



PHYSICAL • SOCIAL • INTELLECTUAL • SPIRITUAL

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## Why Seniors Are the Best Age for Studying and Discovering the World

Susan Saurel, Senior News

Transitioning from the 50s to the 60s and 70s is one of the most beautiful and important time periods of our life. That's because this is when we take the time to look within and discover what's been lying there, undiscovered, for such a long time. Our hectic daily lives can distract us from understanding what truly matters, so we might not be able to enjoy ourselves, have alone, quiet time, or pursue our passion until this transition. While this is quite sad, most people would agree it's true. Indeed, starting to do all the above from a young age should be something normal, but there are just so many duties and responsibilities we cannot escape that making time for our souls can be challenging.

As older adults, we can now focus on ourselves, our inner passions, our studies, and our own world-discovery pathways.

### 1. *This Is When You Make Time to Rediscover Yourself*

As Seniors, we are tempted to rediscover ourselves and our inner balance, one way or the other. It's funny how the life cycle unfolds – as children, we are taught to respect rules; as teenagers, we try to break those rules that we've just learned, while during adulthood, we reconnect to these constructs and learn how to play the life game. During the Senior years, however, we have time to rediscover our true selves and look within to find the real key to this puzzle called life. Thus, following the next

criteria is important for anyone, but especially for those above 50, if you wish to 'know thyself' the right way:

- Enjoy the quietness – observing your feelings without identifying yourself with them is the first step towards living a better life. Ask yourself, who am I? What is my calling in life? Why am I here?
- Make sure you understand the difference between who you are and who you want to be. During our lifetime, we tend to be concerned with becoming more, and accepting less. Now it's the time to say 'stop' and reevaluate your inherent self or being. Can you accept yourself?
- Do you know what you are good at, and what skills you could improve? And if so, do you want to take responsibility to evolve in those areas you are not positive that you've succeeded?

"Find the answers to these questions and start changing your life now. No matter how old you are right now, there will always be more time for positive change, especially when it comes from within," writes resume writing services coordinator, Jo Ann Bowley.

### 2. *How Consistency and Determination Can Add Huge Value to Your Life*

While many of us believe that reinventing ourselves after 60 means striving for huge goals, the truth lies somewhere in the middle. If you try too hard to reach a set objective, you might end up disappointed and sad, quite nervous about your Senior years, and definitely not happy. In the end, it's all about the journey, not the destination. If you felt like your whole life was a continuous race for success, now it's time to make peace with yourself.

Accepting yourself is the first step towards developing a healthier mindset; next, think about the small goals that, if achieved, would make your life much happier and livelier than it is. Find small actions that you can take to make this world a better place, and yourself a better person. See how this mindset will shape your character in the long term. Here's an example: if your main focus is your health, set aside 10 minutes every day to stretch and just breathe. Make it a habit and see how you feel! Consistency and determination play a big role during this time of our life.

### 3. *Friends, Coffee, and Cards*

Drinking tasty coffee and playing witty card games sounds like a small piece of Paradise to some; for others, taking long walks and

*Continued on pg 3*



Center for Successful Aging

Website: [www.fourpointes.org](http://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

City of Coopersville, Chester Twp., City of Ferrysburg, City of Grand Haven, Grand Haven Twp., Polkton Twp., Spring Lake Twp., Village of Spring Lake

#### 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

## A few things you may not know about... St. Patrick's Day

by qSample

**MARCH 17**

Saint Patrick's feast day, as a national day, was already celebrated by the Irish in Europe in the 9th and 10th century. It was only much later that he became known as the patron saint of Ireland.

The very first St. Patrick's Day parade was not in Ireland. It was in Boston in 1737.

On St. Patrick's Day, the rivers in Chicago are dyed green.

**DID YOU KNOW ?**

Maewyn Succat is St. Patrick original name.

St. Patrick was actually born in Britain, but moved to Ireland after being kidnapped and enslaved by Irish raiders.

### Economics of St. Patrick's Day

Spend on celebrations reach almost **\$4.14 BILLION**

Many bars in the U.S., and abroad, serve **green beer** to celebrate St. Patty's Day.

Patrick is the name given to nearly **650,000 BABIES** in the U.S. in the last 100 years.

### PERCENTAGE OF U.S. STATE POPULATION WITH IRISH ANCESTRY

Saint Patrick, MO  
Limerick, ME  
Erin, NY  
Clover, SC  
Shamrock, TX

Between 1820 and 1930, nearly **4.5 MILLIONS** Irish immigrants arrived in the U.S.

**34.7 MILLION** U.S. residents claim Irish ancestry

*Cover story continued...*

watching the sunset might be more uplifting. Regardless of what your favorite activities are, you need friends alongside! While rediscovering yourself is a lonely road, enjoying daily routines should not be – in the end, everything feels better when you have (a) dear person/people by your side. Your partners in crime will support you, encourage you, and help you become a better... you! And you will do the same for them. Friendship is beautiful and magic!

If you cannot think of anyone who'd share life stories with you, that's alright – just think of people who share the same passions and start making new connections!

#### **4. Starting a New Life Towards Enlightenment**

The first step you should take towards discovering the world is discovering the self, as I mentioned before. Thus, start with decluttering and rearranging your room the way you like it. Don't be conventional, think outside the box! If you want a hammock in your room, buy one! If you need a huge armchair to rest in, get one! Don't think twice – you must be comfortable in your daily setting. Here are some things you should also consider:

- Start meditating. Studies have shown that meditation helps with senior health – it not only enhances memory and sharpens focus, but it also improves the digestive system and melts away the stress! Besides that, you will enjoy it a whole lot!
- Start practicing daily asanas to keep your health strong and yourself going. I know it sounds like a lot, but I promise – once you start to get into it, your life will dramatically change (for the better). Here are just a few of the asanas that could help you a lot: Tadasana or the Mountain Pose, Baddha Konasana or the Butterfly Pose, Balasana or Child's Pose, Trikonasana or the Triangle Pose, Shavasana or the Corpse Pose.
- Next, take an inventory of people you'd like to apologize to, or simply discuss issues. Make sure you reach out and become at peace with yourself and themselves. When we are reaching towards Enlightenment, it's important to become forgiving and loving towards the others.

#### **5. Discover Your World and Your Passions**

During our lifetime, we might make decisions we don't want to make and take the wrong actions towards our real goals – this might be the influence of other people, the influence of the society, our parents, or maybe our own false selves. Take this time of your life to discover your true passions and come to see the world through your own eyes. One of the best ways to do so is by overcoming fears of the past or challenges you'd never thought you'd be able to face. Traveling could be one of them.

According to studies supported by the National Institutes of Health, men who engage in annual vacations are 32% less likely to die from heart disease. At the same time, women who take vacations twice a year are less likely to become prone to depression or anxiety. So, discover the world, travel, engage, stay active!

#### **6. Study What Matters to You**

Now that you've arrived at this point in your life – where

responsibilities start to decline, and you can finally experience freedom – take time to study what really matters to you. If you've always been interested in Psychology but never had time to read articles, papers, or even books, get started on that! If, on the other hand, you've never made time to study Economics, sign up for a Finance newspaper and start reading! The great thing is that now you have time to do what you please, without worrying about money, kids, or other household duties.

#### **Conclusion**

While teenage and adult years are beautifully shaped for personal, successful evolution on the societal scale, older adult years are meant for self-discovery, finding inner peace, and accepting ourselves as we truly are. Be loved, be peaceful, be liberated!

### **BOARD OF DIRECTORS**

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## Activity Descriptions + Center Updates

### MARCH EVENT HIGHLIGHTS



#### Beginning Exercise Drumming Returns!

Tuesdays at 9:00am  
Cost: \$3.00

*A slower, seated, low-impact drumming class benefiting the mind and body. Also incorporates the use of an exercise ball. All equipment is 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! Beginners welcomed*



#### Pilates

Thursdays at 11:00am  
Cost: \$3.00

*A floor-based exercise class that engages the mind and body. A balance and holistic blend of strength training, breathing techniques and flexibility works to improve overall fitness. Moderate impact level.*



#### Tech 1:1 Returns!

Thursday March 17th  
30minute appointment slots from 12:30 - 3:30pm  
Cost: Free

*Our technology expert Pat provides a great opportunity for individualized assistance with things including your smart device, social media, or the internet. Call or stop by the front desk to reserve your appointment*

### 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

#### Yarn & Stitches

Tuesdays at 9:00am  
Cost: free

*Bring your knitting, crochet, or needle art project and enjoy the camaraderie of fellow 'crafters'*

#### Connecting with Memories: Break a Leg; Broadway Idioms

Wednesday March 9th at 11:15am

*Many of the sayings from Broadway that have become a part of our everyday language and a listen to some great music from Broadway shows*

#### Beginning Mah Jongg

Wednesday April 6th, 13th, 20th & 27th. 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: \$20.00 for 4-week session

*Participants must RSVP by April 4th. Limit 5 participants.*

*\*Mah Jongg cards not included in price, they can be purchased at the front desk for \$10 (supplies are limited)*

Mon	Tues	Wed	Thurs	Fri	
<p><b>Wellness Center Hours:</b> Monday - Thursday from 8:30am - 4:00pm Fridays from 8:30am - 2:00pm</p>	<p><b>1</b> 9:00 <i>Beg. Exercise Drumming</i> 9:00 Yarn &amp; Stitches 10:00 Stretch &amp; Tone 10:30 Rummikub &amp; Cribbage 11:00 Chair Yoga 12:00 Ping Pong 1:00 Mah Jongg</p>	<p><b>2</b> 9:00 Mah Jongg 9:00 Barre Fitness 10:00 Woodcarving 10:00 Chair Aerobics 11:00 Cardio Drumming 12:30 <i>Beg. Line Dancing</i> 1:00 <i>Ukulele Club</i> 1:00 Bingo 1:00 Euchre 1:30 Adv. Line Dancing</p>	<p><b>3</b> 9:00 Block of the Week 9:00 Conditioning w/ Confidence 10:00 Stretch &amp; Tone 10:30 Rummikub &amp; 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 &amp; Bridge</p>	<p><b>4</b> 9:00 Barre Fitness 10:00 Build It, Fly It 10:00 Open Line Dancing Practice (<i>member led</i>) 11:00 Hand &amp; Foot 12:30 Moving w/ Parkinson's</p>	
	<p><b>7</b> 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</p>	<p><b>8</b> 9:00 <i>Beg. Exercise Drumming</i> 9:00 Yarn &amp; Stitches 10:00 Stretch &amp; Tone 10:30 Rummikub &amp; Cribbage 11:00 Chair Yoga 12:00 Ping Pong 1:00 Mah Jongg</p>	<p><b>9</b> 9:00 Mah Jongg 9:00 Barre Fitness 10:00 Chair Aerobics 11:00 Cardio Drumming 11:15 <i>Connecting w/ Memories: Break a Leg; Broadway Idioms</i> 12:30 <i>Beg. Line Dancing</i> 1:00 Bingo 1:00 Euchre 1:30 Adv. Line Dancing</p>	<p><b>10</b> 9:00 Block of the Week 9:00 Conditioning w/ Confidence 10:00 Stretch &amp; Tone 10:00 <i>Memory Writers</i> 10:30 Rummikub &amp; 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 &amp; Bridge</p>	<p><b>11</b> 9:00 Barre Fitness 10:00 Build It, Fly It 10:00 Open Line Dancing Practice (<i>member led</i>) 11:00 Hand &amp; Foot 12:30 Moving w/ Parkinson's</p>
	<p><b>14</b> 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>	<p><b>15</b> 9:00 <i>Beg. Exercise Drumming</i> 9:00 Yarn &amp; Stitches 10:00 Stretch &amp; Tone 10:30 Rummikub &amp; Cribbage 11:00 Chair Yoga 12:00 Ping Pong 1:00 Mah Jongg</p>	<p><b>16</b> <i>Beltone Hearing Clinic</i> 9:00 Mah Jongg 9:00 Barre Fitness 10:00 Woodcarving 10:00 Chair Aerobics 11:00 Cardio Drumming 12:30 <i>Beg. Line Dancing</i> 1:00 Bingo 1:00 Euchre 1:30 Adv. Line Dancing</p>	<p><b>17</b> <i>Legal Clinic</i> <i>Tech 1:1</i> 9:00 Block of the Week 9:00 Conditioning w/ Confidence 10:00 Stretch &amp; Tone 10:30 Rummikub &amp; 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 &amp; Bridge</p> 	<p><b>18</b> 9:00 Barre Fitness 10:00 Build It, Fly It 10:00 Open Line Dancing Practice (<i>member led</i>) 11:00 Hand &amp; Foot 12:30 Moving w/ Parkinson's</p>
	<p><b>21</b> 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>	<p><b>22</b> 9:00 <i>Beg. Exercise Drumming</i> 9:00 Yarn &amp; Stitches 10:00 Stretch &amp; Tone 10:30 Rummikub &amp; Cribbage 11:00 Chair Yoga 12:00 Ping Pong 1:00 Mah Jongg</p>	<p><b>23</b> 9:00 Mah Jongg 9:00 Barre Fitness 10:00 Chair Aerobics 11:00 Cardio Drumming 12:30 <i>Beg. Line Dancing</i> 1:00 Bingo 1:00 Euchre 1:30 Adv. Line Dancing</p>	<p><b>24</b> 9:00 Block of the Week 9:00 Conditioning w/ Confidence 10:00 Stretch &amp; Tone 10:30 Rummikub &amp; 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 &amp; Bridge</p>	<p><b>25</b> 9:00 Barre Fitness 10:00 Build It, Fly It 10:00 Open Line Dancing Practice (<i>member led</i>) 11:00 Hand &amp; Foot 12:30 Moving w/ Parkinson's</p>
	<p><b>28</b> 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>	<p><b>29</b> 9:00 <i>Beg. Exercise Drumming</i> 9:00 Yarn &amp; Stitches 10:00 Stretch &amp; Tone 10:30 Rummikub &amp; Cribbage 11:00 Chair Yoga 12:00 Ping Pong 1:00 Mah Jongg</p>	<p><b>30</b> 9:00 Mah Jongg 9:00 Barre Fitness 10:00 Woodcarving 10:00 Chair Aerobics 11:00 Cardio Drumming 12:30 <i>Beg. Line Dancing</i> 1:00 Bingo 1:00 Euchre 1:30 Adv. Line Dancing</p>	<p><b>31</b> 9:00 Block of the Week 9:00 Conditioning w/ Confidence 10:00 Stretch &amp; Tone 10:30 Rummikub &amp; 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 &amp; Bridge</p>	

## From the Executive Director

### *A Look Back: Four Pointes Response to COVID-19*

Dear Members and Community Members,

I think we can all agree that it has been a long two years since the State of Michigan initiated the shut-down mandate to all non-essential businesses. As we continue to reflect on this time period as an agency, we are very grateful and proud of the response we were able to provide to our aging population.

The Four Pointes Community Living team continued providing support so seniors could remain living independently in their home. They made weekly calls to all clients and ensured all needs were being met during a time when resources were extremely limited. Our essential team of Home Service workers also provided assistance with grocery shopping, homemaking, personal care, and meal preparation. For our severely isolated seniors, these team members were a familiar face they could depend on during a time of tremendous need.

Our Consumer Support program was also able to provide a wider range of assistance to the community at large; Prescription Assistance, Medicaid/Medicare Assistance, Unmet Needs, Volunteer Transportation, Resource and Referral guidance, and so much more.

There is no question that our Wellness Center had been the hardest hit during the first year of the pandemic. Four Pointes was forced to close our doors in March of 2020 and after jumping through the many hoops, navigating the ever-changing restrictions, and updating policies and procedures to provide a safe space for seniors to gather we were finally able to resume programming in the Spring of 2021. With the gradual implementation of activities and a team of committed staff, the Wellness Center has now been functioning at pre-pandemic activity levels since Fall of 2021. We have continued to add new programming opportunities for our members and have an exciting line-up of membership discounts to ensure that everyone has the opportunity to participate in what Four Pointes has to offer no matter their financial situation.

We know the past 2 years have been frustrating as our  
6 Highpointes Monthly Newsletter

nation and health officials work to navigate this virus and unfortunately COVID-19 is not going away. We are living in a much different world and we are all striving to reach the post-pandemic phase. What Four Pointes can do as an agency, is to continue to provide an outstanding amount of programs and services to meet your needs in the safest manner possible. Our priority has been and always will be the health and well-being of older adults in northern Ottawa County.

We cannot say thank you enough to our members and community partners who have been here through it all to provide support, patience and understanding during this unprecedented time. We are stronger together!

Sincerely,  
Kim Kroll  
*Executive Director*

**FOUR POINTES**



**2022 TAX PROGRAM FULL**

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At this time, all appointments for the Four Pointes 2022 Tax Program have been filled!

If you are still in need of assistance with filing your 2021 return, please call 2-1-1. Their team of experts will help provide you with other available resources in the lakeshore area



Get Connected. Get Help.™

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# March Lunch Menu

Lunch hours Monday - Friday

11:00 a.m. - 12:30 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.



## MARCH 1st - 4th

**Soup of the Week:** Spinach & Artichoke

### Hot Meals

**March 2nd:** All American Burger w/ Bun, Baked Beans, Broccoli, Pears

**March 4th:** Pea Soup & Ham, Cauliflower, Corn, Ambrosia

## MARCH 7th - 11th

**Soup of the Week:** Broccoli Cheese

### Hot Meals

**March 7th:** Chicken Wings, Baked Potato, Sautéed Cabbage, Tomato Salad, Fruited Jell-O

**March 9th:** Lasagna, Garlic Bread, Corn, Cauliflower, Fresh Fruit, Fig Newton

**March 11th:** Pork Chops & Gravy, Mashed Potatoes, Peas, Peaches, White Bread w/ Margarine

## MARCH 14th - 18th

**Soup of the Week:** Chicken Noodle

### Hot Meals

**March 14th:** Cabbage Roll, Au Gratin Potatoes, Peas & Carrots, Mandarin Oranges, Wheat Bread w/ Margarine

**March 16th:** Chicken Diane, White Rice, Succotash, Beets, Applesauce

**March 18th:** Goulash, Garlic Bread, Brussel Sprouts, Wax

Beans, Fresh Fruit

## MARCH 21st - 25th

**Soup of the Week:** White Chicken Chili

### Hot Meals

**March 21st:** Chicken Cavatappi, Garlic Bread, Lima Beans, Green Beans, Applesauce

**March 23rd:** Garlic & Herb Tilapia, Parsley Noodles, Corn, Coleslaw, Peaches

**March 25th:** Pork Chop Suey, Rice, Broccoli, Winter Squash, Ambrosia, Wheat Bread w/ Margarine

## MARCH 28th - 31st

**Soup of the Week:** Mushroom Brie

### Hot Meals

**March 28th:** Swedish Meatballs, Noodles, Spinach, Pineapple Tidbits, Bread Pudding

**March 30th:** Spaghetti w/ Meat Sauce, Garlic Bread, Brussel Sprouts, Carrots, Fruited Jell-O

**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 need to be times*

*when menu items need to be substituted\**

## "Scams Targeting Seniors and Identifying Elder Abuse"

*Susan Thorpe, Finishing Well Ministry*

**FREE Workshop - Thursday March 10th at 4:00pm at the Church of the Dunes**

**Church of the Dunes Finishing Well Ministry (for 55+) and the Dunesmen (Church of the Dunes United Methodist Men) are hosting a special workshop presented by Chris Burnaw, SafeSeniors Coordinator at AgeWell Services.**



### Topics will include:

**Romance scams**

**Grandchild or friend in trouble scams**

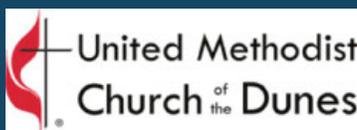
**Impostor scams**

**Government scams**

**Medicare scams during Open Enrollment**

**Current scams in Ottawa County and Grand Haven**

**Elder physical abuse and how to recognize/report it**



**Please register in advance by contacting the church office at (616) 842-7980**



We all have been through a lot these last few years, and as things begin to feel more normal, some of us may discover we need support dealing with conflict. Maybe changes in your life are causing issues or maybe a longtime disagreement is causing you pain?

If you are experiencing a problem like this, Mediation Services, can help you.

Mediation is a safe and approachable way to face problems that are often emotional and can be upsetting. We all have just experienced a lot of uncertainty, which can sometimes lead to disagreements with the people we love, and those we depend upon. Mediation offers an opportunity to settle disagreements, by setting up the time and space needed, in order to feel comfortable talking about the problem.

An expert called a mediator leads the discussion, and is trained in dealing with conflict. Everyone decides for themselves whether or not to participate, and the meeting takes place in a comfortable environment. If you have a problem like this, staff members from Mediation Services will be visiting Four Pointes next month to tell us more about it. Questions about services offered? Please contact us (616) 399-1600

# FOUR POINTES SNOW BIRD MEMBERSHIP SPECIAL

***6 month membership for only \$30.00***

***Only available for purchase from March 1st - May 31st  
Member must live in one of the following Millage  
participating areas to qualify for purchase***



Chester Township  
City of Coopersville  
City of Ferrysburg  
City of Grand Haven  
Grand Haven Township  
Polkton Township  
Spring Lake Township/Village



the  
**VILLAGE GREEN**  
of grand haven



- Looking for a quiet community within the City of Grand Haven with tree lined streets and sidewalks?
- Are you ready to downsize and enjoy life?

Give us a call or visit our website for a listing of homes available.

1700 Robbins Road, Office @ Lot #301  
616-846-1020

[www.villagegreengh@gmail.com](http://www.villagegreengh@gmail.com)



Beltone has been the most trusted name in hearing care for over 82 years. Locally owned and operated in West Michigan since 1979, with over 1,500 offices nation-wide to serve your hearing needs.

- \$1,000 off a set of Beltone Imagine rechargeable Hearing Instruments
- FREE Hearing Screenings
- FREE trials of our newest technology
- Clean and checks of all makes and models of hearing aids
- Come see us at Four Pointes in Grand Haven!



Jordan P. Smith, BC-HIS  
Owner-President



**Call 231-755-3920 or 616-842-9210  
to schedule an appointment today!**

**Christian Haven**  
A Sunset SENIOR COMMUNITY

A welcoming  
community with  
something for  
everyone!



Contact us to schedule your tour today!

616-312-2250

704 Pennoyer Ave



**Downsizing? CALL LIBERTY WOODS!**



**LIBERTY WOODS  
HOUSING COOPERATIVE  
IS A 55+ INDEPENDENT  
LIVING COMMUNITY**

**201 DEWITT LANE SPRING LAKE  
(BEHIND THE SPRING LAKE PRESBYTERIAN CHURCH)  
For a tour or more information please call: 616-844-1980**



**Organizing your Important Documents**

by **Attorney Anna Urick Duggins**  
February 3, 2022, at 4:00 p.m.

Enjoy wine and cheese while learning the importance of organizing your estate plan, investment statements, deeds, medical information, etc. and how best to have them available at a moment's notice if there is an emergency.

Please RSVP to Four Pointes (616) 842-9210.



# Hearing Loss & Quality of Life

- **A positive outlook:** Research shows that people who are treating their hearing loss are more likely to be optimistic and feel engaged in life.
- **Living fully:** People who are treating their hearing loss are more likely to exercise and meet up with friends to socialize.
- **Stronger relationships:** Most people who are treating their hearing loss say it has a positive effect on their relationships and their ability to participate in group activities, and they're more likely to have a strong social network.
- **Work life:** Research from the Massachusetts Eye and Ear Infirmary found that using hearing aids reduced the risk of income loss by 90 to 100 percent for those with mild hearing loss, and from 65 to 77 percent for those with moderate to severe hearing loss.

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Hearing loss treatment has been shown to:



Reduce risk of cognitive decline



Improve quality of life



Improve communication with family and friends



Increase earning power

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Kristin Johnston  
BA, BC-HIS, Owner

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\*Cedarhurst Promise™ program is only available at advertised community. Not applicable for respite or other short-term stays. Refund is available only if move out is a result of dissatisfaction with Cedarhurst community as documented throughout stay. Complete refund includes base rent, level of care charges, and community fee. Ancillary services fees (ex. additional transportation, pet fees and laundry charges) do not qualify for refund. Additional terms and conditions may apply. Please contact community for additional details. Void where prohibited.

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CURRENT RESIDENT

## Four Pointes Social Services Team

The Four Pointes staff is excited to announce that Lisa Madley has joined our team as a Case Coordinator and Options Counselor!

Lisa officially joined the team at the beginning of February and is “looking forward to working with such an amazing organization”. Lisa enjoys spending time with her 7-year-old daughter, husband, and her mother. Lisa and her family moved to the lakeshore area a year ago and is happy to call this place home. She enjoys doing outdoor activities, such as sledding, fishing, and anything to do with the beautiful Lake Michigan. She also enjoys cooking, reading, and arts and crafts. Lisa is excitedly looking forward to meeting more of our members and getting to know her clients.

We are so thankful Lisa has joined our team and look forward to all of the positive things she can bring to our organization. If you see her around the center be sure to say “Hi”.

Welcome Lisa!

