

April 2023

Caring Connections

A monthly newsletter that helps connect caregivers to resources and upcoming events.



April Events

- 4/9/23 Easter Dinner at the Marquette Elks Lodge. Open to all elders over 60. See back for details.
- 4/12/23 Gwinn Open Grief Support Group at the Forsyth Senior Center. Time: 2-3pm
- 4/19/23 Grief Support Group at Lake Superior Life Care & Hospice. Time: 5:30-6:30pm
- 4/20/23 Senior Support Group Topic: Tech Coaching (see back for details)
- 4/20/23 West End Grief Group at Negaunee Senior Center. Time: 3-4pm

**Visit our
website for
more
information**



Lakesuperiorhospice.org

Dance Zone offers Parkinsons class

The Dance Zone is offering a dancing and movement class for those with Parkinson's Disease. Studies show that dancing can: improve quality of life, improve balance, gait and postural stability, decrease or lessen severity of tremor, reduce the likelihood of falls, decrease rigidity often associated with PD, improve control over hand and facial muscles. The benefits of dance often carry over into everyday life! Those who are ready to take control over their Parkinson's symptoms are encouraged to come to one or several of the sessions.

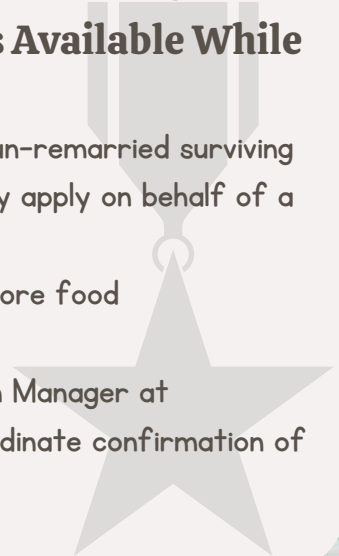
- Class meets Tuesdays & Thursdays from 2-3 p.m.
- Dance Zone, 1113 Lincoln Avenue in Marquette
- Open to anyone with Parkinson's and their families or caregivers
- No charge, but donations are accepted.
- This class is jointly sponsored by Lake Superior Life Care & Hospice.
- For details, call Marge at (906)236-1457
- dancezonemaqt.org



Veteran Food Assistance

Grocery Store Gift Cards/Certificates Available While Supplies Last

- Eligibility: Veterans/National Guard/Reserves/un-remarried surviving spouses, Caregivers, and service providers may apply on behalf of a Veteran they are assisting
- Proof of military service must be verified before food cards/certificates can be distributed.
- Please contact UPCAP's UP Veteran's Program Manager at Lombardf@upcap.org or 906.282.0041 to coordinate confirmation of Military Service



Upcoming Events

- **4/9/23 Easter Dinner** - 2:00 p.m. In-house dining at the Elks Lodge in Marquette. Open to all elders over the age of 60 who otherwise would not have a holiday friendship meal. For more information, please contact Danielle Berg (906)273-2575 ext 1021.
- **4/19/23 Parkinson's Support Group** - Every 3rd Wednesday of the month from 2-3pm at the Marquette Senior Center. No registration necessary. Open to people living with Parkinson's disease and their caregivers. 300 W Spring Street, Marquette, MI.
- **4/20/23 Senior Support Group** - at the Millcreek Clubhouse from 2-3 pm. **Topic: Tech Coaching** presented by Christine Ault. Need help with the downtown Marquette parking app? Want to adjust the settings on your phone or tablet? Learn how to make your electronic devices work the way you want them to with the help of this presentation. Christine is a retired teacher, librarian, and also an expert trouble shooter. **1728 Windstone Dr, Marquette, MI. Free & open to the public.**
- **Every Monday & Friday - Asahi** - Asahi is a mind-body health practice. It is a versatile fitness program from Finland. Asahi can be practiced by people of all ages and in all states of health or physical condition. No equipment is necessary. Join instructor Don Bode **Fridays and Mondays in the Baraga Gym**. To learn more about this comprehensive exercise routine which helps people improve their health and quality of life. It is great for strengthening, developing balance, and reducing stress.
- **Walking** - The Baraga Gym is open for walking every weekday. Walking hours include Mondays-Wednesdays-Fridays 7:30am - 9:00am, Tuesdays and Thursdays 7:30am - 8:45am, and Wednesdays 3:00pm-4:00pm. No need to call, drop in and walk in the gym!

Resources to Remember

RSVP

- Offers seniors aged 60 and older rides for non-emergent, non-surgical medical appointments. Call your local senior center to make an appointment.
- Marquette Senior Center: 906.228.0456
- Negaunee Senior Center: 906.475.6266
- Ishpeming Senior Center: 906.485.5527
- Forsyth Senior Center: 906.346.9862

Meals on Wheels

- Delivers nutritious meals to homebound seniors.
- 906.228.6522

2-1-1

- Need help with food, housing, or paying bills? Need support in a family crisis or community disaster? Any time. All the time. Just call 2-1-1

Veteran Food Assistance

- Eligible for Veterans and un-remarried surviving spouses.
- First time applicants receive priority of service
- Dial 2-1-1 to apply.

Little Brothers friends of the Elderly

- Friendly visits
- Medical Transportation
- Food Assistance
- Social Activities/Parties
- 906.273.2575

Veteran Caregiver Support Program

- This is a program for caregivers, family members, friends, Veterans, and community partners to contact for information related to caregiving and available support and services
- 1-855-260-3274

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Lake Superior Life Care & Hospice is a Partner Agency of:

