Why Seniors Are the Best Age for Studying and Discovering the World
Susan Saurel, Senior News

Transitioning from the 50s to the 60s and 70s is one of the most beautiful and important time periods of our life. That’s because this is when we take the time to look within and discover what’s been lying there, undiscovered, for such a long time. Our hectic daily lives can distract us from understanding what truly matters, so we might not be able to enjoy ourselves, have alone, quiet time, or pursue our passion until this transition. While this is quite sad, most people would agree it’s true. Indeed, starting to do all the above from a young age should be something normal, but there are just so many duties and responsibilities we cannot escape that making time for our souls can be challenging.

As older adults, we can now focus on ourselves, our inner passions, our studies, and our own world-discovery pathways.

1. This Is When You Make Time to Rediscover Yourself
As Seniors, we are tempted to rediscover ourselves and our inner balance, one way or the other. It’s funny how the life cycle unfolds — as children, we are taught to respect rules; as teenagers, we try to break those rules that we’ve just learned, while during adulthood, we reconnect to these constructs and learn how to play the life game. During the Senior years, however, we have time to rediscover our true selves and look within to find the real key to this puzzle called life. Thus, following the next criteria is important for anyone, but especially for those above 50, if you wish to ‘know thyself’ the right way:

- Enjoy the quietness – observing your feelings without identifying yourself with them is the first step towards living a better life. Ask yourself, who am I? What is my calling in life? Why am I here?
- Make sure you understand the difference between who you are and who you want to be. During our lifetime, we tend to be concerned with becoming more, and accepting less. Now it’s the time to say ‘stop’ and reevaluate your inherent self or being. Can you accept yourself?
- Do you know what you are good at, and what skills you could improve? And if so, do you want to take responsibility to evolve in those areas you are not positive that you’ve succeeded?

“Find the answers to these questions and start changing your life now. No matter how old you are right now, there will always be more time for positive change, especially when it comes from within,” writes resume writing services coordinator, Jo Ann Bowley.

2. How Consistency and Determination Can Add Huge Value to Your Life
While many of us believe that reinventing ourselves after 60 means striving for huge goals, the truth lies somewhere in the middle. If you try too hard to reach a set objective, you might end up disappointed and sad, quite nervous about your Senior years, and definitely not happy. In the end, it’s all about the journey, not the destination. If you felt like your whole life was a continuous race for success, now it’s time to make peace with yourself.

Accepting yourself is the first step towards developing a healthier mindset; next, think about the small goals that, if achieved, would make your life much happier and livelier than it is. Find small actions that you can take to make this world a better place, and yourself a better person. See how this mindset will shape your character in the long term. Here’s an example: if your main focus is your health, set aside 10 minutes every day to stretch and just breathe. Make it a habit and see how you feel! Consistency and determination play a big role during this time of our life.

3. Friends, Coffee, and Cards
Drinking tasty coffee and playing witty card games sounds like a small piece of Paradise to some; for others, taking long walks and

Continued on pg 3
Has your Four Pointes membership expired? Call or stop by the Wellness Center to renew today!

Wellness Center Membership
Annual Fees

Millage Area Residents (60+) - $50.00
City of Coopersville, Chester Twp., City of Ferrysburg, City of Grand Haven, Grand Haven Twp., Polkton Twp., Spring Lake Twp., Village of Spring Lake

Non-Millage Area Residents (60+) - $70.00
Allendale, Crockery, Robinson, Tallmadge, Wright

Out of Area Residents (60+) - $110.00
All other Ottawa County Townships, Kent County, Muskegon County, Allegan County

Residents 50-59yrs- $110.00
*Must have an active Four Pointes membership prior to April 1, 2021*

Four Pointes accepts all major credit cards
Transaction fees vary based on purchase amount.
$5.00 - $20.00 purchase = $1.00 fee
$21.00 - $40.00 purchase = $1.50 fee
$41.00 - $60.00 purchase = $2.00 fee
$61.00 - $100.00 purchase = $3.00 fee
$101.00 + purchase = $4.00 fee

Four Pointes Mission:
To promote the vitality, independence and well-being of older adults in the North Ottawa County community by providing needed services and information, encouraging recreation and lifelong learning and advocating for solutions to the issues of aging.
Physical - Social - Spiritual - Intellectual
Cover story continued...

watching the sunset might be more uplifting. Regardless of what
your favorite activities are, you need friends alongside! While
rediscovering yourself is a lonely road, enjoying daily routines
should not be — in the end, everything feels better when you
have (a) dear person/people by your side. Your partners in crime
will support you, encourage you, and help you become a better...
you! And you will do the same for them. Friendship is beautiful
and magic.

If you cannot think of anyone who’d share life stories with you,
that’s alright — just think of people who share the same passions
and start making new connections!

4. Starting a New Life Towards Enlightenment

The first step you should take towards discovering the world
is discovering the self, as I mentioned before. Thus, start with
decluttering and rearranging your room the way you like it. Don’t
be conventional, think outside the box! If you want a hammock
in your room, buy one! If you need a huge armchair to rest in, get
one! Don’t think twice — you must be comfortable in your daily
setting. Here are some things you should also consider:

• Start meditating. Studies have shown that meditation helps
  with senior health — it not only enhances memory and
  sharpens focus, but it also improves the digestive system and
  melts away stress! Besides that, you will enjoy it a whole
  lot!

• Start practicing daily asanas to keep your health strong and
  yourself going. I know it sounds like a lot, but I promise —
  once you start to get into it, your life will dramatically change
  (for the better). Here are just a few of the asanas that could
  help you a lot: Tadasana or the Mountain Pose, Buddha
  Konasana or the Butterfly Pose, Balasana or Child’s Pose,
  Trikonasana or the Triangle Pose, Shavasana or the Corpse
  Pose.

• Next, take an inventory of people you’d like to apologize
to, or simply discuss issues. Make sure you reach out and
become at peace with yourself and themselves. When
we are reaching towards Enlightenment, it’s important to
become forgiving and loving towards the others.

5. Discover Your World and Your Passions

During our lifetime, we might make decisions we don’t want to
make and take the wrong actions towards our real goals — this
might be the influence of other people, the influence of the
society, our parents, or maybe our own false selves. Take this
time of your life to discover your true passions and come to see
the world through your own eyes. One of the best ways to do
so is by overcoming fears of the past or challenges you’d never
thought you’d be able to face. Traveling could be one of them.

According to studies supported by the National Institutes of
Health, men who engage in annual vacations are 32% less
likely to die from heart disease. At the same time, women who
take vacations twice a year are less likely to become prone to
depression or anxiety. So, discover the world, travel, engage, stay
active!

6. Study What Matters to You

Now that you’ve arrived at this point in your life — where
responsibilities start to decline, and you can finally experience
freedom — take time to study what really matters to you. If you’ve
always been interested in Psychology but never had time to read
articles, papers, or even books, get started on that! If, on the
other hand, you’ve never made time to study Economics, sign
up for a Finance newspaper and start reading! The great thing is
that now you have time to do what you please, without worrying
about money, kids, or other household duties.

Conclusion

While teenage and adult years are beautifully shaped for
personal, successful evolution on the societal scale, older adult
years are meant for self-discovery, finding inner peace, and
accepting ourselves as we truly are. Be loved, be peaceful, be
liberated.

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Highpointes Monthly Newsletter 3
MARCH EVENT HIGHLIGHTS

BEGINNING EXERCISE DRUMMING RETURNS!
Tuesdays at 9:00am
Cost: $3.00
A slower, seated, low-impact drumming class benefiting the mind and body. Also incorporates the use of an exercise ball. All equipment is provided.

BEGINNING TAP CLASS
Mondays at 1:00pm
Cost: $3.00
Balance, coordination, and toning come together in this fun dance class. Break out your tap shoes!
Beginners welcomed

PILATES
Thursdays at 11:00am
Cost: $3.00
A floor-based exercise class that engages the mind and body. A blend of strength training, breathing techniques and flexibility works to improve overall fitness. Moderate impact level.

TECH 1:1 RETURNS!
Thursday March 17th
30 minute appointment slots from 12:30 - 3:30pm
Cost: Free

Our technology expert Pat provides a great opportunity for individualized assistance with things including your smartphone, social media, or the internet.
Call or stop by the front desk to reserve your appointment.

