

February 2023

Caring Connections

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

February Events

- 2/8/23 Gwinn Open Grief Support Group at the Forsyth Senior Center. Time: 2-3pm
- 2/15/23 Grief Support Group at Lake Superior Life Care & Hospice. Time: 5:30-6:30pm
- 2/16/23 Senior Support Group Topic: Advance Directives (see back for details)
- 2/16/23 West End Grief Group at Negaunee Senior Center. Time: 3-4pm

Visit our
website for
more
information

Caregiver Tip

Effective Tips for Starting a Care Calendar



A family caregiver's to-do list can feel endless. Doctor's appointments, monitoring medications, prepping meals...it can be a lot to manage.

This is where the importance of getting help comes in. Caregiver burnout is very real, and sharing tasks with family and friends can help ease some of this fatigue. One way to make asking for help less intimidating is by organizing a care team and creating a care calendar.

Care calendars are tools designed to help caregivers delegate tasks. Volunteers can sign up for tasks to help loosen up a caregiver's schedule. Not only do care calendars help caregivers, they also allow a family's loved ones to stay involved during a time of need.

Before starting your care calendar, it helps to create a list of all of the possible caregiving responsibilities. Tasks may include: Grocery runs/meal prepping, Rides to appointments, Paying bills, Medication schedules, Pet care, Socializing, or House and yard maintenance.

You can create care calendars online, or can create a physical calendar to pass around if you don't feel confident doing so online.

Spiritual Care Corner

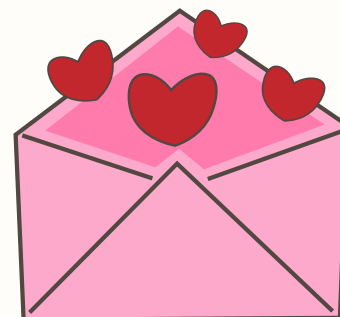
Take an undisturbed moment, either sitting or laying down, whatever is most comfortable for your body. Gently close your eyes and place a hand over your heart. Feel the rise and fall of the breath. Whatever you experience in this moment, let it be exactly as it is. No need to change or fix any feelings that may be arising. Just breathe and feel. Continue to breathe and watch any inner movement of thoughts, feelings, and/or emotions. Allowing yourself to just be as you are and honoring that in this beautiful moment. Take a deeper breath and as you exhale, release anything that is no longer serving your heart. Come back to a natural breath and slowly open your eyes.

Upcoming Events

- **2/15/23 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.
- **2/16/23 Senior Support Group** - at the Millcreek Clubhouse from 2-3 pm. **Topic: Advance Directives** presented by Wendy Prevost Licensed Master of Social Work. Advance Directives are important documents that help give you a voice when you are unable to speak for yourself. Whether you are 28 or 82 it's never too early to establish some framework for your end of life wishes. Join us to explore all of the reasons and benefits to having your advance directive ready. There will be significant time to answer any questions the audience may have. 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 starting February 13 from 10:30-11:30 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. **NO ASAHI February 6th or 20th**
- **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! **NO WALKING HOURS February 20th**.
- **Senior Visual Art Classes** - are held on the **1st and 3rd Wednesday of each month from 1-3pm**. at the Marquette Arts & Culture Center, located in the lower level of the Peter White Library. Each month a professional, local artist will lead the group on a new project. Non-residents (those who are not residents of the City of Marquette, Powell Township, Marquette Township, and Chocolay Township ages 55+) may attend for a suggested \$5 donation to help cover the cost of supplies. Pre-Registration is required and can be made by calling Tristan at 906.225.8655.
 - **Wed., February 1 & 15 Music & Abstract Art** with Colleen Maki
 - **Wed., March 1 & 15 Drawing: Faces Made Easy** with Marlene Wood

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
- **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
- **Little Brothers friends of the Elderly** 906.273.2575
 - Friendly visits
 - Medical Transportation
 - Food Assistance
 - Medical Aid Equipment
 - Social Activities/Parties
- **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



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

