

SPECIAL 2020 SUMMER EDITION

Note from the Director

WE MISS YOU! SO very much! We hope you are healthy and safe.

We are "chomping at the bit" to get things back to a new normal and we know you are feeling the exact same way. On-line classes and connections are a great way to keep connected but they certainly don't replace the smiles, laughter and hugs in person. The Wellness Center team is working hard on plans to bring everyone back, safely. The guidance we have received from experts in senior services are advising we not allow individuals 60 and older to re-enter centers until the county has reached "Phase 6", according to Governor Whitmer's "Mi Safe Start" Plan. As I write this, we are currently in Phase 4. We need to see cases continue to decline to reach Phase 6. When you do join us, there will be new screening protocols, social distancing requirements, health and hygiene recommendations for you to follow. Our goal is to KEEP you healthy and safe, each and every day. Stay the course! As we have new information about re-opening, we will make an official announcement.

AgeWell Services Wellness Center

Tanglewood Park
560 Seminole Rd, Muskegon, 49444

Phone: (231) 733-8643



@awswellness

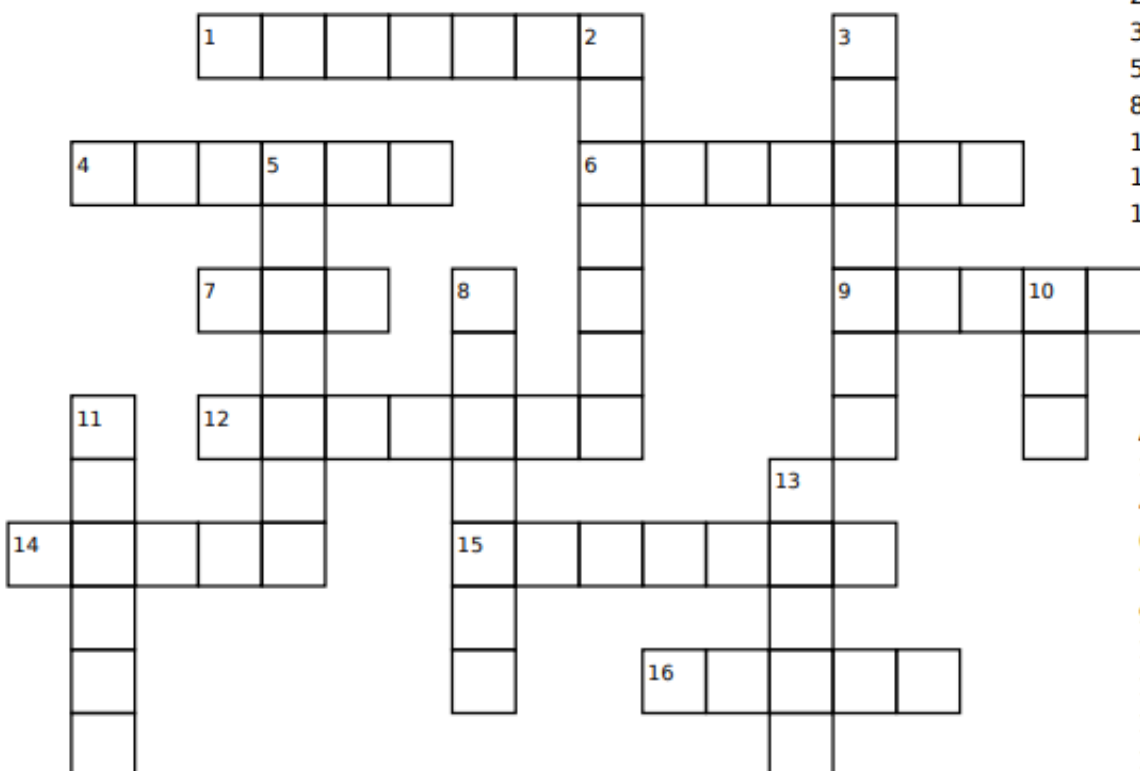
Web:

agewellservices.org/wellness-program

Email: info@agewellservices.org

Crossword Puzzle

Answer Key on Page 3



Down:

2. Chores
3. Corrupt inducement
5. Sweet bun
8. Forewarned
10. Orange seed
11. Llama relative
13. Leavening agent

Across:

1. Copy
4. Musical beat
6. Ex-pupils' get-together
7. Root vegetable
9. Abscond with lover
12. Solidifies
14. Poisonous gift to snow white
15. Hypnotic stance
16. Swiftiness

STAYING CONNECTED

Virtual Activities

Facebook Fitness Videos

Visit the AgeWell Services Wellness Center Facebook page for regular postings of fitness videos from the wellness team. These are a great way to stay active by completing various fitness classes from your home.

Facebook Messenger Live Fitness Groups

Interested in joining Fran and other wellness team members for live fitness videos in Facebook Messenger? Email Fran at francine@agewellservices.org and ask to be added to the group. These live fitness videos are a great option to participate in a real-time fitness class from your home. You will also have the opportunity to interact with Fran and other AgeWell team members and participants.

Zoom Activities

At the beginning of June we began offering various zoom gathering opportunities. These range from fitness classes to virtual coffee hours to special presentations. These zoom gatherings are a great opportunity to stay connected, from the safety of your home, and have live interaction with other participants and wellness team members. You can find a schedule of these gatherings, and information on how to join a zoom meeting, on our website at agewellservices.org/wellness-program.

Future Activities

As we plan for the upcoming months with the uncertainty of when we will be able to re-open our doors, we are looking at different ways to provide activities and promote connectedness, without hosting large gatherings. If you have any suggestions, please email them to Greg Sischo, the Wellness Manager at greg@agewellservices.org.

Collaborative Art Project

We are in the process of planning a grab n' go style collaborative art project for sometime in July. The idea is, you would drive by Tanglewood Park, pick up a bundle of art supplies, go home and complete the art piece, and when we re-open, all of the pieces completed by different individuals would be put together to make one bigger art pieces that would be displayed in Tanglewood Park. If you are interested in hearing more about the collaborative art project, please email Greg at greg@agewellservices.org. Spots will be limited.

Creative Writing Prompts

Please see the writing prompts below. If you wish to participate, you may complete the prompt and email the prompt and other materials to Greg at greg@agewellservices.org. All submitted writing prompts will be considered for publishing in the first ever AgeWell Wellness Book of Short Stories.

Photograph

Write a short story or journal entry influenced by a photograph or image you see online, in a magazine or that you have personally taken.

Eye Contact

Write a short story about two people who are seeing each other for the first time.

Where That Place Used to Be

Think of a place you went to when you were younger but is now no longer there or it is something else. Write a short story or journal entry that captures your feelings about this place.

The Beach

Write a short story or journal entry about the beach.

Ode to the Strangers

Go people watching and create a short story about a stranger you see. This can be talking about what you actually see them doing or what you imagine they are doing.

TIPS FROM MASTERPIECE LIVING

One of the many benefits we receive from our partnership with Masterpiece Living is a library full of articles written by Dr. Roger Landry, Award-Winning Author of: *Live Long, Die Short: A Guide to Authentic Health and Successful Aging*. Below are some highlights from topics he has written on.

Alone but Not Lonely (In Times of Isolation)

How do you find your tribe in the midst of Covid-19? More important, how do you connect with your tribe, once you've found them? Being stuck inside is causing all of us to re-think how we socialize. **Here are some tips for staying socially connected while being physically distant:**

1. Take advantage of online opportunities for pursuing a hobby and learning something new.
2. Virtually volunteer for a cause you care about.
3. Connect with a spiritual group who share similar beliefs.
4. Talk to your neighbors from across the street or take a distance walk.
5. Play a game, cook a meal, or watch a movie together online.
6. Old methods are still good methods. Pick up the phone and call someone.

4 Tips for Better Memory and a Happier You

Think of the brain as 100,000 miles of interconnected roads (or, neural pathways). Every time we move, learn something new, recall a fact or recognize someone, messages travel like cars along these pathways at nearly three hundred miles per hour to get us to our destination (i.e. enable us to perform a task). **Here are four tips to help us improve these pathways and be happier:**

1. **Use It Or Lose It! Don't Let Your Brain Atrophy.** Learning new things and keeping our level of brain activity up is a virtual fountain of youth.
2. **Think Sequentially (Just One Task at a Time).** By focusing on one task at a time, we are once again returning a sense of mindfulness and being in this moment.
3. **Learn to Spot a Threat.** Rather than let your thoughts become the driver of your emotions, observe your mind as it begins to get wound up with worry and negativity.
4. **Find Ways to Keep the Enemy at Bay.** Once you've spotted the threat, you have a decision to make. Will you accept it, change it, or walk away?