ACTIVITIES

FITNESS
Barre Fitness
Cardio Drumming
Chair Yoga
Chair Aerobics
Conditioning w/ Confidence
Exercise Drumming
Gentle Mat Yoga
Line Dancing
Moving w/ Parkinson’s
Ping Pong
Power Up Body Sculpt
Stretch & Tone
Tai Chi
Tap Dance

LEARNING
Book Club
Build Your Brain Workshop
Connecting with Memories
Memory Writers
Ukulele Club

SUPPORT
Health Clinics
Legal Clinic
Technology Assistance
Medicare/Medicaid Assistance & Prescription Drug Assistance

RECREATION/GAMES
Bingo, Bridge, Cribbage, Darts, Euchre, Hand & Foot, Mah Jongg, Pinochle, Pool, Rummikub

ARTS
Art with Joy
Build It, Fly It
Quilting
Yarn & Stitches Group
Woodcarving

YARN & STITCHES
Tuesdays at 9:00am
Cost: free

CONNECTING WITH MEMORIES:
Break a Leg; Broadway Idioms
Wednesday March 9th at 11:15am

BEGINNING MAH JONGG
Wednesday April 6th, 13th, 20th & 27th, 9:00 - 11:00am
Cost: $20.00 for 4 week session
Participants must RSVP by April 4th. Limit 5 participants.

*Mah Jongg cards not included in price, they can be purchased at the front desk for $10 (supplies are limited)
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<td><strong>10:00 Stretch &amp; Tone</strong></td>
<td><strong>10:30 Rummikub &amp; Cribbage</strong></td>
<td><strong>11:00 Pilates</strong></td>
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<td><strong>10:00 Open Line Dancing Practice (member led)</strong></td>
<td><strong>11:00 Hand &amp; Foot</strong></td>
<td>12:30 Moving w/ Parkinson's</td>
<td><strong>12:30 Moving w/ Parkinson's</strong></td>
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</table>
Dear Members and Community Members,

I think we can all agree that it has been a long two years since the State of Michigan initiated the shutdown mandate to all non-essential businesses. As we continue to reflect on this time period as an agency, we are very grateful and proud of the response we were able to provide to our aging population.

The Four Pointes Community Living team continued providing support so seniors could remain living independently in their home. They made weekly calls to all clients and ensured all needs were being met during a time when resources were extremely limited. Our essential team of Home Service workers also provided assistance with grocery shopping, homemaking, personal care, and meal preparation. For our severely isolated seniors, these team members were a familiar face they could depend on during a time of tremendous need.

Our Consumer Support program was also able to provide a wider range of assistance to the community at large; Prescription Assistance, Medicaid/Medicare Assistance, Unmet Needs, Volunteer Transportation, Resource and Referral guidance, and so much more.

There is no question that our Wellness Center had been the hardest hit during the first year of the pandemic. Four Pointes was forced to close our doors in March of 2020 and after jumping through the many hoops, navigating the ever-changing restrictions, and updating policies and procedures to provide a safe space for seniors to gather we were finally able to resume programming in the Spring of 2021. With the gradual implementation of activities and a team of committed staff, the Wellness Center has now been functioning at pre-pandemic activity levels since Fall of 2021. We have continued to add new programming opportunities for our members and have an exciting line-up of membership discounts to ensure that everyone has the opportunity to participate in what Four Pointes has to offer no matter their financial situation.

We know the past 2 years have been frustrating as our
March Lunch Menu

Lunch hours Monday - Friday
11:00 a.m. - 12:30 p.m. Hot meals are by reservation ONLY.
Cost is donation based for seniors 60+.

MARCH 1st - 4th
Soup of the Week: Spinach & Artichoke
Hot Meals
March 2nd: All American Burger w/ Bun, Baked Beans, Broccoli, Peas
March 4th: Pea Soup & Ham, Cauliflower, Corn, Ambrosia

MARCH 7th - 11th
Soup of the Week: Broccoli Cheese
Hot Meals
March 7th: Chicken Wings, Baked Potato, Sautéed Cabbage, Tomato Salad, Fruited Jell-O
March 9th: Lasagna, Garlic Bread, Corn, Cauliflower, Fresh Fruit, Fig Newton
March 11th: Pork Chops & Gravy, Mashed Potatoes, Peas, Peaches, White Bread w/ Margarine

MARCH 14th - 18th
Soup of the Week: Chicken Noodle
Hot Meals
March 14th: Cabbage Roll, Au Gratin Potatoes, Peas & Carrots, Mandarin Oranges, Wheat Bread w/ Margarine
March 16th: Chicken Diane, White Rice, Succotash, Beets, Applesauce
March 18th: Goulash, Garlic Bread, Brussel Sprouts, Wax Beans, Fresh Fruit

MARCH 21st - 25th
Soup of the Week: White Chicken Chili
Hot Meals
March 21st: Chicken Cavatappi, Garlic Bread, Lima Beans, Green Beans, Applesauce
March 23rd: Garlic & Herb Tapioca, Parsley Noodles, Corn, Coleslaw, Peaches

MARCH 25th: Pork Chop Suey, Rice, Broccoli, Winter Squash, Ambrosia, Wheat Bread w/ Margarine

MARCH 28th - 31st
Soup of the Week: Mushroom Brie
Hot Meals
March 28th: Swedish Meatballs, Noodles, Spinach, Pineapple Tidbits, Bread Pudding
March 30th: Spaghetti w/ Meat Sauce, Garlic Bread, Brussel Sprouts, Carrots, Fruited Jell-O

Hot meals must be reserved ahead of time by calling Four Points at (616) 842-9210 and speaking to the AgeWell Site Coordinator.
Reservations are due by noon the business day prior.

*Due to current food shortages, AWS will make every attempt to honor the menu, however there may need to be times which menu items need to be substituted*

"Scams Targeting Seniors and Identifying Elder Abuse"
Susan Thorpe, Finishing Well Ministry

FREE Workshop - Thursday March 10th at 4:00pm at the Church of the Dunes

Church of the Dunes Finishing Well Ministry (for 55+) and the Dunesmen (Church of the Dunes United Methodist Men) are hosting a special workshop presented by Chris Burnaw, SafeSeniors Coordinator at AgeWell Services.

Topics will include:
- Romance scams
- Grandchild or friend in trouble scams
- Impostor scams
- Government scams
- Medicare scams during Open Enrollment
- Current scams in Ottawa County and Grand Haven
- Elder physical abuse and how to recognize/report it

Please register in advance by contacting the church office at (616) 842-7980
We all have been through a lot these last few years, and as things begin to feel more normal, some of us may discover we need support dealing with conflict. Maybe changes in your life are causing issues or maybe a longtime disagreement is causing you pain?

If you are experiencing a problem like this, Mediation Services, can help you.

Mediation is a safe and approachable way to face problems that are often emotional and can be upsetting. We all have just experienced a lot of uncertainty, which can sometimes lead to disagreements with the people we love, and those we depend upon. Mediation offers an opportunity to settle disagreements, by setting up the time and space needed, in order to feel comfortable talking about the problem.

An expert called a mediator leads the discussion, and is trained in dealing with conflict. Everyone decides for themselves whether or not to participate, and the meeting takes place in a comfortable environment. If you have a problem like this, staff members from Mediation Services will be visiting Four Pointes next month to tell us more about it. Questions about services offered? Please contact us (616) 399-1600

FOUR POINTES SNOW BIRD MEMBERSHIP SPECIAL

6 month membership for only $30.00

Only available for purchase from March 1st - May 31st
Member must live in one of the following Millage participating areas to qualify for purchase

Chester Township
City of Coopersville
City of Ferrysburg
City of Grand Haven
Grand Haven Township
Polkton Township
Spring Lake Township/Village

Center for Successful Aging
Organizing your Important Documents
by Attorney Anna Urick Duggins
February 3, 2022, at 4:00 p.m.

Enjoy wine and cheese while learning the importance of organizing your estate plan, investment statements, deeds, medical information, etc. and how best to have them available at a moment's notice if there is an emergency.

Please RSVP to Four Pointes (616) 842-9210.
A positive outlook: Research shows that people who are treating their hearing loss are more likely to be optimistic and feel engaged in life.

Living fully: People who are treating their hearing loss are more likely to exercise and meet up with friends to socialize.

Stronger relationships: Most people who are treating their hearing loss say it has a positive effect on their relationships and their ability to participate in group activities, and they're more likely to have a strong social network.

Work life: Research from the Massachusetts Eye and Ear Infirmary found that using hearing aids reduced the risk of income loss by 90 to 100 percent for those with mild hearing loss, and from 65 to 77 percent for those with moderate to severe hearing loss.

Let better hearing boost your happiness and well being, get your hearing checked!

Hearing loss treatment has been shown to:

- Reduce risk of cognitive decline
- Improve quality of life
- Improve communication with family and friends
- Increase earning power

Call (616) 847-3144 for your personal FREE Hearing Test and Consultation!

