Inside this issue:
Ways to Wellness
Grand Rapids
Grandville
Lowell
Sparta
Walker
Nutrition Education

The question we hear a lot is “When will we open our senior centers?” We wish we had an exact date to give, but unfortunately, we do not. Your safety is our top priority. We are guided by our public health experts. We are carefully evaluating the best available data to understand the degree of risks involved in the activities we offer. We want to wise about when and how we open our various programs.

Our Governor has put together six reopening phases with the sixth phase indicating that community spread is not expected to return. Because many seniors fall into the high-risk group, we will likely be in phase five or six before all our services are open. In the meantime, we may be carefully adding some new activities as long as people’s safety can be reasonably assured.

So, what am I saying? We do not have a firm answer. We will be taking our cues from state and local officials, other counties, and other senior centers in Michigan. This pandemic is still temporary, and we will be adventuring together soon enough. Please check our website activities we are providing.

5 Things You CAN DO While Social Distancing

The coronavirus pandemic has turned life upside down for just about everyone, preventing people throughout the world from working, socializing, and performing everyday activities. Older adults — at a higher risk of serious complications from COVID-19 — are more likely to restrict their activities significantly to reduce their chances of contracting coronavirus.

Although it’s important for older adults to protect their health during the COVID-19 pandemic, it’s also vital they stay physically and mentally active. However, it can be challenging to find appropriate social distancing activities for seniors. Here are five ways seniors can stay active while following social distancing guidelines:

1. Walking ~ Many communities with “shelter-in-place” orders have made exceptions allowing outdoor exercise. If the weather is pleasant and it’s possible to avoid crowds, a walk around the neighborhood can provide sufficient exercise to reduce restlessness and deliver mood-and immune-boosting benefits. If your loved one must stay indoors, walking around the house or marching in place can increase daily step counts.

2. Exercise and strength training ~ Yoga, Pilates, tai chi, and stretching can help seniors stay fit at home during “shelter-in-place” orders and can improve balance, flexibility, core strength, and overall mobility. Many instructional videos can be found online, and some are even tailored specifically for older adults. Another option is joining a virtual class hosted by an area exercise studio or senior center.

Strength training is also important for seniors — and it doesn’t necessarily involve lifting heavy weights at the gym. Many strength-training exercises for the elderly can be done at home while sitting or lying down. Seniors only need their body weight and a few simple exercises to get started. If desired, they can use everyday household items such as soup cans to add weight for exercises.

3. Dancing ~ Known for its cardiovascular benefits, dancing is a fun, low-impact way to exercise and boost endurance during long days of social distancing. As an added benefit, listening to some favorite music may even encourage your loved one to exercise their mind by taking a pleasant “walk” down memory lane.

4. Gardening ~ For older adults who enjoy being outdoors, gardening can enhance outdoor spaces while burning calories and providing a healthy dose of fresh air. Although some older adults may not be mobile enough to dig in the dirt, there are other alternatives to reap the benefits of gardening. Potting small plants or herbs to be maintained indoors or decorating an enclosed porch or patio can provide an afternoon’s diversion and keep your loved one moving and active.

5. Arts and crafts ~ Older adults who have limited mobility can stay active at home by participating in arts and crafts. Whether knitting, crocheting, painting, coloring, or working with clay, arts and crafts can help older adults maintain their dexterity and cognitive skills.
Join Us In Our Virtual Classes!

We know you are all anxious to return to all the activities you enjoy, including our fitness classes! Until that can happen! We have some great Virtual Fitness Classes available now! You are welcome to check any of them out, you just need to connect with me via phone or email to get registered!

**Tai Chi:** Slow, gentle series of movements that improve balance, strength, and mindfulness.

- Beginners: Mondays and Wednesdays at 2pm
- Tuesdays and Thursdays at 4:15pm

- Intermediate: Tuesdays and Thursdays at 2pm
- Tuesdays and Thursdays at 3pm

- Advanced: Mondays and Wednesdays at 12pm

**Arthritis Foundation Exercise Program:** A great beginner’s class focusing on safe joint flexibility and some balance and strengthening.

