



January – February 2018

Healthy Happenings

Carol Health: Help at Home From Trusted Nurses

Thursday, January 4, 6 p.m. – 7 p.m.
Spectrum Health Healthier Communities
665 Seward Avenue NW, Suite 210
Grand Rapids

This is a free event. There is free parking on-site. Registration is required. Register online at onlineregistrationcenter.com/104fy18 or by phone at 616.267.2626, option 4 then option 2.

You want the best for you and your family, but when you are caring for a loved one at home it can be overwhelming and you can't always be there. Carol Health can. Carol Health delivers the care you need when you need it in the comfort of your own home. With a simple click of a button, we alert our network of registered nurses and send them to your home to help provide the care needed and peace of mind.

Tai Chi for Arthritis

Tuesdays and Thursdays, January 9 – March 29
4:30 p.m. – 5:30 p.m. Beginner Class
Spectrum Health West Pavilion
6105 Wilson Avenue SW, Room 2060
Wyoming

Suggested donation of \$3 per class. There is free parking on-site. Call Senior Neighbors at 616.233.0283 for more information or to register.

Tai chi is a controlled method of gentle physical exercise and stretching using a series of positions or movements done in a slow, graceful manner. This class is specifically for Kent County residents age 60 or older. If you want to improve your balance or your endurance, strengthen your core muscles, or exercise safely, you may find this series helpful. This program is offered through Senior Neighbors. Space is limited to the first 10 registrants.

Quit 101: Smoking Cessation Class—4-Week Series

Wednesday, January 10, 5 p.m. – 7 p.m., then
Wednesdays, January 17, 24 and 31, 5 p.m. – 6:30 p.m.
Spectrum Health Heart and Vascular Center
2902 Bradford Street NE (lower level, east side entrance)
Grand Rapids

This is a free 4-week class. There is free parking on-site. Registration is required. Register online at onlineregistrationcenter.com/110fy18 or by phone at 616.267.2626, option 4 then option 2.

Are you fed up with the cost of tobacco to your wallet and your health? Have you struggled in the past to stop using tobacco, only to remain caught in the web of addiction? Quit 101 focuses on tips to help you develop a quit plan and strategies that will work for you. Libby Stern, LMSW, a certified tobacco treatment specialist who is also a former smoker, facilitates this program to help you find the motivation and skills you need to stop tobacco use once and for all. Information about medications used in quitting smoking and a free nicotine replacement therapy sample are included.

Spectrum Health Healthier Communities

The Basics: Memory Loss, Dementia and Alzheimer's Disease

Thursday, January 11, 6:30 p.m. – 8:30 p.m.
Spectrum Health Healthier Communities
665 Seward Avenue NW, Suite 110
Grand Rapids

\$10 suggested donation per family. Registration is required, and there is free parking on-site. Call the Alzheimer's Association at 800.272.3900 to schedule.

Alzheimer's disease is not a normal part of aging. If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on detection, causes and risk factors, stages of the disease, treatment and much more. This program is offered by the Alzheimer's Association.

New Year's Resolution Rewind

Monday, January 15, 6 p.m. – 7:30 p.m.
Spectrum Health Healthier Communities
665 Seward Avenue NW, Suite 210
Grand Rapids

This is a free event. There is free parking on-site. Registration is required. Register online at onlineregistrationcenter.com/115fy18 or by phone at 616.267.2626, option 4 then option 2.

Are you ready to discover your personal vision for improved health and well-being? This interactive class will rekindle your commitment and energy for better health. Make this the year your New Year's resolutions stick!

Advance Directives and Living Wills

Wednesday, February 7, 10 a.m. – 11:30 a.m.
Spectrum Health Healthier Communities
665 Seward Avenue NW, Suite 110
Grand Rapids

This is a free event. There is free parking on-site. Registration is required. Register online at onlineregistrationcenter.com/27fy18 or by phone at 616.267.2626, option 4 then option 2.

Have you ever thought about who would make medical decisions for you if you were not able? Have you heard about a durable power of attorney for health care? Is an advance directive the same thing as a living will? Do you really need one? If you want to learn about your right to appoint someone to make treatment decisions for you when you are unable to do so, please join Carol Robinson, DNP, RN, community coordinator of Making Choices Michigan, for this informative session.

Building Your Stress Reduction Toolbox

Wednesday, February 7, 6 p.m. – 7:30 p.m.
Spectrum Health Healthier Communities
665 Seward Avenue NW, Suite 210
Grand Rapids

This is a free event. There is free parking on-site. Registration is required. Register online at onlineregistrationcenter.com/207fy18 or by phone at 616.267.2626, option 4 then option 2.

