

WINTER SIX-WEEK SESSION: February 1—March 12, 2021

The Advantage is published quarterly by AgeWell

Volume 14, Issue 1

Wellness Office: (231) 733-8643

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Letter from the Mission Services Director

Dear Wellness Members,

First and foremost, we cannot express how much we miss seeing you all and hope that you are doing well!

Through the pandemic, the most common word used at AgeWell has been “pivot.” We say this jokingly at times but we truly have pivoted more times in the past 10 months than in the nearly 10 years I have worked for AgeWell; Our Home Delivered program was on a waitlist in the beginning of the pandemic because we simply couldn’t get enough food or volunteer drivers to be able to serve all those that needed meals. Thankfully, this is back to normal now and we are onboarding new participants each week. The Café and Lunch & Activity Centers closed entirely in the beginning and now are only open for to-go at some locations. We have also done 31 (and counting) Curbside Meal Distributions throughout the three counties we serve. Senior Transportation has had to reduce rides and increase staff time to properly sanitize between each transport to maintain safety protocols. The kitchen had to split into two teams to reduce exposure of one another and to properly distance, which you can imagine is difficult with the number of meals they produce each day. Senior Center Activities and Wellness has had to completely change programming and focus on distributing kits, making phone calls, drive-by parades, etc. to keep as many members engaged as possible. I could keep going with all the changes but you get the point!

With all these changes, we cannot tell you how excited we are to announce our plans to

re-open on February 1st, barring any new orders from the local, state, or federal government. The current order states that indoor group exercise is able to resume on January 18. We will make every effort to communicate if this order changes via email and social media, but please pay attention to any new orders that may come out that could cause us to change our plans. The Wellness team has spent a significant amount of time researching guidelines and recommendations in order to make plans to safely open. We feel confident that, although things will not be back to “normal” for the Wellness Center, this is a big step in that direction and our entire team is beyond excited. In order to be able to stay open, we ask that you please read our new guidelines thoroughly prior to attending the Wellness center and respect the new protocols that are in place. The goal is to be able to offer classes and workout opportunities while maintaining community member and staff safety.

Last, you may be wondering if there are any plans for the Driftwood Café to reopen. Although they will likely not open on the same timeline as Wellness, know that the team is making plans to open as soon as possible. Be on the lookout for an announcement in the near future!

Stay well, stay safe, and we hope to see you soon!

Laura Beechnau, Mission Services Director

Wellness Center Improvements:

Below are a list of improvements that were completed in the Wellness Center. The goal was to increase efficiency and productivity throughout the center, as well as add new equipment for new programs.

- Spin Bikes for new Spin Class. Funded by the City of Norton Shores through the Muskegon County Senior Millage.
- New Smart TV’s in the Fitness Room. Funded through the AgeWell Wish List by a generous anonymous donor.
- Reconfiguring of the old library creating our new Community Room.
- New Smart TV in the community room that will display announcement and other information.
- New and improved ways of storing fitness equipment in the Activity Room.

MEMBERSHIP PRICING UPDATE

We are sure that many people have questions about their membership status. Since we closed, we have not been charging membership dues, nor have we been tracking who owes membership dues. We froze all memberships on March 16, 2020. Whatever your membership status was on March 16, 2020 is what your current membership status is.

As we reopen, we will have limited programming and limited spots available for every class. With this in mind, we have made the decision to not resume membership charges right away. All memberships will remain frozen and everyone will pay the same fee for each class, no matter what your previous membership status was.

You may notice that some of the pricing may seem higher than before. Every class will require a six-week commitment to the class. For example, if you register for a Zumba class on Monday, the expectation is that you will attend Zumba every Monday for the six weeks. Because of this required commitment, you will be paying for the entire six-week session up front, instead of paying per week. This makes the cost of that one Zumba class \$42. It is the same as \$7 per class, the only difference is you are paying for all six classes up-front. This is currently the only option.

Please keep in mind that we are not currently charging membership dues, we have to limit our class sizes and we have some extra expenses to help keep everyone as safe as possible during COVID-19. These variables have led to the slight increase in some pricing. If you have any questions about any of this, please contact the Wellness Program Manager by email at greg@agewellservices.org or call him at the number below.

We want you all to know that we will do everything we can to complete the entire six weeks of programming without any cancellations. However, please understand that we are still in the middle of a pandemic and it is entirely possible that, at some point, a class may have to be cancelled or you may not be able to attend a class you registered for due to illness of your own. In most instances, refunds will not be awarded if a class is cancelled or you are unable to attend a class. This is a part of the risk you are assuming by registering for our programs. If there is an instance of extenuating circumstances, we will handle that on a case-by-case basis. Our intention is to be fair and these policies will remain fluid and change if necessary.

Thank you for your understanding. We are excited to welcome you back!

Wellness Office Contact Information

Mission Services Director

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Wellness Program Manager

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WELLNESS CENTER REOPENING GUIDELINES

As we welcome AgeWell Wellness Center members and guests back to the Wellness Center, we want to inform you about our new health and safety guidelines in response to the COVID-19 pandemic. These guidelines are for your and our teams' safety. If you feel strongly that you cannot abide by these guidelines, please refrain from using the Wellness Center at this time. Our team is committed to ensuring you have quality programming in the safest possible environment that we can provide. We know this will be different and feel different, but a lot of thought and preparation has gone into these plans and will go into the daily operations as we move forward. Your health is our highest priority.

What We Have Done to Make the Wellness Center as Safe as Possible:

- Sanitizing stations outside every room and intermittently throughout the facility;
- Barrier/Sneeze guards installed at reception areas;
- Removed all unnecessary touch points or have team members at the touch points to minimize exposure;
- Appropriate social distancing has been developed for all Wellness activities:
 - Social distancing per room with 6-foot safe distance between all participants
 - Rearranging of tables and chairs to honor 6-foot safe distance
 - Flow arrows for movement in high traffic area
 - Usage of separate entrance and exit to allow for one-way traffic flow
- Water fountains and self-service stations will be disconnected or eliminated (including touch screen)
- All team members to be screened and use all PPE
- Created a cleaning regiment for each room and touch points that are in use
- Spaced out classes/appointment times to accommodate thorough cleaning of all space and equipment prior to next use

How to Participate in Wellness Center Activities:

In effort to abide by social distancing requirements and keep everyone safe, **only those participants who have registered for an activity or made an appointment for the use of the fitness room or other activities will be allowed in the facility.** Participants will be required to register for all activities regardless of if there is a fee for the activity or if the activity is free. You can register via the online registration link that is sent to you, or you can call the office and the staff will register you via the online registration link. There will be no "drop ins" or clubs that involve socializing.

Registration Process for All On-Site Activities:

Register for all Wellness Center activities that are free or involve a fee ahead of time using the online registration link: <https://www.surveymonkey.com/r/wellness-activity-registration>

If you do not have access to internet or have difficulty in using the link please call the Wellness Center for assistance. Francine will be available Monday to Friday from 8 a.m. to 2 p.m. at (231) 733-8642. There will be no cash or checks accepted at this time. All fees will need to be paid via credit/debit card to limit exchanges and exposure.

Please note that the above online registration link is the safest, quickest and surest way to reserve your spot and pay for classes. Class capacity is first-come, first-serve. Listing of available Wellness activities will be in the Wellness Newsletter: The AdvantAge, the weekly e-blasts and on AgeWell's website.

WELLNESS CENTER REOPENING GUIDELINES

On-Site Activities:

- **Fitness Classes:** Spin class, low/high impact cardio will be held in the Activity Room.
- **Cardio/Weight Machines:** Fitness Room will be available by appointment for usage of the Cardio and weight equipment by timeslot. You will be limited to one time slot per day, the maximum you will be allowed is five times per week.
- **Art Classes:** The classes will be held in the art room and in addition to capacity, the duration of the classes will be reduced.
- **Mobility Reviews or other One-on-One Activities:** These programs will be held in the Community Room or Activity Room by appointment only.
- **Educational Seminars:** All Lunch & Learns or other Educational activities will be held in Training Rooms A&B.

