



PHYSICAL • SOCIAL • INTELLECTUAL • SPIRITUAL

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Put to the Test

Alzheimer's Association Magazine

What about your genes can and can't tell you about Alzheimer's risk

Available over the counter at an affordable price, at-home genetic testing kits present a tempting proposition — simply spit in a tube and in three to five weeks you'll receive a report about your genetic risk for developing certain health conditions, including Alzheimer's disease. But before you add the testing kit to your shopping cart, it's important to think about what you'll do with the information it provides.

While genetic testing can shed light on important risk factors for certain diseases, researchers still do not completely understand the role genetics play in Alzheimer's risk. Currently, the gene with the greatest known impact on Alzheimer's risk is APOE-e4, but this may differ based on your ancestry.

Genetic tests, including those purchased over the counter, are able to tell if a person has this "Alzheimer's risk gene," but not if they'll conclusively develop Alzheimer's.

Your genes and Alzheimer's

"Knowing you carry a copy of APOE-e4 would tell you that

you are at higher risk than the general population, but it does not mean that you will definitely get Alzheimer's," says Alison Goate, DPhil, professor and chair of the Department of Genetics and Genomic Sciences and director of the Ronald M. Loeb Center on Alzheimer's Disease at the Icahn School of Medicine at Mount Sinai. "There are people who remain cognitively healthy who carry two copies of APOE-e4, and many Alzheimer's cases have no copies."

It's important to note that APOE-e4 has only been studied in certain populations. Much of what we know about Alzheimer's and genetic risk comes from research with non-Hispanic White participants, so it is unclear how genetics may drive risk in other groups.

Is Alzheimer's genetic?

Having a parent, sibling or sister living with Alzheimer's increases your risk but doesn't necessarily mean you will develop the disease.

A small percentage of Alzheimer's cases are caused by gene mutations that guarantee someone will develop the disease. However, these mutations for Alzheimer's are rare, occurring in less than 1% of all cases. At-home genetic tests do not detect all of the gene mutations that cause Alzheimer's, or paint a full picture of a person's risk for the disease.

Beyond genetic risk

There are other risk factors for Alzheimer's that genetic tests can't take into account. Right now researchers don't know exactly what causes the disease, but believe it involves multiple factors, including genetics, environment, lifestyle, coexisting medical conditions and age — the greatest known risk factor.

"You'll get a lot of information, probably more accurate information, about your broad health risk by looking at your family history than you will by doing a genetic test," Goate says. "Genetic tests are simply not that accurate [at predicting risk] for most diseases that are caused by many different genetic and environmental factors."

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. - 3:00 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 Executive Director

Dear Members,

For those of you who don't know, April was National Volunteer Month. This month is particularly special for Four Pointes because without all of our wonderful volunteers, our agency would not be able to provide the level of programs and services that we do for our area older adults. Volunteers play a huge role in helping us to meet our mission and we are so thankful for each and every one of them. From assisting with the MMAP Open Enrollment season, to the tax program, and even getting our monthly newsletter out - our volunteers are key players in the success of our agency. So thank YOU to each and every one of our volunteers. Your hard work and dedication to Four Pointes does not go unnoticed.

Each year Four Pointes likes to highlight a particularly important volunteer and award them with "Volunteer of the Year". To find out who our very special 2021 volunteer is be sure to check out a special shout-out written on page 8.

Four Pointes offers many different volunteer opportunities...

Transportation Program

Telephone Assurance Program

MMAP

Class Instruction

Ambassador Committee

Special Events and much more!

For more information on how you can get involved, stop by the Wellness Center to complete an application. Applications can also be found on our website.

Thank you again for all that you do for Four Pointes
Sincerely,
Kim Kroll
Executive Director

Cover story continued...

However, genetic testing may have benefits for those who are already diagnosed. For people living with Alzheimer's who are eligible to take anti-amyloid treatments, confirmation of APOE-e4 may indicate a higher risk for certain side effects. In this case, genetic testing can provide additional information to help inform health care decisions.

What you can do

While age, family history and heredity are all risk factors we can't change, evidence continues to build that healthy lifestyle habits — such as being physically active, eating a healthy diet, quitting smoking, limiting alcohol consumption and engaging in cognitively stimulating activities — are powerful tools to reduce risk and possibly prevent Alzheimer's and other dementias. "These are things that we should all be doing, regardless of our genotype," Goate says. "There are things we can control."

Recent research even suggests that combining multiple healthy lifestyle choices may counteract genetic risk. In one study presented at the Alzheimer's Association International Conference® (AAIC®), participants with a high genetic risk who followed a "favorable" lifestyle had a 32% lower risk of dementia compared with those who had an "unfavorable" lifestyle.

Investigation of the impact lifestyle can have on cognitive decline is currently ongoing through the U.S. POINTER study. This two-year clinical trial looks at how lifestyle interventions like exercise and nutrition impact the brains of older adults who have an increased risk of cognitive decline.

