



AdvantAge

Redefining age through connections that support health & wellness.

Fall/Winter 2025/26

The AdvantAge is published by
AgeWell Services of West Michigan
Volume 19, Issue 1

Inside this Issue:

AgeWell Services Information	2
Save the Date!	3
A Note from Our Executive Director	4
AgeWell Wish List	5
AgeWell Strategic Direction	6-7
Volunteering with AgeWell	8
How Volunteering Helps You	9
Behind the Scenes with Food Service	10
Fall Harvest Chili Recipe	11
Lunch & Activity Centers	12-13
Meals on Wheels	14
Senior Community Activities	15
Senior Transportation	16
SafeSeniors	17
Thank You Sponsors & Supporters	18
End the Wait	19



Join us for food, fun, fitness and friendship!

WHO WE ARE AND HOW TO REACH US

AgeWell Services invites adults 60 and older to redefine their age! We provide vital connections in Oceana, Muskegon and Ottawa counties of West Michigan to keep older adults nourished, active, learning and living independently.

OUR LEADERSHIP TEAM

ADMINISTRATION

Kris VanderStelt, Executive Director
Rhonda Rosenberg, Associate Director
Karen Mogdics, Human Resources Director
Steve Sieracki, Systems Administrator

COMMUNITY ENGAGEMENT

Jennifer Drury, Advancement Director
Jessica Squires, Volunteer Coordinator

FINANCE

Kathy Hayes, Finance Director
Tammy Geoghan, Account Finance Specialist

FOOD SERVICE

Chelsea Robinson, Food Service Director
Adam Marra, Transportation Manager
Brian Mosley, Food Service Manager
Molly Johnson, Assistant Food Service Manager

MISSION SERVICES

Laura Beechnau, Mission Services Director
Angela Weaver, Mission Services Senior Manager
Ashley Foster, Assessor & Meal Site Manager
Jodi Johnston, Senior Transportation Manager
Kerri Roberts, SafeSeniors Coordinator

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MORE INFORMATION

 (231) 755-0434; 1-800-442-6769

 agewellservices.org

 facebook.com/agewellservices/

 Administrative Offices
275 W Clay Ave Ste 100
Muskegon, MI 49440

 Driftwood Café Discount Dine
560 Seminole Road
Norton Shores, MI 49444

MEALS | MOTION | MORALE

Mission Statement

AgeWell Services invites you to redefine age! We provide vital connections to keep you nourished, active, learning and living independently.

Save the date for our signature fundraising event!

Heels for Meals & More

Thursday, April 16, 2026 | 6:00 pm

Trillium Event Center



“Good actions give strength to
ourselves and inspire good
actions in others.”

- Plato



AmeriCorps
Seniors



CATHOLIC
CHARITIES
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Senior Companion
Programs



Encourage Others



Spread Kindness



Volunteer Today

231.726.1200

A NOTE FROM OUR EXECUTIVE DIRECTOR

Navigating Challenges, Prioritizing Impact: A Status Update from AgeWell Services

Three years ago, AgeWell Services adopted a strategic plan that has served as our compass and road map through uncertain times. This plan has guided us in prioritizing projects that:

- Ensure access to healthy lifestyles for older adults.
- Develop the capacity and resilience of our team members.
- Expand outreach into the community.



This strategic map has been critical as we navigate a series of significant obstacles. Inflation sharply increased the cost of raw food, delivery and direct service labor. At the same time, federal funding reductions challenged our ability to maintain service levels. Our team members responded with resilience and innovation by:

- Automating operations across every department to increase efficiency and keep our workforce lean.
- Adjusting programs to be more sustainable and focused on the most vulnerable populations, especially homebound seniors, whose numbers continue to grow with the aging Baby Boomer generation.
- Implementing cash reserve policies to support long-term financial stability.
- Making personal sacrifices, including going without raises and enduring four days of furloughs, to ensure that resources were directed where most needed.

The demand for services is unprecedented — 350+ older adults are currently on our Meals on Wheels waitlist. We've made difficult decisions to prioritize those most at risk, but our commitment to serving with compassion remains unwavering.

AgeWell Services is not just surviving — we are evolving. With a clear strategic vision, a dedicated team, and the support of our community, we are building a stronger, more sustainable future for older adults in our region.

