



Center for Successful Aging

Highpointes

August 2016 Newsletter



PHYSICAL • SOCIAL • INTELLECTUAL • SPIRITUAL

IN THIS ISSUE ●●●●

2 August 2016 Event Highlights

3 50 + Senior Day

4 Activities Calendar

5-6 Housing Survey

8 Talent Showcase Birthday Party

6 Creative Housing Options for Older Adults

Reprinted from aarp.org/livable-communities.

For several generations, the housing choices available for older adults essentially boiled down to four options:

- Stay put (either alone or with a similarly aging or infirm spouse) in a house or apartment that may no longer be the right fit
- Move in with an adult child or other family member
- Relocate to an age-restricted retirement community
- Or, if regular assistance is required, uproot to a long-term care facility or nursing home

In *With a Little Help From Our Friends: Creating Community As We Grow Older*, author and journalist Beth Baker observes that, as roughly 10,000 baby boomers a day are turning 65, “a significant cultural shift is underway.” The current and coming generation of older adults is realizing, says Baker, “that they can make other choices about where and how to live. With intention and planning, people around the nation are creating ways to live in community, alternatives that give them more control, more companionship, more dignity and choice than generations past.”

Here is a brief guide to what some of these creative options are called and how they work.

1. COHOUSING

In a cohousing situation each person or family purchases a residence — be it an apartment, townhouse or even a single-family house — which contains everything a typical home would have (i.e. a kitchen, bathroom, bedroom and living room). However, the residences are linked to a shared space, such as a yard and gardens, and a large common room, dining area and kitchen that can accommodate group meals or gatherings. The point of cohousing is community and being able to live independently without living entirely alone. Cohousing setups are typically intergenerational and don’t involve staff-provided services, but they can be age-specific. A few “senior cohousing communities” have been built, and some allow residents to hire household and care services as needed.

2. HOUSE SHARING

In these arrangements a person who has a home may invite a friend or family member, or even a tenant, to move in and help with expenses and chores. The setup might involve people of the same age or generation and the arrangement is one of peers residing together for companionship and cost efficiency. Sometimes two or more friends actually purchase or rent a residence together and become housemates. Another house sharing scenario can revolve around the needs of an elderly property owner who doesn’t want to relocate but can no longer care for herself or a large home entirely on her own. A younger person (and younger can even mean someone who’s 60 or older) may be willing to provide some caregiving and transportation assistance in exchange for affordable or flexible housing. If so, the two can make for well-matched housemates.

3. HOUSING COOPERATIVES

These types of member-owned, resident-governed nonprofit communities are common in certain cities (New York for one) and are generally not age-specific. A co-op can be made up of housing that ranges from apartments to single-family houses to mobile homes. The co-op board, typically consisting of elected residents, decides what shared services the co-op will provide (such as social activities and maintaining the grounds) and often has approval rights over potential home buyers. Mobile home cooperatives are spreading in rural areas, and senior housing cooperatives have taken root, particularly in the Midwest.

Continued on Page 3

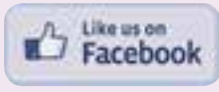


Center for Successful Aging

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)



From the Four Pointes Executive Director

Susan Howell-Stuk



If you aren't already familiar with the phrase "Aging in Place," this is a concept you will hear more about in the years to come. It simply means that an individual is able to remain in their home of choice (apartment, condo, etc.) for as long as they desire. It means being able to adapt to changing needs and conditions as we age. Nearly 90% of older adults wish to age in place, and yet doing so requires planning. There are numerous factors to consider. We need to think about matters such as accessibility, safety, potential support services, and the availability of transportation options. We also need to think about affordability, which is an area of concern for many.

For the past several years, conversations about ensuring access to affordable, accessible, safe housing have been happening throughout our community under the leadership of Greater Ottawa County United Way and the Lakeshore Housing Alliance. Affordable and well-located housing is critical to quality of life. This is true for people of all ages, but especially for older adults seeking to remain active, to maintain social connections, and to have access to stores, services and transportation. According to the Joint Center for Housing Studies of Harvard University, one-third of adults age 50 and over—including 37% of those age 80 and over—pay more than 30% of their income for housing. Spending such a disproportionate amount of income on housing often means sacrificing food, healthcare and other important needs.

As we start to have our own conversations about affordable housing within Four Pointes, **we would like to collect information from members to learn about your current housing situation. Enclosed in this edition of the newsletter is a brief survey.** The survey is anonymous, and you will have several ways to complete and return the survey. We are not documenting information about particular members, but rather collecting aggregate data about the type of housing occupied, different living arrangements with family or friends, and how affordable it is. I encourage you to complete the survey and make your voice heard.

*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:



August 2016 Event Highlights

August 1, 8, 15, 22, 29 Canasta: Come join the newest addition to the card game line-up at Four Pointes. Has it been a while or never played? Not a problem! It's never too late to learn something new! This group meets weekly at 1 p.m. on Mondays.

August 8 New Member Orientation: A monthly opportunity for new or current members to learn about Four Pointes' services and programs. There is no cost to attend, but pre-registration is required.

August 10, 17, 24, 31 Introduction to Mah Jongg: This month-long series will introduce you to Mah Jongg. Eileen Grunstra will provide 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.

August 10 FYI: Enjoying Travel and Staying Safe: International travel presents a myriad of challenges, but with a little knowledge and some common sense, international travel can be safe, sane and sensible. This workshop, presented by Vicki Reis, will provide the information you need to enjoy your trip!

6 Creative Housing Options for Older Adults *Continued from Page 1*

4. NATURALLY OCCURRING RETIREMENT COMMUNITY (NORC)

Neighborhoods or locations that just happen to have a significant number of older people (hence, the community's commonality is naturally occurring or organic) create a network of shared support services. By working together, each person is enabled to safely and comfortably "age in place."

5. NICHE RETIREMENT COMMUNITIES OR AFFINITY RETIREMENT COMMUNITIES

A traditional retirement community is an age-restricted, usually 55-plus community that enables older adults to live independently, but with access to social activities and community amenities such as yard maintenance services or fitness and recreation facilities. A "niche" or "affinity" retirement community is one where residents share a common interest, religion or identity. The link may revolve around, for example, a shared ethnicity, sexual orientation, occupation, or hobby.

6. VILLAGES

Founded in the Beacon Hill neighborhood of Boston in 2002, the Village model of "neighbors-helping-neighbors" provides a way for older adults to stay in their homes and community. There are upwards of 125 Village communities throughout the nation today, with 100 more getting started, most operating via a mix of paid staff and volunteers who assist older residents with everything from transportation and technology training to home repairs and grocery shopping. Villages frequently provide social activities and classes as well. Members pay annual dues and are encouraged to volunteer themselves.

Game Winners June 2016

Canasta (Mondays)

Week 4 - Lois Ott
Week 5 - Mary Ann Zitta/
Lois Ott

Mah Jongg (Tuesdays)

Week 1 - Jackie Bloem
Week 2 - Joan Jensen
Week 3 - Carol Decker

Evening Euchre (Tuesdays)

Week 1 - Hugh Bolen
Week 2 - George Madl
Week 3 - Hugh Bolen
Week 4 - Teri Cripe

Mexican Dominoes (Wednesdays)

Week 3 - Terri Cripe
Week 4 - Suzie Williams
Week 5 - Terri Cripe

Euchre (Wednesdays)

Week 1 - Marianne Smith
Week 2 - George Madl
Week 3 - Bruce Oshrow
Week 4 - John Leavitt

Pinochle (Thursdays)

Week 1 - Pat Palen
Week 2 - Pat Palen
Week 3 - Pat Palen
Week 4 - Pat Palen
Week 5 - George Madl

Mah Jongg (Thursdays)

Week 1 - Jackie Bloem
Week 2 - Jackie Bloem
Week 3 - Mary Rowe
Week 4 - Joan Mountcastle
Week 5 - Joan Mountcastle

Bridge (Fridays)

Week 1 - Teresa DeLille
Week 2 - Marie O'Neal
Week 3 - Teresa DeLille
Week 4 - June Ribbink
Week 5 - Dom Barda

Hand & Foot (Fridays)

Week 1 - Carolyn Berg/
Marge Larsen
Week 2 - Dolores Bizon/
Terri Cripe
Week 3 - Janet Dalpe/
Fran Sedlock
Week 4 - Carolyn Berg

50+ SENIOR DAY

WEDNESDAY, AUGUST 3rd 8 a.m. - 2 p.m.
Mulligan's Hollow, Grand Haven

ALL EVENTS FREE! (MUST BE 50 OR OLDER)

8AM-3-Day Pickleball Tournament, players 50 years and older, Mulligan's Hollow Courts. To register go to pickleballtournaments.com or call 616.842.9210

10AM-Living Well Expo

10AM-Zumba and Line Dancing Instruction and Fun!

11AM-Entertainment - "GET BETTER" Game show. Be a part of a fun afternoon of local trivia.

NOON-Boxed lunch. Provided by our Senior Day sponsors.

12:45-2PM-Bingo with prizes.
12:45-2PM-Live Music - Silverado

NEW MEMBERS

Julie Bildner	Sharon Parman
Joan Bouwma	Donna Prins
Janet Dalpe	Louise Randall
Bonnie Eding	Dana Rose
Cheryl George	Jane Sabin-Hannah
Bob Hanna	Priscilla Shultz
Charlie Hibnar	Deb Stanley
Sandra Holley	William Surrige
Pam Kroes	Kathleen Vaughan
Dee Leavitt	Elinore VerPlank
Barbara Moblo	Roger Vigland
Jerry Mulford	Jane Welch

AUGUST 2016 ACTIVITIES

Grand Haven Wellness Center • 616-842-9210

Sun	Mon	Tues	Wed	Thu	Fri	Sat	
	<p>1 Ambassador Committee 10:00 Beg. Tai Chi 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>2 8:30 Morning Mat Strength & Stretch <i>9:00 Knitting</i> 10:00 Cooking Matters 11:30 Conditioning with Confidence 1:00 Mah Jongg 1:00 Ping Pong 1:00 Belly Dance 5:00 Zumba 5:00 Evening Euchre 6:00 Ping Pong 6:00 Pilates 6:00 Musical Jam Session</p>	<p>3 (No morning activities at Four Pointes) Coast Guard Festival Senior Day 9:00-2:00 1:00 Woodcarvers 1:00 Zumba Gold 1:00 Euchre 2:00 Gentle Yoga Pickleball Tournament</p>	<p>4 8:30 Morning Mat Strength & Stretch 10:00 Crafters 11:30 Conditioning with Confidence 1:00 Pinochle & Mah Jongg 1:00 Zumba Gold 2:00 Ping Pong 2:00 Pilates Pickleball Tournament</p>	<p>5 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 Pickleball Tournament</p>	6	
7	<p>8 9:00 Chair Aerobics 10:00 Beg. Tai Chi 10:00 Coffee Klatsch 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>9 8:30 Morning Mat Strength & Stretch <i>9:00 Knitting</i> 9:00 Stretch & Tone 10:00 Veterans Coffee Hour 10:00 Cooking Matters 11:30 Conditioning with Confidence 1:00 Mah Jongg 1:00 Ping Pong 1:00 Belly Dance 5:00 Zumba 5:00 Evening Euchre 6:00 Ping Pong 6:00 Pilates 6:00 Musical Jam Session</p>	<p>10 9:00 Intro to Mah Jongg 9:00 Line Dance Review 9:30 Line Dance 9:30 Mexican Train Dominoes 10:00 Total Control 11:00 Chair Aerobics 11:00 FYI: Enjoying Travel and Staying Safe 12:00 Tap Dance 1:00 Open Studio 1:00 Zumba Gold 1:00 Euchre 2:00 Gentle Yoga</p>	<p>11 <i>Foot Care</i> 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>12 <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 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>		
14	<p>15 9:00 Chair Aerobics 10:00 Beg. Tai Chi 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>16 8:30 Morning Mat Strength & Stretch <i>9:00 Knitting</i> 9:00 Stretch & Tone 10:00 Cooking Matters 10:00 Book Club 11:30 Conditioning with Confidence 1:00 Mah Jongg 1:00 Ping Pong 1:00 Belly Dance 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 9:00 Line Dance Review 9:30 Line Dance 9:30 Mexican Train Dominoes 10:00 Total Control 11:00 Chair Aerobics 12:00 Tap Dance Foxy Ladies Lunch 1:00 Woodcarvers 1:00 Zumba Gold 1:00 Euchre 2:00 Gentle Yoga</p>	<p>18 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>19 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>		
21	<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 1:00 Canasta 2:00 Gentle Yoga 2:30 Drawing with Confidence 6:00 Pickleball @ Mulligan's Hollow</p>	<p>23 8:30 Morning Mat Strength & Stretch <i>9:00 Knitting</i> 9:00 Stretch & Tone 11:30 Conditioning with Confidence 1:00 Mah Jongg 1:00 Ping Pong 1:00 Belly Dance 5:00 Zumba 5:00 Evening Euchre 6:00 Ping Pong 6:00 Pilates 6:00 Woodcarvers 6:00 Musical Jam Session</p>	<p>24 9:00 Intro to Mah Jongg 9:00 Line Dance Review 9:30 Line Dance 9:30 Mexican Train Dominoes 10:00 Total Control 11:00 Chair Aerobics 11:30 Essential Oils 12:00 Tap Dance 1:00 Open Studio 1:00 Zumba Gold 1:00 Euchre 2:00 Gentle Yoga</p>	<p>25 8:30 Morning Mat Strength & Stretch 9:00 Stretch & Tone 10:00 Art with Shirley 11-1pm 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>26 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>		
28	<p>29 9:00 Chair Aerobics 10:00 Beg. Tai Chi 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>30 8:30 Morning Mat Strength & Stretch <i>9:00 Knitting</i> 11:30 Conditioning with Confidence 1:00 1:00 Mah Jongg 1:00 Ping Pong 1:00 Belly Dance 5:00 Zumba 5:00 Evening Euchre 6:00 Ping Pong 6:00 Pilates 6:00 Musical Jam Session</p>	<p>31 9:00 Intro to Mah Jongg 9:00 Line Dance Review 9:30 Line Dance 9:30 Mexican Train Dominoes 10:00 Total Control 11:00 Chair Aerobics 12:00 Tap Dance 1:00 Zumba Gold 1:00 Euchre 1:00 Woodcarvers 2:00 Gentle Yoga</p>				