Health and Safety Guidelines for the Wellness Center:

The following health and safety guidelines are what to expect when visiting the Wellness Center.

- Everyone **MUST** wear a face covering in the building at all times, including during fitness classes and in the cardio weight room. If you do not have face covering, one will be provided for you.
- Use available hand sanitizer in vestibule when entering the building.
- The drinking fountains have been turned off and covered. Please bring a water bottle or beverage.
- Adhere to social distancing and directional signs throughout the facility.
- Adhere to the entrance and exit only doors to ensure traffic flow is one way.
- The cardio and weight fitness room is available by appointment only and will be capped at no more than three users per appointment time. You will be asked to observe the 6-foot rule when choosing a machine during your appointment time.

Check-in Process for all Activities/Classes:

- Please avoid coming earlier than 10 minutes prior to your scheduled class/appointment. If you are early, please wait in your vehicle until 10 minutes prior.
- All participants enter through Tanglewood Park main doors.
- Participants will be greeted by a Wellness Team member who will:
 - Perform a verbal COVID-19 health screening
 - Provide participant an updated Rights & Responsibility document
 - Collect participant's signature on new liability document
 - Sign participant in for activity-the use of the touch screen will not be available at during this time
 - Verify your reservation/appointment

Temporary Building Hours:

Monday to Friday from 8:00 a.m. to 2:00 p.m.

Closed Saturdays and Sundays

WELLNESS CENTER REOPENING GUIDELINES

Facility Cleaning and Disinfecting:

All of the practices on previous pages (along with some possibly not listed) have been put into place to mitigate the risk of COVID-19 to our participants, team members and volunteers. In addition to the above, the Wellness team will:

- Clean and disinfect all surfaces and equipment on an hourly basis or after every appointment/reservation
- Sign off the cleaning schedule to ensure disinfecting has been completed at the appropriate interval (hourly or more)
- Items to be cleaned and disinfected include tables, chairs, door knobs, countertops fitness equipment, art supplies (if used)

Exposure:

AgeWell Services has taken steps to minimize exposure of COVID-19 by educating team members on protective behaviors that reduce the spread of the virus. AgeWell ensured staff is following guidelines and increased hygiene practices and is expecting participants to do the same. If a team member or participant becomes ill while in the Wellness Center, they will be directed to leave the premises immediately. In the event that they do not have the means to leave they, will be isolated from participants until transportation arrangements can be made.

Social Distancing:

AgeWell Services and the Wellness Center has taken measures to prevent the spread of COVID-19 with social distancing in the facility as well. Social distancing will include:

- One-way foot traffic and the use of separate entrance and exit
- Restricting the number of participants on premises and in classrooms to the 6-foot rule distance rule or 25% building capacity
- 6 foot markers where lines of people may form (i.e. check-in)

Confirmed Cases:

In the event that a team member or participant has a confirmed case of COVID-19 AgeWell Services will:

- Notify the County Health Department
- Notify all persons who may have come into contact with the infected individual within the last 14 days. This will be accomplished with the use of class sign-in records
- The entire Wellness Center, or the affected parts of the Wellness Center (depending on where the individual was in the facility), will be thoroughly cleaned and disinfected
- The infected individual will need to quarantine from the Wellness Center for at least 14 days and symptoms have subsided or per most recent CDC guidelines
- Close proximity of 15 minutes and with no mask defines a risky contact. Since none of the classes, equipment, etc. will be within six feet of each other and since everyone will be wearing masks at all times, we do not plan to close the Wellness Center due to confirmed cases.

A note about Tanglewood Park: Tanglewood Park building is home to two other senior serving agencies. These agencies are also following the same guidelines and protocols around COVID-19.

The plan on previous pages was created using CDC, MIOSHA, local, state and federal regulations. Should these change, AgeWell will adopt the most current guidelines and expect participants to as well.

