



PHYSICAL • SOCIAL • INTELLECTUAL • SPIRITUAL

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## Remote Learning Isn't Just for Kids

Kerry Hannon, The New York Times

**D**eb Livingston, a former business consultant, was always curious and eager to learn just about anything.

“When the pandemic hit, I was confined at home and found myself diving into online exploration,” said Ms. Livingston, 61. She discovered GetSetUp, an interactive website that delivers virtual education to older adults.

Even former chief executives like Jeff Mihm, a Miami resident who led Noven Pharmaceuticals, sometimes need a new life direction.

After resigning from his corporate post, Mr. Mihm, 55, decided to go back to school — virtually, because of the pandemic — and enrolled in the University of Texas’s Tower Fellows program in September. “I have a love of learning, and it was an opportunity to step back, study and explore,” he said.

The internet has empowered adult learners by providing new online tools to ramp up education and training. “The need for workers to keep pace with fast-moving economic, cultural and technological changes, combined with longer careers, will add up to great swaths of adults who need to learn more than generations past — and faster than

ever,” said Luke Yoquinto, a research associate at the M.I.T. AgeLab and co-author of “Grasp: The Science Transforming How We Learn.”

By 2034, the number of adults age 65 and older will outnumber those under the age of 18, according to the Census Bureau. “That growth of older age demographics will translate to new demand for enrichment in the form of digital education,” Mr. Yoquinto said. “I would say that, for both good and ill, older demographics are going to serve as a proving ground for learning technologies in the coming years.”

Adult education, however, is “the Wild West” of education technology, according to Mr. Yoquinto. There are many outlets experimenting with ways to get a handle on the online adult education marketplace, including community colleges and universities, for-profit learning platforms, workshop providers and nonprofit organizations.

The new platforms are also opening doors to more adults. “There are already tons of people who, once upon a time, by dint of age or circumstance, wouldn’t traditionally have gotten the chance to partake in education, but can now sign up for free online courses,” Mr. Yoquinto said. Participants can choose a class here and there, without strapping on a backpack and heading to campus or signing up for expensive degree programs.

Virtual learning has become “the great equalizer,” said Gene O’Neill, the chief executive of the North American Veterinary Community, which provides continuing education for veterinarians around the world. “Because of virtual learning, veterinary professionals everywhere, even in remote, undeveloped countries, can learn from the world’s most renowned leaders and virtually participate in conferences,” he said. “This puts learning on an equal platform for everyone regardless of geography, income or time constraints.”

Ms. Livingston’s goal was to improve her skills so she could become a paid teacher on the GetSetUp platform, which

*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. - 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**

## **BOARD OF DIRECTORS**

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*Cover story continued...*

offers classes — all taught via Zoom by teachers older than 50 — on skills from professional development to technology, health, wellness and hobbies like photography. There's even a new class about registering for a Covid-19 vaccine, given the difficulties many people have faced. There are three membership levels, starting at free and topping out at \$20 a month for unlimited access.

“The nature of work is changing,” said Neil Dsouza, GetSetUp’s chief executive and co-founder. “The traditional way of designing training and reskilling is a long, drawn-out program where you get a certificate or a degree. By the time you get that certificate, the skill is already outdated. We’re changing that model.”

Ms. Livingston, who lives in York, Pa., signed up to learn how to use Zoom to host classes, how to manage and lead an online class and how to teach Google Classrooms. “Seniors everywhere were in lockdown and were eager to learn and connect,” she said.

Because she’s interested in cooking and eating healthy meals, Ms. Livingston eventually began teaching classes such as “Great Dinners in 30 Minutes or Less,” “Healthy Eating on a Budget” and “Healthy Desserts That Are Delicious, Too.”

In January, Oasis, a nonprofit educational organization, launched Oasis Everywhere, with a menu of online classes on subjects from art to writing. Senior Planet, a unit of Older Adults Technology Services, or OATS, is a nonprofit resource for people 60 and older that offers courses and lectures.

OATS was founded in 2004 in New York City as a community-based project for older adults focused on tech education. Since then, it has expanded to over 200 locations in five states, serving urban and rural communities. But last year it was forced to pivot in response to the pandemic. “We taught hundreds of in-person classes before the virus forced the closure of Senior Planet locations in March,” said Tom Kamber, the founder and executive director.

That’s when his team pulled together and, within weeks, launched a fully digital set of courses and programs that have rapidly expanded its reach to its primary audience — a global community of anyone 60 and older.

Beyond Senior Planet, OATS launched Aging Connected, which aims to get one million older adults online. It provides tablets, along with training and technical support, to 10,000 older residents of New York City Housing Authority communities.

“I really wanted to create a program that would be able to get older adults to use technology and give them the kinds of training and support in environments where they could succeed,” Mr. Kamber said.

While older adults are continuing to learn new skills, they also are starting new businesses. In 2019, research from the Kauffman Foundation, a nonpartisan group supporting entrepreneurship, found that more than 25 percent of new entrepreneurs were ages 55 to 64, up from about 15 percent in 1996.

Online courses are riding that start-up wave. GetSetUp, for example, offers courses on running an e-commerce marketplace, starting a business from home and building a website.

Other offerings for entrepreneurs include Blissen, a three-month virtual boot camp for entrepreneurs over 50, and the AARP Foundation’s Work for Yourself @50+, which offers free webinars and workshops.

But all these online opportunities are not possible without access to the internet. “While there’s a rising passion for knowledge, people are getting excluded from the educational process in this country because they’re not online,” Mr. Kamber said. Based on a research report OATS recently released in partnership with the Humana Foundation, nearly 22 million Americans over the age of 65 lack broadband access at home.

“The good news, though, is the level of sophistication of online education is increasing and more access is coming to rural communities,” Mr. Kamber said. “It’s a brave new world of learning for people, and that gives me hope.”

For Ms. Livingston, that means continuing to take and teach classes at GetSetUp.

“Learning at any stage of life is what stimulates creativity and joy,” she said. “So much energy emerges from connecting the dots, having ‘aha’ moments and gaining skills. I love that I can help others keep their zest for life and help myself in the process.”



# Activity Descriptions + Center Updates

## JUNE EVENT HIGHLIGHTS



### Chair Aerobics

Wednesdays at 10:00am  
Cost: \$3.00

*An energetic, low impact, seated aerobics class. Great for all fitness levels!*



### Mah Jongg

Tuesday & Thursdays at 1:00pm  
Wednesdays at 9:00am  
Cost: FREE

*Have you recently participated in our beginner class? Come practice what you have learned about this eastern tile game.*



### Ping Pong

Tuesdays & Thursdays at 12:00pm  
Cost: \$1.00

*Hand-eye coordination and agility come together in this fun activity. Beginners welcome.*



### Moving with Parkinson's

Fridays at 12:30pm  
Cost: FREE; Four Pointes membership not required  
*\*must be 16 or older to participate*

*Join our Moving with PD coordinator, Mimi and a group of dedicated volunteers as they help participants learn to enhance their aesthetic awareness and grace while addressing such PD-specific concerns as balance, flexibility, coordination, gait, and depression. Live piano accompaniment to help get you moving!*

### Tech 1:1

Thursday June 9th  
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*

### Connecting with Memories: Zoom Over to our National Parks

Wednesday June 8th at 11:15am  
Cost: free

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

### Book Club

Thursday June 16th at 12:00pm

*A monthly discussion with fellow book worms. Books are provided.*

## 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><b>Wellness Center Hours:</b>  <b>Monday - Thursday 8:30am - 4:00pm</b>  <b>Fridays 8:30am - 3:00pm</b></p>		<p><b>1</b>                      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 Ukulele Club                      1:00 Bingo                      1:00 Euchre                      1:30 Adv. Line Dancing</p>	<p><b>2</b>  <i>No Quilting</i>                      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 Mah Jongg, Pinochle &amp;                      Bridge</p>	<p><b>3</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                      12:30 Bridge</p>
<p><b>6</b>                      9:00 Conditioning w/                      Confidence                      10:00 Open Art Studio                      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><b>7</b>                      9:00 Beg. Exercise                      Drumming                      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>8</b>                      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 Zoom Over                      to our National parks                      12:30 Beg. Line Dancing                      1:00 Bingo                      1:00 Euchre                      1:30 Adv. Line Dancing</p>	<p><b>9 Tech 1:1</b>  <i>No Quilting</i>                      9:00 Conditioning w/                      Confidence                      10:00 Stretch &amp; Tone                      10:00 Memory Writers                      10:30 Rummikub &amp; Cribbage                      11:00 Pilates                      12:00 Chair Yoga                      12:00 Ping Pong                      1:00 Gentle Mat Yoga                      1:00 Mah Jongg, Pinochle &amp;                      Bridge</p>	<p><b>10</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                      12:30 Bridge</p>
<p><b>13</b>                      9:00 Conditioning w/                      Confidence                      10:00 Open Art Studio                      10:00 Power Up Body                      Sculpt                      11:00 Beginning Tai Chi                      1:00 Beg. Tap Class                      1:00 Bingo</p>	<p><b>14</b>                      9:00 Beg. Exercise                      Drumming                      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>15 Hearing Clinic</b>                      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><b>16 Legal Clinic</b>  <i>No Quilting</i>                      9:00 Conditioning w/                      Confidence                      10:00 Stretch &amp; Tone                      10:30 Rummikub &amp; 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 &amp;                      Bridge</p>	<p><b>17</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                      12:30 Bridge</p>
<p><b>20</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>21</b>                      9:00 Beg. Exercise                      Drumming                      9:00 Yarn &amp; Stitches                      10:00 Stretch &amp; Tone                      10:30 Rummikub &amp;                      Cribbage                      11:00 Chair Yoga                      12:00 Ping Pong                      12:00 Happy Hula                      1:00 Mah Jongg</p>	<p><b>22</b>                      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><b>23 No Quilting</b>                      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 Mah Jongg, Pinochle &amp;                      Bridge</p>	<p><b>24</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                      12:30 Bridge</p>
<p><b>27</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>28 Medication                      Therapy Mgmt</b>                      9:00 Beg. Exercise                      Drumming                      9:00 Yarn &amp; Stitches                      10:00 Stretch &amp; Tone                      10:30 Rummikub &amp;                      Cribbage                      11:00 Chair Yoga                      12:00 Ping Pong                      12:00 Happy Hula                      1:00 Mah Jongg</p>	<p><b>29</b>                      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><b>30</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><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>

# Happy Hula Class Returns!

*Starting Tuesday June 21st, Cherry Schmidt will be returning to Four Pointes to lead a basic Hawaiian Hula class. "Happy Hula" will be from noon - 1:00pm every Tuesday. No leis? No problem! Cherry will be lending colorful sarongs and flower leis.*

*Why learn Hula? There are many benefits to participating in this class; both mental and physical. Each class, Cherry creates opportunity for students to learn more about the Hawaiian culture while providing a great workout to help improve your body's metabolism, strength, and endurance.*

*Happy Hula is an amazing class and we are so excited to be bringing it back for our members. We hope you will join us!*



## What is Medication Therapy Management??

A Comprehensive Medication Review (CMR) is an interactive person-to-person or telehealth medication review and consultation between the patient and the pharmacist. It is designed to improve patient's knowledge of their prescriptions, over-the-counter (OTC) medications, herbal therapies and dietary supplements, to identify and address problems or concerns the the patient may have. A CMR also empowers patients to self manage their medications and their health conditions.

**During your appointment, the pharmacist will:**

*Search for Duplicate Therapies*

*Recommend Vitamins & Supplements*

*Answer Questions*

*Contact Providers and follow up if needed on your behalf!*

CALL TO SCHEDULE  
YOUR APPOINTMENT  
AT FOUR POINTES

📞 616-842-9210



# June 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.



## JUNE 1st - 3rd

### Hot Meals

**Soup of the Week:** Timberline Chili

**June 1st:** Chicken wings, baked potato, sauteed cabbage, tomato salad, fruited Jell-O

**June 3rd:** S & S Meatballs, white rice, wax beans, spinach, ambrosia salad, dinner roll w/ margarine

## JUNE 6th - 10th

**Soup of the Week:** Shrimp Corn Chowder

### Hot Meals

**June 6th:** Chicken salad, wheat croissant, coleslaw, mandarin oranges

**June 8th:** Frittata, red skin potatoes, succotash, apricots

**June 10th:** Sliced ham, sweet potatoes, peas, pineapple tidbits, wheat bread w/ margarine

## JUNE 13th - 17th

**Soup of the Week:** Beef & Barley

### Hot Meals

**June 13th:** Chicken cavatappi, garlic bread, lima beans, salad, applesauce

**June 15th:** Pork chop suey, rice, corn, winter squash, ambrosia, wheat bread w/ margarine

**June 17th:** Garlic & herb tilapia, parsley noodles, broccoli, coleslaw, peaches

## JUNE 20th - 24th

**Soup of the Week:** Chicken tortilla

### Hot Meals

**June 20th:** Battered fish, baked potato, coleslaw, sliced apples

**June 22nd:** Swedish meatballs, noodles, spinach, pineapple tidbits, bread pudding

**June 24th:** Scalloped potato w/ ham, mixed veggies, fruited

cobbler, watermelon

## JUNE 27th - 30th

**Soup of the Week:** Stuffed pepper

### Hot Meals

**June 27th:** Chicken bowtie pasta, carrot raisin salad, mixed fruit, sweet bread

**June 29th:** Walking taco, mexican rice, corn with peppers, fresh fruit

**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\*

## I travel, so you don't have to...

*Dr. Jennifer Griffin is a local podiatrist that specializes in home visits. She can perform most of the same procedures that are generally done in an office setting but instead in the comfort of your own home!*

*Dr. Griffin has been practicing for over 21 years with most of those years being home visits. When she started her own practice in Texas in 2009, home visits became a major part of the care routine. Due to the over-whelming need of patients and the lack of available physicians performing this type of care she decided to completely specialize in home visits in 2013. Upon returning to West Michigan she saw the same need, so West Michigan Podiatry House Calls, P.L.L.C. was created in 2017. Her belief, and business practice, is to treat patients as friends and family, with a high degree of caring, compassion and interest.*

*She accepts many insurances including Medicare and most major private companies.*

**For more information or to schedule an appointment, please call (616) 274-7258 or email [WMiPHC@comcast.net](mailto:WMiPHC@comcast.net)**



**Food Assistance from Ottawa County Community Action Agency  
Commodity Supplemental Food Program (CSFP)**

**What is CSFP?**

Participants receive two pre-packed boxes of food every other month. These boxes are designed to help fulfill the nutrition needs for Seniors in need of assistance. Our boxes contain: vegetables, fruit, juice, milk, cheese, protein, meat, cereal, and grains.

**How can you apply?**

- Fill out an application on our website:  
[www.miottawa.org/Community/CAA/commodity\\_food.htm](http://www.miottawa.org/Community/CAA/commodity_food.htm)
- Call the program coordinator, Megan, at (616) 393-5606 OR
- Contact the Four Pointes Social Services Team

**When is the next distribution?**

Grand Haven – Tuesday July 12,  
9:15-10:15am  
The Salvation Army  
310 N. DeSpelder St.  
Grand Haven, MI 49417

Coopersville – Thursday July 14,  
9:00-9:45 am  
Church of the Saviour  
180 N. 68th Ave.  
Coopersville, MI 49404



Are you a caregiver? Do you assist your loved one with essential daily tasks? You're a caregiver and you're not alone. Thousands of individuals are caring for their loved ones and **we can help**. Senior Resources' Support Groups meet regularly to provide advice, support, tips, guidance and a safe place to share concerns.



**CAREGIVER  
Support Groups**

**JOIN US**

Attend regularly or drop in when it is convenient for you. Respite help may be available. For more information contact one of our caregiver support specialists.

**GRAND HAVEN**  
Every Thursday – 1-2:30 p.m.  
Four Pointes Center for Successful Aging  
1051 S. Beacon Blvd., Grand Haven

**MONTAGUE**  
Every Tuesday – 1-2:30 p.m.  
The Book Nook • 8744 Ferry St., Montague

**MUSKEGON**  
Every Wednesday – 1-2:30 p.m.  
Tanglewood Park • 560 Seminole Rd., Muskegon

**ZOOM VIRTUAL GROUP**  
Every Friday – 1-2:30 p.m.  
Connection information available  
by contacting our support specialists



Virginia Vazquez  
Caregiver Support Specialist  
[vvazquez@seniorresourceswmi.org](mailto:vvazquez@seniorresourceswmi.org)  
231.733.3531



Paula Kolberg  
Caregiver Support Specialist  
[pkolberg@seniorresourceswmi.org](mailto:pkolberg@seniorresourceswmi.org)  
231.720.0499

**Stay tuned for  
Project Fresh  
details**

SPRING IS HERE AND FRUITS AND VEGETABLES WILL BE AVAILABLE AT THE FARMER'S MARKET BEFORE WE KNOW IT! STAY TUNED FOR PROJECT FRESH DETAILS AS FOUR POINTES WILL ONCE AGAIN DISTRIBUTE COUPONS FOR LOW INCOME OLDER ADULTS TO USE AT AREA MARKETS.





*Senior Day  
Bingo*

**Monday, June 13<sup>th</sup>**  
**Spring Lake  
Presbyterian Church**

9:30am Complimentary Coffee & Donuts  
10:00am V.F.W. Color Guard Presentation  
10:30am Bingo & Prizes  
12:00pm Free Lunch & Ice Cream

**Event Sponsored By:**

Grand Pines  
Pinewood Place  
The Village at the Pines  
The Village at Rosy Mound







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**<sup>TM</sup>  
Helping the world hear better

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



Center for Successful Aging


**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



- Elder Law
- Medicaid Planning
- VA Aid & Attendance
- Powers of Attorney
- Wills & Trusts
- Long Term Care Planning
- Guardianships
- Conservatorships
- Probate & Trust Administration

**Anna Urick Duggins**  
Elder Law and Estate Planning Attorney



 231-722-5404



[elderlaw@parmenterlaw.com](mailto:elderlaw@parmenterlaw.com)

Dear Mom & Dad,  
 We miss laughing with  
 you on game night.  
 Please call Kristin at  
 (616) 847-3144 for  
 a FREE hearing test.  
 Love the Kids!

## 5 SIGNS

### You May Need Hearing Help

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.**

Hearing loss can come between you and the people who matter most in your life. **The good news? It doesn't have to.**

Reconnect with the ones you love through better hearing. Call (616) 847-3144 to reserve your appointment now!

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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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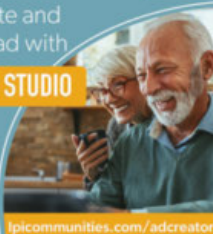
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