



**PHYSICAL • SOCIAL • INTELLECTUAL • SPIRITUAL**



## Enjoy the Health Benefits of the Outdoors at Any Age

Sarah Hubbard, NEEF USA

Emma “Grandma” Gatewood might be Ohio’s most famous hiker. Despite her nickname, she was actually a great-grandmother when she completed the entire 2,055- (now 2,168) mile Appalachian Trail in 1955, the first woman to hike the entire length alone. In 1957, she completed her second thru-hike of the AT. Then, in 1964—at age 76—she became the first person to hike the trail three times. Gatewood hiked more than 14,000 miles during her lifetime, the equivalent of more than halfway around the earth. Her inspiring story of healing through nature is carried on today, a reminder that the outdoors are for all ages.

### INSPIRING ELDER OUTDOORISTS

While a younger demographic is often featured in outdoor magazines and advertising, you don’t have to look far for examples of older adults who are staying active in nature.

Lou Batori was a local legend who skied Michigan’s Crystal Mountain until his passing at age 107. Pennsylvanian Joe Humphreys is still fly fishing at age 92 (a documentary, “Live the Stream,” was made about his life and work on the water). And this year, 75-year-old mountaineer Arthur Muir became the oldest American to summit Mount Everest. Of course, outdoor activity doesn’t have to be extreme. It can take many forms, such as participating in a yoga class in a local park, going for a stroll, or simply making a long phone

call in an outdoor setting. According to a 2021 survey, hiking and fishing are the top two most popular outdoor activities for adults over age 55.

### THE HEALING POWERS OF NATURE

Hiking is popular for good reason. Walking in nature promotes total health, both physical and mental.

A study from the American Cancer Society found that people—especially seniors—who walked just under two hours per week had a lower risk of death than those who did not. Life expectancy, obesity, type 2 diabetes, cardiovascular disease, mental illness, and even quality of sleep have all been shown to improve with increased physical activity.

Large epidemiological studies in Canada, Denmark, Japan, and the Netherlands found that simply having access to nature lowers rates of cardiovascular disease, stroke, obesity, and depression and is associated with better immune system functioning and fewer health problems.

### THE BRAIN BENEFITS OF HIKING

Hiking has also been shown to directly benefit the brain, including in adults that have already experienced mild cognitive impairment. As one physician put it: “exercise can turn back the clock in the brain.”

“Brain fog” is a common issue characterized by fatigue and loss of memory and concentration. Exercise has been shown to lessen the effects of brain fog for cancer patients undergoing chemotherapy and those battling “Long COVID”. Staying active improves your thinking skills by promoting gray matter retention in your brain, which helps you process information. Research also shows that spending time in nature reduces stress, which can help clear brain fog.





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**

## AMBASSADOR COMMITTEE & SUB-COMMITTEES OPEN INVITATION

This will serve as an open invitation to any members of Four Pointes interested in being involved in one of our committees.

The ambassador committee can only hold so many positions, so this August we will be starting sub-committees to help work on the nitty-gritty details of some of your favorite activities at Four Pointes and the best way to improve them. The traditional committee will continue to meet and focus on the overall plan to improve our organization and facility in-line with our mission statement.

**Informational meeting will be Tuesday August 23rd at 9am in the cafeteria**



# LETTER FROM WELLNESS DIRECTOR

KYLE KARCZEWSKI

Greetings Four Pointes Members -

I wanted to send a thank you out to everyone who stopped by during the meet & greets in July. It's really important to me that our activities at Four Pointes represent our members and I heard great ideas from many of you. I plan on bringing in a variety of new programs, activities, events and trips. To help with my planning and bringing all of these ideas to life, we will be reinstating the Advisory Committee in August. There are more details on the open invitation regarding the upcoming meetings. I look forward to working with the committee on continually improving our center. I would like to highlight that we will also have sub-committees, this will allow us to focus on every aspect of our activities offered at Four Pointes. I think it's important for anyone who would like to help out at Four Pointes to get involved with us and to know that your opinion matters. My door is always open!

There are 2 questions I hear almost daily as I continue to meet new members all the time. Those are, "Why did you move here from Florida, are you crazy?" and "What are you going to do new at Four Pointes/ What are your goals here?". The first one is answered easily, family. I have family all around Michigan and I am really enjoying the change in seasons and unique Lakeseshore area, especially Grand Haven. As far as my plans at Four Pointes, my main goal is to improve the quality of life for every member that steps foot into Four Pointes. Continuing to add to our great offerings of fitness classes and wellness activities along with promoting a healthy diet and healthy lifestyle. There will also be a ton of new social happenings at Four Pointes such as birthday parties and social outings like our monthly Out to Lunch Bunch!

Lastly, as some of you already know, I will be taking a lot of pictures around the facility. It's great marketing for the organization and we love connecting with our members on social media. This usually means I have to interrupt a game or an activity, but bare with me, smile and I will be out of there as quickly as I dropped in. See you all around!

*Kyle Karczewski*  
Kyle@fourpointes.org

## BOARD OF DIRECTORS

Kenneth Bush  
kbush001@msn.com  
616-340-6485

Kurt Klaassen  
kurtklaassen@gmail.com  
616-842-9495

Lisa Luckey  
lisaluckey@charter.net  
616-843-2260

Tom Reinsma  
616-842-3030

Don Ver Heul  
verheuld99@gmail.com  
616-402-5484

Roberta Twa  
bobbietwa@gmail.com  
616-638-2364

Bill Sahlberg  
bsahlberg1950@gmail.com  
616-460-8284

Matt Keeler  
mkeeler@krgroupinc.com  
616-214-0784

Rolina Vermeer  
rolinavermeer@gmail.com  
616-240-5876

Amy Florea  
amy.florea@yahoo.com  
616-638-1232

# WELLNESS HIGHLIGHTS - AUGUST

## AUGUST WALKING CHALLENGE - WALK TO MACKINAW BRIDGE

Four Pointes has several members that spend their summer months exercising outdoors. We invite all members from fitness classes, walking clubs, or just leisure walkers to track their steps as we collectively walk to the Mackinaw bridge this summer, 260 miles total!

FOUR POINTES WILL RAFFLE 2 FITNESS PACKAGES FOR PARTICIPANTS

## ADDITIONAL CHAIR AEROBICS CLASS

We are adding an additional chair aerobics at 10:00am on Fridays starting August 5th!

## LLOYD'S BAYOU GUIDED KAYAK TOUR

1 hour kayak trip departing from Lakeshore Kayak Rentals in Spring Lake (located on Cleveland Street on Lloyd's Bayou). This trip will include a local guide that will paddle with us and tell us about the local ecosystem. This will be a slow-paced tour, we invite beginners to advanced kayakers. Tandems available at request to pair weak paddlers with strong paddlers.

### TUESDAY, AUGUST 16TH AT 10AM

CARPPOOL - MEET AT 9:30AM AT FOUR POINTES

Fee - \$30/members, \$33/non-members

Want to join but have your own kayak, meet up with us, there will be a \$4 launch fee.

**\*PREREGISTRATION  
REQUIRED**

## 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, Mexican Train Dominoes

### ARTS

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



### Moving with Parkinson's

Fridays at 12:30pm

Cost: FREE; Four Pointes membership not required

*\*must be 21 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!

### Wellness Center Hours:

Monday - Thursday

8:30am - 4:00pm

Fridays 8:30am -

3:00pm



# August 2022

## Four Pointes Wellness Center

Hours:  
**Monday - Thursday 8:30am - 4:00pm**  
**Friday 8:30am - 3:00pm**

Mon	Tue	Wed	Thu	Fri
<p><b>1</b>            9:00 Conditioning w/ Confidence            10:00 Art with Joy            10:00 Power Up Body Sculpt            11:00 Beg. Tai Chi  <b>12:00 Intro to Tai Chi Demo</b>            1:00 Euchre            1:00 Bingo</p>	<p><b>2</b>            9:00 Build Your Brain Workshop            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>3</b>            9:00 Mah Jongg            10:00 Woodcarving            10:00 Chair Aerobics            12:30 Beg. Line Dancing            1:00 Bingo            1:00 Euchre  <b>1:00 Ukulele Club</b>            1:30 Adv. Line Dancing</p>	<p><b>4</b>            9:00 Block of the Week            9:00 Conditioning w/ Confidence            10:00 Stretch &amp; Tone            10:30 Dominoes            12:00 Chair Yoga            12:00 Ping Pong            1:00 Quilting            1:00 Gentle Mat Yoga            1:00 Mah Jongg &amp; Pinochle            1:00 Caregiver support group</p>	<p><b>5</b>            10:00 Build It, Fly It            10:00 Line Dancing Practice (<i>member led</i>)            11:00 Hand &amp; Foot            11:00 Chair Aerobics            12:30 Moving w/ Parkinson's            12:30 Bridge</p>
<p><b>8</b>            9:00 Conditioning w/ Confidence            10:00 Art with Joy            10:00 Power Up Body Sculpt            11:00 Beg. Tai Chi  <b>12:00 Intro to Tai Chi Demo</b>            1:00 Euchre            1:00 Bingo</p>	<p><b>9</b>            9:00 Build Your Brain Workshop            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>10</b>            9:00 Mah Jongg            10:00 Woodcarving            10:00 Chair Aerobics  <b>11:30 Out to Lunch Bunch</b>            12:30 Beg. Line Dancing            1:00 Bingo            1:00 Euchre  <b>1:00 Ukulele Club</b>            1:30 Adv. Line Dancing</p>	<p><b>11</b> 9:00 Block of the Week            9:00 Conditioning w/ Confidence            10:00 Stretch &amp; Tone            10:00 <b>Memory Writers</b>            10:30 Dominoes            12:00 Chair Yoga            12:00 Ping Pong            1:00 Quilting            1:00 Gentle Mat Yoga            1:00 Mah Jongg &amp; Pinochle            1:00 Caregiver support group</p>	<p><b>12</b>            10:00 Build It, Fly It            10:00 Line Dancing Practice (<i>member led</i>)            11:00 Chair Aerobics            11:00 Hand &amp; Foot            12:30 Moving w/ Parkinson's            12:30 Bridge</p>
<p><b>15</b>            9:00 Conditioning w/ Confidence            10:00 Art with Joy            10:00 Power Up Body Sculpt            11:00 Beg. Tai Chi  <b>12:00 Intro to Tai Chi Demo</b>            1:00 Euchre            1:00 Bingo</p>	<p><b>16</b>            9:00 Build Your Brain Workshop            9:00 Yarn &amp; Stitches            10:00 Stretch &amp; Tone  <b>10:00 Kayak Trip</b>            10:30 Rummikub &amp; Cribbage            11:00 Chair Yoga            12:00 Ping Pong            12:00 Happy Hula            1:00 Mah Jongg</p>	<p><b>17 Hearing Clinic</b>            9:00 Mah Jongg            10:00 Woodcarving            10:00 Chair Aerobics            12:30 Beg. Line Dancing            1:00 Bingo            1:00 Euchre            1:30 Adv. Line Dancing</p>	<p><b>18</b> 9:00 Block of the Week            9:00 Conditioning w/ Confidence            10:00 Stretch &amp; Tone  <b>10:00 Memory Writers</b>            10:30 Dominoes  <b>11:00 Birthday Party</b>            12:00 Chair Yoga            12:00 Ping Pong  <b>1:00 Book Club</b>            1:00 Quilting            1:00 Gentle Mat Yoga            1:00 Mah Jongg &amp; Pinochle            1:00 Caregiver support group</p>	<p><b>19</b>            10:00 Build It, Fly It            10:00 Line Dancing Practice (<i>member led</i>)            11:00 Hand &amp; Foot            11:00 Chair Aerobics            12:30 Moving w/ Parkinson's            12:30 Bridge</p>
<p><b>22</b>            9:00 Conditioning w/ Confidence            10:00 Art w/ Joy            10:00 Power Up Body Sculpt            11:00 Beg. Tai Chi            1:00 Euchre            1:00 Bingo</p>	<p><b>23</b>            9:00 Build Your Brain Workshop            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>24</b>            9:00 Mah Jongg            10:00 Woodcarving            10:00 Chair Aerobics            12:30 Beg. Line Dancing            1:00 Bingo            1:00 Euchre            1:30 Adv. Line Dancing  <b>12:30 Fishing Trip</b></p>	<p><b>25</b>            9:00 Block of the week            9:00 Conditioning w/ Confidence            10:00 Stretch &amp; Tone            10:30 Dominoes            12:00 Chair Yoga            12:00 Ping Pong            1:00 Gentle Mat Yoga            1:00 Quilting            1:00 Mah Jongg &amp; Pinochle            1:00 Caregiver support group</p>	<p><b>26</b>            10:00 Build It, Fly It            10:00 Line Dancing Practice (<i>member led</i>)            11:00 Chair Aerobics            11:00 Hand &amp; Foot            12:30 Moving w/ Parkinson's            12:30 Bridge</p>
<p><b>29</b>            9:00 Conditioning w/ Confidence            10:00 Art w/ Joy            10:00 Power Up Body Sculpt            11:00 Beg. Tai Chi            1:00 Euchre            1:00 Bingo</p>	<p><b>30 9:00 Build Your Brain Workshop*</b>            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  <b>1:00 Movie Day</b></p>	<p><b>31</b>            9:00 Mah Jongg            10:00 Woodcarving            10:00 Chair Aerobics            12:30 Beg. Line Dancing            1:00 Bingo            1:00 Euchre            1:30 Adv. Line Dancing</p>	<p><b>Note: classes with an * are series and each class builds on another; participants must attend the first session and complete the series</b></p>	

# ENRICHMENT HIGHLIGHTS - AUGUST

## BIRTHDAY PARTY

BACK BY POPULAR DEMAND! Our birthday parties are full of good food and good times. This event will include lunch, desert, party games and entertainment. Make sure to mark your calendars as we celebrate every member who has a SUMMER birthday (June - August).

Thursday August 18th from 11am - 1pm  
Fee: \$7/members, \$10/non-members

**\*PREREGISTRATION  
REQUIRED**

## FISHING WITH FOUR POINTES FRIENDS

Summer time in Michigan is best spent outdoors! Four Pointes invites any members interested from first-time-fishers to experts anglers. This activity will begin with a quick 15-minute fishing lesson from Kyle before we depart to a senior friendly fishing location. Members are encouraged to bring a fold up camping chair. No pole? No problem, members can rent a pole for an additional \$5. Bait is provided as well.

Wednesday, August 24th at 12:30pm - 2:30pm  
Fee: \$3/member, \$5/non-member. Pole rental additional \$5

**\*PREREGISTRATION  
REQUIRED**

## OUT TO LUNCH BUNCH

Once a month we will meet up for lunch as a group at a local restaurant. This month will be TOASTED PICKLE in downtown Grand Haven. Interested in carpooling? Meet at Four Pointes at 11am to hitch a ride with fellow members.

Wednesday, August 10th at 11:30am  
There is no fee for this activity, but members are responsible for buying their meal  
Transportation: Meet us there or carpool at 11am

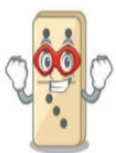
**\*PREREGISTRATION  
REQUIRED**

## MOVIE MATINEE AT FOUR POINTES

Every month Four Pointes will show a new release movie in the JB lounge. There is no fee to watch the movie, but members can purchase a soft drink, popcorn and candy for \$3 if they would like.

Tuesday, August 30th at 1pm

\*\*\*\*\*NEW ACTIVITIES AT FOUR POINTES\*\*\*\*\*



**DOMINOES - MEXICAN TRAIN - EVERY THURSDAY AT 1:30PM**

**ADDITIONAL EUCHERE DAY - MONDAY'S AT 1:00PM**





# AUGUST | 2022

## Four Pointes Main Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Battered Fish Baked Potato Coleslaw Spiced Apples 6	<b>2</b> Soup & Salad Bar Soup: Timberline Chili	<b>3</b> Sloppy Joe/Wheat Bun Euro Blend Wax Beans Fresh Fruit 5	<b>4</b> Soup & Salad Bar Soup: Timberline Chili	<b>5</b> Swedish Meatballs Noodles Spinach Pineapple Tidbits Bread Pudding 7
<b>Homemade Macaroni &amp; Cheese Side Salad Asparagus, Beets Diced Pears 5</b>	<b>9</b> Soup & Salad Bar Soup: Shrimp Corn Chowder	<b>10</b> Meatloaf/Gravy Mashed Potato Peas Normandy Veg Peaches, Sweet Bread w/Margarine 5	<b>11</b> Soup & Salad Bar Soup: Shrimp Corn Chowder	<b>12</b> Oven Fried Chicken Red Roasted Potatoes Sautéed Cabbage Applesauce Corn Muffin/Margarine 6
<b>15</b> Citrus Salmon Brown Rice Green Beans Coleslaw Mandarin Oranges Wheat Bread/Margarine 6	<b>16</b> Soup & Salad Bar Soup: Beef & Barley	<b>17</b> Stuffed Chicken Rice Pilaf Corn Carrots Fresh Fruit 7	<b>18</b> Soup & Salad Bar Soup: Beef & Barley	<b>19</b> Polish Sausage Hot Dog Bun Sauerkraut Asparagus Applesauce 4
<b>23</b> Pork Chops & Gravy Mashed Potatoes Corn, Peaches Wheat Bread & Margarine 5	<b>25</b> Soup & Salad Bar Soup: Chicken Tortilla	<b>24</b> Chicken Wings Baked Potato Sautéed Cabbage Tomato Salad Fruited Jell-O 5	<b>25</b> Soup & Salad Bar Soup: Chicken Tortilla	<b>26</b> Hot Dog Hot Dog Bun Peas Cauliflower Fresh Fruit Fig Newton 6
<b>29</b> Cabbage Roll Au Gratin Potatoes Peas & Carrots Mandarin Oranges Chocolate Pudding 6	<b>30</b> Soup & Salad Bar Soup: Stuffed Pepper	<b>31</b> Chicken Salad Wheat Croissant Coleslaw Mandarin Oranges 6	<b>1</b>	<b>2</b>

Menu includes Low Fat Milk  
Meals include 1/3 of the Recommended Daily Allowance (RDA)  
**Meals Subject to Change**

  
**AgeWell**  
 SERVICES: 231-755-0434  
 800-442-6769  
[www.agewellservices.org](http://www.agewellservices.org)



## What is the August Walking Challenge?

It is not a new walking club or a trip, but an individual Four Pointes community challenge!

It is 260 miles to the Mackinaw Bridge or 549,000 steps. Individually you record your steps (pedometers available at the front desk). Bring in your step count and report it to the front desk. We will see how much our community can walk in a month.

Hopefully we make it to the bridge!  
Two free Four Pointes fitness packages will be raffled off those reporting their steps.



Join your Four Pointes friends or meet a new friend for fishing. No experience necessary (those with too much experience are also welcome). Bait will be provided and poles are available to be rented.

Meet at Four Pointes first for quick fishing lesson if needed or meet at the fishing spot.

You will need to provide your own transportation to fishing spot.

Find out more at the front desk



## Join Your Four Pointes Friends for Fishing

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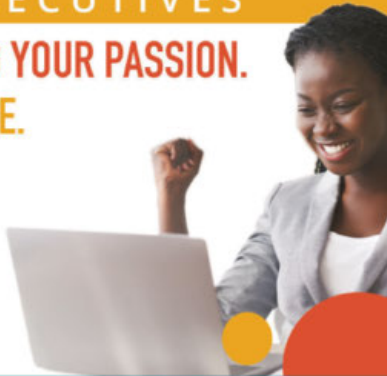
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## BIRTHDAY PARTIES RETURN AT FOUR POINTES

**You're Invited!**

Celebrate Four Pointes members Birthdays with us on  
August 18th from 11am—1pm

Since this is our first Birthday party since 2020, we will be celebrating everyone who had a birthday June—August  
Our party will include lunch, a desert, live music, games and great times with all of your friends at Four Pointes.

**\*PREREGISTRATION IS REQUIRED BY AUGUST 17th**