

May 2023

Caring Connections

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



May Events

- 5/10/23 Gwinn Open Grief Support Group at the Forsyth Senior Center. Time: 2-3pm
- 5/17/23 Grief Support Group at Lake Superior Life Care & Hospice. Time: 5:30-6:30pm
- 5/18/23 Senior Support Group Topic: Funeral Home Pre Planning (see back for details)
- 5/18/23 West End Grief Group at Negaunee Senior Center. Time: 3-4pm
- 5/18/23 at Marquette Hope Ist Campus. Ill E Ridge St. Mqt. 1-2 pm. Hospice: Get to know us before you need us

**Visit our
website for
more
information**



Lakesuperiorhospice.org

Caregiver Training by Caregiver Incentive Project

Learn how to provide support to clients whether you are a current caregiver or looking to become one. May 10th at 5:30p.m. at the Masonic Center in Marquette.

- May 10th at 5:30 p.m. at the Masonic Center in Marquette
- Email: skreps@nmuedu
- Call/text: (208) 318-6985
- In these courses you will learn
 - How to interact with elderly, medically fragile and those with disabilities
 - Transfer & lifting Techniques
 - Responsibilities & boundaries of a caregiver
 - Become CPR certified
 - Infection control & medical issues

Meditate Marquette

**Meditate Marquette and the Peter White Public Library
now provide a weekly in-person mindfulness meditation
program every Tuesday from 5:30-7pm**

- Instructional sessions will be held from 5:30-5:50pm for those who would like to learn how to meditate, have questions about meditation, or need guidance on their practice
- Starting at 6:00pm the host will lead the group through one or more guided meditations, walking meditation, or invite everyone to sit in mindful stillness.
- All are welcome regardless of skill level or spiritual affiliation. For more information email meditatemarquette@gmail.com or call 906.226.4303

Upcoming Events

- **5/17/23 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.
- **5/18/23 Senior Support Group** - at the Millcreek Clubhouse from 2-3 pm. **Topic: Funeral Home Pre-Planning by Mark Canale from Canale Tonella Funeral Home.** It feels good knowing your plans are in order. Planning ahead provides you peace of mind that your personal wishes are known and protects your family from having to make tough decisions during a time of extreme stress and grief. 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 time to answer any and all questions anyone may have. **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:

