WE HAVE SENIOR CENTERS IN GRAND RAPIDS, GRANDVILLE, LOWELL, SPARTA AND WALKER

OUR ADDRESS:
ADMINISTRATIVE OFFICE: 678 FRONT AVE. NW. SUITE 205 • GRAND RAPIDS, MI 49504
616-459-6019 • www.seniorneighbors.org • EMAIL: info@seniorneighbors.org

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Ways to Wellness
Grand Rapids
Grandville
Lowell
Sparta
Walker
Nutrition Education

16 Over 60 Gala-Nominations are OPEN!
Senior Neighbors will host its third annual 16 Over 60 Event on Wednesday, November 18, 2020 at Frederik Meijer Gardens & Sculpture Park. This event recognizes the contributions and impact of 16 individuals 60 years of age or more who engage and inspire us every day.

Recognizing 16 Engaged and Inspiring Seniors who are 60 or over!

Do you know someone to Nominate?
Do you know an individual 60 years of age or more who is engaged in our community and inspires you? This fall, 16 Engaged & Inspiring community members will be honored at the 3rd annual 16 Over 60 Awards Gala. The first step is for Senior Neighbors to receive public nominations. We need your help!

Nominations for the 2020 16 Over 60 Gala are now open and will close on July 1, 2020. Go to https://seniorneighbors.org/get-involved/events/16-over-60/nominations/

Possible nominees include...
• leaders, entrepreneurs, and/or mentors in a variety of areas such as business, politics, philanthropy, religion, etc.
• extraordinary volunteers or those who are giving back to the community in significant ways
• the neighbor everyone can count on for help
• health care or healthy living trendsetters
• champions or advocates of senior issues in legal setting, educational, etc.
• contributors to the local arts and culture community
• anyone 60 years of age or more living life to its fullest or overcoming great adversity

Stay Tuned ~ It’s Only Temporary:
We will keep you updated on our website as things change. Please keep yourself and loved ones safe. We look forward to seeing everyone’s smiling faces.
Hello! It’s been so long since I have seen many of you in person. It’s been wonderful to be able to see so many of you through our virtual classes. It’s not the same as in person, but it is better than nothing.

Last month was Older American Month, an opportunity to recognize the amazing contributions of older adults in our society. This year the resiliency, stoicism, and leadership of older adults is more notable than ever before in my lifetime. My thoughts are drawn to “The Greatest Generation” - those who lived through the Great Depression and World War II. And, while my heart goes out to the high school graduating classes of 2020, I think about those of you who had other circumstances impact your senior year of high school. Rather than open houses and college plans, you were preparing to head to Korea or Vietnam.

I have always enjoyed working with older adults. I believe that you all have so much to offer younger generations. The past six weeks I have seen so many people learning technology so they can exercise with their friends, visit with their families, worship with their church families, and so much more. It’s been my pleasure to see people’s faces the first time they connect to Zoom and are able to see 15 of their friends on their screen! Trying something new and intimidating sometimes works out well!

As it turned out, he was a dog lover and wanted to learn more about my dog, asking if he could pet him. He and I talked a bit (maintaining our proper social distancing, of course). He told me he was 82 years old and used to be a mail carrier in Fort Wayne, IN. We talked about current events and he said to me, “In my 82 years, I have seen a lot, but I have never seen anything like this.” He talked about the difficulty in not seeing his family, as he moved here from Fort Wayne to be closer to them. He shared with me that his wife had medical conditions, making her highly susceptible to illness and how concerned he was for her. But through it all, he showed me his positive attitude and a steady strength. He believed we would get through this, just like all the other things he has seen in his lifetime.

You have all seen so much and been through so much. We all have our own stories to tell. But the way older generations handle these times of adversity is amazing to me. You are strong. You are resilient. You have knowledge and wisdom. You know how to draw on these strengths and experiences to help us all learn to manage what is thrown at us.

I listened to Ken Dychtwald speak last week on the resiliency of older adults. Ken is a leader in the aging industry with innovative ideas and a desire to change the way aging is viewed. He said that he believes right now is the time when older adults should “Be their best selves.” You have the experience, the knowledge, and the resilience to help younger generations get through this difficult time, learn from it, and become better for it.

How can you be your best self today? What can you do to help others? How can you set an example to younger generations?

Thank you for being your best self!

Keep moving, keep staying active and stay safe!

We will see you as soon as we can!
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Grand Rapids Senior Neighbors Center

Open Monday—Friday
8:30 am—2:30 pm
We are located in downtown Grand Rapids at 333 S. Division
(Across from the Catholic Diocese)

We want to serve you, so if you are 60 or better, stop in for a cup
of coffee, shoot the breeze or play pool, make new friends,
have lunch and participate in our fun happenings!

Lunch is served daily at 11:30—$2.00 suggested donation.
Guests under 60 are charged $3.50

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

During this time of COVID-19 the following are
resources are for those in the Heartside
Neighborhood. But, we want you to know
that the Senior Neighbors staff is also
here to help.

**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
delivered 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.

**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
Saturday: 5:30 am
Sunday: 6 am
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

Happy Birthday
To Everyone
Born in June!

14...Anderson Shannon
17...George Boles
19...Dianna Purnell
22...Travis Vassar
26...Susan Schuur
27...Mary Guastella
28...Terry Holloman

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
*Toilet Bowl Cleaner
*New Batteries
*Pancake Mix & Syrup
*Postage Stamps
*Cereal & Breakfast items
*Bingo Prizes

~ Jonathan Bates, GR Center Coordinator
Staff
Coordinator: Lisa Sarber, CTRS
Nutritional Aide: Dorothy Hardy & Joann Kanady
Bus Driver: John Bouma
Senior Neighbors Representative: Nicole Driesenga

Advisory Council Members
President: Jim VanStee
Vice President: Roger Wynsma
Treasurer: Fred Dillinger
Secretary: Jackie Sheler
Members at Large: Joe Haviland, Lois Ripma & Alan Wolf
Representative to the SNI Board: Joe Haviland

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.)

Birthday Blessings
2...Julie Allen
4...Helen Thuemmel
4...Jim VanStee
5...Marjorie DeYoung
6...Judith Skeans
6...Kathy Uecker
8...Jean Maten
8...Karen Horst
8...Jim Shea
9...Gail Hallas
9...Bud Nardin
9...Mary Roberts
11...Norine Shae
11...Emily VanVuren
11...Betty Ebel
17...Mary Jane Armstrong
17...Ruth Baar
17...Faith Martin
18...Marcia Leese
18...Tom Rhoda
19...Joy Wilson
20...Helen Wheeler
21...Marcia Holleman
22...Jay Baar
23...Dick Arens
23...Shawn Lewis
23...Marti Dykstra
25...Scott Boerema
26...Jim Ford
26...Jean Lowing
26...Al Wolf
27...Marty Eardmans
28...Barb Cooley
28...Shirley Barnes
28...Gwen Burgess

Grandville Senior Neighbors Center
Stay Home...Stay Safe...Stay Connected!
The Grandville Center is closed but still available to help. Please call the Center or email lsarber@seniorneighbors.org
Phone: 616-531-5250
Fax: 616-531-7743
www.seniorneighbors.org

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#
Dear Friends,

I just wanted to say hello and send a picture showing what I look like as we play bingo over the phone! I know our activities look different right now and will be this way for a bit longer.

I encourage you to participate if possible as it still allows us to feel connected to one another and gives us a chance to have a little fun together again!

Below is our weekly schedule and the phone number to connect with us.

Please call the Center if you have any questions.

Miss you all.

