



Center for Successful Aging

Highpointes

May 2016 Newsletter



PHYSICAL • SOCIAL • INTELLECTUAL • SPIRITUAL

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Daydream Achiever: How to Tap into all of Life’s Possibilities.

Courtesy of AARP “Life Reimagined”

If you think back to when you were a child, the possibilities in life seemed endless. You could dream of becoming an actor or an astronaut and nobody would tell you it was impossible. It certainly wouldn’t occur to you that your life had limits. So why, in adulthood, do we place so many limitations on ourselves? What makes us stop imagining, exploring and experimenting with possibilities?

According to geriatrician and author Bill Thomas M.D., an international expert on elder care, we can blame it on American culture, which is so success-oriented that it discourages adults from taking chances and risking failure. By late middle age, many of us have become so rigid and risk averse that we won’t try anything that requires us to be novices. “We exchange our possible lives for competence,” says Thomas, “even as our time for living differently grows shorter.”

However, it doesn’t have to be that way. “You can say I want to trade away some competence to renew that sense of possibility and think about my future in a different way,” says Thomas. “We think our arrow points in one direction, but it can point in the other.”

Changing your future doesn’t require making a massive change. Simply by trying things that have always intrigued you can take you in a new direction. Thomas himself was interested in music, but between work and raising five children, he didn’t have time to pursue it. Four years ago, he saw a sign on a bulletin board that said, “Anyone can sing,” and thought maybe he really could. Thomas started taking music lessons, his wife took up the mandolin, and together they formed a band. “The biggest hurdle in all of this wasn’t learning to play music; it was giving ourselves the permission to be beginners again.”

Embrace Aging – Living in a youth-obsessed culture makes it harder to grow as you age. When you embrace aging as a chance for change, you’re free to make choices that are true to the person you want to be. YOU get to decide what you want, who you want to be, and how you want to look.

Expect Incompetence – When you took your first ice skating lesson or started your first job, you didn’t expect to succeed instantly. You accepted the fact that you were a novice and would make mistakes. You have to reconnect with the idea of temporary failure to renew your sense of possibility.

Experience Variety – Doing even one thing differently opens you up to a world of alternatives. Instead of driving, ride a bike or take a walk. Both embrace healthy and positive life changes.

Change the Script – We carry around a load of baggage as we go through life, including negative self-perceptions and insecurities that limit our actions. If you were told in first grade you were a lousy singer, chances are you have been confining your a cappella performances to the shower ever since. Forget about the past. “Think to yourself: If I stop caring about what everybody says, then I’m free. That was then, this is now.”

Look for possibilities – “Planning can be part of the future,” says Thomas. “It’s imagination that gives you the gift of possible lives. Permission to be a beginner again is the greatest gift you can give yourself.”



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. (Activity Center)



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

Activity 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 Executive Director

Susan Howell-Stuk



My name is Susan Howell-Stuk, and it is an honor to introduce myself as your new Executive Director. I am humbled to be entrusted with the privilege of leading Four Pointes, and I am looking forward to building upon all of the incredible work that has helped create this robust, high impact organization.

I hope to meet many of you, to learn more about who you are and about the importance of Four Pointes in your journey. Until we see each other in person, I thought you might like to know something about me.

Family is extremely important to me, as is the spirit of community I feel living in West Michigan. I explored living in different environments as a young adult, first in Florida and later on the east coast, but the natural beauty and the sense of "home" I feel in Ottawa County brought me back when it was time to raise a family. My husband and I are blessed to have our five children, both sets of our parents, and most of our adult siblings all living within a short distance.

I have committed the majority of my career to non-profit organizations that seek to improve the quality of life in our community. My first real job out of college was as a Case Coordinator for this very organization more than 20 years ago. It's exciting to be back, bringing along with me years of experience and growth. In my role as Executive Director, I will work with our team to continue to expand our membership, to explore collaborative partnerships and new technologies that will allow us to bring more programming out into the community, and to provide the critical safety net services available through our in-home opportunities.

I encourage your involvement and welcome ideas. If you already partner with Four Pointes, thank you for contributing your skills, your dollars, your time, or your passion. I am delighting in both the progress and the potential of Four Pointes, and I invite you to continue your relationship with us as we work to advance our mission.

Susan

Coopersville OKs Luncheon May 26

The Coopersville O.K.s May luncheon will be held on Thursday, May 26 at noon at the CAPS Community gym. Our guest speaker will be Buck Matthews. Please call Faith at 616-322-9530 for a reservation.

New Exercise Trend for People 50+

By Beth Howard,
Grandparents.com



George Bernard Shaw once said, “We don’t stop playing because we grow old; we grow old because we stop playing.”

The latest fitness trend takes this sentiment to heart. Outdoor playgrounds for older people are popping up across the country. Popular in Europe, the facilities typically feature low-impact exercise equipment designed to promote flexibility, balance and coordination. These play spaces – most built over the last decade – can now be found in Miami, Kansas City, Los Angeles, Boston, Seattle, Cedar Rapids, New York City and scores of other communities across the country.

Being exposed to novel, dynamic experiences is one of several ways to develop as much resilience as we can against dementia.

– Debra Raybold, brain-based life coach

There are several players in this growing industry. Must Have Play, based in Ithaca, New York, plans and builds playgrounds in conjunction with existing assisted-living facilities. KaBoom!, a nonprofit based in California and Washington D.C., has built more than 50 multigenerational playgrounds nationally, and Greenfields Outdoor Fitness, based in Orange County, California, has built adult playgrounds in public spaces around the country.

The Big Benefits of These Adult Playgrounds

The fitness benefits of playgrounds are obvious. In fact, a Finnish study looking at 40 people ages 65 to 81 who had access to this type of playground found that after three months of regular use, users saw significant gains in balance, speed and coordination – and had fun doing it. “The opportunity to exercise, get stronger and help delay the functional limitations that may come with age seems like a really positive idea all around,” said Julie Schmidt, assistant professor of sociology at Queens University in Charlotte, North Carolina, who focuses on aging issues.

But there are other good reasons to give them a try. Many are placed near parks or other public facilities to provide the chance to interact with others, thus countering the isolation many older people experience. The playgrounds are often marketed as multigenerational, allowing young children the chance to bond with their grandparents or other older adults. “Studies looking at intergenerational programs show that shared experiences benefit both the young and the old,” Schmidt says. “Seniors get a chance to pass along skills and wisdom. Kids report positive views of later life. These experiences promote a sense of connection and belonging.”

These playground perks “check off a lot of the boxes that lead to better brain health,” says Debra Raybold, brain-based life coach in South Bend, Indiana, and founder of That Essential Spark, a firm that helps people and companies apply neuroscience principles to life. “Being exposed to novel, dynamic experiences is one of several ways to develop as much resilience as we can against dementia,” she says.

At the new multigenerational playground at the Marion Diehl Senior Center in Charlotte, North Carolina, neighborhood kids scramble onto a climbing wall and other colorful equipment, while a few feet away, older adults work out on outdoor versions of gym ellipticals, stationary bikes and resistance machines.

Kids often wander over to the adult equipment to give it a try or strike up a conversation. “Do you want to be the pizza delivery guy?” a young girl asks a 60-ish woman, inviting her into her make-believe game. Although the woman demurs, she leaves the playground with a smile on her face.

Game Winners March 2016

Bridge (Fridays)

Week 1 – Marian Shannon
Week 2 – Dom Barda
Week 3 – Gert Miller
Week 4 – Dom Barda

Hand & Foot (Fridays)

Week 1 – Gloria Foltz/
Marge Larson
Week 2 – Maxine Moore
Week 3 – Dolores Bizon/
MaryJane Chandler
Week 4 – Jean Robbins

Evening Euchre (Tuesdays)

Week 1 – George Madl
Week 2 – Mike Cross
Week 3 – Hugh Bolan
Week 4 – Jim Downie

Pinochle (Thursdays)

Week 1 – Marge Larson
Week 2 – George Madl
Week 3 – Marge Larson
Week 4 – Rosalie Suszka
Week 5 – Louise Svoboda

Euchre (Wednesdays)

