

SEPTEMBER

coming soon

9/4/26: ICCOA painting group is back! See page 7.

9/7/26: ICCOA closed to observe Labor Day.

9/14/26: Meet new friends, have a cup of joe and a treat at Coffee Klatch, 9am every Monday, FREE!

9/17/26: ICCOA board meeting 3pm, public welcome.

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

9/18/26: Memory Café reopens in Ionia on Fridays, see details on page 8.

9/19/26: Caregiver Support Group, see page 8.

9/28/26: STATE RETIREES luncheon, see page 3.

10/2/26: Tai Chi classes in Muir start, see page 11.

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

10/29/26: Halloween Celebration luncheons, all sites (see details & RSVP info on page 2).

11/12/26: Special Veteran's Day luncheons.

12/5/26: ICCOA annual Mrs. Claus Bazaar & Craft Show fundraiser (see more info on page 7).

Falls Prevention Awareness Week: September 21-25.

Falls among older adults are a national public health concern. The Ionia County Commission on Aging (ICCOA) supports efforts by the National Council on Aging in raising awareness during FALLS PREVENTION AWARENESS WEEK, a nationwide observance with the goal of preventing falls, reducing the risk of falls, and helping older adults live without fear of falling (see page 6).



Don't forget to use your SENIOR PROJECT FRESH coupons before they expire on OCTOBER 31.

Problems with your card? ICCOA can help! Call (616) 527-5365 for info or see back page.



HALLOWEEN CELEBRATION

Join us **THURSDAY, OCT. 29 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.



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

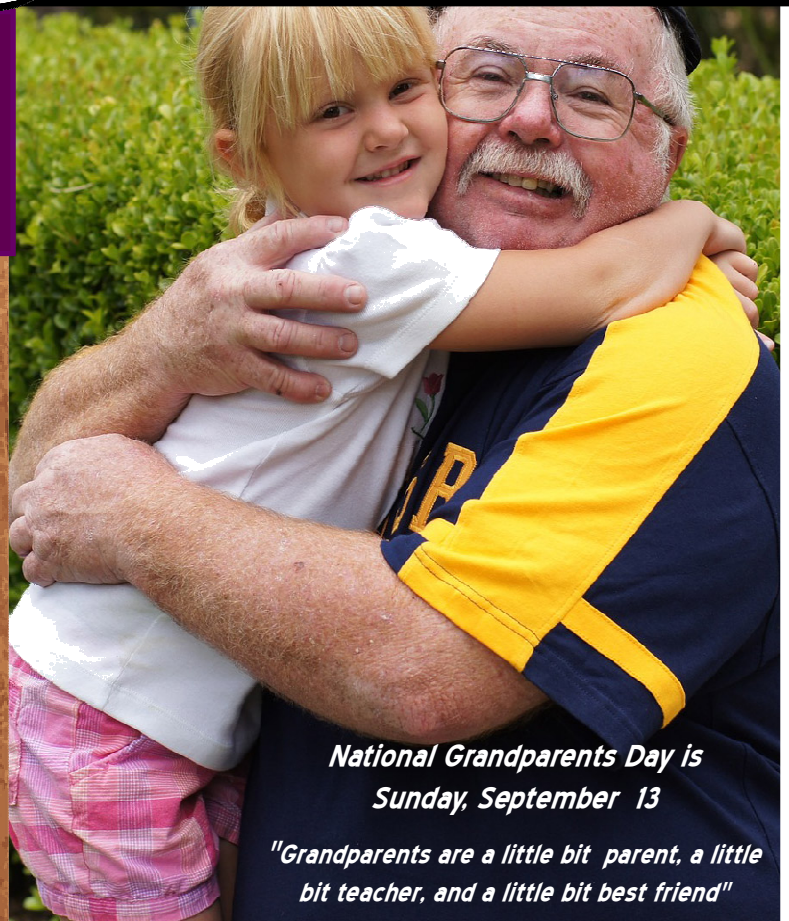
Thursday, September 17 at 11:30am

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:

*Goulash, Cauliflower,
Cinnamon Apples, Dinner Roll.*



*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.



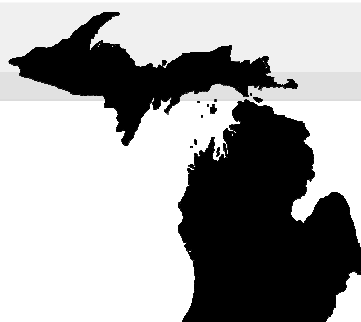
STATE RETIREES MEETING & LUNCHEON

Sept. 28 at NOON

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

MENU:

*Lasagna, Broccoli,
 Pineapple Chunks,
 Breadstick.*




MMAP is now SHIP

**SHIP is Michigan's State Health Insurance
 Assistance Program. It is a FREE unbiased
 resource to help YOU navigate Medicare.**

Medicare OPEN ENROLLMENT: Oct. 15-Dec. 7.

ICCOA has TWO local, certified counselors here to
 guide you. They offer personal assistance at no charge.
 SHIP counselors are your guide to maximize your
 benefits and savings. Michigan's SHIP doesn't sell
 Medicare plans--they just help you understand them.

**We're scheduling "open enrollment"
 appointments for Ionia County seniors NOW
 in Ionia, Belding, Saranac and Clarksville.
 Call to schedule an appointment TODAY!**

During your appointment we will provide you
 in-depth, one-on-one insurance counseling
 and assistance with Medicare.

You may also call 1-800-803-7174 or email
 MDHHS-MIOPTIONS@michigan.gov for more
 information and assistance in additional locations.

If you're interested in getting involved in the
 program as a counselor, SHIP offers the opportunity
 to volunteer and make a meaningful difference in your
 community. You have the option to volunteer
 in-person, by telephone, or via video conference.

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



SHIP

State Health Insurance
 Assistance Program

Navigating Medicare



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. This month's treat is served Sept. 29.

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

SEPT. 1:

Sweet & Sour Meatballs,
Brown Rice, Veggie Blend,
Berry Pear Crisp.

SEPT. 8:

Meatloaf Patty,
Hashbrown Casserole,
Veggie Blend,
Diced Peaches.

SEPT. 15:

Hamburger Stroganoff,
Mashed Potatoes,
Veggie Blend,
Diced Pears,
Dinner Roll.

SEPT. 22:

Shredded Pork,
Red Potato,
Veggie Blend,
Pineapple Chunks.



SEPT. 29:

Diced Turkey/Ham/Potato
AuGratin, Broccoli,
Cherry Cake.



SEPT. 3:

French Toast Bake,
Spinach Bake, Diced Peaches,
Turkey Ham.

SEPT. 10:

AuGratin Potatoes,
Diced Turkey/Ham,
Veggie Blend,
Country Apples.

SEPT. 17:

*"Celebrating National
Grandparents Day" luncheon*
Beef Goulash, Cauliflower,
Cinnamon Apples,
Dinner Roll.

SEPT. 24:

Turkey Swedish Meatballs,
Green Beans, Whipped Sweet
Potatoes, Diced Pears.



September Menu

2026

MEALS ON WHEELS of IONIA COUNTY

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Sweet & Sour Meatballs Brown Rice Veggie Blend Berry Pear Crisp	Bourbon Pork Chop Dutch Potatoes Veggie Blend Applesauce Dinner Roll	French Toast Bake Spinach Bake Diced Peaches Turkey Ham	BBQ Chicken Breast Corny Garlic Mashed Potatoes Veggie Blend Tropical Fruit
	Option: Potato Bacon Soup			No Option
7	8	9	10	11
Diced Tukey Garlic Mashed Potatoes w/Gravy Peas & Carrots Applesauce	Meatloaf Patty Mashed Potatoes Sweet Corn Fruit Cocktail	Spaghetti & Meat Sauce Green Beans Apple Crisp	AuGratin Potatoes Diced Turkey Ham Veggie Blend Country Apples	Pizza Casserole Green Beans Diced Peaches Breadstick
No Option	Option: Fresh Lasagna Soup			No Option
14	15	16	17	18
Broccoli & Cheese Stuffed Chicken Veggie Blend Cauliflower Gratin Diced Pears Banana Muffin	Hamburger Stroganoff Mashed Potatoes Veggie Blend Diced Pears Dinner Roll	Sloppy Joe Baked Beans Red Potatoes Fresh Pears	Goulash Cauliflower Cinnamon Sliced Apples Dinner Roll	Pasta Salad w/ Grilled Chicken Cherry Tomatoes Baked Beans Chocolate Pudding
No Option	Option: Cheese Broccoli Soup			No Option
21	22	23	24	25
Cheeseburger Peas Mixed Fruit	Shredded Pork Red Potatoes Veggie Blend Pineapple Chunks	Beef Tips Mashed Potatoes Corn Fruit Cocktail	Turkey Swedish Meatballs Green Beans Whipped Sweet Potatoes Diced Pears	Chicken Taco Salad Blue Hawaiian Jello
No Option	Option: Split Pea w/Ham Soup			No Option
28	29	30		
Lasagna Broccoli Pineapple Chunks Breadstick	Diced Turkey Ham w/AuGratin Potato Broccoli Cherry Cake	Southwest Egg Bake Hashbrown Casserole Blueberry Pear Crisp		
No Option	Option: Lasagna Roll Ups			

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.

Talking To Your Doctor About Falls: 6 Tips for Helpful Conversations

More than one in four older adults falls each year, but only half tell their doctor. It is important for your doctor to know about any health problems, including concerns about balance and falls. Get the most out of your conversations with these six tips.

- 1. Write a list of things you want to talk about.** Before your appointment, create a list of health topics you want to talk about, including balance and falls. The outline will help you remember your conversation points and questions.
- 2. Ask for a falls risk assessment.** If you have fallen, have trouble walking, or feel unsteady, talk to your doctor about having a falls risk assessment.
- 3. Talk about other specialists.** Ask your doctor if you would benefit from seeing a physical therapist, occupational therapist, or other specialists to help improve balance, strength, medication use, nutrition, vision, and hearing to reduce your risk of falls.
- 4. Be honest about your concerns.** Tell your doctor if you have fallen and share as many details as possible. The more your doctor knows, the more they can help you.
- 5. Take notes—and ask for notes!** Bring a notepad and pen to write down any important information your doctor shares with you. This helps to remind you of information shared during the appointment.
- 6. Ask your doctor questions.** If there is anything you do not understand, ask your doctor again. Repeating information back to the doctor will help you remember and let the doctor know you understand the information.





SAVE THE DATE!

Join us Saturday, Dec. 5 from 9am-3pm to find something for **EVERYONE** on your holiday shopping list at Mrs. Claus Bazaar & Craft Show!

FREE ADMISSION

Proceeds benefit Ionia County Commission on Aging services.

Details coming soon.

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

SHIP COUNSELORS

Sherry Jones
LesLee Michalek

WELLNESS & HEALTHY AGING

Rachel Yenchar

TRANSPORTATION COORDINATOR

Adrian "Ace" Brown

NUTRITION PROGRAM DIRECTOR

Joanna Urban

DIRECT CARE and ADULT DAY SERVICES DIRECTOR

Emily Gray

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



Adult Day Program

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

Every FRIDAY Starting on Sept. 18

REOPENING SOON!



Sept. 18

REOPENS SEPT. 18

Friday, Sept. 18 from 11am-12:30pm

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.

*Join us every Friday from 11am-12:30pm
starting September 18 at the
Ionia Senior Center:
115 Hudson St. IONIA MI 48846.*

MEMORIAL
CONTRIBUTION:

Cornelia Munsch

**I.C.C.O.A. thanks you
for your support!**



EQUIPMENT EXCHANGE

and BRIEF BANK

**DONATE YOUR UNEEDED
EQUIPMENT TODAY!**

Our EQUIPMENT EXCHANGE supply closet welcomes your donations of canes, transfer benches, commodes, gently used walkers, shower chairs and toilet seat risers. We provide these items to others in our senior community at NO cost to those in need.



