

# SUPPORT GROUPS

**\*In response to the sharp increase in cases driven by the omicron variant, and consistent with our commitment to our mission and the health and safety of our constituents, volunteers and staff, all support groups will be delivered via Zoom (virtually) as of December 28, 2021.**

**Please reach out to the support group contact listed below before attending a program to confirm meeting details.**

**Please contact our 24/7 Helpline at 800.272.3900 or email [helplinegmc@alz.org](mailto:helplinegmc@alz.org) with questions or to register.**

Build a support system with people who understand. Alzheimer's Association® caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia to:

- Develop a support system.
- Exchange practical information on caregiving challenges, possible solutions and learn about community resources.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.

**\*IN-PERSON SUPPORT GROUPS (currently meeting via zoom or over the telephone)**

**To register, visit [alz.org/gmc/supportgroups](http://alz.org/gmc/supportgroups) or email [helplinegmc@alz.org](mailto:helplinegmc@alz.org) or call 800.272.3900**

Location	Date/Time	Contacts
<b>CHARLEVOIX COUNTY</b>		
Charlevoix Senior Center, 13513 Division St. <b>No in-person meeting; contact to confirm meeting details</b>	Second Thursday 1 - 2:30 p.m.	Sheri Shepard 231.237.0103

**CHIPPEWA COUNTY**

<p>UPHS, 510 Ashmun St., Sault Ste. Marie <b>No in-person meeting; contact to confirm meeting details</b></p>	<p>Second Thursday 10 - 11 a.m.</p>	<p>Sheri Poirier 906.632.3363</p>
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**DICKINSON COUNTY**

<p>DICSA, 1238 Carpenter Ave., Iron Mountain <b>Meeting via Zoom</b></p>	<p>Third Thursday 2 - 3 p.m. (CNT)</p>	<p>Call for Zoom link Tammy T. 906.774.8032</p>
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**EMMET COUNTY**

<p>Friendship Center of Petoskey, 1322 Anderson Rd. <b>Meeting via Zoom</b></p>	<p>Second Wednesday 2 - 3:30 p.m.</p>	<p>Suzanne Holguin 231.347.3211 ext. 34 <a href="#">Zoom link</a> Meeting ID: 959 8481 8326 Passcode: 888222</p>
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**GENESEE COUNTY**

<p>Swartz Creek Senior Center, 8095 Civic Dr. <b>No in-person meeting; contact to confirm meeting details</b></p>	<p>First Wednesday 10 - 11:30 a.m.</p>	<p>Jamie Ross 810.399.6042</p>
<p>Flushing Area Senior Center, 106 Elm St. <b>No in-person meeting; contact to confirm meeting details</b></p>	<p>First Thursday 2 - 3 p.m.</p>	<p>Dawn Shurter 810.394.0974</p>
<p>Grand Blanc Senior Activity Center, 12632 Pagels Dr. <b>No in-person meeting; contact to confirm meeting details</b></p>	<p>Second Tuesday 6 - 7 p.m.</p>	<p>Christine O'Morrow 810.620.6836</p>
<p>Davison Area Senior Center, 10135 Lapeer Rd. <b>Meeting via Zoom</b></p>	<p>Second Thursday 10 a.m. - noon</p>	<p>Sue Purdy 810.603.1974 or Bonnie Guith 810.869.4722 <a href="#">Zoom link</a> Meeting ID: 931 4189 9055 Passcode: 289584 888.788.0099 US Toll-free</p>

