



four
pointes

Center for Successful Aging

Highpointes

April 2022 Newsletter

PHYSICAL • SOCIAL • INTELLECTUAL • SPIRITUAL



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Mediation Promotes Peace

Penny Shuff, Mediation Services

Are you dealing with an issue that is overwhelming you and it's difficult to talk about?

Many times, we shut down and avoid controversy or just pretend the problem doesn't exist. We might even think a long-standing argument will magically disappear if we avoid it.

But waiting until you are forced to deal with a situation is not good for our mind, body or spirit.

Next month, representatives from an organization called Mediation Services will visit Four Pointes to explain how a process called mediation can help you turn conflict into an opportunity for peace. Mediation Service is a nonprofit organization that helps people deal with various types of disagreements. Whether it's a long-standing issue or something more recent, mediation can help, most times, without using the court system.

Maybe you've already heard of the term mediation, or know someone who has used the process, while getting divorced or during a contract dispute? But mediation can help us deal with issues we are facing right now. From safety issues, like whether or not to continue driving, to arguments over living arrangements, Mediation Services representatives will explain how they can help us deal with

our changing world. This will be an opportunity to learn how mediation can restore peace, if you are dealing with conflict.

Productive Communication

Participating in mediation allows you to communicate your needs in a respectful and non-judgmental way, while having a trained expert called a mediator lead the discussion. Mediation is a collaborative way to settle conflicts and shows us better ways to communicate in the future. Everyone gets the opportunity for their point of view to be heard. The process is completely confidential, and everyone decides for themselves whether or not to participate.

Safe Environment

Mediation offers the time and space needed, in order to feel comfortable talking about the problem. A mediation meeting takes place anywhere the participants feel they can speak freely and they are comfortable sharing their side of the story. This could be a home, senior living facility, or office space. Mediations can take place virtually, using computers, or in person, whichever way is best for the situation.

Trained Expert

Mediation provides a specially trained expert called a mediator who leads the discussion. The mediator is impartial and does not take sides or offer solutions to the problem. They help everyone involved reach their own conclusions and craft their own agreement. Mediators are volunteers who live in our community and are passionate about promoting peace and restoring relationships.

Common Issues

As we get older, we experience many changes in our lives which can lead to disagreements. Here are some areas where mediation can help resolve conflict.

- Transportation Issues/ When should I stop driving?
- Living arrangement problems/ Do I have to live here?
- Relationship struggles/ Why are people treating me this way?
- Financial decisions/ Should I still handle my own checkbook?

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

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

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

Allendale, Crockery, 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 Wellness Director

Dear Members,

Spring is finally upon us and summer is just around the corner. We are excited to welcome back our snow birds and encourage those who have been cooped up all winter to head down to the center to catch up with old friends. Spring is a time for renewal and new beginnings - the perfect time to step outside of your comfort zone and try something new for yourself.

Four Pointes continues to offer a wide variety of programming to meet all of your needs and we have some very exciting educational opportunities coming up in the next few months. We have also listened to YOU and will be offering membership promotions to allow more seniors the opportunity to take advantage of all the exciting things we have to offer here at Four Pointes.

We appreciate your feedback and will continue to make improvements and adapt to best serve you.

Sincerely,
Alexandria Brown
Wellness Director

Newsletter Update

Effective May 2022, newsletters will only be mailed to current active Four Pointes members and clients.

The newsletter can be accessed electronically via our website by clicking on the 'About' drop-down and selecting 'Newsletter'. From here the current newsletter in addition to past newsletters can be easily viewed.

We would also like to encourage everyone to follow us on Facebook for the most up to date programming and service information

Cover story continued...

How Does it Work?

