



four
pointes

Center for Successful Aging

Highpointes

January 2021 Newsletter



PHYSICAL • SOCIAL • INTELLECTUAL • SPIRITUAL

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Practicing Gratitude

From the Four Pointes Leadership Team

“Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.” Ralph Waldo Emerson

What is Gratitude?

The first thing many of us may associate gratitude with is the act of saying “thank you”. We believe gratitude is an action but goes deeper than that. The benefits do not stop with the “thank you”. Instead, that is only the beginning. Gratitude is contagious, spreads when nurtured, and provides immense health and emotional benefits.

We would define gratitude as an emotion, a feeling; a state of mind that serves a greater purpose for our general well-being. Being grateful for the ordinary things and events in our daily life contributes in a profound and practical way to our well-being and happiness. If we go through our day’s activities without paying attention to what we are doing or feeling thankful for what is in front of us, we run the risk of not really experiencing them. It is important to be in the moment and take some time to be grateful. Gratitude creates a positive feeling, reduces stress and fosters happiness. Feeling grateful and

expressing gratitude is “not just an emotional response or action” to an event or situation. It is a committed choice we make any given day to experience greater wellness and vitality in our lives. Scientific research supports that there are benefits to practicing gratitude. Listed below are a few researched based benefits:

1. Gratitude makes us happier.
2. Gratitude makes us healthier.
3. Gratitude helps us relax.
4. Gratitude makes us more optimistic.
5. Gratitude improves sleep.
6. Gratitude increases our energy level.
7. GRATITUDE MAKES US FEEL GOOD!

Research has shown that individuals who practice gratitude have less stress in their lives. Individuals, who practice gratitude sleep better, exercise more, are sick less often and generally demonstrate a positive more accepting outlook on life. This is not to say that these individuals never experience disappointments, sadness, anger or pain. No one is immune to these feelings but by adopting gratitude as a way of life allows us to experience these feelings, process them and grow from them.

Therefore, if gratitude has a positive effect on our wellbeing, how do I begin practicing gratitude? There are many ways to start creating the mindset of gratitude. You will need to find what works for you as there is no set protocol or magic button to push. Below are a few suggestions to get you started on the path of “practicing gratitude”. This list is by no means complete but just a beginning..

1. Close your eyes. Take a few breaths- all the way out and all the way in. Notice how your breathing takes care of itself. Commit to NOT taking this miracle for granted.
2. Every night before you go to sleep, take an inventory of the things for which you are grateful. Write them down in a Gratitude journal. Keep the journal at your bedside so that you can refer to it whenever you need to be reminded of the things you have to be grateful for.

Continued on pg 2



Center for Successful Aging

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Phone: (616) 842-9210

COVID-19 Public Hours:

Mon - Thurs 9:00 a.m. - 2:00 p.m.

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Cover story continued...

3. Engage in an act of kindness today.
4. Bring to mind someone for whom you are grateful. Savor this image or memory. Notice what happens in your emotions and body when you do this.
5. At any point during the day, reflect upon one important thing that you have learned in this day. Write down what you have learned.
6. Send a card or a note letting someone know you are thinking of them today.
7. Make a decision to see your most challenging moments today as opportunities.
8. Reach out to someone you know is going through a difficult time. You do not have to have the right things to say, just connect in a meaningful way.
9. Give someone a grateful hug. Actually give a hug- do not take a hug. Ask first.
10. Treat yourself! Often times we are so busy taking care of others that we forgot to take care of ourselves.

“Practicing Gratitude” is a conscious choice that takes commitment and effort. The benefits are immense. So today, make the choice to practice gratitude so you can experience greater wellness and vitality in your life. You are worth it!

We are grateful for all of you!

Sincerely,
Kim Kroll, Executive Director
Kate Laughlin, Social Services Director
Alexandria Brown, Wellness Director

SLOW THE SPREAD OF COVID-19

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)



Wear a cloth face covering
in public spaces



Stay at least 6 feet
from other people



Frequently wash
your hands

Safe Snow Shoveling Tips & Tricks

It is that time of season again when we are confronted with snow shoveling. Please keep in mind the following before engaging in any shoveling if you are over 50 years old or if you have any health conditions that could be affected by snow shoveling.

- Snow shoveling puts a strain on the heart. People have suffered from heart attacks/ cardiac occurrences after a big snowstorm and shoveling is often the cause that precipitated it. Shoveling causes the muscles to contract and work and if they are not well conditioned, this puts additional strain on the heart. The blood vessels are constricting to send more blood to the straining muscles, causing an increase in blood pressure.
- Dress warmly and warm up your muscles prior to shoveling by stretching; this is a very important step, and one that most people do not do.
- Keep hydrated. Have a water bottle handy.
- Rest often. Take it easy.
- Push the snow rather than lift. Lifting is a cardiac stresser, causing changes in blood pressure and heartbeat.
- Do not hold your breath “ sometimes, when lifting the snow, people do this without realizing.
- Remember to stop if you experience chest pain, shortness of breath, fatigue, lightheadedness, or nausea.
- Cool down after you have shoveled.
- Don't overdo it. If your body says stop “ listen! And don't forget to mingle with neighbors and have fun!

**THE 4 P'S
OF SAFE SNOW REMOVAL**

PREVENT. Clear snow early and often. This will lower your chances of having to move packed, heavy snow.

PUSH. Try to push snow instead of lifting it. If you must lift, bend your knees and keep your back straight. Don't bend at the waist.

PROTECT. Avoid throwing snow over your shoulder or to the side, which can stress your back.

PACE. Take plenty of breaks and drink lots of water.

Sources: American Academy of Orthopaedic Surgeons; National Safety Council



In November, Four Pointes partnered with Lake Effect Kitchen and Grand Pines Assisted Living Center to offer Thanksgiving meals to-go! We had an amazing turnout and hit our order capacity of 200 meals. Thank you to our partnering sponsors who helped bring this event to life and to those who placed an order. We especially want to everyone who donated to the cause and allowed us to pay-it forward to those who needed a meal most. We continue to be amazed by the love and generosity in our Grand Haven Community and look forward to hosting more events like this in the future.



Thank you!



ACTIVITIES

FITNESS

- Gentle Yoga
- Chair Aerobics
- Stretch & Tone
- Line Dance
- Tap Dance
- Zumba Gold
- Ping Pong
- Pilates
- Conditioning w/ Confidence
- BOSU Ball
- TABATA
- Cardio Drumming
- On the Ball

LEARNING

- Memory Writers
- Knitters Circle
- Crocheting
- Quilting
- Built It Fly It!
- Book Club
- Einstein U

SUPPORT

- Health Clinics
- Legal Aid
- Medicare/Medicaid Assistance & Prescription Drug Assistance

RECREATION/GAMES

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

ARTS

- Beg. Acrylic Painting
- One Stroke Painting
- Woodcarvers
- Watercolor
- Drawing with Confidence

Four Pointes Accepts:



January 2021 Activities

Grand Haven Activity Center • 616-842-9210

Mon	Tues	Wed	Thurs	Fri
				1 Closed
4 11:00 -12:30 AgeWell Meal Pick-Up	5	6 11:00-12:30 AgeWell Meal Pick-Up	7	8 Closed
11 11:00 -12:30 AgeWell Meal Pick-Up	12	13 11:00-12:30 AgeWell Meal Pick-Up	14	15 Closed
18 Closed 	19	20 9:00-12:00 Beltone Hearing 11:00-12:30 AgeWell Meal Pick-Up	21 9:30-11:30 Legal Clinic	22 Closed
25 11:00 -12:30 AgeWell Meal Pick-Up	26	27 11:00 -12:30 AgeWell Meal Pick-Up	28	29 Closed

Four Pointes will continue to be open for essential services only:

- Durable Medical Equipment (DME) Rentals
- AgeWell To-Go Meals (reservation required)
- Beltone Hearing Checks (by appointment only)
 - Legal Clinic (by appointment only)
- MMAP Consultations (by appointment only)
- Medical/Legal Rides (by appointment only)
- Unmet Needs & Options Counseling (by appointment only)

To reserve a meal, rent a DME item, or schedule an appointment please call us at:

(616) 842 - 9210

Monday - Thursday, 9:00am - 2:00pm



Get To Know Our Team

Four Pointes is honored to have such an amazing team and we want to continue to share with you just how awesome they are both at work and in their daily lives. Each month we will be featuring a few of our staff members by having them answer some questions and sharing a fun photo of themselves.



Julie Wymer
Home Care Team

- **How long have you been with Four Pointes?**
It will be 10 years of adventure next July
- **What led you to this career?**
I have always enjoyed working with people my age, but the elderly are the best!
- **How do you prefer to start your day?**
I wake up, make coffee, let the tails (aka dogs) outside, fix my cup of Joe, let the tails back in, and we ALL snuggle for 30mins on the couch. Ahhh! So relaxing :)
- **If you could learn a new skill in an instant, what would it be?**
I have always loved to fish and have been contemplating ice fishing for some time
- **What's your favorite memory or place you've ever visited?**
I love traveling/camping and am open to exploring new places. I have been to Europe and would like to explore other countries
- **What TV show are you currently bingeing? Or what book have you been reading lately?**
I enjoy watching Shipping Wars, Judge Judy, Hot Bench, and Texas Storage so long as they are not reruns
- **What is one positive thing that has happened to you during this current pandemic?**
I got to see and assist my clients
- **What is one special thing you think everyone should know about you?**
I am not normal so I think that makes me fun! I like to do a variety of activities, not too physical. I finally got my motorcycle after 7 years of waiting... vroommm!

- **How long have you been with Four Pointes?**
4 years
- **What led you to this career?**
I took care of my Grandmother and neighbor for many years, after they passed I immediately took classes and earned my CENA license
- **How do you prefer to start your day?**
I turn on WGHN, drink a cup of coffee and watch the birds, squirrels, and sometimes deer in my backyard
- **If you could learn a new skill in an instant, what would it be?**
Learn to play the piano or guitar, or even become fluent in another language
- **What's your favorite memory or place you've ever visited?**
I loved visiting Barcelona and the United Kingdom
- **What TV show are you currently bingeing? Or what book have you been reading lately?**
If I watch TV, it's usually a romantic comedy
- **What is one positive thing that has happened to you during this current pandemic?**
I was able to spend more time at home and work in my yard
- **What is one special thing you think everyone should know about you?**
I love to travel, hike and spend time with family and friends



Lisa Ann Sees
Home Care Team

January Lunch Menu

Lunch hours Monday and Wednesday ONLY

11:00 a.m. - 12:30 p.m. 'Grab and Go' meals by reservation only.

Cost is donation based

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.



JANUARY 4

Hot Meal: Oven Fried Fish, Potato, Green Beans, Fruit Cup

Sandwich: Bleu Moon, Carrot Raisin Salad, Banana

Salad: Ambrosia Salad, Carrot & Celery Sticks, Muffin & Margarine

JANUARY 6

Hot Meal: Spaghetti & Meat Sauce, Garlic Bread, Brussel Sprouts, Carrots, Fruited Jell-O

Sandwich: Pizza Sub, Raisins, Carrot & Celery Sticks, Mandarin Oranges

Salad: Asian Sesame Ginger, Cherry Tomatoes, Banana, Saltine Crackers, Raspberry Vinaigrette

JANUARY 11

Hot Meal: Meatloaf & Gravy, Mashed Potato, Peas, Normandy Veggies, Peaches, Sweet Bread & Margarine

Sandwich: Bistro Sandwich, Fruited Jell-O, Marinated Cucumbers

Salad: Chicken Fruit Salad, Cherry Tomatoes, Wheat Bread, Margarine, Apricots, FF Ranch Dressing