LUNCH & LEARN PROGRAMS

These Lunch & Learns offer an education program, followed by a to-go lunch. Due to social distancing guidelines, there are limited spots available for each class. This means you are not guaranteed a spot in the specific class you registered for. Lunch & Learns will be filled on a first-come, first-served basis. You will be notified of the classes you are able to attend prior to the February 1 opening. To register for these Lunch & Learns, fill out our online registration form at <https://www.surveymonkey.com/r/wellness-activity-registration> or call us at (231) 733-8642.

SafeSeniors Presentation

Tuesday, February 23

10:00 a.m. to 11:00 a.m.



Join us to learn how people pretending to be your friend are using the internet, phone and email to try to take advantage of you, and how you can protect yourself from their tactics. Chris Burnaw, SafeSeniors Coordinator, will be giving the presentation. They work to identify, advocate, and seek justice for adults victims of abuse, neglect, and financial exploitation within the Muskegon, Ottawa and Oceana counties.

Cost

Free

Nourish

February 1 to 22

Mondays from 1:00 p.m. to 2:00 p.m.



A fresh look at nutrition, Nourish is an interactive nutrition experience program by Masterpiece Living. The Nourish experience connects nutrition to the 4 components of wellness: social, spiritual, intellectual and physical. Topics include: food recommendations, Blue Zones diets, food as energy, mindful eating, the dining experience, calories, organic/locally grown/natural foods, superfoods and food legacies. Learn, discuss and explore nutrition in new ways to support your successful aging journey.

Cost

\$30 for 4-week class

Brain Health University

February 3 to March 24

Wednesdays from 10:30 a.m. to 11:30 a.m.



Brain Health University is an eight-week class in collaboration with Dr. Rob Winningham, a leading expert in the field of Psychology. Topics will include ways to maximize memory, enhancing brain function, the role nutrition and physical exercise on cognition and how to stay motivated to enhance and maintain brain health.

Cost

\$50 for 8-week class

FITNESS ROOM TIME SLOTS

These are the time slots available to register for. Each time slot is 45 minutes long. Limit 1 time slot per day. Due to social distancing guidelines, there are limited spots available for each time slot. This means you are not guaranteed a spot in the specific time slot you registered for. Time slots will be filled on a first-come, first-served basis. You will be notified of the time slots you are able to attend prior to the February 1 opening.

This registration is for the 6-week session beginning on February 1 and ending on March 12. When you register for one time slot, you are registering for that time slot for the entire 6-week session. The cost of each time slot is \$12 for the session.

Register for the fitness room time slots, as well as other wellness center activities by filling out online registration form: <https://www.surveymonkey.com/r/wellness-activity-registration> or by calling Fran at (231) 733-8642.

Monday to Friday	
7:30 a.m. to 8:15 a.m.	10:30 a.m. to 11:15 a.m.
8:30 a.m. to 9:15 a.m.	11:30 a.m. to 12:15 p.m.
9:30 a.m. to 10:15 a.m.	12:30 p.m. to 1:15 p.m.
	1:30 p.m. to 2:15 p.m.



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Gift Cards are for gifts, not for scammers!



Watch out for calls, texts, and emails from scammers pretending to be the IRS, your bank, or companies like Apple or Amazon. They will tell you a story about an unauthorized order or an unpaid fee and claim that a gift card is the only way to resolve the situation. **DON'T BELIEVE THEM!**

A reputable company, bank, or government agency will never ask you to buy gift cards to pay fees or resolve a billing situation. Hang up the call, ignore the text or email, and report the scam to the FTC at [ReportFraud.ftc.gov](https://www.ftc.gov/report-fraud) or call 877-382-4357.

SafeSeniors
Educate. Advocate. Seek Justice.

**Stay Informed.
Stay Safe.**

SafeSeniors identifies and seeks justice for older adult victims of abuse, neglect, and financial exploitation. **If you are experiencing or suspect abuse, neglect, or exploitation, call Adult Protective Services at (855) 444-3911.**

For more information:
www.safeseniors.info



ART PROGRAM

Acrylic Art Class

February 1 to March 8
Mondays from 9:30 a.m. to 11:30 a.m.

This class uses acrylic paint to create paintings of the lakeshore, native Michigan animals, flowers and much more. This class will include instruction through demonstration, coaching and practice. Supplies are included. Special requests for specific colors many not always be available.