A personal decision

Ultimately, getting a genetic test is a very personal decision. Knowing you have an increased genetic risk could impact you or your loved ones emotionally, or even your ability to qualify for disability, long-term care or life insurance in the future.

Before making the decision to undergo a genetic test, talk to a physician or genetic counselor to help you think through some of these considerations.



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Activity Descriptions + Center Updates

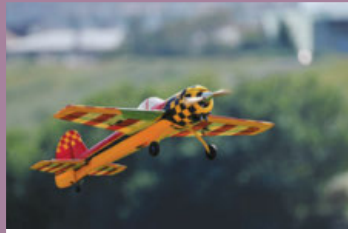
MAY EVENT HIGHLIGHTS



Stretch & Tone

Tuesdays & Thursdays at 10:00am
Cost: \$3.00

A low-impact, seated fitness class that develops strength, flexibility, muscle tone and endurance. All fitness levels welcome.



Build It, Fly It

Fridays at 10:00am
Cost: FREE

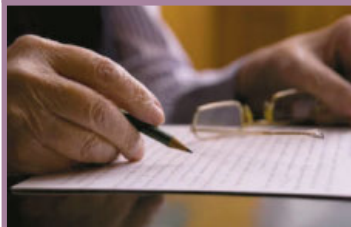
Join these model enthusiasts as they build fabulous radio-controlled airplanes. Bring your own project or help others complete theirs.



Bingo

Mondays & Wednesdays at 1:00pm
Cost: FREE

No description needed! Come test your luck and socialize with friends.



Memory Writers

2nd Thursday of every month from 10:00 - 11:30am
Cost: 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!

Tech 1:1

Thursday May 12th
30-min appointments 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

Connecting with Memories: "A Picture's Worth A Thousand Words"

Wednesday May 4th at 11:15am
Cost: free

Cameras allowed middle America to capture their families for future generations.

Beginning Mah Jongg

Wednesday May 4th, 11th, 18th & 25th from 9:00 - 11:00am

Cost: \$20.00 for 4-week session

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.

Participants must RSVP by May 2nd. 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>2 9:00 Conditioning w/ Confidence 10:00 Living w/ Alzheimer's: For Caregivers 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>3 *9:00 Build Your Brain Wksh 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>4 *9:00 Beg. Mah Jongg 9:00 Mah Jongg 9:00 Barre Fitness 10:00 Woodcarving 10:00 Chair Aerobics 11:00 Cardio Drumming 11:15 Connecting w/ Memories: "A Picture's Worth A Thousand Words" 12:30 Beg. Line Dancing 1:00 Ukulele Club 1:00 Bingo 1:00 Euchre 1:30 Adv. Line Dancing</p>	<p>5 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>6 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 12:30 Bridge</p>
<p>9 9:00 Conditioning w/ Confidence 10:00 Living w/ Alzheimer's: For Caregivers 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>10 *9:00 Build Your Brain Wksh 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>11 *9:00 Beg. Mah Jongg 9:00 Mah Jongg 9:00 Barre Fitness 10:00 Intro to Meditation 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>12 Tech 1:1 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>13 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 12:30 Bridge</p>
<p>16 9:00 Conditioning w/ Confidence 10:00 Living w/ Alzheimer's: For Caregivers 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>17 *9:00 Build Your Brain Wksh 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>18 Hearing Clinic *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>19 Legal Clinic <i>No Quilting</i> 9:00 Conditioning w/ Confidence <i>No Stretch & Tone</i> 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 Mah Jongg, Pinochle & Bridge</p>	<p>20 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 12:30 Bridge</p>
<p>23 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>24 Medication Therapy Mgmt *9:00 Build Your Brain Wksh 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>25 *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>26 No Quilting 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 Mah Jongg, Pinochle & Bridge</p>	<p>27 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 12:30 Bridge</p>
<p>30 CLOSED</p> 	<p>31 *9:00 Build Your Brain Wksh 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>Wellness Center Hours: Monday - Thursday 8:30am - 4:00pm Fridays 8:30am - 3:00pm</p>		<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>



North Ottawa Community
Health System

Medication Therapy Management at Four Pointes

The 4th Tuesday of every month 9:00a - 1:00p

Call to schedule your FREE 40-minute
appointment (616) 842-9210



COVID-19

BOOSTERS

AVAILABLE

NOCH Dunewood Pharmacy will be offering
COVID-19 booster vaccines at Four Pointes
Thursday April 21st & Monday May 9th
from 9:00a - 12:00p

Call to schedule your appointment today!
(616) 842-9210



North Ottawa Community
Health System



May 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.



MAY 2nd - 6th

Hot Meals

Soup of the Week: Chophouse Potato

May 2nd: Pork Chop Suey, Rice, Corn, Winter Squash, Ambrosia, Wheat Bread w/ Margarine

May 4th: Pork BBQ, Wheat Bun, Baked Beans, Wax Beans, Tropical Fruit, String Cheese

May 6th: Garlic Herb Tilapia, Parsley Noodles, Broccoli, Coleslaw, Peaches

MAY 9th - 13th

Soup of the Week: Chicken Noodle

Hot Meals

May 9th: Sloppy Joe, Wheat Bun, Euro Blend, Wax Beans, Fresh Fruit

May 11th: Spaghetti w/ Meat Sauce, Garlic Bread, Brussels Sprouts, Carrots, Fruited Jell-O

May 13th: Scalloped Potatoes w/ Ham, Mixed Veggies, Fruited Cobbler, Watermelon

MAY 16th - 20th

Soup of the Week: Broccoli Cheese

Hot Meals

May 16th: Homemade Mac & Cheese, Side Salad, Asparagus, Beets, Diced Pears

May 18th: Chicken Bowtie Pasta, Carrot Raisin Salad, Mixed Fruit, Sweet Bread

May 20th: Old Fashioned Meatloaf, Mashed Potatoes, Peas, Normandy Blend, Diced Peaches, Sweet Bread w/ Margarine

MAY 23rd - 27th

Soup of the Week: Mushroom Brie

Hot Meals

May 23rd: Salisbury Steak w/ Gravy, Mashed Potatoes, Peas, Fruit Cobbler, Fruit Cocktail

May 25th: All American Burger w/ Bun, Baked Beans, Broccoli, Pears

May 27th: Citrus Salmon, Brown Rice, Green Beans, Beets, Mandarin Oranges, Dinner Roll w/ Margarine

MAY 30th - 31st

Soup of the Week: Timberline Chili

Hot Meals

May 30th: CLOSED

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**



Dear Members,

It is with great sadness that I inform you that I have officially resigned my position of Wellness Director at Four Pointes. It has been a pleasure getting to know all of you and I am truly going to miss seeing your smiling faces every day. My time at Four Pointes has been a memorable one and I am so grateful for the experience.

Odin and I want to thank you for welcoming us and wish you the best

Sincerely,
Alex

2021

Four Pointes Volunteer of the Year

Congratulations to Alice Furst, the Four Pointes 2021 Volunteer of the year!

Alice has started volunteering at Four Pointes 11 years ago and has been an outstanding Telephone Assurance and Tax program volunteer. The Four Pointes team is so thankful to Alice for providing a listening ear to isolated seniors and for her commitment to help where she can.

After her retirement, Alice moved to the Grand Haven area and began looking for ways she could give back to the community. She started hearing good things about Four Pointes, then North Ottawa County Council on Aging, and decided it would be a good fit for her. Since then Alice has been making phone calls to home-bound seniors to help brighten their day.

Alice's favorite thing about being a Telephone Assurance volunteer is creating friendships with those that she calls and says that some of the clients have almost become family. More recently Alice has jumped in to volunteering as a greeter for the tax program. She helps organize client tax paperwork before meeting with their preparer and makes sure things run smoothly throughout the day.

Four Pointes staff would like to recognize her heart for helping seniors and can always count on her to 'jump-in' if needed. Alice says she appreciates all the 'good' that goes on at Four Pointes. Alice is certainly one of the people that make it possible for Four Pointes to do 'good'. Thank you Alice for your volunteerism over the years, we are certainly lucky to have you and so many other GREAT volunteers caring for seniors in north Ottawa County.

Thank you John for all you've done for Four Pointes and seniors in North Ottawa County!

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**



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- And so much more!

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5 SIGNS

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1. Do others seem to mumble or speak too softly on the phone?
2. Is it tough to understand speech through masks or video chats?
3. Has trying to follow a conversation become a source of frustration?
4. Have you felt isolated due to communication difficulties?
5. Do loved ones complain about your TV volume?

A "yes" on one or more above could mean hearing loss. So don't wait. Reserve your Better Hearing Event appointment now for a **FREE consultation and a whole new outlook.**

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*National Council on Aging. The Consequences of Untreated Hearing Loss in Older Persons. ORL Head-Neck Nursing Journal. 2000;18(1):12-6. PMID: 11147549.

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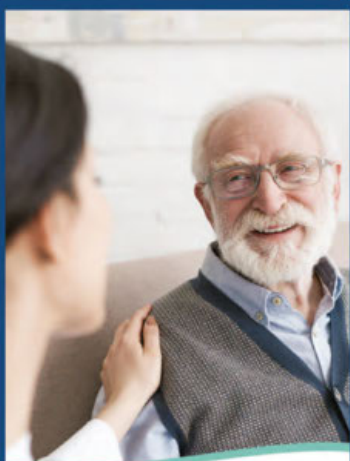
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LIVING WITH ALZHEIMER'S: MIDDLE STAGE



In the middle stage of Alzheimer's disease, those who were care partners now become hands-on caregivers. Join us for this 3-part series and hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer's.

**Monday, May 2, 9 & 16,
10 - 11:30 a.m.**

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

Please RSVP at 800.272.3900 or helplinegmc@alz.org

**Alzheimer's Association - Michigan Chapter
800.272.3900 | helplinegmc@alz.org | alz.org/gmc**