

# ***Newaygo County Commission on Aging Service Report Fiscal Year 2017 (October 1, 2016 – September 30, 2017)***



**Home Delivered Meals on Wheels:** The Home Delivered Meals (HDMs) or Meals on Wheels are prepared at the Commission on Aging location in White Cloud. These meals are delivered by six part-time meals drivers who travel between 400 and 500 miles daily on Mondays - Fridays. In most situations, frozen meals are provided for Saturday, Sunday, and Government Holidays. Additional meals are provided to some depending upon their particular situation. *Ensure* is provided as prescribed through this program. Although the cost of transporting meals is rather substantial, homebound individuals in all the corners of Newaygo County benefit from receiving nutritious meals that they are not able to prepare for themselves.

**396 people                      64,852 meals served**

**Congregate/Community Meals:** Nutritious meals are prepared at the Commission on Aging building in White Cloud. These meals are low in salt. Special dietary needs of elderly clients can be addressed as needed. We provide salad bars at all meal sites. Meal sites are in White Cloud, Fremont, Merrill Township, and Newaygo.

**311 people                      17,528 meals served**

**TOTAL MEALS 707 people                      82,380 meals served**



**Senior Bus Transportation:** The Commission on Aging provides basic access services to the seniors and handicapped of Newaygo County using five buses (four are on the road regularly; one is used as a backup and for a special trips from Merrill Township to Big Rapids). All of the vehicles are wheelchair-lift equipped. Access services consist of transportation to COA meal sites, banks, stores, pharmacies, post offices, and other needed destinations nearest where the people lives. Routes are coordinated with the four meal sites.

**1,042 duplicated riders                      17,663 one-way trips                      98,899 miles**

**Health Care Van:** The Commission on Aging provides unlimited transportation for in-county health care access utilizing five seven-passenger wheelchair-lift-equipped vans and three smaller vans with ramps. The health care vans also provide out-of-county transportation for specialized health care treatment to individuals who are wheelchair-bound. The health care vans are available to transport anyone living in the county 60 years or older who have no other means of transportation.

**1,097 duplicated riders                      7,949 one-way trips  
2,788 one-way trips used wheelchair lift – 35%                      173,827 miles**



**Volunteer Transportation:** The Commission on Aging utilizes a volunteer driver network for out-of-county travel for ambulatory seniors to obtain health services not available within the county. These services include cancer treatment and appointments with specialists, e.g., eye, heart, kidney, and specialized surgeries.

**559 duplicated riders                      1,537 one-way trips                      96,210 miles**

**TRANSPORTATION TOTALS    2,698 duplicated riders                      27,149 one-way trips                      368,936 miles**

**We transported riders 14.8 times around the earth's circumference!**



## DISEASE PREVENTION/HEALTH PROMOTION PROGRAMS

**EnhanceFitness®:** This is a low-cost, evidence-based, group exercise program that helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives. A full hour of fun, EnhanceFitness®, focuses on dynamic cardiovascular exercise, strength training, balance, and flexibility — everything older adults need to maintain health and function as they age. Classes are one hour long, three days per week, for eight weeks. **Six 8-week sessions were held throughout fiscal year 2017. This amounted to an average of 55 different participants per month.**



**A Matter of Balance:** A Matter of Balance is a structured group intervention, which utilizes a variety of activities to address physical, social, and cognitive factors affecting fear of falling and learning fall prevention strategies. The activities include group discussion, problem-solving, skill building, assertiveness training, DVD's, sharing practical solutions, and exercise training. Classes consist of eight two-hour sessions. **During Fiscal Year 2017, two classes were held, utilizing Older American Act Funds with 26 total participants.**



**Senior Project Fresh:** Senior Project Fresh is for people 60 and over, or people living with disabilities under 60, who are at or below 180% of the poverty level. Each individual who qualifies is provided with \$40 worth of coupons to redeem fresh Michigan fruits and vegetables at local farm markets or roadside stands where the seller participates in the project. **During fiscal year 2017 we attempted to distribute 1,438 booklets valued at \$28,760, which would serve 719 people aged 60 and over.**

## FUNDING SOURCES

The Newaygo County Commission on Aging thanks our generous funding sources: Newaygo County Taxpayers (COA Senior Millage), Community Donations, Fremont Area Community Foundation, Area Agency on Aging of Western Michigan, Michigan Department of Transportation, Reliance Community Care Partners, T.R. & Bonnie Deur/St. Bartholomew Church Fund, Aging and Adult Services Agency, and United Way.



***Thank you very much!***