Cost
\$85 for entire 6 weeks



Open Art Instruction

February 2 to March 9
Tuesdays from 12:30 p.m. to 2:30 p.m.

This class gives the students the opportunity to paint using any medium of painting they prefer, while the instructor leads a class on a specific topic. Each class will cover a different aspect of painting. Students will have the option of using their own supplies or using Wellness Center supplies.

Cost	
Using Own Supplies	Supplies Included
\$75 for entire 6 weeks	\$85 for entire 6 weeks



Open Art Instruction

February 4 to March 11
Thursdays from 9:30 a.m. to 11:30 a.m.

This class gives the students the opportunity to paint using any medium of painting they prefer, while the instructor leads a class on a specific topic. Each class will cover a different aspect of painting. Students will have the option of using their own supplies or using Wellness Center supplies.

Cost	
Using Own Supplies	Supplies Included
\$75 for entire 6 weeks	\$85 for entire 6 weeks



Register with our online registration form at
<https://www.surveymonkey.com/r/wellness-activity-registration>
or call us at (231) 733-8642

SPECIAL ART EVENTS

These special event art classes are designed for all art lovers, no matter the experience. Due to social distancing guidelines, there are limited spots available for each class. This means you are not guaranteed a spot in the specific class you registered for. Classes will be filled on a first-come, first-served basis. You will be notified of the classes you are able to attend prior to the February 1 opening. To register for these special art events, fill out our online registration form at <https://www.surveymonkey.com/r/wellness-activity-registration> or call us at (231) 733-8642.

Acrylic Pour Flow Art

Friday, February 5
9:30 a.m. to 11:30 a.m.

No prior art experience is needed. In this fun, interactive class, you will learn pour methods and create your own masterpiece. Each student will get a canvas, paints and all other materials required to create one pour painting in class. Artwork will require three days of drying before pickup.

Cost: \$40



Guided Painting with Wine

Friday, February 12 & 19
2:00 p.m. to 4:00 p.m.

No prior art experience needed. This class will offer step-by-step instruction to help create a finished masterpiece. Supplies and instruction are included. Artwork will be taken with you at the end of the class. Two glasses of wine will be provided.

Cost: \$80



Ink & Watercolor

Friday, February 26
9:30 a.m. to 11:30 a.m.

This class will use both ink and watercolor paint. Using both mediums you will have the ability to create a piece of art to take home with you. Supplies and instruction are included. No prior art experience is needed.

Cost: \$40

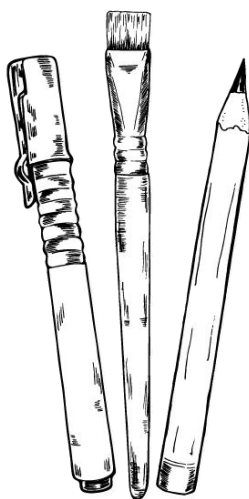


Framing Your Artwork

Friday, March 5 & 12
9:30 a.m. to 11:30 a.m.

No prior experience needed. Learn how to frame your artwork for hanging, either under glass or open frame. Supplies and instruction is included.

Cost: \$80



Hugh Randle, ATP

Senior Rehab Sales Specialist
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FITNESS CLASS DESCRIPTIONS

We are very excited to be able to offer a limited fitness class schedule. Due to social distancing guidelines, there are limited spots available for each class. This means you are not guaranteed a spot in the specific class you registered for. Classes will be filled on a first-come, first-served basis. You will be notified of the classes you are able to attend prior to the February 1 opening. To register for these classes, fill out our online registration form at <https://www.surveymonkey.com/r/wellness-activity-registration> or call us at (231) 733-8642.

PLEASE NOTE: Masks are required during all programs. Classes in the Challenging Level category will be difficult to do while wearing a mask. If you have reservations about wearing a mask while exercising, we suggest you avoid these classes for now.

Beginner Level Classes

Beginner Cardio & Strength: Variety of movement of marches, reaches and just moving the body while in your chair. Working with weights that will keep you strong.

