

### May/June 2023

A Publication of the H. & C. Burnside Center

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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

### SPRING MED TAKE BACK DAY

Spring cleaning? Take time to clean out all of your unused medication to ensure it doesn't end up in the wrong hands!

This is a great time to dispose of medication properly. Make plans to drop off your unused medication on Thursday, May 25th at the Burnside Center from 10 a.m. to 1 p.m. This is a drive-thru event!







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### 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

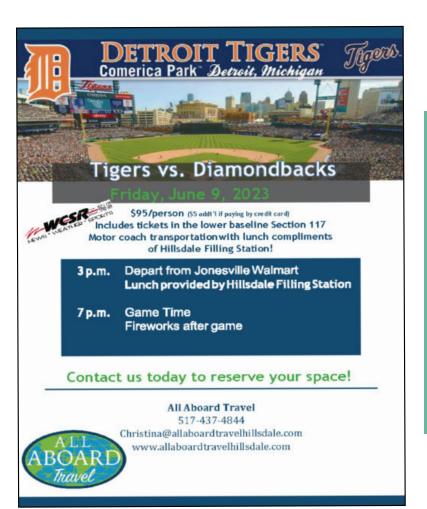
Monday	Tuesday	Wednesday	Thursday	Friday
8 am – 4:30 pm	8 am – 4:30 pm			
Exercise Room	Exercise Room	Exercise Room	Exercise Room	Exercise Room
8 am – 4:30 pm	8 am – 4:30 pm			
Library	Library	Library	Library	Library
8 am – 4:30 pm	8 am – 4:30 pm			
Billiard Room	Billiard Room	Billiard Room	Billiard Room	Billiard Room
9 am – 4 pm Wood Shop	9 am Mah-Jongg Tile Game	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 pm Watercolor Class	12 pm – 4 pm Computer Lab open, tech on site	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 Hand & Foot Canasta	9:30 am – 10:30 am Drop in Tai Chi	1 pm Pinochle
11:30 am – 12:30 pm Congregate Lunch	11:30 am – 12:30 pm Congregate Lunch	1 pm Race Track Canasta	11:30 am – 12:30 pm Congregate Lunch	1 pm Watercolor Painting Class
12 pm – 4 pm Computer Lab open, tech on site	12 pm – 4 pm Computer Lab open, tech on site	1 pm Euchre	12 pm – 4 pm Computer Lab open, tech on site	1 pm Game Day – Ground Hog Rummy
12:30 pm Bridge	1 pm Pinochle		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:

- Memorial Day Monday, May 29
- Juneteenth Monday, June 19





# Upcoming Travel Programs

Thanks to so many Branch
County Seniors who came
out to give feedback to
Christina at All Aboard
Travel in March, about what
trips you're interested in. It
was great to hear the feedback and we're excited to
partner with All Aboard for
trips in the future.





### May is Older Americans Month

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday.

About 1/3 of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing.

A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as 'Senior Citizens Month,' the prelude to 'Older Americans Month.'

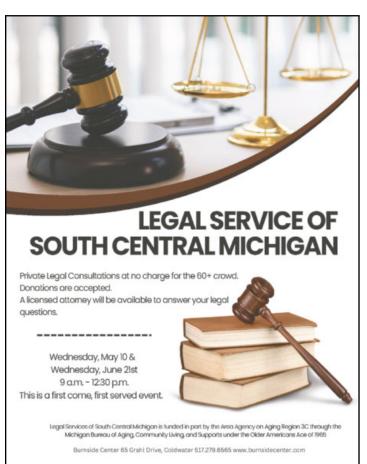
Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country.

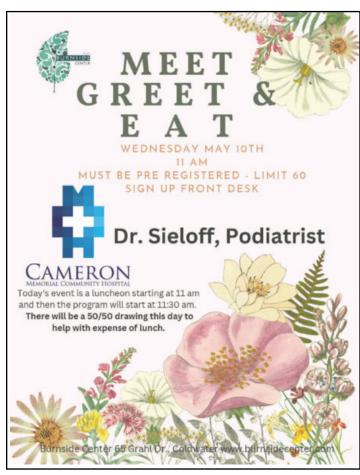
Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