- Wednesdays at 11:00

**Comprehensive Fitness classes:** A great hour long work out focusing on cardio, strengthening, stretching and balance!

- Mondays and Thursdays at 11:00
- Tuesdays and Thursdays at 9:00
- Tuesdays and Thursdays at 11:00
- Mondays, Wednesdays, and Fridays at 10:15

These classes are offered using the ZOOM platform. There is no cost to you for using ZOOM. If you would like to participate in these classes, just call 616-233-0283 or email jlake@seniorneighbors.org.

Donations for classes can be made with check sent to our Central Office, or on our website!

Stay Well!

- Julie

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### Safety Tips for Seniors

- **Exercise on flat surfaces** that are free of tripping hazards while wearing proper footwear.
- **Don’t overdo it** ~ If an older adult is new to exercise, ramping up a fitness routine too quickly can lead to injury. Remind seniors to start with beginner-level exercises and take it slow and steady.
- **Stay hydrated** ~ Older adults can become dehydrated quickly, so seniors need to drink plenty of water before, during and after exercise.
- **Keep someone informed** ~ Older adults should let someone know when they are exercising, especially if they are leaving the house or will be by themselves — not just for accountability, but to protect them in case of a fall or another injury. Having a qualified home care professional to monitor and check on your elderly loved one can ensure they stay safe. Also, exercising with them using video chat can ensure safety while providing the added benefit of socialization and companionship.

In addition to finding creative ways for the elderly to communicate during social distancing, it’s just as important they stay active to maintain their well-being. With a little imagination and motivation, seniors can stay healthy and safe during the coronavirus pandemic while getting the exercise and activities they need.
Side by Side Adult Day Services
Offers daytime activities for older adults with cognitive impairments while providing needed respite and support for caregivers.
Call now or stop by for a tour!
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*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

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 616.459.3040.
All of us at Senior Neighbors are here
and want to help, especially during this
unprecedented time in our history.
~ Jonathan Bates, GR Center Coordinator

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 *Snacks/Goodies
*Tissue Bowl Cleaner *New Batteries
*Pancake Mix & Syrup *Postage Stamps
*Cereal & Breakfast items *Bingo Prizes

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

I'm here to help

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.

1—Levarst Hullett Jr.
2—Larry Davis
4—Johnny Townsend
5—Douglas Rowland
12—Neil Ross Jr
14—Carolina Cuello
15—Adolph Claybourne

616-459-3040 Call us
for anything!
Grandville Senior Neighbors Center
Located in Grandville at 3380 Division.
Phone: 616-531-5250
Fax: 616-531-7743 www.seniorneighbors.org

If you haven’t already filled out your 2020 Census and need help, please call me at 616.531.5250 and I will help you. It is important that each person does what they can for the future of each town in America.

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 unprecedent time in our history. I miss you all!
Lisa Sarber, CTRS
Center Coordinator

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.

Phone Activities
Happening in June with the Walker Center
Monday, Wednesday & Friday
Bingo at 11:00am w/Sherri from Walker

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.

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

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.

21...Suzanne Lynema
22...Judy McDonald
23...Suzie Wardle
24...Joan Eldridge
26...Linda Lynema

3...Joyce Koon
8...Mary Ogg
11...Harold Bolt
11...Janet Vandyk
12...Glenda Stolieckas
15...Kathleen Becker
20...Fred Dillinger

Birthdays In JULY

God Bless the USA
Lowell Senior Neighbors Center
314 South Hudson, Lowell, MI 49331
Phone: (616) 897-5949
www.seniorneighbors.org

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.

JULY 9 ~ BRENDA PAUL
JULY 25 ~ DON SCHNEIDER
JULY 28 ~ LAURI EDGE
JULY 28 ~ KAY ESTES

Dear Friends,
I hope you are all doing okay and are enjoying having phone activities together as we help each other get through this time at home. I have really enjoyed connecting with you all. Even though we can’t be at the center, I am thankful to have the option to share life with you in this special way.

These times are difficult but we will get through them and hopefully take the time to appreciate those little things we maybe we took for granted before the pandemic hit!

