

# Muskegon County Senior Millage

2019 Annual Report

October 1, 2018 – September 30, 2019



## Muskegon County Senior Millage dollars at work in our community



### First senior millage open house draws crowd

More than 160 people attended the first Muskegon County Senior Millage open house in September of 2019 and got information about the dozens of programs and services available to older adults. Those attending received a bag for collecting information about millage services, enjoyed light refreshments, and had the opportunity to speak with roughly two dozen organizations providing a variety of millage-funded programs throughout the county.



Muskegon County Commissioners Ken Mahoney and Bob Scolnik and Senior Activities Committee member Pat Shafer attended the first senior millage open house.

### Orchard View activities popular with seniors

The Gather Together dinner had their first luau, complete with Hawaiian outfits, dinner, snow cones and great music (below, at left).



The Sew Sew ladies made felt cardinals for OV's 50th anniversary party. They also sew baby blankets, burp cloths, hats, and mittens for others in the community (at right, top).



A wood carving club meets weekly at Orchard View Community Education through the Muskegon County Senior Millage (at right, bottom).



*"I just saw a FB post from an elderly friend who lives in the SHAWL apartments in Whitehall. She was telling everyone about the upcoming events that she is able to participate in thanks to you and your program. She seems so excited to have things to look forward to. Keep up the good work! You are making a positive impact on many!"*

Muskegon County Senior Millage (MCSM) brings art classes and more to locations throughout the county.



Find out more about senior millage funded services at

[www.seniorresourceswmi.org](http://www.seniorresourceswmi.org)



# Participant Count by Program FY2019

## Activities & Social Events

<b>AgeWell Services</b> Senior Center Activities & Trips	547
<b>Orchard View Community Education</b>	
Senior Center Activities	172
<b>Pioneer Resources</b> Eastern Recreation Program	145
<b>Pioneer Resources</b> Northern Recreation Program	63
<b>Pioneer Resources</b> Senior Day Camp	28
<b>Pioneer Resources</b> Speaker Series	57
<b>White Lake Senior Center</b> Senior Center Activities	63

## Dental & Vision

<b>Association for the Blind &amp; Visually Impaired</b>	
Low Vision Rehabilitation	61
<b>Association for the Blind &amp; Visually Impaired</b>	
Vision Loss Counseling	50
<b>Volunteer for Dental</b> Dentures	9
<b>Volunteer for Dental</b> Preventative Dental Services	22
<b>Volunteer for Dental</b> Volunteering for Dental Services	53

## Health Classes

<b>MCC Lakeshore Fitness Center</b> Next Steps	
Fitness Program	257
<b>Muskegon YMCA</b> Enhance Fitness Classes	13
<b>Muskegon YMCA</b> LIVESTRONG Classes	43
<b>White Lake Area Community Education</b>	
Matter of Balance Classes	16

## Healthy Eating

<b>Community enCompass</b> Muskegon Prescribes	
Food For Health	9
<b>Fruitport Lions Club</b> Farmers Market Tokens	1827
<b>Muskegon YMCA</b> Veggie Van	37
<b>Pioneer Resources</b> Meal Preparation Program	42

## Home Repairs & Ramps

<b>City of Muskegon</b> Major Home Repair	33
<b>City of Muskegon</b> Minor Home Repair	12
<b>City of Muskegon Heights</b> Major Home Repair	68
<b>Love INC</b> Major Home Repair	9
<b>Love INC</b> Ramps	2
<b>Trinity Village Nonprofit Housing Corp.</b>	
Major Home Repair	4

## In-Home Services\*

Community Living Supports	74
Homemaker	150
Medication Management	27

Personal Care	4
Personal Emergency Response System	133
Respite Care	22

## Justice & Legal Services

<b>Fair Housing Center of West Michigan</b>	
Fair Housing Investigation	12
<b>Fair Housing Center of West Michigan</b>	
Fair Housing Rights Education	11
<b>The Arc Muskegon</b> Legacy Planning	4

## Meals & Grocery

<b>AgeWell Services</b> Congregate Meals	185
<b>AgeWell Services</b> Home Delivered Meals	249
<b>Casnovia Township</b> Monthly Luncheon	115
<b>Egelston Township</b> Monthly Dinner	286
<b>Purchased Service</b> Home Delivered Meals*	20
<b>Purchased Service</b> Nutritional Supplements*	23
<b>Ravenna Township</b> Community Luncheon	89
<b>Ravenna Township</b> Grocery Transportation & Assistance	24

## Miscellaneous\*

Adult Day Services	6
Unmet Needs	10

## Service Navigation

<b>Muskegon Community Health Project</b>	
Senior Services Navigator	174

## Training & Education

<b>Alzheimer's Association</b> Dementia Education and Support	106
<b>Muskegon Community Health Project</b>	
Community Health Worker	93

## Transportation

<b>American Red Cross</b> Medical Appointment Transportation	200
<b>Disability Network of West Michigan</b>	
Transportation Mileage Reimbursement	45

## Yard & Snow

<b>City of Muskegon</b> Yard Maintenance	1
<b>Living Word Church</b> Snow Removal	50
<b>Purchased Services</b> Snow Removal*	123

\*Participants are screened for eligibility and services are ordered as needed from a variety of community providers.

## Participant Count by Municipality



COMMUNITY	2017 PARTICIPANTS	2018 PARTICIPANTS	FY2019 PARTICIPANTS	% of SENIORS
Blue Lake Township	0	10	20	5%
Casnovia Township	0	109	144	26%
Casnovia Village	0	4	5	9%
Cedar Creek Township	1	62	82	11%
Dalton Township	6	96	151	8%
Egelston Township	13	143	330	21%
Fruitland Township	4	65	103	9%
Fruitport Township	9	181	270	9%
Fruitport Village	1	11	26	10%
Holton Township	2	26	35	9%
Laketon Township	5	1	196	10%
Lakewood Club Village	0	14	20	11%
Montague City	5	73	91	10%
Montague Township	2	19	36	8%
Moorland Township	0	16	36	15%
Muskegon City	169	1,168	1,655	25%
Muskegon Township	53	335	539	17%
Muskegon Heights City	34	194	339	25%
North Muskegon City	14	97	131	12%
Norton Shores City	45	423	650	11%
Ravenna Township	2	45	63	13%
Ravenna Village	2	44	67	36%
Roosevelt Park City	7	64	110	12%
Sullivan Township	0	22	43	6%
White River Township	0	13	29	8%
Whitehall City	6	74	106	16%
Whitehall Township	3	31	38	9%
<b>TOTALS</b>	<b>383</b>	<b>3,465</b>	<b>5,315</b>	<b>14%</b>

Senior population data from Muskegon County FY20 Projected Senior Millage Property Taxes report

## Muskegon County Senior Millage Services and FY2019 Reimbursed Amounts\*

Home Modification / Repair	\$ 599,844	Congregate Meals	\$ 67,377
Information & Assistance	\$ 340,047	Dental Services	\$ 59,381
Home Delivered Meals	\$ 196,252	Unmet Needs	\$ 56,919
Transportation	\$ 174,742	PERS	\$ 28,568
Personal Care	\$ 112,344	Legal Assistance	\$ 20,000
Homemaking	\$ 109,175	Respite / Adult Day Care	\$ 17,416
Prevention Services	\$ 107,295	Medication Management	\$ 14,852
Chore	\$ 75,078	Other	\$ 10,919
		<b>TOTAL</b>	<b>\$ 1,990,209</b>



Participants in the Muskegon Prescribes Food for Health program made fish tacos.

## Muskegon Prescribes Food for Health promotes healthy eating and activity for older adults

Community enCompass and their Muskegon Prescribes Food for Health program partnered with the YMCA to present their Eat Smart Be Active curriculum, which ran for six weeks at Pine Grove Manor in Muskegon Township.

The group met once a week, where the seniors learned new healthy recipes as well as tips for physical fitness. At every class, the YMCA Veggie Van was on site and the seniors spent their YMCA Veggie Vouchers to purchase fresh fruits and vegetables. They earned free Veggie Vouchers with their class attendance. Participants also received a gift incentive of a kitchen item to use at home such as cutting boards, measuring cups and jar openers. They were also provided free vegetables, grown at McLaughlin Grows Urban Farm, that they took home.

*“We are incredibly grateful to the Senior Millage for funding this project,” said Virginia Taylor of Community enCompass. “Thank you so much!”*



A participant in the Y's Livestrong program works with a coach.

## LIVESTRONG with the Y helps cancer survivors reclaim health

One of the programs supported by the Muskegon County Senior Millage is the LIVESTRONG with the YMCA program for cancer survivors. The Muskegon YMCA helps senior survivors reclaim their health after diagnosis and treatment.

The LIVESTRONG with the YMCA program provides survivors with individualized attention and an approach to recovery that targets the areas they need to rebuild. Whether it's strength, balance, self-image, or flexibility, the specially trained staff is able to give participants the exercises they need to regain their health.

### Feedback from senior cancer survivors:

*“Therapy through exercise... What a great concept! Cancer takes so much from one's body... gaining some control back is such a triumph! Having the coaches there to guide, instruct, push, was amazing. Some days when I would go from having my chemotherapy to the class and I would feel like I just couldn't do it. That always seemed to be the day I would end up working the hardest and feeling the best. At the end of the day, every moment is a blessing and I was so blessed to have found Livestrong.”*

—Jackie, Senior Survivor



Livestrong participants find support in the program.

*“LIVESTRONG with the YMCA offered by the Muskegon Y was an unexpected gift after a summer dealing with melanoma, depression and little energy due to chemo. Friend Joyce said “go see Melissa at the Y.” My first question was “where's the Y?” My second question was “when does the next class begin?” From the first session I felt a sense of belonging, new strength and encouragement. Coaches Melissa and Amy kept things moving and individualized. I loved coming to the gym for the first time in my 72 years. The miracle is that I still love going to the gym. And I am back doing the things I enjoy, gardening, beaching, hiking, biking.”*

—Sharon, Senior Survivor