A handwritten signature in black ink that reads "Kris VanderStelt".

Kris VanderStelt
Executive Director

Together, we can ensure that no senior is left behind.

AGEWELL SERVICES WISH LIST

Senior Transportation Program

- Transmission for car #14

Congregate Meals

- Licenses for touch screen check-in app (2)
- Storage shelf for Pine Grove site (1)
- Speakers for all sites (7)
- Software report customization (1)

Senior Center Activities

- Resurfacing for art tables (8)

Home Delivered Meals

- Folding hand trucks for vans (4)
- Cell phone holders for drivers (8)
- Delivery Van for Oceana County to replace old van with 200,000 miles on it!



To fulfill a wish list item or donate to AgeWell Services, please call (231) 733-8635 or visit agewellservices.org/support-agewell-services

Local Help WITH YOUR Medicare Questions



Emily Sykes
231-373-5115



emily@garytrippagency.com
Serving West Michigan Seniors
We do not offer every plan available in your area. We represent 10 MA organizations which offer plans in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.

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The Village at Rosy Mound
 17283 Rosy Mound Lane, Grand Haven, MI 49417
 Phone: (616) 935-2220

www.heritageseniorcommunities.com



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15-0812

PRIORITIZING IMPACT THROUGH STRATEGIC DIRECTION

CONNECTING TO HEALTHY & NUTRITIOUS FOOD



Nutrition remains at the heart of our mission.
We continue to expand and adapt our food programs to meet growing demand.

Meals on Wheels: Serving homebound seniors with nutritious meals and wellness checks.

Lunch & Activity Centers: Providing meals and social engagement in community settings.

Discount Dine: Offering discounted meals at the Driftwood Café and local restaurants, promoting independence and choice.

Farm Fresh Bags: Providing seasonal produce to support healthy eating at home.

Strategic Direction

Optimizing our Meals on Wheels program to serve even more homebound seniors healthy, nutritious, delicious meals!



The team is ready to hand out Farm Fresh Bags!

CONNECTING TO HELP PROTECT VULNERABLE ADULTS

SafeSeniors brings together partners in Muskegon, Oceana, and Ottawa Counties to help prevent abuse, neglect, and financial exploitation of older adults; to increase reporting; and to identify, support, and seek justice for victims of these crimes.

SafeSeniors Collaborative: Outreach to keep older adults safe through prevention and reporting.

Coordinated Investigations: Multidisciplinary Teams respond to abuse, neglect and exploitation.

Elder Abuse Task Force: Driving systemic change & accountability through training and leadership.

Strategic Direction

Increase outreach efforts. Continue to strengthen state and national partnerships.



The inaugural Michigan Elder Justice Conference with over 170 attendees was co-hosted by SafeSeniors.

PRIORITIZING IMPACT THROUGH STRATEGIC DIRECTION

CONNECTING TO HEALTH & WELLNESS

Staying healthy in body, mind and spirit is so important as we redefine age. We continue to provide programs that support both physical and emotional health, while encouraging connections and friendships that nourish the soul.

Wellness Program: Our fitness program is moving in a new direction since leaving Tanglewood Park, with classes heading downtown to the Berkshire office and out into the community.

Senior Medical Transportation: Ensuring safe, reliable access to non-emergency appointments.

Senior Community Activities: Enrichment activities at locations throughout the community and at our Lunch & Activity Centers.



Fran bringing the energy to a fun class at our downtown Muskegon office!



Senior Transportation dispatchers make sure all of our riders get where they need to go.

Strategic Direction

Expanding opportunities with a total wellness focus including:

- Classes and workshops designed to keep older adults active, engaged, and connected.
- Programs tailored to diverse interests and abilities, promoting lifelong learning and well-being.
- Extended medical transportation hours to accommodate early and late appointments.

WE NEED YOU: VOLUNTEER WITH AGEWELL

At AgeWell Services, our dedicated volunteers help us deliver more than just meals and rides - they deliver compassion, connection and community. Whether you can spare an hour a week or more, your time makes a lasting impact on the lives of local older adults in Oceana, Muskegon and Ottawa counties.