<p>Clio Senior Center, 2136 W Vienna Rd. <b>Meeting via Zoom</b></p>	<p>Fourth Monday 6:30 - 7:30 p.m.</p>	<p>Dawn Shurter 810.394.0974  <a href="#">Zoom link</a>  Meeting ID: 970 0807 4613 Passcode: 614961</p>
<p>Marguerite DeAngeli Library Room, 921 W. Nepessing St., Lapeer <b>Meeting via Zoom</b></p>	<p>Fourth Wednesday 6 - 7:30 p.m.</p>	<p>Amy Denise 810.732.8500</p>
<b>GRAND TRAVERSE COUNTY</b>		
<p>Traverse Area District Library, 610 Woodmere Ave, Traverse City, Thirlby Room <b>Meeting via Zoom</b></p>	<p>Wednesday, January 12 11:30 - 1 p.m.</p>	<p>Bonita Schoonover 231.360.0309  <a href="#">Click here for Zoom link</a> Meeting ID: 949 8933 8723 Passcode: 158158</p>
<b>GRATIOT COUNTY</b>		
<p>Mid-Michigan Health, 300 E. Warwick Dr., Alma <b>No in-person meeting; contact to confirm meeting details</b></p>	<p>Third Wednesday 4:30 - 5:30 p.m.</p>	<p>Michelle Miller 989.466.3378</p>
<b>HILLSDALE COUNTY</b>		
<p>Perennial Park/Hillsdale Senior Center 320 W. Bacon St. <b>Meeting via Zoom</b></p>	<p>Fourth Wednesday 3:30 - 5 p.m.</p>	<p>Perennial Park 517.437.2422</p>
<b>INGHAM COUNTY</b>		
<p>Ingham County Medical Care Facility, 3960 Dobie Rd., Okemos <b>Meeting via Zoom</b></p>	<p>First Thursday 7 - 8:30 p.m.</p>	<p>Bertha Bullen 517. 512.3587  <a href="#">Zoom link</a>  Meeting ID: 932 1903 2395 Passcode: 482789 Dial-in: 833 548 0282</p>
<p>Burcham Hills Retirement Community, Second Floor Private Dining Room, 2700 Burcham Dr., East Lansing <b>No meeting in January or February</b></p>	<p>Second Tuesday 5:30 - 6:30 p.m.</p>	<p>David Hind 248.996.1060</p>

<p>First United Methodist of Mason, 201 E. Ash St.  <b>No meeting in January</b>  <b>Meeting via Phone in February and March</b></p>	<p>Third Monday                      5:30 - 6:30 p.m.</p>	<p>David Hind                      248.996.1060                       Dial-in:                      877-853-5247 (US Toll-free)                      Meeting ID: 929 3130 6646                      Passcode: 049713</p>
<p><i>Mens only discussion group</i>                      Delta Enrichment Center, 4538 Elizabeth Rd., Lansing  <b>Meeting via Zoom</b></p>	<p>Third Wednesday                      10 a.m. - noon</p>	<p>David Hind                      248.996.1060   <a href="#">Click here for Zoom link</a>                       Meeting ID: 962 2326 3478                      Passcode: 131408                      Dial-in: 877 853 5247</p>
<p>Riverview Church- Holt Venue, 3585 E. Willoughby Rd.,                      Holt  <b>No in-person meeting; contact to confirm meeting details</b></p>	<p>Fourth Thursday                      6:30 - 7:30 p.m.</p>	<p>Wendy Briggs                      517-285-7290</p>
<p><b>KALAMAZOO COUNTY</b></p>		
<p>Portage Senior Center, 320 Library Lane  <b>Meeting via Zoom</b></p>	<p>Second Tuesday                      6 - 7 p.m.</p>	<p>Cassidy Covert                      269.487.9700   <a href="#">Zoom link</a>                       Meeting ID: 998 9923 6630                      Passcode: 293890                      Dial-in: 877 853 5247 US Toll-free</p>
<p><b>KENT COUNTY</b></p>		
<p>SarahCare, 2211 E Beltline Ave. NE, Grand Rapids  <b>Meeting via Zoom</b></p>	<p>First Thursday                      12:30 - 2 p.m.</p>	<p>Harlene Gedris                      616.949.4709   <a href="#">Click here for Zoom link</a>                      Meeting ID: 939 4630 7303                      Passcode: 474795</p>
<p>Grupo de apoyo en español                      Exalta Health, 2060 Division Ave. S., Grand Rapids  <b>reunión a través de zoom en enero y febrero</b></p>	<p>Segundo martes                      5:30 - 6:30 p.m.</p>	<p>Teresa Cruz-Vega                      616.589.2820   <a href="#">enlace de zoom</a>                      id de reunión: 950 4440 1990                      contraseña: 080110</p>
<p>St. Paul's United Methodist Church, 3334 Breton Rd. SE,                      Grand Rapids  <b>No in-person meeting; contact to confirm meeting details</b></p>	<p>Second Thursday                      11 a.m. - noon</p>	<p>Theresa Wilson                      616.278.6526   <a href="#">Click here for Zoom link</a>                      Meeting ID: 936 9838 3307                      Passcode: 383707</p>

