



THE SILVER TSUNAMI

Aging Well in Newaygo County

COMMISSION ON AGING

MAY/JUNE 2022



Senior Project Fresh 2022



Senior Project Fresh allows you to buy fresh fruits and vegetables by utilizing coupons at qualifying local Farmer’s Markets and Farm Stands. Applications and coupons will be distributed by postal mail again this year. The applications will be mailed in June. Each recipient will receive \$50 worth of coupons. To qualify you must be over 60, a Newaygo County Resident, and within the income guidelines (listed below). If you are new to the program, just turned 60, meet the income guidelines, and wish to be put on the mailing list, please call us at our White Cloud Office.

Q. Do I qualify for Senior Project FRESH/Market FRESH?

If you are a resident of Newaygo County, 60 years or older, and meet the income guidelines, then you qualify for Senior Project Fresh/Market FRESH Coupons. Income guidelines are listed on the chart below.

Q. Do I need to send proof of my income or my ID?

NO! Your signature on the form states that you are being truthful about your income level and identity.

Q. Where do I get my Senior Project FRESH/Market FRESH Coupons?

If you have participated in the past, the Commission on Aging will mail you an application in June. Complete the application and mail back to the Commission on Aging and we will mail you back your coupons. If you have NOT participated in this program, contact the COA at 231-689-2100 to get on the mailing list. You must complete your application fully to receive the coupons.

Q. Can I just stop into the Commission on Aging to pick up my coupons?

No, they will be mailed to you.

Q. What can I purchase with my FRESH Coupons?

Michigan grown fruits and vegetables, only from participating local farmers markets and food stands. If you know of a farmer that would like to participate, they need to visit www.michigan.gov/osa

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<u>Persons in family/ household</u>	<u>Income guideline</u>
1	\$1,986 monthly \$23,828 yearly
2	\$2,686 monthly \$32,227 yearly
3	\$3,386 monthly \$40,626 yearly



This project is funded through the Behavioral and Physical Health and Aging Services Administration and The Fremont Area Community Foundation



ADDRESS: 93 S. Gibbs White Cloud, MI 49349

PHONE: 231-689-2100

MEET OUR FULL-TIME STAFF

Welcome to the Commission on Aging! Below you will meet our full-time staff with our roles that we hold in the office. We have also included our favorite place in Newaygo County.

Aeriel
Stroven



**Recreation & Volunteer
Manager**
At the Fremont Lanes
Bowling Alley

Amber
Reichle



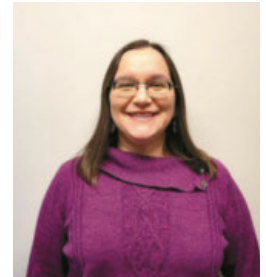
**Food Service and Kitchen
Manager**
The White River; connects to
all of my favorite places

Carla
Waite



**Nutrition and Meals
Coordinator**
In the woods, or by the
Muskegon River

Danielle
Gleason



**Programs and Community
Relations Coordinator**
Kayaking down the
Muskegon River

Together

Everyone

Achieves

More

Jan
Hunter



Secretary
In a recliner with a
book and a cat

Joleen
Fleese



Financial Advisor
Anywhere with my
Grandbabies and family

Justin
MacLean



Transportation Coordinator
Twinwood Lake or Muskegon
River south of the dam

Laura
Bosworth



Secretary
At Jimmy's Roadhouse
with a Taco Salad

Mary
Bulson



Case Manager
Going to local restaurants
for dinner with friends

Megan
Folkema



Case Manager
Out hiking on all of the
county's parks and trails

Wendy
Convey



**Case Manager
Coordinator**
Riverside Park

COA NOTICES, SERVICES AND PUZZLES

Community Meals are currently served in three locations throughout Newaygo County. Many activities and social opportunities take place at the meal sites.

Meals on Wheels are delivered to homebound people who are physically unable to cook or come to community meal locations.

Bus Service provides transportation to meal sites, shopping, banking, and errands. We have bus routes that center around Fremont, Grant/Newaygo, and White Cloud.

Medical Transportation carries people to medical and health care appointments both in and out of county.