Volunteer Opportunities

We welcome individuals and groups from all walks of life! Volunteers are often needed in these programs:

- **Meals on Wheels** (*all counties*): Deliver nutritious meals and a warm smile to homebound adults 60 and older. Volunteer shifts are typically Monday - Friday between 10 am - 1 pm (some routes vary). Mileage reimbursement available.
- **Senior Medical Transportation** (*Muskegon County*): Help older adults stay independent by using a Senior Medical Transportation vehicle to drive them to their non-emergency medical appointments. Volunteer shifts are typically Monday - Friday between 8 am - 12 pm and 12 - 4 pm.
- **Driftwood Café Discount Dine** (*Muskegon County*): Assist with welcoming and serving guests at our restaurant-style dining program. Held at 560 Seminole Rd, Norton Shores, MI 49444 from 4 - 6 pm on Tuesdays, Wednesdays and Thursdays.
- **Lunch & Activity Centers** (*Muskegon and Ottawa Counties*): Serve meals, support group activities and build relationships at various community partner locations. Volunteer shifts vary based on location of Lunch & Activity Center. View our locations on page 13.

Volunteer from Home Making Cards

Help from the comfort of your home by making cards to go with our home delivered meals. The next opportunity will be Valentine's Day cards, due to our office by February 9, 2026.

Special Events: Join the Fun!

Looking for a one-time or seasonal opportunity? Volunteers are needed for exciting community fundraisers and gatherings, such as Heels for Meals & More and Parties in the Park, where we serve, celebrate and connect with our neighbors. It's a great way to get involved and make a difference - all while having fun!

Ready to Get Started?

Get started online here: agewellservices.org/volunteer, where you can quickly and easily create a volunteer account with VolunteerHub, our secure volunteer application and scheduling software.

Have questions or need help finding the right fit? Contact our Volunteer Coordinator, Jessica Squires, at jessica@agewellservices.org or (231) 559-0476.



VOLUNTEERING HELPS YOU TOO!

Did you know that volunteering can benefit your health while you help others? Research has shown that volunteering offers significant health benefits, especially for older adults, including:

1. Improves physical and mental health.

Volunteer activities keep people moving and thinking at the same time. Volunteers report better physical health than those who don't volunteer. Research also has shown that volunteering leads to lower rates of depression and anxiety, especially for people 65 and older. Volunteering reduces stress and increases positive, relaxed feelings by releasing dopamine.

2. Provides a sense of purpose and teaches valuable skills.

The work that volunteers provide is essential to everyday activities, giving volunteers a sense of purpose, especially when giving their time and talent in the areas they find meaningful. Older volunteers experience greater increases in life satisfaction and self-esteem.

3. Nurture new and existing relationships.

Volunteering increases social interaction and helps build a support system based on common interests. In many cases, volunteers have diverse backgrounds, which helps expand their social network and allows them to practice social skills with others.

Excerpted from: [mayoclinichealthsystem.org/hometown-health/speaking-of-health/3-health-benefits-of-volunteering](https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/3-health-benefits-of-volunteering)

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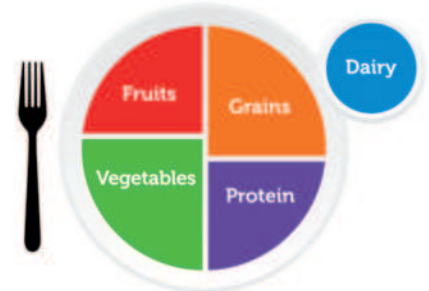
BEHIND THE SCENES WITH THE AGEWELL FOOD SERVICE TEAM

A Day in the Life of the Kitchen at Tanglewood Park: The Heart of Our Food Access Programs



Inside a 38 x 111 foot space at Tanglewood Park, something extraordinary happens each day. By 6:00 am, the Food Services Team is already buzzing with activity in the kitchen, with steam rising from freshly cooked vegetables, with 12 team members prepping proteins and trays sliding down the assembly line with practiced precision. This kitchen is the heartbeat of our Food Access programs, including Meals on Wheels and Lunch & Activity Centers, preparing and packaging over 1,400 meals Monday – Friday for adults 60 and older across Oceana, Muskegon and Ottawa counties.

But this work is about far more than food. It's about ensuring security, dignity and health for some of our most vulnerable neighbors. Each meal prepared in our kitchen provides essential nutrition that many participants would otherwise go without. Every tray that passes through our tray line is built to meet USDA MyPlate guidelines, providing one-third of daily recommended nutrition, with meals that are diabetic-friendly, low in sodium and accompanied by a serving of low-fat milk.



Beyond nutrition, each meal provided is also a moment of connection. Nearly half of our Meals on Wheels participants live alone, and for 62%, their delivery driver is their only daily contact. The kitchen team may not see these faces, but every careful scoop of vegetables or perfectly sealed container represents more than sustenance. It's a lifeline. With areas for dry storage, commercial cooking, a deep freeze and even a dedicated tray line, the kitchen is a well-organized, mission driven operation. Even when faced with challenges, especially when kitchen equipment doesn't function, the team continues to deliver meals – and hope – to those who need it most.

The kitchen at Tanglewood Park isn't just where meals are made. It's where food becomes care, where logistics turn into love and where our commitment to older adults takes shape every single day.



HEALTHY HARVEST RECIPE: FRESH GARDEN CHILI



Equipment

Stock Pot or Dutch Oven

Ingredients

Ground Beef	1 pound
Butter	2 tablespoons
Tomatoes	5, medium
Peppers	2, diced (any color)
Onions	2, large, diced
Garlic cloves	6, minced
Chili beans (Kidney or Red)	2 cans (not drained) or 1lb (soaked 24 hrs)
Jalapeno	1 (optional)
Tomato Paste	2 tablespoons
Chili Powder	4 tablespoons
Ground Cumin	3 teaspoons
Italian Seasoning	2 teaspoons
Smoked Paprika	1 teaspoon
Salt	2 teaspoons
Cayenne Pepper	½ teaspoon
Black Pepper	1 teaspoon



1. Melt Butter

Melt butter in a large Dutch oven or stockpot over medium-high heat.



2. Sauté Onions

Add the onions & sauté until they begin to soften, approximately 5 minutes.



3. Cook Beef

Add ground beef & garlic. Cook until the beef is browned.



4. Add Veggies

Add tomatoes, peppers, beans, tomato paste and spices. Put the lid on & reduce heat to a slow simmer.



5. Simmer

Simmer for at least an hour.



6. Finish & Serve

Top with sour cream, jalapenos, fresh cilantro (optional). Serve with cornbread or tortilla chips. Enjoy!



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Anna Urick Duggins

Elder Law & Estate Planning Attorney

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Lunch & Activity Centers

Join us at your neighborhood Lunch & Activity Center, unique to your community, to have lunch with old friends and make new friends. Our meals include a variety of delicious, healthy options, certified by our registered dietitian. We also have a birthday celebration each quarter with special treats!

Sample Menus:

Homemade
Macaroni & Cheese
Side Salad, Asparagus
Beets, Pears

Bourbon Chicken
White Rice, Squash
Carrot Raisin Salad
Fruit Crisp

Walking Taco
Mexican Rice
Corn with Peppers
Fresh Fruit



Cost: Open to all ages - 60 and older, a suggested donation of \$4.50 to \$8.00 is requested; Under 60, there is a minimum cost of \$8.00 per meal; SNAP benefits are accepted.

Reservations: Reservations are encouraged by noon one day in advance. You can make reservations by calling your favorite center (*see page 13 for locations and phone numbers*).

NEVER MISS OUR NEWSLETTER!

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Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM

Muskegon County

Holton

Holton United Methodist Church
9530 Holton-Duck Lake Rd. / 231-744-8613
• Wednesday at 11 am

Fruitport

Edgewood Lutheran Church
2525 Pontaluna / 231-865-3300
• 2nd Friday of each month at 11:30 am

Muskegon

Egelcraft Mobile Home Park
2129 Arrowhead Drive / 231-744-8613
• Thursday at 11 am

First Congregational Church
1201 Jefferson Street
• Last Saturday of each month
9 to 10:30 am

Orchard View Community Education
1765 Ada Avenue / 231-375-9061
• Mon, Wed, Thurs, Fri at 11:30 am

Muskegon Jefferson Towers
1077 Jefferson Street / 231-375-9521
• Monday - Friday at 11 am

Pine Grove Manor
1764 E Apple Avenue / 231-375-9402
• Monday - Friday at 11 am

Oceana County

Hart

Oceana County Council on Aging (OCCOA)
4250 W. Tyler Road / 231- 873-4461 ext. 102
• Monday - Friday at 12 pm
(*menu varies seasonally*)

Ottawa County

Coopersville

Coopersville Seniors
198 East Street / 616-997-2117
• 2nd & 4th Thursday of the month at 12 pm

Holland

Evergreen Commons Café
480 State Street / 616-396-7100
• Monday - Friday 11 am to 1 pm
(*varied café style menu*)

Grand Haven

Four Pointes | 1051 S Beacon Blvd, Grand Haven | (616) 842-9210
Monday - Friday at 11 am (*Salad Bar*)

Lunch & Activity Centers are open to all ages; 60 and older, a suggested donation of \$4.50 to \$8.00 is requested; Under 60, there is a minimum cost of \$8.00 per meal; SNAP benefits are accepted. Reservations are encouraged by noon one day in advance.

Please check online for any schedule changes:

agewellservices.org/services-for-seniors/meal-sites

| facebook.com/agewellservices



Delivering Choice & Flexibility

You may have noticed some recent changes with our Meals on Wheels program. These updates are part of a long-term plan to give participants more choice and flexibility by allowing them to select the meals they want each week or month. We're implementing this plan in three phases:

► Phase 1 – Implemented in June:

Reduced types of meals available, eliminated salads and sandwiches as regular options, and adjusted the number of delivery days for some routes.

► Phase 2 – Began in October:

All routes transitioned to a three-day-per-week delivery schedule. Meals may be delivered hot, flash frozen or a combination of both.

► Phase 3 – Coming Soon:

Participants will have the opportunity to choose their own meals from a menu-style selection; the freshly made meals will be flash frozen for delivery. This phase requires significant planning and coordination, so an exact launch date is still being determined.

We're confident these steps are moving our agency in the right direction, helping to make the Meals on Wheels program sustainable for the future while continuing to provide high-quality meals, greater flexibility, and more choice for the participants we serve.

Who You Gonna Call? Not Ghostbusters! Meet the voices behind your calls.



Cindy Rood, Mission Services Program Assistant

Cindy has been part of the AgeWell Services family for nearly seven years, bringing a wealth of experience, enthusiasm, and heart to her work! She loves working at AgeWell because of the sense of shared purpose—"working side by side with like-minded people striving for a common goal." One of her favorite memories is helping with the DTE Holiday Meal Day, an event that perfectly captures the spirit of service and community she values most. Outside of work, Cindy enjoys traveling, crafting, spending time with family and friends, and walking her dog, Charlie. A fun fact about Cindy: the legendary rock band KISS played at her high school homecoming dance in 1975!

Rebecca Summerville, Mission Services Program Assistant

Rebecca joined AgeWell Services less than 90 days ago and has already made a wonderful impression on both staff and participants! She enjoys making a tangible difference each day by directly contributing to the health and well-being of the senior community. Rebecca's positive energy and genuine care for others make her a valued part of the AgeWell Services team. Outside of work, Rebecca loves camping, playing cards, and spending time with family and friends. One of the most remarkable things about her is that she's a live kidney donor, an act of selflessness she openly shares in hopes of inspiring others to consider giving the gift of life. When asked about her time at AgeWell so far, Rebecca says, "Working here has been amazing. All of the staff and volunteers are positive, helpful, and welcoming!"

Senior Community Activities

Community Exercise Classes

Join one of our fun group classes at AgeWell Services downtown Muskegon location and out in the community!

Here are some classes that you might find on our schedule:

Spin Class: Indoor cycling class featuring high-intensity cardio & rhythm-based choreography.

Full Body Strength: Challenge your strength & endurance by incorporating weights designed to work the major muscle groups.

Zumba: Dance to the beats of salsa, bachata & other favorite songs while grooving that body!

Cardio Drums Alive: 3 classes in 1! Silver Fun & Fit, Zumba Gold & Cardio Drums keep you strong by combining drums, cardio & weights.

Sit & Fit Balance: Improve balance, mobility and cardio strength with this seated, low-impact, cardio and strength training class.

\$3 suggested donation Muskegon County residents 60 and older.
All others \$6 drop in fee. Cash or check only.



We also offer other social and learning activities at our Lunch & Activity Centers, along with group activities throughout the year.