**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



**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.

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.

**Call (616) 527-5365 to reserve
your spot in the next class!**



FOOT & TOENAIL CARE

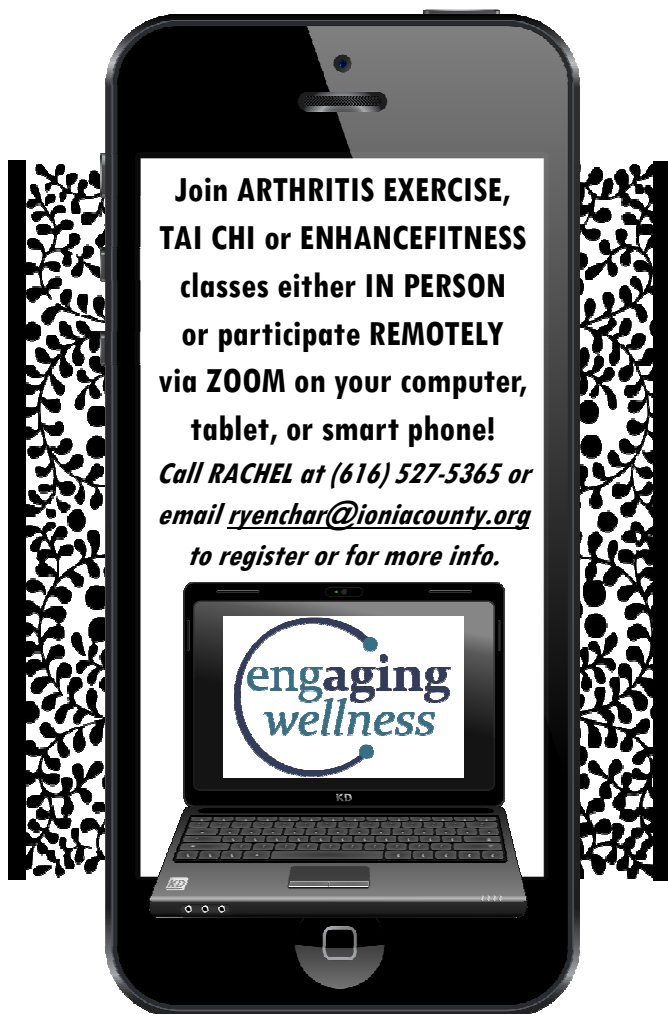
**Ionian County Commission on Aging
provides routine foot care (toenail trimming)
in the home for Ionian County seniors.
\$10 per hour charge for this service,
performed by COA's in-home aides.**

**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 Ionian County Commission on Aging:
CALL (616) 527-5365 or (888) 527-5365.**





TAI CHI



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

VILLAGE of MUIR COMMUNITY ROOM

FRIDAYS OCT. 2 - NOV. 20

10:30am

122 Superior St., Muir 48860

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



COFFEE KLATCH

You're invited to this FUN
FREE weekly gathering
every MONDAY at 9am!

Ionia Senior Center
115 Hudson Street,
Ionia MI 48846



Senior Project Fresh helps eligible SENIORS purchase fresh
fruits & veggies from Michigan farmers. Funding is still
available, the last day to apply is September 30.

**DON'T FORGET to use your Senior Project Fresh benefits
before the OCTOBER 31 expiration date!**

ICCOA can help you apply and troubleshoot problems with your benefit card.
Please call (616) 527-5365 to schedule an appointment. Individuals can also apply
online at <https://www.healthytogether.co/onboarding/michigan-sfmnp>

Eligibility criteria: MI Residents who are aged 60 or older with a total household
income of \$29,526.00 or less for an individual, or \$40,034.00 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.

