

Embrace Your Age



Guide to Services *for Older Adults in Midland County*

989-633-3700



SENIOR SERVICES

4700 Dublin Ave. • Midland, MI

www.SeniorServicesMidland.org

Embrace Your Age

What do you want your life to be like as you get older? Senior Services is the only organization in Midland County dedicated to providing the wide array of services needed to help you age where you want to be—in your home.



Many of our services are designed to keep you living in your own home longer while others are to offer enrichment and help you live the life you want. We also help family members learn how to best assist aging loved ones. Senior Services is the best place to start if you are looking for help, something to do or a way to make a difference.

Browse through this guide to see everything we offer to help you get started with Senior Services.

Table of Contents

| | |
|---|-----|
| Activity & Dining Centers | 4-5 |
| Care Coordination | 7 |
| Counseling | 16 |
| Donate to Senior Services | 19 |
| Education & Enrichment | 3 |
| Health Benefits Assistance | 15 |
| Health & Fitness | 6 |
| Help for Family Care Partners | 12 |
| Home Care | 11 |
| Information & Referral | 20 |
| Meals on Wheels | 14 |
| Memory Support | 13 |
| Midland Prime Times Newspaper | 5 |
| Seasons Adult Day Health Services | 8-9 |
| Senior Safety Team | 17 |
| Senior Services Online | 18 |
| Support Groups | 17 |
| Transportation | 10 |
| Volunteer at Senior Services | 18 |

Senior Services is a private, non-profit organization and has been serving Midland County for over 60 years. The prices listed throughout this publication are current as of April 2026 and are subject to change.

Education & Enrichment

Lifelong learning can enhance our understanding of the world around us and improve our quality of life. To expand your mind, find more fulfillment or improve your health, start with Senior Services.

We offer a wide range of educational programs to guide you toward the life you want.

Topics include local history, advance planning, technology, countries of the world, managing your health, current issues, community happenings and more.



“Knowing that I am responsible for making changes to improve the quality of my life, regarding communication with health care providers, was very valuable and newer information.”
- Chronic Pain Management Class Participant

Besides our regularly scheduled Lunchtime Learners and Travel & Adventure Series, we also offer several evidence based programs that give you the tools for better living. Learn how to self manage diabetes, chronic pain, fall prevention and caregiver responsibilities.

Enrichment programs are offered at each of our Activity & Dining Centers and include musical and theatrical entertainment, arts and crafts classes, creative writing, book clubs, cards, bingo, pool, Wii and more.



Visit SeniorServicesMidland.org for the calendar of upcoming programs or call 989-633-3700 for more information.

Activity & Dining Centers

At any of our five Senior Services Activity & Dining Centers, you may see a lively card game, a band playing music, a holiday celebration, woodworkers whittling away, an exercise class in action, people enjoying a delicious hot meal, salad bar and so much more!



Spending time around others, doing fun and interesting things, makes life more purposeful. It also keeps you healthier. Coming to a Senior Services Activity & Dining Center is a great way to stay connected. It's a place where you are always welcome and where you can stop by for coffee and conversation. As an added bonus, you'll be kept up-to-date on all Senior Services events and programs, making it easier to tailor what we offer to your individual interests.

“ I participate in a lot of the activities. Everybody is so friendly. It's the best thing to ever happen to me. ”
- Center Participant

To find our menu and activities, visit SeniorServicesMidland.org. If you'd like to make a meal reservation, call the center you'd like to attend before 9 am of that day or register on the portal. For those 60 years and over, the cost of the meal and salad bar is by suggested donation of \$5.00 or any amount you can afford. For those under 60, meals cost \$7.00 a person.



Sanford Activity & Dining Center

Activity & Dining Center Locations

Coleman (989) 465-6216
Monday-Friday 9 am-3 pm
Lunch at 11:30 am
415 E. Webster
Coleman, MI 48618

Sanford (989) 687-7888
Monday-Friday 8 am-2 pm
Lunch at 11:30 am
3243 N West River Rd
Sanford, MI 48657

Trailside (989) 633-3790
Monday-Thursday 8 am-5 pm
Friday 8 am-4 pm
Lunch at 11:30 am
Senior Services Main Building
(989) 633-3700
4700 Dublin Ave.
Midland, MI 48642



Greendale (989) 832-8683
Monday-Friday 8:30 am-1:30 pm
Lunch at 11:30 am
West Midland Family Center
4011 W. Isabella Rd.
Shepherd, MI 48883

Mills (989) 282-1622
T-W-F 9 am-2 pm
Lunch at 11:30 am
Greater Midland North Family Center
2601 E. Shearer Rd.
Midland, MI 48642

Midland Prime Times

The Midland Prime Times is a newspaper published by Senior Services that provides information of interest to older adults and family caregivers in Midland County. It is filled with the latest events, educational programs and interesting classes. It covers topics such as health, humor, caregiving, nutrition and more. You can also find information about volunteering, descriptions of programs and seasonal recipes.

A suggested contribution of \$10 per year helps to cover the costs of producing and mailing the paper. If you are 60 years of age or older and live in Midland County, a contribution is not required, but is always appreciated. Those under age 60 and out-of-county deliveries require a \$10 fee.

“ I really enjoy your paper. You do a great job keeping us informed on different subjects. Thank you. ”
- Newspaper Subscriber

If you would like to start receiving the Midland Prime Times, visit SeniorServicesMidland.org/news/midland-prime-times-newspaper/ or call 989-633-3744.

Health & Fitness

Regular exercise is important to everyone's overall well being. You can stay on top of your health with fitness classes and low-cost clinics at Senior Services.

From Tai Chi to Zumba to Chair Exercises and more—we welcome all levels of fitness ability.



Take care of important health maintenance at our health clinics which currently include: blood pressure, foot care and vaccine clinics.

Visit SeniorServicesMidland.org for the latest schedule of health and fitness programs or call 989-633-3700.



Care Coordination

It's easier to stay independent and in your own home with our personalized Care Coordination service. Care Coordinators assist clients with arranging things like home modifications, home care, personal care, respite for family caregivers, Meals on Wheels, community resources, Medicare options and much more.



A Care Coordinator works in partnership with you and your family to take the guesswork out of identifying needs and coordinating services. In an initial telephone call, we will listen to your current situation and then follow up with a visit to your home to provide an in-depth assessment and recommendations.



Together, we will develop a plan and arrange services. The Care Coordinator will stay in contact, continuing to help for as long as needed.

Care Coordination is for individuals 60 years of age or older and may be short term or long term, depending on your needs. There is no charge. Get started by calling 989-633-3700. Ask for information about Care Coordination.



“ My Care Coordinator is wonderful. She keeps me going. ”
-Senior Services Client

Seasons Adult Day Health Services~

When you walk into Seasons, you immediately know you are in a friendly place filled with enriching activities and pleasant conversation. The healing power of art, music and physical activity keeps everyone interested and engaged in life. You may see a painting class, a game of bowling, scrapbook pictures or someone planting flowers. A group may be baking cookies while others reminisce over a cup of coffee.



Held during the day, Seasons' therapeutic enrichment program is for individuals living with a chronic illness, changes in memory, or a dementia such as Alzheimer's disease. Attending Seasons allows people to continue living in their own homes, helping them maintain as much independence as possible.



Those who come to Seasons remain involved in the world around them by enjoying activities designed to add meaning to their lives. Whether it's making blankets for newborn babies or going to a Loons baseball game, we do our best to offer activities that are interesting to each person, reflecting who they are as individuals.

“Many people don't think they can do the things they love anymore. I want them to realize that with Seasons you can do so much more than you think you can do.”

-Seasons Participant

Daytime Memory Support

Every day includes opportunities for exercise, socializing and memory training, all of which contribute to a healthy lifestyle that maintains, or even improves, intellectual and physical abilities. We provide health monitoring and nursing services with compassion and care. Seasons also offers medication administration, transportation, spa and shower service, assistance with mobility and toileting, foot care, hot lunch and refreshments.

Seasons gives family members a break from caregiving, allowing them a period of rest and renewal. In addition, we offer support and resources to help families care for a loved one at home for as long as possible.



A variety of insurance plans and other funding options may be available to cover the cost of attendance. At most, our 2-hour rate of \$40, 4-hour rate of \$70 and full-day rate of \$90 is a fraction of the cost of other care options and provides far greater benefits. Attendance is open to everyone; Midland County residency is not required.

Please call us at 989-633-3700 for more information.

Hours:

Open Mon-Fri | 7:30 am-4:30 pm
Schedule in Advance



Transportation

Whether you need a ride for a short while or no longer drive, Senior Services Transportation is here for you.

Our caring, trained volunteer drivers offer friendly, dependable service—always with a helping hand and an “arm to lean on”—throughout Midland County. From doctor’s appointments to grocery shopping and everyday errands, we’re happy to help you get where you need to go, safely and comfortably.



“If not for Senior Services Transportation, I would have a very hard time going to doctor appointments.”

-Transportation Client

Our vehicles are wheelchair accessible and available Monday through Friday, 8:15 am. to 4:15 pm. The cost is \$3.50 per one-way ride (\$7.00 round trip), conveniently billed monthly.

To schedule a ride, please call 989-633-3745 at least 24 hours in advance. We look forward to helping you stay connected and on the move.



Home Care

Sometimes a health condition, injury or surgery makes it hard to move around the house. This can make it difficult to attend to your personal needs. Senior Services can help you manage these important tasks.

We offer:

- **Personal Care:** Caring and professional home care aides assist with bathing, toileting and dressing.
- **Respite Care:** An aide will stay with an older adult, while giving family caregivers a chance to rest or take some time for themselves.



Senior Services goes above and beyond to deliver high quality Home Care with sensitivity and compassion. Services are available Monday through Friday between 8 am and 5 pm. The hourly cost for services is determined on a sliding fee scale based on income. There are also a variety of funding sources that may be available to assist with the cost.

If you would like to arrange Home Care services, you will first need to work with a Senior Services Care Coordinator. Call 989-633-3700 and they will get you started.



“Our Senior Services Home Care aide has been a key component in helping a client remain in her home.”

-Senior Services Care Coordinator

Help for Family Care Partners

As a spouse, child or sibling helping a family member, you're likely to face a host of new responsibilities. At times, you may feel overwhelmed. There are many solutions available to make care easier for both you and your loved one, and the best place to start is Senior Services.



Our care partner education classes address issues and concerns family caregivers often have. Topics range from how to use assistive devices, to learning how to make difficult financial decisions, to understanding dementia. More focused, evidence based programs go in depth to give you important tools you need to take care of your loved one and yourself.

Our Care Partner Support Group discusses the emotional journey of family care. Group members can discuss solutions to challenging situations and help find healthy ways of coping. Educational material, tips and techniques are always provided. Senior Services also offers individual and family counseling for care partners.

“The best part of the Powerful Tools for Caregivers program was on-target communication in a safe environment. I am feeling more confident and much better at managing. Thank you from the bottom of my heart! ”

- Class Participant

The vast array of services we provide are helpful for helping family members. Programs such as Care Coordination, Seasons Adult Day Health Services, Home Care, Meals on Wheels, Memory Support and Transportation make it possible for your loved one to remain at home by easing your responsibilities.

If you would like more information about how Senior Services can help care partners, call 989-633-3700.

Memory Support

Maybe you lose your train of thought during a conversation or notice that a loved one asks the same question over and over. If you are recognizing memory changes in yourself or a loved one, the sooner you act the better. Whether the change is small or something greater, start with Senior Services.

Our programs can help you maintain or improve your memory and keep your mind active. We will work with you to tap into our network of services and supports to assist with your specific situation and individual goals.

We offer a wide range of services for those living with memory changes and for their families. You may benefit from any or all of the following:

- Memory Screening
- Care Coordination
- Counseling
- Transportation
- Seasons Adult Day Health Services
- Meals on Wheels
- Home Care
- Help for Care Partners
- Education and Enrichment
- Linking to Other Community Resources



**Call Senior Services at 989-633-3700
and start getting the memory support
YOU need!**

Meals on Wheels

If you find yourself leaning on family to bring you food, or struggle to grocery shop and prepare healthy meals, start with Meals on Wheels.

Meals on Wheels helps older adults live healthier and more nourished lives in their own homes. As a Meals on Wheels client, not only will you receive well-balanced, delicious meals delivered to your home, but the friendly volunteer who delivers them will know you're doing okay.



Whether you need meals just while you're recovering from an illness or injury, or will need Meals on Wheels on a long term basis, call 989-633-3700 and speak with a Senior Services Care Coordinator. They will determine eligibility through an in-person assessment.

For those over 60, meals are offered on a donation basis. Minimum recommended donation is \$5.00 per meal or give what you can.

“ Thank you for this service. Special thanks to the delivery people—all friendly and nice! The food is very good, too! ”

- Meals on Wheels Client



Health Insurance Benefits Assistance

Take the guesswork out of what health benefits are best for you. Whether it's Medicare Part D prescription plans or Social Security Extra Help, Senior Services can lend a hand in wading through the abundance of health benefit choices—at no cost to you!



We'll help you make sense of programs like Original Medicare, Medicare Part D, Medicare Advantage and Medicare Medigap Plans.

Start by calling our Health Benefits Assistance Hotline at 989-633-3748 to be matched with a certified staff or volunteer. Health Benefits Assistance is available to Midland County residents age 60 or older.



In-person appointments are available Monday-Thursday, 8 am-5 pm and Friday, 8 am-4 pm. However, many questions can be answered over the phone.

**Health Insurance
Benefits Assistance
989-633-3748**



“ Very thankful for help navigating the Medicare options. It seemed overwhelming without the help of Senior Services. ”

- Health Benefits Client

Counseling

Senior Services specializes in helping and serving older adults, and our professional counselors understand challenges specific to growing older.

They can help you find solutions to concerns about lifestyle changes, decision making, grief, depression, the stresses of caregiving and other issues. Life experiences such as the death of someone you love, health problems, a move to senior housing and a lack or loss of friends can dramatically affect a person's emotional well-being. Even people who have led cheerful, satisfying lives can become overwhelmed when faced with life's changes. Discussing a problem with a caring, professional counselor can really make a difference. It helps you work through your feelings, recognize your strengths, consider alternatives, learn new coping skills and redirect your life toward greater meaning and purpose.



Counseling service is billed to Medicare Part B and other insurance plans. Annual deductible and co-payments or reasonable fees may apply.

If you would like to arrange counseling services, call 989-633-3700.

“Now that I am more accepting of myself, I'm able to be content and at peace, and I can laugh and joke and treasure the moment.”

- Counseling Client

Senior Safety Team

Your home remains a safe and secure place for you to live with help from the Senior Services Safety Team. We can make important modifications such as:

- Installing grab bars, raised toilet seats, and anti-slip surfaces in bathrooms
- Installing smoke alarms and carbon monoxide detectors
- Securing slip hazards, stairs, and handrails
- Other safety-related repairs and tasks



Cannot Do:

- No roof work, eaves replacement/cleaning, painting or crawl space work
- No lawn, garden work, chemical applications, window washing, or snow removal
- No floor replacement, furniture moving, or rearranging
- No plumbing or electrical work

Costs: Labor and parts are free to Midland County residents age 60 and older. Donations are appreciated.

Note: If a client rents, permission from the landlord may be required for certain repairs/installations.

