



AdvantAge

Redefining age through connections that support health & wellness.

Spring/Summer 2026

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Senior Medical Transportation AgeWell Services

More Than Just a Ride

For one participant in the Senior Medical Transportation program, each ride to a medical appointment brings more than just peace of mind. It brings joy.

She is quick to share her gratitude for the drivers who pick her up with kindness and a warm smile. To her, they are more than drivers; they are caring companions. She looks forward to their conversations, the stories exchanged and the laughter they share along the way. "I learn a lot from them," she often says, appreciating the connection just as much as the service itself.

While the program ensures she arrives safely to the care she needs, it also provides something less visible, but equally important: friendship. The simple act of riding together has become a bright spot in her routine, a reminder that she is supported by people who genuinely care.



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

Kris VanderStelt, Executive Director
Rhonda Rosenberg, Operations Director
Karen Mogdics, Human Resources Consultant
Jessica Squires, Office Coordinator

COMMUNITY ENGAGEMENT

Jennifer Drury, Community Engagement Director
Chris Burnaw, Marketing Consultant

RESOURCES/ADMINISTRATION

Kathy Hayes, Resources/Administration Director
Tammy Geoghan, Finance Accounting Specialist
Shelley Wendt, Finance & Payroll Specialist
Shirl Brown, Billing Specialist
Steve Sieracki, Systems Administrator

NUTRITION SERVICES

Chelsea Robinson, Nutrition Director
Adam Marra, Logistics Manager
Brian Mosley, Production Manager
Molly Johnson, Assistant Production Manager

CLIENT SERVICES

Angela Weaver, Client Services Director
Ashley Foster, Community Activities Manager
Jodi Johnston, Senior Medical Transportation Mgr
Kerri Roberts, SafeSeniors Manager

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Uvett Brown

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

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 our community. Volunteering helps you too! Research has shown that volunteering offers significant health benefits, especially for older adults.

Volunteer Opportunities

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

- Delivering **Meals on Wheels** (*all counties*)
- Providing rides for **Senior Medical Transportation** (*Muskegon County*)
- Welcoming and serving at **Driftwood Café Discount Dine** (*Muskegon County*)
- Assisting at **Lunch & Activity Centers** (*Muskegon and Ottawa Counties*)
- Office tasks at our **Administrative Office**.

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 us at (231) 755-0434.

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



Foster Grandparent &
Senior Companion
Programs



Encourage Others



Spread Kindness



Volunteer Today

231.726.1200



A NOTE FROM OUR EXECUTIVE DIRECTOR

A Strategic Plan for the Future: Aligning Teams to Priorities

At AgeWell Services, our work is guided by a clear vision: to continuously improve how we serve older adults while preparing for the future of aging services in Oceana, Muskegon and Ottawa counties. Our 2026 – 2028 Strategic Plan reflects this commitment, focusing on process improvement, barrier removal, and positioning our organization for growth.

Over the past year, we have taken a thoughtful approach to aligning our teams with these priorities. This alignment ensures that every area of our organization is working toward the same goals to deliver high-quality, client-centered services while strengthening our internal systems and capacity.

Our **Nutrition Services Team** remains at the heart of our mission, providing healthy, nutritious meals through all of our food access programs. From production to logistics, this team ensures that adults receive consistent, reliable access to meals that support their health and independence.

Our **Client Services Team** has evolved into a central hub for connection and care. By focusing on client-centered service delivery, access to health and wellness and the protection of vulnerable adults, this team ensures that individuals are not only connected to services, but supported holistically. With Senior Medical Transportation and SafeSeniors now aligned within Client Services, we are better positioned to remove barriers and respond to the diverse and changing needs of those we serve.

Our **Community Engagement Team** plays a critical role in sustaining and growing our impact. Through fundraising, grant writing, volunteer engagement, outreach and marketing efforts, this team connects the broader community to our mission and ensures we have the resources needed to serve nearly 10,000 older adults each year.

Finally, our **Resources and Administration Team** provides the essential infrastructure that supports all aspects of our work. From financial management and payroll to technology and contract management, this team ensures our organization operates efficiently, responsibly and with a strong foundation for continued growth.

Together, **these aligned efforts allow us to move forward with clarity and purpose.** By improving processes, removing barriers and preparing for future growth, we are building a stronger organization that is better equipped to serve older adults and caregivers today and in the years ahead.