Some recent examples:

- Blueberry picking
- Bus trip to Chicago
- Bingo
- Arts and Crafts
- and more!

Costs vary by activity.



**Get class schedules and learn more about Senior Community Activities
on our website: agewellservices.org/senior-activities**

Senior Transportation

Help Drive Change in Muskegon County!

As of the 2020 American Community Survey, 25% of Muskegon County residents aged 65 and older had an income at or below 150% of the poverty level—that's approximately 7,900 senior citizens who may face barriers to accessing essential services. We're seeking compassionate volunteer drivers to help provide transportation to medical appointments for these vulnerable members of our community. Just a few hours of your time can make a meaningful impact!

Shifts Available:

Monday–Friday

- 8:00 AM – 12:00 PM
- 12:00 PM – 4:00 PM
- Occasional shift: 10:00 AM – 2:00 PM

- Volunteers drive AgeWell Services vehicles.
- Must be 18+
- Background and license checks required

Ready to make a difference? It's as easy as 1-2-3!

- 1 Visit agewellservices.org/volunteer.
- 2 Click "Sign up on VolunteerHub".
- 3 Create a VolunteerHub account.

Our team will contact you within two business days with next steps.

Volunteer Spotlight: Jim Elam

Jim Elam has been a vital part of our volunteer team since December 2021. After retiring from Aunt Millie's Bakery, where he worked as a mechanic, Jim chose to continue giving back to the community—just like his mother, Jerry, who dispatched for 25 years when the program was under the Red Cross.

Jim wears multiple hats in our organization, both dispatching and driving, and he's always ready to step in wherever and whenever he's needed. Whether it's picking up extra shifts or helping out on short notice, Jim's reliability and generosity make him an invaluable member of our team.

Outside of volunteering, Jim enjoys spending time with his three children and seven grandchildren. When he's not with family or helping others, you'll likely find him working on his pride and joy—a 1933 Ford Kit Car.

We're incredibly grateful for Jim's dedication, kindness, and can-do spirit. Thank you, Jim, for all that you do!





Creating a Safety Net for Older Adults: A Targeted Approach

Over 40 community partners working together:

- ✓ outreach
- ✓ investigation
- ✓ prosecution
- ✓ advocacy
- ✓ victim support
- ✓ restitution

Prevention and reporting are strengthened through outreach: presentations, training, communication materials.

Advocacy supports policies and programs that ensure the safety of our older adult population.

Victim centered, trauma informed, "wrap-around" approach.

Connects victims to needed services and supports – medical, mental, emotional, housing, legal.

Focused investigation & prosecution.



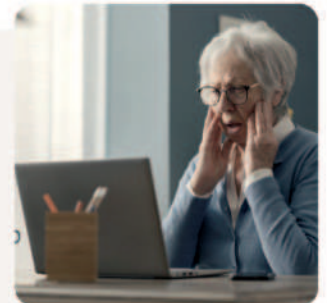
The SafeSeniors Collaborative is hosted and supported by AgeWell Services.

Not Everyone is A Friend:

Protecting your identity, your assets & yourself.

Do you want to learn how to:

- recognize the signs of elder abuse, neglect, and financial exploitation?
- spot the red flags of common scams and how to stay safe?
- help prevent and report abuse and exploitation, both online and offline?



We have a presentation for that! Just contact our SafeSeniors Coordinator, Kerri Roberts, at 231-726-7104 or kerri@agewellservices.org to schedule a presentation for your group.

**STAY
SAFE
FROM
SCAMS**



WHAT TO DO FOR ANY SCAM/SUSPICIOUS CALL, EMAIL, OR TEXT:

- ✗ **DO NOT** answer unknown calls. If you do answer and suspect a scam, hang up.
- ✗ **DO NOT** click on any links or call any number in suspicious emails or texts.
- ✗ **DO NOT** give them your personal information or account numbers.
- ✗ **DO NOT** mail or transfer money to them or call them with gift card numbers.

✓ **Call Adult Protective Services at 855-444-3911** to report financial exploitation.

✓ **Report scams:**

Michigan Attorney General: 877-765-8388

Federal Trade Commission: reportfraud.ftc.gov or 877-FTC-HELP

FBI Internet Crime Complaint Center: [IC3.gov/Home/FileComplaint](https://ic3.gov/Home/FileComplaint) or 616-456-5489

National Elder Fraud Hotline: 1-833-372-8311

THANK YOU TO OUR SPONSORS!

We were fortunate to have the support of generous sponsors for our two signature events this year. First up was our Heels For Meals fundraiser, which is always a fun evening and raises much needed funds for AgeWell Services. Then, this fall, SafeSeniors/AgeWell Services was a planning partner in the inaugural Michigan Elder Justice Conference, along with the Prosecuting Attorneys Association of Michigan and the Michigan Department of Health and Human Services/Adult Protective Services.

Heels for Meals & More

Best Shoe Contest

PW Services, Inc.

Oxford

ClickBid

CMF Marketing & Events

FloatMyBiz

Trillium Catering & Event Center

Wasserman's Flowers & Gifts

Wonderland Distilling

Stiletto

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Furniture Mart

Happy Hour

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Family Financial Credit Union

PROGRAM SUPPORT: IT TAKES A VILLAGE!

The work of AgeWell Services of West Michigan and the SafeSeniors collaborative is supported by grants from the Muskegon County Senior Millage, the United Way of the Lakeshore and from Senior Resources of West Michigan through the Aging and Adult Services Agency, the Older Americans Act and the Older Michiganians Act. Funding has also been received from the Michigan Department of Health and Human Services through the Prevent Elder and Vulnerable Adult Abuse, Exploitation, Neglect Today (PREVNT) grant.

Additional support is generously provided by many businesses, community organizations, municipalities and individuals through grants and donations.

We are very grateful for all of the generous support we receive in to support our mission to provide vital connections to keep older adults nourished, active, learning and living independently.





No senior should be waiting for moments of connection & nutritious meals this holiday season.

The most cherished holiday traditions involve seeing family and friends, and enjoying meals together. And while we proudly served more than 2,100 seniors last year, far too many will spend the season alone, waiting for a nutritious meal, a friendly face and a moment of connection.

AgeWell Services has the solution to end senior hunger and isolation. But right now, a growing senior population, uncertain federal funding and recent historic changes to Medicaid and SNAP pose risks to how funding gets distributed, meals get delivered and seniors get the help they need to stay healthy at home.

- ▶ Due to lack of funding, over 400 seniors are on our waitlist for nutritious meals and moments of connection.
- ▶ We believe there are seniors in our community who need meals who aren't even on our waitlist.
- ▶ This winter, many seniors face an impossible choice: heat their home or buy food.
- ▶ We need sustainable funding to invest in infrastructure and expand our capacity to meet rising demand.
- ▶ "It's the worst feeling to have to tell someone, 'We have a waitlist.' You can't speak those words without feeling emotion because you're telling someone who's starving."

Through our Silent Night campaign, we're working to shine a light on the realities faced by so many older adults across America, including right here in Oceana, Muskegon & Ottawa Counties. With added resources, we're confident we can bring warmth, care and companionship to even more of those in need. But we need your help to End the Wait™.

Together, we can end silent nights and create those moments of connection this holiday season, along with delivering a delicious, nutritious meal.

Please consider making a gift today and help make a difference in our community!

Visit agewellservices.org/support-agewell-services to learn more and to donate easily and securely online.





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

PLEASE HELP US KEEP OUR RECORDS UP TO DATE!

Is your name and mailing address correct?

Please contact us with any changes:

(231) 755-0434 (choose option 1)

Discount Dine *at the*



**Tuesday
Wednesday
Thursday
4pm to 6pm**

Join us in our beautiful Driftwood Café, located inside Tanglewood Park at 560 Seminole Road, for Discount Dine - healthy, delicious, freshly prepared meals at a great price!

If you are over 60, the suggested donation is only \$5.00 with our Discount Dining Card. Dining companions under 60 are welcome to join you for a \$10 donation.

Learn more & get your Discount Dining Card online:
agewellservices.org/senior-discount-dining-program

Questions? Give us a call at (231) 755-0434.

Sample Menus

Chicken Salad / Wheat Croissant
Coleslaw, Mandarin Oranges

Oven Fried Chicken, Red Roasted Potatoes
Sautéed Cabbage, Applesauce
Corn Bread with Butter

Walking Taco, Mexican Rice
Corn with Peppers, Mandarin Oranges

Menus change seasonally and are posted online.