Protect Yourself Against Extreme Heat

Extreme heat is a leading cause of preventable death among seniors and with recent record-breaking temperatures, it is important seniors and caregivers know how to stay safe in hot weather. According to the Centers for Disease Control, more people in the United States die from extreme heat than earthquakes, hurricanes, lightning, floods and tornadoes combined. Of these preventable heat-related deaths, seniors account for 40 percent, according to Dr. Thomas Cavalieri, founder of the New Jersey Institute for Successful Aging.

As people age, their bodies cannot cool down as well as when they were younger. Elderly people may not feel as hot when temperatures are very high and are less likely to feel thirsty when their bodies are near dehydration, according to experts at the American Geriatric Society’s Foundation for Health in Aging.

Here are four tips to help seniors stay safe in hot weather:

1. If possible seek an air-conditioned environment. If you do not have air-conditioning at home, visit an air-conditioned shopping mall, or friends home. During extreme heat warnings, cities often set up cooling centers for the public to escape the heat. If you cannot leave your home, take a cool shower or place cool towels around pulse points such as the neck and armpits.

2. Drink plenty of cool, non-alcoholic, non-caffeinated beverages without too much sugar. When the body sweats, it loses vital salts and minerals, so grab a sports drink or a Pedialyte. If your liquid intake is limited, eat cold fruits that contain high amounts of water like apples, watermelon and cantaloupe.

3. Stay out of the sun during the warmest parts of the day—usually between 10 or 11 am and 3 or 4 pm—and wear weather appropriate clothing that is loose fitting with light fabrics.

4. Use a buddy system. Ask a friend or relative to call and check on you twice a day. If you know someone 60 or older, call to check on them twice a day.

Senior Neighbors ~ Respect for Every Person and a Commitment to Diversity

June 19th, 2020 marked the 155th year of the celebration of Juneteenth, when Texas, the final confederate state to officially end slavery in the US, implemented the directive found in the Emancipation Proclamation that all would be free. As this historic day came and went, our hearts were heavy as we watched recent events that highlight the evidence of deep-rooted racism in our society. We recognize the feelings and experiences that many Americans in minority communities “Can’t Breathe” as our country falls short of the promise of justice and liberty for all.

Slavery officially ended in 1865, and was replaced by systemic, institutional, and personal racist acts against the Black community. The Leadership Team, Board, and Diversity and Inclusion Committee at Senior Neighbors want to affirm and make clear that we believe Black Lives Matter. We at Senior Neighbors hold ourselves accountable to be an inclusive agency where every senior matters. We want to continue to help bring healing in our community, starting with our internal SNI community. We recognize that healing itself is a process. However, healing must take place for Senior Neighbors to maintain our commitment to our core values, which include respect for every person and a commitment to diversity.

Senior Neighbors, led by the Diversity and Inclusion Committee, will continue to evaluate how our internal community can best reflect our core values regarding issues of racism and injustice.

If you find yourself in need of support during these difficult times, please reach out to your senior center coordinator or our intake case manager at 616.233.0281.
Until We Meet Again!

At this time we still do not know when our in person classes will resume. In the meantime, I encourage you to continue doing what you can at home to stay active and healthy! Take a walk in your neighborhood! If you’re getting tired of the same scenery, drive to another neighborhood, a local park, a nature center, or one of the many walking/biking paths in the area. If you feel like you’re in a fitness rut, it might be helpful to just get a change of scenery for a few days!

We continue to offer virtual classes through the Zoom platform. These classes are available for any Kent County older adult interested in a virtual work out. You will need a device and an Internet or Wi-Fi connection. There is no cost to use ZOOM. Our schedule of ZOOM classes is on our website, or you can contact me for more information at: jlake@seniornighbors.org or 616-233-0283.

As always, I encourage you to find ways to stay as active as possible. But, in addition to your physical health, be sure to take care of your social and emotional health. I know that the social isolation so many of you are experiencing has been going on a long time, and perhaps there doesn’t seem to be an end in site. We don’t know when our centers will open, when classes will resume, what the fall will bring, and when we may be able to return to any events or gatherings.

This is a difficult time for many. I realize that each and every person is struggling with changes that have come about since March. And for sure, some people are struggling much more than others! I have been reminded, and continue to share this reminder, that every one of us is grieving losses at this time. Certainly, some are larger than others, but that doesn’t make any one person’s losses less significant. It’s okay to have bad days and bad moments, as long as we can still find the good days and the good moments. If you are struggling with this, find ways to connect with others even if you cannot see them in person. Sure, sometimes it might be nice to have some peace and quiet, but we may begin to crave interactions with others. It is a difficult time right now. Reach out for help if you need it. Our case management team can help provide resources for you if you are in need of mental health support.

Here’s some ideas of ways to pass the time and connect! I’m giving you some ideas of ways to stay busy and connect that don’t require ZOOM or other technology!

- Find some new hobbies, revisit some old hobbies. Maybe now is the time to learn to knit like you always wanted to. Or, maybe now is the time to dig out the old paints you used to use!
- Send letters in the mail to friends and family.
- Find a good deed to do or a kindness to share each day with others.
- Try a recipe exchange with friends, family, or neighbors.
- Baseball will be back this month! Listen to (or watch) a few games
- Invite a friend to go for a walk with you – you can still be six feet apart!
- Try a new or an old television series.
- Watch the old family home movies– we dug these out and our kids loved seeing themselves as young kids!
- Many religious organizations are offering drive in or outdoor services– no technology needed and physical distancing is in place.
- Sort through old pictures/photo albums. Do you have shoe boxes of pictures like my mom does? Get them out and just start remembering the good moments you see!

I hope you are finding some peace and happiness in each day. Take care of yourselves.

Be Well!

-Julie
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jzalinski@4LPi.com or (800) 477-4574 x6633
Box Lunches

The Grand Rapids Senior Center is serving boxed lunches from MOWWM
Monday—Friday between 9:30 am—12:00 pm
We are asking for a $2.00 donation for these lunches. If you have questions please call 616.459.3040

Need a mask we have some to hand out to our seniors. Stop by the Grand Rapids Senior Center Monday—Friday between 9:30 am—12:00 pm.

Grand Rapids Senior Center

Transportation
GO!Bus—616.456.6141
Schedule 24 hours in advance
*For seniors 65 or older/mentally or physically disabled
*Low cost.
*You must wear a face mask when riding the bus.

Silverline—The Rapid
No fare is required to ride if you enter and exit within the No Fare Zone.
Monday: Friday 5 am - 1 am
Saturday: 5:30 am - 10 pm
Sunday: 6 am - 7 pm
Limited number of people on the bus at a time and passengers must wear a mask.

Ride Link—616.774.1288
*Call day before, by noon, for appointments or grocery runs.
*Requested donation $2.00

Resources—Meals—Shelter
Degage Ministries ~ 616.454.1661
144 Division Ave. S. GR, MI 49503
Breakfast: 8:30—10:00 everyday
Dinner: 6:00—7:00 everyday
They can help with many other services, just ask.
Cost: Low cost payable with vouchers

God’s Kitchen ~ 616.224.0217
303 Division Ave. S. GR, MI 49503
Free—Lunch: 12:30—2:00 everyday except Closed Sundays

Mel Trotter Ministries ~ 616.454.8249
225 Commerce Ave. SW; GR, MI 49503
Women’s & Men’s Shelter:
• For single women & their children
• Check in at 4:30 Women 4:00 Men
• Check out 7:00 am
• Dinner and breakfast served
• $2.00 per meal (EBT, Cash or Debit)
• Men’s Meal 5:00 daily
• Women’s Meal 5:25 daily

Grand Rapids Homeless Outreach Task Force
Firefighters and officers from the GR Fire and Police Departments to help educate and take steps to help mitigate the spread of COVID-19

Hand washing stations
Portable bathrooms have been placed downtown in the Heartside area to keep you clean.

Heartside Gleaning Initiative
Free produce giveaways take place on Wednesday 4:30-4:45 pm in LaGrave Church Parking Lot through June 3rd.

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.

*Decaf/Regular Coffee/Tea *Coffee Creamers
*Peanut Butter/Jelly *Delicious Goodies
*Toilet Bowl Cleaner *New Batteries
*Cereal & Breakfast items *Bingo Prizes

GR Senior Center

August 2020
14...Sandra Collins
14...Stanley Smith
15...Terry Murphy
15...Vernice Shaver
16...Linda Adams
20...Walter Evans
20...John Garmon
21...Robert Robinson
24...Lonnie Olmetti

Birthday

Dear Seniors,
A wise man once told me that faith is daring the soul to go beyond what the eyes can see for we must walk by faith and not by sight. We are definitely living during some trying times but I would like to encourage you today to keep your head up and keep pressing on. We might not see you everyday but we are still here to help. Although our center isn’t open yet we are still providing lunches, bus tickets, waters and commodities Monday—Friday 9a to 1p. We hope that you all are taking this time to remain active and in touch with each other. If you have any questions or concerns please don’t hesitate to give me a call at the number listed below. Hopefully we will see you soon.” Jonathan

616-459-3040
To All My Favorite People,
I have been working hard at calling all of the seniors who attend our center. But, if I have missed you and you need anything please don’t hesitate to call me at 616.531.5250. All of us at Senior Neighbors are here and want to help, especially during this unprecedented time in our history. I miss you all!

Lisa Sarber, CTRS
Center Coordinator

Embrace Change

We don’t know how long this “new Coronavirus normal” is going to last. As frustrating as this can be, one way to overcome being alone is to embrace technology and bring programming to your own home. We know that many of you are lonely and are in need of companionship. We can bring this to you through a computer, the internet or with a smart phone. If you don’t have these things, it might be time to think about embracing them. Ask me or a family member how this could help. Your grandchildren would love to help you get started as you embrace this change.

Meals
Five (5) Freezer Meals & Milk available at the Center Once a Week

When: Mondays
Time: 10 am until 12 pm
$2.75 suggested donation (Please call the center by Thursday with your meal order.)

Please remember to donate for your meals. The suggested donation for five meals is $13.75 but ANYTHING helps keep this program going.

Phone Activities
Happening in June with the Walker Center

Monday, Wednesday & Friday
Bingo at 11:00am w/Sherri from Walker

Bingo can be enjoyed, By calling 231-309-8101
Conference ID: 864252#

Need a mask? Stop by the Grandville Senior Center on Monday’s between 10:00 am - 12:00 pm to protect yourself while you are in public.

Happy Birthday

2 ~ Geneva Batdorff
3 ~ Sharlene Castle
4 ~ Ethel Adamy
4 ~ Cynthia Greenhow
4 ~ Suzanne Lawery
5 ~ Barb Hoster
7 ~ Roseanne James
7 ~ Sally Sutton
8 ~ Barbara Bailey
8 ~ Wheeler Campo
8 ~ Helen Hoover
12 ~ Geraldine Vanderbei
14 ~ Veronica Dunn
15 ~ Sam Galindo
16 ~ Deanna Mitchell
17 ~ Lois Bipma
17 ~ John Veenendall
18 ~ Claudia Dean
20 ~ David Beaudin
21 ~ Erma Schneider
22 ~ Peter Noel
27 ~ Joann Kanady
30 ~ Michael Middleton
Dear Friends,

Hello Summer as my hat displays! Summer really turned its heat on especially as I type this and it is 95 outside today!

We will have to remember this in January or February when we are so cold and tired of snow!

I wanted to share a picture with you of me at the Center for two reasons, one so that you can remember what I look like and also see the Center in the background.

As I don’t have any answers on when we will open again I just want to encourage you guys to keep calling each other and join in our phone activities to help yourselves get through these long, hot days! It sure helps interacting with others at least once a day.

I want you to know that I am here for you and you are welcome to reach out to me any time.

Take care and talk to you soon!

Love, Terra

We’re Here To Help

Terra Bieneman:
Center Coordinator
Carol Schwierking:
Nutrition Aide
Don Schneider:
Bus Driver
Nicole Driesenga:
SNI Central Office Rep

We don’t know how long this “new Coronavirus normal” is going to last. As frustrating as this can be, one way to overcome being alone is to embrace technology and bring programming to your own home. We know that many of you are lonely and are in need of companionship. We can bring this to you through a computer, the Internet or with a smart phone. If you don’t have these things, it might be time to think about embracing them. Ask me or a family member how this could help. Your grandchildren would love to help you get started as you embrace this change.

AUGUST 2 ~ MARLENE BRIGGS
AUGUST 4 ~ JOANN CHILDS
AUGUST 10 ~ CAROL SCHWIERKING
AUGUST 14 ~ BARB BRIGGS
AUGUST 28 ~ NANCY THORNTON
AUGUST 29 ~ TERRI HOAG
AUGUST 28 ~ DAWN VANDERWULP

616-897-5949 Call me for anything!

WEEKLY SCHEDULE OF ACTIVITIES ALL ACTIVITIES ARE AT 11AM

MONDAY
BINGO

WEDNESDAY
COFFEE W/ TERRA (10:15)
BINGO

THURSDAY
MUSIC & TRIVIA

FRIDAY
BINGO

PHONE NUMBER TO JOIN ACTIVITIES
231-309-8101
Conference ID: 698091#
Hello August

Everyone is Invited!
Contact Jane (616) 516-4419

Mon 10:30 a.m. Tea & Talk Time
Fun & Interesting Topics
Tues 10:30 a.m. Book Club
Award Winning Books
Wed 10:30 a.m. Game of Choice
Farkle, Shut the Box, Rally Roll, Trivia, & Bingo
Prizes Awarded
Thurs 10:30 a.m. Freezer Meals
Delivered or Picked Up 10-12 p.m.
Contact Jane
Fri 10:30 a.m. Game of Choice

R.I.P.
Elizabeth Jane Mason
7/24/1928 - 6/18/2020

Happy Birthday
2 Cindy Vandenberg
5 Kathy Labiotka
7 Bob Vandenberg
7 Harry Starks
13 Mary VanHam
13 Lydia Boughman
13 Pauline Ingersoll
19 Ron Ringler
23 Tonia Runyan
28 Mark Hanna
30 Marilyn Mutchler
31 Mary Grant
We don’t know how long this “new normal” is going to last but as much as it can be scary, we may have to embrace technology to bring programming to your homes. We know that many of you are lonely and are in need of companionship. We can bring you this with a computer, internet or a smart phone. If you don’t have these things it might be time to think about embracing them. Ask me or your family about how we could help. Your grandkids would love to help you embrace this change.

August Birthday’s
Marie Byl
Ray Flanders
Lucille Mantella
Treasa Rossanible
Millie Smith
Paula Simpson
Sally Sutton
Myrna Zielinski

Phone Activities in August
Bingo: Monday, Wednesday & Friday
w/Sherrri
11:00am

Trivia Tic-Tac-Toe
w/Sherrri 9:30am

Book Club:
Wednesday w/Lora
9:30am

Rhythm Band:
Friday w/Lora
9:30am

These activities can be enjoyed,
By calling 231-309-8101
Conference ID: 864252#
The loneliness epidemic can be a risk to health as we age. Social connections are a fundamental human need for wellbeing. Without them, people are at risk of depression, cognitive decline, decreased mobility and even death. An increased sense of social support can improve quality of life and reduce health issues.

The Without Walls Pandemic program with Senior Neighbors is a free phone-based activity program. The goal is to connect adults who would like to be more social. The Without Walls program allows participants to learn new information and make social connections through conversations with peers and professionals from the community. The program facilitates later in life learning opportunities, participation in brain-stimulating activities, and most importantly allows seniors to feel part of a community and to create new and meaningful friendships.

**Why Is The Program Valuable?**

1. Enjoyment comes from participating in the calls.
2. Activities stimulate the mind.
3. Participants feel as if they belong to a community.
4. The calls are something to look forward to.
5. Participants feel better about life and themselves; improved attitude and outlook.
6. The program allows a social outlet to engage with others and make connections.
7. Participants share with others about the program and the friendships grow.

**What Are Some Of The Best Aspects Of The Program?**

Socialization, camaraderie, being able to chat with others, sharing ideas, learning about one another, flexibility and convenience of the program.