Week 1 – Louise Svoboda
Week 2 – Marge Larson
Week 3 – Maryanne Smith/
Mike Cross
Week 4 – Hugh Bolan
Week 5 – Bill Dove

NEW MEMBERS

Francine Anton
Mary Beahm
Martin Bontrager
Durinda Bontrager
Todd Brinks
Janice Cook
Mary Ellen Grabowski

Judy Hanson
Barbara Hass
Roberta Porter
Christina Shannon
Rick Turner
Donna Zervas

Activity & Event Descriptions

MAY EVENT HIGHLIGHTS

May 1 – 28 Movement Matters: Join our month-long campaign to increase movement and your overall well-being. Submit photos of you and your friends doing something fun and active in your Movement Matters t-shirt, and be entered into our cash prize drawing. See details on page 8.
\$15 registration fee.

May 4 Einstein U "Michigan Made": Automobiles and furniture are made in Michigan. But wait, there's a lot more cool stuff made in our Great Lakes state. Join Nancy Buchanan for this entertaining group discussion.

May 5 Crafters: This talented crafting group is amazing. A dollar and a spirit of fun will bring you a very pleasant morning! This group meets the first Thursday of the month.

May 6 Mall Run: Grab your coupons and your walking shoes and catch a ride to the Lakes Crossing Mall at 10 a.m. to be picked up no later than 1 p.m. Sign up at the front desk.

May 10, 24 Veterans Coffee Hour: This special coffee and social time is an opportunity for veterans and spouses to learn about resources for vets, and learn about each other. This event will continue to be held the second and fourth Tuesday of each month.

May 11 FYI: Are Persons with Dementia Safe at Home? This session will cover vital safeguards to keep a loved one in their home while in the early stages of any type of dementia. Susan Thorpe of the Alzheimer's Association will also lead a discussion on the right time to make a change.

May 17 Book Club: Join the discussion and the book for next month will be provided! Flyers with the book of the month are available at Four Pointes.

May 18 Hearing Checks: Sonus Hearing Care Professionals will be here to offer services FREE of charge. Please call Four Pointes at 616-842-9210 to schedule an appointment or if you have questions.

May 25 FYI: Ask the Comfort Keepers Nurse: Jennifer Mamp, RN will be here to answer questions regarding health education including staying independent and safe in your home. She will also discuss the detection and treatment of the shingles virus.

May 25 Dinner and The Phantom: We're traveling to Grand Rapids to have dinner at Bobarino's inside The B.O.B. After dinner, we will enjoy Andrew Lloyd Webber's The Phantom of the Opera at Devos Performance Hall. Space is limited for this evening trip and preregistration is required. \$85 includes dinner, theatre ticket and transportation by motor coach (*additional \$8 service fee for non-member guests*).

May 30 Memorial Day: Four Pointes is closed.

July Day Trip

Fish Boil and Dune Rides

Full of fun and excitement, this trip is sure to be the highlight of our summer! We're headed to Shelby where Cherry Point Farm and Market will host us for their popular fish boil served up picnic style and topped off with homemade cherry pie and ice cream. After lunch, we will enjoy a safe, fun-filled 7 mile dune tour hosted by Mac Wood's Dune Rides drivers who understand the history and ecology of the constantly changing sand mountains. Bring your own camera and sunglasses! Cost and date TBD.

ACTIVITIES

FITNESS

Gentle Movement with Tai Chi
Advanced Tai Chi
Gentle Yoga
Gentle Hatha Yoga
Chair Aerobics
Stretch & Tone
Advanced Stretch & Tone
Line Dance
Tap Dance
Belly Dance
Pickleball
Zumba Gold
Ping Pong
Pilates

LEARNING

Memory Writers
Knitters Circle
Build It-Fly It!
Book Club
FYI
Einstein U
Reini's Garden Class

SUPPORT

Health Clinics
Foot Clinics
Legal Aid
AARP Tax Preparation
Medicare/Medicaid Assistance & Prescription Drug Assistance

RECREATION / GAMES

Scrabble, Mah Jongg, Bridge, Euchre, Bingo, Pool, Hand & Foot, Pinochle, Shuffleboard, Darts

