

May 2025

Caring Connections

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



Upcoming Events



- 5/8-5/9 Caregiver Academy 9-4
- 5/10 Free Skin Cancer Screening Clinic
- 5/14 Caregiver Support Group 2-3 in Marquette
- 5/14 Grief Support Group 2-3 in Gwinn
- 5/21 Caregiver Support Group via telephone 2-3
- 5/28 Savvy Senior Finances 3-4
- 6/5 Grief Support Series 10:30-11:30.

Caregiver Support YouTube Videos

Did you know we have our own YouTube channel? Check out all of our helpful caregiving videos. Scan the QR code below or type in "Lake Superior Life Care & Hospice".



Watch Us On
You Tube

Visit our website for more information

Lakesuperiorhospice.org
or call (906) 225-7760

Like and Follow us on
facebook!



Savvy Senior Finances

Tips for everyday banking every senior citizen should know!

Managing money wisely is key at any age, but for seniors, smart banking can make a big difference in preserving financial security and peace of mind. Savvy Senior Finances is a practical, informative presentation designed to empower older adults with essential tips for everyday banking. From recognizing common scams and avoiding hidden fees to choosing the right accounts and using online banking tools safely, this session offers clear, senior-friendly advice. Whether you're navigating finances on your own or helping a loved one, you'll leave with insights to help make smarter, safer banking decisions every day. Presented in partnership with Marquette Community Federal Credit Union.

- Marquette Senior Center 300 W. Spring St
- Wednesday May 28, 2025
- 3:00 - 4:00 PM
- Please RSVP to 906.225.7760



Register for Caregiver Academy

Please join us for two days' worth of Caregiver basics. We will have many guest speakers to share their expertise in a variety of topics to provide you with well-rounded tools to enter or become more comfortable in the caregiving/direct care worker field. Topics vary from Elder Law and de-escalation to PPE safety and self-care. We will kick off the academy with our spokesperson and award-winning Author Dorothy Paad and wrap up our time with CPR Training. We look forward to seeing you there!

- 5/8/25 - 5/9/25 9:00 a.m. - 4:00 p.m.
- Ishpeming Multi-Purpose Senior Center
- Please call Mary at 906.250-0478 to register




Free Skin Cancer Screening Clinic

In collaboration with Lilly Dermatology, UP Health System - Marquette will offer a free skin cancer screening clinic. Skin cancer screening is used to detect cancer at an early stage, which is when the chance of a cure is high. Doctors may recommend this type of cancer screening for people who have a higher risk for skin cancer, including people who have many moles, irregular moles, or a personal or family history of skin cancer.


- Saturday, May 10 | 9 am - 1 pm
- UP Health System - Marquette | Cancer Center
- 850 W. Baraga, Ave. Ste. 10
- Marquette, MI 49855
- CALL TO REGISTER: 906.449.4297 *REQUIRED*




Support Groups

 **Caregiver Support Group**- Are you feeling isolated or burned out as a caregiver? Do you experience frustration or guilt and need a safe place to process? Join us! Choose in person or via phone. **Marquette** - 2nd Wednesday of every month at Lake Superior Life Care & Hospice office 2:00-3:00 p.m. 914 W. Baraga Ave. **Telephone based support group** occurs on the 3rd Wednesday of every month from 2-3 p.m. Registration required for telephone group only. Please call 906.225.7760 to register for phone group.

 **Grief Support Groups** - 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. Please call 906.225.7760 if you have any questions. **Gwinn**: 2nd Wednesday of each month from 2:00-3:00 pm at the Forsyth Senior Center 165 N Maple St. **Marquette Dates**: 6/5, 6/19, 7/3, 7/17, 7/31, 8/14 from 10:30-11:30 am at Lake Superior Life Care & Hospice office at 914 W Baraga Ave

 **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.

Wellness

 **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 from 10:30-11:30**. It is great for strengthening, developing balance, and reducing stress.

 **Walking - Marquette**: 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! **Ishpeming**: Westwood High School 4-6 pm **Negaunee** High school 6-8 pm Practice Facility Monday-Saturday 7-10 am

Join our next Grief Support Series starting in June!

Are you interested in joining our next grief support series that starts on June 5th? This is a 6-session group that meets every other Thursday from 10:30 AM- 11:30 AM at our Lake Superior Life Care & Hospice office in Marquette. Call Jamie Barbieri at 906.225.7760 to register.

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
- Non-Emergent Medical appts rides up to 2 rides per week. Call 906.482.6944 select option #3.

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!
- <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

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 Fridays from 2-3p.m. For details call Marge at 906.236.1457.



Contact Jamie Barbieri 906.225.7760



Jbarbieri@lakesuperiorhospice.org to sign up for our virtual newsletter to be delivered directly to your inbox!