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 Bieneman

We’re Here To Help
Terra Bieneman: Center Coordinator
Carol Schwiertking: Nutrition Aide
Don Schneider: Bus Driver
Nicole Driesenga: SNI-Central Office Rep

616-897-5949 Call me for anything!

We’re all in this together. Even if we can’t hug, hands right now.

WEEKLY SCHEDULE OF ACTIVITIES ALL ACTIVITIES ARE AT 11AM

PHONE NUMBER TO JOIN ACTIVITIES 231-399-6101
Conference ID: 698091#

MONDAY’S BINGO

WEDNESDAY COFFEE W/TERRA (10:30) BINGO 11

THURSDAY MUSIC

FRIDAY BINGO
Embracing Technology

We don’t know how long our senior population will be at risk or how long senior centers will remain closed. We do know that many seniors are making this time more enjoyable by embracing technology. You too can make this time the best it can be by staying connected & interacting with friends over the internet. Now more than ever, computers, tablets and smart phones are helping people. It just takes one program download & we can see one another & converse as if we are sitting across from the table. Be an advocate for yourself, please reach out for help in finding a device, affordable internet & getting instructions on use.

Senior Neighbors wants to help. Contact Jane at (616) 516-4419 to discuss getting you set up.

Stay Home...Stay Safe...Stay Connected!

The Convenience & Ease of Freezer Meals

Sign up to get your freezer meals by contacting Jane at (616) 516-4419. Tasty meals available for all seniors age 60 or older on Thursdays from 10-12.

5 meals, 5 milks, 5 fruits per week $2.75 per meal donation recommended.

Activities by Phone

Be a part of all that continues!

Everyone is welcome to participate.

Contact Jane for the toll free number.

Game of Choice (Farkle, Rally Roll, Trivia, Bingo, etc...) You choose the game! Wed & Fri 10:30 a.m.

Prizes Awarded

Book Club
You choose the books we read & discuss! Tues 10:30 a.m.

Tea & Talk Time
Great Topics & Fun Discussions. Mon 10:30 a.m.

Bible Study Group
Led by retired teacher Cindy Mon 2 p.m.
Welcome to the Walker Firehouse Café
4101 Lake Michigan Drive
Walker, MI 49534
Phone: (616) 897-5949
www.seniorneighbors.org
Questions or concerns
Call or Email Sherri Meines, SDC
Walker Center Coordinator
Email: smeines@seniorneighbors.org

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.

If you haven’t already filled out your 2020 Census and need help please call me at 616.531.7743 and I will help you. It is important that each person does what they can for the future of each town in America.

Phone Activities in July
Bingo: Monday, Wednesday & Friday w/Sherri 11:00am
Story Time/Coffee Time: Monday w/Sherri 9:30am
Book Club: Wednesday w/Lora 9:30am
Rhythm Band: Friday w/Lora 9:30am

Rhythm Band
Friday w/Lora 9:30am

These activities can be enjoyed,
By calling 231-309-8101
Conference ID: 864252#
Signs of a Toxic Relationship

Recognizing a relationship that’s harmful can be tough. And a toxic relationship doesn’t have to be just with a romantic partner. It can also be with a family member, a friend or someone you see often.

Is your relationship harmful?
All relationships have their ups and downs, but ask yourself:
- Does your relationship drain you and feel unpleasant?
- Do negative moments outnumber the positive ones?
- Are conflict, competition and disrespect the norm?
If you answered “yes” to any of these questions, you may be in a toxic relationship.

More signs of trouble
- You’re on an emotional roller coaster. One day, your friend is so happy you’re in his or her life. The next day, he or she refuses to talk to you. The inconsistency is stressful.
- The stress affects your body. You might have new aches and pains, headaches or stomach aches. You’re more anxious, especially at the thought of interacting with this person.
- The person has red-flag behaviors. You may notice the person lying to you or starting arguments that go in circles—expecting you to prioritize his or her needs while trivializing yours.
- You don’t feel good when you’re together. You feel like you’re walking on eggshells.

What can you do? If the relationship is toxic, ending it is your healthiest option.
Find a friend, relative or professional to support you. Remind yourself that all relationships are a choice. Don’t let a toxic relationship continue too long.