<p>SarahCare, 2211 E Beltline Ave. NE, Grand Rapids <b>Meeting via Zoom</b></p>	<p>Third Thursday 12:30 - 2 p.m.</p>	<p>Harlene Gedris 616.949.4709 <a href="#">Click here for Zoom link</a> Meeting ID: 939 4630 7303 Passcode: 474795</p>
<p><i>Aging with Down Syndrome</i> Down Syndrome Association of West Michigan, 233 Fulton St. E., Ste. 124, Grand Rapids <b>No in-person meeting; contact to confirm meeting details</b></p>	<p>Fourth Monday 5:45 - 6:45 p.m.</p>	<p>Nate Clark 616.956.3488 <a href="#">Click here for Zoom link</a> Meeting ID: 917 1682 2287 Passcode: 932022</p>
<b>LENAWEE COUNTY</b>		
<p>Touch of Home Adult Daycare 1155 W. Beecher St., Adrian <b>No meeting in January or February</b></p>	<p>Second Monday 2 - 3:30 p.m.</p>	<p>Tammy Jewell 517.403.5959</p>
<b>LIVINGSTON COUNTY</b>		
<p>Independence Village of Brighton Valley 7700 Nemco Way <b>No meeting in January or February</b></p>	<p>First Monday 6:30 - 8 p.m.</p>	<p>Michelle Phalen 734.212.5430</p>
<p>Livingston Educational Service Agency 1425 W. Grand River Rd., Howell <b>No meeting in January</b> <b>Meeting via Zoom in February</b></p>	<p>First Tuesday 3 - 4:30 p.m.</p>	<p>Michelle Phalen 734.212.5430</p>
<b>MACOMB COUNTY</b>		
<p>Shelby Twp. Activities Center, 14975 21 Mile Rd. <b>No meetings in January or February</b></p>	<p>Second Monday 7 - 8 p.m.</p>	<p>Diane Ingrao 586.255.8867</p>
<p><i>Early Stage Caregiver and Person with Dementia</i> SarahCare of Lakeside, 13425 19 Mile Rd., Ste. 500, Sterling Hgts. <b>Meeting via Zoom</b></p>	<p>Second Wednesday 6 - 7 p.m.</p>	<p>Kayla Jakel 248.996.1056</p>
<p>SarahCare of Lakeside, 13425 19 Mile Rd., Ste. 500, Sterling Hgts. <b>Meeting via Zoom</b></p>	<p>Second Thursday 3:30 - 5 p.m.</p>	<p>Sara Follebout 586.731.2273 <a href="#">Click here for Zoom link</a> Meeting ID: 932 5421 6628 Passcode: 943467</p>