Love,

Terra Bieneman

---

**Staff**

Terra Bieneman: **Center Coordinator**

Carol Schwierking: **Nutrition Aide**

Don Schneider: **Bus Driver**

**Advisory Board**

Marlene Briggs: **President**

Kay Estes: **Vice President**

Russ Harig: **Treasurer**

Nicole Driesenga: **SNI Central Office Rep**

Ronni Moyer, Teresa Potts, Shirley Willis, David Maltman: **Members at Large**

Leo Peters: **Representative of the SNI Board of Directors**

---

**PHONE NUMBER TO JOIN ACTIVITIES**

231-309-8101

Conference ID: 698091#
Be a part of all that continues

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

June 2020

Sparta Senior Neighbors Center

Happy Birthday

1st Jim Asposito
1st Alice Eggleston
7th Marian Andersen
8th Elaine Whitney
11th Pam Ringler
12th Maryann Wallace
13th Donna Edwards
14th Jerri West
23rd Alice Acton
25th Barb Elliott
30th Norma Bristol
30th Sue Wobma

Enjoy friendships & Participate in Phone Activities

Contact Jane to get the Phone Number

Mon & Wed Phone Bingo 10:30 a.m.
Mon Bible Study by Phone with Cindy 10:30 a.m.
Tues Book Club by Phone 10:30 a.m.
Thurs Pick Up Freezer Meals (contact Jane to sign up)
Fri Game: Farkle, Rally Roll, Trivia 10:30 a.m.

Call Jane at (616) 516-4419 for more information or to make suggestions
Phone Activities Happening in June

Monday, Wednesday & Friday
Bingo at 11:00am w/Sherri
Along with center updates From Sherri.

Wednesday
Book Study and Coffee w/Lora
9:30am

Friday
Rhythm Band 9:30am w/Lora

These activities can be enjoyed,
By calling 231-309-8101
Conference ID: 864252#
For this Alphabet Scavenger Hunt, you will need to find something that starts with each letter of the alphabet within your house or yard. As you find the item, fill in the name of the item next to the letter. When finished please cut this page out and mail it to the below address. First 40 people will get a prize. Please make sure you give your address.

Nicole Driesenga
3072 Beechridge Dr.
Hudsonville, MI 49426

A
B
C
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A ____________________________  N ____________________________
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I ____________________________  V ____________________________
J ____________________________  W ____________________________
K ____________________________  X ____________________________
L ____________________________  Y ____________________________
M ____________________________  Z ____________________________
Cut your risk for colorectal cancer

Every year, more than 50,000 Americans die of colorectal or colon cancer. More than 90% of these cancers occur in people ages 50 and older. But although, colorectal cancer is more common in people ages 50 and older, disease rates are actually falling for this population because of increased screening. Among those younger than 50, however, colorectal cancer rates have risen since the early ‘90s.

RISK YOU CAN’T CHANGE

Family history. Twenty-five percent of people who get colon cancer have a family history of the disease.

Race and ethnicity. African Americans have the highest colorectal cancer rate than all racial groups in the U.S. Ashkenazi Jews have the highest risk of any ethnic group worldwide.

Gender. Men and women are equally at risk for colon cancer, but men are more likely to develop rectal cancer.

Certain disorders. People with Type 2 diabetes have an increased risk of colorectal cancer, as do people who have inflammatory bowel disease, such as ulcerative colitis or Crohn’s disease.

RISK YOU CAN CHANGE

Skip the steak. Eating lots of red meat has been linked to an increased risk for colorectal cancer.

Limit alcohol intake. Drink alcohol in moderation.

Lose extra pounds. The World Cancer Research Fund International found that people who reduced their body mass index from 35 to 30 cut their colorectal cancer risk by 15%.

Get screened. There are several screening options—your provider can help you choose the best method for you. Some tests also help find precancerous growths, called polyps, so they can be removed before they turn into cancer.

Sources for the information on this page are from the American Cancer Society and the Center for Disease Control and Prevention.

Did you know that colon cancer is the third most common cancer, excluding skin cancers, in the United States?

Take the quiz below to learn more about your risk of developing colon cancer. Fill in each blank with a number from the list:

BY THE NUMBERS:

1. 50
2. 90
3. 50,000
4. 5
5. 25
6. 50
7. 90

1. You should start getting regular colon cancer screenings if you are ______ or older.
2. More than ______% of colon cancers occur in people ages 50 and older. That risk increases as you age.
3. Every year, more than _____ Americans die of colon cancer.
4. More than 90% of people live ______ or more years when their cancer is found early through screenings.____% of people who get colon cancer have a family history of the disease.
Pets can help your health

If you’re a pet owner, give your pooch or kitty an extra snuggle today. Having a pet can help you live a longer, healthier life.

