



Center for Successful Aging

Highpointes

September 2016 Newsletter



PHYSICAL • SOCIAL • INTELLECTUAL • SPIRITUAL

IN THIS ISSUE ●●●●

- 3** September 2016 Event Highlights
- 4** Activities Calendar
- 5-6** Medicare Worksheet
- 7** September Menu
- 8** Talent Showcase Birthday Party
- 8** 11th Annual Living It Expo

Medicare Part D Prescription Insurance Open Enrollment Starts October 15

Open Enrollment for 2017 Medicare Part D and Medicare Advantage Plans runs from October 15 through December 7. This is the time for Medicare enrollees to look at changes to their Part D and Advantage plans that will take effect January 1, 2017. To make sure your current coverage is the best plan to meet your needs, Four Pointes will host sessions throughout the community where trained volunteers will meet with individual enrollees to compare options. If you are a current resident of north Ottawa County, you can meet with a trained Four Pointes Medicare/Medicaid Assistance Program (MMAP) counselor to review your current plan and compare it to 2017 plans.

You must complete and submit a Medicare worksheet prior to your appointment with a MMAP counselor (see worksheet insert in this newsletter). Stay tuned to next month's newsletter for a schedule of outreach opportunities to meet with a MMAP counselor. You may also view 2017 Medicare plans online at www.medicare.gov or by calling Medicare at 1-800-633-4227.

Remaining 2016 day trips!

September 14th – Willkommen to Frankenmuth

Zehnder's of Frankenmuth will host us for their famous chicken luncheon and their Rockin' Oldies Show. Following lunch, we will have an opportunity to shop and experience their beautiful downtown. The River Place Shops, with more than 40 shops and attractions, are just a short walk away. Finally, a trip to Frankenmuth would not be complete without a visit to Bronner's Christmas Wonderland, including an optional virtual history tour of Bronner's. More shopping will also be available along with an opportunity to visit Season's Eatings where you can refuel for the trip home. Special coupons and promotions for our Four Pointes group for one day only! Level 3. \$80 members/\$88 non-members.

September 28th – 2016 ArtPrize (mandatory orientation Sept 21st)

We will once again offer our unforgettable ArtPrize trip with a special guided tour provided by Grand Valley State University occupational therapy students. \$35.00/members. All levels welcome.

October 20th – Color Tour on the Michigan Princess

Experience beautiful fall colors cruising the Grand River on the Michigan Princess Riverboat. \$65 includes buffet lunch and entertainment. Level 1.

December 6th – Frederik Meijer Gardens

We're headed to Grand Rapids to see the Meijer Gardens Christmas and Holiday Traditions Around the World exhibit. Private dinner on location and private after hours tour of exhibit. \$80. Level 1.

Coopersville O.K.s September Luncheon

The O.K.s September luncheon will be held Thursday, September 29 at noon at the Community Center on the Coopersville Public School Campus. Our guest speaker will be local historian Marjorie Viveen, who will present a program about the Ottawa County Poor Farm in Eastmanville. Please call Faith at 616-332-9530 to make your reservation.



Center for Successful Aging

Website: www.fourpointes.org

Phone: (616) 842-9210

Hours: Mon - Fri 8:00 a.m.-4:00 p.m.
Tues 5:00 pm. - 8:00 pm. (Wellness Center)



*Has your Wellness Center membership expired?
You may renew it in person or by mailing in this form.*

Wellness Center MEMBERSHIP

Open to individuals 50+

Member Name: _____

Address: _____

Phone: _____ E-Mail: _____

City/Village/Township: _____

Date of Birth: _____

Membership Type: New Renew

Residing in millage-supported communities:

Chester, Coopersville, Ferrysburg, Polkton,
Grand Haven City, Grand Haven Township, Spring Lake
Township/Village or Wright Township \$20

Residing in annual contributing communities:

Allendale, Crockery, Robinson, or
Tallmadge Township \$35

Associate Membership: Residing in communities
outside Four Pointes' traditional service area \$75

Four Pointes Accepts:



From the Four Pointes Executive Director

Susan Howell-Stuk



Join us as we say farewell to Linda Heins. Linda has served as our MMAAP Coordinator for many years, but now she and her husband are stepping out to discover new adventures in Texas. Linda has done an extraordinary job growing the Medicare Medicaid Assistance Program (MMAAP) and coordinating the efforts of an amazing group of MMAAP volunteers. We thank Linda for the wonderful job she has done, and wish her well as she retires and explores new outlets for her time and energy.

As Linda leaves the organization, I am nearing the sixth month mark in my role as Executive Director. In that time, I have found a renewed excitement and passion in my nonprofit journey. I am inspired by the great things I see happening here. I find a deep sense of purpose at Four Pointes, and I am full of ideas and open to the thoughts and input of staff and members.

This time of transition has also caused me to reflect on how important it is to have a sense of passion and purpose in our daily lives. Without it, we just kind of spin our wheels. I was spinning mine for awhile before landing here at Four Pointes. I was trying to figure out the next "right" move for me, asking myself a million questions about where I would find the greatest meaning and happiness. Eventually, I just made the leap.

I encourage you to do the same. What inspires you? What sparks your creativity and puts a smile on your face? I challenge you to try those things. The more we act, the greater the clarity, so put some action behind your thoughts. Stop worrying about the unknown and just start taking steps. Engage in what's happening right where you are, in your current health and at your current age. What do you want to do? Paint, work, learn, write, mentor, cook, teach, build, grow, or volunteer? Purpose and passion means something different for everyone. Whatever it is for you, make the leap.

Susan Howell-Stuk



MMAAP Coordinator Transition

Linda Heins (L) and Kate Laughlin (R) shake hands as Linda moves on to retirement and Kate takes on the position of Four Pointes MMAAP Coordinator.

NEW MEMBERS

- Marlise Clements
- Lois Coston
- Ben Ennenga
- Karen Ennenga
- Leslie Johnson
- Jeanne Lucas
- Pam Mower
- Sherry O'Neil
- Sharon Piersma
- Susan Pino
- Kaye Ricklefs
- Sherry Thelen
- Jane Watkins
- Edward Zyniewicz
- Mary Zyniewicz

September 2016 Event Highlights

September 5: *Four Pointes closed for Labor Day.*

September 7,14,21, 28 Introduction to Mah Jongg: This month-long series will introduce the beginner to the game of Mah Jongg. Eileen Grunstra will provide the instruction so you can join in this fun and challenging game. The class is free, but pre-registration is required. Sign up at the front desk.

September 7, 21 Woodcarvers: *NEW DAY and TIME*
This class is geared toward any ability level while offering many forms of woodcarving. Every first and third (fifth when applicable) Wednesday afternoon of the month. Come and enjoy learning to carve or spend time with others who enjoy the craft.

September 7 Einstein U - The CCC (Civilian Conservation Corp): Not only did those young men plant trees, the fruits of their labor in West Michigan are still present today.

September 8 Memory Writers: Author and facilitator Tricia L. McDonald leads the group in a workshop focused on helping members get their stories onto paper. This is a fun, interactive workshop using prompts to help stir memories so you can get them out of your head and written down. Join this group the second Thursday of each month.

September 13 Veterans Coffee Hour: Come meet with fellow veterans and/or spouses of veterans for coffee and great conversation. *This group meets the second Tuesday of the month.*

September 14 Frankenmuth Day Trip: Arrangements have been made for guests to enjoy a famous chicken lunch at Zehnder's and a special "Rockin Oldies" show performed by "Teen Angels". Lunch, music, shopping and a special stop at Bronner's Christmas Wonderland will make this trip one we won't forget! \$80.00 members/\$88 non-members. Level 3.

September 20 Karaoke Night: We have thousands of songs in our library, and we need your voice! Join us on stage or in the crowd. It will be a fun evening for all. Cost \$1 for members.

September 21 Hearing Checks: Comprehensive Hearing will be here to offer FREE services including hearing screenings, cleaning, ear inspections for wax blockage, and in-home service as needed. Call Four Pointes to schedule an appointment between 9 a.m. - 12 p.m.

September 21 ArtPrize Orientation: This mandatory meeting is for those who wish to attend the ArtPrize trip on September 28. GVSU students will be here to present the details of the trip, and you will also sign up for your respective group. Don't miss out on this fun and informative experience that keeps people talking each year! You won't be disappointed.

September 21 Foxy Ladies Lunch: These Red Hatters meet monthly for lunch (usually a Wednesday) and make the rounds of local eateries wearing their Red Hat finery. New members are always welcome!

September 22 Birthday Party: Come and join us as we celebrate monthly birthdays! This month, we'll feature the talents of Four Pointes members. The Talent Showcase begins at 11:00 a.m. and lunch will be served at 12:30 p.m. Pre-paid reservation required (\$5) for meal and entertainment. No soup and salad bar this day.

September 25 FYI: Safety in the Hospital: Learn what your family can expect during a hospital stay, how to be a patient advocate, and how everyone can stay safe and comfortable.

September 28 FYI: Prescription Drug Abuse and Increased Heroin Use Close to Home: Michigan State Trooper Miller will be here to inform us about prescription drug abuse and the increase in heroin use in our community. He will educate us about what is out there and why, and how it is affecting all of us. He will also answer questions and address concerns about things we hear in the news media.

September 28 Grand Rapids ArtPrize Tour: Four Pointes has scheduled one special day to experience ArtPrize 2016. Grand Valley State University Occupational Therapy students are providing us with an exceptional guided tour and unlimited fun!

Game Winners July 2016

Canasta (Mondays)

Week 4 - Pat Rosema/
Jo Endenburg

Mah Jongg (Tuesdays)

Week 1 - Pat Palen
Week 2 - Mary Rowe
Week 3 - Joan Mountcastle
Week 4 - Sandy Tanis

Evening Euchre (Tuesdays)

Week 1 - Jim Downie
Week 2 - Yvonne Kurtz
Week 3 - Hugh Bolan
Week 4 - Tom Craig

Mexican Dominoes (Wednesdays)

Week 1 - Terri Cripe

Euchre (Wednesdays)

Week 1 - Molly Pipp
Week 2 - Vivian Blease
Week 3 - John Leavitt
Week 4 - Vivian Blease

Pinochle (Thursdays)

Week 1 - Pat Palen
Week 2 - Lois Ploch
Week 3 - Rosalie Suszka
Week 4 - Louise Svoboda

Mah Jongg (Thursdays)

Week 1 - Joan Mountcastle
Week 2 - Evonne Bessinger
Week 3 - Evonne Bessinger
Week 4 - Evonne Bessinger

Bridge (Fridays)

Week 1 - Dorothy Klintworth
Week 2 - Helen Swinehart
Week 3 - June Ribbink
Week 4 - June Ribbink

Hand & Foot (Fridays)

Week 1 - Molly Pipp
Week 2 - Terri Cripe
Week 3 - Susan Birkinshaw
Week 4 - Pat Rosema/
Lola Fuhs

SEPTEMBER 2016 ACTIVITIES

Grand Haven Wellness Center • 616-842-9210

| Sun | Mon | Tues | Wed | Thu | Fri | Sat |
|-----------|--|---|--|--|--|-----------|
| |  |  |  | <p>1 8:30 Morning Mat Strength & Stretch 10:00 Art with Shirley 10:00 Crafters 11:30 Conditioning with Confidence 1:00 Pinochle & Mah Jongg 1:00 Zumba Gold 2:00 Ping Pong 2:00 Pilates</p> | <p>2 8:30 Adv. Stretch & Tone 9:30 Line Dance Review 9:30 Bingo 10:00 Build It-Fly It 10:00 Line Dance 11:00 Tap Dance Practice 1:00 Bridge 1:00 Hand & Foot 1:00 Gentle Tai Chi 1:30 Open Studio 2:00 Gentle Yoga 3:00 Gentle Hatha Yoga</p> | 3 |
| 4 | <p>5 Four Pointes Closed for Labor Day  Happy LABOR DAY</p> | <p>6 8:30 Morning Mat Strength & Stretch 9:00 Knitting 9:00 Stretch & Tone 11:30 Conditioning with Confidence 1:00 Mah Jongg 1:00 Ping Pong 5:00 Zumba 5:00 Evening Euchre 6:00 Ping Pong 6:00 Pilates</p> | <p>7 9:00 Intro to Mah Jongg 9:00 Line Dance Review 9:30 Line Dance 11:00 Chair Aerobics 11:15 Einstein U: The Civilian Conservation Corp 12:00 Tap Dance 1:00 Woodcarvers 1:00 Zumba Gold 1:00 Euchre 2:00 Gentle Yoga</p> | <p>8 Foot Care 8:30 Morning Mat Strength & Stretch 9:00 Stretch & Tone 10:00 Art with Shirley 10:00 Memory Writers 11:30 Conditioning with Confidence 1:00 Pinochle & Mah Jongg 1:00 Zumba Gold 1:15 One Stroke Painting 2:00 Ping Pong 2:00 Pilates</p> | <p>9 Legal Aid & BP Checks 8:30 Adv. Stretch & Tone 9:30 Line Dance Review 9:30 Bingo 10:00 Build It-Fly It 10:00 Line Dance 11:00 Tap Dance Practice 1:00 Bridge 1:00 Hand & Foot 1:00 Gentle Tai Chi 1:30 Open Studio 2:00 Gentle Yoga 3:00 Gentle Hatha Yoga</p> | 10 |
| 11 | <p>12 <i>Ambassador Committee</i> 9:00 Chair Aerobics 10:00 Coffee Klatsch 10:00 Beg. Tai Chi 10:00 Cooking Matters 10:30 New Member Orientation 10:45 Adv. Tai Chi 1:00 Bingo 1:00 Zumba Gold 1:00 Canasta 2:00 Gentle Yoga 2:30 Drawing with Confidence 6:00 Pickleball @ Mulligan's Hollow</p> | <p>13 8:30 Morning Mat Strength & Stretch 9:00 Knitting 9:00 Stretch & Tone 10:00 Veterans Coffee Hour 11:30 Conditioning with Confidence 1:00 Mah Jongg 1:00 Ping Pong 5:00 Zumba 5:00 Evening Euchre 6:00 Ping Pong 6:00 Pilates 6:00 Musical Jam Session</p> | <p>14 9:00 Intro to Mah Jongg 9:00 Line Dance Review 9:30 Line Dance 11:00 Chair Aerobics 12:00 Tap Dance 1:00 Open Studio 1:00 Zumba Gold 1:00 Euchre 2:00 Gentle Yoga Zehnder's Frankenthuth Trip</p> | <p>15 8:30 Morning Mat Strength & Stretch 9:00 Stretch & Tone 10:00 Art with Shirley 11:30 Conditioning with Confidence 1:00 Pinochle & Mah Jongg 1:00 Zumba Gold 2:00 Ping Pong 2:00 Pilates</p> | <p>16 8:30 Adv. Stretch & Tone 9:30 Line Dance Review 9:30 Bingo 10:00 Build It-Fly It 10:00 Line Dance 11:00 Tap Dance Practice 1:00 Bridge 1:00 Hand & Foot 1:00 Gentle Tai Chi 1:30 Open Studio 2:00 Gentle Yoga 3:00 Gentle Hatha Yoga</p> | 17 |
| 18 | <p>19 9:00 Chair Aerobics 10:00 Beg. Tai Chi 10:00 Cooking Matters 10:45 Adv. Tai Chi 1:00 Bingo 1:00 Zumba Gold 1:00 Canasta 2:00 Gentle Yoga 2:30 Drawing with Confidence 6:00 Pickleball @ Mulligan's Hollow</p> | <p>20 8:30 Morning Mat Strength & Stretch 9:00 Knitting 9:00 Stretch & Tone 10:00 Book Club 11:30 Conditioning with Confidence 1:00 Mah Jongg 1:00 Ping Pong 5:00 Zumba 5:00 Evening Euchre 6:00 Ping Pong 6:00 Pilates 6:00 Karaoke Night</p> | <p>21 Hearing Checks 9:00 Intro to Mah Jongg 9:00 Line Dance Review 9:30 Line Dance 11:00 Chair Aerobics 11:30 Essential Oils 12:00 Tap Dance Foxy Ladies Lunch 1:00 Woodcarvers 1:00 Zumba Gold 1:00 Euchre 2:00 Gentle Yoga ArtPrize Orientation</p> | <p>22 8:30 Morning Mat Strength & Stretch 9:00 Stretch & Tone 10:00 Art with Shirley 11:00 Talent Showcase Birthday Party 11:30 Conditioning with Confidence 1:00 Pinochle & Mah Jongg 1:00 Zumba Gold 1:15 One Stroke Painting 2:00 Ping Pong 2:00 Pilates</p> | <p>23 8:30 Adv. Stretch & Tone 9:30 Line Dance Review 9:30 Bingo 10:00 Build It-Fly It 10:00 Line Dance 11:00 Tap Dance Practice 1:00 Bridge 1:00 Hand & Foot 1:00 Gentle Tai Chi 1:30 Open Studio 2:00 Gentle Yoga 3:00 Gentle Hatha Yoga</p> | 24 |
| 25 | <p>26 9:00 Chair Aerobics 10:00 Beg. Tai Chi 10:00 Coffee Klatsch 10:45 Adv. Tai Chi 11:00 FYI: Safety in the Hospital 1:00 Bingo 1:00 Zumba Gold 1:00 Canasta 2:00 Gentle Yoga 2:30 Drawing with Confidence 6:00 Pickleball @ Mulligan's Hollow</p> | <p>27 8:30 Morning Mat Strength & Stretch 9:00 Knitting 9:00 Stretch & Tone 11:30 Conditioning with Confidence 1:00 Mah Jongg 1:00 Ping Pong 5:00 Zumba 5:00 Evening Euchre 6:00 Ping Pong 6:00 Pilates 6:00 Musical Jam Session</p> | <p>28 9:00 Intro to Mah Jongg 9:00 Line Dance Review 9:30 Line Dance 11:00 Chair Aerobics 11:00 FYI: Trooper Miller: Prescription Drug and Heroin Use in Our Community 12:00 Tap Dance 1:00 Open Studio 1:00 Zumba Gold 1:00 Euchre 2:00 Gentle Yoga ArtPrize Trip</p> | <p>29 8:30 Morning Mat Strength & Stretch 9:00 Stretch & Tone 11:30 Conditioning with Confidence 1:00 Pinochle & Mah Jongg 1:00 Zumba Gold 1:15 One Stroke Painting 2:00 Ping Pong 2:00 Pilates</p> | <p>30 8:30 Adv. Stretch & Tone 9:30 Line Dance Review 9:30 Bingo 10:00 Build It-Fly It 10:00 Line Dance 11:00 Tap Dance Practice 1:00 Bridge 1:00 Hand & Foot 1:00 Gentle Tai Chi 1:30 Open Studio 2:00 Gentle Yoga 3:00 Gentle Hatha Yoga</p> | |

Medicare Worksheet

| | |
|------------------------|-------|
| For Office Use: | |
| Date Received: | _____ |
| By: | _____ |

The 2017 Medicare open enrollment period is October 15 - December 7. This form must be completed and returned to Four Pointes, 1051 Beacon Blvd., Grand Haven, MI 49417 (fax: 616-842-6110). Submitting an incomplete form will delay your appointment.

To fill out this form you will need: medicine bottles for ALL current prescriptions, your Medicare card, and any other health insurance and/or prescription insurance cards.

① Name: _____ Phone #: _____
 Address: _____ Apt # _____ City/State/Zip: _____
 County you live in: _____ Township/City/Village: _____
 Date of Birth: _____ Age: _____

② What type of insurance are you interested in having us research for you?

| | |
|-------------------|--|
| Prescription Only | Prescription with Medical Coverage |
| Medical Only | Medigap (Supplemental Medical Insurance—no copays) |

③ Look at your Medicare Card (the one that looks like this one) and fill in all the blanks



④ Complete this section if you want medical insurance. Fill in the number of times you visited each in the last year.

Dr _____ times last year
 Specialist _____ times last year
 Hospital _____ times last year
 ER _____ times last year
 Nursing Home _____ times last year
 Lab/blood work _____ times last year
 X-rays _____ times last year

Do you have any upcoming surgeries or medical needs? Yes No
 If yes, explain: _____

⑤ Circle the correct answer and fill in the blanks:

Do you have prescription insurance? Yes No
 If yes, what is the name of your insurance: _____
 What is your current monthly premium: \$ _____

Do you have medical insurance in addition to Medicare? Yes No
 If yes, what is the name of your supplemental insurance: _____
 What is your current monthly premium: \$ _____

| | |
|--------------------------------------|-------------|
| For Office Use: Drug List ID # _____ | Date: _____ |
|--------------------------------------|-------------|

6

List all of the information on your prescription bottles in the boxes below.
 Do this for each medicine you have a prescription for.
 If you use insulin, inhalers, or drops, list the number of bottles you use each month.

| <u>Drug Name</u> | <u>Dosage (mg)</u> | <u># of pills/bottles/inhalers used per month</u> |
|---|--------------------|---|
| <u>PILL SAMPLE:</u> -----Coumadin - Warfarin Sodium --- | ----- 20 mg----- | ----- 30----- |
| <u>INSULIN SAMPLE:</u> ----- Novolin 70/30 ----- | ----- | -----3 bottles----- |
| <u>DROPS:</u> ----- Xalatan eye drops----- | -----005%----- | -----1 bottle----- |
| <u>INHALER SAMPLE:</u> ----- Advair Diskus ----- | -----100/50----- | -----2 inhalers----- |
| GENERIC OK | | |
| GENERIC OK | | |
| GENERIC OK | | |
| GENERIC OK | | |
| GENERIC OK | | |
| GENERIC OK | | |
| GENERIC OK | | |
| GENERIC OK | | |
| GENERIC OK | | |
| GENERIC OK | | |
| GENERIC OK | | |

(Attach additional sheets if your medications do not fit in the space provided.)

7 What pharmacy do you use to fill your prescriptions? _____
 City: _____

Do you get all your prescriptions filled there? Yes No

If no, what other pharmacies do you use? _____

Which prescriptions are filled there? _____

You can also research your insurance coverage options:

- by calling Medicare at (800) 633-4227
- by visiting the Medicare website: www.medicare.gov
- by contacting an insurance agent

September Lunch Menu

Lunch hours Monday - Friday 11:30 a.m. – 1:00 p.m.

Suggested donation: Salad bar - \$4.50 adults 60+, hot meals - \$3.50 adults 60+.

All meals - \$6.00 adults under 60.

A la carte options available. Open to the public.

Meals include fat-free milk and 1/3 of the daily recommended intake of nutrients for older adults. Menu is subject to change without notice.



Check out our great salad bar offered Monday - Friday. The Ultimate Chef Salad is available daily, along with many tasty and creative salad bar additions.

