

THE SILVER TSUNAMI

Aging Well in Newaygo County

COMMISSION ON AGING

JULY/AUGUST 2022

With the rising cost of food and other necessities, we wanted to share with you some of the various resources in our community that older adults can use to help make ends meet. One resource is MiCafe Network, a program of Elder Law of Michigan. They can help older adults apply for Supplemental Nutrition Assistance Program (SNAP) (otherwise known as the Bridge Card), assist in applying for the Medicare Savings Program, Extra Help for Medicare Part D, and Medicaid. They can also assist in applying for utility assistance and tax credits.



Their contact number is: 1-877-664-2233 and they are available to assist Monday through Friday 9 AM to 3 PM. You can also contact them online at: micafenetwork.org.

Another way to cut down on food expense is to attend our Community Meal Sites! We have a site in Fremont, Newaygo, and White Cloud. We provide a delicious salad bar, and fresh cooked meals daily. If you are 60 years of age or older, for a suggested donation of \$3 (\$5 fee if under 60), you can get a meal and socialize.

We also want to make you aware of the available food pantries/food banks in our area. Some of these do require income information and registration. Contact the pantry/site directly to get the necessary requirements.

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**Food Banks/
Pantries:**

FiveCap
(231) 689-6688

TrueNorth
(231) 924-0641

Love INC
(231) 652-4099

Benny's House
(231) 689-1401



ADDRESS: 93 S. Gibbs White Cloud, MI 49349

PHONE: 231-689-2100

MEET OUR MEALS ON WHEELS DRIVERS

Together our wonderful staff of Meals on Wheels drivers deliver over 200 meals daily! We hope you enjoy getting to know more about them as they share their favorite place in Newaygo County.

Bob
Green



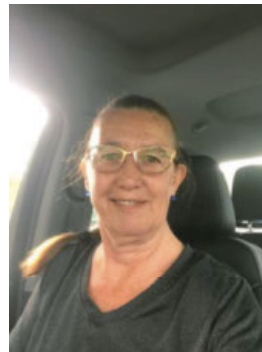
Sitting around our fire ring at home enjoying a nice summer evening

Catherine
McMurray



Having a bonfire with family and friends

Debra
Klap



The River Stop Saloon and Dollar General

Doug
Turner



Fishing. I like fishing. Did I mention fishing?

Henry
Zuniga



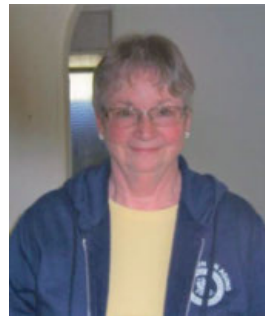
The White River in Hesperia

Jackie
Gonzalez



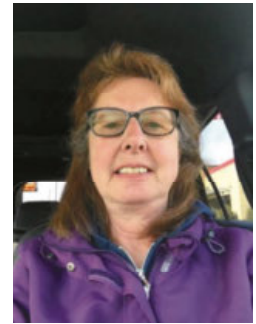
Anywhere doing an activity with my grandkids

Millie
Bleiler



At home with my family and rescued 'fur babies'

Nancy
Beck



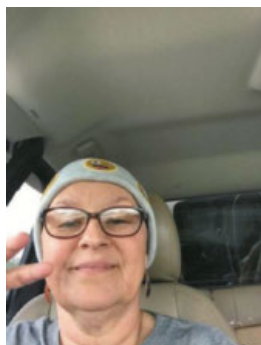
Croton Pond where I like to go fishing with my husband

Paul
Charkowski



At home working on Household Projects

Rebecca
Prefontaine



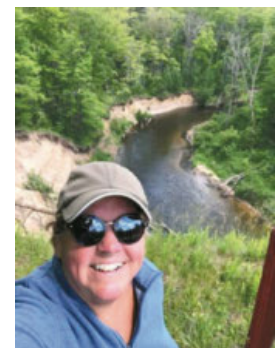
Chee Peng Chinese Restaurant in Fremont

Sabrina
Nickoloff



Anywhere that my kids are playing on a sports team!