ARTS

Drawing with Confidence
Lessons in Watercolor
Crafters
One Stroke Painting
Woodcarvers
Art with Shirley

Four Pointes accepts:



MAY 2016 ACTIVITIES

Grand Haven Activity Center • 616-842-9210

Sun	Mon	Tues	Wed	Thu	Fri	Sat
1	2 9:00 Chair Aerobics 10:00 Beg. Tai Chi 10:45 Adv. Tai Chi 1:00 Bingo 1:00 Zumba Gold 2:00 Gentle Yoga 2:30 Drawing with Confidence 6:00 Pickleball at Mulligan's Hollow	3 9:00 Knitting 9:00 Stretch & Tone 1:00 Mah Jongg 1:00 Ping Pong 5:00 Zumba 5:00 Evening Euchre 6:00 Ping Pong 6:00 Pilates	4 9:00 Line Dance Review 9:30 Line Dance 11:00 Chair Aerobics 11:00 Einstein U: Michigan Made 12:00 Tap Dance Review 1:00 Zumba Gold 1:00 Euchre 2:00 Gentle Yoga	5 Foot Care 9:00 Stretch & Tone 10:00 Crafters 10:00 Art with Shirley 10:00 Beg. Line Dance 1:00 Pinochle, Mah Jongg, Beg. Bridge 1:00 Zumba Gold 2:00 Ping Pong 2:00 Pilates	6 8:30 Adv. Stretch & Tone 9:30 Line Dance Review 9:30 Bingo 10:00 Mail Run 10:00 Build It-Fly It 10:00 Line Dance 1:00 Bridge 1:00 Hand & Foot 1:00 Gentle Tai Chi 2:00 Gentle Yoga 3:00 Gentle Hatha Yoga	7
8	9 <i>Ambassador Committee</i> 9:00 Chair Aerobics 10:00 Beg. Tai Chi 10:00 Coffee Klatsch 10:45 Adv. Tai Chi 1:00 Bingo 1:00 Zumba Gold 2:00 Gentle Yoga 2:30 Drawing with Confidence 6:00 Pickleball at Mulligan's Hollow	10 9:00 Knitting 9:00 Stretch & Tone 10:00 Veterans Coffee Hour 10:00 Cooking Matters 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 6:00 Woodcarvers	11 9:00 Intro to Mah Jongg 9:00 Line Dance Review 9:30 Line Dance 11:00 Chair Aerobics 11:00 FYI: Are Persons with Dementia Safe at Home? 12:00 Tap Dance 1:00 Zumba Gold 1:00 Euchre 2:00 Gentle Yoga	12 9:00 Stretch & Tone 10:00 Art with Shirley 10:00 Memory Writers 10:00 Beg. Line Dance 1:00 Pinochle, Mah Jongg, Beg. Bridge 1:00 Zumba Gold 1:15 One Stroke Painting 2:00 Ping Pong 2:00 Pilates	13 <i>Legal Aid & BP Checks</i> 8:30 Adv. Stretch & Tone 9:30 Line Dance Review 9:30 Bingo 10:00 Build It-Fly It 10:00 Line Dance 1:00 Bridge 1:00 Hand & Foot 1:00 Gentle Tai Chi 2:00 Gentle Yoga 3:00 Gentle Hatha Yoga	14
15	16 9:00 Chair Aerobics 10:00 Beg. Tai Chi 10:45 Adv. Tai Chi 1:00 Bingo 1:00 Zumba Gold 2:00 Gentle Yoga 2:30 Drawing with Confidence 6:00 Pickleball at Mulligan's Hollow	17 9:00 Knitting 9:00 Stretch & Tone 10:00 Cooking Matters 10:00 Book Club 1:00 Mah Jongg 1:00 Ping Pong 5:00 Zumba 5:00 Evening Euchre 6:00 Ping Pong 6:00 Pilates	18 Hearing Checks 9:00 Intro to Mah Jongg 9:00 Line Dance Review 9:30 Line Dance 11:00 Chair Aerobics 12:00 Tap Dance Foxy Ladies Lunch 1:00 Zumba Gold 1:00 Euchre 2:00 Gentle Yoga	19 9:00 Stretch & Tone 10:00 Art with Shirley 10:00 Beg. Line Dance 1:00 Pinochle, Mah Jongg, Beg. Bridge 1:00 Zumba Gold 2:00 Ping Pong 2:00 Pilates	20 8:30 Adv. Stretch & Tone 9:30 Line Dance Review 9:30 Bingo 10:00 Build It-Fly It 10:00 Line Dance 1:00 Bridge 1:00 Hand & Foot 1:00 Gentle Tai Chi 2:00 Gentle Yoga 3:00 Gentle Hatha Yoga	21
22	23 9:00 Chair Aerobics 10:00 Beg. Tai Chi 10:00 Coffee Klatsch 10:45 Adv. Tai Chi 1:00 Bingo 1:00 Zumba Gold 2:00 Gentle Yoga 2:30 Drawing with Confidence 6:00 Pickleball at Mulligan's Hollow	24 9:00 Knitting 9:00 Stretch & Tone 10:00 Veterans Coffee Hour 10:00 Cooking Matters 1:00 Mah Jongg 1:00 Ping Pong 6:00 Spring Fling Dance	25 9:00 Intro to Mah Jongg 9:00 Line Dance Review 9:30 Line Dance 11:00 Chair Aerobics 11:00 FYI: Ask the Comfort Keepers Nurse: Shingles 12:00 Tap Dance 1:00 Zumba Gold 1:00 Euchre 2:00 Gentle Yoga Phantom of the Opera Trip	26 9:00 Stretch & Tone 10:00 Art with Shirley 10:00 Beg. Line Dance 11-1pm Birthday Party 1:00 Pinochle, Mah Jongg, Beg. Bridge 1:00 Zumba Gold 1:15 One Stroke Painting 2:00 Ping Pong 2:00 Pilates	27 8:30 Adv. Stretch & Tone 9:30 Line Dance Review 9:30 Bingo 10:00 Build It-Fly It 10:00 Line Dance 1:00 Bridge 1:00 Hand & Foot 1:00 Gentle Tai Chi 2:00 Gentle Yoga 3:00 Gentle Hatha Yoga	28
29	30 Four Pointes Closed for Memorial Day 	31 9:00 Knitting 9:00 Stretch & Tone 10:00 Cooking Matters 1:00 Mah Jongg 1:00 Ping Pong 5:00 Zumba 5:00 Evening Euchre 6:00 Ping Pong 6:00 Pilates				