<p>Sterling Heights Medical Park, 44250 Dequindre, Classrooms A &amp; B, 1st Floor <b>Meeting via Zoom</b></p>	<p>January 27, February 24, March 31 1 - 2 p.m.</p>	<p>Ellen Rizzi, LMSW 947.519.3666 <a href="#">Click here for Zoom link</a> Meeting ID: 980 3921 0597 Passcode: 184332</p>
<b>MASON COUNTY</b>		
<p>Ludington Senior Center, 308 S. Rowe St. <b>No meeting in January</b></p>	<p>Second Thursday 1 - 2:30 p.m.</p>	<p>Jamie Medema 231.893.8730</p>
<b>MECOSTA COUNTY</b>		
<p>ResLife Church, 14734 215th Ave., Big Rapids <b>Starts in February.</b> <b>Temporarily meeting via Zoom or Phone</b></p>	<p>Second Tuesday 3 - 4:30 p.m.</p>	<p>Donette Neal 231.796.3185</p>
<b>MISSAUKEE COUNTY</b>		
<p>Lake City Senior Center, 120 E. John St. <b>No in-person meeting; contact to confirm meeting details</b></p>	<p>First Friday 1 - 2 p.m.</p>	<p>Lewis Beaver 231-846-5303</p>
<b>MONROE COUNTY</b>		
<p>Aspen Grove, 7515 Secor Rd., Lambertville <b>No meeting in January</b></p>	<p>Second Monday 5:30 - 6:30 p.m.</p>	<p>Jim Puhl 419.708.8644</p>
<b>MUSKEGON COUNTY</b>		
<p>White Lake Library, 3900 White Lake Dr., Whitehall <b>No meeting in January</b></p>	<p>First Thursday 5:30 - 7 p.m.</p>	<p>Jamie Medema 231.893.8730</p>
<b>OAKLAND COUNTY</b>		
<p>Royal Oak Senior Center, 3500 Marais Ave. <b>Meeting via Zoom</b></p>	<p>Second Monday 3 - 4 p.m.</p>	<p>Carolyn Marsh 248.246.3900 <a href="#">Zoom link</a> Dial-in: 877 853 5247 Meeting ID: 956 7116 2938</p>

**ALZHEIMER'S ASSOCIATION MICHIGAN CHAPTER**

		Passcode: 929017
<p><i>Younger Onset Caregiver</i> Birmingham NEXT, 2121 Midvale St. <b>Meeting via Zoom</b></p>	<p>Third Wednesday 5:30 - 7 p.m.</p>	<p><a href="#">Click here for Zoom link</a> Meeting ID: 963 0194 1165 Passcode: 057093</p>
<p>Kirk in the Hills, 1340 W. Long Lake Rd. Bloomfield Twp. <b>No meeting in January</b></p>	<p>Second Tuesday 10 - 11 a.m.</p>	<p>Crystal Thomas 248.926.9737</p>
<p>Orion Township Public Library, 825 Joslyn Rd., Lake Orion <b>Meeting via Zoom</b></p>	<p>Second Tuesday 10:30 - 11:30 a.m.</p>	<p>Beth Sheridan 248.693.3000  <a href="#">Zoom link</a>  Meeting ID: 248 693 3001</p>
<p>Waterford Senior Center, 3621 Pontiac Lake Rd. <b>No meeting in January</b></p>	<p>Second Tuesday noon - 1 p.m.</p>	<p>Erin Asdell 248.682.9450</p>
<p>Cambrian Senior Living, 52365 10 Mile Rd., South Lyon <b>No meeting in January</b> <b>Meeting via Zoom in February</b></p>	<p>Second Thursday 6 - 7:30 p.m.</p>	<p>Karen Sonnett 248.344.0001 ext. 2229</p>
<p>Waterford Senior Ctr., 3621 Pontiac Lake Rd. <b>No meeting in January</b></p>	<p>Third Monday 7 - 8 p.m.</p>	<p>Erin Asdell 248.682.9450</p>
<p><i>Younger Onset Caregiver</i> Birmingham NEXT, 2121 Midvale St. <b>Meeting via Zoom</b></p>	<p>Third Wednesday 5:30 - 7 p.m.</p>	<p>Cindy Beller 586.453.1909  <a href="#">Click here for Zoom link</a> Meeting ID: 952 6400 4637 Passcode: 599493</p>
<p>Auburn Hills Community Center, 1827 North Squirrel Rd. <b>No meeting in January or February</b></p>	<p>Third Thursday 6 - 7 p.m.</p>	<p>Annette Werner 248.840.5169</p>
<p>Waltonwood of Main, 1401 N. Rochester Rd., Rochester <b>No meeting in January</b></p>	<p>Fourth Tuesday 12:45 - 1:45 p.m.</p>	<p>Liz McMurtrie 248.601.7600</p>

OTTAWA COUNTY		
<p><i>Mens only discussion group</i> Gemmen's Ace Hardware, 3488 Kelly St., Hudsonville <b>No in-person meeting; contact to confirm meeting details</b></p>	<p>Third Tuesday 10:30 - 11:30 a.m.</p>	<p>Brian Nitz 616.822.1174</p>
<p>Second Reformed Church Library, 1000 Waverly Ave., Grand Haven <b>No meeting in January</b></p>	<p>Third Tuesday 6:30 - 7:30 p.m.</p>	<p>Susan Thorpe 248.310.2312</p>
SAGINAW COUNTY		
<p>Wickson District Library-Frankenmuth 359 S. Franklin St. #1598 <b>No in-person meeting; contact to confirm meeting details</b></p>	<p>Second Monday noon - 1 p.m.</p>	<p>Sandy Muehlfeld 989.652.9512</p>
SANILAC COUNTY		
<p>McKenzie Health System, 120 Delaware St., Sandusky <b>No in-person meeting; contact to confirm meeting details</b></p>	<p>First Friday 1 - 2:30 p.m.</p>	<p>Louise Blasius, LMSW, LPC, 810.648.6181</p>
ST. JOSEPH COUNTY		
<p>St. Joseph County Commission on Aging, 1200 W. Broadway St., Three Rivers <b>No meeting in January</b> <b>Meeting via Zoom in February</b></p>	<p>First Tuesday 6 - 7:30 p.m.</p>	<p>Carol Ruggles 269.816.0430</p>
WASHTENAW COUNTY		
<p>Gilbert Residence, 203 S. Huron St., Ypsilanti <b>No meeting in January</b></p>	<p>First Wednesday 3 - 4:30 p.m.</p>	<p>Debi Lowry 734.223.8155</p>
<p>Silver Maples of Chelsea, 100 Silver Maples Dr. <b>Meeting via Zoom</b></p>	<p>Second Wednesday 11:30 a.m. - 12:30 p.m.</p>	<p>Samantha Snyder 734.475.4111 ext. 238</p>

**ALZHEIMER'S ASSOCIATION MICHIGAN CHAPTER**



Brecon Village - EHM Senior Solutions, 200 Brecon Dr., Saline <b>Meeting via Zoom</b>	Second Wednesday 6:30 - 8 p.m.	Michelle Phalen 734.212.5430
StoryPoint Saline 6230 S. State Rd. <b>Meeting via Zoom</b>	Second Thursday 2:30 - 4 p.m.	Cindy Kashdan 248.709.5303
Towsley Health Building/IHA Senior Health, 5361 McAuley Dr., Ypsilanti <b>No meeting in January</b>	Third Wednesday 3 - 4:30 p.m.	Sandi Valenti 734.712.5008
Chelsea Retirement Community - Crippen Building 725 W. Middle St. <b>Meeting via Zoom</b>	Third Thursday 2 - 3:30 p.m.	Linda Madden 734.433.1000 ext. 3711
<b>WAYNE COUNTY</b>		
Northville Community Center, 303 W. Main St. <b>Meeting via Zoom</b>	First Tuesday 6:30 - 8 p.m.	Treena Horton 248.996.1058  <a href="#">Click here for Zoom link</a>  Meeting ID: 965 3771 8550 Passcode: 316106
PACE Southeast Michigan, 15401 Commerce Dr. N., Dearborn (In English and Arabic) <b>No meeting in January</b>	First Wednesday 10:30 - 11:30 a.m.	Donna Jawad 313.605.8933
Livonia Civic Park, 15218 Farmington Rd. <b>Meeting via Phone</b>	First Thursday 10 - 11 a.m.	Christine Flacks 313.689.3456  1.877.853.5247 US Toll-free Meeting ID: 991 7098 9038 Passcode: 786244
St. Paul Lutheran Church, 2550 Edsel St., Trenton <b>No meeting in January</b>	First Thursday 7 - 8 p.m.	Treena Horton 248.996.1058
The Helm at the Boll Life Center, 158 Ridge Rd., Grosse Pointe Farms <b>No in-person meeting; contact to confirm meeting details</b>	Third Thursday 5 - 6:30 p.m.	Carolyn Van Dorn 313.642.1122

