

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!

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.

November 2, 16 (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

November 3 (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

November 3 (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

November 4 (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

November					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					

November 5, 12, 19, 26 (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

November 5, 19 (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

November 5, 12, 19, 26 (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

November 5 (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

November 8 (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

November 9, 23 (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

November 10 (4:00 – 8:30 PM). Caregiving: A Matter of Mind & Heart. The Caregiver Resource Network (CRN) and the Grand Rapids Public Library have teamed up to present this free event at the downtown Grand Rapids Public Library located at 111 Library Street NE, Grand Rapids. (4:30 – 5:30) "Steps to Confident Caregiving for Persons with Dementia" with Joy Spahn of the Alzheimer's Association. (5:30 – 6:30) Visit resource tables, and Hors d'oeuvres. (6:30 – 7:30) "Creative Caregiving" with Mary Ellen Geist, author of Measure of the Heart: Caring for a Parent with Alzheimer's followed by a book signing and drawing for door prizes. Registration encouraged. To reserve your spot e-mail the Area Agency on Aging of Western Michigan at registration@aaawm.org.

November 11 (10:45 AM – 3:00 PM) Get Away Day: Lunch at The Heritage Restaurant. 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

November 11 (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

November 11 (5:15 Dinner, 6:00 PM meeting) Trinity Lutheran Church's Helping Helpers. Speaker : Joy Spahn, Alzheimer's Association. Topic: Alzheimer's and Dementia: What You Need to Know. 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

November 14 (10:00 AM – 12:00 PM). Caregiving: A Family Affair. The Caregiver Resource Network (CRN) and the Grand Rapids Public Library have teamed up to present this free event at the downtown Grand Rapids Public Library

located at 111 Library Street NE, Grand Rapids. It will be an informative and enjoyable event featuring a humorist and motivational speaker, Judy Schreur, family caregiving essay contest winners, and a wide range of caregiver resource information. Registration encouraged. To reserve your spot e-mail the Area Agency on Aging of Western Michigan at registration@aaawm.org or call 616-222-7055.

November 16 (10:00-11:00 AM) Medical Mondays Speaker: Pat O'Neill, Cherry Street Health Services Clinic. Topic: Diabetes and Nutrition. 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.

November 16 (11:30 AM – 1:00 PM) Confident Caregivers of West Michigan. Speaker: Joy Spahn, Alzheimer's Association. Topic: Alzheimer's Disease and Dementia. 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

November 17 (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

November 17 (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

November 18 (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

November 19 (10:00 AM and 2:00 PM) Dementia Series. Topic: Coping with the Holidays. 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

November 19 (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

November 19 (7:00 – 9:00 PM) Caregiver Support Group . 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

November 21 (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

November 23 (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

November 23 (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

November 24 (7:00 – 9:00 PM) Support Group

for Family & Friends of Aging Adults. Speaker: Jan Moffon, LIFE EMS. Topic: Emergencies: What to do, Who to call, When to call, What to expect.

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