



PHYSICAL • SOCIAL • INTELLECTUAL • SPIRITUAL

IN THIS ISSUE ●●●●

- 2 Membership Information
- 4 January Event Highlights
- 7 Tax Preparation
- 8 Senior Resources Community Forum
- 12 Fitness Package Promo

The Power of Looking Longer and Listening More in Online Art Programs

Lorena Bradford, Manager of Accessible Programs, Education Division at the National Gallery of Art

There are good reasons why interactive programs for older adults should take place in museums. Art and music are often called a back door to the brain, especially for those with memory loss.¹ Beyond the opportunities for engagement and connection, art can evoke strong, deeply personal responses in us that can both draw from the past but also exist entirely in the moment. Museums are social spaces and places to share experiences on many levels, including interacting with friends and loved ones, with educators and tour guides, with other visitors, and, of course with the art. Museum visitors encounter the creative spirit and are able to engage with the past, but not necessarily a personal past; this is especially powerful for people with dementia who might sense that parts of their own pasts are slipping away.

As the nation's art museum, it is especially important that everyone is invited to and welcome at the National Gallery of Art in Washington, DC, and that we strive to provide the kinds of experiences individuals want. Moreover, there is power in being with others in the physical spaces of the

National Gallery—in hearing the sound of voices, footsteps, and laughter gently echoing off the walls of large gallery spaces, in sensing the shifting light as the sun ducks behind a cloud and then slowly emerges to shine through the skylights, in the subtle difference of walking on marble, wood, or carpeted floors.

The sensory experience is as much part of any program we offer as the discussion prompts we (as facilitators) craft, how we respond to questions and observations, and the order in which we share information to keep conversations moving forward.

The primacy of place, the importance of being in person and on site for museum programs, is a truth we, in museums, have held dear for generations.

It turns out, we were wrong—at least, in part.

The shift to online arts programs at the National Gallery of Art

When the pandemic struck in earnest in the early spring of 2020, it took some time for the world to adapt to an unexpected and dramatically new way of working and living. For many staff at the National Gallery, that new normal was maximum telework. Once we caught our breath and got our feet under us, we began offering two popular, traditionally on-site programs on virtual platforms. Just Us at the National Gallery of Art, a program for people with memory loss and their care partners, began online in late May and The Art of Looking, a conversation-based program for the general public, went virtual in early June 2020. Both take place as Zoom meetings so participants can unmute and share verbally with the group; others prefer to type thoughts into the chat, which program facilitators read out loud, while some simply listen.

Both the in-person and online versions of Just Us and The Art of Looking are built on the same beliefs:

- There is power in a collective, shared experience centered around a conversation about a work of art;

Continued on pg 3



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

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Non-Millage Area Residents (60+) - \$70.00

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Out of Area Residents (60+) - \$110.00

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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

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Cover story continued...

- We can construct meaning through listening to other ideas and perspectives; and
- We may get more when we slow down and look at less.

Slow looking is not a new concept in museum education, but it has grown in popularity quickly over the past several years.² For these two National Gallery programs, we built on the approach by emphasizing one critical component: slow listening.

The way we practice slow looking and listening grew out of the Just Us program, for the accommodation we provide for people with memory loss is time.

Just Us and its impact on older adults with memory loss
Designed equally for those with memory loss and their care partners and loved ones, Just Us began in the early spring of 2017 and took place twice a month at the museum for those caring for loved ones at home. It was also offered by request for groups visiting from memory care residences and the like. In the museum, the conversation-based program would last 90 minutes as we discovered two or three works of art together from our perches on comfortable chairs in the galleries. The only substantial alteration we made when we moved online was reducing the time to 75 minutes (Zoom fatigue is real!) and we started offering the program weekly (on Mondays at 2:00 pm Eastern).

Because it can take a long time—90 seconds to 24 hours or longer—for a person with dementia to take in and put words around an observation or question, we, as educators, learned to slow the pace of conversation to allow for long pauses and silences. We remove any sense of urgency or pace to exist only in the moment.

Therein lies the true power of the program. The practice of focusing entirely on being in the moment neutralizes the diagnosis and everything that comes with it. Doing so creates a time and space where people can connect in a single, ongoing, artful moment removed from appointments, reminders, and, hopefully, worry.

The Art of Looking carrying on the art of slow looking and listening

The Art of Looking is, in essence, a Just Us program for the general public, and it has been hugely successful in the online format. When it began on site in its current iteration in the summer of 2019, it took place once a month as a drop-in program in the galleries, where the 50-70 participants would be broken into smaller conversation groups to spend one hour with one work of art.

When the program shifted to a virtual platform in the summer of 2020, fourteen participants attended the first

session, and 125 the second. Now hundreds of people register for each meeting, and participants are assigned to smaller breakout rooms for conversation groups. The Art of Looking was offered weekly when the National Gallery was closed to the public (this past winter and spring) and is now offered on the first, third, and fifth Friday of each month.

Facilitators still embrace the pauses and silences that have become a hallmark of Just Us, which allows for as many participants as possible to have the chance to collect and share observations and ideas. Participants build meaning as a group through the slow, collective looking and listening.

How the arts helps older adults with social isolation

Just Us and The Art of Looking share two additional, critical goals: in both programs, we hope that participants in both feel connected to art, to National Gallery educators, and to each other; and that participants feel heard and valued. These goals have been and remain especially important during the pandemic, when so many felt isolated, disconnected, and adrift.

Online sessions are simply more accessible to more people: participants log in from literally across the country and from around the world. Virtual programs are also more accessible because it can be complicated for some to metro into the city and walk to the museum, or try to find street parking and then the program meeting location in a building complex with five entrances.

Variety and choice are touchstones in creating accessible, engaging experiences for all. We've learned that online programs have a vibrant, meaningful place in the museum world.



JANUARY EVENT HIGHLIGHTS



Book Club

Thursday Jan. 20th at 12:00pm
 Cost: free
Book club is back! This group meets on the 3rd Thursday of every month. Books will be provided.



Power Up Body Sculpt

Mondays at 10:00am
 Cost: \$3.00
Each week presents a new challenge as you learn proper form and exercises for major muscle groups. Build your confidence, strength and improve your balance and flexibility with this brand new strength training class. Weights and other exercise equipment provided.



Beginning Tap Class

Mondays at 1:00pm
 Cost: \$3.00
Balance, coordination, and toning come together in this fun dance class. Break out your tap shoes and get moving! All level of dancers welcome.



Line Dancing

Beginner Line Dance - Wednesdays at 12:30pm
 Advanced Line Dance - Wednesdays at 1:30pm
 Cost: \$3.00 **New Instructor!**
****Classes start January 12th****

Beginner Class: *The benefits of line dancing are incredible; reverse aging in the brain, reduce stress, increase muscle strength, endurance, and so much more. Our passionate new instructor will start with basic steps and progress through simple dances. We dare you to try it and not have fun!*

Advanced Class: *Keep the benefits of Line Dancing while stepping up to more challenging, fun dances. Each class will have a new dance to learn and review sections of those previously mastered.*

Open Line Dancing Practice - Fridays at 10:00am: *practice what you have learned in this open, member-led class. Cost is FREE (no instructor)*

Build Your Brain Workshop

Tuesdays at 9:00am
 January 18th - February 22nd
 Cost: \$15.00 for 6-week course

This workshop will combine simple movement combinations along with memory recall, cognitive problem solving and speed variations to engage specific parts of your brain. The goal is to challenge your brain and body simultaneously to help stimulate new growth all while having a lot of fun!

Connecting with Memories: "Country Roads, Part 1"

Wednesday Jan. 5th at 11:15am

A look at men and women who made Country Music famous. Cost is FREE, open to the public.

Chair Aerobics

Wednesdays at 10:00am

ACTIVITIES

FITNESS

- Barre Fitness
- Cardio Drumming
- Chair Yoga
- Chair Aerobics
- Conditioning w/ Confidence
- Exercise Drumming
- Gentle Mat Yoga
- Line Dancing
- Moving w/ Parkinson's
- Ping Pong
- Power Up Body Sculpt
- Stretch & Tone
- Tai Chi
- Tap Dance

LEARNING

- Book Club
- Build Your Brain Workshop
- Connecting with Memories
- Memory Writers
- Ukulele Club

SUPPORT

- Health Clinics
- Legal Clinic
- Technology Assistance
- Medicare/Medicaid Assistance & Prescription Drug Assistance

RECREATION/GAMES

- Bingo, Bridge, Cribbage, Darts, Euchre, Hand & Foot, Mah Jongg, Pinochle, Pool, Rummikub

ARTS

- Art with Joy
- Build It, Fly It
- Quilting
- Yarn & Stitches Group
- Woodcarving

Mon	Tues	Wed	Thurs	Fri
3 9:00 Conditioning w/ Confidence 10:00 Art w/ Joy 10:00 Power Up Body Sculpt 11:00 Beginning Tai Chi 12:00 <i>Intro to Tai Chi Demo</i> 1:00 Beg. Tap Class 1:00 Bingo	4 9:00 Beg. Exercise Drumming 9:00 Yarn & Stitches 10:00 Stretch & Tone 10:30 Rummikub & Cribbage 11:00 Chair Yoga 12:00 Ping Pong 1:00 Mah Jongg	5 <i>No Line Dancing</i> 9:00 Mah Jongg 9:00 Barre Fitness 10:00 Woodcarving 10:00 Chair Aerobics 11:00 Cardio Drumming 11:15 <i>Connecting w/ Memories: "Country Roads, Part 1"</i> 1:00 Ukulele Club 1:00 Bingo 1:00 Euchre	6 9:00 Block of the Week 9:00 Conditioning w/ Confidence 10:00 Stretch & Tone 10:30 Rummikub & Cribbage 11:00 Pilates 12:00 Chair Yoga 12:00 Ping Pong 1:00 Gentle Mat Yoga 1:00 Quilting 1:00 Mah Jongg, Pinochle & Bridge	7 9:00 Barre Fitness 10:00 Build It, Fly It 10:00 Open Line Dancing Practice (<i>member led</i>) 11:00 Hand & Foot 12:30 Moving w/ Parkinson's
10 9:00 Conditioning w/ Confidence 10:00 Art w/ Joy 10:00 Power Up Body Sculpt 11:00 Beginning Tai Chi 1:00 Beg. Tap Class 1:00 Bingo	11 9:00 Beg. Exercise Drumming 9:00 Yarn & Stitches 10:00 Stretch & Tone 10:30 Rummikub & Cribbage 11:00 Chair Yoga 12:00 Ping Pong 1:00 Mah Jongg	12 9:00 Mah Jongg 9:00 Barre Fitness 10:00 Chair Aerobics 11:00 Cardio Drumming 12:30 Beg. Line Dancing 1:00 Bingo 1:00 Euchre 1:30 Adv. Line Dancing	13 9:00 Block of the Week 9:00 Conditioning w/ Confidence 10:00 Stretch & Tone 10:00 <i>Memory Writers</i> 10:30 Rummikub & Cribbage 11:00 Pilates 12:00 Chair Yoga 12:00 Ping Pong 1:00 Gentle Mat Yoga 1:00 Quilting 1:00 Mah Jongg, Pinochle & Bridge	14 9:00 Barre Fitness 10:00 Build It, Fly It 10:00 Open Line Dancing Practice (<i>member led</i>) 11:00 Hand & Foot 12:30 Moving w/ Parkinson's
17 CLOSED 	18 9:00 <i>Build Your Brain Workshop</i> 9:00 Yarn & Stitches 10:00 Stretch & Tone 10:30 Rummikub & Cribbage 11:00 Chair Yoga 12:00 Ping Pong 1:00 Mah Jongg	19 <i>Beltone Hearing Clinic</i> 9:00 Mah Jongg 9:00 Barre Fitness 10:00 <i>Ambassador Committee Meet & Greet</i> 10:00 Woodcarving 10:00 Chair Aerobics 11:00 Cardio Drumming 12:30 Beg. Line Dancing 1:00 Bingo 1:00 Euchre 1:30 Adv. Line Dancing	20 <i>Legal Clinic</i> 9:00 Block of the Week 9:00 Conditioning w/ Confidence 10:00 Stretch & Tone 10:30 Rummikub & Cribbage 11:00 Pilates 12:00 Chair Yoga 12:00 <i>Book Club</i> 12:00 Ping Pong 1:00 Gentle Mat Yoga 1:00 Quilting 1:00 Mah Jongg, Pinochle & Bridge	21 9:00 Barre Fitness 10:00 Build It, Fly It 10:00 Open Line Dancing Practice (<i>member led</i>) 11:00 Hand & Foot 12:30 Moving w/ Parkinson's
24 9:00 Conditioning w/ Confidence 10:00 Art w/ Joy 10:00 Power Up Body Sculpt 11:00 Beginning Tai Chi 1:00 Beg. Tap Class 1:00 Bingo	25 9:00 <i>Build Your Brain Workshop</i> 9:00 Yarn & Stitches 10:00 Stretch & Tone 10:30 Rummikub & Cribbage 11:00 Chair Yoga 12:00 Ping Pong 1:00 Mah Jongg	26 9:00 Mah Jongg 9:00 Barre Fitness 10:00 Chair Aerobics 11:00 Cardio Drumming 12:30 Beg. Line Dancing 1:00 Bingo 1:00 Euchre 1:30 Adv. Line Dancing	27 9:00 Block of the Week 9:00 Conditioning w/ Confidence 10:00 Stretch & Tone 10:30 Rummikub & Cribbage 11:00 Pilates 12:00 Chair Yoga 12:00 Ping Pong 1:00 Gentle Mat Yoga 1:00 Quilting 1:00 Mah Jongg, Pinochle & Bridge	28 9:00 Barre Fitness 10:00 Build It, Fly It 10:00 Open Line Dancing Practice (<i>member led</i>) 11:00 Hand & Foot 12:30 Moving w/ Parkinson's
31 9:00 Conditioning w/ Confidence 10:00 Art w/ Joy 10:00 Power Up Body Sculpt 11:00 Beginning Tai Chi 1:00 Beg. Tap Class 1:00 Bingo	 <p>Wellness Center Hours: Monday - Thursday from 8:30am - 4:00pm Fridays from 8:30am - 2:00pm</p>			

FOUR POINTES



2022 TAX PROGRAM

Fridays, by appointment only. February 4th - April 8th.

In partnership with Davenport University's VITA tax program, Four Pointes is offering FREE filing of 2021 taxes.

Four Pointes will begin taking appointments on Monday January 10th. Appointments are first come first served.

In order to qualify for this service individuals will need to make less than 54,000 taxable income as listed on their 2020 return (this does not include social security income).

Please bring the following to your appointment:

- Photo ID
- Social Security Cards and/or Social Security Statements
- W-2s for all jobs worked in 2021
- 1099s for all types - independent contract work, unemployment, retired fund (1099-R), bank interests, dividend statements
- 2020 Tax Returns (especially if receiving annuity)

To make the most of your return, please bring:

- W2-G (lottery/casino winnings)
- Mortgage Interest Statement (1098)
- Donation Receipts to 501c3 (up to \$300)
- Medical Expenses
- Home Office Expenses
- Last Heating Bill
- Property Tax Bill
- Banking Info (for direct deposit)

Please note, both spouses must be present when filing a joint tax return

January 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.



JANUARY 3rd - 7th

Soup of the Week: Spinach & Artichoke

Hot Meals

January 3rd: Scalloped Potato w/ Ham, Mixed Veggies, Fruited Cobbler, Fruited Yogurt

January 5th: Chicken Marsala, Brown Rice, Euro Blend, Zucchini, Fresh Fruit

January 7th: Battered Fish, Baked Potato, Coleslaw, Spiced Apples

JANUARY 10th - 14th

Soup of the Week: Broccoli Cheese

Hot Meals

January 10th: Macaroni & Cheese, Side Salad, Asparagus, Beets, Diced Pears

January 12th: Sliced Turkey & Gravy, Stuffing, Green Beans, Cali Blend, Cranberry Sauce, Wheat Bread w/ Margarine

January 14th: Chicken Tenders, Red Roasted Potatoes, Sautéed Cabbage, Applesauce, Corn Muffin w/ Margarine

JANUARY 17th - 21st

Soup of the Week: Chicken Noodle

Hot Meals

January 17th: CLOSED

January 19th: All American Burger w/ Bun, Baked Beans, Broccoli, Pears

January 21st: Pea Soup & Ham, Cauliflower, Corn, Ambrosia

JANUARY 24th - 28th

Soup of the Week: White Chicken Chili

Hot Meals

January 24th: Chicken Wings, Baked Potato, Sautéed Cabbage, Tomato Salad, Fruited Jell-O

January 26th: Lasagna, Garlic Bread, Corn, Cauliflower, Fresh Fruit, Fig Newton

January 28th: Port Chops & Gravy, Mashed Potatoes, Peas, Peaches, Wheat Bread w/ Margarine

JANUARY 31st

January 231st: Cabbage Roll, Au Gratin Potatoes, Peas & Carrots, Mandarin Oranges, Wheat Bread w/ Margarine

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.

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



Thank you Judy for hosting another fun White Elephant Gift Exchange. These ladies had a wonderful time and walked away with some pretty unique items.

We would like to give a big welcome to John, our AgeWell Site Coordinator. You can find John serving up delicious meals in our kitchen Monday through Friday. Stop by and say hi!





Ambassador Committee

Meet & Greet

Wednesday January 19th
10:00 - 11:00am

The Four Pointes Ambassador Committee is looking to add new members! The committee is an outstanding group of volunteers whose purpose is to represent and promote Four Pointes and our area older adults. They are actively engaged and provide feedback so we can continue to grow the culture of our agency in years to come. If you or someone you know is looking for a new and fun volunteer opportunity, we invite you to join us to learn more about how the group. *Coffee and sweets provided.*

Senior Resources invites caregivers, service providers, older adults, advocates and other community stakeholders to a Community Forum to shape the FY 2023-2025 Multi-Year Plan

Senior Resources and Four Pointes Center for Successful Aging Invite You to a Community Forum

How will I be engaged at the Community Forum?

1. Hear information on demographic trends impacting you and where you live
2. Help to identify service gaps in your community
3. Share your thoughts on community needs
4. Help define what aging at home looks like in your neighborhood

Mark Your Calendar

Thursday, January 27, 2022, at
11:00 a.m. at

Four Pointes Center for Successful Aging
1051 S. Beacon Blvd., Grand Haven, MI 49417

- Refreshments (Free)
- Raffle Drawing with Prizes (\$100 in gift cards)
- Aging Trends Update
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Questions? Call Amy
at 231-733-3519



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Did You Know?!?!

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<https://seniorresourceswmi.org/homepage/workshops-to-wellness/>



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Diabetes and Hearing Loss (2013) American Diabetes Association

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