According to a Nature Research study, dog owners are less likely to develop heart disease or die early compared with people who don’t own a dog.

How can welcoming a pet into your home boost your overall well-being? Companionship, for one. Having a pet can reduce feelings of loneliness and create more opportunities for socializing with others.

Power of pets

Increased physical activity is another bonus. The study also showed that dog owners are four times more likely to get the recommended amount of physical activity than those who don’t have a dog. Regular exercise, such as walking, is associated with:

- Reduced risk for high blood pressure and stroke
- Improved mental health and cognitive function

Better balance and mobility
- Healthy bones and muscles
- Decreased risk for obesity

Cute and capable

And for those who need extra support in their lives—because of special needs or disabilities—serve animals can help. They boost independence and quality of life by:

- Helping those who are blind with tasks and navigation
- Alerting those who are deaf to the presence of people and sounds
- Pulling a wheelchair
- Retrieving medicine or the phone
- Preventing or interrupting impulsive or destructive behaviors
- Providing physical support to individuals with mobility disabilities

If you think you or a loved one might benefit from a service pet, talk with your health care provider.

Make Cherries a Key Part of Your Diet

You may know Michigan leads the country in producing tart cherries, but do you know about their health benefits? Rich in fiber and antioxidants, cherries may help fight cancer, diabetes and heart disease. Here are other pros:

Soothe soreness: The antioxidants and anti-inflammatory components in tart cherry products may reduce exercise-induced muscle damage.

Ease arthritis: Arthritis affects about one in four adults. A recent review in the journal Nutrients reported cherries have antiarthritic properties and may lower the frequency of arthritis flare-ups.

Boost sleep: Melatonin is a hormone that helps control sleep-wake cycles. It’s found in tart cherry juice and whole tart cherries.

When life hands you a bowl of cherries, dig in and reap the healthy rewards.

Cherry Swirl Pudding

Makes: 4 servings
Prep time: 15 minutes

Save calories and get more protein by switching the standard sugar and cream combination of classic pudding mixes with fat-free Greek-style yogurt.

Ingredients

- 2 cups pitted sweet black cherries
- 1/4 cup dried, unsweetened coconut
- 1 teaspoon pure vanilla extract
- 12 ounces plain fat-free Greek-style yogurt

Directions

Halve the cherries. Mix the cherries, coconut and vanilla extract into the yogurt. Spoon into stemmed cocktail glasses. Keep refrigerated until ready to serve.

Nutritional Information

Per serving (1/2 cup):

- 140 calories
- 4 g total fat (3.5 g saturated fat, 0 g trans fat)
- 5 mg cholesterol
- 30 mg sodium
- 17 g total carbohydrate
- 3 g dietary fiber
- 14 g sugars
- 10 g protein
Green Vegetables and Blood Thinners

Collard greens, kale, cabbage, brussel sprouts and broccoli are good sources of nutrients. These vegetables are all in the same family! These nutrients include fiber, folate and vitamins A, C, and K. They may even help with inflammation too. Vitamin K is required for blood clotting and bone health.

BUT my doctor told me I can't have green vegetables (vitamin K) on blood thinners (warfarin)....

Recommended Daily Intake of Vitamin K: 90-120 mcg

Most people can. The key thing is to eat about the same amount every day, even if it is 1/2 cup or 1 cup. Consult with your doctor if you are concerned about eating too much.
Never cooked collard greens before?

There are a few ways to prepare collard greens at home. They can typically be found in a grocery store in the chilled produce section and relatively inexpensive, especially for how nutritious they are!

- Bake them for a crunchy snack
- Quick steaming
- Cook with soup
- Saute with herbs and spices
- Braised in stock and served with rice and beans

Reference:

Find more at eatright.org too!
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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.