Member Housing Survey

Four Pointes Center for Successful Aging is collecting information about the current housing status and needs of residents 50+ in northern Ottawa County so as people age they can continue to thrive in their communities. The information gathered will be used to explore housing options for individuals 50+ in the community, as well as provide input on future housing planning. All data collected will be kept confidential and used in aggregate form only. **Please return your completed questionnaire to Four Pointes, 1051 S. Beacon Blvd., Grand Haven MI 49417 by September 9, 2016. You may also complete the survey online at www.fourpointes.org.** If you have any questions regarding this survey, contact Susan Howell-Stuk, Four Pointes Executive Director, at 616-842-9210.

We greatly appreciate your participation and look forward to receiving your completed survey. Thank you!

Are you currently a Four Pointes member?

Yes No

1. What is your gender?

Male Female

2. What is your age?

50-54 55-59 60-64 65-69 70-74 75-79 80-84 85+

3. In which area do you reside?

Allendale Ferrysburg City Robinson Twp Spring Lake Village
 Chester Grand Haven City Tallmadge Twp Spring Lake Twp
 Coopersville Grand Haven Twp Wright Twp
 Crockery Twp Polkton Twp

4. What is your current housing type?

Apartment Duplex Condominium Co-op House Mobile Home
 Other (please specify) _____

5. If you live in a house, do you own it outright or are you paying a mortgage?

Own Mortgage Reverse Mortgage I don't live in a house

Continued on side 2 . . .

6. Do you live in any of the following?

- American House/Lloyds Bayou
- American House/Oakcrest Independent Living
- Evergreen Village
- Liberty Woods
- Pinewood Place
- River Village
- The Depot
- Village of the Pines

7. Do you experience challenges with accessibility and/or mobility where you live?

- Yes No

8. Who do you live with? (check all that apply)

- Self Only Spouse/Partner Family Friend

9. Which modes of transportation do you utilize for daily activity? (check all that apply)

- Public Transit Drive Walk Bicycle
- Other (please specify) _____

10. What is your annual household income?

- \$14,999 or less
- \$15,000 - \$24,999
- \$25,000 - \$34,999
- \$35,000 - \$44,999
- \$45,000 - \$54,999
- \$55,000 - \$64,999
- Above \$65,000

