



Behind the Wheel

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Moving and Motivation: AgeWell Services' Wellness Center Exercise Classes Provide Help After Loss

By Lorraine Kinnucan

Get Up! Get Dressed! Get Moving!

This is the message that Sytsema Funeral Home suggested to me after the loss of my husband, Jerry. That was a year ago, and I have been faithful to that commitment because I had to go on.



A friend had been coming to AgeWell Services' Tanglewood Park Wellness Center and suggested I join her for some "senior" exercises. I had some reservations since I had never committed myself to any exercise program long term.

I tried it and was greeted by a very friendly and encouraging staff. Francine, Gail and Jennifer have been so positive in their commitment not just to me, but to anyone who joins up. The energy of not only the instructors, but the whole staff, is so encouraging at a time when I certainly needed it.

I now volunteer a few hours each week at AgeWell and would also like to join the painting class, something I've always wanted to try. My only regret is that I waited so long to discover Tanglewood. It has so much to offer us seniors!



A total of four new pieces of equipment purchased, three from Women Who Care funds and the other from Heels for Meals & More.

Seated elliptical - Heels - \$5,838
Hip Abductor/Adductor - WWC - \$3,743
Ab machine - WWC - \$2,500
Tricep machine - WWC - \$2,900

The tricep machine came first in May, and the ab machine was delivered in July. The seated elliptical was placed in August, and the hip machine is expected in October.

So far, the machines have all been well-received and participants are using them.

August 2022 Grants and Municipalities List

Since October 1, 2021, government and charitable grants have made significant and lasting impact on the lives of older adults in Muskegon, Oceana and Ottawa counties. We categorize grants by two main sources: government and charitable. Government grants include federal, state and local agencies. Charitable grants are from different foundation types, such as family or private. Our sincerest thanks to all these agencies!

- City of Norton Shores
- City of Roosevelt Park
- Community Foundation Bessie E. & Ethan Allen Gray Health Fund
- Community Foundation Community Investment Fund
- Community Foundation Elaine & Lee Curtis Fund
- Community Foundation for Muskegon County
- Dalton Township
- Delta Dental Foundation
- DTE Energy Foundation
- Fruitland Township
- Fruitport Township
- Glick Community Relief Fund
- Laketon Township
- Leonard and Edna K. Blomdahl Fund, advised by the White Lake Community Fund of the Community Foundation for Muskegon County
- Michigan Department of Transportation
- Michigan Health Endowment Fund
- Muskegon Charter Township
- Muskegon County Senior Millage
- Muskegon Women Who Care
- Prevent Elder and Vulnerable Adult Abuse, Exploitation and Neglect Today (PREVNT), administered by the Michigan Bureau of Aging, Community Living and Supports
- Senior Resources of West Michigan
- Sister Simone Courtade Fund
- The Shaw and Betty Walker Foundation
- The Samuel L Westerman Foundation
- United Way Emergency, Food and Shelter Program
- United Way of the Lakeshore
- Women’s Division Chamber of Commerce



AgeWell Services Wish List

Each gift makes an impact. Easily connect and meet a need by funding an item on our Wish List!

- | | |
|--|---------|
| • Feed a homebound senior for a year | \$1,680 |
| • 28 workout resistance bands for Wellness classes | \$445 |
| • Feed a homebound senior for one month | \$140 |
| • Five 6 lb. weight sets for Wellness classes | \$65 |
| • Provide a round trip door-to-door ride to medical appointments | \$50 |

To make a wish come true, contact Advancement Director Diane Smith at 231-683-2651 or diane@agewellservices.org.

Letter from the Director



Dear Friends:

Lorraine is just one shining example of someone redefining aging. After the devastating loss of her husband, she found comfort among friendly faces in several exercise classes which strengthened her body and her mind. She now volunteers each week in our administrative offices. We're so grateful to her for sharing her story.

Just like Lorraine, we find ourselves here at AgeWell Services poised on the cusp of a future no one predicted. COVID-19 forced us to do things differently, to find new ways to serve the seniors in our three-county area.

Our staff and the Board of Directors are working to update a strategic plan to continue providing the programs and services people like Lorraine need. We know the number of older adults is growing. We know their needs are changing. Just like you, we also struggle with rising prices and supply issues.

We're asking for your input too. As costs continue to rise for paper, printing and postage, we are exploring offering this newsletter in an email format for those who want it. We also want to know the types of stories you're interested in. Please take a few minutes to complete the online survey. We value your thoughts.

No matter how uncertain the future may be, we remain committed to helping seniors redefine their age and live a life as independently as they wish. Thank you for helping us do just that!

Warmest regards,

Kris Collee
Executive Director



Board of Directors

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Rick Snellenberger

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Karla Betten

Mission Statement

AgeWell Services invites
you to redefine age!

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

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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



We Want Your Thoughts: Please share your opinions about “Behind the Wheel”

With rising costs for postage and printing, we are exploring ways we can stay connected to you and keep costs minimal. We'd like to know your thoughts on “Behind the Wheel” and what you'd like to see in this newsletter, along with how it's delivered.

Scan the QR code with your phone to complete the quick survey now.



Scan to complete the survey
or visit:

www.surveymonkey.com/r/BTWReadersurvey