

November 2023

Lake Superior
LIFE CARE & HOSPICE

Caring Connections

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



November Events

- 11/8/23 Gwinn Open Grief Support Group at the Forsyth Senior Center. 2-3 pm
- 11/15/23 Grief Support Group at Lake Superior Life Care & Hospice. Time: 5:30-6:30 pm
- 11/15/23 Live & Learn Millcreek. Group Topic: Aging U.P. Part I
- 11/15/23 Art After Loss 5-7 pm.
- 12/7/23 Navigating Grief & The Holidays 6:00 p.m (see back for more details).

Visit our
website for
more
information

Lakesuperiorhospice.org
or (906) 225-7760

Caregiver Support Groups Now Offered!

Are you feeling isolated or burned out as a caregiver? Do you experience frustration or guilt and need a safe place to process? You are not alone...

Join us for opportunities to share your feelings, develop friendships, receive emotional support, and to learn about available community resources.

Choose a location that works best for you!

- Marquette 11/15/23
3rd Wednesday of every month
2:00-3:00 p.m.
Lake Superior Life Care & Hospice Office
914 W. Baraga Avenue
- Gwinn 11/14/23
2nd Tuesday of every month
1:30-2:30 p.m.
Forsyth Senior Center
165 N. Maple St
- Ishpeming (Starting 12/19/23)
3rd Tuesday of every month
2:00-3:00 p.m.
Ishpeming Multi-Purpose Senior Center
121 Greenwood St

Call Jamie Barbieri, Community Outreach Coordinator with any questions. 906.225.7760.

Art After Loss

The holidays can be especially hard when grieving the loss of a loved one. Creating art is a helpful way to explore emotions and tap into your imagination. Art can help channel grief and unlock positive feelings to help you in your healing journey.

We will have supplies to create a decorative keepsake, but please feel free to bring any small mementos of your loved one (jewelry, pictures, fabric, buttons, etc.) to add to your creation.

Date: Wednesday November 15th, 2023

Time: 5:00 - 7:00 PM

Place: Peter White Public Library

217 N. Front St, Marquette

Marquette Arts & Culture Center Lower Level

Please RSVP as class size is limited. All Supplies Included.
906.225.7760

Live & Learn: Aging U.P. Presentation Part 1

Licensed pathologist Chris Harkness, MS-CCC-SLP, will be offering a presentation on cognition called Aging UP! There will also be a sign up for cognitive assessments for seniors who wish to participate.

Do you ever walk into the kitchen and forget the reason why you went 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? Join us to learn more about the benefits of positive attitudes toward aging and learn ways to improve your decision making and your memory.

Date: November 16th, 2023

Time: 2-3:00

Place: Millcreek Clubhouse 1728 Windstone Dr. Marquette

Presentation is free! Optional Cognitive Assessment is \$25.



Upcoming Events

- **11/15/23 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.
- **12/7/23 Navigating Grief & The Holidays** - When you are grieving a loved one's death, the holidays can feel especially *difficult*. Please join us to discuss challenges, tips, techniques, and ideas to manage the holiday season. Peter White Public Library Heritage Room 217 N. Front St, Marquette. 6:00 pm.
- **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!
- **Community Grief Support** - 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. Facilitated by Bereavement Coordinator and Social Worker Lisa Marttila. Free & open to the public. No affiliation to our hospice is required. Please call 906.225.7760 if you have any questions. Choose a location that works best for you!

Gwinn: 11/8/23 2:00-3:00 p.m. Forsyth Senior Center 165 N Maple St

Marquette: 11/15/23 5:30-6:30 p.m. Lake Superior Life Care & Hospice office at 914 W Baraga Ave

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:

Happy
THANKSGIVING