The Power of Intergenerational Relationships

We have a deeply rooted need to interact with other generations for health, for purpose, for compassion, for connectedness, for a sane society. So, wherever we are in our lives, it's time to examine if we are in the mainstream of basic human interaction. **Here are five tips to help you expand your intergenerational portfolio.**

1. **Do an assessment.** Keep track of how much time you spend with people of other generations and make the commitment to expand your experience and learning.
2. **Connect authentically.** Arrange for an uninterrupted time with a younger or older acquaintance or family member. Have some questions ready that will invite them to share their views.
3. **Follow your bliss.** Make a plan to follow up on something that stood out from the meeting.
4. **Advocate for your generational brothers and sisters.** Both young and old are in many ways viewed inaccurately, so resolve that you will not let biases against either go unanswered in your presence.
5. **Build bridges for your life.** Resolve also that you will be a bridge builder to other generations.



The SafeSeniors partners work together to identify, advocate, and seek justice for older adult victims of abuse, neglect, and financial exploitation. The team is committed to:

- Education and awareness regarding elder abuse, neglect and financial exploitation.
- Advocacy for policies and programs that ensure the safety of our older adult population.
- Investigation and prosecution of perpetrators of these crimes to seek justice and restitution for victims.

If you suspect abuse, neglect, or exploitation, call Adult Protective Services at (855) 444-3911.

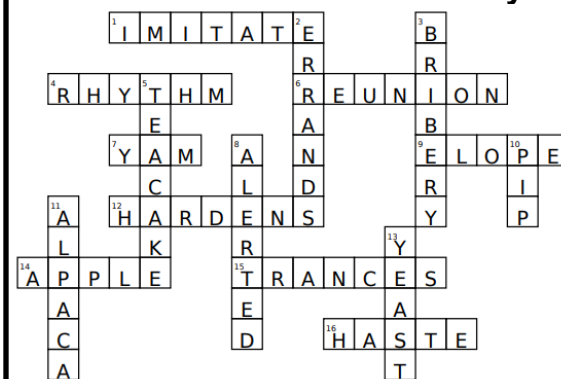
Every year an estimated 1 in 10 older Americans are victims of elder abuse, neglect, or financial exploitation.

SafeSeniors partners include Adult Protective Services, law enforcement, prosecutors, financial and legal services, health care, and organizations serving the older population, all working as a team to make sure that seniors in our community are healthy, safe, and financially secure.

SafeSeniors is hosted by AgeWell Services and supported with grants from Senior Resources of West Michigan, through the Muskegon County Senior Millage and the Older Americans Act.

Learn more at www.safeseniors.info

Crossword Puzzle Answer Key





AgeWell Services of West Michigan
560 Seminole Rd.
Muskegon, MI 49444

Current Resident Or

PLEASE HELP US KEEP YOUR RECORD UP TO DATE!

Is your name and mailing address correct?

Please contact Jessica Shagonaby in our Wellness Office with any changes:

Email: jessica@agewellservices.org

Phone: (231) 733-8643

Comfort, compassion
and support.

Our experts are
**here for
you.**



HARBOR
PALLIATIVE CARE

231.722.0382 EmbraceTheTime.org

The **Census** helps our community get the funding it needs for programs like Medicaid, health clinics, nutrition assistance, and more.

United States™
**Census
2020**

Get Counted! Census invitations will be mailed beginning in mid-March. You choose how you want to respond: **Online. By Phone. Paper Form. In Person.**

Avoid Census Scams. Don't give out your social security number/financial information. Check for Identification Badge. Call 800-923-8282 with questions or if you suspect fraud.

For more information, visit www.safeseniors.info

Hugh Randle, ATP
Senior Rehab Sales Specialist
(616) 361-7559
amigomobilitycenter.com



Let us come to YOU!



Improving Lives Through Mobility® since 1968