



SENIORS
ATTENDING
OUR SENIOR
CENTERS:

95%
SOCIALIZED MORE

Slowing down with age? Not a chance for these thrill seekers from Sparta!

On a Saturday afternoon in September, four courageous women made the trip to Sky Dive Grand Haven to jump out of a perfectly good airplane. They were on a mission, together as friends, to go skydiving for the first time!

The trip was planned by Jane Ringler, coordinator of the Sparta Senior Neighbors Center, as an effort to incorporate some active outings into the members' lives. "We are working on those bucket list adventures," said Ringler, "and this group of seniors is raring to go."

One of the women jumping Saturday was Vivian. The 85-year-old is a three-time cancer survivor who says she is now going blind. Regardless, she was looking forward to jumping from a plane, saying, "this is something I've wanted to do for a long time and I never had the nerve to do it. Today is the day. I'm getting too old to wait."

Going up in two small groups, the four women, Vivian, Tess, Donna, and Judy all went through with their jumps and safely stuck their landings. Smiles were wide on their faces as each of the women landed and made their way over to friends and family who were cheering them on.

Donna said she is eager to do it all again. "My 11-year-old granddaughter wanted to go, but you have to be 18. The day I turn 80, she will be 18, so we'll go together then."

Tess came down with her arms spread like wings and waving to the ground crew. She said, "It was indescribable, a beautiful feeling."

Judy shared that she is afraid of heights but wanted to participate in the experience. "Everybody was proud of Judy's courage," said Ringler.

IMPACT SPOTLIGHT: These four friends found each other because of their membership at a Senior Neighbors Center which has led to countless new experiences. Not only does finding connections to others lead to a higher quality of life, it can have significant health benefits as well.



93%
IMPROVED OR
MAINTAINED
THEIR HEALTH

90%
BECAME
MORE
ACTIVE



Healthy Pet, Happy Senior

Some might say that Barb lives alone, but with her beloved cat by her side, she never really feels that way. As she would certainly agree, pets are invaluable companions to seniors. Pets positively impact their health and well-being; however, for many older adults living on a fixed income, there can be challenges to caring for their pets.

Barb gets by on a very low income, below the federal poverty level, and because of this her cat had never been to the veterinarian until she spoke with her Case Manager, Jody. She

shared with Barb that because of a grant from Meals on Wheels America, her cat could finally get the physical exam and vaccinations that were needed. Barb was so thankful for the support to help her continue living independently with her cat. She said the program was important because it, "...helped me address my veterinarian fees so that my cat can stay healthy." And that means that Barb is happy!

IMPACT SPOTLIGHT: This important program helps to remove the financial barriers that too often separate older adults from their pets. Funds are available for low-income seniors for food, supplies, and veterinarian care to keep seniors and their pets together.



For more information about supporting Senior Neighbors, please contact:

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616.459.6019
www.seniorneighbors.org

Join us in our mission:
Ensure seniors are no longer alone!

Consider making a donation at seniorneighbors.org or sending a check in the mail.



Like us on Facebook and stay up-to-date regarding Senior Neighbors news!



Volunteering is a great way to directly serve seniors and support our programming. We have numerous opportunities.



Leaving Senior Neighbors in your will is a great way to ensure our services are provided for years to come. Estate gifts provide the financial stability we need on an annual basis.



Tell a friend about our great work! We appreciate referrals and recommendations.



Engaged & INSPIRING

New this year, the 16 Over 60 Awards Gala, recognizes the contributions and impact of 16 individuals 60 years of age or more who engage and inspire us every day. There are countless older adults here in Kent County who positively impact our community every day. Whether it be through business excellence, care giving, or other extraordinary efforts, this population is an important part of the fabric of our community.

Through sponsorship, individual reservations, and event contributions, the 16 Over 60 Awards Gala provides support for Senior Neighbors and its variety of programs serving Kent County older adults living independently.

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