

Caring Connections

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



January Events

- 1/11/23 Gwinn Open Grief Support Group at the Forsyth Senior Center. Time: 2-3pm
- 1/18/23 Grief Support Group at Lake Superior Life Care & Hospice. Time: 5:30-6:30pm
- 1/19/23 Senior Support Group Topic: Funeral pre planning with Mark Canale from Canale Funeral Home (see back for details)
- 1/19/23 West End Grief Group at Negaunee Senior Center. Time: 3-4pm
- 1/26/23 Winter Memorial Service (see back for more details)

**Visit our
website for
more
information**

Lakesuperiorhospice.org

Caregiver Tip

It's hard to believe another year has passed, isn't it? Have you made your list of resolutions yet? If not, maybe we can help. Here are some great resolutions to give you a good start in the new year.

1. If you haven't already, start a journal. Journals are a great way to release your thoughts and feelings.
2. Carve out 2 hours per week to do something all by yourself. It could be going to a movie, shopping, getting a massage. That "me" time is so important.
3. Start a hobby that you can do while caregiving. There are lots of hobbies that are rewarding and can have a calming effect. Knitting, photo journaling, painting and sketching can all be done with your loved one nearby. He or she may even be able to join in.
4. Attend a support group. Being among other caregivers in a supportive environment is so important. No one understands your situation better than others who are living it themselves.
5. Take up yoga and/or meditation. Few can disagree that one of the best ways to relax and recharge is through slow, peaceful, spiritual mind and body movement. This can be done in a group setting or through online sessions. Carve out at least 20 minutes each day for the best results.

Spiritual Care Corner

"Crossover"

The symbol of the cross represents the intersection of two planes of consciousness: the human and the Divine, which is right where we are here on Earth school. It also represents the crossroad of every moment that we have the opportunity to choose between Love and Fear. It is my hope that you let this beautiful cross be your compass. That in moments of decision, you touch it, resting on your heart center, and ask yourself, "What would Love do here?"

-Shel Chapman, Lake Superior Life Care & Hospice patient 2022. Shel collected variations of crosses and left them all to her family members before passing in August of 2022. With or without a physical cross, we always have the opportunity to engage with that question, "What would love do here?"

Upcoming Events

- **1/18/23 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.
- **1/19/23 Senior Support Group** - at the Millcreek Clubhouse from 2-3 pm. Topic: **Pre Planning Funeral Arrangements** presented by Mark Canale from Canale Tonella Funeral Homes. In this presentation, we will be exploring the myriad of reasons why people pre-plan, why they should pre-plan, yet why many bypass the pre-planning process and place the burden on those loved ones left behind. There will be significant time to answer any and all questions the audience may have. 1728 Windstone Dr, Marquette, MI. Free & open to the public.
- **1/26/23 Winter Memorial Service** - Are you grieving the loss of a family member or friend? Our service honors those who have passed away under our hospice care during the last several months. It's also open to all community members grieving a loss. This service will take place at LoveMarq Church 728 W. Kaye Ave, in Marquette from 6-7 pm.
- **Every 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 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.

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

cheers!