



Families & 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 Families & 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.
Call Cindy or Amy from Pine Rest
at 616.281.6363 Ext: 2450



pinerest.org/aging-adults

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Upcoming Speakers for 2022

Date	Topic	Presenter
January 18, 2022	Where Do We Go From Here?	Sharon Landman, Story Point
February 15, 2022	Promoting Healthy Independence	Rashea Nidefski, Care Resources PACE
March 15, 2022	Common Legal Issues Caregivers Face	Sean Cox, Attorney and Counselor
April 19, 2022	New Advances in Alzheimer's Treatment	Jean Barnas, Alzheimer's Association
May 17, 2022	My Journey Through Home and Community Based Care	Kendra Schumaker, SarahCare
June 21, 2022	Prepare to Care: Creating a Plan	Jennifer Feuerstein, AARP
July 19, 2022	Activities and Engagement for Persons Living with Dementia	Renee Parham and Christina Turkewytcz, Clark Retirement Community
August 16, 2022	A Personal Journey of Caregiving	Eric Britcher
September 20, 2022	Why a Memory Care Community is Beneficial	Ben Leavell, Waterford Place
October 18, 2022	What You Need to Know about Dementia: Diagnosis, Treatment and Caregiving Tips	Dr. Jessica O'Mara, Pine Rest Christian Mental Health Services
November 15, 2022	When It's Not the Most Wonderful Time of the Year	Kathy Bartels, Grace Hospice