

August 2023

Caring Connections

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



August Events

- 8/9/23 Gwinn Open Grief Support Group at the Forsyth Senior Center. 2-3pm
- 8/16/23 Grief Support Group at Lake Superior Life Care & Hospice. Time: 5:30-6:30pm
- 8/17/23 Live & Learn Millcreek. Group Topic: Acupuncture & You!
- 8/17/23 West End Grief Group at Negaunee Senior Center. Time: 3-4pm
- 8/28/23 Aging U.P. Presentation at the Negaunee Senior Center 1-2 pm. Part 2! (See back for details)

**Visit our
website for
more
information**



Lakesuperiorhospice.org

Powerful Tools for Caregivers - In Person!

Registration is open for our first ever in-person workshop (a virtual class is also available)! This 6-week workshop is designed for the non-professional, informal caregiver and will help you take care of yourself while caring for a parent, spouse, or friend, at home, in a nursing home, or across the country. This workshop will provide YOU, the caregiver, tools to:

- Reduce stress and help you relax
- Make tough decisions
- Reduce guilt, anger, and depression
- Communicate effectively with family members, your doctor, paid help
- Take care of yourself
- Set goals and problem-solve

Wednesdays, September 13-October 18, 2023. 2:00-3:30 pm. At Lake Superior Life Care & Hospice 914 W. Baraga Avenue in Marquette.

Class size is limited! Registration ends September 10

To register visit our website at: www.upcap.org (click on EVENTS) or call 2-1-1 for assistance. There is no charge for the workshop. Class materials are provided.

Workshop is offered in partnership with UPCAP and Lake Superior Life Care & Hospice.

Live & Learn Acupuncture & You!

Come join us for an exploration into drug free pain management with Marc Weinrick of MQT Acupuncture. Marc has been successfully helping folks reduce pain, and increase mobility by using non-invasive and drug free methods for nearly 20 years. Acupuncture is a safe, effective and highly versatile medical modality that is being embraced by physicians worldwide. Come see what ancient medicine has to offer to the modern world!

This presentation is free and open to the public.

- Thursday August 17, 2023
- 2:00 - 3:00 p.m.
- Millcreek Clubhouse 1728 Windstone Dr, Marquette

For more information please call 906.225.7760

Upcoming Events

- 8/16/23 **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.
- 8/17/23 **Live & Learn** - at the Millcreek Clubhouse from 2-3 pm. **Acupuncture & You!** Presented by: **Marc Weinrick**. See front page for details. **1728 Windstone Dr, Marquette, MI. Free & open to the public.**
- 8/28/23 **Aging U.P. Part 2!** Do you ever walk into the kitchen and forget the reason why you went in there in the first place? These types of incidents can be written off by the aging population as "Senior Moments". Are senior moments a normal part of aging? This two-part series will help you learn more about the benefits of positive attitudes toward aging. You will learn ways to improve your decision making, and your memory. **Presentation is free and open to the public.** Cognitive Screenings will also be offered for a small fee if interested. **Negaunee Senior Center 410 Jackson St. in Negaunee.**
- **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

Alzheimer's Association

- Whether you are living with Alzheimer's, caring for someone with the dementia or just want to learn more about the disease, we are here to help!
- Greater Michigan Chapter
- <https://www.alz.org/help-support/caregiving>

Powerful Tools for Caregivers

- Learn skills to take care of yourself while caring for someone else. By taking care of your own health and well-being, you become a better caregiver.
- 6 class sessions held once a week offered both virtually and in person
- To learn more visit: upcap.org/powerful-tools-for-caregivers.

Community Action Alger Marquette

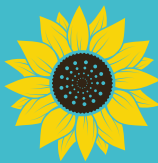
- You may be eligible for up to \$25,000 in assistance through the Michigan Housing Opportunities Promoting Energy-Efficiency Program (MI-HOPE)
- MI-HOPE can assist eligible households who have experienced financial hardship with repairs or upgrades.
- To apply visit Michigan.gov/MI-HOPE

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

DanceZone Parkinson's class

- Dancing and movement class for those with Parkinson's Disease
- Improves balance, reduces the likelihood of falls.
- Class meets Tuesdays and Thursdays from 2-3p.m. For details call Marge at 906.236.1457.



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