Kristin Johnston
BA, BC-HIS, Owner

Comprehensive EAR & HEARING
Grand Haven · Holland · Zeeland

1101 Columbus Ave.
Grand Haven, MI 49417
(616) 847-3144

www.CompEarHear.com
CURRENT RESIDENT

Ferrysburg City Council
PO Box 38
Ferrysburg, MI 49409

Four Pointes Social Services Team

The Four Pointes staff is excited to announce that Lisa Madley has joined our team as a Case Coordinator and Options Counselor!

Lisa officially joined the team at the beginning of February and is "looking forward to working with such an amazing organization." Lisa enjoys spending time with her 7-year-old daughter, husband, and her mother. Lisa and her family moved to the lakeshore area a year ago and is happy to call this place home. She enjoys doing outdoor activities, such as sledding, fishing, and anything to do with the beautiful Lake Michigan. She also enjoys cooking, reading, and arts and crafts. Lisa is excitedly looking forward to meeting more of our members and getting to know her clients.

We are so thankful Lisa has joined our team and look forward to all of the positive things she can bring to our organization. If you see her around the center be sure to say "Hi."

Welcome Lisa!
March 2, 2022

To: Mayor and City Council Members

From: Craig Bessinger, City Manager

Re: Calendar of Meetings and Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Meeting Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mar  7</td>
<td>Monday</td>
<td>7:00 PM</td>
<td>City Council, City Hall</td>
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<tr>
<td>Mar  8</td>
<td>Tuesday</td>
<td>6:00 PM</td>
<td>BOR Organizational Meeting</td>
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<tr>
<td>Mar 14</td>
<td>Monday</td>
<td>1:30-9:30 PM</td>
<td>Board of Review, City Hall</td>
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<tr>
<td>Mar 15</td>
<td>Tuesday</td>
<td>1:30-8:00 PM</td>
<td>Board of Review, City Hall</td>
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<tr>
<td>Mar 14</td>
<td>Monday</td>
<td>6:30 PM</td>
<td>Beautification Commission, CH</td>
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<td>Mar 15</td>
<td>Tuesday</td>
<td>6:30 PM</td>
<td>Kitchel-Lindquist-Hartger Board-CH</td>
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<tr>
<td>Mar 16</td>
<td>Wednesday</td>
<td>6:00 PM</td>
<td>EDTF</td>
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<tr>
<td>Mar 17</td>
<td>Thursday</td>
<td>6:00 PM</td>
<td>Recreation Commission, City Hall</td>
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<tr>
<td>Mar 17</td>
<td>Thursday</td>
<td>7:00 PM</td>
<td>Zoning Board of Appeals, City Hall</td>
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<td>Mar 21</td>
<td>Monday</td>
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<td>City Council, City Hall</td>
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<tr>
<td>Mar 23</td>
<td>Wednesday</td>
<td>4:30 PM</td>
<td>Harbor Transit, SL</td>
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<td>April 4</td>
<td>Monday</td>
<td>7:00 PM</td>
<td>City Council, City Hall</td>
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<td>April 7</td>
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<td>1:30 PM</td>
<td>MPO</td>
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<tr>
<td>April 7</td>
<td>Thursday</td>
<td>7:00 PM</td>
<td>Planning Commission, City Hall</td>
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<tr>
<td>April 11</td>
<td>Monday</td>
<td>6:30 PM</td>
<td>Beautification Commission, CH</td>
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<td>April 14</td>
<td>Thursday</td>
<td>6:00 PM</td>
<td>Recreation Commission</td>
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<td>April 14</td>
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<td>Zoning Board of Appeals, City Hall</td>
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<td>April 15</td>
<td>Friday</td>
<td>Noon</td>
<td>Good Friday, Close at noon</td>
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<td>April 18</td>
<td>Monday</td>
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<td>City Council, City Hall</td>
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<td>April 19</td>
<td>Tuesday</td>
<td>6:30 PM</td>
<td>Kitchel-Lindquist-Hartger Board-CH</td>
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<td>April 20</td>
<td>Wednesday</td>
<td>6:00 PM</td>
<td>EDTF, City Hall</td>
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<td>April 21</td>
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<td>May  2</td>
<td>Monday</td>
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<td>Thursday</td>
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<td>May  5</td>
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<td>7:00 PM</td>
<td>Planning Commission, City Hall</td>
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