Support Groups

It can be very therapeutic to discuss life's challenges and changes with others on a similar journey.

Support Groups at Senior Services give you the opportunity to share personal experiences and feelings, coping strategies and firsthand information.

For more information about support groups, start by calling Senior Services at 989-633-3700.



Volunteer at Senior Services

Volunteering with Senior Services offers more than the chance to help others, it's an opportunity to enrich your own life. By sharing your skills, compassion, and a few hours of your week, you'll build meaningful relationships, experience a deep sense of purpose, and know that what you do truly matters. By giving your time, you will gain purpose, connection, and fulfillment.



As a volunteer, you might enjoy friendly conversations with someone who looks forward to your visits, feel the satisfaction of helping a neighbor safely remain at home, or gain confidence by learning new skills such as Medicare guidance or home safety support. Every role offers the reward of knowing you made a real difference in someone's day—and your own.

Volunteer Opportunities

Activity & Dining Center Assistance • Entertainers

Friendly Visitors & Shoppers • Health Benefits Assistance • Health & Education
Meals on Wheels Drivers • Office Support • Seasons Adult Day Health Services
Senior Safety Team • Transportation Drivers

We offer flexible schedules to fit your life, making it easy to give back while doing something meaningful. Most volunteer roles require as little as two hours per week, with additional opportunities for those who wish to give more.

If you're looking for a rewarding way to stay active, connected, and engaged in your community, volunteering at Senior Services may be right for you. To learn more or get started, call 989-633-3741.

Senior Services Online



Our website SeniorServicesMidland.org is full of information about all of our services, programs and upcoming events. We also update it monthly with articles related to aging and include links to helpful resources. You can sign up for our eNews and the Midland Prime Times through our website, register for educational opportunities and Center meals on the Self-Service Portal, make a donation or a referral and view financial information and employment opportunities. In addition, you can follow us on Facebook & Instagram @SeniorServicesMidland, LinkedIn and subscribe to our YouTube channel.

Donate to Senior Services

We couldn't do what we do without the many individuals, businesses and organizations who support us by donating their time and money, and we thank them all. Your dollars can support important programs and services offered by Senior Services, including the giving opportunities listed below.

Giving Opportunities

Annual Gift: Gifts can be made to Senior Services at any time during the year. If you have a specific program that is dear to your heart, your gift may be earmarked for support of that program. While we gladly accept these gifts, we often encourage donors to contribute their gift as "unrestricted," allowing their contribution to be used in the area of greatest need.

Monthly Gift: Gifts can be made on a monthly basis by joining the monthly giving program. By giving monthly, you help provide dependable support that backs the important work done at Senior Services.

Tribute Gift: Gifts can be made in honor or in memory of someone close to you at any time during the year. Senior Services will also list the name of the person being honored in the monthly Midland Prime Times newspaper and send a note to the family to notify them of your gift.



Planned Giving: You can leave a legacy by including Senior Services in your estate planning or will, also known as a charitable bequest.

In-Kind Gift: In-kind gifts include items such as property, vehicle, and other non-cash gifts. Limits apply. Call 989-633-3700 to check if the item you are interested in donating is accepted here.

Support Through Online Shopping: Support online using iGive.com and choose 'Senior Services-Midland County Council on Aging' as the recipient of your donation percentage.

Visit Our Website: SeniorServicesMidland.org/Donate to make a contribution or contact us at 989-633-3700.

One Call Away!

Information & Access

989-633-3700

Answers to your questions are just one call away! Calling Senior Services is the best way to discover resources and programs tailored to the unique needs of older adults in Midland County. Start by calling Information & Access at 989-633-3700. This service is FREE of charge.



Take a Tour!

Call to Request a Tour - 989-633-3700

Our Mission

To promote and enrich the quality of life for older adults and those who care for them by collaboratively providing meaningful services and opportunities.



SENIOR SERVICES
4700 Dublin Ave. • Midland, MI
SeniorServicesMidland.org