



## OUR CENTRAL OFFICE ADDRESS

678 FRONT AVE. NW, SUITE 205 • GRAND RAPIDS, MI 49504  
616-459-6019 • [www.seniorneighbors.org](http://www.seniorneighbors.org) • EMAIL: [info@seniorneighbors.org](mailto:info@seniorneighbors.org)

## The Refugee Program

By: Benoit Krussel, Refugee Program Coordinator



Benoit with a new American holding a Citizenship Certificate

**Resettlement Process:** After being in the refugee camps for an average of 20 years and going through a more rigorous vetting process than any other groups admitted into the USA, refugees are given a cultural orientation to prepare them with the new life in the United States. This is a true story of the elder refugee population we serve. They were forced to flee their countries to seek a better life elsewhere due to ethnic conflicts, persecution, wars and other natural or any man-made disasters.

**A Place to call Home:** Michigan continues to be ranked among the top 5 states welcoming refugees for a decade when it comes to refugee resettlement, and Grand Rapids being the favorite destination and secondary migration city for Congolese refugees due to the strong and established Congolese community.

**Demographic:** Currently, most refugees we are serving are from the Democratic Republic of Congo, and Bhutan. Congolese refugees speak Kinyarwanda and Kiswahili, while refugees from Bhutan speak Nepali. Many of them are illiterate in their native language, which has been a barrier adjusting to a new culture and to navigate the United States' systems.

**Funding Source and Team:** Funded by the Michigan Department of Labor and Economic Opportunity (LEO) through Area Agency on Aging of West Michigan, Senior Neighbors' Older Refugee program is led by a small team of 3 culturally humble staff. Benoit Krussell, the program's coordinator, is a former Refugee himself and speaks several languages including Kinyarwanda, Kiswahili, Kirundi, Lingala, and French. Refugees are at ease knowing that they can call in and connect with someone in their native language.

**Services:** Senior Neighbors' Older Refugee Program serves refugee adults 60 years of age or older who are Kent County residents. We assist these residents with the low-income housing applications, coordination of medical appointments, interpretation, citizenship process, transportation services, to name a few. We connect them to the community resources, while linking them to their native community leaders for continued assistance.

Refugees are resilient, and hopeful individuals, but require staff to be patient and understanding. Developing trust is necessary to engage those who have come from war-torn areas around the world.

**Our goal is to ensure that refugees/new Americans feel welcome and experience the love of a supportive community through services.**

Refugee Program Team's Senior Social Event 2023



**THRIVE  
LOCALLY**



Grandview is a beautiful 192 unit senior/disabled apartment community located on the Westside of Grand Rapids. Grandview offers recently remodeled one and two bedroom apartments where the rent is based on income. Enjoy!

- Free heat
- Intercom entrance
- Convenient location
- 24 hour maintenance
- Variety of community activities

Call today to get an application!  
1925 Bridge St NW ~ Grand Rapids, MI 49504  
616-453-8723 ~ TTY 7-1-1  
Professionally managed by PK Management, LLC.



**Teresa Schissler-Boichot\***  
616-258-9182

**Isabella Magrini\***  
616-500-3677

**Joel Borders**  
314-486-9382

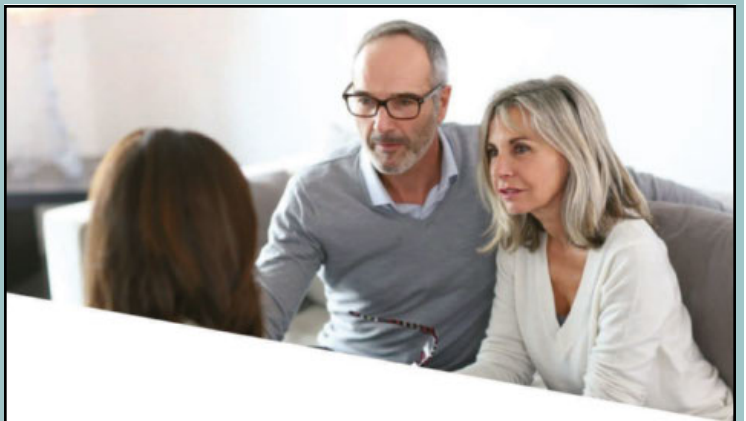
**Susan Johnson\***  
616-366-6781

*\*Habla Espanol*

**Medicare, Individual,  
and Small Business  
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*The foresight you need,  
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616.235.3500



# Get local help with your Medicare questions.

## Local sales agents with local Medicare Advantage plans.

When it comes to Medicare, it's important to consider all of your options. What works well for your neighbor may not be the best fit for you. Contact a local agent to answer your questions and help you find a plan that fits your needs.

**Call today to find a plan that's right for you.**

**Stevie Calderon**  
Licensed Sales Agent  
(616) 935 - 2437, TTY 711  
STEVIECCALDERON@GMAIL.COM

**Erin Calderon**  
Licensed Sales Agent  
(616) 502 - 5153, TTY 711  
EPPCALDERON@GMAIL.COM

**United  
Healthcare**

There for what matters™

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# Peripheral Neuropathy Breakthrough!

**"My feet feel like they're on fire."  
"Each step feels like I'm walking  
through  
wet paint."  
"I live in constant fear that I'll fall."  
"I can't sleep, my hands and feet  
tingle all night."**

What do all of these people have in common? They suffer from **peripheral neuropathy**. It's estimated that more than 20 million people in the United States have peripheral neuropathy. Unfortunately, this figure may be significantly higher as the disease is often misdiagnosed because of its wide array of symptoms.

Corinne Conry, LAC, MSOM of Acupuncture Center of Grand Rapids (ACGR), shares this belief. "I've been treating neuropathy, and all its various forms, for over a decade, and so often my patients come to me because of the symptoms, not because of a diagnosis. They saw one of my talks, or read the testimonial of another patient and say to themselves 'hey, I feel the same thing'."

Mary of Grand Haven testified to this. "I remember my husband driving me to my consultation and I saw a woman running just outside our neighborhood. I was so envious - I just kept thinking 'I would give anything to just walk again'. My primary care doctor told me my troubles with pain and balance were just symptoms of old age and gave me a prescription. I was so depressed."

Fortunately Mary would eventually see Corinne Conry, LAC, MSOM at one of her talks, speaking about similar symptoms, and how she offers a real solution at Acupuncture Center of Grand Rapids. "I just knew I had to see her. She was my last hope."

**"Almost all of our patients come to see us with a story similar to Mary's. They've been everywhere else. They've been told there's no hope. They've been told 'it's just part of getting older'," shares Peter, a patient care technician, at ACGR. "It just breaks my heart, but I know how much we can help people like Mary,**

**so I'm always happy when they walk through our door."**

Those diagnosed with peripheral neuropathy often face a very grim reality; Western medicine declares that there is no solution while most alternative therapies carry large price tags and offer a little to no resolve. Which is why Corinne Conry, LAC, MSOM and the staff at Acupuncture Center of Grand Rapids pride themselves on being 'the last resort with the best results'.

Peripheral neuropathy is a result of damage to the nerves, and this damage is commonly caused by lack of blood flow in the hands and feet. A lack of blood flow results in a lack of nutrients; the nerves then begin to degenerate and die which causes pain ranging from discomfort to debilitating. Because neuropathy is a degenerative condition, once those nerves begin to deteriorate, they will continue to do so until they are completely expired, leaving those suffering with crippling balance issues. "In this case, the absence of pain is not necessarily a good thing," shares Corinne. "This usually indicates that your nerves are hanging on by a fragile thread."

So how is Corinne able to reverse the effects of this degenerative disease? "Acupuncture has been used to increase blood flow for thousands of years which helps to get the necessary nutrients to the affected nerves. But the real magic happens when I integrate ATP Resonance BioTherapy™. This tech was originally developed by NASA to expedite recovery and healing."

"I just can't say enough about ACGR," shared Mary through her tears of joy. My husband and I moved here three years ago and he walks to the lake almost every day. I always stay home because of the pain and discomfort. Yesterday, I went with him! And next week we're starting dancing lessons. I am truly living life these days."

"According to Mary's test results, she had seen a 74% improvement in pain and functionality, which is on par with

the majority of our patients," shares Peter. But more important than those test results is the joy she's expressed being here and hearing about all of the amazing things she's able to do because she feels great!"

By seamlessly blending the ancient science of acupuncture with modern medical solutions, Corinne Conry, LAC, MSOM has achieved a 90% success rate in reversing the effects of neuropathy. She starts each patient with an initial consultation during which a sensory exam is performed. "This not only aids in making a proper diagnosis but it helps to define just how much nerve damage has occurred," says Corinne. "This is important because if a patient has suffered more than 95% damage, there is a little that I can do to help them. I'm familiar with the medical miracle, but I know my limits as a practitioner and the limits of my medicine."

When it comes to treating peripheral neuropathy, regardless of its origin, early detection greatly improves your chances of a full recovery.

If you or someone you love are suffering with chronic pain that presents as burning, tingling, or 'pins and needles', or you've recently been diagnosed with peripheral neuropathy, it's important to know that there are options. There is hope.

Call **(616)-369-2121** to schedule an initial consultation, or visit **acugr.com** to read more incredible success stories.



# Grand Rapids Senior Neighbors Center

**Our Center is open  
Monday through Friday  
8:30 am—2:30 pm**

We are located in downtown Grand Rapids at 333 S. Division  
(Across from the Catholic Diocese)

Call to set up an appointment to meet with Jill for a tour  
616.459.3040

We have lunch at the center each weekday  
~ \$3.50 suggested donation ~

**Chair Dancing**  
Join us April 3rd and 17th at 9:30am



4/6 Ronald W. 4/7 Jerry W. 4/8 John D.  
4/11 Tammy J. 4/12 Gar T. 4/13 Stephanie H.  
4/15 Leo L. 4/20 Bruce M. Bobbie S. 4/22  
George H. 4/24 Martha D. 4/24 Lorenzo J.  
4/25 Eugene A. 4/26 Maria C. 4/28 Chet S.  
4/30 Eddie G.

Enjoy your special Day!  
Remember your lunch is free on your Birthday!



## Staff & Volunteers

Center Coordinator: **Jill Mancewicz**  
Activity Assistant: **Tanina Ramos**  
Nutritional Aide: **Roger Trotter**  
Representative from SNI: **Christina Tur-  
kewycz**  
AARP Volunteers: **Rodney Lillard, Irene  
Sanders, Ed Hankins Reggie Holliman Louis  
Wamer**  
Senior Companions: **Sue Owen, Terry  
Murphy**

## Advisory Council Members

*Next Meeting Tuesday, April 16 at 12:30pm*

President: **Barb Turner**  
Vice President: **Perry Hughes**  
Treasurer: **Sue Owen**  
Secretary: **Bruce Matthews**  
Members at Large: **Stan Smith, Hank Slag-**

**Free Phones provided by Safelink  
all day on Thursdays. Thank you  
Safelink!**



# Grand Rapids Senior Neighbors Center

## Upcoming EVENTS

**Mondays— Smart Recovery 12pm**

**Wednesdays— Breakfast 9am**

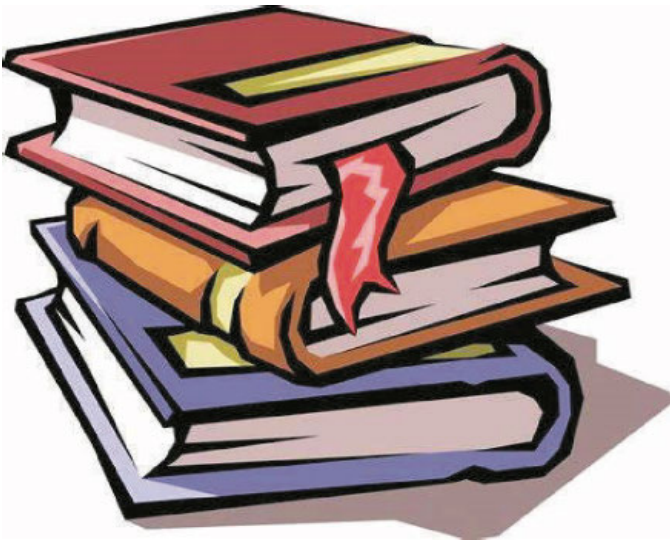
**Wednesdays— Bible Study 10am**

**Thursday 4/11 and 4/25—Case Manager 10 am**

**Fridays— Bingo 10am**

### KDL Library Visit

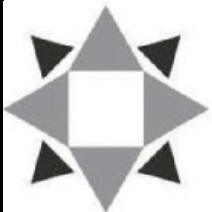
**Thursday April 18th 10:00am**



### Wii Bowling Tuesdays



**Board Games  
Thursdays 10 am**



# SMART Recovery<sup>®</sup>

Self-Management and Recovery Training

**This Group is for All Types of Addictions Recovery**

**Every Monday at 12:00 pm**

**Downstairs at the Grand Rapids Center**

# Grand Rapids Senior Neighbors Center

## GR Senior Center Wish List

The GR Senior Neighbors Center operates, in part, through the donations and financial support of the community & local businesses. Every donated item from the wish list frees money we can put toward our senior services.



We are accepting Donations for our annual yard sale. This is our biggest fundraiser. The sale will be the first week in June. Thank you!

## Sunny-Side-Up Dessert

(looks like sunny side up egg on toast)

Total prep/time 10 min. Makes 4 servings. Nutrition: 1 serving 179 calories, 9g. Fat (6g saturated fat), 75mg chol, 160mg sodium, 22g carbs, 7g sugar, 3g. Protein.

1 tbsp. soft butter, 4 slices pound cake, 1/2 cup vanilla yogurt, 4 canned peach halves. Butter pound cake on each side grill 15– 30 seconds on each side until golden, place on plate top with yogurt to look like egg whites, top with peach to resemble egg yolk.

From the Dietary side of me...

April is Cancer Awareness month.

Here are some foods that have demonstrated anti-Cancer effects. Cancer-fighting foods play a crucial role in promoting health and reducing the risk of Cancer. While no single food on its own can prevent Cancer, a well balanced diet rich in various plant-based foods has been associated with lower cancer risk.

- 1.) Vegetables and Fruits: Provide essential vitamins, minerals, and Phytochemicals that contribute to cancer prevention. Examples include broccoli, blueberries, carrots, kale, oranges and strawberries.
- 2.) Whole grains: Incorporating whole grains like brown rice, quinoa, and oats into your diet can be beneficial. These foods are rich in fiber, antioxidants, and other nutrients that support overall health and may help to reduce cancer.
- 3.) Beans and legumes: Dry beans, peas, and lentils are an excellent source of plant based protein and fiber. They contain compounds that may have protective effects against cancer.
- 4.) Nuts and seeds: Walnuts, are packed with healthy Fats, and antioxidants and other bioactive compounds
- 5.) Cruciferous Vegetables: broccoli, cauliflower and brussels sprouts, contain sulfur compounds that may help to prevent cancer.
- 6.) Berries: blueberries, raspberries and other berries are rich in antioxidants and phytochemicals that offer protective benefits.
- 7.) Fatty Fish: salmon and mackerel provide omega-3 fatty acids have anti-inflammatory properties and may play a role in prevention
- 8.) Apples: contain flavonoids and fiber, which contribute to overall health and are proactive against certain cancers.
- 9.) Garlic: contains sulfur compounds that may help inhibit cancer cell growth.
- 10.) Tea: Both green and black teas, contain polyphenols, which have been studied for their potential Anti-cancer properties.

Remember that it is not just individual foods but the overall dietary pattern that matters. Aim for a diverse and colorful plate, choose plant based foods. Limit processed meats, red meats and sugar.

# Grand Rapids Senior Neighbors Center



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1. Coffee 8:30am Pool &amp; Cards</p> <p>Smart Recovery 12pm</p>	<p>2. Coffee 8:30am Pool &amp; Cards</p> <p>Wii bowling 10am</p> <p>Calvin Nursing 12:30pm</p>	<p>3. Coffee 8:30am Breakfast 9am Pool &amp; Cards Calvin Nursing BP Checks 9:30am Chair Dancing 9:30am Bible Study 10am</p>	<p>4. Coffee 8:30am Pool &amp; Cards</p> <p>Safe Link Phones</p> <p>Booze and Tattoos 1pm</p>	<p>5. Coffee 8:30am Pool &amp; Cards</p> <p>Bingo 10am</p>
<p>8. Coffee 8:30am Pool &amp; Cards</p> <p>Smart Recovery 12pm</p>	<p>9. Coffee 8:30am Pool &amp; Cards</p> <p>Wii bowling 10am</p>	<p>10. Coffee 8:30am Breakfast 9am Calvin Nursing BP Checks 9:30am</p> <p>Chair Dancing 9:30am</p>	<p>11. Coffee 8:30am Case Manager 10am Safe Link Phones Pool &amp; Cards Board Games 10am</p>	<p>12. Coffee 8:30am Pool &amp; Cards</p> <p>Bingo 10am</p>
<p>15. Coffee 8:30am</p> 	<p>16. Coffee 8:30am Pool &amp; Cards</p> <p>Wii bowling 10am</p> <p>Advisory Council 12:30pm</p>	<p>17. Coffee 8:30am Breakfast 9am</p> <p>Calvin Nursing BP Checks 9:30am</p> <p>Chair Dancing 9:30am</p>	<p>18. Coffee 8:30am Cards &amp; Pool Safe Link Phones</p> <p>KDL Library 10am</p> <p>Board Games 10am</p>	<p>19. Coffee 8:30am Cards &amp; Pool</p> <p>Bingo 10am</p>
<p>22. Coffee 8:30 Cards &amp; Pool</p> <p>Smart Recovery 12pm</p>	<p>23. Coffee 8:30 Cards &amp; Pool</p> <p>Wii bowling 10am</p>	<p>24. Coffee 8:30 Cards &amp; Pool</p> <p>Breakfast 9am- Please Donate</p> <p>Bible Study 10am</p>	<p>25. Coffee 8:30am Cards &amp; Pool</p> <p>Safe Link Phones</p> <p>Case manager 10am</p> <p>Board Games 10am</p>	<p>26. Birthday Party Bingo 10am</p> 
<p>29. Coffee 8:30 Pool / cards</p> <p>Smart Recovery 12pm</p>	<p>30. Coffee 8:30am Pool Cards</p> <p>Wii bowling 10am</p>			

# Grandville Senior Neighbors Center

## Grandville Senior Neighbors Center

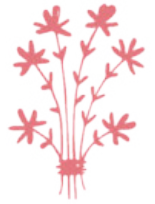
Located in Grandville at 3380 Division. We welcome you to join us

Monday - Friday: 8:00 a.m. to 4:00 p.m.

A healthy, delicious lunch is served daily at noon for a suggested donation of \$3.50 for seniors over 60, a charge of \$4.00 for people under 60.

Phone: 616-531-5250 Fax: 616-531-7743

[www.seniorneighbors.org](http://www.seniorneighbors.org) [rlapham@seniorneighbors.org](mailto:rlapham@seniorneighbors.org)



## From the Coordinator's Desk

**Rin Lapham**  
*Grandville Senior  
Center Coordinator*

Spring is here! This month I challenge you to take a walk in nature or come to an exercise class. Now is the perfect time to get active and outside. There are walking poles and bikes available to borrow from the center as well!



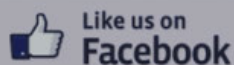
### Foot Care with Pam

Nail Cutting for \$25  
Pam Centeno is a Registered Nurse with experience in footcare. She is providing footcare for this community.

Please call Pam directly at 616.822.9214 to schedule an appointment.

Foot Care Includes:

- \*Soaking feet in warm water, trimming toenails, assessing, sanding calluses, applying lotion with each foot massage. Polish if requested is \$5 extra.



**Senior Neighbors**

### Staff

Coordinator: Rin Lapham  
Nutritional Aide: Sharon Zils  
Bus Driver: John Bouma  
Senior Neighbors  
Representative: Christina Turkewycz

### Advisory Council Members

*Council Members:*  
Deb Bierema, Cathy Deleeuw,  
Craig Geerlings, Sue Lynema,  
Faith Martin, Peter Noel, Lois Ripma



### Engaging Wellness

#### Mondays & Wednesdays

EnhanceFitness  
at 9:30 am & 10:45 am

#### Fridays

EnhanceFitness 9:30am  
Yoga at 10:45 a.m.





# Grandville Senior Neighbors Center



## FOOD PANTRY

**APRIL 17TH AT 12: 45PM**

All donations go towards purchasing more food for next month's pantry.

## Lunch Bunch is Back!

**First meet 11:00 a.m. at Russ' on Chicago DR**

**HORSE RACE BOARD GAME! THURSDAYS AFTER BINGO**



## Donation Wishlist

We operate through donations and financial support from the local community. Every item donated is another dollar we can put towards senior services.

Cookies, Decaf Coffee, Bird Seed, Herbal Tea,



## Medicare and Medicaid Walk-In Help Hours

April 10th

Starting at 10am



# Grandville Senior Neighbors Center

## April Happenings

- 3- 9:00 Foot Care
- 5- 12:30 Music w/ Kevin  
Cavanaugh
- 8- 2:00 to 4:00 Solar Eclipse  
- Wear Safety Glasses!
- 10- 10:00 Medicare/  
Medicaid Help
- 10- -10:30 Craft
- 11- 11:00 Free Legal Advice
- 12- 12:30 Music w/ Nancy  
Crumback
- 17- 12:45 Food Pantry
- 18- 10:45 Advisory Council  
Meeting
- 19- 12:30 Music w/ Kevin  
Murphy
- 24- 9:00 Foot Care
- 24- 10:30 Craft
- 25- 11:00 Lunch Bunch @  
Russ'

## APRIL Birthdays

- 
- 1 - Karl H.
  - 1 - Donald 'Don' U.
  - 3 - Barbara B.
  - 3 - Laurel M.
  - 8 - Gilberto R.
  - 10 - Marian N.
  - 14 - Richard 'Dick' B.
  - 16 - Terry K.
  - 18 - Edward V.
  - 18 - Kelly D.
  - 19 - John Z.
  - 21 - Debra B.
  - 24 - Pamela A.
  - 25 - Bett B.
  - 25 - Helen M.
  - 23 - Mary 'MaryAnn' M.
  - 28 - Julie K.
  - 28 - Jackie K.
  - 28 - Robert 'Bob' D.
  - 29 - Gerald 'Jack' G.

**Birthdays Friday is the last  
Friday of the month, enjoy a  
Free birthday lunch  
any time in April!**

# Grandville Senior Neighbors Center



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 9:00 Coffee/Cookies 9:30 Fitness 10:45 Fitness 12:00 Lunch 12:30 Cards/Games 12:30 Painting Group</p>	<p>2 9:00 Coffee/Cookies 10:00 Wii Bowling 10:00 Bible Study 12:00 Lunch 12:45 Cards/Games 1:00 Bingo</p>	<p>3 9:00 Coffee/Cookies <b>9:00 Foot Care</b> 9:30 Fitness 10:45 Fitness 12:00 Lunch 12:45 Cards/Euchre</p>	<p>4 9:00 Coffee/Cookies 9:00 Pokeno 10:00 Wii Bowling 12:00 Lunch 1:00 People Bingo</p>	<p>5 9:00 Coffee/Cookies 9:30 Fitness 10:45 Yoga 12:00 Lunch <b>12:30 Music with Kevin Cavanaugh</b></p>
<p>8 <b>Solar Eclipse</b> 9:00 Coffee/Cookies 9:30 Fitness 10:45 Fitness 12:00 Lunch 12:30 Cards/Games 12:30 Painting Group</p>	<p>9 9:00 Coffee/Cookies 10:00 Wii Bowling 10:00 Bible Study 12:00 Lunch 12:45 Cards/Games 1:00 Bingo</p>	<p>10 9:00 Coffee/Cookies 9:30 Fitness <b>10:00 Medicare/Medicaid Help</b> <b>10:30 Craft</b> 10:45 Fitness 12:00 Lunch 12:45 Cards/Euchre</p>	<p>11 9:00 Coffee/Cookies 9:00 Pokeno 10:00 Wii Bowling <b>11:00 Free Legal Advice</b> 12:00 Lunch 1:00 People Bingo</p>	<p>12 9:00 Coffee/Cookies 9:30 Fitness 10:45 Yoga 12:00 Lunch <b>12:30 Music with Nancy Crumback</b></p>
<p>15 9:00 Coffee/Cookies 9:30 Fitness 10:45 Fitness 12:00 Lunch 12:30 Cards/Games 12:30 Painting Group</p>	<p>16 9:00 Coffee/Cookies 10:00 Wii Bowling 10:00 Bible Study 12:00 Lunch 12:45 Cards/Games 1:00 Bingo</p>	<p>17 9:00 Coffee/Cookies 9:30 Fitness 10:45 Fitness 12:00 Lunch <b>12:45 Food Pantry</b> 1:00 Cards/Euchre</p>	<p>18 9:00 Coffee/Cookies 9:00 Pokeno <b>10:45 AV Council Meeting</b> 12:00 Lunch 1:00 People Bingo</p>	<p>19 9:00 Coffee/Cookies 9:30 Fitness 10:45 Yoga 12:00 Lunch <b>12:30 Music with Kevin Murphy</b></p>
<p>22 <b>Earth Day</b> 9:00 Coffee/Cookies 9:30 Fitness 10:45 Fitness 12:00 Lunch 12:30 Cards/Games 12:30 Painting</p>	<p>23 9:00 Coffee/Cookies 10:00 Wii Bowling 10:00 Bible Study 12:00 Lunch 12:45 Cards/Games 1:00 Bingo</p>	<p>24 9:00 Coffee/Cookies <b>9:00 Foot Care</b> <b>10:30 Craft</b> 9:30 Fitness 10:45 Fitness 12:00 Lunch 12:45 Cards/Euchre</p>	<p>25 9:00 Coffee/Cookies 9:00 Pokeno 10:00 Wii Bowling <b>11:00 Lunch Bunch @ Russ'</b> 12:00 Lunch 1:00 People Bingo</p>	<p>26 9:00 Coffee/Cookies 9:30 Fitness 10:45 Yoga 12:00 Lunch <b>12:30 Music with Mike McIntyre</b></p>
<p>29 9:00 Coffee/Cookies 9:30 Fitness 10:45 Fitness 12:00 Lunch 12:30 Cards/Games 12:30 Painting Group</p>	<p>30 9:00 Coffee/Cookies 10:00 Wii Bowling 10:00 Bible Study 12:00 Lunch 12:45 Cards/Games 1:00 Bingo</p>			

# Lowell Senior Neighbors Center

## Welcome to the Lowell Senior Center

If you're age 60 or older, the Lowell Senior Center welcomes you to join us

**Monday - Friday 8:30 AM - 1:30 PM,**

We serve lunch daily from Meals on Wheels at

**12:00 noon** for a \$3.50 donation

**865 Lincoln Lake Ave. SE**



Spring is in the air at  
Lowell Senior

Neighbors!

We have crafts, picnics,  
parties and more to put  
a spring in your step  
this April!

**-Mackenzie**

## Staff

**Center Coordinator:** Mackenzie Davis

**Activity & Nutrition Aide:**

Carol Schwierking

**Transportation:** Dave Snoeyink

& Jim Herb

## Advisory Board

David Maltman: **President**

Joyce Wilkerson: **Vice President**

Marlene Briggs: **Treasurer**

Teresa Potts: **Secretary**

**SNI Central Office Rep:** Christina

Turkewycz

**Members at Large:** Alice Kinyon, Leo Peters,  
Bonnie Weststrate

**Representative of the SNI Board of**

**Directors:** Marlene Briggs

what  
really  
matters  
today  
is  
probably  
not  
on a  
to-do  
list



# Lowell Senior Neighbors Center



## April Birthdays!

Barb S.-April 5th

Bonnie W.-April 25th

Judy M.-April 27th



**Birthday**

**Bash**

**April 26th**

**At 10:45a.m.**

*Picnic Lunch Outdoors*

April 12th

11:45am



Free Technology Support  
Workshop

Fridays at 10:00am

April 5th through May  
10th



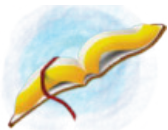
# Lowell Senior Neighbors Center

## Advisory Council Meeting



April 12th at 10:30am

## Senior Adult Bible Study



Every Wednesday at 10am

## Friday fun day!

- 4/5– Wear your stripes
- 4/12– Wear your polka dots
- 4/19– Wear something pink
- 4/26– Wear your Senior Neighbors shirts

Why did the duck go to the bank?

She wanted to get more bills.



## CRAFT CORNER

4/8– Painting terracotta pots with Mackenzie

4/17– Jewelry making with Marlene

## The Horse Race Board Game

A fun & competitive betting game that allows for up to 44 players!

Be sure to bring your pennies

Dates:

April 12th

April 24th

Races begin at 10:30am



Join us for Bingo  
Every Tuesday & Friday  
11:00am

Join us for accessible exercise classes at Schneider Manor in the Activity Room  
Tuesdays & Thursdays  
from 10:30-11:30am

\$3 suggested donation per class



# Lowell Senior Neighbors Center

2  
0  
2  
4



# APRIL



2  
0  
2  
4

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 9:00- Hand & Foot Card Game  9:30- Coffee, Cards, & Skip-bo	<b>2</b> 9:00- Coffee & Card games  9:30- Pokeno  <b>11:00- Mystery Bingo</b>	<b>3</b> 9:00- Hand & Foot Card Game  9:30- Coffee & Cards  <b>10:30-Bible Study</b>	<b>4</b> 9:00- Coffee & Card games  9:30- Pokeno  <b>11:00- Bingo</b>	<b>5</b> 9:00- Hand & Foot Card Game  9:30- Coffee & Cards  <b>10:00- Technology Workshop</b>
<b>8</b> 9:00- Hand & Foot Card Game  9:30- Coffee, Cards, & Skip-bo  10:30- Painting Terracotta Pots	<b>9</b> 9:00- Coffee & Card games  9:30- Pokeno  <b>11:00- Mystery Bingo</b>	<b>10</b> Center Closed for Women's Club  	<b>11</b> 9:00- Coffee & Card games  9:30- Pokeno  <b>11:00- Bingo</b>	<b>12</b> 9:00- Hand & Foot Card Game  <b>10:00- Technology Workshop</b>  10:30- Advisory Council Meeting  <b>10:30- Jeopardy</b>
<b>15</b> 9:00- Hand & Foot Card Game  9:30- Coffee, Cards, & Skip-bo	<b>16</b> 9:00- Coffee & Card games  9:30- Pokeno  <b>11:00- Household item Bingo</b>	<b>17</b> 9:00- Hand & Foot Card Game  9:30- Coffee & Cards  <b>10:30-Bible Study</b>  <b>10:30- Jewelry craft</b>	<b>18</b> 9:00- Coffee & Card games  9:30- Pokeno  <b>11:00- Bingo</b>	<b>19</b> 9:00- Hand & Foot Card Game  9:30- Coffee & Cards  <b>10:00- Technology Workshop</b>
<b>22</b> 9:00- Hand & Foot Card Game  9:30- Coffee, Cards, & Skip-bo	<b>23</b> 9:00- Coffee & Card games  9:30- Pokeno  <b>11:00- Snack Bingo</b>	<b>24</b> 9:00- Hand & Foot Card Game  9:30- Coffee & Cards  <b>10:30-Bible Study</b>  <b>10:30-Horse Race</b>	<b>25</b> 9:00- Coffee with a cop  9:30- Pokeno  <b>11:00- Bingo with Fountain View</b>	<b>26</b> 9:00- Hand & Foot Card Game  9:30- Coffee & Cards  <b>10:00-Technology Workshop</b> <b>11:00 - Birthday Bash</b>
<b>29</b> 9:00- Hand & Foot Card Game  9:30- Coffee, Cards, & Skip-bo	<b>30</b> 9:00- Coffee & Card games  9:30- Pokeno  <b>11:00- Mystery Bingo</b>			<b>Suggested Donations:</b>  <b>Lunch 60+ \$3.50</b> <b>59- \$5.00 charge</b> <b>Exercise: \$3</b>

# Sparta Senior Neighbors Center



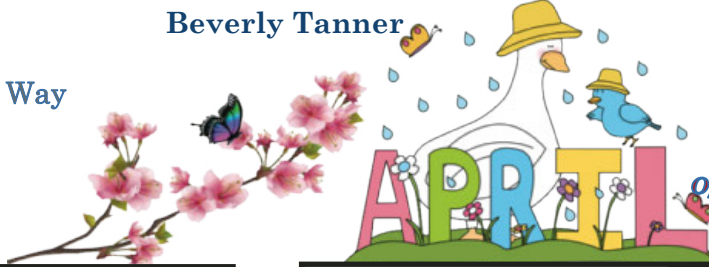
Sparta Senior Center in Harvest Way  
100 Ida Red Ave.  
Sparta, MI 49345  
PH: 616.887.1273

**Center Coordinator:**  
Beverly Tanner

**Bus Driver:**  
Trudy Heath

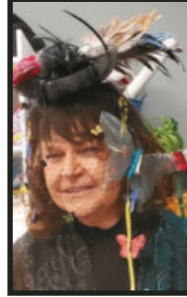
**Nutrition Aides:**  
Donna  
Langworthy & Julayne  
Leech

**Office Assistant Volunteer:**  
Deb Reister



Dear Seniors,  
I would like to thank you all for your kindness, generosity, and being so open to all of the new activities, presentations and speakers that are coming to the center. I know that change can be scary, but together we will thrive. I am looking forward to bringing new and exciting activities to the center. See you at the Center!

Sincerely,  
Beverly



Sparta  
Senior Neighbors  
Senior of the Month:  
Orah "Hope" Walters

*Congratulations*

Orah "Hope" Walters was born in February of 1949 in Fremont Michigan, home of the Gerber Baby food plant. She is the youngest of seven children. She was married to Gene for over 13 years., and had two children. Angela Michelle and Gene Albert. Gene passed in 2010 at the age of 39. She has 4 grandchildren. Her grandson Rees Scott passed in 2015 at the age of 13. Hope remarried. She lost her second husband, Gerald to Cancer in 2002. Hope's sister was born crippled. The Shriners organization paid for her and her sister to attend the circus and summer camp two years in a row. Without their help neither would have been able to attend due to family finances. At the age of four, Hope knew her favorite memory would be of the circus. Hope loved running track and even took second place in high school. All she ever wanted in life was to be a mother, a wife and a grandmother. Hope still mows her own lawn, shovels her own driveway, and does her own repairs. Hope has been a Girl Scout Leader, Sunday School teacher, and a Sabbath School Teacher. Hope loves to dance, craft and sew. Despite so much sadness and tragedy, Hope has a kind, caring attitude. She loves helping others. She also loves people. Sparta Senior Neighbors is blessed to have Hope as a member.

## Sparta Senior Center Wish List

Prepackaged Snacks  
Sugar Free Cookies  
Cookies  
Paper Towel  
Coffee  
Creamer  
Pastries  
Tea  
Hot Cocoa  
Craft Items



Sparta Senior Neighbors Center operates through the donations and financial support of the community and local businesses. Every donated item from the wish list is one more dollar we can put toward senior services.

Paper Church Craft  
w/ Donna & Lois  
Wednesday April  
17th @ 10am



Sparta Senior  
Neighbors would like  
to thank Tom's  
Bakery for their  
generous  
donation every month



Blood  
Pressure Clinic  
April 22nd  
@10am in Club  
Room

Coffee & Cookie  
Social with a  
Sheriff April 5th  
@ 10am





# Sparta Senior Neighbors Center



Music provided by Country Stringz

Please Join Us For Our April

# Party

Senior Neighbors AUCTION PARTY

Wednesday April 24, 2024

10am-Lunch

Please sign-up at the desk outside of the office if you plan on coming!

April 22nd @ 10am Bingo  
with Sue



Shield Birthday Party  
April 17th @10am



Self Defense Classes with  
Larry begins Thursday April 4th  
@ 10am. It will replace Exercise.  
The class will run for 6-8 weeks,  
and will be every Thursday @  
10am.



# Sparta Senior Neighbors Center



April Birthdays!

Happy Birthday



- 1 Craig L.
- 2 Anna Mae S.
- 2 Virginia R.
- 6 Kathie W.
- 11 Becky W.
- 21 Ted P.
- 22 Cathy V.
- 23 Patricia "Pat" S.
- 26 Erma A.
- 28 Karen B.



When his parents must go out of town on business, Dennis stays with Mr. and Mrs. Wilson. He is driving Mr. Wilson crazy, but he is just trying to be helpful, even to the thief who has arrived in town.

**Fri. April  
26th,  
at 9:30am**



## Sparta Advisory Council Members

- ~ *President:* Karen Keech
- ~ *Vice President:* Norma Taylor
- ~ *Treasure:* Annette Devries
- ~ *Secretary:* Deb Reister
- ~ *Members at Large:* Lorraine Gray, Roger Tawney and Carol T.



**Next Meeting: Wed. April 3rd at 12:30pm**  
**Hope to See YOU There!**

- 1st—Music w/ Roger & Fred
- 3rd—Food Safety Presentation w/ Casey
- 4th—Self Defense Class w/ Larry
- 5th— Coffee & Cookies Social w/ Sheriff
- 8th—BBB Presentation
- 10th—Music w/ Country Stringz
- 11th—Self Defense Class w/ Larry
- 12th—Technology Presentation w/ Ashley
- 15th—Commodities
- 15th—Music w Roger & Fred
- 17th— Craft w/ Donna & Lois
- 17th—Shield B-Day Party
- 18th— Self Defense Class w/ Larry
- 19th— Attorney Michael Herring
- 22nd—Bingo w/ Sue
- 22nd—Blood Pressure Clinic
- 22nd—Medicare/ Medicaid Drop in
- 24th—Auction Party
- 25th— Self Defense Class w/ Larry
- 26th— Movie "Dennis the Menace"
- 29th— Music w/ David Molinari

**SAVE**  
*The*  
**DATE**

# Sparta Senior Neighbors Center



## 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 10 Music w/ Roger & Fred 12:15 Games	<b>2</b> 10:15 <b>Exercise</b> 12:15 <b>Bingo</b> 	<b>3</b> 10 Food Safety Presentation w/ Casey 12:15 Euchre 12:30 Advisory Council Meeting	<b>4</b> 10 Self Defense Class 12:15 Bingo 	<b>5</b> 10 Coffee & Cookie Social w/ Sheriff 12:15 Fill or Bust w/ Sandy 
<b>8</b> 10 BBB Presentation 12:15 Games 	<b>9</b> 10:15 Exercise 12:15 Bingo 	<b>10</b> 10 Music w/ Country Stringz 12:15 Euchre	<b>11</b> 10 Self Defense Class 10:30 Lunch Bunch "The Grant Depot" 12:15 Bingo	<b>12</b> 10 Technology Presentation w/ Ashley 12:15 Fill or Bust w/Sandy
<b>15</b> 9:30 Commodities 10 Music w/ Roger & Fred 12:15 Games	<b>16</b> 10:15 Exercise 12:15 Bingo 	<b>17</b> 10 Craft w/ Donna & Lois 10 Shield B-day Party 12:15 Euchre 	<b>18</b> 10 Self Defense Class 12:15 Bingo	<b>19</b> 10 Attorney Michael Herring 12:15 Fill or Bust w/ Sandy
<b>22 Earth Day</b>  10 Bingo w/ Sue 10 Blood Pressure Clinic 10 Medicare Medicaid Drop in w/ Natasha	<b>23</b> 10:15 Exercise 12:15 Bingo	<b>24 Party</b> 10 Auction Party Music provided by Country Stringz 12:15 Euchre 12:15 Wii Bowling	<b>25</b> 10 Self Defense Class 12:15 Bingo 	<b>26</b> 9:30 Movie "Dennis the Menace" & Popcorn 12:15 Fill or Bust w/ Sandy
<b>29</b> 10 Music w/ David Molinari 12:15 Games 	<b>30</b> 10:15 Exercise 12:15 Bingo	<b>Baked Goods Every Tues &amp; Thurs .25 to \$1.00 Donation</b> 	<b>Lunch Is At 11:30 am Everyday Suggested Donation \$3.50 Under 60 \$5.00 per meal</b>	

# Walker Senior Neighbors Center



Technology Support Classes  
April 10th-May 15th  
Wednesdays @ 10:00a.m.

## APRIL 2024 NEWSLETTER

1470 3-Mile Road NW Walker, MI 49544

### TEHNOLOGY REIGNS SUPREME

Great News!

We're advancing in technology!

Walker members can now use our new kiosk station to sign in upon their arrival. This new system will not only save you time, but it is also a safe and efficient way to streamline and expedite the check-in process at our center. For further information or assistance, please contact Felicia at 616.735.3240.

*Senior*  
**NEIGHBORS**  
no longer alone

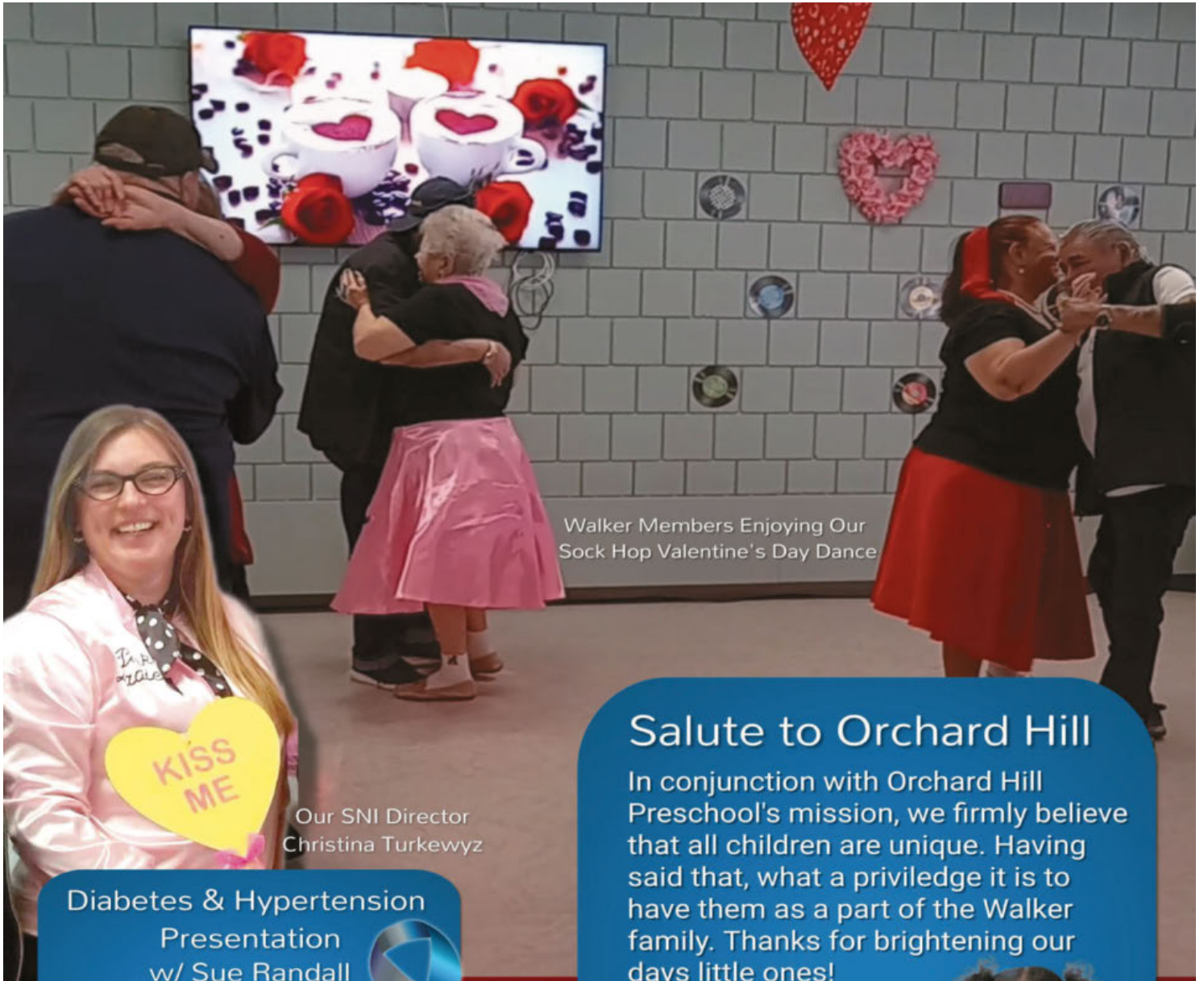
### 60+ MEMBERSHIP PERKS

- Nutritious Meals
- Outdoor Excursions
- Live Music
- Dancing
- Sporting Events
- Arts & Crafts
- Karaoke
- Health & Wellness

**JOIN TODAY!**



# Walker Senior Neighbors Center



Walker Members Enjoying Our Sock Hop Valentine's Day Dance

Our SNI Director  
Christina Turkewyz

Diabetes & Hypertension  
Presentation  
w/ Sue Randall  
4/29/24 @ 11:00a.m.



## Birthdays

Laurel M. 4/3	Edward V. 4/18
Marlene L. 4/13	John H. 4/22
Terry K. 4/16	Anna M. 4/24
Rolyndia P. 4/17	Ruth G. 4/29

## Salute to Orchard Hill

In conjunction with Orchard Hill Preschool's mission, we firmly believe that all children are unique. Having said that, what a privilege it is to have them as a part of the Walker family. Thanks for brightening our days little ones!

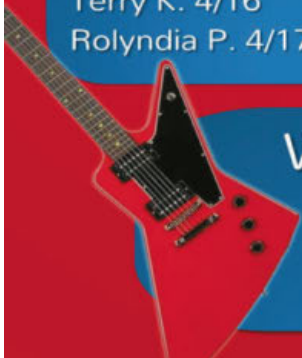
Sincerely,

*Felicia Applewhite*



## World Autism Awareness Day Brunch

In recognition of World Autism Awareness Day, we will be celebrating and honoring our friends from Mary Free Bed by serving brunch on April 3rd at 10:00a.m.



# Walker Senior Neighbors Center

## SPECIAL UPCOMING EVENTS



# THEATER

Spring Fling  
Masquerade Ball  
May 29th  
@ 12:00p.m.



*Senior*  
**NEIGHBORS**  
no longer alone

# SHOW TIME



MGM  
Movie Marathon  
April 17th  
@ 11:00a.m.

Arbor Day  
Planting  
April 8th  
@ 1:00p.m.

World Autism  
Awareness Day  
Brunch  
April 3rd  
@ 10:00a.m.

Cooking Demo  
April 8th  
@ 11:15a.m.



# Walker Senior Neighbors Center

## April Calendar

Coffee & Cookies Served on Mondays,  
Wednesdays and Fridays @ 9:00a.m.

