



Benefits of a Dementia Support Group

Although most caregivers will say there are many benefits of caring for a close friend or family member with dementia, they may also mention the many trials involved during the various stages of Dementia and Alzheimer's disease. Most Dementia caregivers have experienced these challenges first-hand. Coping with caregiving commonly engenders feelings of isolation, burnout, emotional and physical exhaustion. Why is it important to participate in a caregiver's support group? Research has shown time and time again that support is vital to the health and well-being of caregivers.

Advantages of Joining a Caregiver's Support Group

- The group can act as a positive outlet providing caregivers a regular time slot each month for social interaction.
- A support group offers a safe place where any negative emotions about caregiving can be expressed and validated (like anger, frustration, and grief), helping participants feel they are NOT alone.
- Caregivers can gather ideas on how others deal with common challenges of caring for a loved during each of the stages of Alzheimer's disease.
- Caregivers are given the opportunity to help others who are new to caregiving by offering tips on what has and hasn't worked well for them.
- Many groups offer an educational component with expert advice on caregiving topics.
- Support groups help caregivers maintain balance by doing something for themselves instead of always caring for their loved one (www.alzu.org).

HOPE
for Dementia is here

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April 2019

Dementia Support Group

Waterford Place is hosting a dementia support group for loved ones of residents that have dementia. This group meets on a monthly basis to provide education, conversation and support for those caring for someone who has dementia. If you are interested in attending the support group, please Call to RSVP at 616-667-6000.



We will meet the third Tuesday of every month in Conference Room A at 6:30 p.m. Our next meeting is Tuesday, April 16th. Our support group meetings will focus on offering education and support to those of you that have a loved one with dementia. We are very excited to have Gloria VanHaitsma, RN as the facilitator of our support group. Gloria holds a Bachelor's Degree in Nursing from Western Michigan University and has dedicated her career to caring for people with mental health concerns

and assisting the elderly. Gloria worked as a nurse at Pine Rest Christian Hospital for 17 years. After her time at Pine Rest Gloria was then employed for 14 ½ years as the Caregiver Support Coordinator at Evergreen Commons Day Center in Holland. Gloria truly has a passion for helping and educating caregivers and family members in their journey with loving and caring for someone with dementia.

Questions? Would you like a tour?

Please contact Kris Hartney,
Admissions Counselor.
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616.667.6000


Waterford Place
Memory Care