



AgeWell Services of West Michigan
275 W. Clay Ave., Suite 100
Muskegon, MI 49440

PLEASE HELP KEEP YOUR RECORD UP TO DATE!

Is your name and mailing address correct?

Please contact Colleen G. Steinman with any changes:

Email: Colleen@agewellservices.org

Phone: 231-412-7966



Heels for Meals & More

SAVE THE DATE!

Saturday April 23, 2022

7:00 PM

The Event Center at Fricano Place





Behind the Wheel

Volume 10, Issue 1
Winter 2021

Published four times per year by AgeWell Services, 275 W. Clay Ave., Suite 100, Muskegon, MI 49440

DTE Holiday Meal: Celebrating Warm Cheer, Savory Meals and Critical Partnerships

The meal might have been frozen, but human connection and cheer warmed everyone who enjoyed the DTE Holiday Meal on Dec. 16. Staff and volunteers served more than 3,200 meals in a mix of curbside pickup and limited in-person dining at 15 locations across the three-county region.

Joined by partners Senior Resources of West Michigan, the Muskegon County Millage and the DTE Energy Foundation, AgeWell Services provided a nutritious and delicious meal to seniors through its home delivered meals program and its Lunch & Activity Centers. Call 211 helped handle the reservations needed for safe in-person dining.

“The DTE Holiday Meal is one of my favorite days at AgeWell,” Executive Director Kris Collee said. “Of course, the food is delicious, but it’s really about making a caring

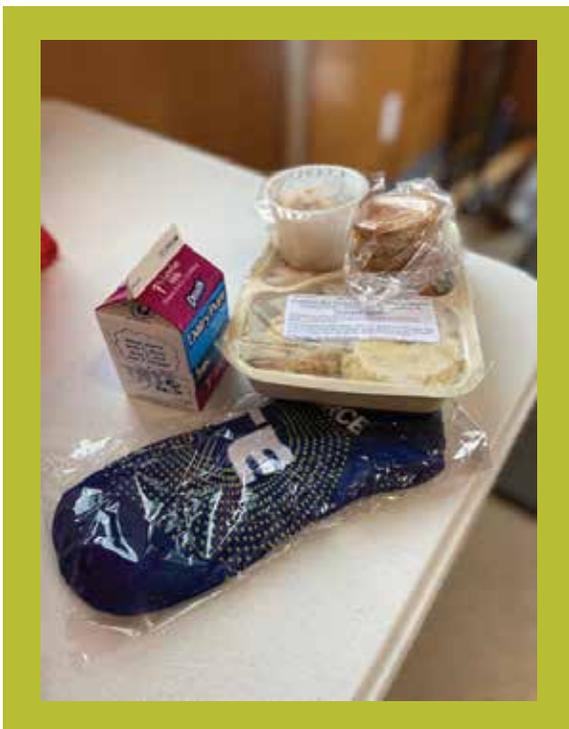


connection. That’s what makes it so special.”

According to the University of Michigan National Poll on Healthy Aging, social isolation and feelings of loneliness experienced by older adults increased to 56% in spring 2020 from 27% in 2018. With the new COVID-19 variants, this number continues to fluctuate. The 2021 DTE Energy Holiday Meals event is an opportunity to celebrate connections in a safe way.

This year’s menu was changed slightly to accommodate the hybrid serving options dictated by pandemic precautions. A cranberry-stuffed chicken breast, mashed potatoes with gravy, chunky cinnamon applesauce, Prince Charles vegetables, broccoli salad, a buttered dinner roll with caramel cheesecake provided one-third of the daily recommended nutrition.

“We couldn’t do this wonderful event without all of our partners,” Collee said. “Together we’re going to get through this and stay connected.”



AgeWell Services Holiday Cards Showcase Senior Artists' Artwork



The shores of Muskegon Lake serve as lifelong inspiration for artist Nicki Schneider. Her acrylic painting of a lakeshore lighthouse is the image used this year for AgeWell's holiday card.