Homemaker aides are available for basic housekeeping, laundry, and the occasional errand.

**Call COA with questions about services
231-689-2100**

Other services include: Respite, Case Management, Recreation activities, Trips & Wellness Programs including fitness classes and Senior Project Fresh.



SPACE IT OUT...



Put spaces into the letter sequences to create coherent sentences.

1. **T H E A R L Y B I R D C A T C H E S T H E W O R M .**

2. **L A U G H T E R I S T H E B E S T M E D I C I N E .**

3. **T H E R E I S A L W A Y S T I M E T O B E K I N D .**

COA OFFICE HOURS :

M-F, 8AM –5PM

MEAL SITES OPEN

11:00-12:30

LOCATIONS:

Fremont

First Reformed Church
348 E Main St.
Mon-Fri

Newaygo

St Bartholomew Church
599 W Brooks St.
Mon-Thursday

White Cloud

COA 93 S. Gibb
Mon-Fri

MENU SUBJECT TO CHANGE

For reservations or cancellations, please call **(231) 689-2100** at least one day in advance by 1:00PM

Salad Bar Served at 11:30AM

Lunch served at noon

MATHEMATICAL MAYHEM

In this game, flex your math skills and complete the questions below.



1. $(8 \times 5) + 3 =$ _____ 4. $82 - 20 + 4 =$ _____

2. $11 + (6/2) =$ _____ 5. $(30/5) + 23 =$ _____

3. $35 + 2 + 18 =$ _____ 6. $41 + (2 \times 4) =$ _____



VOLUNTEER INFO

Volunteer Spotlight

Jeff McGowen



Contact Aerial at the COA for Volunteer Information or to receive an application.

(231) 689-2100 x7

When it comes to working in a fast paced kitchen, our volunteer Jeff McGowen is a rockstar. He is always willing to help when needed. "I enjoy helping the community by serving people. I like engaging and interacting with people to bring out their significance. I like keeping active and the challenge of working in a kitchen environment." stated Jeff about what he enjoys about volunteering with the COA.

The process for becoming a COA volunteer can seem like many steps. Jeff explained it well, stating, "Volunteering at COA requires you to have a pretty thorough background check to be approved. I think that is critical not only to protect the integrity of the COA organization, but ensure that all the staff and participating seniors of the community are treated with care and respect." Thank you so much Jeff for all of the support you have given to us as a volunteer!

MEDICARE INSURANCE
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F. Sue Knuver
 sue.knuver@gmail.com
(231) 924-2579

Jenny A. Karp
 jennyannkarp@gmail.com
(231) 225-1302

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231-924-5050

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 Broker judymaike@gmail.com
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White Cloud
 1035 E. Wilcox
 (231) 689-5943

Grant
 11 N. Maple
 (231) 834-0444

BIRTHDAY'S & MOTHER'S DAY

The Commission on Aging would like to celebrate a few individuals who will be celebrating their 90th Birthday sometime throughout the 2022 year. Thank you for spending your time with us at our meal sites!

HAPPY BIRTHDAY!

90 DICK RAMM EVELYN JONES LOUISE JAGER JANET MCCAHILL JEAN CRABTREE JOYCE GALE PATRICIA ROSENGREN	91 BARB PUFF BOB JONES VERNON LEFEBER	92 ANNE MARGARET THOMPSON MARIAN BREUKER SUE WALZAK VIRGINA PRICE
93 ANTOINETTE BUSH BEATRICE NEWTON VRETA JACKSON	95 DORIS HOOVER GLAD SHEPHERD	97 MYRIEL AKERSHOEK
		98 BETTY SPEET

Newaygo County Commission on Aging
Mother's Day Luncheon
MAY 6, 2022
11:00AM LIVE MUSIC BEGINS WITH
LUNCH SERVED AT 12:00PM
93 S. GIBBS ST.
WHITE CLOUD MI 49349
All ages welcome!
RSVP by April 29 by calling
231-689-2100
60 and over, recommended donation \$3
Under 60, \$5 lunch fee

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j-hammersley@att.net

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Jane Wolffis
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Jon Wolffis
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- Therapeutic activities • Respite care options
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Phase II coming Early 2019!
20 additional apartments featuring Memory Care and Assisted Living

Newaygo County Veterans Affairs

You served your Country, at home & in foreign lands. Now, let our office serve you.

