



H. & C.
BURNSIDE
CENTER

Burnside Buzz



March/April 2023

A Publication of the
H. & C. Burnside Center

*Connect
with us!*

Facebook:

H. & C. Burnside Senior Center

Website:

BurnsideCenter.com

Hours:

**Monday - Friday
8:00 a.m. - 4:30 p.m.**

65 Grahl Dr., Coldwater
Phone: 279-6565
Fax: 278-7281
Email: info@BurnsideCenter.com

CYBER SENIORS 101

Join us on Tuesday mornings at 9:00 a.m. to learn about the latest and greatest in the world of technology. Cyber Seniors 101 is led by our knowledgeable Senior Computer Lab volunteers. This group is great for both tech-savvy seniors as well as those who are just learning.

DAILY ACTIVITIES

**Cyber Seniors 101:
Tuesdays 9:00am**

Cyber Seniors 101 is an interactive group that meets weekly to learn about new ideas and techniques from a volunteer instructor.

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CENTER





**The safest, most
dependable
aluminum
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schedule a free, no-hassle, home
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(517) 278-9015 or rampitusa.com

Meet Our Board & Staff

Branch County Commission on Aging Board of Directors

Janis Olney - Chairman

Julie Hurley - Vice Chairman

Ginger Kesler - Treasurer/Secretary

Gordon Gentry

Don Thrasher

John Petzko

John Hutchinson

Tim Stoll, Branch County Commissioner Liaison

*The Board of Directors meets monthly on the
third Wednesday at 9:00 a.m. at the Burnside
Center. The public is welcome. Call 279-6565 for
meeting location information.*

Staff

Amy Duff - Executive Director

Pat VanDyke - In-Home Services Director

Marlayna Drumm - In-Home Services Assistant

Freda Leupp - Programs Director

Mike Searing - Nutrition Director

Bill Swallow - Nutrition Site Coordinator

Allen Underwood - Bookkeeper

Sarah Wainscott - Staff Assistant

Debbie Ambrose - Programs Assistant/MMAP Coordinator

Mark Woodcox - Maintenance Assistant

A staff of 12 In-Home Service Aides

*The primary mission of the Branch County
Commission on Aging is to establish
and provide services for older adults by
encouraging, promoting, and safeguarding
the rights and abilities of our older adults so
they may enjoy maximum health, well-being,
and independence.*

Daily Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| 8 am – 4:30 pm Exercise Room | 8 am – 4:30 pm Exercise Room | 8 am – 4:30 pm Exercise Room | 8 am – 4:30 pm Exercise Room | 8 am – 4:30 pm Exercise Room |
| 8 am – 4:30 pm Library | 8 am – 4:30 pm Library | 8 am – 4:30 pm Library | 8 am – 4:30 pm Library | 8 am – 4:30 pm Library |
| 8 am – 4:30 pm Billiard Room | 8 am – 4:30 pm Billiard Room | 8 am – 4:30 pm Billiard Room | 8 am – 4:30 pm Billiard Room | 8 am – 4:30 pm Billiard Room |
| 9 am – 4 pm Wood Shop | 9 am Wood Carvers | 9 am – 12 pm Stained Glass Workshop | 8:30 am – 1 pm Pinochle | 9 am – 4 pm Wood Shop |
| 9 – 11:30 am Creative Quilters | 9 am Cyber Seniors 101 | 10 am – 12:30 pm Mah-Jongg | 9 am – 12 pm Stained Glass Workshop | 9:30 am Pastel Painting Class |
| 9 am Penny Bingo | 9:30 am – 12 Noon Watercolor Class | 1 pm Hand & Foot Canasta | 9 am Penny Bingo | 10 am – Stayin' Alive with Weights |
| 10 am Step in Motion, Feel the Beat | 11 am – 4 pm Wood Shop | 1 pm Race Track Canasta | 9:30 am – 10:30 am Drop in Tai Chi | 1 pm Pinochle |
| 12 pm – 4 pm Computer Lab open, tech on site | 12 pm – 4 pm Computer Lab open, tech on site | 12 pm – 4 pm Computer Lab open, tech on site | 12 pm – 4 pm Computer Lab open, tech on site | 1 pm Game Day – Ground Hog Rummy |
| 12:30 pm Bridge | 1 pm Pinochle | 1 pm Euchre | 12:30 pm Bridge | 1 pm Euchre |
| 1 pm Hand & Foot Canasta | 1 pm China Painting | | 1 pm Game Day - Rummikub | |
| 1 pm Euchre | 1 pm Game Day – Social Security | | 1pm Line Dance Lessons | |
| | 1 pm Euchre | | 1:30 pm Beginning Chord Guitar Lessons | |
| | | | 2 pm Book Discussion Group | |
| | | | 3 pm Couples Line Dance Lessons | |