The cards are mailed to more than 3,500 households across the nation, offering season's greetings to donors, program participants, vendors and other individuals and organizations that support AgeWell Services during the previous year.

It's the second time one of her paintings have been selected to be used for the annual greeting card. Two years ago, a painting of Santa walking with a reindeer along the lakeshore was the selected image.



"I've always loved to color," Nicki explained. "It's very relaxing. I just tune out the whole world and get involved in the painting."

The 70-year-old artist works mostly with acrylics and also did some pen-and-ink drawings. A life-long Muskegon resident, she draws inspiration from the shorelines and beaches. Her husband of 52 years, her two daughters and two granddaughters all live in North Muskegon.

"I grew up on the lake and I'm happiest when I'm at the beach," Nicki said. "It's just beautiful down there all the time."

AgeWell Services Wish List

Every gift to AgeWell Services makes a difference in a senior's life. If you want to see more tangible results of your giving, please consider funding something on our Wish List.

- Feed a homebound senior for one month \$140
- Make a single monthly payment on Meals on Wheels transport van \$340
- Pay off the Meals on Wheels transport van \$4,540
- Computer monitors and docking stations \$499 each
10 needed for Food Service, Wellness and Finance
- Paint supplies for Tanglewood Park Community Room wall mural \$1,000
Work will be completed by AgeWell art student volunteers
- Laptop computers \$1,200 each
6 needed for Food Service, Wellness and Finance
- Feed a homebound senior for a year \$1,680
- Hip abductor machine for the Wellness Center Fitness Room \$2,500
Replacing a seated leg curl machine
- Replace the engine of a 2015 Ford Taurus \$6,800
This vehicle is used for Senior Medical Transportation
- Replace the walk-in cooler condenser unit \$9,270
This unit stores all salad and sandwich foods for senior meals

To make a wish come true, contact Advancement Director Diane Smith at 231-683-2651.

Letter from the Director



Dear Friends:

Our DTE Holiday Meal is one of my favorite days at AgeWell Services. Lots of smiling faces, holiday music and décor, and a delicious, extra-special meal – what's not to love? Even when we have to switch it over to a curbside pickup due to a global pandemic, it's still a fun day. This year was no exception. I am grateful to the DTE Energy Foundation for the annual grant which makes this meal possible. We celebrate together because it becomes so much more than a meal!

Meals have always been at the core of AgeWell Services' mission. We changed our name in 2008 to reflect the growing needs of area seniors. Now, we offer so much more than meals! Senior Medical Transportation, the Wellness Center, Senior Center Activities and SafeSeniors also provide the much needed connections our senior neighbors need to redefine aging.

That's why in this issue, you'll see stories about the artist who created our annual holiday card in a painting class offered at our Wellness Center and Wish List items that include technology needs. We are committed to be so much more than a meal for our participants, to encourage everyone who receives support from AgeWell Services to feel valued and supported.

That is why we're making changes to our annual gala event Heels for Meals. The pandemic has forced us to cancel our annual event for the last two years. Along with our renewed focus on promoting all programs offered by AgeWell, we want to explore an event that helps supporters know their gifts make a difference in all our programs – not only for meals.

Of course, we'll keep all the things you have loved about this very fun event – the silent and live auctions, the delicious food and beverages and so much more. This event has always been another one of my favorite days at AgeWell Services. Stay tuned for more details about our "NEW" event. We're very excited about the opportunity to expand the impact and hope you will be too.

If you would like to make a gift to support all of our work, please visit our website at www.agewellservices.org and make your online gift before Dec. 31. And thank you for making a difference in the lives of our senior neighbors.

Warmest Wishes for a New Year!

Kris Collee
Executive Director

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Matt Mills

General Directors

Phil Kelly
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Ex-Officio

Karla Betten

Mission Statement

AgeWell Services invites
you to redefine age!

We provide vital
connections to keep
you nourished, active,
learning and living
independently.

AgeWell Services of West Michigan

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