Our office is available to assist veterans, their spouses and dependents in obtaining federal, state and county benefits they may be eligible to receive.

Contact us for an appointment. Hours: Mon-Fri 8am-5pm. With a lunch hour from 12-1pm

This project was supported in whole or in part by the Michigan Veterans Affairs Agency (MVA)

County Office: (231) 689-7218 • www.countyofnewaygo.com/VeteranAffairs.aspx

May 2022

MEALS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef Pasty	3 Fish Sandwich	4 7 Layer Taco Bean Salad	5 Chicken Tenders	6 MOTHER'S DAY LUNCHEON FREMONT & NEWAYGO MEAL SITES CLOSED
9 Apple French Toast	10 Goulash	11 Sloppy Joe	12 Chicken Salad Croissant	13 Pesto Alfredo Ravioli
16 Teriyaki Meatballs	17 Chef Selection	18 Meatloaf	19 Grilled Ham & Cheese	20 Reuban Casserole
23 Chicken Quesadilla	24 Tamale Pie	25 Oatmeal with Fruit	26 Tuna Pita	27 Honey Chicken
30 ALL SITES CLOSED 		Vegetable & Fruit with every meal. Menu is subject to change.		

May 2022

ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
2 12:00 LUNCH 	3 11:00 Live Music by Steve Troyer 12:00 LUNCH 	4 11:00 BP Checks with Jaime 11:00 BP Checks with Shelly 12:00 LUNCH 12:30 BINGO 12:30 BINGO 	5 11:00 BP Checks with Shelly 12:00 LUNCH 12:30 BINGO	6 <div style="background-color: #008080; color: white; padding: 5px; text-align: center;"> MOTHER'S DAY LUNCHEON FREMONT & NEWAYGO MEAL SITES CLOSED </div> 11:00 Live Music by Mark & Mark 
9 12:00 LUNCH 	10 12:00 LUNCH  	11 11:00 Live Music by Dave M 12:00 LUNCH 12:30 BINGO 12:30 BINGO 	12 11:00 Live Music by Dennis Hult 12:00 LUNCH 12:30 BINGO	13 12:00 LUNCH 
16 11:00 Live Music by Mark & Mark 12:00 LUNCH 	17 10:15 Golden Arts 12:00 LUNCH 	18 11:00 BP Checks with Shelly 12:00 LUNCH 12:30 BINGO 12:30 BINGO <i>Birthday Celebrations</i> 	19 11:00 Live Music by Steve Troyer 12:00 LUNCH 12:30 BINGO <i>Birthday Celebrations</i> <i>Birthday Celebrations</i>	20 12:00 LUNCH 
23 11:00 Live Music by Rescued Souls 12:00 LUNCH 	24 10:15 Golden Arts 12:00 LUNCH 	25 11:00 BP Checks with Mandy 12:00 LUNCH 12:30 BINGO 12:30 BINGO 	26 11:00 Live Music by Dave M 11:00 Live Music by Dennis Hult 12:00 LUNCH 12:30 BINGO	27 11:00 Live Music by Dennis Hult 12:00 LUNCH
30 <div style="background-color: #008080; color: white; padding: 5px; text-align: center;"> ALL SITES CLOSED </div> 		Find Activities at Meal sites by color Fremont Newaygo White Cloud	Strength & Balance Class Every Tuesday 10:00am-11:00am   White Cloud Fremont	AgingWell Exercise Every M,W,F in Newaygo 10:00am-11:00am   Nancy Teaching Mary Jo Teaching

June 2022

MEALS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken & Rice	2 French Dip	3 Apple Pork Loin
6 Vegetable Lasagna	7 Caribbean Curry Chicken	8 Pig in a Blanket	9 Club Sub	10 Crusted Tilapia
13 Chip Beef	14 French Bread Pizza	15 Turkey Sweet Pot Pie	16 Chef Selection	17 FATHER'S DAY LUNCHEON WHITE CLOUD & NEWAGYO MEAL SITES CLOSED
20 Soft Taco	21 Chicken Almondine	22 Breakfast Casserole	23 Curry Chicken Salad	24 BBQ Pork Sandwich
27 Meat Lasagna	28 Parmesan Chicken	29 Pineapple Glazed Ham	30 Chicken Pot Pie	Vegetable & Fruit with every meal. Menu is subject to change.

