

Friendship Luncheon Sites

BELDING

Belhaven Community Room
41 Belhaven
Tuesday & Thursday at NOON

CLARKSVILLE

Clarksville Community Ctr.
162 S. Main St.
Monday & Thursday at NOON

IONIA

Ionia Senior Center: 115 Hudson St.
Tuesday & Thursday at NOON
and Thursday Night Dinner at 5pm

LAKE ODESSA

Emerson Apartments
1175 Emerson St.
Tuesday & Thursday at NOON

PORTLAND

First Congregational Church
421 E. Bridge St.
Wednesday & Thursday at NOON

SARANAC

Saranac Housing Commission
320 Summit St.
Monday & Thursday at NOON

Senior Project Fresh

Eligible Ionia County residents receive coupon booklets during the summer months to redeem at Michigan Farm Markets.
Coupons may be used for the purchase of fresh, local fruits and vegetables.

Call for more info: (616) 527-5365 or
(888) 527-5365

Ionia Senior Center

Regular events and programming to engage, educate and entertain! Come join a group or enjoy a meal and make new friends.



Grand Valley Strings

Musical entertainment every Thursday at the Ionia Senior Center by Grand Valley Strings!

It all starts with dinner at 5pm (RSVP needed) followed by music from 6-8pm.

Come for dinner, stay to dance or just have a good time with old & new friends.

Ionia County Commission on Aging is funded by:

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 Funds received through City of Ionia/Dial-A-Ride.

Ionia County Board of Commissioners support in various forms.

Community Support in the form of client donations and fund raising events.

Ionia County Senior Millage for supportive services.

The Ionia County Commission on Aging is committed to ensuring that no person is excluded from participation in, or denied the benefits of, COA services on the basis of race, color, national origins, gender, age or disability.



IONIA COUNTY COMMISSION ON AGING



115 Hudson St. Ionia MI 48846
(616) 527-5365
Toll Free 1-888-527-5365
Office Hours: Monday-Friday,
8:30am—5:00pm

- **Adult Day Services**
- **Friendship Luncheons**
- **Home Delivered Meals**
 - **In-Home Services**
- **Information & Referral**
- **MMAP Counseling**
 - **Respite Care**
- **Senior Project Fresh**
 - **Senior Center**
 - **Support Groups**
 - **Transportation**
- **Volunteer Opportunities**
- **Wellness Classes**



The goal of this agency is to strengthen the well being of all Ionia County Seniors and to be the cornerstone of support services for their continued independence.

Eligibility Individuals 60 years of age or older.
Cost No set charge for most services, but client support is made through donations, cost sharing and/or private pay.

Supportive Services

Home Delivered Meals

The Commission on Aging serves Home Delivered Meals throughout Ionia County to eligible older adults 60 years of age and older.

In-Home Services

Helping Seniors at home with a friendly face to visit and help with things around the house.

Home Health Aides

Personal care provided weekly by home health aides may include bathing assistance, nail care, hair and skin care, and blood pressure monitoring.

Homemaker Aides

A homemaker completes light housekeeping duties in the client's home, such as vacuuming, laundry and so forth.

Equipment Exchange

Donate your items and we will re-distribute to other Ionia County Seniors or find an item you need - shower seats, commodes, wheelchairs, more.

Respite Care

Helping caregivers as they provide care and compassion to their loved ones in the home. Aides are assigned to relieve the primary caregiver on a weekly basis and are matched with the level of care needed, which can be a companion or more hands-on care.

Adult Day Services

Providing caregiver support and enrichment for loved ones, in a safe, engaging environment. ICCOA's Adult Day Services program will launch in 2020 right next door to the Senior Center.

Transportation, meals, personal care and activities provided by caring, trained staff.

Support Groups

A place to connect with others who truly understand what you're going through.

- Alzheimer's Association Caregiver Support Group—3rd Tuesday each month
- Parkinson's Support Group 3rd Thursday each month

Transportation Services

COA Staff and Volunteers are available to transport Seniors 60+, and handicapped individuals under 60, to medical appointments and to help fill other necessary transportation needs. Call (616) 527-5365 or (888) 527-5365 for more information.



Wellness and Healthy Aging

- ENHANCE Fitness®
- Tai Chi
- Matter of Balance
- And MORE!

Daily classes at the Ionia Senior Center and regular sessions throughout Ionia County!



Volunteer Opportunities

Looking for a way to give back to your community and stay active? We offer many volunteer opportunities including Meals on Wheels and Transportation Drivers, Meal Servers, Tax Preparation, MMAP Counseling, help in our kitchen and much more!

Please call us about current opportunities: (616) 527-5365 or 1-888-527-5365.

Want to stay in the loop? Get news and info, including our monthly menu and a calendar of activities & classes, each month in our **NEWSLETTER**. Call us at (616) 527-5365 or (888) 527-5365 to sign up or download from our website: www.ioniacounty.org/health/commission-on-aging/ And find us on Facebook.

Information and Referral Services

Assistance by caseworkers in locating resources + agencies to respond to client needs.