Take Depression Seriously

If you feel sad, irritable or fatigued for more than two weeks, you may have depression. Here are other signs to look for:
- Difficulty making decisions, concentrating and remembering things
- Inconsistent sleeping patterns
- Lack of interest in things you used to enjoy
- Unexplained changes in weight or appetite
- Thoughts of harming yourself

If any of these symptoms describe you, talk with your doctor.

Beyond medication
In addition to medication, your doctor may recommend talk therapy to treat depression. You can also take these small steps each day to help you feel better:
- Exercise
- Spend time with friends
- Set realistic goals for yourself—don’t expect to feel better overnight

Talk with your doctor if you think you may be depressed so you can get on the path to feeling like yourself again.

Do you know?
There’s a strong connection between depression and drinking. If you or a family member show signs of excessive drinking, contact someone for support. Call the mental health and substance abuse disorder number on the back of your insurance card 24 hours a day, seven days a week. You don’t need a referral from your primary care physician.
JULY y'all!

SUMMER wordsearch


TODAY ~s -GO~N G TO BE AWESOME...

USA

TODAY IS GOING TO BE AWESOME
Across
1. This is the one founding father to sign the Declaration of Independence on the Fourth of July.
5. This is the place where most of the fireworks are imported from.
7. Only one founding father signed the Declaration of Independence of July 4th. The rest of them signed in this month.
8. The starts of the original American flag were in this shape to symbolize equality.
10. This person is credited with writing the Declaration of Independence.
12. This animal was the suggested patriotic bird by Ben Franklin.

Down
1. This is the university that 7 of the Declaration of Independence signers attended.
2. This daughter of a past president is born on the Fourth of July and will be turning nineteen this year.
3. This is an activity that many friends and family members get together for on the Fourth of July.
4. The Liberty Bell is tapped this many times on the Fourth to represent the original number of colonies.
6. An estimated 150 million of these will be eaten on the Fourth of July.
8. This is the group responsible for making the Fourth of July a federal holiday.
9. This person is credited with writing "The Star Spangled Banner."
11. These light up the night sky on the Fourth of July.
12. This is the number of presidents who died on the Fourth of July.
How to Prevent, Spot & Treat Dehydration

What is Dehydration and What Causes Dehydration:
- Dehydration is when the body does not have enough water and is caused by not drinking enough water, sweating, and urination.

What Can Put me at Risk?
- Chronic disease
- Memory problems and forgetting to drink water
- Inability to move around
- Problems with swallowing
- Access to fluids
- Sickness, fever, diarrhea, infection

Possible Consequences of Dehydration?
- Tiredness
- Confusion
- Constipation
- Kidney stones
- Urinary tract infections
- Dizziness

Signs of Dehydration May Include:
- dry mouth and/or dry skin in the armpit
- high heart rate (usually over 100 beats per minute)
- low systolic blood pressure
- dizziness
- weakness
- delirium (new or worse-than-usual confusion)
- sunken eyes
- less frequent urination
- dark-colored urine
How Much Liquid Should I Consume in a Day?
- Water intake needs are different for every person, but it's good to aim for eight tall glasses a day.
- For older adults, it's recommended that about a half gallon of water should be consumed.

Hydrating beverages:
- Water
- Tea and coffee
- Flavored or sparkling water
- Occasional glass of milk and/or juice
- Low calorie sports drinks

How to Stay Hydrated?
- Drinking fluid at meal times or in small amounts throughout the day.
- Drink what is appealing to you.
- It's good to drink a glass of water even when you're not thirsty.
The sooner you call, the more we can help.

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Berkshire Hathaway
Our team of professionals is dedicated to promoting the highest level of independence and quality of life for our guests by creating a comfortable living environment and providing comprehensive health care services. Let The Laurels of Hudsonville be your first choice for Short Term Rehabilitation Services. Contact us any time at 616.669.1520 with any questions or to schedule a tour.

Contact Jen Zalinski to place an ad today! jzalinski@4lpi.com or (800) 477-4574 x6633
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.

Please Note: SNI does not necessarily endorse advertisements in this newsletter.