June 2022

ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Find Activities at Meal sites by color</p> <p>Fremont</p> <p>Newaygo</p> <p>White Cloud</p>	<p>Strength & Balance Class</p> <p>Every Tuesday</p> <p>10:00am-11:00am</p> <p> </p> <p>White Cloud Fremont</p>	<p>1</p> <p>11:00 BP Checks with Jaime</p> <p>12:00 LUNCH</p> <p>12:30 BINGO</p> <p>12:30 BINGO</p> <p></p>	<p>2</p> <p>11:00 Live Music by Steve Troyer</p> <p>12:00 LUNCH</p> <p>12:30 BINGO</p>	<p>3</p> <p>12:00 LUNCH</p> <p></p>
<p>6</p> <p>11:00 Live Music by Mark & Mark</p> <p>12:00 LUNCH</p> <p></p>	<p>7</p> <p>11:00 Live Music by Dave M</p> <p>11:00 Live Music by Dennis Hult</p> <p>12:00 LUNCH</p> <p></p> <p></p>	<p>8</p> <p>12:00 LUNCH</p> <p>12:30 BINGO</p> <p>12:30 BINGO</p> <p></p>	<p>9</p> <p>12:00 LUNCH</p> <p>12:30 BINGO</p>	<p>10</p> <p>12:00 LUNCH</p> <p></p>
<p>13</p> <p>11:00 Live Music by Mark & Mark</p> <p>12:00 LUNCH</p> <p></p>	<p>14</p> <p>11:00 Live Music by Steve Troyer</p> <p>12:00 LUNCH</p> <p></p> <p></p>	<p>15</p> <p>11:00 BP Checks with Shelly</p> <p>12:00 LUNCH</p> <p>12:30 BINGO</p> <p>12:30 BINGO</p> <p></p> <p></p>	<p>16</p> <p>12:00 LUNCH</p> <p>12:30 BINGO</p>	<p>17</p> <p>FATHER'S DAY LUNCHEON</p> <p>WHITE CLOUD & NEWAYGO MEAL SITES CLOSED</p> <p>11:00 Live Music by Dennis Hult</p> <p></p>
<p>20</p> <p>11:00 Live Music by Rescued Souls</p> <p>12:00 LUNCH</p> <p></p>	<p>21</p> <p>10:15 Golden Arts</p> <p>12:00 LUNCH</p> <p></p> <p></p>	<p>22</p> <p>12:00 LUNCH</p> <p>12:30 BINGO</p> <p>12:30 BINGO</p> <p><i>Birthday Celebrations</i></p> <p></p>	<p>23</p> <p>11:00 Live Music by Dave M</p> <p>12:00 LUNCH</p> <p>12:30 BINGO</p> <p><i>Birthday Celebrations</i></p> <p><i>Birthday Celebrations</i></p> <p></p>	<p>24</p> <p>12:00 LUNCH</p> <p></p>
<p>27</p> <p>12:00 LUNCH</p> <p></p>	<p>28</p> <p>10:15 Golden Arts</p> <p>11:00 Live Music by Dennis Hult</p> <p>12:00 LUNCH</p> <p></p> <p></p>	<p>29</p> <p>11:00 BP Checks with Mandy</p> <p>12:00 LUNCH</p> <p>12:30 BINGO</p> <p>12:30 BINGO</p> <p></p>	<p>30</p> <p>12:00 LUNCH</p>	<p>AgingWell Exercise</p> <p>Every M,W,F in Newaygo</p> <p>10:00am-11:00am</p> <p> </p> <p>Nancy Teaching Mary Jo Teaching</p>

WHITE PINE ADULT DAY GROUP

COA's Adult Day Services are available to assist both the people in need of care and caregivers. Adult Day Services provide opportunities for socialization, recreation, and activities to increase mental skills. Some transportation and a noon meal are provided for those receiving care. WPADG is designed to relieve some of the physical and emotional stress of the caregiving responsibilities, thereby helping to keep caregivers and care recipients in their homes for as long as possible.

