



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 2023

Date	Topic	Presenter
January 17, 2023	Tips and Tricks for Caregiving and Prevention Through the Eye of an Occupational Therapist	Noelle Partee, Pine Rest Christian Mental Health Services
February 21, 2023	Debunking the Myths of Hospice	Valarie Cook, The Care Team Home Health and Hospice
March 21, 2023	Latest Advances in Dementia Care	Jean Barnas, Alzheimer's Association
April 18, 2023	Prepare to Care: Creating a Plan	Joy Spahn, AARP
May 16, 2023	What Caregivers Need to Know About Financial Planning: Perspective from an Elder Care Attorney	Susan Chalgian, Chalgian & Tripp Law Offices
June 20, 2023	My Journey Through Home and Community Based Care	Kendra Schumaker, SarahCare
July 18, 2023	Building the Pillars of Your Best Life	Hugh Randall, The Foundry Church
August 15, 2023	A Holistic Approach to Symptom Management	Miranda Eden, Emmanuel Hospice
September 19, 2023	Recognizing Dementia: Diagnosis and Treatment Strategies	Dr. Louis Nykamp, Pine Rest Christian Mental Health Services
October 17, 2023	Managing Worry and Anxiety	Jean Holthaus, Pine Rest Christian Mental Health Services
November 21, 2023	The Most Wonderful Time of the Year?	Lindsay Jousma, Gilda's Club