

October 2021 – April 2022

Seniors Be Well at GRPL

A speaker series with accompanying
low-impact exercise classes
and book clubs for seniors

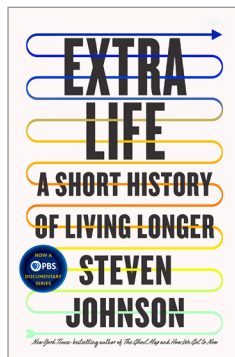
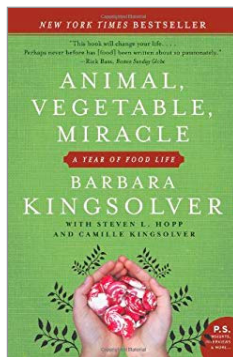
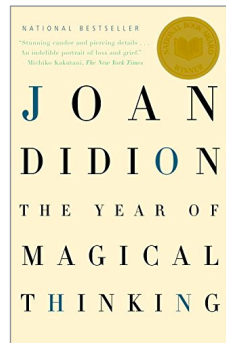
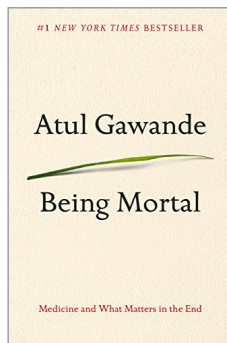
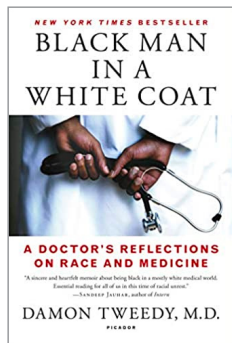
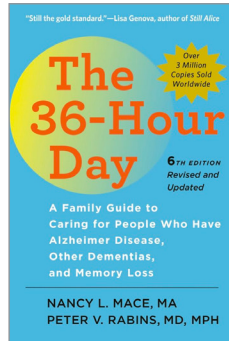
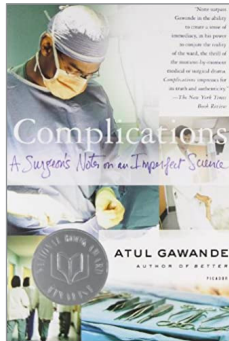
A partnership between



Grand Rapids
PUBLIC LIBRARY



MERCY HEALTH
A Member of Trinity Health



Join us for the Seniors Be Well at GRPL series! Each month, Family Medicine Physicians of Mercy Health St. Mary's and their community partners will discuss health misinformation, nutrition, dementia and much more. When you sign up for the book club, you will receive the book to read, discuss, and keep for your personal library! The series will move online if necessary for public health and patron safety. Seniors Be Well at GRPL is a partnership with Mercy Health Saint Mary's.

Ways to sign up:

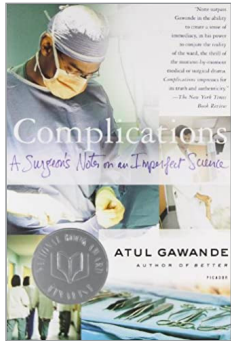
1. Online – www.grpl.org/register
2. In Person – Visit any Grand Rapids Public Library location
3. On the phone – 616-988-5400

These materials were provided by a generous grant from the National Library of Medicine.



October 2021

Addressing Health Misinformation (Vaccines and Much More) and Scams Targeting Seniors



Thursday, October 28, 2021
Main Library | 111 Library St NE

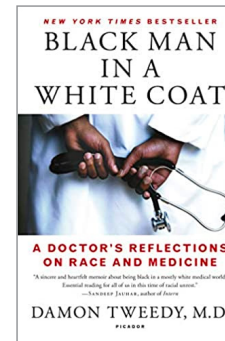
11:00 am | Presentation by Renah Farhan MD & Cassie Caple with the Elder Abuse Coalition

12:30 pm | Exercise Class

2:00 pm | Book Club on *Complications* by Atul Gawande

December 2021

Preventing and Managing your Type II Diabetes and Heart Disease



Thursday, December 16, 2021
Main Library | 111 Library St NE

11:00 am | Presentation by Stephany Zahl MD & Vanessa Green with the African American Health Institute

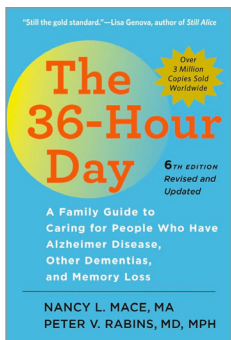
12:30 pm | Exercise Class

2:00 pm | Book Club on *Black Man in a White Coat* by Damon Tweedy

6:00 pm | *Black Man in a White Coat* Documentary Showing

November 2021

Community Resources for Caregivers, and Dementia vs. Normal Memory Loss



Thursday, November 18, 2021
Main Library | 111 Library St NE

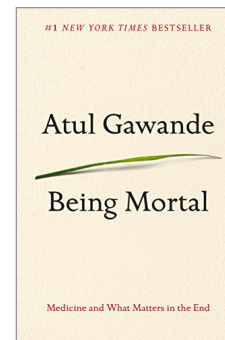
11:00 am | Presentation by Rachael Plantholt MD & Anna Ramos with the Alzheimer Association

12:30 pm | Exercise Class

2:00 pm | Book Club on *The 36 Hour Day* by Nancy Mace and Peter Rabins

January 2022

Ask-a-Doctor and Ask-a-Lawyer about Advance Care Planning



Thursday, January 20, 2022
Main Library | 111 Library St NE

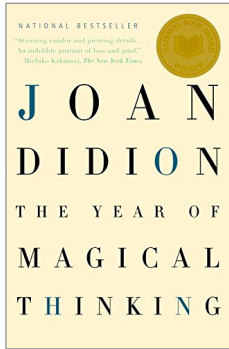
11:00 am | Presentation by Claire Belevender MD & TBA with the Elder Law Firm

12:30 pm | Exercise Class

2:00 pm | Book Club on *Being Mortal* by Atul Gawande

February 2022

Grief, Stress Management, and Mood



Thursday, February 24, 2022

Main Library | 111 Library St NE

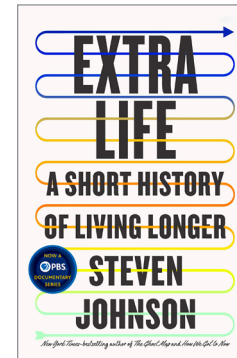
11:00 am | Presentation by Sarna Becker MD

12:30 pm | Exercise Class

2:00 pm | Book Club on *The Year of Magical Thinking* by Joan Didion

April 2022

Senior Preventative Care and Community Health Resources



Thursday, April 21, 2022

Main Library | 111 Library St NE

11:00 am | Presentation by Kellie Clark MD & Stephanie Hecksel with the Area Agency on Aging

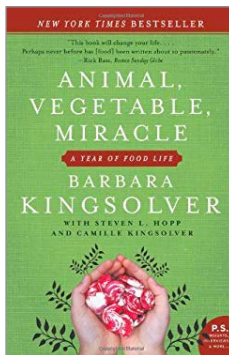
Yankee Clipper Branch | 2025 Leonard NE

12:30 pm | Exercise Class

2:00 pm | Book Club on *Extra Life: Short History of Living Longer* by Steven Johnson

March 2022

Decreased Appetite, Nutrition, and Fall Prevention



Thursday, March 24, 2022

Main Library | 111 Library St NE

11:00 am | Presentation by Nolan Coallier MD

12:30 pm | Exercise Class

2:00 pm | Book Club on *Animal, Vegetable, Miracle* by Barbara Kingsolver

Saturday, April 24, 2022

Main Library | 111 Library St NE

1:00 – 5:00 pm | Caregiver Expo

African American Health Institute
Alzheimer's Association
Area Agency on Aging West Michigan
Blood Pressure Booth/Mercy Health Family Medicine
Elder Abuse Coalition
Elder Law Firm
Faith Hospice
Home Repair Services
Hope Network Side by Side Day Program
Legal Aid of West Michigan
Michigan Medicaid/Medicare Assistance Program
Red Cross



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