

March 2023

Caring Connections

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



March Events

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

Visit our
website for
more
information



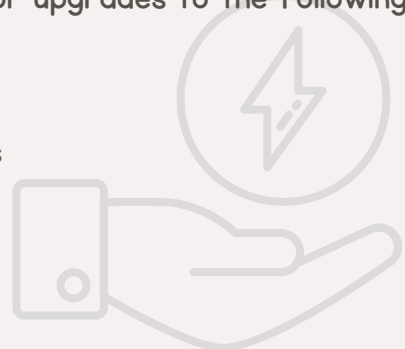
Lakesuperiorhospice.org

Interested in Energy-Efficient Home Repairs and Upgrade?

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 the following:

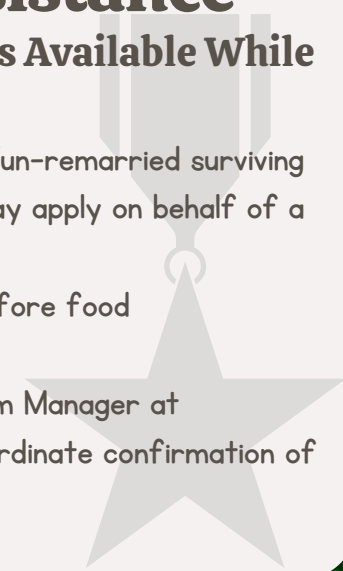
- Roof
- Windows
- Storm Doors/Exterior Doors
- Insulation
- Appliances
- Electrical
- Heating & Cooling
- Water Heater



To apply visit Michigan.gov/MI-HOPE

Veteran Food Assistance Grocery Store Gift Cards/Certificates Available While Supplies Last

- Eligibility: Veterans/National Guard/Reserves/un-remarried surviving spouses, Caregivers, and service providers may apply on behalf of a Veteran they are assisting
- Proof of military service must be verified before food cards/certificates can be distributed.
- Please contact UPCAP's UP Veteran's Program Manager at Lombardf@upcap.org or 906.282.0041 to coordinate confirmation of Military Service





Upcoming Events

- **3/8/23 Northern Center for Lifelong Learning** - Whether you are 28 or 82 it is never a bad time to consider planning for your end of life care. We welcome you to join us as we discuss the **5 Wishes**, which is an **advance directive** that records your end of life care plan in plain and simple language. Give your family the gift of knowing your end of life wishes to alleviate the burden that comes with them not knowing your wishes. We will also discuss hospice care in relation to our end of life journey. There is a fee to attend this presentation. \$5 for members/ \$10 for non members, plus \$5 to cover the 5 Wishes booklet fee. This takes place at the **Peter White Public Library Heritage Room from 3-4:30pm**. www.nmy.edu/ncll. You may also email csteinha@nmu.edu to register.
- **3/15/23 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.
- **3/16/23 Senior Support Group** - at the Millcreek Clubhouse from 2-3 pm. **Topic: Early Photographers in the U.P.** presented by Jo Wittler, Curator of the Marquette Regional History Center. Join us to view and learn about early photographic processes. See photos and learn about the people who first took on this new career in the Upper Peninsula. 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
- **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
 - 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
- **Meals on Wheels**
 - Delivers nutritious meals to homebound seniors.
 - 906.228.6522
- **Veteran Caregiver Support Program**
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 - 1-855-260-3274



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

St. Patrick's Day

