

August

August 21 is National Senior Citizen's Day

A day to celebrate and appreciate senior citizens for their services, accomplishments and dedication. Join us for a special luncheon on Thursday, Aug. 20 (see details & RSVP info on page 2)

SAVE THE DATE

8/3/26: "A Matter of Balance" class starts in BELDING, see details on page 10.

8/3/26: TAI CHI begins in BELDING, see page 11.

8/5/26: NEW time for ICCOA Euchre Group, see info on page 3.

8/12/26: Caregiver Support Group, see page 8.

8/20/26: ICCOA board meeting at 9am, public welcome.

8/20/26: Special luncheon celebrating National Senior Citizens Day at all sites, see page 2.

8/24/26: STATE RETIREES luncheon (see page 3).

9/7/26: ICCOA closed for Labor Day.

9/17/26: Luncheon to celebrate Grandparents Day (see details & RSVP info on page 2).

10/15/26: Medicare open enrollment period opens. MMAP is now SHIP, see page 3 for info.

NOTE: Painting Group on summer break — see you in September.

Senior Project Fresh is BACK and ready to help eligible SENIORS purchase fresh fruits and veggies from Michigan farmers: See details on back page.





CELEBRATE SENIOR CITIZEN'S DAY!

You're invited to a **SPECIAL** luncheon
at 11:30 am on Thursday, August 20

*MENU: Beef Brisket Ends, Green Beans,
Mashed Cauliflower, Peach Crisp.*

Seniors 60+ suggested donation of \$3,
\$5 charge for all others.

RSVP by the Tuesday before at your meal site
OR call (616) 527-5365 / (888) 527-5365.

BELDING: Belhaven Community Room, 41 Belhaven.

CLARKSVILLE: Clarksville Community Center, 162 S. Main St.

IONIA: Ionia County Commission on Aging, 115 Hudson St.



LAKE ODESSA: Location temporarily closed/reopening soon.

PORTLAND: First Congregational Church, 421 E. Bridge St.

SARANAC: Saranac Senior Housing, 320 Summit St.

DO SOMETHING GRAND!

generations
united
Because we're stronger together™

GRANDPARENTS DAY SEPT. 13

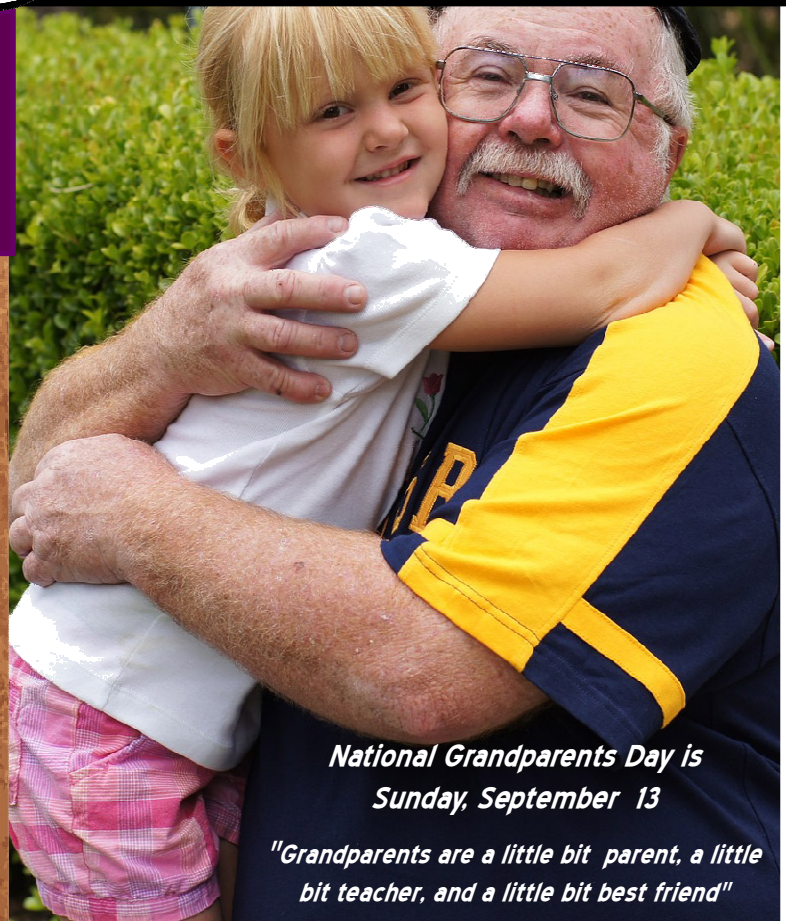
Please join us for a
GRANDPARENTS LUNCHEON
Thursday, September 17 at 11:30am

Seniors 60+ suggested donation
of \$3, \$5 charge for all others.

RSVP by the Tuesday before
at your meal site OR call
(616) 527-5365 / (888) 527-5365.

MENU:

[TO BE ANNOUNCED]



*National Grandparents Day is
Sunday, September 13*

*"Grandparents are a little bit parent, a little
bit teacher, and a little bit best friend"*



EUCHRE GROUP

NEW TIME:
WEDNESDAYS 1pm-4pm

**Set-up is from noon-1pm,
 playing begins at 1pm.**

The ICCOA hosts a
WEEKLY EUCHRE gathering
 at our Ionia Senior Center at
 115 Hudson Street in Ionia.

NEW MEMBERS WELCOME!

Please call (616) 841-0509
 and leave message for info.



MMAP is now SHIP

**SHIP is Michigan's State Health Insurance
 Assistance Program.**

Medicare OPEN ENROLLMENT: Oct. 15-Dec. 7.
SHIP provides local MEDICARE help.

Trusted, unbiased, one-on-one FREE counseling and
 assistance. SHIP supports older adults with Medicare
 assistance, making it easier and less stressful.

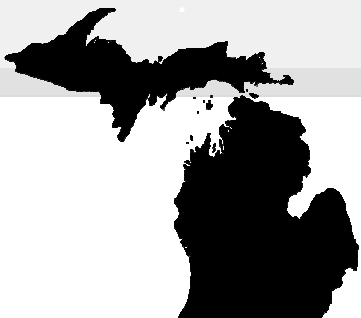
Certified counselors are available at ICCOA. We'll have
 appointments in Ionia and at sites around Ionia, call to
 get on the list for an appointment in your area today.

Call (616) 527-5365
 or check out
www.shiphelp.org
 for more info.



SHIP
 State Health Insurance
 Assistance Program

Navigating Medicare



STATE RETIREES MEETING & LUNCHEON

August 24 at NOON

Call DAVE COOK for info/RSVP:
 (616) 523-2878

MENU:

*Bourbon Pork Chop, Dutch
 Potatoes, Veggie Blend,
 Applesauce, Whole Grain Roll.*

FOOT & TOENAIL CARE

Ionia County Commission on Aging
 provides routine foot care (toenail trimming)
 in the home for Ionia County seniors.
 \$10 per hour charge for this service,
 performed by COA's in-home aides.

COA is unable to provide foot care to those
 with diabetes or who take blood thinners.
 However, diabetics may be covered by Medicare
 Part B if service is performed by a podiatrist, and you
 are under the active care of a doctor of medicine or
 osteopathy who has documented you have diabetes.

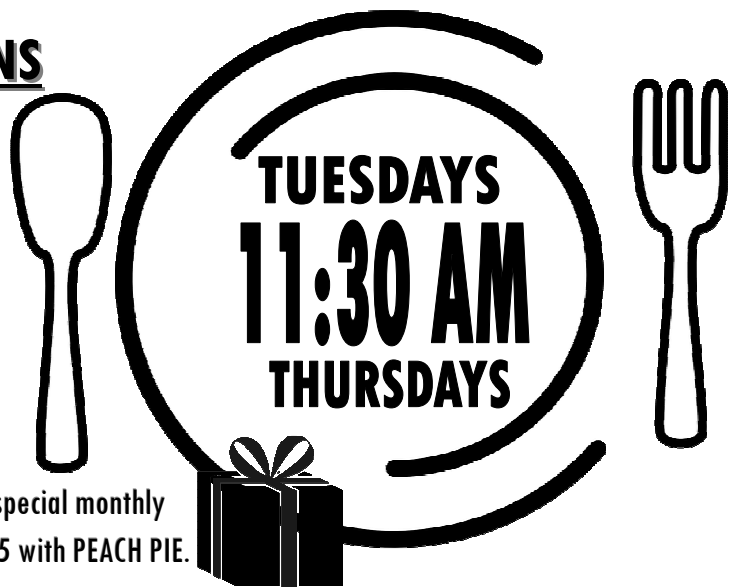
Contact the Ionia County Commission on Aging:
CALL (616) 527-5365 or (888) 527-5365.



CONGREGATE MEAL SITE LUNCHEONS

Come meet new friends and enjoy a delicious lunch at 11:30am **TUESDAYS** and **THURSDAYS** at one of our **SIX** meal sites in Ionia County! RSVP at your site or call ICCOA office: (616) 527-5365 or (888) 527-5365.

- **TUESDAY site meals:** RSVP by 1:30 the THURSDAY before.
- **THURSDAY site meals:** RSVP by 1:30 the TUESDAY before.



CELEBRATING BIRTHDAYS: All meal sites will now serve a special monthly sweet treat to celebrate ALL birthdays, starting on Aug. 25 with PEACH PIE.



Suggested donation of \$3 for 60+ seniors and their spouse or caregiver.

There is a \$5 charge for all others. Meal service options subject to change. Each meal includes milk and water.

BELDING: Belhaven Community Room, 41 Belhaven, Belding MI.
Hosted by Karol Stauff.

CLARKSVILLE: Clarksville Community Center, 162 S. Main St.,
Clarksville MI. Hosted by Lesleigh Hale.

LAKE ODESSA: This location is temporarily closed. Reopening soon, please watch upcoming newsletters for details on opening date.

SARANAC: Saranac Senior Housing, 320 Summit St., Saranac MI.
Hosted by Cynthia Billips.

IONIA: I.C.C.O.A. Senior Center, 115 Hudson St., Ionia MI.
Hosted by Judy Handlon.

PORTLAND: First Congregational Church, 421 E. Bridge Street
(at Smith Street entrance), Portland MI. Hosted by Mary Pleyte.



TUESDAYS | THURSDAYS

AUG. 4:

BBQ Chicken Breast,
Garlic Mashed Potatoes,
Veggie Blend,
Tropical Fruit.

AUG. 11:

Pizza Casserole,
Green Beans,
Diced Peaches,
Breadstick.

AUG. 18:

Goulash,
Cauliflower,
Cinnamon Apples,
Whole Grain Roll.



AUG 25:

Chicken Breast,
Cauliflower,
Veggie Blend,
Peach Pie.



AUG. 6:

Liver & Onions,
Mashed Potatoes,
Veggie Blend,
Mandarin Oranges.

AUG. 13:

Chef Salad,
Pineapple & Oranges,
Raspberry Vinaigrette
Dressing.

AUG. 20:

*"Celebrating National Senior
Citizens Day" luncheon*
Beef Brisket Ends,
Green Beans, Mashed
Cauliflower, Peach Crisp.

AUG. 27:

Cinnamon French Toast,
Turkey Bacon, Spinach
Bake, Cauliflower,
Diced Peaches.



August Menu

2026

MEALS ON WHEELS of IONIA COUNTY

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
French Toast Breakfast Bake Spinach Bake Turkey Links Diced Peaches Turkey Ham	BBQ Chicken Breast Garlic Mashed Potatoes Veggie Blend Tropical Fruit	Bean, Beef & Cheese Burrito Corn & Black Beans Roasted Peppers & Onions Diced Pears	Liver & Onions Mashed Potatoes Veggie Blend Madarin Oranges	Tuna Salad Sandwich Cherry Tomatoes Cauliflower & Broccoli Salad Diced Peaches
	Option: Creamy Baked Fish			No Option
10	11	12	13	14
Augratin Potatoes Diced Turkey Ham Veggie Blend Country Apples	Pizza Casserole Green Beans Diced Peaches Breadstick	Chicken Fettuccine Alfredo w/Broccoli Veggie Blend Mixed Fruit Garlic Toast	Chef Salad Pineapple & Oranges Raspberry Vinaigrette Dressing	Pasta Salad w/Chicken Breast Cherry Tomatoes Baked Beans Chocolate Pudding
No Option	Option: Potato Crunch Fish Fillet			No Option
17	18	19	20	21
Broccoli & Cheese Stuffed Chicken Veggie Blend Cauliflower Gratin Diced Pears Banana Muffin	Goulash Cauliflower Cinnamon Apples Whole Grain Roll	Hot Turkey Sandwich Whipped Potatoes Broccoli & Cheese Diced Peaches	Beef Brisket Ends Cauliflower Green Beans Apple Crisp Peach Crisp	Chicken Sandwich Cherry Tomatoes Cauliflower & Broccoli Salad Diced Peaches
No Option	Option: Salmon Croquettes			No Option
24	25	26	27	28
Bourbon Pork Chop Dutch Potatoes Veggie Blend Applesauce Whole Grain Roll	Chicken Breast Cauliflower Veggie Blend Peach Pie	Chicken Stir-Fry w/Rice Zucchini & Squash Crushed Pineapple	Cinnamon French Toast Turkey Bacon Spinach Bake Cauliflower Diced Peaches	Chicken Taco Salad Blue Hawaiian Jello
No Option	Option: Crunchy Cod Fillet			No Option
31				
Diced Chicken Spanish Rice Black Bean & Corn Salsa Cherry Compote				
No Option				

Suggested donation of \$3.00 per meal. Menu subject to change without notice.

These foods are moderate to high in carbohydrates. All foods effect blood sugar. Carbohydrates have the most effect. Carbohydrates are found in breads, cereals, grains, fruit, milk, vegetables and sweets. Eating the same amount of carbohydrates at each meal can help you control your blood sugar. It is not healthy to avoid carbohydrates entirely.

Disclaimer: Please be aware that our food may contain, or come into contact with, common allergens (dairy, eggs, nuts, soy, fish, shellfish, wheat) or other ingredients to which individuals may have allergies or be sensitive. We understand that many individuals have food allergies or sensitivities. However, we are not able to accommodate specific food allergies at this time. Even if an ingredient may not be listed on our menu, cross-contamination is possible due to shared equipment or ingredient formulation changes by suppliers. Clients who choose to receive ICCOA meals accept the risk of exposure to these and other ingredients.

If you require a special menu, we have information on other resources available in our area. Please call your caseworker or (616) 527-5365 for more information.

SCAM ALERT

Watch out! Scammers target everyone.



Recognize scammers. They may:

- **PRETEND** to be from an agency or organization you know.
- Say there's a **PROBLEM** or promise a prize.
- **PRESSURE** you to act immediately.
- Tell you to **PAY** in a specific way.



Do not give scammers money or personal information – Ignore them!

How to stay safe:

- **Remain calm.** Talk to someone you trust.
- **Hang up or ignore** the message. **DO NOT** click on links or attachments.
- **Protect your money.** Criminals will insist that you pay in a hard-to-trace manner, such as with a gift card, prepaid debit card, cryptocurrency, wire transfer, money transfer, gold bars, or by mailing cash.
- **Protect your personal information.** Be skeptical of any contact you didn't initiate.
- **Spread the word.** Share your knowledge of Social Security-related scams with your friends, family, and community. Post on social media using the hashtag #SlamtheScam to warn others. Visit ssa.gov/scam for more information.



SCAN ME!
SSA.gov/myaccount

SSA.gov



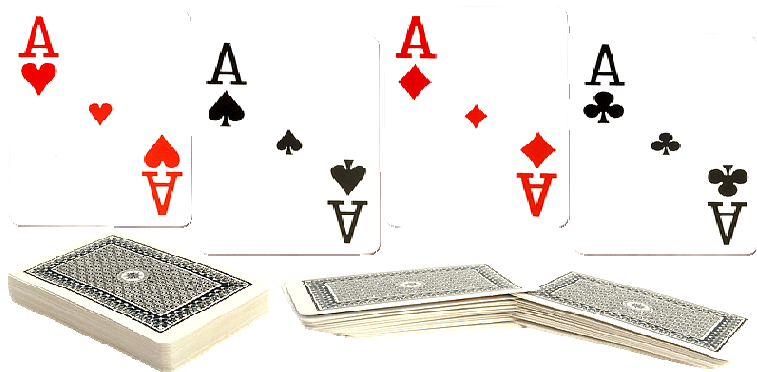
Social Security Administration

Publication No. 05-10597

April 2026 (February 2025 edition may be used)

SCAM ALERT

Produced at U.S. taxpayer expense



DO YOU PLAY BRIDGE?

JOIN OUR BRIDGE GROUP!

Bridge is a GREAT way to stay sharp,
meet new people and have some FUN.
Contact ICCOA to add your name to the list
as we get our group back on schedule:
CALL (616) 527-5365.
Ionia Senior Center: 115 Hudson St., IONIA.

NEW MEMBERS WELCOME TO JOIN

Please call (616) 916-2575
and leave a message for info.

VOLUNTEER DRIVERS NEEDED at ICCOA

Volunteer transportation drivers use ICCOA vehicles
(with partitions for added safety) to transport clients.

"Meals on Wheels" drivers use ICCOA vehicles
or their own vehicles. TRAINING PROVIDED.

We can tailor a schedule that works for YOU!

Please call ICCOA for info: (616) 527-5365



Ionia County Commission on Aging OFFICE STAFF

OFFICE HOURS: Mon.-Fri. 8:30am-5pm. PHONE (616) 527-5365.

If you call & reach our voicemail, please leave a message and your call will be returned promptly.

ADMINISTRATIVE ASSISTANTS

Brenda Cook
Michelle Corbeil
Jenny Moravik

CASEWORKERS

LesLee Michalek
Teresa Kruskowski
Michelle Corbeil

DIRECT CARE and ADULT DAY

SERVICES DIRECTOR

Emily Gray

SHIP COUNSELORS

Sherry Jones
LesLee Michalek

WELLNESS & HEALTHY AGING

Rachel Yenchar

TRANSPORTATION

Sherry Jones, Brenda Cook,
Jenny Moravik,
and Michelle Corbeil

NUTRITION PROGRAM DIRECTOR

Joanna Urban

ICCOA DIRECTOR

Carol Hanulcik

The Ionia County Commission on Aging is funded by:

- * Ionia County Senior Millage.
- * State Appropriations and Older Americans Act.
- * Federal Funds received through the Office of Services to the Aging and Area Agency on Aging of Western Michigan, Inc.
- * Michigan Department of Transportation grant funding in collaboration with the City of Ionia/Ionia Dial-a-Ride.
- * Ionia County Board of Commissioners support in various forms.
- * Community support in the form of client donations and memorials, local business & agency financial & other support, and fundraising events.

*The Ionia 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.*

BLUE SKIES Adult Day Program

*Welcoming Seniors 60 and up
with Memory Issues*

**Tuesdays and
Thursdays** **BLUE SKIES**
9:30-3:30



Call to learn more or to schedule a visit.
Activities, meals and recreation designed for
seniors. Transportation available to & from
program. Prior registration required.

Held at Easton United Methodist Church:
4970 Potters Road, Ionia MI.

A program of the Ionia County Commission on Aging
Call (616) 527-5365 for more info
or email iccoa@ioniacounty.org

The Alzheimer's Association CAREGIVER SUPPORT GROUP

NEW: Meets 2nd Wednesday of every month



Hosted by the Ionia County Commission on Aging

**Please join us at our NEW time from 1:00-2:00pm
on the SECOND WEDNESDAY of every month.**

*Meetings are hosted in-person at the Ionia County Commission
on Aging SENIOR CENTER at 115 Hudson Street, IONIA MI 48846.
Call RACHEL (616) 330-4432 for info.*

ZOOM video link available if pre-arranged by the prior Tuesday.

ALZHEIMER'S ASSOCIATION®

MEMORY CAFE
MOVING TO A NEW DAY!

NEW DATE COMING SOON



NOW OPEN

REOPENING SOON

NEW DATE TO BE ANNOUNCED
ICCOA MEMORY CAFÉ

A fun, FREE and inclusive social gathering
hosted WEEKLY by ICCOA staff for SENIORS 60+
affected by memory issues and their caregivers.
Enjoy a SAFE environment to eat lunch,
engage in activities together and avoid
the stress of going out in public.

RSVP by noon the week prior to join the group
for lunch at 12pm. Suggested donation of \$3 for
lunch, Memory Café is FREE. Activities to follow.
Call 616-527-5365 for more information on
the new RELAUNCH date coming soon.

*Join us on our NEW DAY (to be announced
soon) at the Ionia Senior Center:
115 Hudson St. IONIA MI 48846.*



**Ionia County Commission
on Aging offers
IN-HOME SUPPORTIVE SERVICES
to SENIORS aged 60 & older.**

**Call EMILY GRAY at
(616) 527-527-5365 OR email Emily:
egray@ioniacounty.org**

• **HOME HEALTH AIDES**

To provide assistance with bathing, showering, hair & skin care, transferring, getting dressed.

• **HOME MAKER AIDES**

To provide assistance with light housework like vacuuming, sweeping, mopping, cleaning bathroom or kitchen, dishes, or laundry.

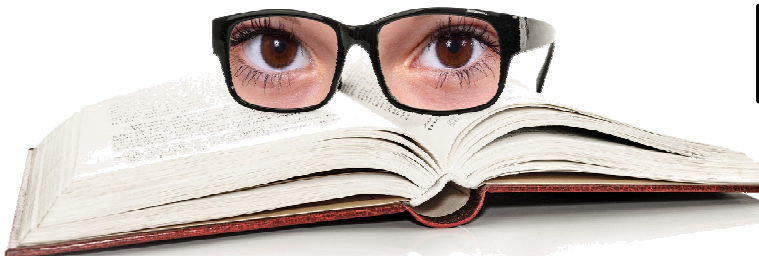
• **RESPITE AIDES**

To provide relief to a caregiver. Tasks may include doing housework, assist with bathing, showering, preparing meals, or simply companionship. Caregiver not required to live with the care recipient in order to receive respite services.

Many of our services are available at little to no cost, with suggested donations ranging from \$5 and up per hour. Call (616) 527-5365 for info.

The cost of respite services are determined by a client's ability to pay.

In some cases, there is no cost to the client.



**ATTENTION CAREGIVERS: Check out our FREE
Alzheimer's/Dementia LENDING LIBRARY.**

**Books cover topics on Alzheimer's or dementia;
with info for families, caregivers, living with
memory impairments, and books for children.**

**EASY check-out process: Just sign books out
with your name/phone number and return
when done at any of these 5 locations:**

Belding: Belhaven Community Room, 41 Belhaven.

Clarksville: Community Center, 162 S. Main St.

Ionia: ICCOA Senior Center, 115 Hudson St.

Saranac: Saranac Senior Housing, 320 Summit St.

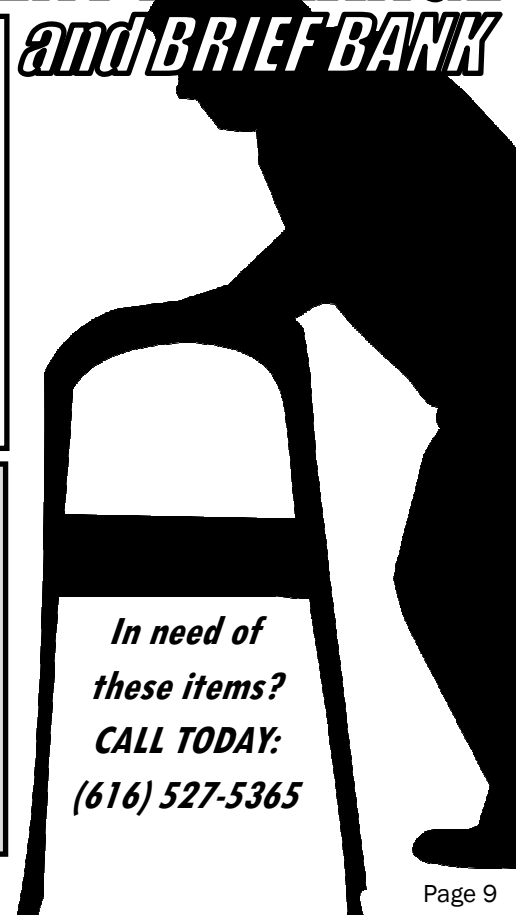
Lake Odessa: [temporarily closed].

**Contact Rachel for details: (616) 527-5365
OR email ryenchar@ioniacounty.org**

EQUIPMENT EXCHANGE *and BRIEF BANK*

Our EQUIPMENT EXCHANGE supply closet is stocked with a LARGE supply of transfer benches, deluxe gently-used walkers (with seats), several commodes, assorted types of canes, and toilet seat risers
ALL AVAILABLE AT NO COST TO YOU.

Our BRIEF BANK provides disposable BRIEFS & PADS. We welcome donations of accessibility equipment and unopened "pull up" type briefs. Thank you for your support!



***In need of
these items?
CALL TODAY:
(616) 527-5365***

COMING SOON!

DRUMS ALIVE®

[NOTE: NO EQUIPMENT needed for this class]

*Experience the TRANSFORMATIVE POWER of cognition,
drumming, movement, music and rhythm!*

*Please contact us to reserve a spot in the next class:
Call 616-527-5365 or email iccoa@ioniacounty.org*



**The I.C.C.O.A.
YARN CIRCLE
meets Thursday
afternoons from
1:30pm-3:30pm**

JOIN US:

**All are welcome!
Learn how to knit,
share your skills,
make new friends.**

**IONIA SENIOR CENTER
115 Hudson St.,
IONIA MI 48846.**



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Older adults learn to view falls as
controllable and make changes
at home to reduce fall risks.
Conducted in EIGHT two-hour sessions
with group discussion, problem-solving
strategies, and exercises to increase
strength and balance.

IONIA SENIOR CENTER

Wednesdays July 15 - September 2

2:00-4:00 pm.

*Held at the Ionia Senior Center,
115 Hudson St., Ionia MI 48846.*

BELDING

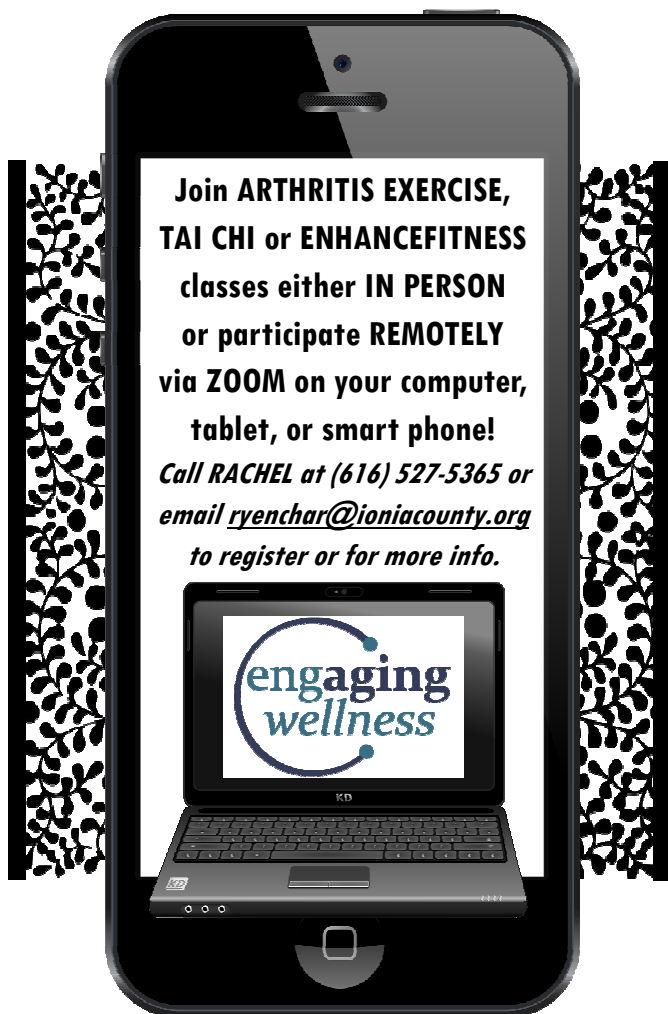
Mondays August 3 - September 28

2:00-4:00 pm

*No class held on Sept. 7/ Labor Day.
Held at Alvah N. Belding Memorial Library,
302 E. Main Street, Belding MI 48809.*

**Call (616) 527-5365 to reserve
your spot today!**





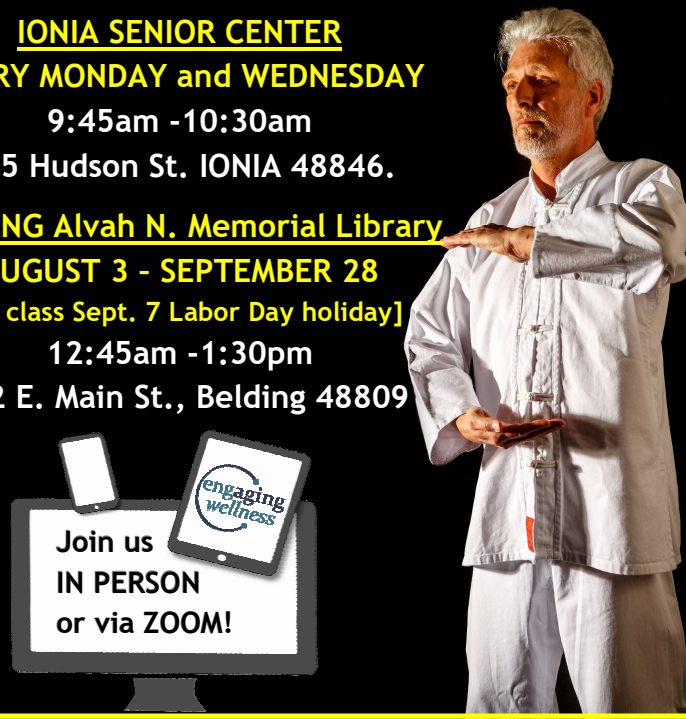
Join **ARTHRITIS EXERCISE**,
TAI CHI or **ENHANCEFITNESS**
classes either **IN PERSON**
or participate **REMOTELY**
via **ZOOM** on your computer,
tablet, or smart phone!
*Call RACHEL at (616) 527-5365 or
email ryenchar@ioniacounty.org
to register or for more info.*

TAI CHI

*Helps increase your
balance & flexibility,
and can reduce your
stress and anxiety.*

IONIA SENIOR CENTER
EVERY MONDAY and WEDNESDAY
9:45am -10:30am
115 Hudson St. IONIA 48846.

BELDING Alvah N. Memorial Library
AUGUST 3 - SEPTEMBER 28
[no class Sept. 7 Labor Day holiday]
12:45am -1:30pm
302 E. Main St., Belding 48809



Join us
IN PERSON
or via **ZOOM!**

CALL TO SIGN UP NOW: (616) 527-5365 or (888) 527-5365



**ENHANCE
FITNESS®**

CLASS TIMES:

8:45am-9:45am
MONDAY, WEDNESDAY and FRIDAY.

10:45am-11:45am
MONDAY and WEDNESDAY.

*Classes held at the Ionia Senior Center:
115 Hudson St. Ionia MI 48846.*

CONTACT RACHEL FOR INFO:
Call (616) 527-5365 or
email ryenchar@ioniacounty.org

Arthritis Foundation Exercise Program

TUESDAYS & THURSDAYS 10:30-11:30am

Designed specifically
for people with arthritis,
this class uses gentle
exercise to help increase
joint flexibility and
range of motion.



Exercises can be
performed seated,
standing, or a combination of both.
Focus is on muscle strength,
balance, increased activity.

Held at Ionia County
COA Senior Center:
115 Hudson St., Ionia MI 48846.
Please call (616) 527-5365 or email
ryenchar@ioniacounty.org

**Cost: \$2 suggested donation. REGISTRATION
REQUIRED. A program of the Ionia County
Commission on Aging.**

IONIA COUNTY COMMISSION on AGING: 115 Hudson St., Ionia MI 48846
EMAIL iccoa@ioniacounty.org or VISIT www.ioniacounty.org
Phone: 616-527-5365 Fax: 616-527-5955 - FIND US ON FACEBOOK

NEED A RIDE? Call Ionia County Commission
on Aging TRANSPORTATION SERVICES
at (616) 527-5365 or (888) 527-5365 for info.

- Age 60+ or under 60 with a disability.
- Medical appointments & dialysis.
- Senior Center activities or errands.

Wheelchair-accessible vans available



**Don't forget to use
your SENIOR
PROJECT FRESH
coupons before
they expire!**



**Senior Project Fresh helps eligible SENIORS purchase fresh
fruits & veggies from Michigan farmers NOW thru October 31.**

Individuals can apply online at <https://www.healthytogether.co/onboarding/michigan-sfmnp>

Or, if you need assistance, the Ionia County Commission on Aging can help! Appointments
are available Tuesdays & Fridays or call with questions anytime, (616) 527-5365.

Eligible seniors include residents who are aged 60 or older with a total household income of
\$28,952.50 or less for an individual, or \$39,127.50 for a couple, are eligible to apply for
the program. Residents who are aged 55 or older who belong to a Michigan
federally recognized tribe or urban tribal group are also eligible.