11. What is your monthly rent/mortgage?

- \$499 or less
- \$500 - \$749
- \$750 - \$999
- \$1,000 - \$1,249
- \$1,250 - \$1,499
- \$1,500 - \$1,749
- \$1,750 - \$1,999
- \$2,000 or more

12. Do you receive nutritional assistance? (check all that apply)

- AgeWell Meals on Wheels
- Commodities
- Feeding America Mobile Pantry
- Food Pantry
- Senior Project Fresh
- SNAP (Supplemental Nutrition Assistance Program)

13. Would you like to receive the Four Pointes newsletter via email?

- Yes No If yes, email address: _____

14. Would you like to receive email notices about special upcoming opportunities at Four Pointes?

- Yes No

August 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 1

Soup of the week:

Minestrone

Mon: Wisconsin Cheese

Tues: Mushroom Brie

Wed: Cheeseburger Chowder

Thurs: Harvest Grain with Portobello Mushroom

Fri: Chicken Noodle

WEEK OF AUGUST 22

Soup of the Week:

Harvest Grain with Portobello Mushroom

Mon: Beef Barley

Tues: Chicken Gumbo

Wed: Twice Baked Potato

Thurs: Birthday Party

Fri: Minestrone

WEEK OF AUGUST 8

Soup of the Week:

Garden Vegetable

Mon: Creamy Spinach and Artichoke

Tues: Split Pea with Ham

Wed: Chicken and Dumpling

Thurs: Corn Chowder

Fri: Timberline Chili

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 AUGUST 15

Soup of the Week:

Chicken and Wild Rice

Mon: Garden Vegetable

Tues: Chophouse Potato

Wed: Clam Chowder

Thurs: Chicken Pot Pie

Fri: Tomato Basil

Summer Patio Space

Enjoy our new furniture and the LiveWall garden on the Four Pointes patio!



AUGUST HOT & HEARTY MEALS

Served Monday, Wednesday and Friday.

- Salisbury Steak
- Citrus Salmon
- BBQ Chicken Wings

No reservations needed. Fair share donation for 60+!

AUGUST BIRTHDAY PARTY MENU

BBQ chicken wings, baked potato with sour cream, sautéed cabbage, tomato salad, fruit cocktail, birthday cake

Entertainment:
Music by Christopher Sloan



Crafters Group

Join the crafters the first Thursday of the month.



Movement Matters

Debbie Spetoskey and Peggy Haig were the Movement Matters grand prize winners.



Heritage Tea Party

Fran Sedlock and Nancy Powell enjoyed volunteering at this annual event.



