/gmc> or by calling 1-800-272-3900.

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

March 1 (6:30 PM). Caregiver Support Group. Evergreen Commons in Holland offers a caregiver support group on the first Monday of every month.
Contact: Gloria VanHaitsma
Phone: (616) 355-5153

March 2 (6:00 PM) Blossoming Expression Care Partner' Support Group. For caregivers of individuals who have Alzheimer's or other dementia. Sponsored by the Alzheimer's Association. Meets at United Methodist Community House, 904 Sheldon Avenue SE, Grand Rapids, 49507.

Contact: Arlene Colbert
Phone: (616) 821-9186

March 2 (6:30 PM) Younger-Onset Dementia Care Partners' Support Group. For caregivers and individuals who have Younger-Onset dementia. Sponsored by Alzheimer's Association. Meets at Faith Lutheran Church, 2740 Fuller Avenue NE, Grand Rapids, 49505 (Telephone Screening Required)

Contact: Mary Mathieu
Phone: (616) 459-4558

March 2, 9, 16, 23, 30 (6:30 PM) Caregiver Training. Evergreen Commons in Holland offers caregiver training every Tuesday evening from March 2nd through April 6th. There is no charge for these trainings, but donations are welcome. Registration required.

Contact: Gloria VanHaitsma
Phone: (616) 355-5153

March 3 (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) 685-5445

March 4, 11, 18, 25 (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

March 4, 18 (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: Audrey (616) 464-3665

March 4, 11, 18, 25 (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

March 4, 11, 18, 25 (6:30 PM) Savvy Caregiver Dementia Training. Evergreen Commons in Holland offers dementia training every Thursday evening from March 4th through March 25th. There is no charge for these trainings, but donations are welcome. Registration required.

Contact: Gloria VanHaitsma
Phone: (616) 355-5153

www.caregiverresource.net

888-456-5664

616-456-5664

March 4 (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

March 8 (10:00-11:00 AM) Medical Mondays Speaker: Dr. Beyer, Urological Solutions. Topic: Bladder Control. 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.**

March 8, 22 (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
Phone: (616) 222-3700

March 9 (12:30 PM). Caregiver Support Group. Evergreen Commons in Holland offers a caregiver support group on the second Tuesday of every month.
Contact: Gloria VanHaitsma
Phone: (616) 355-5153

March 9, 16, 23, 30 (1:30 – 3:00 PM) Powerful Tools for Caregivers. The nationally recognized *Powerful Tools for Caregivers* course is designed to provide caregivers of older adults with tools to meet their own needs as they care for others. Powerful Tools is a six week course held on Tuesdays from March 9 to April 20, 2010. Each week, one ninety minute class is facilitated by trained leaders experienced in care giving. *Powerful Tools for Caregivers* is presented as a free public service by Clark Retirement Community. Classes are held at Clark Retirement Community, 1551 Franklin Street, SE. Classes are limited to 12 participants. To register, call Lyne at 616.452.1666, extension 107.

March 10 (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

March 10 (4:30 PM). Caregiver Support Group. Evergreen Commons offers a caregiver support group on the second Wednesday of every month at Royal Park in Zeeland.
Contact: Gloria VanHaitsma
Phone: (616) 355-5153

March 10 (5:15 Dinner, 6:00 PM meeting) Trinity Lutheran Church's Helping Helpers. Speaker and Topic: TBD. 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
Cost: \$2.00 for optional dinner

March 10 (10:45 AM – 3:00 PM) Get Away Day: Lunch at One Trick Pony downtown, followed by a visit to the Grand Rapids Public Museum for the Big BIG BUGS! Exhibit. 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 10:45am. Call ahead if you need respite care for your loved one, and to make a reservation.
Contact: Audrey
Phone: (616) 464-3665
Cost: Cost of lunch and exhibit

March 11 (10:00 AM and 2:00 PM) Dementia Series. Topic: Alzheimer's Project "Momentum in Science Part 2." The Dementia Series is a free monthly community education program sponsored by Clark Retirement Community. Meets at 10:00 AM at Keller Lake at Windsor Cottage and at 2:00 PM at Clark Chapel at 1551 Franklin St. SE, Grand Rapids.
Contact: Chris Simons
Phone: (616) 452-1568

March 14 (2:00-4:00 PM) ALS Support Group. Features both joint and separate meetings for caregivers and care recipients. Meets at 1st Evangelical Covenant Church, 1933 Tremont Blvd. NW, Grand Rapids.
Contact: West Michigan Chapter of ALS
Phone: (616) 459-1900 or (800) 387-7121

March 15 (11:30 AM – 1:00 PM) Confident Caregivers of West Michigan. Speaker: Susan Olthof of Holland Home. Topic: Constructive Interventions for Persons Experiencing Memory Loss. 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

March 16 (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

March 16 (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

March 17 (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

March 18 (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 68th St. SE, Grand Rapids.
Contact: Nancy Cortney
Phone: (616) 364-1500, Ext. 3677

March 18 (7:00 – 9:00 PM) Caregiver Support Group. Speaker: Kendra Schumaker, SarahCare Adult Day Care Center. Topic: HBO Documentary, HOPE, on caring for a family member with Alzheimer's. SarahCare along with Caregiver Cottage LLC offer 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

March 20 (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

March 22 (10:00 – 11:30 AM) Caregiver Support Group. 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

March 22 (3:00 PM) Caregiver Support Group. For caregivers of individuals who have Alzheimer's or related dementias. Co-sponsored by Alzheimer's Association and Family Life Center. Meets in the Side By Side Adult Day Program's conference room, 1256 Walker Ave. NW, Grand Rapids (respite available).
Contact: Judy Maxim **Phone:** (616) 235-2910, Ext. 17

March 23 (7:00 – 9:00 PM) Support Group for Family & Friends of Aging Adults. Speaker: Christiana Getz, Alzheimer's Association of West Michigan. Topic: Promoting Brain Health.
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