

Caring Connections

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



June Events

- 6/14/23 Gwin Open Grief Support Group at the Forsyth Senior Center. Time: 2-3pm
- 6/15/23 Live & Learn Millcreek. Group Topic: Creating Moments of Joy (see back for details)
- 6/15/23 West End Grief Group at Negaunee Senior Center. Time: 3-4pm
- 6/21/23 Grief Support Group at Lake Superior Life Care & Hospice. Time: 5:30-6:30pm
- 6/22/23 Planning Ahead End of Life Planning Presentation/Q & A. PWPL 5:30-7:30pm
- 6/23/23 Lake Superior Life Care & Hospice Garage Sale!

Visit our
website for
more
information



Lakesuperiorhospice.org



Planning Ahead Presentation & Question & Answer

This presentation/question and answer period will cover how to plan ahead for end-of-life. Topics include probate and legal matters, funeral home pre-planning, advance care planning, and hospice.

Speakers include:

Hon. Cheryl Hill - Marquette County Probate Judge
Mark Canale - Canale Tonella Funeral Home
Sharon Walker RN - Lake Superior Life Care & Hospice
Jamie Barbieri RN - Lake Superior Life Care & Hospice

June 22, 2023

5:30-7:30 PM

Peter White Public Library
Community Room
217 N. Front St, Marquette

Submit questions in advance at LakeSuperiorHospice.org or 906.225.7760
Free & Open to the Public



Michigan Parkinson Foundation Marquette County Lunch & Learn!

Join Michigan Parkinson Foundation staff social worker, Stephanie Woznak, for a Lunch & Learn Presentation. Presentation will include information on Michigan Parkinson Foundation, our programs and services, resources and how we can help you!

- June 21st at 2 pm
- Marquette Senior Center 300 W Spring St. Marquette

RSVP: please contact Stephanie Woznak to reserve a lunch at 248-419-7170 or email Stephaniew@parkinsonsMI.org



Garage Sale

Lake Superior Life Care & Hospice is having an indoor Garage sale! All proceeds will benefit our patient care fund.

- Friday June 23, 2023
- 914 W Baraga Avenue
- Please follow the signs. Behind our main building is a Garage unit with parking)
- 9:00am - 4:00pm

For more information please call 906.225.7760

SALE
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SALE



Upcoming Events

- **6/21/23 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. ****This regularly scheduled group will not be taking place related to the Parkinson Lunch & Learn that will be taking place instead on 6/21. See event listed below. ****
- **6/15/23 Live & Learn** - at the Millcreek Clubhouse from 2-3 pm. **Topic: Creating Moments of Joy.** Learn how you can still make meaningful connections with loved ones who suffer from Alzheimer's or dementia. **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!
- **6/21/23 @ 2 p.m. Michigan Parkinson Foundation is hosting a Marquette County Lunch and Learn!** Join Michigan Parkinson Foundation staff social worker, Stephanie Woznak, for a **Lunch and Learn** Presentation. Presentation will include information on Michigan Parkinson Foundation, programs and services, resources and how they can help you! Location: Marquette Senior Center 300 West Spring St. Marquette. RSVP - Please contact Stephanie Woznak to reserve a lunch at 248-419-7170 or email Stephaniew@parkinsonsMI.org

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

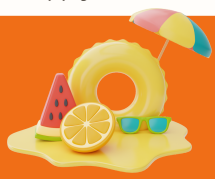
Veteran Caregiver Support Program

- 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:



HELLO
SUMMER!