

January 2024

Lake Superior
LIFE CARE & HOSPICE

2024

Caring Connections

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



January Events at a glance

- 1/9/24 Gwinn
Caregiver Support
Group 1:30-2:30pm
Forsyth Senior
Center
- 1/10/24 Gwinn Grief
Group
- 1/16/24 Caregiver
Support Group:
Ishpeming Senior
Center 2-3pm
- 1/17/24 Caregiver
Support Group:
Marquette, Lake
Superior Life Care &
Hospice 2-3pm
- 1/17/24 Grief
Support Group:
Marquette at Lake
Superior Life Care &
Hospice 5:30-6:30pm



**Visit our
website for
more
information**

Lakesuperiorhospice.org
or (906) 225-7760

Lip Sync Battle Fundraiser

Lake Superior Life Care & Hospice, Marquette County's only non-profit hospice agency for over 44 years, is holding its biggest fundraiser of the year on January 19, 2024.

Our "Lip Sync Battle Fundraiser" includes performances from 8 local volunteer teams who will battle it out for the coveted trophy and bragging rights!

All proceeds benefit the patient care fund. Funds will support medical equipment, the patient care fund, grief and bereavement support, comfort totes, and uncompensated care.

Head to our website to purchase your tickets!

LakeSuperiorHospice.org

- January 19th 2024
- Doors open at 6:30 p.m.
- Performances begin at 7:30 p.m.
- NMU - Forest Roberts Theater

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Cognition Testing Available!

Are you or a loved one worried about your cognition or dementia? Have you ever had your cognition tested? It is recommended that you have your cognition tested at age 69 or one year after retirement. Testing will be performed by Christine Larkness, a Licensed Speech Pathologist. There is a \$25 Fee by cash or check. This test shows if a person has a problem that requires more testing.

Date: Thursday January 18, 2024

Time: By appointment only from 1-3 p.m. in 30 minute increments

Place: Millcreek Clubhouse 1728 Windstone Dr, Marquette

Call 906.225.7760 and ask for Jamie Barbieri to schedule your appointment

NMU WILDPUPS THERAPY DOG PROGRAM

Come visit The Wildpups! The Wildpups are part of NMU's Animal Assisted Intervention program. Anyone is welcome to enjoy time with therapy dogs.

- Baraga Gym
- Wednesday January 17th 2024.
- 300 Spring St, Marquette
- 3-4 p.m

Visit nmu.edu/wildpups for more information.

Upcoming Events

- **1/17/24 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: 1/10/24 2:00-3:00 p.m. Forsyth Senior Center 165 N Maple St
Marquette: 1/17/24 5:30-6:30 20m. Lake Superior Life Care & Hospice office at 914 W Baraga Ave
- 1/18/24 Licensed pathologist Chris Harkness, MS-CCC-SLP, will be offering cognition assessments today from 1-3 pm. There will not be a presentation this month due to appointment only sign up for the cognition assessments. Call 906.225.7760 and ask for Jamie Barbieri to schedule your appointment! The fee is \$25 and the assessment takes 30 minutes. Millcreek Clubhouse 1728 Windstone Dr. Marquette.

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:

