



Commission on Aging

Services for Older Adults

The COA exists to make available caring services that enhance the quality of life and support the independence of adults who are **60 and over**



Nutritional Services

Community Meals

- Senior lunch for those 60 and over.
- A space to meet new people and have good conversation.
- Lunch daily in White Cloud. Meal starter is served at 11:30am, lunch served at 12:00pm.

Home Delivered Meals

- Warm meals delivered to homebound people Monday thru Friday.
- Must meet the eligibility requirements.



Recreation

Monthly Activities

- BINGO
- Activity Sheets
- Live Musicians
- Wii Bowling
- Games
- Birthday Treats
- Group Games

Senior Trips

- Bus trips for those 60 and over to various West Michigan attractions.
- Low income ticket options.



In Home and Respite Services

Homemaker

Homemakers are available for basic housekeeping, laundry, and the occasional errand. Priority is given to those with the greatest needs.

White Pine Adult Day Group

The White Pine Adult Day Group is designed to relieve some of the physical and emotional stress of the caregiving responsibilities for those whose loved one is living with cognitive disabilities, Alzheimer's and other forms of dementia. Our Adult Day Services provide opportunities for socialization, recreation, and activities to increase mental skills. Some transportation and a noon meal are provided.

Specialized Respite

Specialized Respite services are offered to assist caregivers. Assistance is provided by a local home care agency.



State Health Insurance Assistance Program

SHIP

Case managers are trained to assist people 60+ with questions regarding Medicare, Medicaid, supplemental insurance, medical bills, and financial assistance programs.

Contact Us



231-689-2100



93 S. Gibbs White Cloud MI, 49349



newaygocountymi.gov




Newaygo County Commission on Aging



Transportation System

The purpose of the program is to improve mobility for seniors and individuals with disabilities. We can help you run errands, go to medical appointments and more. Vehicles are wheelchair accessible.

 **231-689-2100 ext. 1**

Hours of Operation

The COA's transportation program operates Monday through Friday.

- The earliest scheduled pickup is 7:00am.
- The latest pickup is 4:45pm.

Information to have ready

- Passenger's name, phone number and home address.
- Date and address of drop off location.
- Time to be picked up, time that you need to arrive by, and return time.
- If you will be accompanied by a Personal Care Attendant.
- Any mobility restrictions to take into consideration.



Wellness Programs

Wellness Classes

- **Enhance Fitness**
 - Low impact aerobics and strength training offered in White Cloud and Newaygo.
- **Cardio Drumming**
 - A full-body, low-impact workout to get your heart pumping.

Senior Produce Program

- This program begins May 1. Those over 60 who qualify can receive up to \$50 to use at local Farmers markets. Coupons are distributed on a first come, first serve basis until all are gone and expire in October of that program year.

Donations are appreciated

Commission on Aging employees do not accept donations directly from participants. If you wish to make a donation to the COA, we would prefer you mail a check. Please write the department you are donating towards in the memo. **Donations are appreciated but not required and your services will not be denied if you do not donate to the program.** COA employees are not allowed to accept tips or gifts.

Nutritional Services

Community Meals

- 60 and older: Suggested Donation \$4.00 per meal

Home Delivered Meals

Suggested donation is \$4.00 per meal

Homemaker Participants

Suggested donation is \$4.00 per hour

Enhance Fitness Classes

Suggested donation is \$2.00 per class

Out of County Transportation

For all passengers 60 and older and individuals with disabilities

- Suggested Donation: \$20.00 per round trip

In County Transportation

For all riders 60 and older and individuals with disabilities

- Suggested Donation: \$1.00 per ride

Donation Address:

Newaygo County
Commission on Aging
P.O. Box 885
White Cloud, MI 49349