**01**  
MON

### FINE ARTS

Bingo w/ Kevin @ 10:00a.m.  
Clay Coral Pot w/ Michael @ 1:00p.m.  
Knitting w/ Helen @ 1:00p.m.

Lunch Served Mondays, Wednesdays and  
Fridays @ 12:00p.m. for a \$3.50 donation

**03**  
WED

### LIVE MUSIC

Autism Awareness Brunch @ 10:00a.m.  
Live Music w/ Lee @ 11:00a.m.  
Cards Games w/ George @ 1:00p.m.  
Bible Study w/ Martha @ 1:00p.m.

**05**  
FRI

### SELF-DEFENSE

Self-Defense w/ Larry @ 10:00a.m.  
Hearing Screening w/ Mary 1:00p.m.  
Card Games w/ Jim & Ruth @ 1:00p.m.

**08**  
MON

### COOKING DEMO

Bingo w/ Felicia @ 10:00a.m.  
Cooking Demo w/ Diana @ 11:15a.m.  
Arbor Day Planting @ 1:00p.m.  
Knitting w/ Helen @ 1:00p.m.

**10**  
WED

### TECHNOLOGY

Technology w/ Ashley @ 10:00a.m.  
Bible Study w/ Martha @ 1:00p.m.  
Card Games w/ George @ 1:00p.m.

**12**  
FRI

### ARTS & CRAFTS

Self-Defense w/ Larry @ 10:00a.m.  
Medicare/Medicaid Info @ 11:00a.m.  
Arts & Crafts w/ Tayia @ 1:00p.m.  
Card Games w/ Jim & Ruth @ 1:00p.m.

**15**  
MON

### GRIEF SUPPORT

Bingo w/ Felicia @ 10:00a.m.  
Grief Support w/ Katie @ 1:00p.m.  
Recognition of Volunteers 2:00p.m.  
Crocheting w/ Helen 1:00p.m.

**17**  
WED

### SIGN LANGUAGE

American Sign Language w/Lois @ 10:00a.m.  
Technology w/ Ashley @ 10:00a.m.  
MGM Movie Marathon @ 11:00a.m.  
Bible Study w/ Martha @ 1:00p.m.  
Card Games w/ George @ 1:00p.m.

**19**  
FRI

### ARTS & CRAFTS

Self-Defense w/ Larry @ 10:00a.m.  
Arts & Crafts w/ Rolyndia @ 1:00p.m.  
Cards w/ Jim & Ruth @ 1:00p.m.

**22**  
MON

### CROCHETING

Bingo w/ Felicia @ 10:00a.m.  
Crocheting w/ Helen @ 1:00p.m.

**24**  
WED

### COUNCIL MEETING

Technology w/ Ashley @ 10:00a.m.  
Live Music w/Marshall @ 11:00a.m.  
Bible Study w/ Martha @ 1:00p.m.  
Advisory Council Meeting @ 1:00p.m.  
Card Games w/ George @ 1:00p.m.

**26**  
FRI

### CARD GAMES

Self-Defense w/ Larry @ 10:00a.m.  
Arts & Crafts w/ Tayia @ 1:00p.m.  
Cards w/ Jim and Ruth @ 1:00p.m.

**29**  
MON

### BINGO

Bingo w/ Felicia @ 10:00a.m.  
Diabetes & Hypertention Presentation  
w/ Sue @ 11:00a.m.

Tai-Chi (Tues. & Thurs.)  
March 12th-April 18th  
@ 1:00p.m.

# Ways to Wellness



## Spring is Coming!

I am so excited to finally have spring on it's way! I love this time of year when it feels like things are finally starting to warm up a bit.

Julie Lake,  
Wellness  
Coordinator

As we move through April we start our new spring schedule of classes. There are new Tai Chi classes happening, we are finishing up A Matter of Balance classes, and are deep into an Active Living Every Day class. We are working on getting all our programming lined up for the warmer weather, which will include the bikes and trikes we purchased with our grant last year. I'm excited to see how we can get people using this equipment more this spring, and I'm looking forward to working with the centers to get these bikes out to all our areas for your use!

I've been out distributing t-shirts for our "T-Shirts for Twenty" promotion that we started in January. A reminder to our Engaging Wellness classes that the

100 participants to attend twenty classes in 2024 will receive an Engaging Wellness t-shirt. These are being delivered after the final monthly attendance makes its way to me, so I appreciate your patience as I track all these class locations and get shirts out to everyone!

Our Engaging Wellness programs continue to grow across the region and we are looking forward to expanding programming with more instructors for our fitness classes and more volunteers for our A Matter of Balance classes. Anyone interested in learning more about teaching fitness classes or our balance classes, should reach out to me for more information.

As spring settles in, just keep moving and staying as active as you can to keep your independence.

Stay Well!  
-Julie

## thank you to our 2023 community partners in philanthropy

### Gold



### Silver



The Currie Foundation

### Bronze



### Friend

Philip and April Alt  
Robert and Luanne Barnes

Beacon Hill at Eastgate  
Emmanuel Hospice  
Integrity Business Solutions

Old National Bank  
Doug and Kathy Vance

Community Partners in Philanthropy have made a year-long commitment to sponsor events supporting the programs and services of Senior Neighbors. We thank these generous partners for their ongoing dedication to Enhancing the Lives of Seniors throughout our community!







## *Happy Retirement, Bob!*

*WISHING YOU HAPPY ADVENTURES IN EVERY JOURNEY AHEAD*

After 34 years of service, we would like to thank Robert Barnes for his leadership and dedication to Senior Neighbors. His impact has been felt by both employees and clients. Last year as an organization, we were able to serve over 5,500 older adults throughout Kent County. Congratulations on your amazing professional career!



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**LOWELL SENIOR CENTER**

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Lowell, MI 49331

616.897.5949

**SPARTA SENIOR CENTER**

100 Ida Red AVE

Sparta, MI 49345

616.887.1273

**WALKER SENIOR CENTER**

1470 3-Mile RD NW

Walker, MI 49544

616.735.3240

We promote the wellbeing of older adults with services that promote self-sufficiency, especially for those with physical, social or economic needs living in Kent County.



Every year we serve over 4,000 older adults, helping them remain independent through our five Senior Neighbors Centers and a wide range of services.

**OUR MISSION IS...**

We are dedicated to promoting independent living for people who are 60 years and older by providing essential services that help seniors remain independent into their later years. We focus heavily on health and wellness programming as we work to aggressively pursue our mission of *Enhancing the Lives of Seniors*.

Senior Neighbors is funded in part by: Individual donations, Heart of West Michigan United Way, Area Agency on Aging of Western Michigan, Meals on Wheels of West Michigan, Meals on Wheels America, The Home Depot Foundation, Kent County Senior Millage, Kent County Community Development Block Grant, City of Grandville, Michigan Department of Transportation, Michigan Adult and Aging Services Agency, Michigan Department of Health and Human Services, Corp. for National and Community Service, Administration on Aging.



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