

July 2023

Caring Connections

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

4th
July



July Events



- 7/12/23 Gwinn Open Grief Support Group at the Forsyth Senior Center. 2-3pm
- 7/19/23 12-2pm Lunch & Learn with Lake Superior Life Care & Hospice & the Alzheimer's Association (see back for details)
- 7/19/23 **Cancelled: See Memorial Service below** Grief Support Group at Lake Superior Life Care & Hospice. Time: 5:30-6:30pm
- 7/19/23 Summer Memorial Service at Presque Isle Pavilion 6:30-7:30 pm (see back for details)
- 7/20/23 Live & Learn Millcreek. Group Topic: Aging with a Healthy Smile (See back for details)
- 7/20/23 West End Grief Group at Negaunee Senior Center. Time: 3-4pm
- 7/31/23 Aging U.P. Presentation at the Negaunee Senior Center 1-2 pm

Visit our
website for
more
information



Lakesuperiorhospice.org



Aging U.P. Presentation

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.



Learn how to turn "Senior Moments" into Momentum!

Part 1: July 31, 2023 1-2 pm
Part 2: August 28, 2023 1-2 pm

at the Negaunee Senior Center
410 Jackson St, Negaunee

Presented by: Christine Harkness MS, CCC-SLP Speech Language Pathologist in coordination with Jamie Barbieri, RN Community Outreach Coordinator from Lake Superior Life Care & Hospice.
Questions please call Jamie at 906.225.7760

Marquette City Band Concert

The Marquette City Band will perform a free patriotic concert on July 3rd at Lower Harbor Park.

Lower Harbor Park
200 North Lakeshore Boulevard, Marquette
6:30-7:30pm

Live & Learn Aging with a Healthy Smile

Presented by: Sue Madden, RDH who is a practicing dental hygienist for the last 45 years. This presentation will help you learn tips and tricks of how to take care of our teeth as we age. Please come and learn the importance of maintaining your oral health! This presentation is free and open to the public.

- Thursday July, 20 2023
- 2:00 - 3:00 p.m.
- Millcreek Clubhouse 1728 Windstone Dr, Marquette

For more information please call 906.225.7760

Upcoming Events

- **7/19/23 Lunch & Learn with Lake Superior Life Care & Hospice & the Alzheimer's Association** - Please join us at the Ishpeming Multi-Purpose Senior Center from 12-2 pm. Jack Vander Lugt from the Alzheimer's Association will be doing a presentation on Healthy living for your brain and body, and Lake Superior Life Care & Hospice will be doing a presentation on hospice and community resources. 121 Greenwood St, Ishpeming. For more information, please call Jamie Barbieri at 906.225.7760 or the Ishpeming Senior Center at 906.485.5527
- **7/19/23 Summer Memorial Service** - Please Join us at the Presque Isle Pavilion in honoring your loved one. This event is for anyone who has experienced a loss, along with our hospice patients' families. If you would like to honor them, please call Lisa Marttila, our bereavement coordinator. We would be honored to read your loved one's name as we light a candle of remembrance. Refreshments and snacks to follow. 3 Peter White Dr, Marquette. 906.225.7760.
- **7/20/23 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.
- **7/20/23 Live & Learn** - at the Millcreek Clubhouse from 2-3 pm. **Topic: Aging with a Healthy Smile.** Presented by: **Sue Madden RDH.** This presentation will help you learn tips and tricks of how to take care of our teeth as we age. Please come and learn the importance of maintaining your oral health. **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 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:

