

# Adult Foster Care Activity and Transportation Resources

## Activities

### **Artists Creating Together**

Artists Creating Together empower individuals with disabilities to learn, grow, and celebrate through the arts. ACT provides art and creative expression programming, which helps to enrich the lives of people with and without disabilities throughout all of West Michigan. Learn more at [www.artistscreatingtogether.org](http://www.artistscreatingtogether.org).

### **Bethlehem Intergenerational Center**

Provides opportunities for children and elders to be together during the day for activities as well as organic interactions. Visit [www.bethlehemintergenerationalcenter.org](http://www.bethlehemintergenerationalcenter.org).

### **Go Getters**

Go Getters is an all-inclusive adult special needs ministry. It is a dynamic, community group at Calvary Church. We meet on Wednesday evenings in the Calvary Church chapel from 6:15pm to 7:30 pm. WOW (Worship On Wednesday) is a Christ-centered time of worship, teaching, prayer & share, and many fun special events like Bible Basketball! Check out our website or give us a call. Zach Schmuck-Director-616-956-9377 x 5077. <https://calvarygr.org/ministries/adults/all-abilities-special-needs/>

### **Humana**

Humana provides healthcare plans for more health days and supports Adult Foster Care Communities. Humana offers a unique calendar of special in-home events such as birthday parties, activities and wellness classes to improve physical and mental health. Many services can be used by anyone at no cost. Humana membership is not required to participate in most activities. Call Derek at 800-649-0059 or 616-970-4078.

### **Spirit Club**

Sometimes finding staff to transport residents to activities to enrich their lives is difficult. Short staffing, lack of desire for all of the residents in the home and transportation options make it difficult to meet the desires of residents that want to keep moving. Spirit Club, Fitness For All is a FREE Virtual exercise program for your residents that like to stay active without leaving the home. Register at <https://www.dnswm.org/spirit-club/>.

### **Life Therapeutic Solutions – Stepping Stones and Healthy IDEAS**

Visit [www.life-ts.com](http://www.life-ts.com) to learn about either program.

**Stepping Stones Program** – This program works with you in your own home or community. A therapist will come and learn more about you and how to incorporate more leisure in your life. Learning new activities to enjoy or working on activities you once enjoyed.

Care Provider Solutions  
[www.careprovidersolutions.com](http://www.careprovidersolutions.com)

The therapist can help with:

- Learning new activities within your home
- Learning how to use technology in your home
- Learning how to use transportation in your community
- Learning about community activities and how to access them
- Participating in Aquatic Therapy to improve balance, endurance and overall wellness.

\*\*This program is funded through the Kent County Senior Millage. Cost is based on income of older adult. To qualify for this program, you must be 60+ years and reside in Kent County.

**Healthy IDEAS Program** – This is a new program offered to Caregivers. This program focuses on depressive symptoms and how to self-manage these symptoms through leisure activities. The therapist will work on identifying activities to help, along with connecting you to community support and activities. The Recreation Therapist will meet with you in your home or community.

\*\*This program is funded through Older Americans Act and is no cost. To qualify for this program, you must be a caregiver 60+ or caring for someone who is 60+. This program is offered through 9 counties surrounding Grand Rapids area.

## **Transportation Services**

### Allegan County Transportation Services-269-673-4229

Wheelchair accessible. 24 hr advance notice needed. Out of county trips for medical only. Mon-Fri service. \$1 each way over 60 yrs old. \$2 each way under 60 yrs old. \$5 each way out of county for medical only.

### Hope Network-616-243-0876

Need to qualify for service. Services Kent County outside of Go Bus area. Must set appointment by noon one business day prior. \$5 each way starting in July 2023.

### Ride Link-616-774-1288

Kent County. 7 day advance scheduling. Seniors 60 or older. \$2 each way.

### The Rapid's Go Bus-616-456-6141

Must apply for services. Two to three weeks to fully process information for discounted services. Wheelchair accessible. \$3.50 each way.

### Way to Go-616-632-7950

Application required. Kent County. 7 day advance scheduling. Serving seniors and any age allowed with a disability. Transports between 8 am and 4 pm. \$2 each way.