

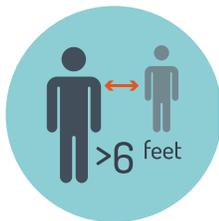


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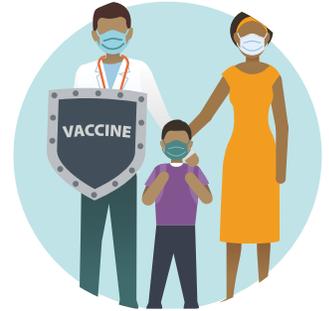
IN THIS ISSUE ●●●●**2** COVID Vaccine Update**4** What We've Been Up To**6** Team Shout Out**8** Corned Beef & Cabbage Soup Recipe**12** Crossword Puzzle**CDC COVID-19 Vaccine Facts**Source: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/vaccines/facts-covid-vaccines-english-508.pdf>

To stop this pandemic, we need to use all of our prevention tools. Vaccines are one of the most effective tools to protect your health and prevent disease. Vaccines work with your body's natural defenses so your body will be ready to fight the virus, if you are exposed (also called immunity). Other steps, like wearing a mask that covers your nose and mouth and staying at least 6 feet away from other people you don't live with, also help stop the spread of COVID-19.

Studies show that COVID-19 vaccines are very effective at keeping you from getting COVID-19. Experts also think that getting a COVID-19 vaccine may help keep you from getting seriously ill even if you do get COVID-19. These vaccines cannot give you the disease itself.



The vaccines are safe. The U.S. vaccine safety system makes sure that all vaccines are as safe as possible. All the COVID-19 vaccines that are being used have gone through the same safety tests and meet the same standards as any other vaccines produced through the years. A system in place across the entire country that allows CDC to watch for safety issues and make sure the vaccines stay safe.



Different types of COVID-19 vaccines will be available. Most of these vaccines are given in two shots, one at a time and spaced apart. The first shot gets your body ready. The second shot is given at least three weeks later to make sure you have full protection. If you are told you need two shots, make sure that you get both of them. The vaccines may work in slightly different ways, but all types of the vaccines will help protect you.



The vaccines may cause side effects in some people, like sore muscles, feeling tired, or mild fever. These reactions mean the vaccine is working to help teach your body how to fight COVID-19 if you are exposed. For most people, these side effects will last no longer than a day or two. Having these types of side effects does NOT mean that you have COVID-19. If you have questions about your





Center for Successful Aging

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

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COVID-19 Vaccination Update

We understand there is a lot of information out there regarding the COVID-19 vaccination process and how you can register.

We are here to help!

Four Pointes has partnered with North Ottawa Community Hospital and will be maintaining a list of seniors 65+ who do not have access to technology and/or internet and are interested in getting vaccinated. As appointments become available our staff will contact you to schedule.

Due to limited supplies, Four Pointes cannot guarantee vaccine availability.

To be added to our list, please contact us at 616-842-9210

If you do not meet the current age criteria and/or you would like to receive electronic notifications regarding vaccination appointment availability please check out these other options:

North Ottawa Community Health System
Vaccine Appointment Alerts
www.noch.org

Spectrum Health & Mercy Health Partners
of Kent County (West Michigan Vaccination Clinic)
Vaccine Appointment Alerts
www.spectrumhealth.org/covid19/covid-19-vaccine

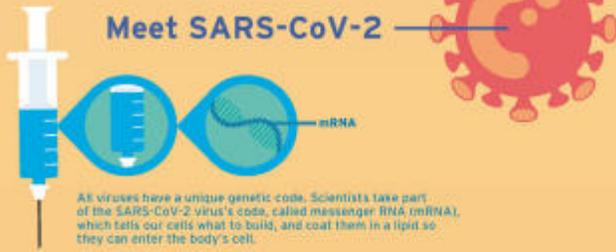
COVID Hotline
888-535-6136

Stay Safe. Stay Healthy. Stay Hopeful.

How mRNA vaccines work

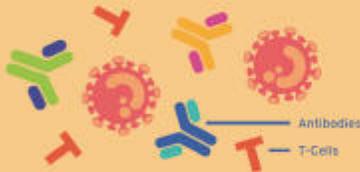
Every virus is different.

The virus that causes COVID-19 is called SARS-CoV-2.



CREATE

The mRNA tells the cells to make a specific part of the SARS-CoV-2 virus: the spike protein.



LEARN

The immune system then produces antibodies and activates T-cells to destroy the spike proteins.



PROTECT

If you are exposed to the virus in the future, your immune system will quickly recognize the spike protein and has the antibodies and T-cells ready to begin destroying the virus.

The Benefit of Getting Vaccinated

The virus that causes COVID-19 replicates quickly. Without the vaccine, your body has to identify the virus, learn how to fight it and carry out an immune response. In the meantime, the virus can replicate to a level beyond what your immune system can handle - which means you feel sick. With the vaccine, your body can more quickly identify the virus and skip straight to starting its immune response.

mRNA technology isn't new.

mRNA vaccines are a product of decades of study on RNA therapies and treatment by medical scientists. mRNA therapies are being used to develop personalized cancer treatments, as well as vaccines for infectious diseases such as Zika virus. Researchers are also exploring whether mRNA treatments can be used as protein-replacement therapies for rare conditions such as the blood-clotting disorder haemophilia.



Cover story continued...

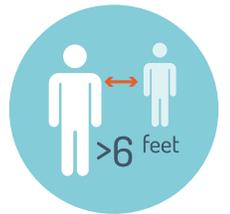
health after your shot, call your doctor, nurse, or clinic. As with any medicine, it is rare but possible to have a serious reaction, such as not being able to breathe. It is very unlikely that this will happen, but if it does, call 911 or go to the nearest emergency room.

When you get the vaccine, you and your healthcare worker will both need to wear masks.

CDC recommends that during the pandemic, people wear a mask that covers their nose and mouth when in contact with others outside their household, when in healthcare facilities, and when receiving any vaccine, including a COVID-19 vaccine.



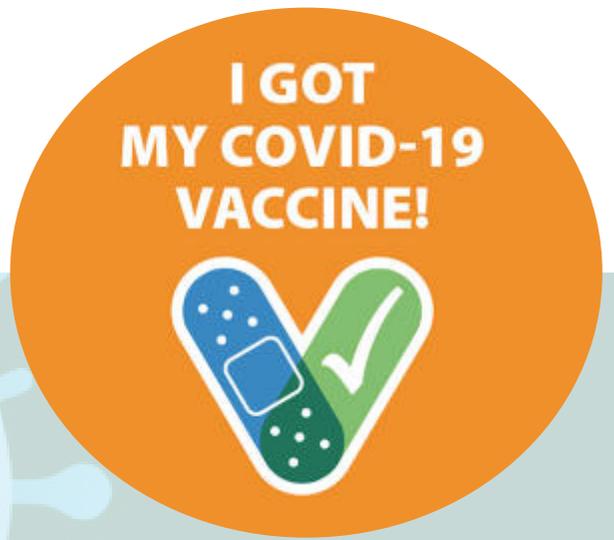
Even after you get your vaccine, you will need to keep wearing a mask that covers your nose and mouth, washing your hands often, and staying at least 6 feet away from other people you do not live with. This gives you and others the best protection from catching the virus. Right now, experts don't know how long the vaccine will protect you, so it's a good idea to continue following the guidelines from CDC and your health department. We also know not everyone will be able to get vaccinated right away, so it's still important to protect yourself and others.



Sherri Boon, Home Care Nurse



Kim Kroll, Executive Director



Activity Descriptions + Center Updates



In February, Four Pointes distributed over 80 delicious pasta dinners as part of our Valentine's Day To Go meal drive. We are honored to be able to offer this fun event and want to thank everyone who placed an order. We would like to give a special shout out to our community partners, Lake Effect Kitchen and The Village at the Pines, for helping make this event possible.

We look forward to offering more events like this one in the future!



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:



March 2021 Activities

Grand Haven Activity Center • 616-842-9210

Mon	Tues	Wed	Thurs	Fri
1 AgeWell Meal Pick-Up 11a - 12:30p	2	3 AgeWell Meal Pick-Up 11a - 12:30p	4	5 Closed
8 AgeWell Meal Pick-Up 11a - 12:30p	9	10 AgeWell Meal Pick-Up 11a - 12:30p	11	12 Closed
15 AgeWell Meal Pick-Up 11a - 12:30p	16	17 Beltone Hearing 9a - noon AgeWell Meal Pick-Up 11a - 12:30p	18 Legal Clinic 9:30 - 11:30a	19 Closed
22 AgeWell Meal Pick-Up 11a - 12:30p	23	24 AgeWell Meal Pick-Up 11a - 12:30p	25	26 Closed
29 AgeWell Meal Pick-Up 11a - 12:30p	30	31 AgeWell Meal Pick-Up 11a - 12:30p		



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

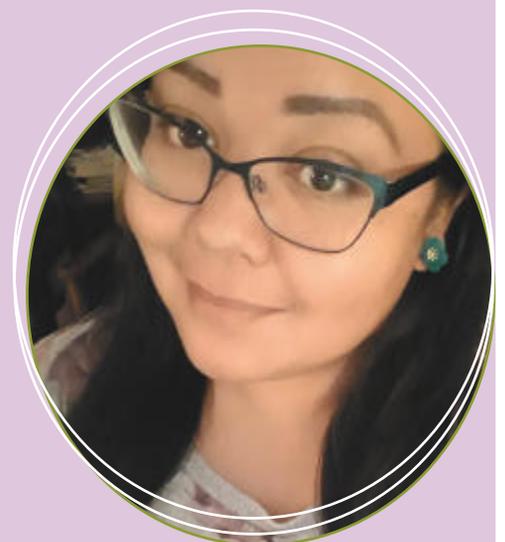
Four Pointes is honored to have such an amazing team and we want to continue to share with you just how awesome they are both at work and in their daily lives. Each month we will be featuring a few of our staff members by having them answer some questions and sharing a fun photo of themselves.



Rachel Bird
Home Care Team

- **How long have you been with Four Pointes?**
3 years as of January
- **What led you to this career?**
I spent ten years taking care of my parents who were both disabled, so this position just sort of fit
- **How do you prefer to start your day?**
I start every morning enjoying a cup of coffee, with vanilla yogurt and a banana... and end it by fending off my kitten and dog who don't understand what "it's mine" means
- **If you could learn a new skill in an instant, what would it be?**
I would love to learn to speak and write any language instantly, especially Japanese
- **What's your favorite memory or place you've ever visited?**
My favorite memory is going fishing with my dad, when I lost my pole in the channel, and then watching him land my first catfish
- **What TV show are you currently bingeing? Or what book have you been reading lately?**
I enjoy watching Anime which is Japanese and my favorite is "My Hero Academia"
- **What is one positive thing that has happened to you during this current pandemic?**
I've come along nicely in my Japanese lessons!
- **What is one special thing you think everyone should know about you?**
I wan tot be an author and I love to draw! I often write stories and illustrate them myself. It takes a lot of time haha

- **How long have you been with Four Pointes?**
4 years
- **What led you to this career?**
I heard about Four Pointes from a close friend
- **How do you prefer to start your day?**
With coffee!
- **If you could learn a new skill in an instant, what would it be?**
Whistling
- **What's your favorite memory or place you've ever visited?**
My favorite place to visit if the Smoky Mountains in Tennessee
- **What TV show are you currently bingeing? Or what book have you been reading lately?**
I've currently been binge watching The Big Bang Theory
- **What is one positive thing that has happened to you during this current pandemic?**
I have seen more acts of kindness during the past year than ever before
- **What is one special thing you think everyone should know about you?**
One special thing about me is I can always look on the bright side of things



Sonia Delgado
Home Care Team

March 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.



MARCH 1

Hot Meal: Hamburger w/ Bun, Baked Beans, Broccoli, Pears

Sandwich: Turkey on an Onion Bun, Banana, Baked Beans

Salad: Loaded Spinach Salad, Pears, Rye Bread, Banana, FF French Dressing

MARCH 3

Hot Meal: Salisbury Steak w/ Gravy, Mashed Potatoes, Peas, Fruit Cobbler, Fruit Cocktail

Sandwich: Pastrami & Swiss, Fruit Cocktail, Fresh Orange

Salad: Chef Salad, Pears, Wheat Bread w/ Margarine, FF Ranch Dressing

MARCH 8

Hot Meal: Lasagna, Garlic Bread, Corn, Cauliflower, Fresh Fruit, Fit Newton

Sandwich: Grilled Chicken, Raisins, Creamy Cucumber

Salad: Fresh Fruit Plate, Cottage Cheese, Sweet Bread

MARCH 10

Hot Meal: Pork Chops w/ Gravy, Mashed Potatoes, Peas, Peaches, Wheat Bread w/ Margarine

Sandwich: Egg Salad, Banana, Coleslaw

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

MARCH 15

Hot Meal: Home-style Goulash, Garlic Bread, Brussel Sprouts, Wax Beans, Fresh Fruit

Sandwich: Turkey BLT, Fresh Apple, Carrot Raisin Salad

Salad: Ranch Pasta Salad, Cucumber Slices, Fresh Orange

MARCH 17

Hot Meal: Cabbage Rolls, Au Gratin Potatoes, Peas & Carrots, Mandarin Oranges, Wheat Bread w/ Margarine

Sandwich: Tomato Salami, Raisins, Corn w/ Peppers

Salad: Calypso Salad, Peaches, Wheat Roll, FF Raspberry Vinaigrette

MARCH 22

Hot Meal: Chili Con Carne, Crackers, Wax Beans, Peas, Tropical Fruit

Sandwich: Crunchy Chicken Wrap, Potato Salad, Raisins, Fruited Jell-O

Salad: Caprese Salad, String Cheese, Rye Bread w/ Margarine, FF Italian Dressing

MARCH 24

Hot Meal: Roasted Beef & Gravy, Mashed Potatoes, Cali Blend Veggies, Green Beans, Fruited Yogurt, Wheat Bread w/ Margarine

Sandwich: Egg Salad, Baked Beans, Pears, Orange Juice

Salad: Oriental Salad, Beets, Bananas, Ranch Dressing

MARCH 29

Hot Meal: Scalloped Potatoes, Mix Veggies, Fruit Cobbler, Fruited Yogurt

Sandwich: Mushroom Chicken Wrap, Cucumber Lemon Tomato Basil Salad, Fresh Orange

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

MARCH 31

Hot Meal: Swedish Meatballs, Noodles, Spinach, Pineapple Tidbits, Bread Pudding

Sandwich: Chicken Salad on a Croissant, Potato Salad, Fruited Yogurt

Salad: Power Salad, Raisins, Wheat Bread, Margarine, Ranch Dressing

RESERVATIONS

You may place a reservation for 'grab and go' hot 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. Meals cannot be picked up by someone else.

MARCH BIRTHDAYS

Carol Bradley	3	Toni Prelesnik	9	Faye VanDyke	17	Sandra Knoll	25
Mary McKiernan	3	Marilyn Rezny	9	Mary Weaver	17	Barbara Larson	25
Mary Westhoff	3	Joanne VanOordt	9	Chuck Stephens	17	Dennis Burns	25
Yvonne Ayer	4	Jim Kocher	9	Joann Buikema	18	Phyllis Pond	26
Mary Lou Bender	4	Sehoy Brown	10	Nancy Pierce	18	Les Toth	26
Therese Harden	4	Marilyn Reed	10	Mary Jo Wyels	18	Jeanne Thomas	26
Bruce Ostrow	4	Karen Young	10	Karen Farrell	18	Margery Lutz	27
Jon Tilden	4	Norma Nadort	11	Rita Scalici	19	Sylvia Miller	27
Mary Jo Haskins	5	Margot Van Dis	11	Richard Klecka	19	David Fischer	28
Joan Kessler	5	Elinore VerPlank	11	Mark Edge	20	Jill Buchholz	29
Linda Langlois	5	Carolyn Brand	12	Dale Henshaw	20	Jeanette Konczyk	29
Marion McDonald	5	Kathy Neal	12	Jeanette Wilkins	21	Judy Tilden	29
Marilyn Ulrich	5	Kevin Quigley	12	Betty Feldt	21	Duane Hubbell	29
Sheila Goodman	6	Marellen Lemke	13	Bev Burlingame	23	Randal Larson	29
Nancy Meyers	6	Jeri Fischer	15	Jill Thornock	23	Diane Gray	30
Pamela Tober	6	Marcia Howe	15	Jean Burgess	24	Betty Ann Porter	30
David Kingston	6	David Davis	15	Deitz Kracker	24	Phyllis A Simmons	31
Suzanne Bankard	7	Carl Kobernik	15	Diane Lindquist	24		
Debbie Maynard	7	Robert Vincent	15	Gretchen Sheldon	24		
Carlie Ringelberg	8	Karen Parsons	16	David Barber	24		
JoAnn Labron	8	Janice Spear	16	Jane Yonker	24		
Eileen Grunstra	9	Linda Fisher	17	Karen Trimble	24		

*We apologize for any errors or omissions

CORNED BEEF & CABBAGE SOUP RECIPE

Yield: 5 servings

INGREDIENTS:

2 tsp olive oil	2 bay leaves
2 leeks, chopped (whites and light green only)	1/4 C chopped parsley, plus more for garnish
2 cloves garlic	1 large potato, peeled and cubed
3 medium carrots, chopped	1 small head of cabbage, cored and chopped
1 yellow pepper, chopped	fresh pepper to taste
1 lb lean corned beef brisket	
6 C of water	

DIRECTIONS:

1. In a large pot or Dutch oven, heat oil over medium low heat.
2. Add leeks and saute until soft, about 4-5 minutes; add garlic, carrots and yellow pepper and saute about 2-3 minutes.
3. Add corned beef, peppercorns or seasoning packet that comes with the corned beef, bay leaves, parsley and water; cover and bring to a boil.
4. Simmer covered on low heat for 3 hours, until the meat becomes tender.
5. Remove the corned beef, set it on a cutting board and shred with a fork.
6. Return it to the pot then add cabbage and potatoes, taste for salt and pepper and adjust as needed.
7. Cook until the potatoes and cabbage are tender, about 45 more minutes.
8. Serve and garnish with remaining parsley. Enjoy!



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Are you experiencing any of these symptoms?

Y N

- People seem to mumble in noise or groups
- You've noticed a change in your ability to remember
- You have difficulty hearing the TV
- You need others to repeat what they are saying
- You strain to hear soft voices such as women and children
- You remain quiet in conversations for fear of responding improperly

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March 11th & 12th

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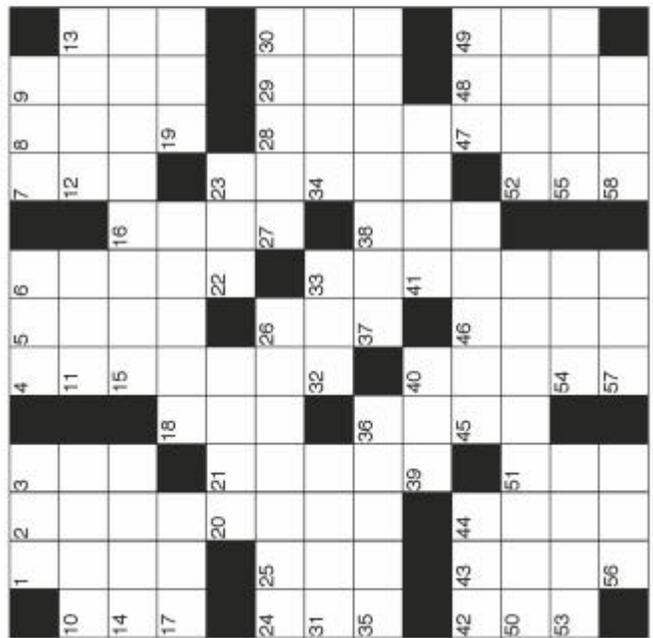
CROSSWORD PUZZLE

ACROSS

- 1 Compass direction
- 4 Love (Lat.)
- 7 Amer. Bar Assn. (abbr.)
- 10 Cholera
- 11 Eth. title
- 12 Row
- 14 Cruising
- 15 Orris (2 words)
- 17 Bronze Roman money
- 18 Musical direction
- 19 Field
- 20 S. Afr. town
- 22 Rapid eye movement
- 24 Mating (abbr.)
- 27 Hag
- 31 Caen's river
- 32 Sup
- 34 Irish nobleman
- 35 Fr. artist
- 37 Naut. instrument
- 39 S. Afr. hyrax
- 41 N.Z. island
- 42 Turk. title
- 45 Brain tissue
- 47 For your information (abbr.)
- 50 Tea box
- 52 S Afr. Boer assembly
- 53 Offspring
- 54 Fr. pronoun
- 55 Ironwood
- 56 Ancient (abbr.)
- 57 Dance step
- 58 Price

DOWN

- 1 Smear
- 2 Benediction
- 3 Nat'l Endowment for the Arts (abbr.)
- 4 Daughter of Minos
- 5 Grape refuse
- 6 Withe
- 7 Africa (abbr.)
- 8 Biological (abbr.)
- 9 Agave
- 10 Sheep's cry
- 13 Greek letter
- 16 Meat dish
- 18 Indo-Chin.
- 21 Step part
- 23 Cat's cry
- 24 Group of whales
- 25 One hundred square meters
- 26 Opening
- 28 Tread (2 words)
- 29 Raw (Fr.)
- 30 Pronoun
- 33 Decare (2 words)
- 36 College entrance exams
- 38 Taradiddle
- 40 Organization
- 42 Atl. Coast Conference (abbr.)
- 43 Earth
- 44 Anonymous (abbr.)
- 46 Conrad's "Victory"
- 48 U.S. mountain
- 49 Cyprinoid fish
- 51 Incorporated (abbr.)
- 52 Royal Air Force (abbr.)



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