



Center for Successful Aging

Highpointes

February 2016 Newsletter



PHYSICAL • SOCIAL • INTELLECTUAL • SPIRITUAL

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4th Annual Living It! Campaign Kicks Off in February

Research tells us that challenging ourselves with new and complex activities is not only good for our overall wellness, it also stimulates the brain and promotes brain health. 70% of how we age is based on the daily lifestyle choices we make, and the best news is it's NEVER too late to make a positive change. In addition to all the obvious health benefits, we also benefit from meeting new people, getting creative, and challenging ourselves.

The Living It! campaign is a yearly reminder of the importance of stepping outside our comfort zones and trying something new - socially, intellectually, physically and spiritually. By exploring and allowing ourselves to be beginners, we continue a commitment to lifelong growth and exploration.

This year, Four Pointes is challenging you to **EXPLORE and CONNECT FOUR!** Each week in February will focus on a different component of wellness with new programming opportunities for you to enjoy. When you sign up at the front desk, you will receive a Connect Four scorecard so you can track how your activity is connected to your social, intellectual, physical and spiritual wellness. The goal of Connect Four is to try at least one program in each component of wellness throughout the month. The more you challenge yourself by trying new programs, the greater your chance to win weekly prize drawings and the grand prize!



Living It! Weekly Wellness Focus

February 1–5: Intellectual Wellness

February 8–12: Spiritual Wellness

February 15–19: Physical Wellness

February 22–26: Social Wellness

*"Everyone is a house with four rooms:
physical, mental, emotional (social) and spiritual.
Unless we go into every room every day, even if only
to keep it aired, we are not a complete person."*

— Indian Proverb

Coopersville OKs Luncheon February 25

The next OKs luncheon will be held Thursday, February 25 at noon at the CAPS Community Services gym, and will feature guest speaker Buck Matthews. Please call Faith at 616-322-9530 to make a 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. (Activity Center)



From the Executive Director Brigit Hassig



The article title caught my attention, but not for the reasons you think. "Multi Tasking Gets Harder with Age" is an article about how younger people can multi-task, and how people over 60 find it increasingly difficult to do so. As with most comparisons of younger vs. older, the content was tainted with the ageist assumption that multi-tasking is something we should continue to aspire to because we can – when we're younger – and we lose it when we're older. Aging is a time of loss of function, of value, of ... Enough already!

Here's what we know about multi-tasking. When working on several tasks at once, such as talking on the phone, checking your email and writing a report, you can lose the focus required to adequately complete one item. Too many distractions break your concentration, which requires more time to come back to one task, find where you left off, and try to recreate your thought pattern. By having too much information inundate you at the same time, your brain cannot differentiate between what is important and what isn't, negatively affecting your memory.

Attempting to perform too many activities at one time can cause your stress level to increase. Stress that's left unchecked can contribute to health problems, such as high blood pressure, heart disease, obesity and diabetes.

It seems to me that the article should have read, "Focus Improves with Age, Multi-Tasking Detrimental to Younger Health." The standard media and research jargon continues to depreciate the true virtue of growing older – it exhibits ageist bias in a world increasingly becoming owned by older adults. After all, 10,000 people in the United States will turn 65 every day until the year 2029.

A powerful editorial written several years ago questioned a newspaper's use of the term 'senior.' Headlines frequently read, "Senior Victimized by Scammer, Senior Victim of ..." Then, the writer pointed out that they had never read, "Senior Elected Bank Vice President," or "Senior Becomes Legislator," etc.

Because the belief that aging is powerful still remains counter-culture, I have actively begun to read and hopefully write in ways that critically turn the paradigm upside down. What should this article say if it is not ageist? What benefits come from the experience I hold? What frame of reference demonstrates a longer term value of life? Let's make a pact to be savvy readers and turn the existing paradigm around.

Warmest regards, *Brigit*

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:



Utility Assistance Programs Available

Michigan Gas Utilities

• **Medical Emergency Protection**

Customers can qualify for reconnection or continuance of gas service if the disconnection of service will impair or threaten the health or safety of a resident of the customer's household. Customers may qualify for up to three medical emergency holds within a 12-month period.

• **Winter Protection Plan**

The Winter Protection Plan protects eligible older adults and low-income customers from service shutoff and high utility bill payments during the winter months (November 1 through March 31). You may enroll in the Winter Protection Plan anytime between November 1 and March 31. You qualify for the plan if you meet one of the following requirements:

- Age 65 or older
- Receive Department of Human Services cash assistance
- Receive food stamps
- Receive Medicaid
- Have a household income at or below 150% of poverty level

Contact Michigan Gas Utilities at 800-401-6402 for more information on enrollment and repayments.

Grand Haven Board of Light and Power

The Hometown Helping Hands program assists individuals with paying past due electric bills. Budget payments can also be arranged to help with the cost of higher winter bills. If you have any questions about these programs, please contact Customer Service at 616-846-6250.

Game Winners December 2015

Bridge (Fridays)

Week 1 – Dom Barda

Week 2 – Dom Barda

Week 3 – Dom Barda

Evening Euchre (Tuesdays)

Week 1 – Kay Muir

Week 2 – George Madl

Week 3 – George Madl

Week 4 – George Madl

Euchre (Wednesdays)

Week 1 – Gloria Foltz

Week 2 – Mary Jane Chandler

Week 3 – Pearl Shiflett

Week 4 – Elaine Million

Week 5 – Hugh Bolan

Hand & Foot (Fridays)

Week 1 – Maxine Moore

Week 2 – Mary Jane Chandler

Week 3 – Mary Jane Chandler

Pinochle (Thursdays)

Week 1 – Gloria Foltz

Week 2 – George Madl

Week 3 – Rosalie Suszka

Mah Jongg (Tuesdays)

Week 1 – Mary Rowe

Week 2 – Evonne Bessinger

Week 3 – Joan Jensen

Mah Jongg (Thursdays)

Week 1 – Evonne Bessinger

Memory Writers

NEW MEMBERS

Sharon Baker

David Howell

Carol Lange

Sondra Metzler

Linda Namenye

Dallas Stalzer



Our writing group with their inspiring 2015 anthologies.

Fruits and Vegetables Coming Soon!

When our members tell us they don't eat enough fruits and vegetables, it's a call to action for Four Pointes! Thanks to the generosity of the Grand Haven Area Community Foundation, including the Gene and Sally Harbeck Fund, Greatest Needs Fund, Cornelia B. Wagner and Ruth B. Hoek Fund, and the Margaret Lynn Wilson Fund, Four Pointes will grow vegetables, herbs and annuals on the outdoor patio next spring.

Plants will be grown in vertical planters using LiveWall® systems donated by project sponsor Hortech of Spring Lake. Members will have opportunities to garden and take home the harvest! Food grown at Four Pointes will complement future nutrition programs being offered in collaboration with the North Ottawa Community Health System and the YMCA.

If you are interested in being part of the LiveWall® gardening workgroup, please contact our front desk and ask for Jessie Riley or contact Jessie@fourpointes.org.



Activity & Event Descriptions

FEBRUARY EVENT HIGHLIGHTS

February 4 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.

February 2, 16 Musical Jam Session: The goal of this group is to have fun and act like we are part of a REAL band. If our group had a name it would be "Pointless." Bring your instrument and/or your voice as we are recruiting new members. Piano and drums already set up! **Every other Tuesday 6-8 p.m.**

February 3 Einstein U "On Broadway": We may not have gone to see all the shows in New York, but we know we can sing those songs. Join Nancy Buchanan for this entertaining and insightful discussion.

February 4, 18 Two-Part Legal Workshop "Let's Get Organized!": Join elder law attorney Anna Urick Duggins from Parmenter O'Toole and her elder law team as they help you accomplish one of your New Year's resolutions - getting your important legal documents organized. Details on page 6.

February 5 Mall Run: Grab your coupons and your walking shoes and catch a ride to the Lakes Mall at 10:00 a.m. Pick-up no later than 1:00 p.m. Sign up at the table in the Four Pointes lobby entrance.

February 8, 22 Coffee Klatsch: Just like the days in the old neighborhood. Enjoy chatting with friends, old and new, over a cup of coffee and a sweet treat. Topics vary with interest.

February 9 Jazzercise: Participants needed for a one-hour interactive program about the latest scientific research showing the importance of physical activity. The presenter is an RN, a certified Jazzercise instructor and a full-time student at Spring Arbor University. She has designed a community project based on the nursing theory of music, mood and movement. Please come and experience the wonderful benefits of dance fitness!

February 9, 23 Woodcarvers: This class is for any ability level while offering many forms of woodcarving. Come enjoy learning to wood carve or spend time with others who enjoy the craft. Every second and fourth Tuesday evening of the month.

February 10 FYI: Ask the Comfort Keepers Nurse: Do you have any questions you would like to ask a registered nurse? Jennifer Mamp, RN will be here to answer questions about staying independent and safe in your home. Jennifer manages and trains the large nursing

and private duty aide staff at Comfort Keepers, which serves many individuals in Ottawa and Muskegon Counties.

February 11 Reini's Garden Class: This special class will have two parts including a travelogue to Longwood Botanical Gardens in Pennsylvania, and a discussion about pruning shrubs in our gardens at home. This class meets the second Thursday of the month.

February 11 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.

February 15 Presidents Day: Four Pointes closed.

February 16 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.

February 17 Cooking Matters Demonstration: The Cooking Matters® nutrition education program helps fight hunger by teaching families to make healthy food choices on a budget. Based on the USDA MyPlate, the Cooking Matters® curriculum teaches healthy eating habits, cooking skills, simple recipes and food safety. Come and enjoy a demonstration given by our local Cooking Matters instructor!

****NEW**February 23 Veterans Coffee Hour:** This special coffee and social opportunity is a platform for veterans and spouses to learn about resources for vets, and also to learn about each other. During the official kickoff, Loren Snippe from the Ottawa County VA will give an informative presentation on what resources are available for the veterans in our community. There will be time for questions and special refreshments will be served. This event will continue to be held the second and fourth Tuesday of each month.

February 24 FYI: Sugar vs. Artificial Sweeteners: Sugar and artificial sweeteners are certainly a source of confusion in this day and age. Adding to this uncertainty is the natural versus added sugars debate. This can leave you questioning what on earth to eat or drink! Erica Phelps, RD, YMCA Registered Dietitian, will help you sort it out and offer guidance on food and beverage choices.

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:



FEBRUARY 2016 ACTIVITIES

Grand Haven Activity Center • 616-842-9210

Sun	Mon	Tues	Wed	Thu	Fri	Sat
	<p>1 <i>Ambassador Committee</i> 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 4-6 Pickleball</p>	<p>2 9:00 <i>Knitting</i> 9:00 Stretch & Tone 9:00 Shuffleboard 12:30 Scrabble 1:00 Belly Dance 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>3 9:00 Intro to Mah Jongg 9:30 Line Dance 11:00 Chair Aerobics 11:15 Einstein U: On Broadway 12:00 Tap Dance 1:00 Lessons in Watercolor 1:00 Zumba Gold 1:00 Euchre 2:00 Gentle Yoga</p>	<p>4 9:00 Stretch & Tone 9:30 Bring Your Own Box 10:00 Crafters 10:00 Art with Shirley 10:00 Beg. Line Dance Series 1:00 Pinochle, Mah Jongg, Beg. Bridge 1:00 Zumba Gold 2:00 Ping Pong 2:00 Pilates</p>	<p>5 8:30 Advanced 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</p>	<p>6</p>
<p>7</p>	<p>8 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 4-6 Pickleball</p>	<p>9 9:00 <i>Knitting</i> 9:00 Stretch & Tone 9:00 Shuffleboard 12:30 Scrabble 1:00 Belly Dance 1:00 Mah Jongg 1:00 Ping Pong 2:00 Jazzercise Study with Cadence 5:00 Zumba 5:00 Evening Euchre 6:00 Ping Pong 6:00 Pilates 6:00 Woodcarvers</p>	<p>10 9:00 Intro to Mah Jongg 9:30 Line Dance 11:00 Chair Aerobics 11:00 FYI: Ask the Comfort Keepers Nurse! 12:00 Tap Dance 1:00 Lessons in Watercolor 1:00 Zumba Gold 1:00 Euchre 2:00 Gentle Yoga</p>	<p>11 <i>Foot Care</i> 9:00 Stretch & Tone 10:00 Memory Writers 10:00 Art with Shirley 10:00 Beg. Line Dance Series 11:00 Reini's Garden Class 1:00 Pinochle, Mah Jongg, Beg. Bridge 1:00 Zumba Gold 1:15 One Stroke Painting 2:00 Ping Pong</p>	<p>12 <i>Legal Aid & BP</i> 8:30 Advanced 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</p>	<p>13</p>
<p>14 Valentine's Day</p>	<p>15 President's Day Four Pointes Closed </p>	<p>16 9:00 <i>Knitting</i> 9:00 Stretch & Tone 9:00 Shuffleboard 10:00 Book Club 12:30 Scrabble 1:00 Belly Dance 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>17 Hearing Checks 9:00 Intro to Mah Jongg 9:30 Line Dance 10:45 Cooking Matters Demo 11:00 Chair Aerobics 12:00 Tap Dance Foxy Ladies Lunch 1:00 Lessons in Watercolor 1:00 Zumba Gold 1:00 Euchre 2:00 Gentle Yoga</p>	<p>18 9:00 Stretch & Tone 9:30 Bring Your Own Box 10:00 Art with Shirley 10:00 Beg. Line Dance Series 1:00 Pinochle, Mah Jongg, Beg. Bridge 1:00 Zumba Gold 2:00 Ping Pong 2:00 Pilates</p>	<p>19 8:30 Advanced 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</p>	<p>20</p>
<p>21</p>	<p>22 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 4-6 Pickleball</p>	<p>23 9:00 <i>Knitting</i> 9:00 Stretch & Tone 9:00 Shuffleboard 10:00 Veteran Coffee Hour 12:30 Scrabble 1:00 Belly Dance 1:00 Mah Jongg 1:00 Ping Pong 5:00 Zumba 5:00 Evening Euchre 6:00 Ping Pong 6:00 Pilates 6:00 Woodcarvers</p>	<p>24 9:00 Intro to Mah Jongg 9:30 Line Dance 11:00 Chair Aerobics 11:00 FYI: Sugar vs. Artificial Sweeteners 12:00 Tap Dance 1:00 Lessons in Watercolor 1:00 Zumba Gold 1:00 Euchre 2:00 Gentle Yoga</p>	<p>25 9:00 Stretch & Tone 10:00 Art with Shirley 10:00 Beg. Line Dance Series 11:00 - 1:00 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</p>	<p>26 9:30 Line Dance Review (Last Class) 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</p>	<p>27</p>
<p>28</p>	<p>29 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 4-6 Pickleball</p>			<p><i>Ping-Pong</i></p> <p>The ping-pong group is growing. Join them Tuesdays at 1 p.m. and 6 p.m. or Thursdays at 2 p.m.</p>		

An Old Woman's "Runner's High"

Excerpts from www.timegoesby.net, a blog by Ronni Bennet.

About three years ago, I set out to lose the 40 pounds I had allowed myself to gain after I retired in 2004. That extra weight was affecting my ability to function in even the most ordinary ways. For example, I could not vacuum the house in one go without a rest part way through, nor carry all the groceries up the walk from the car. Even taking the trash to the bins was an effort that left me breathing hard.

Losing the weight, I determined, involved not just a better diet. It would also require regular exercise because overall fitness to get me through the rest of my life in the best shape possible was the larger goal. So with the help of Dr. Google, I put together a routine that includes strength work, cardio, flexibility and balance/core exercises. Because I can't afford the prices gyms charge these days, it had to be a routine I could do at home with nothing much more than a resistance band, hand weights and my body itself. Along with the weight loss, this routine has done wonders for me, for my body and how I live. I hardly notice vacuuming. I climb stairs with nary a huff or puff, and I can carry many pounds of groceries from the car in one go.

I have maintained the schedule by regularly reordering the routine, changing out or rearranging the individual exercises, finding new ones and increasing reps or weights as necessary to keep it difficult enough and vaguely interesting for 45 minutes. In three years, I haven't wavered because now that I've achieved the weight loss and the increased fitness has become manifest daily in my stamina and well-being, I am afraid to lose it. Now, however, a new reason to keep going has emerged.

I have long been curious about the phenomenon called "runner's high." Web MD reports that some runners experience a euphoria, "...a feeling of being invincible, a reduced state of discomfort or pain, and even a loss in sense of time while running." Then about six weeks ago, after my usual morning workout and seemingly for no reason, I felt sensationally good. Maybe not "invincible" but amazingly energized both physically and mentally. Nice, but I didn't much think about it until I realized it was happening after every workout.

I asked a 77-year-old friend who works out regularly about it. He couldn't say if it is related to runner's high, but suggested I tell others to help inspire them to begin or continue an exercise program. Another friend who is a former long distance runner also said that what I am feeling is definitely not runner's high. But I know that whatever it is, it's definitely something good. So although I won't experience runner's high, this will have to do, and for me, it is a wonderful thing I look forward to.

Two-Part Legal Workshop – BYOB and Get Organized!

Let's help you accomplish one of your New Year's resolutions by getting your important legal documents organized. You'll have peace of mind knowing everything is in order, and you'll make the administration of your or a family member's estate much easier for your loved ones.

Elder law attorney Anna Urick Duggins from Parmenter O'Toole and her elder law team are holding a two-part legal documents organization workshop called "Let's Get Organized."

Part I: Thursday, February 4 at 9:30 a.m. - You'll review which documents and information should be compiled and why they are important. Documents may include estate plan documents, beneficiary designations, life insurance policies, financial statements, property deeds, and wishes regarding your funeral.

Part II: Thursday February 18 at 9:30 a.m. - Bring your own box (BYOB) of information to this session and the Parmenter O'Toole team will help you organize everything.

Please RSVP to attend by calling Stacey at (616) 842-9210 or email Stacey@fourpointes.org. The first session is open to everyone, but space is limited and reservations are required.

Legal Support for 60+ Available through Four Pointes

Four Pointes would like to acknowledge and thank the following organizations for their donation of time and resources to support community members 60+ who need assistance with legal matters.

SCHOLTEN & FANT, Grand Haven:

Provides - Basic will, durable power of attorney, advanced health directive and health information release authorization.

Requirements - 60 or over residing in northern Ottawa County. Must meet the following financial eligibility requirements:

Single Person: Investment assets (assets other than home, mobile home, vehicles and household goods) with a value of less than \$50,000 and income less than \$30,000 per year.

Married Couple: Investment assets (assets other than home, mobile home, vehicles and household goods) with a value of less than \$60,000 and income less than \$35,000 per year.

There is an application to complete.

Appointments: Schedule by calling Four Pointes at 616-842-9210.

LEGAL AID of WEST MICHIGAN

Provides - Lawsuit guidance if you've been sued, collections/debts/bills, landlord/tenant issues, real estate questions, divorce/family law, contracts, problems with contractors/repairmen, financial abuse of seniors. No criminal matters.

