



## Family & Friends of Aging Adults Support Group

What is normal aging behavior? Where can I turn for help? How can I cope with my guilt? Does anyone understand how I feel?

If you struggle with any of these questions, this group may be for you. Our support group for Family & Friends of Aging Adults is designed specifically for those who are caregivers to older adults, and provides an opportunity to gather information, gain answers and grow.

What to expect:

- **Information** - Past topics have included financial planning, coping with hearing loss, dementia, Alzheimer's, depression, managing stress, guilt, and much more.
- **Ideas** - Fresh thoughts about how to manage, where to call, how to get help, how to solve problems.
- **Encouragement** - Other caregivers understand better than anyone else.
- **Support** - A positive atmosphere to help you face the challenging tasks involved in caregiving.
- **Confidentiality** - Your personal and family concerns are not shared outside the group.

New members are welcome to join at any time.

### When

7 - 8:30 p.m.  
Dates listed on the back.

### Location

Thornapple Evangelical Covenant Church  
6595 Cascade Road SE  
Grand Rapids, MI 49546

**Cost**  
FREE

### For More Information

Visit [pinerest.org/aging-adults](http://pinerest.org/aging-adults)  
Call Cindy or Amy from Pine Rest  
at 616.281.6363 Ext: 2450



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## Upcoming Speakers for 2024

Date	Topic	Presenter
January 16, 2024	Caring for the Caregiver - How Recreation Therapy Can Help	Kristine Schwab, Life Therapeutic Solutions, Inc
February 20, 2024	The Area Agency on Aging of West Michigan: Services Offered	Liz Barnett, Area Agency on Aging of Western Michigan
March 19, 2024	Activities and Engagement for Persons Living with Cognitive Limitations	Sarah Wendling, Pine Rest Older Adult Services
April 16, 2024	Depression and Anxiety Treatment in Dementia	Dr. Richelle Payea, Pine Rest Older Adult Services
May 21, 2024	Setting Sail in Uncharted Waters: How to Navigate Serious Illness, Resources and Conversations	Dr. Carol Robinson, So We May Know
June 18, 2024	Positive Approaches to Care	Rosemary Apol-Hoezee, Atrio HHC
July 16, 2024	Caregiving: Managing Stress, Depression and Anxiety	Dr. Nicole Buozis, Pine Rest
August 20, 2024	Safety for Aging Adults: What You Need to Know	Noelle Partee, Pine Rest Older Adult Services
September 17, 2024	Neuropsychological Testing; Getting a Proper Diagnosis and Deciphering Results	Dr. Scott Halstead, Pine Rest
October 15, 2024	Planning for Long Term Care, The Do's & Don'ts	Catherine Jacobs, Warner, Norcross and Judd
November 19, 2024	Advancing the Science: The Latest in Alzheimer's and Dementia Research	Claire Fisher, Alzheimer's Association