

| Program                                                                                                                                                                             | Contact Information                               | Description of Program                                                                                                                                                              |
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| <b>Educational</b>                                                                                                                                                                  |                                                   |                                                                                                                                                                                     |
| <b>Muskegon Community Health Project - Community Health Worker</b><br>Program Contact:<br><a href="http://mchp.org">mchp.org</a>                                                    | (231) 672-3305                                    | Provides a community health worker who will connect the participant with needed services, while teaching them how to successfully manage their own care and chronic conditions      |
| <b>Muskegon Community Health Project - Senior Navigator</b><br>Program Contact:<br><a href="http://mchp.org">mchp.org</a>                                                           | (231) 672-3305                                    | Provides outreach and help navigating senior services in rural municipalities                                                                                                       |
| <b>Senior Resources Contracted Service - MMAP Services</b><br>Program Contact: Cheryl Olsen<br><a href="http://seniorresourceswmi.org">seniorresourceswmi.org</a>                   | colsen@seniorresourceswmi.org<br>(231) 726-7073   | Medicare Medicaid Assistance Program                                                                                                                                                |
| <b>Health</b>                                                                                                                                                                       |                                                   |                                                                                                                                                                                     |
| <b>AgeWell Services - Health Promotions</b><br>Program Contact: Kaytie Drake<br><a href="http://agewellservices.org">agewellservices.org</a>                                        | kaytie@agewellservices.org<br>(231) 354-2215      | Provides weekly Enhance Fitness classes, stretch classes, water fitness classes at the MCC Lakeshore Fitness Center, and Tai Chi for Seniors at White Lake Area Community Education |
| <b>Association for the Blind &amp; Visually Impaired - Low Vision Rehabilitation</b><br>Program Contact: Jennifer Helsel<br><a href="http://abvimichigan.org">abvimichigan.org</a>  | jennifer.helsel@maryfreebed.com<br>(616) 840-7289 | Provides training in the use of low vision aids                                                                                                                                     |
| <b>Christians for Health - Matter of Balance</b><br>Program Contact: Wilmer Cullen<br>wilma_91@yahoo.com                                                                            | (231) 733-2128                                    | Provides PATH (Personal Action Toward Health) and Matter of Balance classes                                                                                                         |
| <b>Senior Resources Contracted Service - Case Coordination and Support</b><br>Program Contact: Andrea Douglas<br><a href="http://seniorresourceswmi.org">seniorresourceswmi.org</a> | adouglas@seniorresourceswmi.org<br>(231) 683-2604 | Care coordination for seniors in Muskegon County                                                                                                                                    |

| Program                                                                                                                                                                                                                                                                                      | Contact Information                                                                                                                                                                                     | Description of Program |
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| <b>Health</b>                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                         |                        |
| <b>Senior Resources Contracted Service - Community Living Supports</b><br>Program Contact: Andrea Douglas <a href="mailto:adouglas@seniorresourceswmi.org">adouglas@seniorresourceswmi.org</a><br><a href="http://seniorresourceswmi.org">seniorresourceswmi.org</a> (231) 683-2604          | Community living supports (e.g. personal care, respite, homemaking)                                                                                                                                     |                        |
| <b>Senior Resources Contracted Service - Homemaker</b><br>Program Contact: Andrea Douglas <a href="mailto:adouglas@seniorresourceswmi.org">adouglas@seniorresourceswmi.org</a><br><a href="http://seniorresourceswmi.org">seniorresourceswmi.org</a> (231) 683-2604                          | Homemaker services                                                                                                                                                                                      |                        |