AUGUST BIRTHDAYS

Gert R. Miller	1	Chris Kostecki	7	Patti Dicks	16	Stella Brooks	25
Joan Mattson	1	Bill Trap	7	Geraldine Caplan	17	Marj Brooks-Fisher	25
Carol Barnhill	1	Susan Joelson	7	Jack Buckner	18	Erwin Hermann	25
Olwyn McDonald	1	Helen Swinehart	8	Dorothy VerBerkmoes	18	Barbara Boerma	25
Dick Buckingham	1	Pat Bolan	8	Jeanne La Londe	18	Suzanne Williams	26
Beverly Ayer	1	Charlene Tanis	8	Joann Mountcastle	18	Pat Horsfall	26
Jacob Bos	2	Shirley Deater	8	Marion Dulek	18	Jerry Shear	26
Jan Lasko	2	Peter Theune	8	Susan Rositch	19	Roxanne Strobel	26
Pat Lienhart	2	Catherine Johnson	8	Denise Simcik	19	Cathy Boufford	26
Grace Persinger	3	Linda Ridderman	8	Joreen Foupt	19	Raymond Nelson	27
Larry Derdaele	3	Carol Robbins	9	Sherry Idsinga	19	Vicki Merwin	27
Jane Hutchins	3	Clay Boatman	9	JoAnn Anthes	19	Richard Deitz	27
Liz Chaffee	3	Barb Boyce	9	Tom Puleo	20	Priscilla Bos	27
Brenda Benes	3	Bryan Reynolds	10	Shirley Hoffstedt	20	Linda Boseker	27
Donna Zervas	3	Ken Hinchman	10	Dean Nash	20	Daniel Pjesky	27
Ethel Engel	4	Joyce Fraser	11	Bette Carpenter	20	Sue Slager	27
Indulis Liepins	4	Mary Presnell	11	Janet Carr	20	Karen Ralya	27
David Pilichowski	4	Beverly Ashley	11	Susan Aniskevich	20	Darl Wilson	27
Sandra Homik	4	Kristina Ellis	11	Ken Kelly	21	Meg Young	28
Evelyn Baker	5	Carole DeYoung	12	James Fles	21	Gary Orcutt	28
Barbara Spring	5	Chuck Hettenbach	12	Steve Alward	21	Janet Hunt	28
Gay Petersen	5	Lonna Smith	12	Richard Hoffstedt	21	Barbara Olt	28
Daryl Ball	5	Francine Anton	12	Martha (Kay) Muir	21	Rosemary Van Oosterhout	28
Cyndi Bunna	5	Andrea Savage	12	Karen Shuker	22	Sue Davis	29
Robert Jakeway Sr.	5	Viola (Jean) Robbins	13	John Gerber	22	Sandy Plouff	29
Patricia Clipper	6	Elsa Schmidt	13	Mary Garrow	22	Nancy Solon	29
Jeanne Quackenbush	7	Marilyn Steele	13	Linda Rea	22	Daniel Schoemaker	29
Nancy Tassin	7	James Quackenbush	14	Juanita Plutschow	22	Audrey Eaton	30
Lois Feuerborn	7	Donna Speaker	14	Linda Howe	22	Stephen Zawojski	31
Debra Pohlman	7	Vickie Tober	14	Jerry Rubeck	24	Chris Fox	31
Lynn Gronevelt	7	Larry Barber	14	Marcia Braunschneider	24	Todd Winkler	31
Sandra Heerema	7	Steve Platt	14	Ron Morse	24		
Tom Donahue	7	Linda Lewis	15	Andy Cawthon	24		
Linda Smith	7	Nancy Bauer	16	Ann Straub	24		

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)

Remaining 2016 day trips!

August 17th – Boutique and Outlet Shopping Trip

We're headed to Rockford for boutique shopping, then off to the Tanger Outlet Mall in Byron Center. \$50 includes lunch at Blue Water Grill in Grand Rapids and transportation by passenger van. 14 people maximum. Level 3.

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 and Bronner's Christmas Wonderland. Level 3. \$80 members/\$88 non-members.

September 28th – 2016 ArtPrize

October 20th – Color Tour on the Michigan Princess

December 6th – Frederik Meijer Gardens



**four
pointes**

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

B. J. GUY
Four Pointes Member Since April 2016

What does successful aging mean to you?

There are many components that play into successful aging. Successful aging means continuing to learn and grow stronger in all areas of life. I believe spiritual growth is most important. Growth in my relationship with God is my main focus. As I grow closer to Him, all areas of my life grow as well. Serving others is also very important. Once retired, we have more free time than when working. Spending some of that time volunteering or helping others brings much joy and satisfaction to life. It is also great to find things you love to do and schedule them into your life. It will bring much joy, which is so important as we age. For me, it is painting. I started painting in my 40s and just love having a paint brush in my hand.

What was your biggest accomplishment this past year?

My greatest accomplishment this year was successfully caring for my mother, at home, the last few months of her life. It was such a blessing to care for and be with her almost 24/7 during that time.

How do you stay active and healthy?

I'm adding exercise and a better diet to my sedentary history. In just a couple of months it has made a huge difference in how I feel.

What programs do you most enjoy attending at Four Pointes?

The last two months I spent many of my caregiver 'breaks' at Four Pointes. I started with two exercise classes (Conditioning with Confidence and Gentle Tai Chi). I've never been big on exercise; however, I am enjoying the classes here and hope to build up to taking more strenuous classes as well. These are such great classes for a sedentary person to start with. I'm also taking Art with Shirley every week and am enjoying learning to paint watercolors for the first time. These classes were just the kind of breaks I needed while caring for Mom and I am continuing to enjoy them and make new friends.