WEEK OF AUGUST 29

Soup of the week:

Parmesan Kale and Italian Sausage

Mon: White Chicken Chili

Tues: Broccoli Cheese

Wed: Potato Au Gratin

Thurs: Stuffed Green Pepper

Fri: Tomato Basil

WEEK OF SEPTEMBER 19

Soup of the Week:

Vegetable Beef

Mon: Twice Stuffed Potato

Tues: Chicken Chili

Wed: Butternut Squash

Thurs: Birthday Party

Fri: Chicken Pot Pie

WEEK OF SEPTEMBER 5

Soup of the Week:

French Onion

Mon: Four Pointes Closed
for Labor Day

Tues: Bean with Ham

Wed: Chophouse Potato

Thurs: Timberline Chili

Fri: Corn Chowder

WEEK OF SEPTEMBER 26

Soup of the week:

Chicken Noodle

Mon: 7 Bean Medley

Tues: Clam Chowder

Wed: Beef Noodle

Thurs: Italian Wedding

Fri: Minestrone

WEEK OF SEPTEMBER 12

Soup of the Week:

Italian Wedding

Mon: Wisconsin Cheese

Tues: Mushroom Brie

Wed: Chicken and Dumpling

Thurs: Cheeseburger Chowder

Fri: Spinach Artichoke

Summer Grilling Workshop

Erica Phelps, Registered Dietician and Fitness & Wellness Director at the Tri-Cities YMCA, educates members on grilling summer veggies.



SEPTEMBER HOT & HEARTY MEALS

Served Monday, Wednesday and Friday.

- Sloppy Joes
- Swedish Meatballs
- Bourbon Chicken

No reservations needed. Fair share donation for 60+!

SEPTEMBER BIRTHDAY PARTY MENU

Meatloaf with mashed potatoes and gravy, peas, Normandy blend, peaches, birthday cake

Entertainment:
Four Pointes
Talent Showcase!



July Day Trip

We visited Cherry Point Farm Market in Shelby for a fish boil and homemade cherry pie.



Mac Wood's provided a fun and educational dune tour.



Trip-goers had time to relax at the beach in Silver Lake.



SEPTEMBER BIRTHDAYS

| | | | | | | | |
|-------------------------|---|----------------------|----|--------------------|----|-------------------|----|
| Mimi (Maribeth) Dunne | 1 | Bede Robertson | 6 | Fred McKissack | 13 | William Surridge | 20 |
| Rosemarie Barron-Ekdahl | 1 | Edward Zyniewicz | 6 | Susan Mueller | 13 | Seymour Barahl | 21 |
| Bob Johns | 1 | Douglas Burnett | 7 | Judy Hanson | 13 | Diane Dabakey | 21 |
| Liz Peel | 1 | Suzanne Cooper | 7 | Julia Wentz | 14 | Jan Sherwood | 21 |
| Kay Morrow | 2 | Jane Pjesky | 7 | Rosella Curry | 15 | Theresa Sorensen | 21 |
| Ann Borrowman | 2 | Bari Johnson | 7 | Vicki Long | 15 | Susan Scott | 22 |
| Debra Lewis | 2 | Mary Buitendorp | 7 | Al Plantenga | 15 | Shelly Stephens | 22 |
| William Dove | 2 | Donna Veeck | 8 | Julie Bildner | 15 | Marianne L. Smith | 23 |
| Diane Steggerda | 3 | Maryjean Wheaton | 8 | Crystal Cederquist | 16 | Donna Lock | 24 |
| Barbara Grimm | 3 | Mary Hinchman | 8 | Douglas Doering | 16 | Jackie Vorholzer | 24 |
| Judy Baker | 3 | Marge Steffen | 8 | Louise Hudd | 16 | Diane Roels | 24 |
| Alfred Smith | 3 | Sherry Hause | 9 | Doris Trinker | 17 | Denny Kraai | 24 |
| Janice (Jan) Smith | 3 | Larry Lutzke | 9 | Vickie Tatlock | 17 | Kathy Beckett | 24 |
| Linda Gerber | 3 | Michael Ryan | 9 | Tom Sheward | 17 | Peggy Weick | 25 |
| Suzanne Ditsler | 3 | Judy Kendrick | 9 | Ruth Lofton | 17 | Lola Fuhs | 26 |
| John Jordan | 3 | Carl Kallansrud | 9 | Eldonna Deiters | 18 | Beth Hwacinski | 26 |
| Butch Stanley | 4 | Nancy Powell | 10 | Sharon Baker | 18 | Warren Roosen | 27 |
| Shirley Black | 4 | Russ Andersen | 10 | Mary Groters | 18 | Deborah Overway | 27 |
| Lorraine Veeneman | 4 | Joyce (Wanda) Lehman | 10 | Gail Marod | 18 | Patricia O'Mara | 27 |
| Mary VanDyke | 4 | Jeanette Magsig | 11 | Jane Wasil | 18 | Joe Szymas | 28 |
| Bonnie Cowles | 5 | Gloria Price | 11 | Theresa Hanson | 19 | Pam Kerridge | 28 |
| Jill Huisken | 5 | Wally Ewing | 11 | Bill Weideman | 19 | Carol Decker | 29 |
| Sabrina Johnson | 5 | Norm Heerema | 11 | Mabel Lumsden | 20 | Sheron Miller | 29 |
| Robert Collins | 6 | Verna Schoonveld | 12 | Johanna Endenburg | 20 | Joann Paul | 29 |
| Laurie Randall | 6 | Dominic Barda | 12 | Lisa Cadman | 20 | Michael Cuncannan | 30 |
| Darlene Glockzin | 6 | Marjorie Van Horn | 12 | Lisa Greenwood | 20 | Lucy Kramer | 30 |
| Sandra Regan | 6 | Carol Swartout | 12 | Amy Sharpe | 20 | | |
| Barbara Swihart | 6 | Chris Nichols | 13 | Donna Prins | 20 | | |