Mediators are trained to ask intentional questions that lead to productive communications. Even people who still hold anger and resentment, can still reach agreements, when they begin to trust the process. The mediator guides each stage of the discussion:

- Sorting out what topics to address
- Identifying the issues that are at the root of the dispute
- Setting expectations
- Keeping the discussion focused on the issues
- De-escalating/ if necessary

Life changes, and uncertainty, can often lead to tension with the people we love, and those we depend upon. But sometimes these issues are easier to deal with than we thought. Mediation can help us face our fear of conflict and free us to move forward into a bright future.

You Can't Change the Past, But We Can Help You Focus on the Future.

It's not good for our mental or physical well-being to ignore problems. It's always better to "clear the air" and move forward in a more positive direction. So, if you have been avoiding an issue or feel you don't have the confidence or skills to address the problem, maybe mediation can help?



*Intro to
Mediation Services*

**Wednesday May 11th
10:00 - 11:00 AM
at Four Pointes**

*Free and open to the public
Coffee and snacks provided*

*A representative from Mediation
Services will be discussing exactly what
mediation is and how it can promote
peace for older adults currently facing
challenges in life*

**RSVP by May 9th
(616) 842-9210**

 **Mediation Services**
Where conflict becomes opportunity

 **four
pointes**
Center for Successful Aging

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Activity Descriptions + Center Updates

APRIL EVENT HIGHLIGHTS



Conditioning w/ Confidence

Mondays & Thursdays at
9:00am
Cost: \$3.00

A low-impact, seated exercise program to improve range of motion, flexibility, balance, and strength. Great for those just starting to develop their fitness routine!



Ukulele Club

Wednesday April 6th at
1:00pm
Cost: FREE

Grab your ukulele and come join in the fun - each month the group meets to work on new songs. Beginners and experienced players welcome.



Billiards

Available daily
Cost: \$1.00

Our billiards room is open all day, every day for members to use. We have two pool tables and a dart board. Stop by to play a few rounds with friends.



Art with Joy

Mondays from 10:00 - 1:00pm
Cost: \$15.00

Get creative and engaged with other artists during this open art studio. Whether its your first time or you are a veteran painter, our instructor can help you from start to finish on any project. Share with other artists and get helpful tips and tricks.

Wood Carvers

Wednesday April 6th & 20th
at 10:00am
Cost: free

Come learn to carve or spend time with others who enjoy the craft. Open carving studio; no instructor.

Connecting with Memories: "An Easter Celebration Across the Miles"

Wednesday April 6th at 11:15am
Cost: free

Discussion will be focused on pynsky, the Ukrainian art of creating delicate eggs to celebrate this spring holiday.

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)*

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
<p><i>Note: classes with an * are series and each class builds on another; participants must attend the first session in order to participate in the remainder of the series</i></p>	<p>Wellness Center Hours: Monday - Thursday 8:30am - 4:00pm Fridays 8:30am - 2:00pm</p>			<p>1 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</p>
<p>4 Ambassador Committee 9:00 Conditioning w/ Confidence 10:00 Art w/ Joy 10:00 Power Up Body Sculpt 11:00 Beginning Tai Chi 12:00 Intro to Tai Chi Demo 1:00 Beg. Tap Class 1:00 Bingo</p>	<p>5 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</p>	<p>6 *9:00 Beg. Mah Jongg 9:00 Mah Jongg <i>No Barre Fitness</i> 10:00 Woodcarving <i>No Chair Aerobics</i> 11:00 Cardio Drumming 11:15 Connecting w/ Memories: "An Easter Celebration Across the Miles" 12:30 Beg. Line Dancing 1:00 Bingo 1:00 Euchre 1:30 Adv. Line Dancing</p>	<p>7 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</p>	<p>8 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</p>
<p>11 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>12 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</p>	<p>13 *9:00 Beg. Mah Jongg 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</p>	<p>14 9:00 Block of the Week 9:00 Conditioning w/ Confidence 10:00 Stretch & Tone 10:00 Memory Writers 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</p>	<p>15 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</p>
<p>18 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>19 *9:00 Build Your Brain Workshop 9:00 Yarn & Stitches 10:00 Stretch & Tone 10:30 Rummikub & Cribbage 11:00 Chair Yoga 12:00 Ping Pong 1:00 Mah Jongg</p>	<p>20 Beltone Hearing Clinic *9:00 Beg. Mah Jongg 9:00 Mah Jongg 9:00 Barre Fitness 10:00 Chair Aerobics 11:00 Beltone Hearing Health Seminar 11:00 Cardio Drumming 12:30 Beg. Line Dancing 1:00 Bingo 1:00 Euchre 1:30 Adv. Line Dancing</p>	<p>21 Legal Clinic Tech 1:1 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 Book Club 12:00 Ping Pong 1:00 Gentle Mat Yoga 1:00 Quilting 1:00 Mah Jongg, Pinochle & Bridge</p>	<p>22 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</p>
<p>25 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>26 Dunewood Rx Medication Therapy Management *9:00 Build Your Brain Workshop 9:00 Yarn & Stitches 10:00 Stretch & Tone 10:30 Rummikub & Cribbage 11:00 Chair Yoga 12:00 Ping Pong 1:00 Mah Jongg</p>	<p>27 *9:00 Beg. Mah Jongg 9:00 Mah Jongg 9:00 Barre Fitness 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</p>	<p>28 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</p>	<p>29 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</p>



FOUR POINTES COUPLES MEMBERSHIP



Buy One, Get One 50% Off

Available for purchase starting April 1st, 2022

Purchase Requirements:

- Must be married
- Live at the same address
- Reside in a Millage supporting area

(Chester Township, City of Coopersville, City of Ferrysburg, City of Grand Haven, Grand Haven Township, Polkton Township, Robinson Township, Spring Lake Township/Village)

Cannot be combined with any other membership special



BUILD YOUR BRAIN WORKSHOP

Reduce cognitive decline by building mental muscle

Tuesdays from 9:00 - 9:45am

~~8~~ 7 Week Workshop

April 19th - May 31st

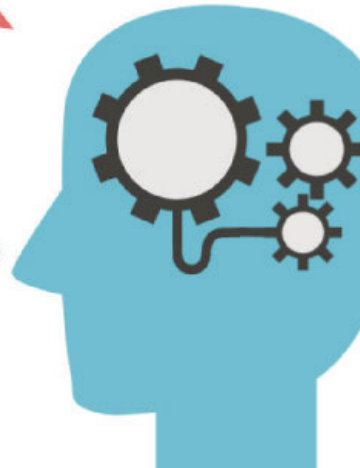
Cost is \$15 for entire series

**must be a member to participate.*

Please RSVP by April 18th



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!



April 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.



APRIL 1st

Hot Meals

April 1st: Sloppy Joe, Wheat Hamburger Bun, Euro Blend, Wax Beans, Fresh Fruit

APRIL 4th - 8th

Soup of the Week: Beef Noodle

Hot Meals

April 4th: Homemade Macaroni & Cheese, Side Salad, Asparagus, Beets, Diced Pears

April 6th: Old Fashioned Meatloaf, Mashed Potato, Peas, Normandy Blend, Diced Peaches, Sweet Bread w/ Margarine

April 8th: Walking Taco, Mexican Rice, Corn w/ Peppers, Fresh Fruit

APRIL 11th - 15th

Soup of the Week: California Medley

Hot Meals

April 11th: Stuffed Chicken, Rice Pilaf, Asparagus, Carrots, Fresh Fruit

April 13th: Citrus Salmon, Brown Rice, Green Beans, Beets, Mandarin Oranges, Dinner Roll w/ Margarine

April 15th: Polish Sausage w/ Bun, Sauerkraut, Asparagus, Applesauce

APRIL 18th - 22nd

Soup of the Week: Tomato Basil

Hot Meals
April 18th: Chicken Wings, Baked Potato, Sautéed Cabbage, Tomato Salad, Fruited Jell-O

April 20th: Hot dog w/ Bun, Peas, Cauliflower, Fresh Fruit, Fig Newton

April 22nd: Pork Chops & Gravy, Mashed Potatoes, Corn, Peaches, Wheat Bread w/ Margarine

APRIL 25th - 29th

Soup of the Week: Timberline Chili

Hot Meals
April 25th: Cabbage Roll, Au Gratin Potatoes, Peas & Carrots, Mandarin Oranges, Chocolate Pudding

April 27th: Chicken Diane, White Rice, Asparagus, Beets, Applesauce

April 29th: Chicken Salad, Wheat Croissant, Coleslaw, Mandarin Oranges

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

CARROT CHEESE BALL EASTER APPETIZER

Yield: 8 servings

INGREDIENTS:

- 8 oz cream cheese
- 4 tbs butter
- 1 cup shredded cheese
- 1 carrot stem (or parsley or cilantro)

DIRECTIONS:

1. Mix your cheese ball and refrigerate for 30 minutes
2. Drop the mixture onto wax paper and roll into a cone
3. Use your fingers to mold into a carrot shape, no need for perfection
4. Place onto platter and sprinkle with shredded cheese
5. Insert stem and refrigerate until ready to serve



LET'S DO COFFEE

You're invited

FREE HEARING HEALTH SEMINAR

Get the real facts about hearing loss from Beltone Hearing Professional Jordan Smith, BC-HIS

We'll talk about:

- How we hear
- Protecting your hearing
- Warning signs of hearing loss
- Latest news in hearing care

APRIL 20TH, 11:00 - 12:00PM
AT FOUR POINTES

RSVP by April 18th (616) 842-9210



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DRIVE LESS**



**reduce
REUSE
recycle**

Cut down on what you throw away. Follow the three "R's" to conserve natural resources and landfill space.

choose sustainable



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A TREE**



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The less water you use, the less runoff and wastewater that eventually end up in the ocean.



Buy less plastic and bring a reusable shopping bag.



Don't send chemicals into our waterways.

Choose nontoxic chemicals in the home and office.



Volunteer!

Volunteer for cleanups in your community. You can get involved in protecting your watershed too!



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Jordan P. Smith, BC-HIS
Owner-President



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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

steals valuable

BRAINPOWER

MISSING everyday sounds?
Your mind might be working harder to fill the void. Cut your brain some slack with cutting-edge technology that can **FILL IN THE BLANKS.**

With hearing aid use...

Age-related **COGNITIVE DECLINE** may slow as much as **75%***



BRAINPOWER IS FREED up to focus on other functions.



Adults report significant **IMPROVEMENT IN MENTAL HEALTH**, self-confidence, relationships, and more.*



*Sources available upon request.



Help your hearing and your mind at our

BETTER HEARING EVENT

APRIL 19TH - 21ST

- Meet our expert hearing care team and get your questions answered.
- Get an overview of common hearing issues, symptoms, and solutions.
- Receive a complimentary consultation and hearing screening.
- Learn about all of your options for hearing care treatment.
- Enjoy a **personalized demonstration** of the latest devices.

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Every person should feel loved, valued, supported and able to safely live life to the fullest. Discover senior living that unflinchingly respects every individual.

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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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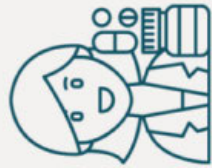
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CURRENT RESIDENT



Four Pointes & NOCH Dunewood
Pharmacy Present:

Medication Therapy Management

Tuesday April 26th 9:00a - 1:00p

Meet one-on-one with registered pharmacist, Lynn Nowak of NOCH Dunewood Pharmacy for a FREE Comprehensive Medication Review



Bring your "brown bag" of prescription medications, over the counter drugs, supplements, and herbal medicines for review



Lynn will provide recommendations and look for drug interactions, inappropriate therapies, duplicate therapies, and inappropriate techniques



FREE 40-min appointment for Four Pointes members. Call to schedule your appointment today!



CALL TO RSVP

616-842-9210