Thank you for your continued support and for being part of the AgeWell Services community.



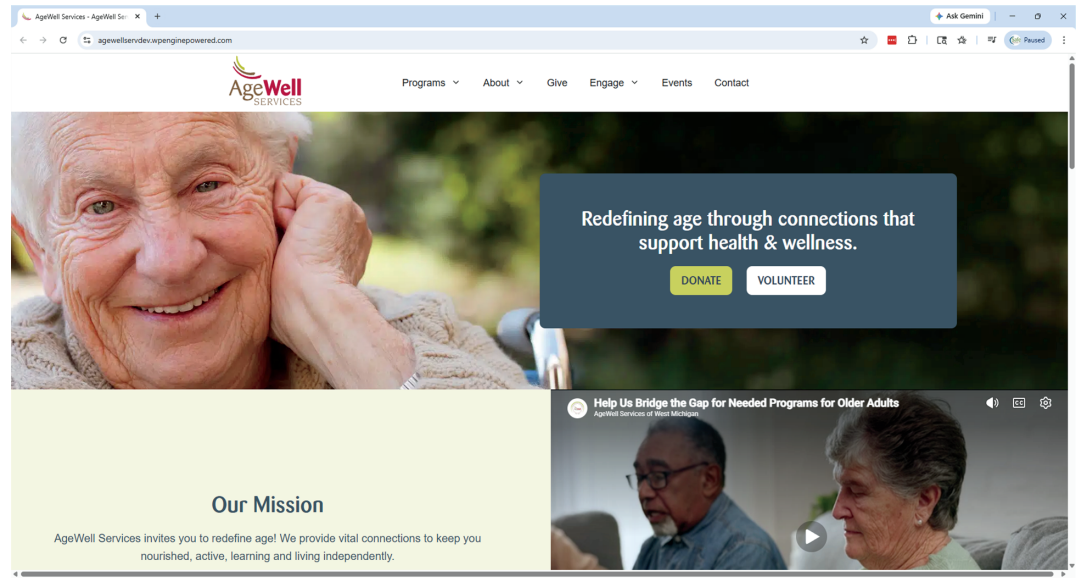
Kris VanderStelt
Executive Director



NEW AGEWELL SERVICES WEBSITE COMING SOON!

Our Community Engagement Team is hard at work on our new website! You'll find everything you need to know about AgeWell Services in an easy to navigate, information packed site, whether you're on your phone, tablet or computer!

Here's a
sneak peek!



agewellservices.org



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HEELS FOR MEALS 2026: BLOOMING TOGETHER!

With a shared commitment to care, connection and community and the theme “*Bloom Together for a Stronger, Healthier Community*”, the 11th Annual Heels for Meals & More brought together supporters who believe that aging should be met with dignity and support. Thanks to the incredible generosity of our sponsors, guests and community, we proudly share that **over \$65,000 was raised** to support AgeWell Services and the older adults we serve across West Michigan.

From the moment guests arrived through the final paddle raise, the evening was alive with energy and purpose. Attendees supported the mission through a variety of engaging fundraising activities, including the Silent Auction, Live Auction, Good Fortune, Lace Up for Seniors and Greatest Needs, each contributing to the success of the event. **100% of our Greatest Needs items were fully funded, directly strengthening critical services across our programs.**

Because of your support, we’re not only meeting today’s need - we’re building a stronger, more responsive system of care for our older adult neighbors for the future. We’re deeply grateful to everyone who made this event possible. Together, we are helping grow a stronger, healthier community.



THANK YOU TO OUR GENEROUS SPONSORS!

Platform



Best Shoe Contest



Dessert



Happy Hour



Lace Up for Seniors



Oxford



Platform

Meijer / Community Giving
MMG Wealth Management
Parmenter Law

Stiletto

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Slipper

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Trinity Health Michigan
Webb Chemical

Croc

Cedar Crest Dairy
Earthroot Acupuncture & Holistic Health
Muskegon YMCA
Port City Ventures
Ravenna Family Practice, P.C.

Shelby State Bank
Shoreline Insurance Agency
State Representative Will Snyder
The Hearthstone Bistro
Tucker Benner Realty, LLC

2024-25 ANNUAL REPORT SNAPSHOT

Your support helps AgeWell Services programs have an impact on the lives of **10,000 older adults** across our community.

Food Access

351,459 meals served to 3,369 older adults

Lunch & Activity Centers

139,139 meals served

1,245 older adults



Meals on Wheels

212,320 meals delivered

2,124 older adults



Healthy Harvest Kits & Farm Fresh Bags

9 farmers & shops provided local food



3,200 individuals meals distributed



19,765 pounds of food served

400 food kits given ~ 578 bags filled



Funded through Local Food Purchase Assistance (LFPA)

Senior Community Activities



1,517 older adults

participated in

243 activities



at our Lunch & Activity Centers and partner locations throughout our communities.



479 older adults

participated in at least 1 program activity at our Wellness Center

Note: the Wellness Center at Tanglewood Park closed in May 2025. Various fitness classes have continued at AgeWell's downtown Muskegon location and community partner locations.



Seeking Justice

146 Elder Justice cases investigated

by the SafeSeniors team, providing support and seeking justice for older adult victims of abuse, neglect and financial exploitation.



1,965 people reached in person

with information and education about Elder Justice and how to report abuse, neglect and financial exploitation.



Senior Medical Transportation

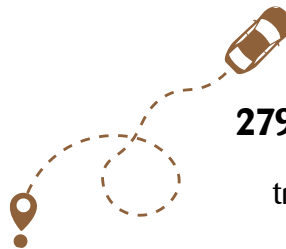
7,960 rides provided by volunteers

for

279 older adults

traveling over

90,503 miles



Board of Directors, Team Members and Volunteers



9 Board of Directors members

all three service counties represented

68 dedicated paid team members

16,219 volunteer hours

donated by

261 outstanding volunteers

valued at \$533,110



2023 Independent Sector value of one volunteer hour in Michigan is: \$32.87

CLIENT SERVICES: CONNECTING PEOPLE & PROGRAMS

At AgeWell Services, our work is centered on ensuring older adults in our community have access to the support they need to remain independent, healthy and connected. Through a coordinated approach, our teams work together to provide essential services that address both immediate needs and long-term well-being.

Our Client Services team serves as the central hub of AgeWell Services, connecting older adults, caregivers and referring agencies to the programs and support systems that best meet their needs.

As the first point of contact, Client Services manages intake, eligibility screening, and enrollment, ensuring individuals are connected to the right services quickly and seamlessly. This includes coordinating access to meals, transportation, community activities, safety programs and other community resources.

With Senior Medical Transportation and SafeSeniors now aligned under Client Services, the team is able to take a more holistic, person-centered approach, ensuring that participants not only access services, but continue to receive the right level of support as their needs evolve.

Together, these programs allow Client Services to look at the whole person in coordinating care, responding to changes, and ensuring every individual feels supported, respected, and connected to live independently.



Angela Weaver
Client Services
Director



Ashley Foster
Community Activities
Manager



Emily Kane
Client Services
Assistant



Cindy Rood
Client Services
Assistant



Jodi Johnston
Senior Medical
Transportation
Manager



Kerri Roberts
SafeSeniors
Manager

CLIENT SERVICES: CONNECTING PEOPLE & PROGRAMS



Hosted by AgeWell Services, the SafeSeniors Collaborative is made up of 40+ community partners whose mission is to identify, advocate and seek justice for older adult victims of abuse, neglect, and financial exploitation in Muskegon, Ottawa, and Oceana counties.

SafeSeniors Manager Kerri Roberts supports and coordinates the work of the collaborative, including the Multidisciplinary Teams that investigate cases using a person centered, trauma informed approach.

You'll also find Kerri out in the community, presenting on scams to older adults, training providers on awareness and reporting, attending outreach events, and helping plan local World Elder Abuse Awareness Day activities and the statewide Michigan Elder Justice Conference.



Our Senior Medical Transportation program provides door-to-door transportation to non-emergency medical appointments in Muskegon County. These rides are available to low income county residents who are 60 years or older. There is no cost to utilize the program, but donations are always welcome.

Senior Medical Transportation Manager Jodi Johnston and her team work diligently to make sure that everyone gets to their appointment safely and on time!

By transporting older adults to their important appointments, our drivers also help them maintain their independence and stay connected to their community. Every ride is more than just getting from one place to another. It's kindness delivered daily.



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Anna Urick Duggins

Elder Law & Estate Planning Attorney

231-722-5400
elderlaw@parmenterlaw.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

- Monday - Friday 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)

Sample Menus

Walking Taco
Mexican Rice
Corn with Peppers
Fresh Fruit

Bourbon Chicken
White Rice, Squash
Carrot Raisin Salad
Fruit Crisp

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/mealsites
facebook.com/agewellservices
instagram.com/agewellserviceswmi

Looking for dinner or another lunch option?

Check out our Discount Dine program on page 15! You can get a delicious meal at Corine's on Wednesday through Saturday from 11:00 am to 8:00 pm and on Sunday from 12:00 to 6:00 pm and at the Driftwood Cafe at Tanglewood Park on Tuesday through Thursday from 4:00 to 6:00 pm.

POSITIVE IMPACT: A STORY OF CONNECTION & COMMUNITY

A Warm Welcome Back

When a team member was covering at a Lunch & Activity Center, she witnessed a moment that perfectly captured the heart of the program. One of the regular participants had been absent for a week due to a hospital stay. When he walked back through the doors that day, the room immediately came alive.

Hugs were shared. Smiles stretched wide. Voices called out, “We missed you!” “So glad you’re back!” and even, “Don’t scare us like that again!” The warmth in the room was unmistakable.

It was a beautiful reminder that the Lunch & Activity Center is about far more than a meal. These participants don’t just eat together. They show up for one another every day. They notice when someone is missing. They sense when something feels over. Over time, they have become more than tablemates, they have become family.



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SUNSHINE + OUTDOORS > HEALTHY AGING!

Sunshine Helps Your Body

Known as the “sunshine vitamin,” vitamin D supports bone health, immune function and calcium absorption. Our bodies produce it naturally when exposed to sunlight, so experts recommend getting 10–30 minutes of sun exposure a few times a week. In addition to helping produce vitamin D, a Georgetown University Medical Center study found that sunlight can activate T cells, a type of white blood cell that plays a key role in fighting infections.

Sunlight Boosts Mood and Reduces Anxiety

Have you ever noticed feeling happier on a sunny day? Sunlight actually boosts your mood! Exposure to natural light increases levels of serotonin, often called the “happy hormone,” which helps regulate mood, reduce stress and sharpen focus. Studies show that outdoor exercise has a positive impact on mental well-being. Simply spending time in green spaces—like parks, gardens, or tree-lined paths—can reduce feelings of anxiety and depression. Just being in nature and sunlight offers a calming, restorative effect that supports emotional health.

Don't Just Sit in the Sun, Get Moving

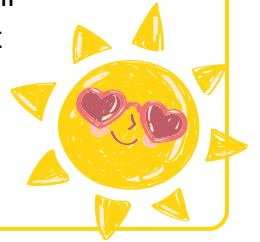
On those bright sunny days, take a walk in the park with a friend, do some gardening or try some yoga stretches on the patio. Outdoor activities can help you stay active - just 20 minutes a day can make a difference in your mobility, flexibility and heart health.

Excerpted from: whereyoulivematters.org/resources/the-benefit-of-sunshine-why-getting-outside-matters-for-healthy-aging/

Sunny Safety Tips for Seniors

While being active outdoors in the sunshine offers many benefits, safe exposure is key:

- Wear a wide-brimmed hat, sunglasses, and long sleeves for longer outings.
- Use a broad-spectrum sunscreen (SPF 15 or higher) on exposed skin.
- Stay hydrated and avoid outdoor time during peak heat or high UV index.
- Let someone know where you're going if venturing out alone and carry a fully charged phone.



Reach a hyperlocal audience.

An advertisement in this newsletter is a highly effective way to promote your business to our community.



Call 800.950.9952



Community Exercise Classes

Join one of our fun group classes at the AgeWell Services downtown Muskegon location, 275 W Clay Ave.



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



CLASS SCHEDULE

May 1 - September 30, 2026

TUESDAYS

9 - 9:45 am

Spin Class

This indoor cycling class features high-intensity cardio and rhythm-based choreography, alternating between sprinting and climbing on the stationary bike.

10 - 10:45 am

Full Body Strength

You will challenge both muscular strength and muscular endurance by incorporating weights designed to work the major muscle groups.

WEDNESDAYS

12 - 12:45 pm

Zumba

Dance to the beats of salsa, bachata and other known songs while grooving that body!

THURSDAYS

9 - 9:45 am

Spin Class

See Tuesday spin class for class description.

10 - 10:30 am

Strength Training

Warm up with strength training using hand weights for 30 minutes before jumping into Cardio Drum.

10:30 - 11 am

Cardio Drums

High energy, full body workout that combines drumming, music and aerobics.

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
- Pumpkin Patch visit
- 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/seniorcommunityactivities**

NUTRITION SERVICES: PROVIDING HEALTHY MEALS & A SMILE

At AgeWell Services, our work is centered on ensuring older adults in our community have access to the support they need to remain independent, healthy and connected. Through a coordinated approach, our teams work together to provide essential services that address both immediate needs and long-term well-being.

Our Nutrition Services team plays a vital role in supporting the health and independence of older adults through consistent access to healthy and nutritious meals.

Through Meals on Wheels, Lunch & Activity Centers and Discount Dine locations, this team prepares and delivers thousands of meals each week. These meals do more than provide nourishment. They offer routine, connection and an added layer of wellness that helps reduce isolation and supports aging in place.

From menu planning and meal preparation to delivery and onsite dining experiences, Nutrition Services ensures that every meal is an opportunity to promote both physical health and social connection.



Chelsea Robinson
Nutrition Services
Director



Adam Marra
Logistics
Manager



Brian Mosley
Production
Manager



Molly Johnson
Assistant
Production Manager

Coming soon right to your door...

FROZEN CHOICE MEAL PROGRAM

MORE CHOICE. MORE FLEXIBILITY. MORE CONVENIENCE.

Beginning in Fall 2026, the AgeWell Services Meals on Wheels home delivered meal program will be transitioning to a frozen choice model. All meals will be delivered frozen instead of hot, providing more meal variety, easier storage, and the flexibility to enjoy meals on your schedule. Meals will continue to be prepared right in our kitchen using fresh, healthy ingredients, then will be flash frozen to retain maximum nutritional value. Watch for more details this summer!

DELICIOUS FOOD IN WELCOMING SPACES!



Looking for a special dinner or lunch outing at a discount? Delicious meals using your Discount Dine card are now offered at two locations in Muskegon County! Driftwood Cafe offers a buffet style meal on Tuesday, Wednesday and Thursday evenings or you can stop by Corine's to select a homestyle meal from the Discount Dine menu.

Learn more & get your Discount Dine Card online: agewellservices.org/discountdine or call (231) 755-0434.



**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.

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.

NEW DISCOUNT DINE LOCATION!

Corine's Soul Food, Cakes & Catering, Muskegon's home for soul food, is now part of the AgeWell Services Discount Dine program. Once you've signed up and made a donation for meal credits on your Discount Dine Card, you can enjoy a delicious homestyle meal!

- Open Wednesday through Saturday from 11 am to 8 pm and on Sunday from 12 to 6 pm.
- Your card can be used once per day for a dine in meal.
- Order your Discount Dine meal from the menu at right (leftovers may be taken home).
- Additional food and beverages are available for purchase from Corine's regular menu.
- Discount Dine is for adults aged 60 and over only.



Select One Entree

Baked Chicken Leg or Thigh
Fried Chicken Wings (3-4)
Baked Pork Chop
Fried Fish
Meatloaf with Gravy

Select One Side

Mashed Potatoes
Macaroni and Cheese
Pasta Salad
French Fries

Select One Vegetable

Black Eye Peas
Cabbage
Coleslaw
Collard Greens
Green Beans
Candied Yams

**1 serving of fruit
and milk included.**



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)

AgeWell Programs Positively Impact the Lives of Older Adults.

At AgeWell Services, every program is about more than the service itself.

More than a meal, more than a ride, more than a box of food.

Each interaction creates connection, dignity and community for the older adults we are honored to serve.

A Meal That Makes a Difference

Meals on Wheels has been an important part of one local man's daily routine. Living independently with an intellectual disability, he is able to prepare simple meals on his own, but variety, balanced nutrition and portion control can be challenging. That's where Meals on Wheels has made a meaningful difference.

Each delivery brings more than just food. It brings excitement. He often calls his family to share what was on the menu that day, proudly describing the "great foods" he received. The variety has opened the door to new flavors and healthier options that he wouldn't typically prepare for himself.

Beyond enjoyment, the meals have supported his overall health. With consistent portions and balanced nutrition, he has begun to lose weight and build healthier habits. For his family, the program offers peace of mind. For him, it offers independence, nourishment and something to look forward to.

