

WORKSHOPS

POWERFUL TOOLS FOR CAREGIVERS

This free 6-week program is designed to give family caregivers the tools needed to care for themselves while they are caring for a loved one. You'll learn ways to relax and reduce stress, communicate effectively with family, doctors and other professionals, set goals, make decisions and problem solve.

SAVVY CAREGIVERS CLASS

This free 6-week class teaches participants a unique perspective on dementia, highlighting the functional aspects of the disease and concentrating on the abilities of the person with dementia.

DID YOU KNOW?

Did you know that Evergreen Commons has a bus shelter right outside of our building off 21st street? The Macatawa Area Express (MAX) is a great resource in our community to get to and from Evergreen Commons.

The MAX is a small urban transit system that has operated in Holland/Zeeland since 2000 with hourly fixed bus routes and an evening Twilight Route Monday through Saturday.

ADA cardholders, people 70 years or older, and those whose origins and/or destinations that are farther than ½ mile from a bus stop are eligible to reserve rides. Reservations must be made by 4 p.m. the day prior to travel. Unfortunately, MAX cannot accommodate same day reservations or ride changes.

For questions about routes, rates, reservations, or ADA benefits, please call MAX Customer Service at (616) 355-1010.



www.evergreencommons.org

The Day Center 616-355-5118
Monday - Friday 8:00 am - 4:00 pm



The Day Center of Evergreen Commons provides a safe and secure environment built around social stimulation, engagement, personal care, and fun activities for your loved one, while providing respite to family caregivers, giving them a much needed break from caregiving responsibilities.

MONTHLY CAREGIVER SUPPORT GROUPS CALENDAR

- Every 2nd Tuesday of the month | 12:30 pm
The Day Center (55 W. 16th Street, Holland)
- Every 2nd Thursday of the month | 3 pm
Christ Memorial Church (in the Green Room)
- Every 3rd Wednesday of the month | 3 pm
Fennville United Methodist Church
- Every 4th Tuesday of the month | 12:30 pm
The Day Center (55 W. 16th Street, Holland)
- Every 4th Tuesday of the month | 3 pm
Fellowship Church (Room 104)



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Resource Office - 616-355-5118
Monday 10:00 am – 2:30 pm
Tuesday thru Thursday 9:30 am – 2:30 pm
Closed Friday



We celebrate the many dimensions of an active lifestyle by offering engaging programs, classes, and community!

Medicare & Medicaid Assistance Program:

This free service has trained and certified counselors who are able to provide individuals with objective assistance in the following areas: understanding Medicare and Medicaid benefits, comparing and enrolling in Medicare Prescription and Advantage plans, reviewing supplemental insurance options, and applying for prescription drug assistance.

Congregate Meal Program:

Ottawa County residents, age 60 and older, are eligible for meal vouchers here at Evergreen Commons to enjoy a nutritious meal while socializing with others in our dining room. A grant through AgeWell Services makes it possible along with participant donations when able.



RESOURCE OFFICE:

Our door is always open to help with issues impacting older adults including financial, health insurance, medical equipment, assisted living and other housing, caregiver assistance, low-cost food provisions, and much more. As the community's most extensive resource for older adults, we'll explain options to maintaining independence and accessing a variety of support.

CARE COORDINATION:

Our Care Coordinators are trained professionals who will work personally alongside individuals and families to help them understand the many options available in maintaining independence in the home and accessing a variety of support and assistance which they may not be aware of. Some of the services our team offers include the following:

- A broad knowledge of community resources & agencies
- A free in-home or phone assessment of needs and a personalized plan of care
- Meetings and consults with caregivers to offer support, discuss resources, classes, training & support groups.
- Screening individuals for state and federal financial assistance
- Ongoing coordination of supportive services through Evergreen and other appropriate organizations
- Assistance in planning for future care needs

Call our Resource Office to inquire!