JANUARY 13

Hot Meal: Macaroni & Cheese, Side Salad, Asparagus, Beets, Fruited Crisp

Sandwich: Roast Beef & Swiss, Banana, Yogurt, Carrot & Celery Sticks

Salad: Taco Salad, Tortilla Chips, Fresh Apple, Taco Sauce

JANUARY 18 - CLOSED

JANUARY 20

Hot Meal: Stuffed Chicken, Rice Pilaf, Asparagus, Carrots, Fresh Fruit

Sandwich: Chicken Veg Pita, Apple, Side Salad

Salad: Chef Salad, Pears, Wheat Bread & Margarine, FF Raspberry Vinaigrette

JANUARY 25

Hot Meal: Chicken Wings, Baked Potato, Sautéed Cabbage, Tomato Salad, Fruited Jell-O

Sandwich: Grilled Chicken, Raisins, Creamy Cucumbers

Salad: Fresh Fruit Plate, Cottage Cheese, Sweet Bread

JANUARY 27

Hot Meal: Bourbon Chicken, White Rice, Winter Squash, Carrot Raisin Salad, Fruit Crisp

Sandwich: Egg Salad, Banana, Coleslaw

Salad: Caramel Apple Salad, Carrot/Celery Sticks, Beets, Orange Juice

MEAL RESERVATIONS

You may place a reservation for 'grab and go' lunches by calling 616-842-9210

Reservations for Mondays are due by noon on the Thursday prior

Reservations for Wednesdays are due by noon on the Monday prior

Limit 2 meals per person



Thank you doesn't even begin to express the level of gratitude and appreciation we have for all of you! In our previous newsletter, we included a letter asking for your help. The number of donations we received in response were remarkable to say the least. We are so blessed to have such a supportive member base and can't thank you enough for all that you continue to do for our organization. From the bottom of our hearts, thank you!

JANUARY BIRTHDAYS

Edna Carlton	1	Alice Akin	7	Patricia Noll	16	Nancy MacLachlan	25
Denise LeClaire	1	Debbie Tomes	8	Debra Walters	16	Mary Linstrom	26
Joseph Legatz	1	Chuck Cuti	8	Michael Lankes	17	Sharon Richmond	26
Anne Roehm	1	Carol Mulder	9	Richard Bertrand	17	Mary Jo Smith	26
Evelyn Vipond	1	Bonnie VanHall	9	Patti Burdick	18	Garth Stafford	26
Betty Anderson	1	Sharon Wallace	9	Carolyn Snow	18	Linda Barber	27
Janet Berg	1	Joyce Wierenga	9	Deb Blozinski	19	Janet Coyle	27
Coran Sue Bomar	1	Susan Rottier Smith	9	Warren Smith	19	Valerie Porenta	28
Beverly Clark	1	Victoria Reis	10	Debby Schubert	19	Dick Housenga	28
Eva Glombrowski	1	Orin Diehm	10	Jaqueline Williamson	20	Robert Tiffin	28
Myla Harter	1	Roger Larsen	10	Sue McIntosh	21	Anne Watters	28
Frieda Rouwhorst	1	Jack Pimm	10	Caroline Page	21	Sharon Naser	29
Nancy Wosniak	1	Henni Campbell	11	Carol Sorensen	21	Kenneth Dunlap	29
Earl Hilaski	1	Judy Draper	11	Dave Clelland	21	Curtis Sportell	29
Piera Castagna	2	Shirley Scharphorn	11	Manuel Matos	21	Sue Loy	29
Chet Kordecki	2	Lucille Lobdell	12	Don VerHeul	21	Kathleen Niemerowicz	30
Sherry Mitchell	2	Cliff Cook	13	Stella Humy	22	Barbara Wilkosz	30
Marnie Mathews	3	David Howell	13	Diane Sheridan	22	Marchia Schoemaker	30
Linda Buckler	4	Randy Portoluri	13	Marianne		Frances Canter	31
Marilew Helmers	4	Jill Carron	14	Van Eenenaam	22	Shirley Perez-Pena	31
Tracy Corliss	5	Jani Ingersoll	14	Clint Draeger	23	Michael Purcell	31
Louise Svoboda	5	Deb Allard	15	Gloria Draeger	23	Shirley Perez-Pena	31
Michael Sorensen	6	Judy Elzinga	15	Jennifer Klaassen	24		
Suzanne Nawrocki	6	Barbara Wexall	15	Kira Rockman	24		
Ronda De Young	7	Lisa Diehm	15	Pauline Smith	24		
Vinka Soljan	7	Ruthmary Miller	15	Anne Gabriel	25		