## VIRTUAL (DIAL-IN AND/OR ZOOM)

To register, visit [alz.org/gmc/supportgroups](http://alz.org/gmc/supportgroups) or email [helplinegmc@alz.org](mailto:helplinegmc@alz.org) or call 800.272.3900

Location	Date/Time	Contacts
Livonia/Farmington Hills/Southfield Area	Every Monday 6 - 7:30 p.m.	John R. 248.559.2586
<i>Early Stage Caregiver</i> Statewide	Every Tuesday 1 - 2:30 p.m.	Kayla Jakel 248.996.1056
Ann Arbor Area	First Wednesday 3 - 4:30 p.m.	Sandy Kunkle 252.269.1160
<i>Younger Onset Caregiver</i> Statewide	First Wednesday 5:30 - 7 p.m.	Cindy Beller 586.453.1909
Grand Rapids Area	First Wednesday 6:30 - 8 p.m.	Laura DeWit 616.822.5481
Muskegon Area	First Thursday 1 - 2:30 p.m.	Susan Woolner 734.620.0942
Ann Arbor Area	Second Monday 3 - 4:40 p.m.	Anne Scherba 517.202.6424
Southfield Area	Second Tuesday 1:30 - 3 p.m.	Dorothy Moon 248.233.4392
Bay City Area	Second Tuesday 6 - 8 p.m.	Stacy McIntyre 989.892.6644
<i>Younger Onset Caregiver</i> Grand Rapids Area	Second Tuesday 7 - 8:30 p.m.	Sharon Koets 616.822.5481
<i>Grief After Dementia in Partnership with</i> <i>Hospice of Michigan</i> Statewide	Second Tuesday 6:30 - 7:30 p.m.	Carly Whetstone 616.443.2581
<i>Early Stage Person with Dementia</i> Virtual or Dial-in	Second & Fourth Thursday 1 - 2 p.m.	Kayla Jakel 248.996.1056
<i>Veteran Caregivers and Caregivers of Veterans</i> Statewide Virtual	Second Friday 10:30 - 11:30 a.m.	Contact Helpline to register 800.272.3900 or <a href="mailto:helplinegmc@alz.org">helplinegmc@alz.org</a>

### ALZHEIMER'S ASSOCIATION MICHIGAN CHAPTER

25200 Telegraph Rd., Suite 100, Southfield, MI 48033 | [helplinegmc@alz.org](mailto:helplinegmc@alz.org) | 800.272.3900 | [alz.org/gmc](http://alz.org/gmc)

Ionia County Dial-in only	Third Wednesday 10 - 11 a.m.	Rachel Yenchar 616.527.5365 ext. 468
Statewide Virtual or Dial-In	Third Wednesday 3:30 - 4:30 p.m. (CNT)	Alicia C. 906-932-1500 ext. 27543
Detroit Area Dial-in only	Third Thursday noon - 1 p.m.	Sonya Bell 313.682.4793
West Bloomfield Area	Third Thursday 1:30 - 3 p.m.	Dorothy Moon 248.233.4392
Grand Rapids Area	Third Saturday 11 a.m. - noon	St. Luke AME Zion Church 616.452.7227
University of Michigan Community (Staff and Students)	Fourth Tuesday 4 - 5 p.m.	Michelle Phalen 734.212.5430
Leelanau County	Fourth Wednesday 2 - 3 p.m.	Victoria Maggio 231.256.8123
Saline Area	Fourth Wednesday 6:30 - 8 p.m.	Michelle Phalen 734.212.5430
Monroe Area	Fourth Thursday 6 - 7 p.m.	Nancy 734.755.8303
Tecumseh Area	Fourth Thursday 6:30 - 8 p.m.	Michelle Phalen 734.212.5430
Statewide Virtual and Dial-In	Call/email for date 7 - 8 p.m.	Cassidy Covert 269.487.9700

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