

October 2023

Lake Superior
LIFE CARE & HOSPICE

Caring Connections

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



October Events

- 10/11/23 Gwinn Open Grief Support Group at the Forsyth Senior Center. 2-3pm
- 10/18/23 Grief Support Group at Lake Superior Life Care & Hospice. Time: 5:30-6:30pm
- 10/19/23 Live & Learn Millcreek. Group Topic: Computer Maintenance
- 10/19/23 West End Grief Group at Negaunee Senior Center. Time: 3-4pm
- 10/25/23 Aging U.P. Gwinn Senior Center 2-3:30pm
- 10/30/23 Aging U.P. Part 2 at Marquette Senior Center 1:30-3p.m.

Visit our website for more information

Lakesuperiorhospice.org



Cognition Presentation & Assessments

Licensed pathologist Chris Harkness, MS-CCC-SLP, will be offering a presentation on cognition called Aging U.P. at the Gwinn Senior center. There will also be a sign up for cognitive assessments for senior citizens.

Seniors are encouraged to attend this 1.5 hour presentation to learn about normal vs abnormal parts of aging in regards to our memory and cognition. After the presentation there will be time to sign up for a cognitive assessment. Seniors are encouraged to get a cognitive exam at age 60 or one year after retirement. A variety of skills are tested, including, auditory comprehension, word finding, decision making, and memory. Results are provided at the time of testing, and you will receive a written summary for your records that you can share with your doctor.

Date: October 25, 2023
Time: 2-3:30

Presentation is free! Optional Cognitive Assessment is \$25.
Call Jamie Barbieri at 906.225.7760 for more information

Free Skin-Cancer Checks

Forefront Dermatology will be performing free skin checks on Sunday October 8, 2023 at the Up North Lodge in Gwinn from 11 a.m. - 1 p.m.

Date: October 8, 2023
Time: 11:00 a.m. - 1:00 p.m.

The Just Believe organization will be having a fundraising event that day as well, but you do not have to participate in the Bike/walk/run Fundraiser to attend the free skin checks event.

Live & Learn Monthly Computer Maintenance

Come learn how monthly maintenance forces you to inspect your machine at a closer level. Windows updates. Defragging. Cleaning digital footprints. Reviewing your antivirus protection. Changing passwords. Backing up essential data. This includes all the classic ways to care for your machine. Presented by Brian Maki from Maki Consulting. This presentation is free and open to the public.

- Thursday October 19, 2023
- 2:00 - 3:00 p.m.
- Millcreek Clubhouse 1728 Windstone Dr, Marquette



Upcoming Events

- **10/18/23 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.
- **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** - 10/18/23 from 5:30-6:30pm. 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: 10/11/23 2:00-3:00 p.m. Forsyth Senior Center 165 N Maple St

Marquette: 10/18/23 5:30-6:30 p.m. Lake Superior Life Care & Hospice office at 914 W Baraga Ave

Negaunee: 10/19/23 3:00-4:00 p.m. Negaunee Senior Center 410 Jackson St

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 HALLOWEEN