*We apologize for any errors or omissions

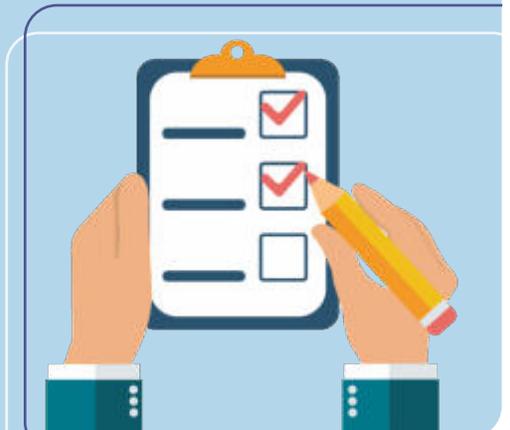
HOME CARE SATISFACTION SURVEY

Dear clients,

We want to thank you for giving us the opportunity to serve you and your home care needs. To help us evaluate our level of service and make improvements for the future, we are asking for your help.

During the month of January, Four Pointes will be conducting a telephone survey to connect with all current Home Care clients. Surveyors will be asking specific questions related to the service you have been receiving and provide the opportunity to express any comments or concerns you may have. If you would prefer to complete a mail-in survey, please contact us and we will gladly send this to you along with a return envelope.

We appreciate your assistance with helping make our services and care the best it can be!



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Jordan P. Smith, BC-HIS
Vice President
Master Hearing Care Practitioner



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An Elder Law Paralegal for Attorney Anna Urick Duggins, of Parmenter Law, will offer half hour no-charge introductory telephone meetings. Topics to discuss include Elder Law services such as Estate Planning, Long Term Care Planning, Medicaid Planning, and VA Aid & Attendance

Please call (231) 722-5438 to schedule an appointment.



Hear for the New Year

What our clients say about their new Starkey hearing aids.

“My hearing aids support my self-confidence and independence.”

“These hearing aids allow me to hear and understand speech comfortably – they adapt to the environment I’m in when I need it most!”

“My family enjoys communicating with me again – I’m not asking them to repeat everything.”

“My hearing aids sound awesome! And, I love that they are rechargeable and easy to maintain.”



Happy New Year!

Your health has always been our top priority.

Our office is safe and sanitized! We follow the new CDC guidelines:



- ✓ Cleaning and sanitizing between appointments.
- ✓ Wearing Masks
- ✓ Screening employees and clients for signs of illness
- ✓ Offering curbside service

Complimentary services available during this event only!

- FREE hearing test (\$150 value)
- FREE otoscopic ear examination, it could just be earwax!
- FREE Starkey technology demonstration
- 60 day trial period
- 0% financing options available

Space is limited, RSVP today!

January 6th - 15th



Kristin Johnston
BA, BC-HIS, Owner

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CURRENT RESIDENT

Four Pointes Board of Directors

The Four Pointes Board of Directors and staff are excited to announce that Roberta (Bobbie) Twa will be joining our Board in 2021!

Bobbie comes to us with an extensive background in General Human Resources; over the past 8 years, she has been responsible for recruiting, interviewing, orienteering and updating employee databases. In addition, Bobbie was the owner of Changing Directions from 2003-2013. She trained, coached and advised clients in employment transition and career development. Bobbie has lived in the Grand Haven community all of her life and has a strong networking ability. Some of you might recognize her as a Four Pointes instructor and maybe even attended her Painted Glass Workshop!

We are so thankful Bobbie has joined our team and look forward to all of the positive things she can bring to our organization.

Welcome Bobbie!