| <b>Senior Resources Contracted Service - Medication Management</b><br>Program Contact: Andrea Douglas <a href="mailto:adouglas@seniorresourceswmi.org">adouglas@seniorresourceswmi.org</a><br><a href="http://seniorresourceswmi.org">seniorresourceswmi.org</a> (231) 683-2604              | Medication management/medication minder                                                                                                                                                                 |                        |
| <b>Senior Resources Contracted Service - Personal Care</b><br>Program Contact: Andrea Douglas <a href="mailto:adouglas@seniorresourceswmi.org">adouglas@seniorresourceswmi.org</a><br><a href="http://seniorresourceswmi.org">seniorresourceswmi.org</a> (231) 683-2604                      | Personal Care, including help with bathing, dressing, eating, etc.                                                                                                                                      |                        |
| <b>Senior Resources Contracted Service - Personal Emergency Response System</b><br>Program Contact: Andrea Douglas <a href="mailto:adouglas@seniorresourceswmi.org">adouglas@seniorresourceswmi.org</a><br><a href="http://seniorresourceswmi.org">seniorresourceswmi.org</a> (231) 683-2604 | Personal emergency response system                                                                                                                                                                      |                        |
| <b>Senior Resources Contracted Service - Respite Care</b><br>Program Contact: Andrea Douglas <a href="mailto:adouglas@seniorresourceswmi.org">adouglas@seniorresourceswmi.org</a><br><a href="http://seniorresourceswmi.org">seniorresourceswmi.org</a> (231) 683-2604                       | Relief for caregivers, in-home and out-of-home                                                                                                                                                          |                        |
| <b>United Way of the Lakeshore - Retired &amp; Senior Volunteer Support</b><br>Program Contact: Lynn Keech <a href="mailto:lynn@unitedwaylakeshore.org">lynn@unitedwaylakeshore.org</a><br><a href="http://unitedwaylakeshore.org/rsvp">unitedwaylakeshore.org/rsvp</a> (231) 332-4016       | Provides volunteer opportunities for Muskegon County seniors                                                                                                                                            |                        |
| <b>Volunteer for Dental - Dental Care</b><br>Program Contact: Suzanne Tanis <a href="mailto:stanis@volunteerdental.org">stanis@volunteerdental.org</a><br><a href="http://volunteerdental.org">volunteerdental.org</a> (231) 773-1360                                                        | The program will require attendance to an education class and require four volunteer service hours to schedule first appointment. Participant earns \$25 in dental services for every hour volunteered. |                        |

| Program                                                                                                                                                                      | Contact Information                                 | Description of Program                                                    |
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| <b>Health</b>                                                                                                                                                                |                                                     |                                                                           |
| <b>Volunteer for Dental - Dentures</b><br>Program Contact: Suzanne Tanis<br><a href="http://volunteerdental.org">volunteerdental.org</a>                                     | stanis@volunteerdental.org<br>(231) 773-1360        | Provides dentures to Muskegon County seniors                              |
| <b>Volunteer for Dental - Preventative Services</b><br>Program Contact: Suzanne Tanis<br><a href="http://volunteerdental.org">volunteerdental.org</a>                        | stanis@volunteerdental.org<br>(231) 773-1360        | Provides preventative dental care                                         |
| <b>Housing</b>                                                                                                                                                               |                                                     |                                                                           |
| <b>City of Muskegon - Home Repair</b><br>Program Contact: Sharonda Carson<br><a href="http://shorelinecity.com">shorelinecity.com</a>                                        | sharonda.carson@shorelinecity.com<br>(231) 724-6717 | Provides home repairs for residents of Muskegon County                    |
| <b>City of Muskegon Heights - Major Home Repair</b><br>Program Contact: Carolyn Cook<br><a href="http://cityofmuskegonheights.org">cityofmuskegonheights.org</a>             | carolynjcook@aol.com<br>(231) 733-8830              | Provides major home repairs for residents of the City of Muskegon Heights |
| <b>Community enCompass/Bethany Housing - Major Home Repair</b><br>Program Contact: Anetri'a Conyers<br><a href="http://communityencompass.org">communityencompass.org</a>    | anetria@communityencompass.org<br>(231) 728-3117    | Provides major home repairs for residents of the City of Muskegon         |
| <b>Living Word Church - Lawn Care</b><br>Program Contact: Christopher Cross<br><a href="http://lwcofmuskegon.org">lwcofmuskegon.org</a>                                      | church@lwcofmuskegon.org<br>(231) 720-0484          | Provides yard maintenance services for residents of Muskegon County       |
| <b>Senior Resources Contracted Service - Outdoor Chore Services</b><br>Program Contact: Andrea Douglas<br><a href="http://seniorresourceswmi.org">seniorresourceswmi.org</a> | adouglas@seniorresourceswmi.org<br>(231) 683-2604   | Provides snow removal service for residents of Muskegon County            |
| <b>Trinity Village Nonprofit Housing Corp. - Major Home Repair</b><br>Program Contact: Effie Grandberry<br>trinity.housing@yahoo.com                                         | (616) 510-7637                                      | Provides major home repairs to residents of Muskegon County               |

| Program                                                                                                                                                             | Contact Information                             | Description of Program                                                                                                                                                                                     |
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| <b>Legal</b>                                                                                                                                                        |                                                 |                                                                                                                                                                                                            |
| <b>AgeWell Services - SafeSeniors Task Force</b><br>Program Contact: Chris Burnaw<br><a href="http://agewellservices.org">agewellservices.org</a>                   | chris@agewellservices.org<br>(231) 726-7104     | The Tri-County Protection Team works to identify, advocate, and seek justice for adult victims of abuse, neglect, and financial exploitation.                                                              |
| <b>Fair Housing Center of West Michigan - Education and Outreach</b><br>Program Contact: Nancy Haynes<br><a href="http://fhcwm.com">fhcwm.com</a>                   | nhaynes@fhcwm.org<br>(616) 451-2980             | Recruits and trains testers; conducts fair housing complaint intake; investigates the complaint including property research, scripting of tests, consulting with clients about investigation, and advocacy |
| <b>Fair Housing Center of West Michigan - Housing Enforcement Services</b><br>Program Contact: Nancy Haynes<br><a href="http://fhcwm.com">fhcwm.com</a>             | nhaynes@fhcwm.org<br>(616) 451-2980             | Provides education and outreach services to inform older adults of their rights under the Fair Housing Act                                                                                                 |
| <b>Legal Aid of Western Michigan - Legal Services</b><br>Program Contact: Victoria Baker<br><a href="http://lawestmi.org">lawestmi.org</a>                          | vbaker@lawestmi.org<br>(231) 726-4887           | Provides legal assistance in civil matters                                                                                                                                                                 |
| <b>The Arc Muskegon - Legacy Planning</b><br>Program Contact: Christine Pickel<br><a href="http://arcmuskegon.org">arcmuskegon.org</a>                              | cpickel@arcmuskegon.org<br>(231) 220-2315       | Provides legacy planning for older adults with children with disabilities                                                                                                                                  |
| <b>Mobility</b>                                                                                                                                                     |                                                 |                                                                                                                                                                                                            |
| <b>AgeWell Services - Senior Transportation Program</b><br>Program Contact: Kathy Daly<br><a href="http://agewellservices.org">agewellservices.org</a>              | kathyd@agewellservices.org<br>(231) 726-7088    | Transportation to medical appointments                                                                                                                                                                     |
| <b>Disability Network of West Michigan - Transportation</b><br>Program Contact: Lisa Sullivan<br><a href="http://disabilitynetworkwm.org">disabilitynetwork.org</a> | lisas@disabilitynetworkwm.org<br>(231) 722-0088 | Provides mileage reimbursement to caregivers, friends, families, neighbors and volunteers providing rides to seniors with disabilities                                                                     |
| <b>Living Word Church - Snow Removal</b><br>Program Contact: Christopher Cross<br><a href="http://lwcofmuskegon.org">lwcofmuskegon.org</a>                          | church@lwcofmuskegon.org<br>(231) 720-0484      | Provides snow removal service for residents of Muskegon County                                                                                                                                             |

| Program                                                                                                                                                                    | Contact Information                               | Description of Program                                                                                                 |
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| <b>Mobility</b>                                                                                                                                                            |                                                   |                                                                                                                        |
| <b>Love INC - Ramps</b><br>Program Contact: Jackie Hannahs<br><a href="http://loveincofmuskegon.com">loveincofmuskegon.com</a>                                             | ramps@loveincofmuskegon.com<br>(231) 773-3448     | Provides ramps for older adults in Muskegon County                                                                     |
| <b>Ravenna Township - Grocery Trip</b><br>Program Contact: Peggy Manzer<br><a href="http://ravennatwp.com">ravennatwp.com</a>                                              | ravennaseniors@gmail.com<br>(231) 335-3280        | Provides rides to and from Meijer and Walmart for shopping with a shopping assistant                                   |
| <b>Nutritional</b>                                                                                                                                                         |                                                   |                                                                                                                        |
| <b>AgeWell Services - Congregate Meals</b><br>Program Contact: Ashley Foster<br><a href="http://agewellservices.org">agewellservices.org</a>                               | ashley@agewellservices.org<br>(231) 577-4825      | Healthy meals provided at neighborhood centers                                                                         |
| <b>AgeWell Services - Home Delivered Meals</b><br>Program Contact: Annette Thompson<br><a href="http://agewellservices.org">agewellservices.org</a>                        | annette@agewellservices.org<br>(231) 755-0434     | Meals on Wheels delivers meals to your home.                                                                           |
| <b>Casnovia Township - Monthly Luncheon</b><br>Program Contact: Mindy Dupras<br><a href="http://castwp.com">castwp.com</a>                                                 | office@castwp.com<br>(616) 675-4064               | Provides a monthly community luncheon                                                                                  |
| <b>Fruitport Lions Club - Power of Produce</b><br>Program Contact: Morning Bear<br><a href="http://fruitportlionsclub.com">fruitportlionsclub.com</a>                      | info@lovecommunitygardens.com<br>(231) 733-4104   | Provides four dollars of tokens to use at the Muskegon Farmers Market                                                  |
| <b>Muskegon YMCA - Veggie Van</b><br>Program Contact: Carla Eenigenburg<br><a href="http://muskegonymca.org">muskegonymca.org</a>                                          | eenigenburg@muskegonymca.org<br>(231) 722-9622    | Mobile farmers market, ensuring that fruits and vegetables are available to those with limited access to fresh produce |
| <b>Senior Resources Contracted Service - Home Delivered Meals</b><br>Program Contact: Andrea Douglas<br><a href="http://seniorresourceswmi.org">seniorresourceswmi.org</a> | adouglas@seniorresourceswmi.org<br>(231) 683-2604 | Home delivered meals                                                                                                   |

| Program                                                                                                                                                                                                                                                                                   | Contact Information                                                                                                                                                                                                                                        | Description of Program |
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| <b>Nutritional</b>                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                            |                        |
| <b>Senior Resources Contracted Service - Nutritional Supplements</b><br>Program Contact: Andrea Douglas<br><a href="mailto:adouglas@seniorresourceswmi.org">adouglas@seniorresourceswmi.org</a><br><a href="http://seniorresourceswmi.org">seniorresourceswmi.org</a><br>(231) 683-2604   | Nutritional supplements                                                                                                                                                                                                                                    |                        |
| <b>Social, Recreational, &amp; Emotional</b>                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                            |                        |
| <b>AgeWell Services - Senior Center Activities</b><br>Program Contact: Kaytie Drake<br><a href="mailto:kaytie@agewellservices.org">kaytie@agewellservices.org</a><br><a href="http://agewellservices.org">agewellservices.org</a><br>(231) 354-2215                                       | Provides a variety of monthly social, intellectual, spiritual, nutritional, and physical activities at partner sites and at AgeWell’s lunch & activity centers—including trips to the Muskegon Farmers Market, Festival of the Trees, and Aquastar cruises |                        |
| <b>Arts Council of White Lake-Nuveen Center - Spark! Program</b><br>Program Contact: Erin Peyer<br><a href="mailto:nuveen@artswhitelake.org">nuveen@artswhitelake.org</a><br><a href="http://www.artswhitelake.org">www.artswhitelake.org</a><br>(231) 893-2524                           | Spark! Is a program for people experiencing beginning to mid-stage dementia and their care partners.                                                                                                                                                       |                        |
| <b>Association for the Blind &amp; Visually Impaired - Support Groups</b><br>Program Contact: Jennifer Helsel<br><a href="mailto:jennifer.helsel@maryfreebed.com">jennifer.helsel@maryfreebed.com</a><br><a href="http://abvimichigan.org">abvimichigan.org</a><br>(616) 840-7289         | Provides a support group for individuals who have experienced vision loss                                                                                                                                                                                  |                        |
| <b>Association for the Blind &amp; Visually Impaired - Vision Loss Counseling</b><br>Program Contact: Jennifer Helsel<br><a href="mailto:jennifer.helsel@maryfreebed.com">jennifer.helsel@maryfreebed.com</a><br><a href="http://abvimichigan.org">abvimichigan.org</a><br>(616) 840-7289 | Provides counseling to individuals who have experienced vision loss                                                                                                                                                                                        |                        |
| <b>Egelston Township - Monthly Dinner</b><br>Program Contact: Joan J. Raap<br><a href="mailto:jraap@egelstontwp.org">jraap@egelstontwp.org</a><br><a href="http://egelstontwp.org">egelstontwp.org</a><br>(231) 788-2308                                                                  | Provides a meal in a social environment                                                                                                                                                                                                                    |                        |
| <b>Orchard View Community Education - Senior Center Activities</b><br>Program Contact: Jenni Bowen<br><a href="mailto:jenni.bowen@orchardview.org">jenni.bowen@orchardview.org</a><br><a href="http://orchardviewce.org">orchardviewce.org</a><br>(231) 760-1350                          | Offers a wide variety of educational, social and health-oriented classes and activities                                                                                                                                                                    |                        |
| <b>Pioneer Resources - Eastern Muskegon County Recreation</b><br>Program Contact: Alexandra Perrien<br><a href="mailto:aperrien@pioneerresources.org">aperrien@pioneerresources.org</a><br><a href="http://pioneerresources.org">pioneerresources.org</a><br>(231) 773-5355               | Provides social opportunities for in the easternmost part of Muskegon County                                                                                                                                                                               |                        |

| Program                                                                                                                                                                                                                                                                            | Contact Information                                                       | Description of Program |
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| <b>Social, Recreational, &amp; Emotional</b>                                                                                                                                                                                                                                       |                                                                           |                        |
| <b>Pioneer Resources - Northern Muskegon County Recreation</b><br>Program Contact: Alexandra Perrien<br><a href="mailto:aperrien@pioneerresources.org">aperrien@pioneerresources.org</a><br><a href="http://pioneerresources.org">pioneerresources.org</a><br>(231) 773-5355       | Provides social opportunities in the northernmost part of Muskegon County |                        |
| <b>Ravenna Township - Community Luncheon</b><br>Program Contact: Peggy Manzer<br><a href="mailto:ravennaseniors@gmail.com">ravennaseniors@gmail.com</a><br><a href="http://ravennatwp.com">ravennatwp.com</a><br>(231) 335-3280                                                    | Provides a monthly community luncheon                                     |                        |
| <b>Senior Resources Contracted Service - Adult Day Services</b><br>Program Contact: Andrea Douglas<br><a href="mailto:adouglas@seniorresourceswmi.org">adouglas@seniorresourceswmi.org</a><br><a href="http://seniorresourceswmi.org">seniorresourceswmi.org</a><br>(231) 683-2604 | Adult day services                                                        |                        |
| <b>White Lake Senior Center - Senior Center Activities</b><br>Program Contact: Christi Marsh<br><a href="mailto:director@whitelakeseniors.org">director@whitelakeseniors.org</a><br><a href="http://whitelake.org">whitelake.org</a><br>(231) 894-9493                             | Provides senior center activities                                         |                        |