Preserve Your Life Story with “You Don’t Say”

Four Pointes has a unique program called **“You Don’t Say. There is Always Time for One More Story.”** The purpose of this program is to give members a chance to tell their life story to someone who is listening - really listening.



Each participant is interviewed for one half-hour per month for twelve months. Each interview is videotaped and eventually transferred to a Blu-ray disc for the family’s history. Interviews are held on Tuesday mornings at Four Pointes. Each participant will receive two copies, one to keep and one to distribute as they wish.

If you are interested in preserving your family stories for your children and grandchildren, please contact Four Pointes at 616-842-9210.

Four Pointes Spring Fling Dance and Social

Tuesday, May 24 at Four Pointes
1051 S. Beacon Blvd., Grand Haven
Live Music from The Silverado Band 7 p.m. - 9 p.m.
Doors Open at 6:30 p.m.

Enjoy an evening of dancing and connecting with friends new and old. Bring a snack to share for the appetizer buffet. Coffee, juice and water provided.

\$5 per person at the door. Open to the public!



2016 Heritage Tea

Wednesday, June 8

Our annual event to honor our friends 90 years and better!

Four Pointes Hospitality Room

2:00 p.m. - 3:30 p.m.

Please RSVP to Four Pointes at 616-842-9210.



Prescription Assistance Available Through Four Pointes

Are you 60+ and having trouble paying for your prescriptions? Four Pointes may be able to help!

If you are aged 60-64, there are programs available to provide prescriptions at low cost or no cost depending on your income and specific prescription. If you are over 65, have Medicare Part D, and are in or approaching the donut hole, assistance may also be available. There are also programs available for those 65+ who do not have Medicare Part D.