Stress! What is it? How does the body react to it? How can we manage stress powerfully in order to become our best selves at work and at home? Certified Health Educational Specialist Julie Otte will walk you through the answers to each of these questions and provide you with the tools you need to successfully manage stress both at home and at work! You'll walk away with new tools for your life to be able to thrive even in the midst of stress.

Spectrum Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.
[81 FR 31465, May 16, 2016; 81 FR 46613, July 18, 2016]

ATENCIÓN: Si usted habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.844.359.1607 (TTY: 711).

إذا كنت تتحدث اللغة العربية، فيمكنك الحصول على المساعدة اللغوية المتاحة مجانًا. اتصل على الرقم 1.844.359.1607 (TTY: 711).



March – April 2018

Healthy Happenings

The Savvy Caregiver

Thursdays, March 1 – April 5, 3 p.m. – 5 p.m.
Spectrum Health Healthier Communities
665 Seward Avenue NW, Suite 110
Grand Rapids

\$10 suggested donation per family. Registration is required, and there is free parking on-site. Call the Alzheimer’s Association at 800.272.3900 to schedule.

The Savvy Caregiver is an evidence-based educational program designed for people caring for a loved one with dementia living at home. This course will help caregivers appreciate the scope and impact of caregiving and increase important dementia caregiving skills, strategies and knowledge to help improve the quality of life for both the person with dementia and the caregiver. This program is offered by the Alzheimer’s Association.

Quit 101: Smoking Cessation Class—4-Week Series

Tuesday, March 6, 6 p.m. – 8 p.m., then
Tuesdays, March 13, 20 and 27, 6 p.m. – 7:30 p.m.
Spectrum Health Healthier Communities
665 Seward Avenue NW, Suite 110
Grand Rapids

This is a free 4-week class. There is free parking on-site. Registration is required. Register online at onlineregistrationcenter.com/36fy18 or by phone at 616.267.2626, option 4 then option 2.

Are you fed up with the cost of tobacco to your wallet and your health? Have you struggled in the past to stop using tobacco, only to remain caught in the web of addiction? Quit 101 focuses on tips to help you develop a quit plan and strategies that will work for you. Libby Stern, LMSW, a certified tobacco treatment specialist who is also a former smoker, facilitates this program to help you find the motivation and skills you need to stop using tobacco once and for all. Information about medications used in quitting smoking and a free nicotine replacement therapy sample are included.

Best Practices for Internet Safety and Security

Tuesday, March 20, 6 p.m. – 8 p.m.
Spectrum Health Healthier Communities
665 Seward Avenue NW, Suite 210
Grand Rapids

This event is free. There is free parking on-site. Registration is required. Register online at onlineregistrationcenter.com/320fy18 or by phone at 616.267.2626, option 4 then option 2.

This presentation is intended for those who have a low to intermediate level of internet safety understanding. Come learn about phishing, ransomware, data breaches and other cybersecurity topics that are flooding the news. We will cover simple steps to improve your browsing safety and the well-being of your personal data.

Spectrum Health Healthier Communities

Advance Directives and Living Wills

Thursday, March 22, 6 p.m. – 7:30 p.m.
Spectrum Health Healthier Communities
665 Seward Avenue NW, Suite 110
Grand Rapids

This event is free. There is free parking on-site.
Registration is required. Register online at
onlineregistrationcenter.com/322fy18 or by phone
at 616.267.2626, option 4 then option 2.



Have you ever thought about who would make medical decisions for you if you were not able? Have you heard about a durable power of attorney for health care? Is an advance directive the same thing as a living will? Do you really need one? If you want to learn about your right to appoint someone to make treatment decisions for you when you are unable to do so, please join Carol Robinson, DNP, RN, community coordinator of Making Choices Michigan, for this informative session.

Advanced Topics in Internet Safety and Social Media Privacy and Security

Tuesday, April 17, 6 p.m. – 8 p.m.
Spectrum Health Healthier Communities
665 Seward Avenue NW, Suite 210
Grand Rapids

This event is free. There is free parking on-site.
Registration is required. Register online at
onlineregistrationcenter.com/417fy18 or by phone
at 616.267.2626, option 4 then option 2.

The internet and social media can be full of terrors. With malicious actors lurking around every digital corner, we want to provide you with the best practices to protect your privacy and increase your security. Join Spectrum Health Privacy and Information Security training specialists for a discussion on how to stay safe while shopping and browsing online and working with email as well as how to access privacy and security settings for various social media platforms to ensure that only the right people see your information.

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Visit spectrumhealthbeat.org to sign up.