Holiday Observance

*The Branch County Commission on Aging
observes:*

Good Friday - Friday, April 7



BURNSIDE
CENTER

Thank You
Volunteers



April is Volunteer Appreciation Month

WE COULDN'T DO IT WITHOUT
YOU!



H. & C.
BURNSIDE
CENTER

DAILY ACTIVITIES

**Computer Lab:
8:00am-4:30pm**

The Computer Lab is
open on weekdays
during all business
hours for seniors to
use. A Lab Tech is on-
site Monday-Thursday
12:00pm-4:00pm.

H. & C.
BURNSIDE
CENTER



THE BURNSIDE CENTER GOLF LEAGUE IS LOOKING FOR MORE MEMBERS!



*If you like to golf and would like to learn more, please attend our
organizational meeting on*

*April 19, 2023 at 9:00am at Iyopawa Island Golf Course
13004 Iyopawa Island Road, Coldwater*

For more information, please contact: Pat VanDyke

517-279-6565 x 128

pvandyke@BurnsideCenter.com

March Events

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|--|
| | | 1 | 2 | 3 |
| All events subject to change | | 1 pm Low Vision Support Group | 10:45 am Tai Chi for Arthritis, Cost \$5.00 per week, limit 10, call to sign up, 517-279-6565 (week 1 of 10) | |
| | | | 12:30 pm Beginning Stained Glass Class. Cost is \$5.00 per week, limit 5, call to sign up, 517- 279-6565 (week 1 of 5) | |
| 6 | 7 | 8 | 9 | 10 |
| 10 am Alzheimer's Support Group—Call 517-279-6565 for more information | 10 am Foot Clinic, Call Deb for appointment, 269-999-0169 | 9 am—11 am Beginning Win- dows 11 Computer Class. Cost \$15, 8 week class, limit 15. (week 1 of 8) | 10:45 am Tai Chi for Arthritis (week 2 of 10) | |
| | 1 pm Wii Bowling League | 11 am Meet, Greet, and Eat "Joe Bregg", singer. Limit to 60, call to sign up, 279-6565 | 11:30am—12:15 pm Piano Music by Duane Clemens | |
| | 1:30 pm Ice Cream Sundaes— sponsored by the Laurels | 1 pm "Oodles of Doodles" Zen drawing class | 12:30 pm Beginning Stained Glass Class (week 2 of 5) | |
| 13 | 14 | 15 | 16 | 17 |
| 10 am—12 noon Hopco Hearing Service, tech on site | 10 am "Presentation—Choosing an Assisted Living Home" by Masonville—call to sign up, 517- 279-6565 | 11 am Men @ Lunch - "Birdies & Brews", Limit to 60, call to sign up, 517-279-6565. | 10:45 am Tai Chi for Arthritis (week 3 of 10) | 1 pm Iris Folding Class "Easter Bunny". Limit 10, Cost \$2.00, call to sign up, 517-279-6565 |
| 11:30am—12:15 pm Mu- sic by Kathy Cary | 10 am Foot Clinic, Call Deb for appointment, 269-999-0169 | 1 pm Becky's Card Class. Limit 5, Cost \$10.00 for 6 cards, call to sign up, 517-279-6565 | 12:30 pm Beginning Stained Glass Class (week 3 of 5) | |
| | 3:30 pm "Come Travel with Us" see flier for more information | 9 am—11 am Beginning Win- dows 11 Computer Class. (week 2 of 8) | | |
| 20 | 21 | 22 | 23 | 24 |
| | 10 am Foot Clinic, Call Deb for appointment, 269-999-0169 | 1 pm "Oodles of Doodles" Zen drawing class | 10:45 am Tai Chi for Arthritis (week 4 of 10) | |
| | | 9 am—11 am Beginning Win- dows 11 Computer Class. (week 3 of 8) | 12:30 pm Beginning Stained Glass Class (week 4 of 5) | |
| 27 | 28 | 29 | 30 | 31 |
| 11:30 am—2:30 pm Veterans Healthcare Resource Event | 1 pm Wii Bowling League | 12:30 pm—1:30 pm Blood Sugar/Blood Pressure Testing by ProMedica | 10:45 am Tai Chi for Arthritis (week 5 of 10) | |
| | | 9 am—11 am Beginning Win- dows 11 Computer Class. (week 4 of 8) | 12:30 pm Beginning Stained Glass Class (week 5 of 5) | |

Beginners Stained Glass Class



Learn selection of glass, how to use a pattern, how to cut glass, and how to foil and solder glass. You will leave with a completed piece.

Date Starting: Thursday, March 2, 2023
Time: 12:30 p.m. 5—week class
Limit 5 **Cost—\$5.00 per class (\$25 total)**



Sign up at front desk or call 279-6565

Burnside Senior Center, 65 Grahl Drive, Coldwater, MI 49036 phone: 517-279-6565 www.burnsidecenter.com

"Tai Chi for Arthritis"

For Seniors aged 50 and over

Class is taught by instructor, Linda Ives

| | | | |
|--------|---|-------|------------------|
| Date: | Thursdays starting March 2nd, 2023. 10-week class – limit 10. Sign up at desk. | | |
| Time: | 10:45 am | Cost: | \$5.00 per class |
| Place: | Burnside Senior Center | | |

Tai Chi improves:

- Muscular Strength
- Flexibility
- Fitness
- Balance
- Concentration
- Stress reduction
- Also relieves pain & stiffness
- Wear comfortable clothing and shoes that tie
- Can be done seated



Check the Burnside Facebook page for information about the Center.

H. & C. Burnside Senior Center, 65 Grahl Dr. Coldwater—phone: 517-279-6565 fax: 517-279-7281 www.burnsidecenter.com

BEGINNING WINDOWS 11 COMPUTER CLASS



Learn the basics of Windows 11.
 Class consists of eight weeks beginning Wednesday March 8th and ending Wednesday April 26th.
 Class time is 9 a.m. to 11 a.m.
 Cost will be \$15.00 at first class.
 (this covers printing cost for handouts.)

Instructor – Bob Betts

Limit 15

Sign up at desk



Burnside Center 65 Grahl Dr, Coldwater 517-279-6565
 www.burnsidecenter.com

ARTHRITIS FOUNDATION Aquatic Program

for Branch County residents age 60 and older

Sponsored by the Burnside Center

The Arthritis Foundation Aquatic Program is a warm water exercise program designed to reduce pain and improve overall health. Exercises are designed to help increase range of motion, flexibility, and endurance for daily life. All fitness levels are welcome.

Tuesday/Thursday

starting March 14 - ending April 20

(6 weeks)

class 1 9 am - 10 am

class 2 10 am - 11 am



Dr. Robert W. Browne Aquatic Center

Call 279-6565 to sign up!


The Arthritis Foundation Aquatic program is supported by funds from the Michigan Department of Health and Human Services Bureau of Aging, Community Living and Supports, the Branch-St. Joseph Area Agency on Aging (IIIC) and funding through Title IIID of the Older American Act.



FREE TAX PREPARATION AVAILABLE!


The Burnside Center is pleased to announce our partnership with Goodwill Industries of Central Michigan's Heartland to bring free tax preparation to Branch County. The VITA program offers free income tax preparation for those with qualifying household incomes of \$66,000 and under. VITA tax return preparation sites are operated by IRS-certified volunteers. All returns are electronically submitted.

Scheduling appointments now..




DO YOU NEED HELP UNDERSTANDING MEDICARE, MEDICAID, PRESCRIPTION PLANS, OR OTHER RELATED TOPICS?

"I don't understand"

 **BURNSIDE CENTER**

Call the Burnside Center and ask for the MMAP office.
517.279.6565 Ext. 29

Appointments available in-person, on the phone, or on Zoom.

 **MMAP**
NAVIGATING HEALTH CARE

65 Grahl Dr., Coldwater
BurnsideCenter.com

MASONVILLE PRESENTS

CHOOSING AN ASSISTED LIVING HOME

Learn how it's paid for, room sizes, if meals are included, cost for extra assistance, nursing staff, med management, activities, and many other things.



MARCH 14, 2023 | 10:00 AM - 11:00 AM
BURNSIDE CENTER DINING ROOM

Register at front desk or call 517-279-6565.

Burnside Center 65 Grahl Dr., Coldwater, MI phone: 517-279-6565 www.burnsidecenter.com

Burnside Center & All Aboard Travel

H. & C. BURNSIDE CENTER

Come Travel WITH US

We are joining forces with All Aboard Travel to bring trips back to the Burnside Center

DATE: TUESDAY, MARCH 14TH @ 3:30 PM

Hear what they have on their agenda and help us discuss what kind of trips you would like to go on. Day trips, escorted trips, cruises, etc.

ALL ABOARD TRAVEL
 10 S HOWELL ST
 HILLSDALE, MI

- Day Trips
- Cruises
- Escorted Trips

CALL :
 All Aboard, 517-437-4844 or
 Burnside, 517-279-6565

MORE CONTACT INFO:
 www.allaboardtravelhillsdale.com
 www.burnsidecenter.com

Men @ Lunch

Birdies & Brews

Hear about the new local business in the downtown area.

Wednesday, March 15th
Time: 11 a.m.
Donations Accepted

Must be registered, call 279-6565 or stop at the front desk.



This is a free lunch. Limit 60. Please register at the front desk. There will be a 50/50 drawing this day to help with expense.

H. & C. Burnside Senior Center, 65 Grahl Drive, Coldwater—phone: 517-279-6565 www.burnsidecenter.com

You served our country, now let us serve you!




VA Information Event
Monday, March 27, 2023
11:30 a.m. - 2:30 p.m.
H. & C. Burnside Senior Center
65 Grahl Dr, Coldwater, MI 49036

Representatives will be on-site to answer questions about VA Eligibility and Enrollment, PACT Act, Federal and State VA Benefits, Filing Claims, and MyHealtheVet. Toxic Exposure Screening will also be available.

For Onsite Enrollment: Bring your DD214 and previous year's tax statement.

Any Veteran or survivor can learn more about the PACT Act by visiting VA.gov/PACT or by calling 1-800-MY-VA-411.

VA | U.S. Department of Veterans Affairs
 Veterans Health Administration
 Bottle Creek VA Medical Center

Please call (269) 966-5600 ext. 36212 with any questions.