Seated Cardio Drum Class & Strength: This class starts with a stretch, continue into drumming and shakers moving the body and having fun. This is a seated class, moving the body and just plain fun. This is great for people with walkers, canes or wheelchairs. All are welcome.

Standing / Seated Stretch: In this class you will learn a combination of health tips (arthritis and other), relaxation techniques and a majority of stretching exercises. You will work at your own pace to increase flexibility and reduce levels of pain and stiffness. This class can be done sitting in a chair or standing. *This class is endorsed by the Arthritis Foundation.

Easy Level Classes:

Early Bird Stretch with Ball: In this class you will revitalize your body by stretching all of your major muscle groups. This class will help keep your back healthy with some stretches on the stability ball. This class gets on the floor, with the option of staying seated.

Balance & Stretch: 15 min. of stretching in a chair with some cardio to move the legs, 10 min. of standing balance exercise.

Moderate Level Classes:

Active Senior Intermix Cardio & Strength: Combination of low and moderate moves mixed with strength training with hand weights or resistance tubes, ending with leg weights and abs. Big ball will be used in this class. Nice cool down at end.

Legs and Abs: Legs are your largest group of muscles. Let's keep them strong. Will consist of squats, old fashioned Jane Fonda moves standing and on the floor. Resistance bands and core work on floor to keep that back strong.

Zumba Gold: This class combines Latin rhythms with easy-to-follow moves to create an enjoyable cardio workout. No twisting.

Challenging Level Classes:

Boot Camp: The class starts with a warmup with burst of cardio followed by 30 second intervals working with lower body burst of cardio and ending with abs.

Cardio Circuit: Get a full body workout including cardio followed by legs, weights with arms and abs.

Dumbbells & Weights: In this class you will challenge both muscular strength and muscular endurance by incorporating dumbbells (hand weights) and weights (with a bar) designed to work the major muscle groups.

Friday Fun Cardio: This is a non-stop 30 minute class with fun cardio, ending with standing abs.

Spin Class: 30 minutes of spinning. This class allows you to participate at your own pace, but will challenge you.

Zumba: This class combines Latin rhythms with easy-to-follow moves to create an enjoyable cardiovascular workout. This class burns about 800 calories per hour while engaging the core, upper and lower body. (Music is loud!)

Instructors



**Francine
Calandro**



**Renee
Sischo**

FITNESS CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 - 8:45 a.m.	Early Bird Stretch w/ Ball (Francine)	Beginner Spin Class (Francine)	Early Bird Stretch w/ Ball (Francine)		Seated Stretch (Renee)
9:00 - 9:45 a.m.		Seated Cardio Drum Class & Strength (Renee)	Standing Stretch (Renee)	Cardio Circuit (Francine)	
10:00 - 10:45 a.m.	Cardio Circuit (Renee)		Boot Camp (Francine)	Zumba Gold (Francine)	Beginner Cardio & Strength (Renee)
11:00 - 11:45 a.m.		Active Senior Intermix Cardio & Strength (Francine)		Beginner Spin Class (Renee)	Drums Alive Combo (Francine)
12:00 - 12:45 p.m.	Zumba (Francine)	Dumbbells & Weights (Renee)	Zumba (Francine)	Dumbbells & Weights (Francine)	Friday Fun Cardio (Francine)
1:00 - 1:45 p.m.	Standing Stretch (Francine)	Legs & Abs (Francine)	Balance & Stretch (Francine)	Seated Cardio Drum Class & Strength (Francine)	

We are very excited to be able to offer a limited fitness class schedule. Due to social distancing guidelines, there are limited spots available for each class. This means you are not guaranteed a spot in the specific class you registered for. Classes will be filled on a first-come, first-served basis. You will be notified of the classes you are able to attend prior to the February 1 opening. To register for these classes, fill out our online registration form at <https://www.surveymonkey.com/r/wellness-activity-registration> or call us at (231) 733-8642.

PLEASE NOTE: Masks are required during all programs. Classes in the Challenging Level category will be difficult to do while wearing a mask. If you have reservations about wearing a mask while exercising, we suggest you avoid these classes for now.



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



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