Please contact Wendy Creason at 616-842-9210 if you have questions, or if you would like to make an appointment to review programs that may be available to you.



May Lunch Menu

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

Suggested donation - \$3.50 for adults 60+. \$6.00 for 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 MAY 2

Soup of the week:

Stuffed Green Pepper

Mon: Navy Bean with Ham

Tues: Mediterranean Lentil

Wed: Cheeseburger Chowder

Thurs: Chophouse Potato

Fri: Chicken and Dumpling

WEEK OF MAY 23

Soup of the Week:

Italian Wedding

Mon: Wisconsin Cheese

Tues: Timberline Chili

Wed: Chicken Pot Pie

Thurs: Birthday Party

Fri: California Vegetable Medley

WEEK OF MAY 9

Soup of the Week:

White Chicken Chili

Mon: Italian Wedding

Tues: Beef Vegetable

Wed: Split Pea with Ham

Thurs: Tomato Basil

Fri: Corn Chowder

WEEK OF MAY 30

Soup of the week:

Garden Vegetable

Mon: Memorial Day – Four Pointes Closed

Tues: Parmesan Kale with Italian Sausage

Wed: White Chicken Chili

Thurs: Harvest Grain with Portobello Mushroom

Fri: Stuffed Green Pepper

WEEK OF MAY 16

Soup of the Week:

Beef Noodle

Mon: Creamy Spinach and Artichoke

Tues: Clam Chowder

Wed: Mushroom Brie

Thurs: Broccoli Cheese

Fri: Chicken Gumbo

MAY HOT & HEARTY MEALS

Served Monday, Wednesday and Friday.

- Spaghetti with meat sauce
- Polish sausage on a bun
- Stuffed chicken with rice pilaf

No reservations needed. Fair share donation for 60+!

MAY BIRTHDAY PARTY MENU

Stuffed chicken with gravy, rice pilaf, broccoli, peaches, birthday cake

Entertainment: Butch Grenell & Unbreakable Pride – country and dance music



Garden Committee

Our Garden Committee learned the ins and outs of the LiveWall garden system from Hortech owner Dave MacKenzie.



Garden Committee

The plants for our LiveWall garden are being readied for their new home at Four Pointes.



March FYI Presentation

Trooper Miller educated us on the signs of an emergency and how to respond.



MAY BIRTHDAYS

Fran Khodl	1	Mickey Dora	9	Roseann Butcher	16	Sharon Weavers	23
Alice Diedrich	1	Marilyn Biczak	9	Joyce Rowland	17	Linda Namenye	23
Rosa Bice	1	E.M. Chandler	9	John Macis	17	Sherron Collins	24
Jerene Turcotte	1	Mary Ann Zitta	10	Howard Maki	17	Connie McMann	24
Elaine Szopinski	2	Cathy Paradise	10	Chris Bussell	17	Barbara Kukulski	24
Louis Draeger	2	Pat Rolf	10	Ruth Sebenick	17	Roger White	24
Catherine Robbins	2	Janice Cook	10	Marcia Palermo	18	Sally Kemme	25
Sharon Tanis	2	Trudy Belding	11	Eleanor Goll	18	Margot Quillen	25
Shirley Swifney	3	Sandy Rich	11	Sylvia Olsen	18	John Clapp	25
Carolyn Schultz	3	Margaret Swanson	11	Robert (Bob) Kittel	18	Eva Moore	25
Kristine Van Oflen	3	Robin Myers	11	Glenn VanWoerkom	18	Lucy Kostecki	26
Virginia Wall	4	Mary Berwald	11	Elaine Million	19	Marie Ellingboe	27
Sharon Cihak	4	Christine Langlois	11	Skip Rossiter	19	Carole Soule	27
Gloria Honey	5	Evonne Bessinger	12	Jeanne Wynne-Parry	19	Mary Helen Hoffmeyer	27
Terry Katt	5	Ronda Davis	12	Joe (Gerald) Young	20	Doug Smith	27
Marilyn Le Clair	5	Steve Rosso	12	Pat Sayles	20	Bruce Woudenberg	28
Christopher Simoni	5	Midge LaPres	13	Ron Lindquist	20	Marian Little	29
Mary Lynne Dornbos	5	Janice Walcott	13	Hazel Kragt	20	Judy Fuller	30
Dawn Rinehart	5	Dolores Shepherd	13	Dolores Reiss	21	Maybelle Mohrhardt	30
Pat Szczepanek	6	John Schultz	14	Shirley Kozicki	21	Burton Brooks	30
Sandy Tanis	6	Doris Ducey	15	Rose Andreasen	21	Jon Byron	30
Sheryl Benedict	7	Marilyn Bosch	15	Harold DeCan	21	Andrew Nelson	30
Libby Brouwer	7	Penny Carpenter	15	Yvonne Mitchell	21	Kathy Reminder	30
Joyce Schneider	8	Jenene Gibbons	15	Rita Milas	22	Betty Rowley	31
Allen Winslow	8	Roberta Tayler	15	Sally Sobolik	22		
Jacquelyn Young	8	Fran (Mary) Sedlock	16	Beverly Velik	22		