Requirements - 60 or older living in Ottawa County. There is an application to complete that requires full disclosure of income, expenses and assets.

Appointments: Schedule by calling Four Pointes at 616-842-9210.

February 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.



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 FEBRUARY 1

Soup of the week:

Minestrone

Mon: Chicken Chili

Tues: Pasta Fagioli

Wed: Mediterranean Lentil

Thurs: Chophouse Potato

Fri: Spinach with Artichoke

WEEK OF FEBRUARY 8

Soup of the Week:

Chicken Noodle

Mon: Corn Chowder

Tues: Potato Au Gratin

Wed: Parmesan Kale and
Italian Sausage

Thurs: Split Pea with Ham

Fri: Mushroom Brie

WEEK OF FEBRUARY 15

Soup of the Week:

Stuffed Green Pepper

Mon: *Four Pointes closed for
Presidents Day*

Tues: Corn Chowder

Wed: Broccoli Cheese

Thurs: Timberline Chili

Fri: Chophouse Potato

WEEK OF FEBRUARY 22

Soup of the Week:

Italian Wedding

Mon: Beef Barley

Tues: Chicken Pot Pie

Wed: Twice Baked Potato

Thurs: *Birthday Party*

Fri: Wisconsin Cheese

WEEK OF FEBRUARY 29

Soup of the Week:

Garden Vegetable

Mon: Stuffed Green Pepper

Tues: Mushroom Brie

Wed: Cheeseburger Chowder

Thurs: Harvest Grain with
Portobello Mushroom

Fri: Chicken Noodle

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.

FEBRUARY HOT & HEARTY MEALS

Served Monday, Wednesday
and Friday.

- BBQ Chicken Wings with Baked Potato
- Salisbury Steak
- Citrus Salmon

*No reservations needed.
Fair share donation
for 60+!*

FEBRUARY BIRTHDAY PARTY MENU

Oven fried chicken, roasted red potatoes, sautéed cabbage, applesauce, birthday cake

Entertainment:
Musician John Amos



Holiday Birthday Party

There was dancing!



Marj and Rosie take a turn with Santa.



E.M. tries to talk Santa into taking him off the naughty list.



FEBRUARY BIRTHDAYS

Bette DelVecchio	1	Doris Debruyn	9	Michael Ciofu	16	Donna Hoover	22
Joyce Klaassen	1	Margaret Kronberg	10	Sue Wierda	16	Molly Pipp	22
Thomas Wall	2	Dorothy Van Dam	10	Bill Lumsden	17	Donald F. Anderson	23
Barbara Legatz	2	Connie Norton	10	Sandee Verry-Oosterhart	17	Charles Ball	23
Margie Miller	2	Jennifer Snideman	10	Bill Bussell	17	Tony Gajdos	23
Bonnie Ellman	2	Patricia Walter	10	Bill Malcolm	17	Cheryl Wakerley	23
Lois Ploch	3	Linda Stansberry	10	Marian Reiss	18	Robert Wassink	24
Patricia Deitz	3	Judith Clapp	11	Nancy Meekhof	18	Sharon Anthony	24
Ellen Hitsman	3	Ella Kugler	11	Jean Knight	18	Dolores Tripp	25
Marian Shannon	4	Pamela Johnson	11	Sheryl Carlisle	18	Jan Planteroth	25
Diane Slachter	4	Margaret Strainer	12	Angeline Turgeon	19	Mary Ann Moore	25
Colleen Malcom	4	Joyce Overway	12	Mary Dody Warnock	19	Mike Hutchins	25
Barbara Kabza	6	Edna McCarthy	13	Cindy Handrich	19	Trish Ostberg	25
Joyce Cawthon	6	Steve DeWilde	14	Alice Bos	20	Bill Everts	25
Lynne Biernacki	6	Mary Pat Dubuc	14	Ray Peterson	20	Elaine Pickel	26
Rosalie Suszka	7	Patricia Ryerson	14	Barry Rowland	20	Barbara Kline	26
Marilyn Horton	7	Joan Custer	15	Cristine Holstrom	21	Joyce Langeland	27
Maggie Dannemiller	7	Alice Furst	15	Jeanette Hoag	22	Joan Shear	27
Gerard Schoenmaker	8	Maxine Moore	15	Keith Talsma	22	William Palermo	28
Ronald Ruscett	8	Evelyn DeCan	15	Lois Sandmann	22	Josie Megna	28
Carol Hurr	8	Geraldine Gager	15	William Sharp	22	Patti Buurma	28
Bruce Bishop	9	Mary Fullerton	16	Hilda Zimmerman	22	Tari Smith	28
Debra DuBois	9	Mary Freye	16	George Swiatlowski	22	Chuck Stuhan	28
Albert Bos	9	Betty Wydeck	16	Kay Waltman	22		

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

Local Drop-Off Locations for Safe Disposal of Meds

Flushing your medications or tossing them in the garbage can lead to dangerous chemicals or other hazardous materials entering our environment. You can dispose of your medications safely by dropping them off at any of the following locations:

- **Grand Haven Charter Township Office**
3300 168th Ave., Grand Haven (box located in foyer). 616-842-5988.
- **D&W Fresh Market Pharmacy**
116 Robbins Rd., Grand Haven. 616-846-4010.
- **Grand Haven Public Safety**
525 Washington Ave., Grand Haven. 616-842-3450.
- **Ottawa County Sheriff's Office**
12220 Fillmore St., West Olive. 616-786-4140.
- **Pfaff Pharmacy**
1125 Washington Ave., Grand Haven. 616-842-4360.
- **Spring Lake Police Department**
102 W. Savidge St., Spring Lake. 616-842-1889.

Thank You for Your Generosity during the Holidays!

A special thank you to everyone who baked items, donated ingredients and shopped at our holiday bake sale in December. This event raised nearly \$1,300 to be donated to local charities. The personal care item drive was also a huge success! Thank you to all who contributed. We are certain the items were needed and very much appreciated!

Mark Your Calendars! Culver's Share Night is Feb 24th



Come dine at Culver's in Grand Haven and a percentage of the proceeds will go to support programs and services provided by Four Pointes. All you have to do is dine in or drive thru between 5 p.m. – 8 p.m. on Wednesday, February 24 and you'll be helping to empower older adults in northern Ottawa County. No flyer or coupon needed. Just come out and enjoy friends and delicious food!

Foxy Ladies Christmas Lunch



Thank you to Pinewood Place for hosting the annual Foxy Ladies holiday luncheon in December.



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Center for Successful Aging

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CURRENT RESIDENT

FOUR POINTES MASTERPIECE

BOB LINTJER

Four Pointes Member Since March 2013

What does successful aging mean to you?

Changing up your routine and trying new things in different groups. Join clubs, take Spanish, travel. I'm a former history teacher so I really like to visit places of historical significance. I believe you have to keep taking risks and daring to be different.

What was your biggest accomplishment this past year?

I traveled to China and experienced the Great Wall. I was able to experience other cultures and meet new people. This year, I will be traveling to Cuba.

How do you stay active and healthy?

I enjoy challenging myself physically, emotionally and intellectually. I take different types of educational classes and enjoy crossword puzzles. For exercise, I enjoy swimming, walking on the treadmill and weightlifting with a group that meets together at my house. Socially, I am part of a number of clubs in order to interact with others, which I feel is a very important part of being healthy. I also like to volunteer by driving people to medical appointments, and occasionally I help out with Meals on Wheels.

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

I have my daily dose before I go to bed. I review the day emphasizing the positive things that have happened to me. The more positive thoughts you put into your brain the more positive the results. I've really made a commitment to that practice. It's too easy for people to concentrate on the negative, so I work at trying to be positive. There are two ways to look at things and I choose to point out the nice things about others.

