

Caring Connections

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

December Events at a glance

- 12/7/23 Grief & the Holidays
- 12/13/23 Gwinn Open Grief Support Group at the Forsyth Senior Center. 2-3 pm
- 12/14/23 Congregate Meal
- 12/20/23 Grief Support Group at Lake Superior Life Care & Hospice. Time: 5:30-6:30 pm
- 12/21/23 Live & Learn Millcreek. Group Topic: Aging U.P. Part 2
- 12/25/23 Elks Meal

Visit our
website for
more
information

Lakesuperiorhospice.org
or (906) 225-7760

Caregiver Support Groups Now Offered!

Are you feeling isolated or burned out as a caregiver? Do you experience frustration or guilt and need a safe place to process? You are not alone...

Join us for opportunities to share your feelings, develop friendships, receive emotional support, and to learn about available community resources.

Choose a location that works best for you!

- Marquette 12/20/23
3rd Wednesday of every month
2:00-3:00 p.m.
Lake Superior Life Care & Hospice Office
914 W. Baraga Avenue
- Gwinn 12/12/23
2nd Tuesday of every month
1:30-2:30 p.m.
Forsyth Senior Center
165 N. Maple St
- Ishpeming 12/19/23
3rd Tuesday of every month
2:00-3:00 p.m.
Ishpeming Multi-Purpose Senior Center
121 Greenwood St

Call Jamie Barbieri, Community Outreach Coordinator with any questions. 906.225.7760.

Grief & The Holidays Presentation

When you are grieving a loved one's death, the holidays can feel especially difficult. Please join us to discuss challenges, tips, techniques, and ideas to manage the holiday season.

Free and open to the public.

Facilitated by Lisa Marttila Social Worker & Bereavement Coordinator and Coralie Voce Spiritual Care Coordinator

Date: Thursday December 7th, 2023

Time: 6:00 - 7:00 PM

Place: Peter White Public Library Heritage Room
217 N. Front St, Marquette

Free Congregate Holiday Meal!

Marquette:

There will be a free congregate holiday meal provided at the Lost Creek Community Center.

Must be 60+ to attend

Date: 12/14/23

Time: 11:30 a.m.

Place: Lost Creek Community Center
Call Oxsanna at (906) 228-6522 ext 301 to sign up

Ishpeming:

There will be a free holiday meal provided at the Elks in Ishpeming for dine in, delivery, or take-out.

Date: 12/25/23

Time: 11:30 a.m. - 2 p.m. for dine-in

Place: Ishpeming Elk's

Call the Ishpeming Elk's to register.
906.486-6890. Deadline to register is 12/23/23 at 2 p.m.

Upcoming Events

- **12/13/23 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.
- **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!
- **Community Grief Support** - Loss of a loved one can look different for everyone. Let our team help you on your journey to new beginnings. This group is designed to support you with education, resources, and a safe place to listen and share. Facilitated by Bereavement Coordinator and Social Worker Lisa Marttila. Free & open to the public. No affiliation to our hospice is required. Please call 906.225.7760 if you have any questions. Choose a location that works best for you!
Gwinn: 11/8/23 2:00-3:00 p.m. Forsyth Senior Center 165 N Maple St
Marquette: 11/15/23 5:30-6:30 p.m. Lake Superior Life Care & Hospice office at 914 W Baraga Ave
- **12/20/23 2-3p.m Aging U.P. Part 2!** Licensed pathologist Chris Harkness, MS-CCC-SLP, will be offering a presentation on cognition called Aging U.P! There will also be a sign up for cognitive assessments for seniors who wish to participate. Millcreek Clubhouse 1728 Windstone Dr. Marquette. Presentation is free! Optional Cognitive Assessment is \$25.

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:

