four pointes
Center for Successful Aging

Highpointes

September 2021 Newsletter

PHYSICAL • SOCIAL • INTELLECTUAL • SPIRITUAL

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The Many Benefits of Meditation for Older Adults

Heidi Godman

When Dr. Stephanie Cheng conducts health exams with older adult patients, she often goes beyond reviewing their medications and determining treatment plans. Cheng incorporates meditation exercises into the visits. "If I notice they are overwhelmed or have emotional distress, I may do a brief meditation exercise with them, just so they can be exposed to it as a tool to feel a greater sense of well-being," says Cheng, a palliative care physician in the division of geriatrics at the University of California—San Francisco.

Cheng's approach isn't unconventional. Meditation is a well-studied practice shown to have many health benefits. It's commonly prescribed as a way to help treat chronic disease and mood disorders. That makes meditation a natural fit, Cheng says, when older age brings physical, mental and emotional changes.

What Is Meditation?

Meditation is a way to calm the mind and body. It requires that you sit or lie down, relax and pay little attention to thoughts as they drift in an out of your mind. "It can be viewed as an antidote to the fight-or-flight response," Cheng says. "When you meditate, in general, the breath slows down, heart rate slows, blood pressure decreases, stress decreases, digestive function improves and the sense of tension in the body decreases."

The practice comes in many forms:

- Transcendental meditation: focusing on a word or sound that you repeat over and over (such as "peace" or "om").
- Mindfulness meditation: concentrating on the present moment without judging it. Offshoots include mindfulness-based stress reduction, or MBSR, and mindfulness-based cognitive therapy, or MBCT. "MBSR is more to reduce stress. MBCT helps you cope with emotional stressors," explains psychologist Moria Smoski, associate professor of psychiatry and behavioral sciences at Duke Health.
- Guided imagery: focusing on mental images, such as a beach or a calming environment.
- Centering prayer: a religious practice that uses a sacred word to focus on connecting to a higher power.
- Body scan: concentrating on one body part at a time and investigating its sensations, such as how it feels where it touches the floor or bed, whether it's cold or hot and whether there is pain or tingling.

Another type of meditation is a little different. Mind-body exercises (such as tai chi, qigong or yoga) combine focused breathing with either slow physical movements or static poses. The techniques have a meditative quality.

Benefits for Seniors

Meditation is associated with many psychological and physical benefits. "In general, it's been shown to decrease blood pressure and inflammation. And there's some data around improving coronary artery disease outcomes and helping with post-traumatic stress disorder, chronic pain and headaches," Cheng says.

Meditation is also associated with reductions in irritable bowel symptoms, depression, anxiety and insomnia, according to the National Center for Complementary and Integrative Health.

Several areas of research appear to be especially encouraging for older adults:

- Memory. "Meditation is associated with enhanced short- and long-term memory," says neuropsychologist Jean Lengenfelder, assistant director of traumatic brain injury research at the Kessler Foundation.
- Cognitive decline. "Meditation may help preserve cognitive function in folks who are starting to have struggles with memory and cognition. It's associated with maintaining function longer than if you didn't have a meditation practice," Smoski says. A 2014 review of a dozen studies involving older adults, published in Annals of the New York Academy of Sciences, suggested that meditation was linked to positive

Continued on pg 3

four pointes
Center for Successful Aging

Website: www.fourpointes.org
Phone: (616) 842-9210
Hours: Mon - Thurs 8:30 a.m. - 4:00 p.m.
Fri 8:30 a.m. - 2:00 p.m.

Has your Four Pointes membership expired? Call or stop by the Wellness Center to renew today!

Wellness Center Membership Annual Fees

Millage Area Residents (60+) - $50.00
Grand Haven Township, City of Grand Haven, Spring Lake Township , Village of Spring Lake, City of Ferrysburg, City of Coopersville, Polkton Township, Chester Township

Non-Millage Area Residents (60+) - $70.00
Allendale, Crockery, Robinson, Tallmadge, Wright

Out of Area Residents (60+) - $110.00
All other Ottawa County Townships, Kent County, Muskegon County, Allegan County

Residents 50-59yrs- $110.00
Must have an active Four Pointes membership prior to April 1, 2021

Four Pointes accepts all major credit cards
Transaction fees vary based on purchase amount.
$5.00 - $20.00 purchase = $1.00 fee
$21.00 - $40.00 purchase = $1.50 fee
$41.00 - $60.00 purchase = $2.00 fee
$61.00 - $100.00 purchase = $3.00 fee
$101.00 + purchase = $4.00 fee

Four Pointes Mission:
To promote the vitality, independence and well-being of older adults in the North Ottawa County community by providing needed services and information, encouraging recreation and lifelong learning and advocating for solutions to the issues of aging.
Physical - Social - Spiritual - Intellectual

From the Four Pointes Leadership Team

Dear Members,
Have you heard about our week-long celebration this September? What better way to check out all the fun and resourceful things Four Pointes has to offer. Come join us at the Four Pointes Reimagined event. Info below!
- Kim Kroll, Kate Laughlin, & Alex Brown

FOUR POINTES REIMAGINED

A week-long celebration of whole person wellness

September 27th - 30th, 9:00am - 2:00pm
1051 S Beacon Blvd., Grand Haven (616) 842-9210

Each day, attendees will have the opportunity to learn more about the many activities and services Four Pointes has to offer.

All events are FREE and open to community members!

Four Pointes and North Ottawa Community Health System present:
Fitness Demos
Instructor Meet & Greets
Refreshments
Educational Seminars
Daily Prize Drawings
and much more!

MONDAY Intellectual Day
TUESDAY Spiritual Day
WEDNESDAY Physical Day
THURSDAY Social Day

The Grand Finale

LIVING IT EXPO

October 1st, 9:00am - 12:00pm

Flu Shots - Resource Booths - Giveaways & Raffle Prizes - Educational Seminars - FREE Boxed Lunch available to the first 400 attendees

Thank you to our week-long platinum sponsor:

North Ottawa Community Health System

Expo Supporting Sponsors:

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Cover story continued...
effects on attention, memory, executive function, processing speed and general cognition.

- Digestion and circulation. “One study found that people who meditated had improved circulation and oxygen in their blood. For the elderly, that’s important because as we age, digestion and circulation problems develop,” Lengenfelder says.
- Stress. “Meditation has been shown to decrease stress and have a calming effect on older adults,” Lengenfelder notes. “That can help them organize their thinking and give them a clearer perspective. They have improved focus, and their mind is sharp.”
- Loneliness. A 2012 study published in Brain, Behavior, and Immunity linked eight weeks of mindfulness meditation with decreased loneliness in older adults.

Cheng has noticed that some of her patients who meditate are able to reduce medications (such as antihypertensives and antidepressants) as their blood pressure, stress and depression decrease. She also observes that they experience greater well-being, increased peace and quality of life. “One thing I see commonly is people noticing the blessings and abundance in their lives. It increases gratitude for what they have,” she says.

“It can be transformative,” Smoski agrees. “I’ve seen meditation help people feel more grounded as they’re going through difficult situations. It improves their sense of resiliency.”

Getting Started

You can start a meditation program at any time, even without a doctor’s OK. You’ll find free meditation podcasts on the internet. Smoski recommends turning to academic mindfulness centers for those, like the UCLA Mindful Awareness Research Center.

If you’d like to try a meditation class geared toward older adults, look to local senior centers, hospitals, private studios and retirement facilities.

But you don’t have to limit yourself to a class that’s age-appropriate. Lengenfelder points out that you can adapt any kind of meditation to work with your physical and cognitive limits. For example:

If you have trouble getting up and down from the floor, you can sit in a chair or lie in a bed. “Research has shown that meditation done in a chair still has that benefit of lowering blood pressure and heart rate and increasing feelings of well-being,” Lengenfelder says.

If you have hearing impairment, you may feel more comfortable listening to a meditation podcast at a volume that’s best for you. In a classroom, you may want to sit in the front near the instructor so you can hear directions.

If you have cognitive decline, it may be easier to practice guided meditation. “It will provide a lot of cuing, and you won’t have to rely on your own thoughts to get through the meditation,” Lengenfelder explains.

Something else to consider: Determine whether the meditation practice suits your needs. “For example, if you’re having trouble sleeping, we might recommend a practice that is a nice way to wind down, like a body scan,” Smoski says. A body scan can be done in bed, it’s easy to do and it helps release tension, which may help you relax and fall asleep.

And some of the best parts about meditation: It’s pill-free, you can do it anywhere and it works fast. “We don’t know how long it takes to feel better; some people report improvements even after one meditation session. It enhances their mood and increases their energy,” Lengenfelder says. “The more frequently you meditate, the more benefits you can experience.”

“It’s so accessible,” Cheng says. “There are so many forms of meditation that everyone can find what resonates with them and weave it into their daily lives. I’m sure the trend will continue.”

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Activity Descriptions + Center Updates

SEPTEMBER EVENT HIGHLIGHTS

Four Pointes Wellness Center will be open Monday-Thursday, 8:30am - 4:00pm. Friday, 8:30am - 2:00pm.

Barre Fitness
Fridays at 9:00am
Limit 8 participants, call to RSVP

Beginner Tai Chi
Mondays at 11:00am

Cardio Drumming
NEW! Wednesdays at 11:00am

Chair Yoga
Tuesdays at 11:00am

Conditioning with Confidence
Mondays at 9:30am

Gentle Mat Yoga
Thursdays at 1:00pm

Happy Hula
Tuesdays at 12:00pm

Line Dancing
Wednesdays & Fridays at 10:00am
Member Led - Free!

NEW! On the Ball
Mondays at 1:00pm

Stretch & Tone
Tuesdays & Thursdays at 10:00am

Zumba
Wednesdays at 2:00pm

Cost is $3 for all fitness classes. Members Only.

Coffee Klatsch
Monday September 13th & 20th from 9:00 - 11:00am
Good coffee, great people, fun memories!

Art with Joy
Mondays at 10:00am. Cost is $15

Build It, Fly It
Fridays at 10:00am. Cost is FREE

Pins & Needles Group
Tuesdays from 9:00 - 11:00am
Knitting, crochet, and stitching all welcome!
Cost is FREE

Block of the Week (Quilting)
Thursdays from 9:00 - 12:00pm
*Cost is $10.00 *Limit 10 participants**
No class September 9th

Quilting (Monthly Project)
Thursdays from 1:00 - 3:45pm
*Cost is $10.00 *Limit 10 participants**
No class September 9th

Woodcarving
Wednesday September 1st & 15th at 10:00am Cost is FREE

Bingo
Mondays & Wednesdays from 1:00 - 3:00pm. Cost is .25 cents to play, participants must also bring $2.00 in dimes

Open Games
Tuesdays & Thursdays from 1:00 - 3:45pm.
Wednesdays & Fridays from 9:00 - 11:00am. Cost is FREE
Drop-in any time to play. All games are welcome - Mah Jongg, Bridge, Euchre, Hand & Foot, Pinochle, Rummikub, and more!

Ping Pong
Tuesdays & Thursdays from 12:00 - 3:30pm. Cost is $1 to play

Pool (Billiards)
Everyday from 9:00am - 3:45pm. Cost is $1 to play

ACTIVITIES

FITNESS
Gentle Yoga
Chair Aerobics
Stretch & Tone
Line Dance
Zumba Gold
Ping Pong
Pilates
Conditioning w/ Confidence
Cardio Drumming

LEARNING
Pins & Kneedles Group
Quilting
Built It Fly It!

SUPPORT
Health Clinics
Legal Clinic
Medicare/Medicaid Assistance & Prescription Drug Assistance

RECREATION/GAMES
Mah Jongg, Bridge, Euchre, Bingo, Pool, Hand & Foot, Darts.

ARTS
Art with Joy
Beg. Acrylic Painting
Woodcarvers

Four Pointes Mask Update

Four Pointes highly recommends all individuals entering the building wear a mask (vaccinated or not). Our goal is to continue to stay open and offer activities for our members in the safest manner possible. We will continue to monitor the COVID situation and update our policies as necessary.

We appreciate your cooperation and understanding at this time

September 2021 Activities

Grand Haven Activity Center • 616-842-9210

Mon	Tues	Wed	Thurs	Fri
Wellness Center Hours: **Monday - Thursday from 8:30am - 4:00pm** **Fridays from 8:30am - 2:00pm**		**1** ***9:00 Beginning Mah Jongg*** 9:00 Open Games 10:00 Line Dancing 10:00 Woodcarving 11:00 Cardio Drumming 1:00 Bingo 2:00 Zumba	**2** 9:00 Block of the Week 10:00 Stretch & Tone 12:00 Ping Pong 1:00 Quilting 1:00 Gentle Mat Yoga 1:00 Open Games	**3** ***CLOSED***
6 ***Closed*** 	**7** 9:00 Pins & Needles Group 10:00 Stretch & Tone 11:00 Chair Yoga 12:00 Ping Pong 12:00 Happy Hula 1:00 Open Games	**8** ***9:00 Beginning Mah Jongg*** 9:00 Open Games 10:00 Line Dancing 11:00 Cardio Drumming 1:00 Bingo 2:00 Zumba	**9** ***Tech 1:1*** No Quilting 10:00 Stretch & Tone 12:00 Ping Pong 1:00 Gentle Mat Yoga 1:00 Open Games	**10** 9:00 Open Games 9:00 Barre Fitness 10:00 Build It, Fly It 10:00 Line Dancing
13 9:00 Coffee Klatsch 9:30 Conditioning w/ Confidence 10:00 Art w/ Joy 11:00 Beginning Tai Chi 1:00 On the Ball 1:00 Bingo	**14** 9:00 Pins & Needles Group 10:00 Stretch & Tone 11:00 Chair Yoga 12:00 Ping Pong 12:00 Happy Hula 1:00 Open Games	**15** ***Beltone Hearing Checks*** ***No Beginning Mah Jongg*** 9:00 Open Games 10:00 Line Dancing 10:00 Woodcarving 11:00 Cardio Drumming 1:00 Bingo 2:00 Zumba	**16** ***Legal Clinic*** 9:00 Block of the Week 10:00 Stretch & Tone 12:00 Ping Pong 1:00 Quilting 1:00 Gentle Mat Yoga 1:00 Open Games	**17** 9:00 Open Games 9:00 Barre Fitness 10:00 Build It, Fly It 10:00 Line Dancing
20 9:00 Coffee Klatsch 9:30 Conditioning w/ Confidence 10:00 Art w/ Joy 11:00 Beginning Tai Chi 1:00 On the Ball 1:00 Bingo	**21** 9:00 Pins & Needles Group 10:00 Stretch & Tone 11:00 Chair Yoga 12:00 Ping Pong 12:00 Happy Hula 1:00 Open Games	**22** ***9:00 Beginning Mah Jongg*** 9:00 Open Games 10:00 Line Dancing 11:00 Cardio Drumming 1:00 Bingo 2:00 Zumba	**23** 9:00 Block of the Week 10:00 Memory Writers 10:00 Stretch & Tone 12:00 Ping Pong 1:00 Quilting 1:00 Gentle Mat Yoga 1:00 Open Games	**24** 9:00 Open Games 9:00 Barre Fitness 10:00 Build It, Fly It 10:00 Line Dancing
27 ***Four Pointes Reimagined - Intellectual Day*** ***9:00 - 2:00pm***	**28** ***Four Pointes Reimagined - Spiritual Day*** ***9:00 - 2:00pm***	**29** ***Four Pointes Reimagined - Physical Day*** ***9:00 - 2:00pm***	**30** ***Four Pointes Reimagined - Social Day*** ***9:00 - 2:00pm***	**Oct 1** ***Four Pointes Living It Expo*** ***9:00 - 12:00pm***

Four Pointes will be closed for regularly scheduled programming September 27th - October 1st. We are very excited to be hosting our week-long Four Pointes Reimagined event and Living It Expo.

We invite you to join in the celebration and hope to see you there! All events are FREE and open to community members of all ages.

Event Highlights Continued

NEW! Tech 1:1
Thursday September 9th. 30min appointments available from 12:30 - 3:30pm Cost is free for members.
Our technology expert Pat provides a great opportunity for individualized assistance with things including your device, social media, or the internet. Call to reserve your appointment today!

Memory Writers Returns!
Thursday September 23rd from 10:00 - 11:30am. Cost is free.
Take time once a month to come and get comfortable writing the stories of your life. Tricia McDonald guides you through the process. You will amaze yourself!

Beginning Mah Jongg
Wednesday September 1st, 8th, 22nd, & October 6th from 9:00 - 11:00am
Try your hand at the traditional game of Mah Jongg; a game of strategy, luck and skill. Our expert instructor combined with a small class size guarantees individual attention and coaching throughout the 4-week course.

Cost is $20 for the entire 4-week class. You must RSVP by noon on August 30th to attend. Limit 5 participants.

*Note: participants are required to bring their own 2021 Mah Jongg card. Large cards are available for purchase at Four Pointes for $10 each.

FOUR POINTES IS HIRING!

We are looking for **CARING** and **FUN** individuals
to join our excellent community living team!

Help seniors stay safely in their homes by...

Providing Companionship
Light Housework to Maintain a Safe Environment
Meal Preparation
Grocery Shopping
Daily Living Activity Assistance

Part-time, flexible scheduling!

If interested, please call **616-842-9210** or
email resume to **allison@fourpointes.org**

September Lunch Menu

Lunch hours Monday - Friday
11:00 a.m. - 12:45 p.m. Hot meals are by reservation ONLY.
Cost is donation based for seniors 60+.

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.

AUGUST 30th - SEPT. 3rd

Soup of the Week: Spinach Artichoke

Hot Meals

August 30th: Pork BBQ on Bun, Baked Beans, Wax Beans, Tropical Fruit, String Cheese

September 1st: Cavatappi, Garlic Bread, Lima Beans, Side Salad, Applesauce

September 3rd: Closed - Labor Day

SEPTEMBER 6th - 10th

Soup of the Week: Broccoli Cheese

Hot Meals

September 6th: Closed - Labor Day

September 8th: Spaghetti & Meat Sauce, Garlic Bread, Brussels Sprouts, Carrots, Fruited Jell-O

September 10th: Swedish Meatballs, Noodles, Spinach, Pineapple Tidbits, Bread Pudding

SEPTEMBER 13th - 17th

Soup of the Week: Chicken Noodle

Hot Meals

September 13th: Chicken Bowtie Pasta, Carrot Raisin Salad, Mixed Fruit, Sweet Bread

September 15th: Oven Fried Chicken, Red Roasted Potatoes, Sautéed Cabbage, Applesauce, Corn Muffin w/ Margarine

September 17th: Meatloaf & Gravy, Mashed Potatoes, Peas, Normandy Veggies, Peaches, Sweet Bread w/ Margarine

SEPTEMBER 20th - 24th

Soup of the Week: White Chicken Chili

Hot Meals

September 20th: Citrus Salmon, Brown Rice, Green Beans, Beets, Mandarin Oranges

September 22nd: Hamburger w/ Bun, Red Skin Potatoes, Sautéed Cabbage, Tomato Salad, Fruited Jell-O

September 24th: Polish Sausage w/ Bun, Sauerkraut, Asparagus, Applesauce

SEPTEMBER 27th - 30th

Soup of the Week: Beef Noodle

Hot Meals

September 27th: Bourbon Chicken, White Rice, Squash, Three Bean Salad, Fruit Crisp

September 29th: Chicken Wings, Baked Potato, Sautéed Cabbage, Tomato Salad, Fruited Jell-O

Due to current food shortages, AWS will make every attempt to honor the menu, however there may be times when menu items need to be substituted

Hot meals must be reserved ahead of time by calling Four Pointes at (616) 842-9210 and speaking to the AgeWell Site Coordinator. Reservations are due by noon the business day prior.

Mimi introduced a new Barre Fitness class last month and what a success it was! Thanks to those who came out to try something new, fun and exciting - we hope to add more class opportunities and space soon.

Our Four Pointes staff and volunteers had a blast at the 2021 Coast Guard Festival Senior Day. It was a great opportunity to catch up with members we haven't seen in a while and also meet new community members.
So fun - can't wait for next year!

FOUR POINTES REIMAGINED

A week-long celebration of whole person wellness

September 27 - 30th
9:00am - 2:00pm

1051 S Beacon Blvd., Grand Haven
(616) 842-9210
facebook/fourpointes

MONDAY
Intellectual Day

9:00 - 12:00	Member Art Exhibition
9:00 - 11:30	Mah Jongg Open Play
9:30 - 9:50	*"Build Your Brain"* Workshop
10:15 - 10:35	*"Food as Medicine"*, Dr. Haney Assaad of NOCH
10:45 - 11:05	*"Daily Habits to Manage Your Memory"*, Susan Thorpe of the Alzheimer's Association
11:00 - 12:45	Lunch*
11:30 - 11:50	Happy Hula Class Demo
12:00 - 1:45	Euchre Tournament **registration begins at 11:30**
12:30 - 12:50	*"Build Your Brain"* Workshop
1:00 - 1:20	*"Food as Medicine"*, Dr. Haney Assaad of NOCH

TUESDAY
Spiritual Day

All Day	Billiards Open Play
9:00 - 1:00	Painted Glass Workshop
9:15 - 9:35	*"The Benefits of Tai Chi"*
10:00 - 10:30	Memory Writers
10:15 - 10:35	*"Patients & Caregivers Living Their Best Lives"*, Amy Zuidema, NP of NOCH
10:45 - 11:05	Gentle Mat Yoga Class Demo
11:00 - 12:45	Lunch*
11:15 - 11:35	Tai Chi Class Demo
11:45 - 12:05	Chair Yoga Class Demo
1:00 - 1:20	*"Patients & Caregivers Living Their Best Lives"*, Amy Zuidema, NP of NOCH

WEDNESDAY
Physical Day

All Day	Mini Manis by the French Academy of Cosmetology
9:30 - 9:50	Barre Fitness Class Demo
10:15 - 10:35	*"Joint Replacements: all you need to know"*, Dr. Andrew Alwood of OAM
11:00 - 11:20	Conditioning w/ Confidence Class Demo
11:00 - 12:45	Lunch*
11:30 - 11:50	Cardio Drumming Class Demo
12:00 - 12:20	Pilates Class Demo
12:00 - 1:45	Ping-Pong Drop-In Play
12:30 - 12:50	Stretch & Tone Class Demo
1:00 - 1:20	"Joint Replacements: all you need to know", Dr. Andrew Alwood of OAM
1:30 - 1:50	Zumba Class Demo

THURSDAY
Social Day

All Day	Billiards Open Play
All Day	Quilting Group
9:30 - 9:50	*"Welcome to Four Pointes!"*, Alex Brown and Kate Laughlin of Four Pointes
10:00 - 11:30	Bingo Open Play
10:15 - 10:35	"The Fastest Way to Make Friends - Volunteer!, Kristyn Ireland, Volunteer Manager of NOCH
10:45 - 11:45	Line Dancing Class Demo
11:00 - 12:45	Lunch*
12:00 - 12:20	"Building A Thriving Lifestyle", with keynote speaker Monica Verplank of the NOWF
12:30 - 2:00	Mocktails in the Lounge

All events are FREE and open to community members

Soup & Salad Bar Available
Mon - Thurs. Hot Meals Available by Reservation only Mon & Wed. 11:00 - 12:45pm.

**Cost:* donation based for 60+, $6.00 for those under 60

Thank you to our week-long platinum sponsor:

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Anna Urick Duggins
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231-722-5400 elderlaw@parmenterlaw.com

Social Isolation and Hearing Loss

Researchers at the University of British Columbia found that every 10 decibel drop in hearing sensitivity increases the odds of social isolation by 52%.

Social isolation has been correlated with depression, dementia, and accelerated cognitive decline.

Taking care of hearing health leads to better overall health for you and your loved ones.

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At **Comprehensive Ear & Hearing,** we know your hearing needs are unique. By allowing you to try different hearing technologies and styles, the **Hearing Aid Test Drive** puts you in the driver's seat.

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The potentially life-changing **ReSound ENZO Q** is the most advanced technology available for **severe-to-profound hearing loss.**

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- ∨ Crystal clear, comfortable, high-quality sound
- ∨ Unrivaled connectivity and direct streaming
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- ∨ Battery life that lasts up to 20% longer
- ∨ Fully personalizable to your preferences
- ∨ Convenient remote and real-time support
- ∨ Research shows that people with severe-to-profound hearing loss experience a 60% average improvement in recognizing speech from in front of them in noisy places with our technology.

As clarity of sounds is highly important, you can personalize your hearing experience to suit your preferences. Feel comfortable knowing that there won't be whistling or squealing noises even when your hearing aid volume is ramped up.

We'd like to invite you to experience **ReSound ENZO Q™** for yourself during our **Breakthrough Technology Event**. September 13th - 22nd. During this event, we will offer the following services, FREE of charge:

• **Hearing Aid Test Drive:** After we look at your ears and screen your hearing for any changes, you may take home the ReSound ENZO Q™ or any of our state-of-the-art hearing aids for a test drive. No commitment or deposit required.

• **Upgrade Offer:** You will receive a **Free Technology Level Upgrade** if you purchase hearing aids between now and September 30th, 2021. Higher levels of technology offer additional sophistication and benefits for complicated listening situations. This upgrade can be up to **$1,000 in value** –don't miss this special opportunity!

Call (616) 847-3144 for your personal FREE Hearing Test and Consultation!

Kristin Johnston
BA, BC-HIS, Owner

1101 Columbus Ave.
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*Cedarhurst Promise™ program is only available at advertised community. Not applicable for respite or other short-term stays. Additional terms and conditions may apply. Please contact community for additional details. Void where prohibited.

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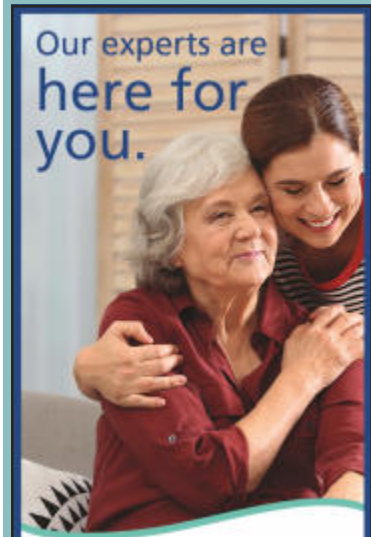

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FOUR POINTES LIVING IT EXPO

Friday October 1st
9:00am - 12:00pm

Flu Shots - Resource Booths - Giveaways & Raffle Prizes - FREE Boxed Lunch available to the first 400 attendees

Join us for an educational seminar series brought to you by our event sponsors

9:15 - 9:35 *"Welcome to Four Pointes!"*, Alex Brown and Kate Laughlin of Four Pointes

9:45 - 10:05 *"NOCH's Surgical Program - More Than You'd Expect"*, Cindy VanKampen, CNO of NOCH
Be sure to check out the Mako Surgical Unit, available for demos ALL DAY!

10:15 - 10:35 *"Estate Planning & Elder Law"*, Scholten & Fant

10:45 - 11:05 *"Senior Housing Opportunities in Grand Haven"*, Heritage Property Management

11:15 - 11:35 *"Learn the ABC's of Elder Law"*, Parmenter Law

Thank you to our week-long platinum sponsor: North Ottawa Community Health System

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