We apologize for any errors or omissions on our birthday list!

Four Pointes Talent Showcase Birthday Party



Thursday, September 22nd
11:00 a.m. – 1:30 p.m.

(lunch will be served at 12:30 p.m.)

Sign up no later than Friday, September 9th

All talent welcome: music, poetry reading, comedy, singing, magic, dancing and much more!

Mandatory dress rehearsal - Wednesday September 21st 2:00 p.m. – 4:00 p.m.

Entry Fee: \$3.00 per person (lunch included)

11th Annual

Living It Exp⁴

Friday, October 7

9:00 a.m. – 12:00 p.m.

1051 S. Beacon Blvd., Grand Haven

Educational resource booths

Confidential, personalized Lifestyle Assessments

Fitness mini-classes

Wellness screenings

FREE "Eat Well" box lunch

Passport to Living It drawings

616-842-9210

www.fourpointes.org





Center for Successful Aging

1051 S. Beacon Blvd. • Grand Haven, MI 49417
616.842.9210 • 616.997.1786 Coopersville
www.fourpointes.org

Non-Profit Org
US Postage
PAID
Permit #227
Grand Haven, MI 49417



CURRENT RESIDENT

FOUR POINTES MASTERPIECE

MARY ROWE
Four Pointes Volunteer and Member
Since January 2011

What does successful aging mean to you?

Successful aging means to be able to do the things I want to do, like drive, walk, attend to others, speak and think rationally and maintain my lifestyle with grace and dignity. Acceptance of circumstances and others' opinions helps balance me.

What was your biggest accomplishment this past year?

I had shoulder surgery in February and what was supposed to be six weeks of recovery turned into six months. Happily, that is now behind me. I am looking forward to biking more, and playing pickleball and Mah Jongg in the coming year. .

How do you stay active and healthy?

I walk and bike regularly. I eat a balanced and healthy diet, and make new recipes often. I recently started making my own Kombucha, which is a probiotic drink. I play Mah Jongg to keep me mentally alert, and I read a lot. For my daily dose I enjoy spiritual readings, groups and prayer.

What programs do you most enjoy attending at Four Pointes?

I play Mah Jongg twice a week and take an occasional art class. As a volunteer at Four Pointes, I started making "reassurance calls." I enjoy talking to people and learning about their lives. One could even say, "Who is reassuring whom?" It is enriching for everyone.

