

September 2023

Caring Connections

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



September Events

- 9/13/23 Gwinn Open Grief Support Group at the Forsyth Senior Center. 2-3pm
- 9/20/23 Grief Support Group at Lake Superior Life Care & Hospice. Time: 5:30-6:30pm
- 9/21/23 Live & Learn Millcreek. Group Topic: Emailing Skills
- 9/21/23 West End Grief Group at Negaunee Senior Center. Time: 3-4pm
- 9/22/23 Aging Resource Fair 10-1:30pm
- 9/23/23 Walk to end Alzheimer's 9:30-11 a.m. Mattson Lower Harbor Park

Visit our website for more information

Lakesuperiorhospice.org

Aging & Dementia Resource Fair

Please Join us for an all-in-one resource fair! This public resource fair will feature local facilities, services, business, and programs that assist us as we age. All who attend are invited to lunch at 12 pm and to stay for a presentation by Dorothy Linthicum on dementia and the future of dementia care. This event is free and open to the public. No registration necessary.

Dorothy Linthicum is an expert on Spirituality and Aging and co-author of Redeeming Dementia: Spirituality, Theology, and Science.

When: Friday September 22, 2023

Where: Messiah Lutheran Church 305 W. Magnetic St Marquette
Free lunch provided at 12 pm.

Aging U.P. Presentation

Do you ever walk into the kitchen and forget the reason why you went in 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? This two-part series will help you learn more about the benefits of positive attitudes toward aging. You will learn ways to improve your decision making, and your memory.

Learn how to turn "Senior Moments" into Momentum!

Part 1: September 25, 2023 1-2 pm
Part 2: October 30, 2023 1-2 pm

Where: Marquette Senior Center
300 W Spring St, Marquette

Live & Learn Emailing Skills

In this session, we focus on what skills are necessary for survival. No matter which service you use (Gmail, Hotmail, Yahoo, AOL, Proton Mail), it's really all the same. The skills include the following: forwarding, attaching documents, blocking email addresses, and clever insights about fake emails. Texting may be popular to the next generation, but thirty years later, email is still the golden standard in sharing critical information. Presented by Brian Maki from Maki Consulting.

This presentation is free and open to the public.

- Thursday September 21, 2023
- 2:00 - 3:00 p.m.
- Millcreek Clubhouse 1728 Windstone Dr, Marquette

Upcoming Events

- 9/20/23 **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.
- 9/21/23 **Live & Learn** - at the Millcreek Clubhouse from 2-3 pm. Emailing Skills Presented by: **Brian Maki from Maki Consulting**. See front page for details. **1728 Windstone Dr, Marquette, MI. Free & open to the public.**
- 9/13/23 **Powerful Tools for Caregivers** - See attached flyer. This workshop will be taking place at our Lake Superior Life Care & Hospice office. This is a great opportunity for those who prefer in person vs. virtual workshops. Registration deadline is 9/10/23.
- 9/23/23 **Walk to End Alzheimer's** - The Lake Superior Life Care & Hospice has a team that will be walking at this event. The walk in Marquette takes place on Saturday, September 23, 2023 at the Lower Harbor Mattson Park. If you would like to participate by joining our team, we can help you register.
- **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

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.



Sweater Weather

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