Sheila
Hughes



I love Newaygo County outdoor adventures. Picture at overlook on Little Muskegon River

COA NOTICES, SERVICES AND PUZZLES

Community Meals: Served in three locations throughout Newaygo County. A space for many activities and social opportunities.

Meals on Wheels: 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.

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

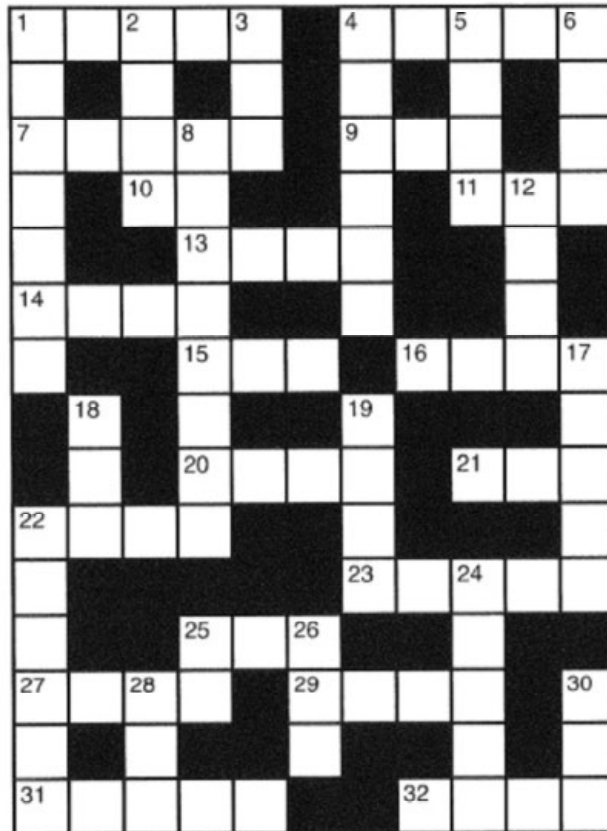
Homemaker: Aides are available for basic housekeeping, laundry, and the occasional errand.

CROSSWORD

Fill in the crossword grid using the answers to the clues that are provided.

ACROSS

- 1) Popular spring flower
- 4) Bird that often has a red belly
- 7) More uncommon
- 9) By way of
- 10) ___ Salvador, country
- 11) Wager
- 13) Make money
- 14) Extends far down
- 15) Head topper
- 16) Take a load off
- 20) 'From ___ and far'
- 21) ___ Gershwin, famous lyricist
- 22) Piece of the whole
- 23) Naive
- 25) Baseball tool
- 27) Place for a portable breakfast
- 29) Opposite of under
- 31) Dish filled with greens
- 32) Black and white whale



DOWN

- | | | |
|--|------------------------------------|--------------------------|
| 1) Fast rotating wind | 5) Reveal a secret | achievements |
| 2) Accumulated knowledge passed orally | 6) Bird built home | 22) Camera's products |
| 3) 'As ___ usual' | 8) Mammal with an excellent memory | 24) Mistake |
| 4) Deep narrow valley | 12) Hearing organs | 25) 'Brick ___ brick' |
| | 17) 'A ___ of thought' | 26) Around 2,000 pounds |
| | 18) Found in a pod | 28) 'Against ___ odds' |
| | 19) Boast about ones | 30) Place to be pampered |

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

COA Office Hours

Monday-Friday, 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. Gibbs St.
Mon-Fri

MENU SUBJECT TO CHANGE

Salad Bar Served at 11:30AM

Lunch served at noon

VOLUNTEER INFO

Volunteer Spotlight

Since October of 2019, Volunteer Driver Becky Wemple has been helping the people of Newaygo County get to their medical appointments. She had previous volunteer driving experience before she came to the COA and knew that she liked helping the community in this way. When asked what the most fulfilling part of her role was, she stated, "Getting to meet wonderful people all the time. Listening to their stories about the past and how things were when they were children is very fun." Please help us thank Becky for all of her hard work and dedication to our organization. She feels blessed to provide this service to our seniors and we feel blessed to call her part of the team!

Becky Wemple



Contact Aerial at the COA for Volunteer information or to receive an application. (231) 689-2100 x7

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F. Sue Knuver

sue.knuver@gmail.com

Jenny A. Karp

jennyannkarp@gmail.com

(231) 924-2579 or (231) 225-1302

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 OF FREMONT

102 Hillcrest
 Fremont, MI 49412

231-924-5050

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TRACY KEHR
 989-996-1797

Associate Broker
 soldbykehr@gmail.com

JUDY MAIKE
 231-519-1435

Broker
 judymaika@gmail.com



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Grant
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4-D-5-5

For ad info. call 1-800-477-4574 • www.lpicommunities.com

15-0739

FOURTH OF JULY EVENTS IN THE COUNTY

Freedom Fest on the Causeway

Saturday July 2, 2022

Croton, MI, on the Causeway (Between The Trading Post and Croton Township Campground)

Schedule of Events:

12:00pm Croton American Legion Parade Post #381
 6:30pm Event Begins
 Dusk FIREWORKS put on by Croton Township

Hesperia Family Fun Fest!

All events take place on July 4, 2022

9am-4pm—Craft & Fair Market at Webster Park

Noon—Parade. Begins at the school heading north and turns west before heading back to the school.

Noon—Tractor Pull at Weaver Park

5:00pm—Horse Pull at Weaver Park

6-10pm—Live Music by the County Line Band in front of the Shelby State Bank

10:00pm—FIREWORKS!

Newaygo Firework Show

Saturday July 2, 2022 from 10:15pm-10:45pm

Display will be fired off between Pickerel-Kimball Lakes on Gordon Road. Gordon will be closed starting at 4pm for firework set-up.

Fremont Firework Display

Sunday July 3, 2022 at 10:15pm (Dusk)

Seating and parking at the Fremont Lake Park






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Cell 616-617-3433

Matthew Wakefield, Realtor
Cell 616-477-3607


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Two convenient locations

47 S. Charles White Cloud 231-689-1280	9559 S. M-37 Baldwin 231-745-2761
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j-hammersley@att.net



Working Together to Serve Our Community



Ken Wolffis
President/Manager

Jane Wolffis
Funeral Assistant

Jon Wolffis
Licensed Funeral Director

637 E. Main Street, Fremont, Michigan 49412
Phone (231) 924-2130

View Current Obituaries at: www.kroeze-wolffis.com



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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

July 2022

MEALS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Vegetable & Fruit with every meal. Menu is subject to change.</p>				<p>1 Cheese Burger</p>
<p>4 ALL SITES & OFFICES CLOSED</p> <p>HAPPY 4TH OF JULY</p>	<p>5 French Toast Sticks with Meat</p>	<p>6 Cheesy Chicken</p>	<p>7 Hawaiian Ham & Cheese</p>	<p>8 Goulash</p>
<p>11 Chicken Tenders</p>	<p>12 Meatball Stroganoff Casserole</p>	<p>13 Chicken Salad Croissant</p>	<p>14 Hawaiian & Pepperoni Pizza</p>	<p>15 BBQ Chicken Breast</p>
<p>18 Chicken Fried Steak</p>	<p>19 Ham Slice with Mac & Cheese</p>	<p>20 Baked Oatmeal with Meat</p>	<p>21 Tuna Noodle Casserole</p>	<p>22 Chicken Caesar Wrap</p>
<p>25 Crusted Tilapia</p>	<p>26 Smoked Sausage with vegetables</p>	<p>27 Chicken & Stuffing</p>	<p>28 French Dip with Au jus</p>	<p>29 Chicken Alfredo</p>

July 2022

ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
	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	1 12:00 LUNCH 
4 ALL SITES & OFFICES CLOSED 	5 12:00 LUNCH 	6 11:00 BP Checks with Karen 11:00 BP Checks with Shelly 12:00 LUNCH 12:30 BINGO 12:30 BINGO 	7 11:00 BP Checks with Shelly 11:00 Live Music with Dave Marasus 12:00 LUNCH 12:30 BINGO 	8 11:00 Live Music by Steve Troyer 12:00 LUNCH 
11 11:00 Live Music by Dennis Hult 12:00 LUNCH 	12 10:15 Golden Arts 12:00 LUNCH 	13 12:00 LUNCH 12:30 BINGO 12:30 BINGO  Aquastar Trip 	14 <i>Birthday Celebrations</i> 11:00 Live Music by Steve Troyer 12:00 LUNCH 12:30 BINGO 	15 12:00 LUNCH 
18 11:00 Live Music by Mark & Mark 12:00 LUNCH 	19 11:00 Live Music by Dennis Hult 12:00 LUNCH 	20 <i>Birthday Celebrations</i> 11:00 BP Checks with Shelly 11:00 BP Checks with Mandy 12:00 LUNCH 12:30 BINGO 12:30 BINGO 	21 11:00 Live Music by Mark & Mark 12:00 LUNCH 12:30 BINGO 	22 12:00 LUNCH at the Fremont Lake Park *White Cloud Meal Site Closed 
25 11:00 Live Music by Rescued Souls 12:00 LUNCH 	26 10:15 Golden Arts 12:00 LUNCH 	27 12:00 LUNCH 12:30 BINGO 12:30 BINGO 	28 12:00 LUNCH 12:30 BINGO 	29 11:00 Live Music by Dave Marasus 12:00 LUNCH 

August 2022

MEALS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Sandwich	2 Ground Beef & Scalloped Potatoes	3 Biscuits & Gravy with Meat	4 Fajita Chicken	5 Salisbury Steak
8 Stuffed Cabbage	9 Herb Baked Chicken	10 Grape Jelly Meatballs	11 Turkey Sandwich on Whole Wheat	12 Lasagna Roll-up with Meat Sauce
15 Crescent Dogs	16 Sweet & Sour Chicken	17 Fish Sandwich	18 Burgers or Hotdogs	19 Chef Selection
22 BBQ Pork Sandwich	23 Chicken & Rice	24 Breakfast Quiche with Meat	25 Meatloaf & Mashed Potatoes	26 Chicken Cavatappi Pasta
29 Pork Egg Roll with Rice	30 Sloppy Joe	31 Lemon Herb Chicken		Vegetable & Fruit with every meal. Menu is subject to change.

August 2022

ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
1 12:00 LUNCH 	2 11:00 Live Music by Dennis Hult 12:00 LUNCH 	3 11:00 BP Checks with Karen 12:00 LUNCH 12:30 BINGO 12:30 BINGO 	4 12:00 LUNCH 12:30 BINGO 	5 12:00 LUNCH 
8 12:00 LUNCH 	9 11:00 Live Music by Steve Troyer 12:00 LUNCH 	10 11:00 BP Checks with Shelly 12:00 LUNCH 12:30 BINGO 12:30 BINGO 	11 11:00 BP Checks with Shelly 12:00 LUNCH 12:30 BINGO 	12 12:00 LUNCH 
15 11:00 Live Music by Mark & Mark 12:00 LUNCH 	16 11:00 Live Music by Dave Marasus 10:15 Golden Arts 12:00 LUNCH 	17 <i>Birthday Celebrations</i> <i>Birthday Celebrations</i> <i>Birthday Celebrations</i> 11:00 BP Checks with Shelly 12:00 LUNCH 12:30 BINGO 12:30 BINGO 	18 Picnic & Bingo in White Cloud *Fremont & Newaygo sites closed 	19 11:00 Live Music by Dennis Hult 12:00 LUNCH 
22 11:00 Live Music by Steve Troyer 12:00 LUNCH 	23 10:15 Golden Arts 12:00 LUNCH  	24 11:00 BP Checks with Mandy 12:00 LUNCH 12:30 BINGO 12:30 BINGO  	25 11:00 Live Music by Mark & Mark 12:00 LUNCH 12:30 BINGO 	26 12:00 LUNCH 
29 11:00 Live Music by Rescued Souls 12:00 LUNCH 	30 11:00 Live Music by Dave Marasus 12:00 LUNCH 	31 12:00 LUNCH 12:30 BINGO 12:30 BINGO 	Find Activities at Meal sites by color Fremont Newaygo White Cloud Strength & Balance Class 10:00am-11:00am  White Cloud  Fremont	AgingWell Exercise Every M,W,F in Newaygo 10:00am-11:00am   Nancy Teaching   Mary Jo Teaching

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.

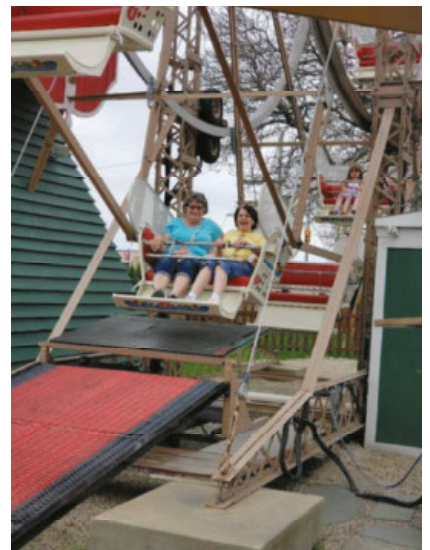
July Schedule

- 7/5: 10:00 Strength & Balance
- 7/7: 11:00 Live Music
12:30 BINGO
- 7/12: 10:15 Golden Arts
- 7/14: 12:30 BINGO
- 7/19: 11:00 Live Music
- 7/21: 12:30 BINGO
- 7/26: 10:00 Strength & Balance
- 7/28: 12:30 BINGO

August Schedule

- 8/4: 12:30 BINGO
- 8/9: 10:00 Strength & Balance
- 8/16: 10:15 Golden Arts
- 8/18: 12:00 Picnic in the Park
12:30 BINGO
- 8/23: 10:00 Strength & Balance
- 8/25: 11:00 Live Music
- 8/30: 11:00 Live Music

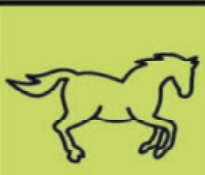
Daily Activities may include: Wii, UNO, games of various kinds, exercise 2 times per day, coloring pages, painting ceramics, puzzles and more!



Pictures of the group enjoying the morning in Holland, MI at Nelis Dutch Village.

Please call to hear about more fun trips in the future!

TRAVEL OPPORTUNITIES



SHIPSHEWANA OVERNIGHT FLEA MARKET & FUN!

AUGUST
23-25, 2022

\$240

*CAN BREAK THE TOTAL
INTO SMALLER
PAYMENTS. FULL
AMOUNT DUE AUGUST 1

Itinerary & Activities!

TUESDAY:

NOON - ARRIVE IN SHIPSHEWANA. CHECK INTO B&B
12:30-4 - LUNCH AT THE FLEA MARKET AND SHOPPING
4-6 - RELAX AND GET READY FOR DINNER
6-8 - DINNER AT THE BLUE GATE, BUFFET STYLE
8:30 - FREE TIME AT THE B&B

WEDNESDAY:

7AM-9 - BREAKFAST SERVED BUFFET STYLE AT B&B
9AM-2PM - FREE TIME TO GO TO THE FLEA MARKET OR
OTHER SURROUNDING STORES. LUNCH ON YOUR OWN
2-3:30 - RELAX AND GET READY FOR EVENING ACTIVITY
4-8 - BUGGY LANE TOUR THROUGH AMISH COUNTY WITH
DINNER AT 6:30PM
8:30 - FREE TIME AT THE B&B

THURSDAY:

7AM-8- BREAKFAST SERVED BUFFET STYLE AT B&B
9AM - LOAD ONTO THE BUS TO BEGIN JOURNEY HOME
*Two lunches and all souvenirs covered
at your own cost



ANYONE 18 AND OVER WELCOME!



CALL THE COA TO SIGN UP AND
PAY THE FIRST DEPOSIT BY JUNE 1

231-689-2100



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.

This trip is rated 5 stars!

Walkers can be accommodated, but
there will still be a lot of walking

OUTDOOR SOCIALS

PICNIC AT THE FREMONT LAKE PARK

Join us for Lunch under the pavilion at the Fremont Lake Park. We will be playing BINGO after!