WE CURRENTLY HAVE OPENINGS IN THE PROGRAM. Please contact Wendy for more information at 231-689-2100 x3. WPADG is currently open on Tuesdays and Thursdays.



Daily Activities May Include:
Wii, UNO, games of various kinds, exercise 2 times per day, coloring pages, painting ceramics, puzzles and more!

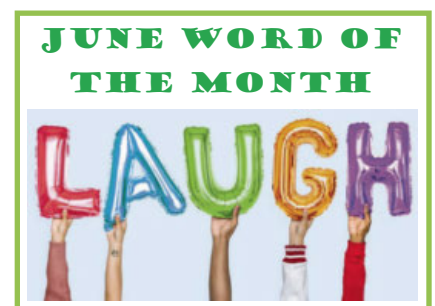


June Schedule

- 6/2: 11:00am Live Music by Steve Troyer
12:30pm BINGO
- 6/9: 12:30pm BINGO
- 6/16: 12:30pm BINGO
- 6/21: 10:15am Golden Arts
- 6/23: 11:00am Live Music by Mark & Mark
12:30pm BINGO

May Schedule

- 5/3: 11:00am Live Music by Steve Troyer
- 5/5: 12:30pm BINGO
- 5/10: Tulip Time Trip in Holland, MI
- 5/12: 12:30pm BINGO
- 5/17: 10:15am Golden Arts
- 5/19: 12:30pm BINGO
- 5/26: 12:30pm BINGO



TRAVEL OPPORTUNITIES

Call to get your name on a sign up list today!

All trips are subject to cancellation or change due to weather conditions, trip availability, accommodation changes, staffing and client interest. Refunds can be provided for any trip up to the sign-up deadline. You must find someone to take your spot if you can no longer go on the trip that you paid for.

Travel with the COA!



June 15—Mac Woods Dune Trip ★

Cost \$30. Enjoy the view of the Silver Lake Sand Dunes. Riding on a Mac Woods Scooters with a tour guide. We will be meeting at the Fremont Meal Site for Lunch and then heading to the Dunes. **Sign up & payment due June 1.**



July 13—Aquastar Afternoon Cruise ★

Cost \$40. Join us for an hour and half long ferry boat ride on Lake Muskegon that also goes out onto Lake Michigan! Lunch will be served on the boat by the COA. **Sign up & payment due June 27.**



Trip Activity Level! ★★★★★

One Star = Fully handicapped accessible with very limited walking.

Five Stars = Able to stand/walk/hike for over an hour over uneven terrain.

Shipshewana Two Night Stay at the Old Carriage Inn

August 23-25, 2022 ★★★★★

\$240: Can be paid in full or broken down into 3 payments of \$80.

Due on June 1, July 1 and August 1. **Sign up by July 1**

Activities to look forward to!

- Outdoor Flea Market the Size of 30 Football Fields: Find bargains on home decor, clothing, produce, plants, tools, crafts, books, beauty supplies, accessories, vintage items and everything imaginable.
- Two night stay at the Old Carriage Inn: Breakfast included and only a five minute walk from the Flea Market!
- Dinner at the Blue Gate Dinner Buffet
- Buggy Lane Tour through Amish country ending with an authentic Amish style dinner

***Two lunches and all souvenirs covered at your own cost**

**Free Time to make friends, play games
and share new found treasures!**

Anyone 18 and over welcome on any trip!

MEMORIAL DAY PARADE AND SERVICE



This year, the community of Fremont will be honored to host (Four Star) General (Ret) David Bramlett, former FORSCOM Commander, as the keynote speaker for its Memorial Day service.

Event: Memorial Day Parade

Time: 6:00pm

Date: May 30, 2022

Parade Route: begins at the Fremont Fire station and ends at the Veterans Memorial Park where the service takes place

Veterans who wish to participate in the parade should plan to gather at the Fremont Fire Station at 5:30pm the day of the parade. You will receive further information then. There will be transportation available for any veterans who are no longer able to march.

“Memorial Day reminds a new generation of the price of freedom and the great need to honor the sacrifice of those who paid its ultimate price. Come make Memorial Day 2022 a year to remember.”

Gregory Johnson



Renée Bennett 616-848-9641
Alisse Havlicek 269-449-1510
 MyHealthFreaks@gmail.com
 www.MyHealthFreaks.com

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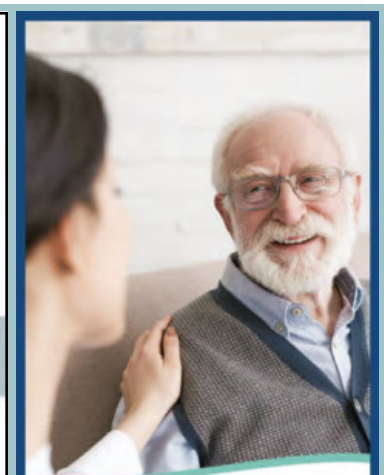
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 EmbraceTheTime.org

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 Nicotine Reduction Coalition
www.spectrumhealth.org/vaping/cessation

1401 W. Main St, Fremont, MI, 49412
231-924-3275

We Help with Quitting all these!

QUIT FOR THEM!

UPCOMING CLASSES

Strength & Balance Class

The COA is happy to announce this new class being taught every Tuesday by Mary Jo. She is a retired Occupational Therapist with much knowledge to share!

The Class will focus on

- Health Education
- Simple at Home Exercises
- Low impact Areobics
- Strength Training
- Adaptive Equipment
- Fun!

**Date: Every other Tuesday
in White Cloud and
Fremont**

Time: 10:00am - 11:00am

Transportation to the class can be provided if you call a day in advance to sign-up for the Bus

Look for these symbols on the activity calendar to know which days the classes are



**White
Cloud**



Fremont

DIABETES PATH SERIES

**THURSDAYS, MAY 5- JUNE 9
10AM-12PM EST.**

Diabetes PATH is a FREE online self-management workshop. During the 6 sessions, you learn tools to manage diabetes. Adults of all ages may attend, including adults with prediabetes, type 1 or type 2 diabetes, and their family members /caregivers.

REGISTER ONLINE:

<https://events.anr.msu.edu/DPATHMAY22/>

CONTACT: Naomi Hyso, hysonaom@msu.edu

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Anna Urick Duggins
Elder Law and Estate Planning Attorney

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 231-722-5404



elderlaw@parmenterlaw.com

THANK-YOU MR. FOX!

As we say farewell to Joseph Fox as the Commission on Aging Director, he is now beginning an exciting new journey. Joseph's time at the COA began in 2015 after a friend encouraged him to apply for the position. Being a Christian School Principal in the past, he was looking for a position in administration. Helping run an entire county worth of services though, required Joseph to rely on the help from his team to learn his new role as Director. He quickly set some goals for the COA hoping to expand all of our services. "There are a lot of Seniors in our community, myself being one of them. I wanted to help the COA break the stigma that we only provide services for those who fall under poverty guidelines or are ill or frail. It was time to help the rest of the county see that we are here to help enhance the quality of life for all Seniors within the community." explained Joe.

We are excited to say that Joe definitely helped our organization grow throughout his seven years here. He did this by joining multiple committees and groups with similar goals, and working closely with the Fremont Area Community Foundation to secure grants for us. With a growing family to support him and many hours of prayer, Joseph felt that his retirement was the next right step for him. He stated, "There are bigger needs that I want to fulfill." He would like everyone to know that he will miss you all and to encourage you to remember that what we are doing here at the COA is truly making a difference in Newaygo County.



Plaque presented by Senator Jon Bumstead at the Potato Fundraiser



Ice Cream Sunday Thank You from the Full-Time Staff



Retirement Party with cake and coffee.



"I really appreciated Joe's desire to have a family atmosphere among the staff."

Jan

"Thank you for your hard work towards helping our COA programs grow and thrive."

Joleen

"Thank you Joe for mentoring and helping me grown as a man. Looking forward to what's next for you!"

Justin

"Joe helped me see the county through new eyes. I am thankful for his dedication to all of the people we help through our services."

Aeriel

"Thank you for valuing my family and providing a work family/balance that is very difficult for moms to find. Also, thank you for leading by example and pitching in wherever was needed to serve our clients."

Danielle

"Thank you for always supporting our team with your positivity and encouragement."

Carla

"I'm thankful for all of the meal deliveries Joe did. I think it was great that he enjoyed connecting to some of the people we served and he had fun doing it!"

Mary

THANK-YOU JOSEPH!



PUZZLE ANSWERS & EVENTS



SPACE IT OUT...

1. THE EARLY BIRD CATCHES THE WORM.
2. LAUGHTER IS THE BEST MEDICINE.
3. THERE IS ALWAYS TIME TO BE KIND.

MATHEMATICAL MAYHEM

1. $(8 \times 5) + 3 = \underline{43}$
2. $11 + (6/2) = \underline{14}$
3. $35 + 2 + 18 = \underline{55}$
4. $82 - 20 + 4 = \underline{66}$
5. $(30/5) + 23 = \underline{29}$
6. $41 + (2 \times 4) = \underline{49}$



HAPPY FATHER'S DAY!
FATHER'S DAY LUNCHEON
 June 17, 2022
 11:00 Live Music 12:00 Lunch

RSVP BY JUNE 10TH BY CALLING
 231-689-2100
 60 AND OVER RECOMMENDED
 DONATION \$3
 UNDER 60, \$5 LUNCH FEE

ALL AGES WELCOME!
 FIRST REFORMED CHURCH
 348 E. MAIN ST. FREMONT MI, 49412

HAPPY Memorial Day
 HONORING ALL WHO SERVED



WE WANT YOU!

Have you got passion and wisdom to share with others?

We're looking for volunteers age 55 and older to help others in our community succeed. Senior Corps volunteers serve children and seniors in need by donating their time and energy to provide help and create hope.

Must meet income guidelines to be eligible. Stipend and mileage reimbursement provided.

For more information or to find out how to volunteer:
 Call 231-689-6701



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15-0739

NEWAYGO COUNTY
COMMISSION ON AGING
93 S GIBBS, PO BOX 885
WHITE CLOUD MI 49349

POSTAGE

COMMISSION ON AGING WEATHER-RELATED CLOSINGS

The COA will typically close all meals operations (Meals on Wheels Meal Sites) and bus routes when three or more public school systems are closed in Newaygo County. Van and Volunteer transportation will be decided on a case-by-case basis when we are closed. Check out TV 8 and TV 13 both on your television and online for COA closing information.

MEMORIAL MATCH PROGRAM

Give a gift that keeps on giving! The FREMONT AREA COMMUNITY FOUNDATION has a Memorial Match Program. If you would like to give a legacy gift to the Newaygo County Commission on Aging Endowment Fund in memory of your loved one, within one year of their passing, please contact the Philanthropic Services Department at the FREMONT AREA COMMUNITY FOUNDATION (231-924-5350) or Joseph Fox at the Newaygo County Commission on Aging (231-689-2100) with any questions. Please include the name of the person your gift is in memory of with your submission.

The Newaygo County Commission on Aging is funded by county millage, contributions, memorials, and local fundraising. Grant funding is through the Michigan Department of Transportation, Older Americans Act, Aging and Adult Services Agency (formerly Office of Services to the Aging), Area Agency on Aging of Western Michigan, United Way, and The Fremont Area Community Foundation. The Newaygo County Commission on Aging certifies that it complies with the Department of Health and Human Services Regulations under Title VI of the Civil Rights Act of 1964.

This newsletter can be accessed online under the Newsletter tab at:

www.newaygocountymi.gov/departments/commission-on-aging

If you are unable to pick up a copy utilizing the method above please contact us and we will mail one to you.

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Follow us on Facebook: [NewaygoCountyCommissionOnAging](#)