April Events

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| 3 | 4 | 5 | 6 | 7 |
| 10 am Alzheimer's Support Group—Call 517-279-6565 for more information | 10 am Foot Clinic, Call Deb for appointment, 269-999-0169 | 9 am—12:30 pm Legal Services—First come, first served | 10:45 am Tai Chi for Arthritis (week 6 of 10) | Closed for Holiday |
| | 1 pm Wii Bowling League | 9 am—11 am Beginning Windows 11 Computer Class. (week 5 of 8) | | |
| | | 1 pm Low Vision Support Group | | |
| | | 1 pm "Oodles of Doodles" Zen drawing class | | |
| | | 1:30 pm Ice Cream Sundaes—sponsored by the Laurels | | |
| 10 | 11 | 12 | 13 | 14 |
| 10 am—12 noon Hopco Hearing Service—tech on site | 10 am Foot Clinic, Call Deb for appointment, 269-999-0169 | 11 am Meet, Greet, and Eat "Branch County Library". Limit to 60, call to sign up, 279-6565 | 10:45 am Tai Chi for Arthritis (week 7 of 10) | 1 pm Craft Class "Pocket Décor" Cost \$7.00, Limit 7, call to sign up, 517-279-6565 |
| 11:30am—12:15 pm Music by Kathy Cary | | 9 am—11 am Beginning Windows 11 Computer Class. (week 6 of 8) | 11:30am—12:15 pm Piano Music by Duane Clemens | |
| 17 | 18 | 19 | 20 | 21 |
| | 10 am Foot Clinic, Call Deb for appointment, 269-999-0169 | 11 am Men @ Lunch - "Cardiologist, Cameron Hospital". Limit to 60, call to sign up, 517-279-6565. | 10:45 am Tai Chi for Arthritis (week 8 of 10) | 11 am Burnside Volunteer Recognition Luncheon— INVITE ONLY |
| | | 1 pm "Oodles of Doodles" Zen drawing class | | |
| | | 9 am—11 am Beginning Windows 11 Computer Class. (week 7 of 8) | | |
| 24 | 25 | 26 | 27 | 28 |
| | 1 pm Wii Bowling League | 12:30 pm—1:30 pm Blood Sugar/Blood Pressure Testing by ProMedica | 10:45 am Tai Chi for Arthritis (week 9 of 10) | |
| | | 9 am—11 am Beginning Windows 11 Computer Class. (week 8 of 8) | | |

LUNCH AVAILABLE AT BURNSIDE



65 Grahl Dr., Coldwater
BurnsideCenter.com
517.279.6565
Facebook.com/HCBurnside

WHEN: Mondays, Tuesdays, and Thursdays

TIME: 11:30 a.m. - 12:30 p.m.

COST: \$3 suggested donation for seniors
age 60+ (with completed registration form)
\$7 fee charged for those under the age of 60

Questions about this program can be
answered by Nutrition Director Mike Searing
at 279-6565 or msearing@burnsidecenter.com

The Commission on Aging nutrition programs are supported by funds from the Administration for Community Living, the Michigan Department of Health and Human Services Bureau of Aging, Community Living and Supports, the Branch-St. Joseph Area Agency on Aging (Region IIIIC), Older Americans Act, Older Michiganians Act, Branch County Senior Millage, and donations.

Meet, Greet, & Eat

Branch County Library

Register
At
Desk



Learn
what the
library has
to offer
the county
residents.

Date:
Wed., April 11 th

Time:
11 am

Today's event is a luncheon starting at 11 am and then the program will
start at 11:30 am. Please make sure to register in advance so we have
enough food. Please, if you sign up in advance and cannot make it, call
and cancel so someone else can attend.

There will be a 50/50 drawing this day to help with expense.

Burnside Center, 65 Grahl Dr., Coldwater www.burnsidecenter.com



Pocket Decor



SAMPLE IN
ATRIUM

Instructor
Freda

Join us for a fun time making this craft

Friday
April 14th

Cost \$7.00
Limit 7

Call to sign up 517-279-6565 or stop at front desk

Burnside Center 65 Grahl Dr, Coldwater, MI 517-279-6565 www.burnsidecenter.com

Men @ Lunch

Cameron Hospital

Cardiologist from
Cameron Hospital in
Angola, IN will be here to
answer your questions.

Wednesday, April 19th

Time: 11 a.m.

Donations Accepted

Must be registered, call
279-6565 or stop at the
front desk.



This is a free lunch. Limit 60. Please register at the front desk. There will
be a 50/50 drawing this day to help with expense.

H. & C. Burnside Senior Center, 65 Grahl Drive, Coldwater—phone: 517-279-6565 www.burnsidecenter.com

COLDWATER RECREATION
FREE YOGA

When: March 6 - April 24, 2023

Mondays

Time: 5:30 - 6:30 PM

Where: Dr. Browne Recreation Center



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Lines*

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SEAGULS ONLY FLY
OVER THE SEA?**

**IF THEY FLEW OVER THE BAY
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BAYGULS**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 7 | | 1 | | | | 5 |
| | | | 2 | | | | | |
| 5 | | 1 | 9 | 8 | 4 | | 7 | |
| 4 | | | | 3 | | 7 | | 1 |
| | 1 | 8 | 7 | | 5 | 6 | 9 | |
| 7 | 5 | | | | | | | |
| 9 | 6 | 2 | | 7 | 8 | | 1 | |
| | | 5 | 4 | | 9 | 3 | | |
| 3 | | 4 | | 6 | 1 | 8 | | 9 |



HOME DELIVERED MEAL PROGRAM

The Home Delivered Meals program provides five meals per week. These meals are delivered on three days per week: Mondays, Tuesdays, and Thursdays. Three ready-to-eat meals are provided as well as two frozen meals per week.

Eligibility: Branch County seniors age 60+ who are **home-bound** qualify for this program. An initial assessment at the client's home must be scheduled and completed before participation in this program can begin.

This service is funded by state and federal grants as well as senior millage. There is a \$3 suggested donation per meal; however, a donation is not required.

For more information, call Mike at 279-6565, ext. 141.

Find the Burnside Buzz at these locations!

MULTIPLE LOCATIONS THROUGHOUT THE COUNTY

ProMedica Coldwater Regional Hospital-
outpatient clinics and the hospital
Branch District Library (all branches)

COLDWATER

Grand Vista Assisted Living
Country Knoll Apartments
The Laurels
Drews Place
Vcare Pharmacy
Fresenius Dialysis Center
Maple Lawn
Tibbits Opera House (business office)
Englewood Apartments
Coldwater Crossing apts
Bucklin Law Office
Century Bank and Trust
The Goodie Shop
Law Office of Bird, Scheske, Reed, & Beemer
Farm Bureau (Scott Fair)
Meraki Studio
Jeannie's Diner
St. Charles Catholic Church
Masonville Place
Meadowview Senior Apts.
Karim Healthcare

Holicki Eye Center
Girard United Methodist Church
Rampit
Northview Christian Church
Branch County Veteran's Affairs Office
Lincare
First Baptist Church
Browne Aquatic Center
St. Paul's Lutheran Church
Oaklawn Primary Care
St. Mark's Episcopal Church
Branch County Courthouse
Seven Oaks Apartments

QUINCY

Union Church
Karim Healthcare

BRONSON

Karim Healthcare
Bronson Senior Apartments
Barone's Hardware

UNION CITY

Miller's Pharmacy
Mel's Diner
First Congregational Church

The COA is supported by funds from: The Michigan Department of Health and Human Services, Bureau of Aging, Community Living and Supports; the Branch - St. Joseph Area Agency on Aging Region 3C; Branch County Senior Millage; Older American's Act; Older Michigania's Act; and Donations.

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Terry Sweeney

tsweeney@lpicommunities.com

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www.4lpi.com/careers

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www.allaboardtravelhillsdale.com

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Hillsdale, Michigan 49242



4-D-5-5

For ad info. call 1-800-477-4574 • www.lpicommunities.com

15-0704

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Have our newsletter
emailed to you.



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Roger A. Bird+ Eric J. Scheske* Timothy J. Reed
Keely A. Beemer Timothy R. George

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- Medicaid Planning

Sturgis Office
227 W. Chicago Road
Sturgis, MI 49091
Phone: (269) 651-2445
Fax: (269) 651-4044

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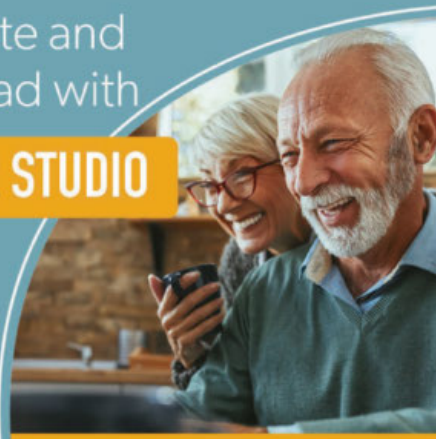
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Makayla Bendele, ESQ Associate
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8 E. Bacon Street Hillsdale, MI 49242
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15-0704

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Lorrie Miller
Attorney
3222 W Carleton Rd. Ste A
Hillsdale, MI 49242



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LMiller@hillsdalelaw.com • www.HillsdaleLaw.com



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