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

“Breathe” Stress Resilience Series Begins June 6

As we usher in yet another busy and potentially stressful summer season, we invite you to breathe; a simple thing we do every minute of every day, yet with purpose it provides an opportunity to build up our resilience to stress.



Learn how your response to stress can have a profound and lasting effect on your health and well-being.

Mondays June 6th – June 27th

10 a.m. – 11:30 a.m.

Cost: \$5.00

Register at the Four Pointes front desk today!

Keep Moving with Movement Matters



Movement Matters is a new month-long Masterpiece Living campaign focused on increasing movement and overall well-being. The goal is for each of us to find motivation to move more, sustain this increase throughout the year, and to do it as a member of Four Pointes.



Did you know that when we move our bodies more, we increase the flow of blood and oxygen to our brains, improving our reaction time? We can sleep better, reduce stress, and boost our metabolism, too. Movement goes far beyond just the physical component. The Movement Matters campaign is about moving with a purpose and incorporating all the components (spiritual, intellectual, social, and physical) into movement.

The campaign runs May 1 - 28. Participants will receive their own tracking sheet, a special Four Pointes t-shirt, and be entered into a cash prize drawing. Take photos of you and your friends doing something fun and active in your t-shirts, then turn in your photos to Stacey or email them to stacey@fourpointes.org. Photo contest winners will be announced the first week in June. \$15 registration fee. Get ready for a month filled with fun and inspired ways to move more!



CURRENT RESIDENT

FOUR POINTES MASTERPIECE

BECKY MOLL Four Pointes Zumba, Zumba Gold and Pilates Instructor Since 2014

What does successful aging mean to you?

To me, successful aging means that as I age I will continue to be challenged intellectually, physically, emotionally and spiritually, and with these challenges, improve my development in all said areas.

What was your biggest accomplishment this past year?

My biggest accomplishment is growing my business while raising my two wonderful sons as a single mom. Balancing my career and parenthood is not always easy, but it comes with great rewards. I am blessed to have such great kids, and the challenges we face as a family help us grow into better people.

How do you stay active and healthy?

I stay active and healthy by practicing what I preach to the best of my abilities. In addition to teaching Zumba, Zumba Gold and Pilates at Four Pointes, I enjoy hiking, biking, ballroom dancing and yoga. I also teach many other classes in and around Grand Haven, Spring Lake and Muskegon. I try to live by the 80/20 rule, which means that 80% of the time I eat healthy and clean. The other 20% is for eating some of my favorite goodies such as chocolate and ice cream, or going out to eat.

What's your best "Daily Dose" to keep you feeling good?

My daily doses are getting 7-8 hours of sleep every night and drinking plenty of water every day. I think these are two of the most important things you can do for your body and mind. I also try to read every night.

What programs do you most enjoy attending at Four Pointes?

I'm waiting to turn 50 before I can start attending programs at Four Pointes. But once I hit that milestone, I look forward to taking tap dance and belly dance, and possibly an art or painting class.