**Simple To Join And Good For Your Health.**

Contact Jane Ringler at (616) 516-4419 or email jringler@seniorneighbors.org to enroll. You’re welcome to join any or all Senior Neighbors programs and enjoy a broad range of different activities and people to get acquainted with. Take part from the convenience of your home. All you need is a phone; no other equipment is needed.
**Fill Out This Page and Receive a Prize—**

Mail To:  
Nicole Driesenga  
3072 Beechridge  
Hudsonville, MI 49426  
(Make Sure To Add Your Address)

Most answers on the back page of this newsletter

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**Summer Word Search**

LISOOUTDOORSMISSDNT  
FOUTHOFJULYAWAIR  
SANAILSKYFENIZUPE  
KRAPRETAWRMSISLOC  
LPRESTDDCMCGHLP  
ETIEQIEIKROPOOF  
VAC1LGCNERI1ARBA  
AEAILGHCZONEST  
RHH1WINPTZISSL  
TNOITACAEVACHAOE  
REMUSBCNACEOBMN

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**Summertime Crossword**

**ACROSS**
3. A track or mark left by a foot or shoe  
6. A meal or party at which food is cooked and served outdoors  
7. Explosive chemicals that produce bright colored patterns or loud noises when they explode in the night sky  
10. Having a lot of moisture in the air  
12. Shortly before summer we can say “it is _________ summer”  
13. A path through a forest

**DOWN**
1. A meal that is eaten outdoors, often on a blanket  
2. A small house usually near a lake or beach  
4. Not inside a building in the open air  
5. “Let’s go play _________”  
8. A shoe with a bottom part that is held in place with strips around the foot and sometimes the ankle  
9. One of the four periods of time a year is divided into  
10. The activity of going for long walks, often in the woods  
11. A track that is made by people or animals walking over the ground

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**Summer Activities Outside**

Word Scramble Puzzle

URIFNSG  
NIH88FI  
QEGTPR8PAHO  
NOCAIEN  
CCABKBKGPNA  
INUNRNG  
GIANSIL  
INGRIID  
OIYCYNL  
KNGiiS  
WINMMGSI  
OMGNBCRKCIli  
NKIHIG  
LSLEAABBB  
ICGFNAM

---

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Give Today
Healthy Eating: Facts about Breakfast

Linda B. Bobroff

Across
3. Breakfast provides the ____________ you need to start your day.

6. ____________ are considered a breakfast food but they are high in calories and have few nutrients.

7. The idea that eating breakfast causes weight gain is ____________.

8. Eating a well-balanced breakfast provides you with important ____________ needed for good health.

Down
1. ____________ is known as the most important meal of the day.

2. Breakfast does not need to be a bowl of cereal; you could have ____________ like pasta from the night before instead.

4. Not liking breakfast foods and not being hungry in the morning are ____________ for not eating breakfast.

5. For a well balanced breakfast, choose food from at least ____________ different food groups.

Answers
8. Nutrients
5. Three
7. False
4. Exusses
6. Doughnuts
2. Lettuce
3. Energy
1. Breakfast

1. This document is FCS80009 (la versión de este documento en español es Alimentación saludable: Realidades sobre el desayuno (FCS80009-Span)), one of a series of the Department of Family, Youth and Community Sciences, UF/IFAS Extension. Original publication date March 2012. Reviewed May 2016. Visit the EDIS website at http://edis.ifas.ufl.edu.

2. Linda B. Bobroff, professor, Department of Family, Youth and Community Sciences; UF/IFAS Extension, Gainesville, FL 32611.

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Rob Barry, H.A.D.

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Every year we serve over 4,000 older adults, helping them remain independent through our five Senior Neighbors Centers and a wide range of essential services. We promote the well-being of older adults with services that promote self-sufficiency, especially for those with physical, social or economic needs living in Kent County.

**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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**CENTRAL OFFICE OF SENIOR NEIGHBORS**

678 Front Ave. NW
Suite 205
Grand Rapids, MI 49504

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Crossword Answers: ACROSS ~ 3. FOOTPRINT; 6. COOKOUT; 7. FIREWORKS; 10. HUMI; 12. ALMOST; 13. TRAIL / DOWN ~ 1. PICNIC; 2. COTTAGE; 4. OUTDOOR; 5. OUTSIDE; 8. SANDAL; 9. Season; 10. HIKING; 11. PATH

Unscramble SUMMER ACTIVITIES Answers: SURFING, FISHING, PHOTOGRAPHY, CANOEING, BACKPACKING, RUNNING, SAILING, RIDING, CYCLING, SKIING, SWIMMING, ROCK CLIMBING, HIKING, BASEBALL, CAMPING