July 22, 2022
Lunch - 11:30
BINGO - 12:00

1028 COTTAGE GROVE ST,
FREMONT, MI 49412

Please RSVP by July 15
231-689-2100

PICNIC & BINGO

Lunch and BINGO at the White Cloud Campground

August 18, 2022

11:30 - Lunch
12:00 - BINGO

680 E Wilcox Ave,
White Cloud, MI 49349

Please RSVP by August 12
(231) 689-2100



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

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UPCOMING CLASSES & SPEAKERS

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





HERITAGE MUSEUM

OF NEWAYGO COUNTY

AFTERNOON MUSEUM SPEAKER SERIES

12 QUARTERLINE ST., NEWAYGO, MI 49337

1:00PM - No Charge

<p style="margin: 0;">JULY 21, 2022</p> <p style="margin: 0;">DANIELLE CONVERSE</p> <p style="margin: 0;">FROM THE TERRY WANTZ CENTER</p> <p style="margin: 0;">SPEAKING ON: WHO & WHAT IS TERRY WANTZ CENTER</p>	<p style="margin: 0;">AUGUST 18, 2022</p> <p style="margin: 0;">MARY ANN BIERIGTER</p> <p style="margin: 0;">FROM THE NEWAYGO COUNTY COUNCIL FOR THE ARTS</p> <p style="margin: 0;">SPEAKING ON: ART IN NEWAYGO COUNTY</p>
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Presentations
last 30
minutes

The COA can provide transportation to the speakers for a \$5 transportation fee. Please call one day in advance to set up your ride.

THIS SPACE IS AVAILABLE

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Contact Terry Sweeney to place an ad today!
tsweeney@lpicommunities.com
or (800) 477-4574 x6407





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- Long Term Care Planning
- Guardianships
- Conservatorships
- Probate & Trust Administration

Anna Urick Duggins

Elder Law and Estate Planning Attorney



PARMENTER

LAW



231-722-5404



elderlaw@parmenterlaw.com

PUZZLE SOLUTION & PHOTOS



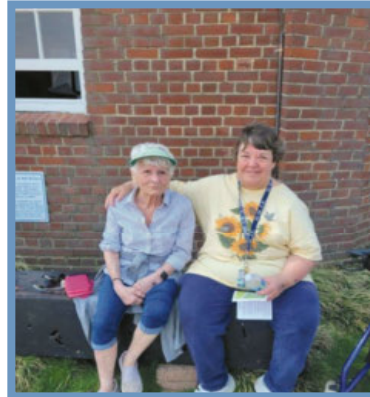
Lynn and her mother Myriel at the Mother's day Luncheon. Lynn was our Raffle basket winner! Thank you to all who attended.



The beautiful windmill and tulips that our Tulip Time trip attendees got to enjoy.

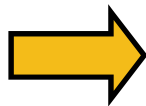


Group in Fremont getting ready to paint with Lindsay who leads our Golden Arts Program.



Julie and Joyce on our Tulip Time Trip. The group had a wonderful time in Holland, MI for the afternoon.

Crossword Puzzle Solution



Senior Giggle

What did the Janitor say when he jumped out of the utility closet?

SUPPLIES!



SENIOR PROJECT FRESH



Senior Project Fresh Information



Applications have been sent out to receive coupons that allow you to purchase fresh fruits and vegetables from local Farmer's Markets! We have started processing applications, but **we are still waiting for most of the coupons to arrive from the State**. Once we receive them, we will be sure to mail them to you as soon as we are able.

In order to qualify for the program, you must be 60 years of age or older and meet the income guidelines. If you haven't received an application yet, please call us at 231-689-2100 to get on the list. Please make sure to sign the application on the **BACK PAGE** once you receive it.

Also, the State has increased the income guidelines for this year! So, you may qualify now!

Updated Income guidelines:

1 person: \$25,142

2 people: \$33,874

One more thing. If you are a couple, both over 60, and your combined income is \$33,874 or less, then you can each get coupons. We will need an application from both of you.




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

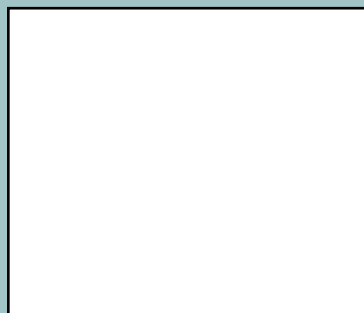



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COMMISSION ON AGING
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WHITE CLOUD MI 49349

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) 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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