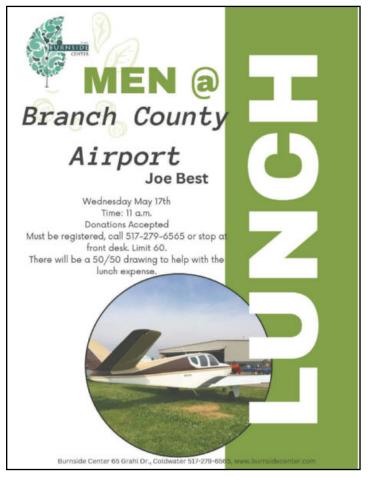


### May Events

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
10 am Alzheimer's Sup- port Group—Call 517- 279-6565 for more information	1 pm Wii Bowling League	1 pm Low Vision Group	10 am Foot Clinic, Call Deb, 269-999-1069 for appointment	
	10 am Foot Clinic, Call Lisa 269-625-4650 for appointment	1 pm "Oodles of Doodles" Zen drawing class		
8	9	10	11	12
10 am—12 noon Hop- co Hearing Service— tech on site		9am—12:30 pm Legal Services—First Come, first served	10 am Foot Clinic, Call Deb, 269-999-1069 for appointment	
11:30am—12:15 pm Music by Kathy Cary		11 am Meet, Greet, and Eat "Dr. Sieloff, Podiatrist". Limit to 60, call to sign up, 279-6565	11:30am—12:15 pm Music by Duane Clemens	
15	16	17	18	19
		11 am Men @ Lunch - "Branch County Airport, Joe Best" Limit to 60, call to sign up, 517-279-6565	10 am Foot Clinic, Call Deb, 269-999-1069 for appointment	
		1 pm Becky's Card Class. Limit 5, Cost \$5 for 5 cards and \$1 for class, call to sign up 517-279-6565	1:30 pm Ice Cream Sundaes—sponsored by the Laurels	
		1 pm "Oodles of Doodles" Zen drawing class		
22	23	24	25	26
1 pm Craft Class "Diamond Painting Coasters". Limit 15, Cost \$15.00, call to sign up 517-279-6565	10 am Foot Clinic, Call Lisa 269-625-4650 for appointment		10 am—1 pm Med Take Back Day, Drive thru event	
29	30	31		
Closed for Holiday	1 pm Wii Bowling League	12:30 pm—1:30 pm Blood Sugar/Blood Pres- sure Testing by ProMedica		All events subject to change
		1 pm "Oodles of Doodles" Zen drawing class		









## Grandparents Raising Grandkids

& other family kinship caregivers

When: First Tuesday of each month Where: First Baptist Church 5:30 p.m. (subject to change)

102 Bishop Ave., Coldwater

Dinner provided & on-site childcare is available.

Jan. 3 July 11 2023 Meeting Dates:

> Feb. 7 Aug. 1

March 7 Sept. 5

April 4 Oct. 3

May 2 Nov. 7 June 6

Please **RSVP** number of adults and children.









### Billiards at Burnside



THE BILLIARDS ROOM IS OPEN DURING ALL BUSINESS HOURS.

TWO 9' TABLES ARE AVAILABLE FOR PLAY ALL DAY. WE ARE LOOKING FOR MORE PLAYERS IN THE MORNINGS AND THE AFTERNOONS!

### Resources for you



Burnside Center has a large collection of resource materials to help you find the senior services you need!

Stop in and check out the resource wall in the Center. You can also view, download, and print resource and housing guides from the website: www.BurnsideCenter.com.

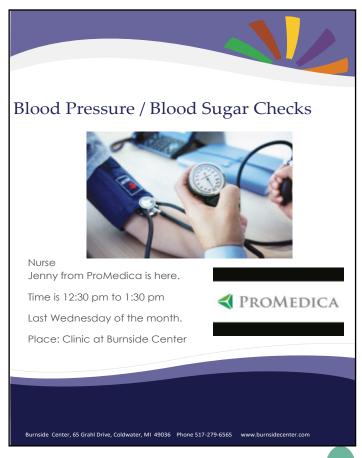
### June Events

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			10 am Foot Clinic, Call Deb for appointment,269-999-0169	
All events subject to change	6	7	8	9
10 am Alzheimer's Support Group— Call 517-279-6565 for more information	1 pm Wii Bowling League	1 pm Low Vision Support Group	10 am Foot Clinic, Call Deb for appointment,269-999-0169	
			11:30am—12:15 pm Piano Music by Duane Clemens	
12	13	14	15	16
10 am—12 noon Hopco Hearing Service,tech on site	10 am Foot Clinic, Call Lisa 269-625-4650 for appointment	11 am Meet, Greet, and Eat "Masonville Place". Limit to 60, call to sign up, 279-6565	10 am Foot Clinic, Call Deb for appointment,269-999-0169	
11:30am—12:15 pm Music by Kathy Cary		1 pm "Oodles of Doodles" Zen drawing class		
19	20	21	22	23
Closed for Holiday		9am—12:30 pm Legal Services—First Come, first served	10 am Foot Clinic, Call Deb for appointment,269-999-0169	
		11 am Men @ Lunch - "Dr Leemputte, ProMedica—Pain Management", Limit to 60, call to sign up, 517-279-6565.		
26	27	28	29	30
1:30 pm Ice Cream Sundaes—sponsored by the Laurels	1 pm Wii Bowling League	12:30 pm—1:30 pm Blood Sugar/Blood Pressure Testing by ProMedica		
		1 pm "Oodles of Doodles" Zen drawing class		











### Laugh Lines

IN THE HARDWARE STORE, A CLERK ASKED,
"CAN I HELP YOU FIND ANYTHING?"
"HOW ABOUT MY MISSPENT YOUTH," JOKED MY HUSBAND.
THE CLERK SHOT BACK, "WE KEEP THAT IN THE BACK,
BETWEEN WORLD PEACE AND WINNING LOTTERY TICKETS."

### 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

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 May 16 - ending June 22 (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.





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!

### MULTPLE 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

Hope Café

Century Bank and Trust The Goodie Shop

Law Office of Bird, Scheske, Reed, & Beemer

Farm Bureau (Scott Fair)

Meraki Studio Ieannie'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

Seven Oaks apartments 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** 

**BRONSON** 

Karim Healthcare Bronson Senior Apts Barone's hardware

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#### Senior Volunteer Benefits Include:

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- Travel provisions/reimbursement
- One nutritious meal per day
- Annual health appraisal
- Excess accident insurance coverage
- Ongoing training and professional development







Providing emotional support. Boosting kid's self esteem. Providing extra eyes in the classroom.



The Senior Volunteer Opportunity is for senior citizens, aged 55 and older, to help build critical skills and appropriate development of our community's youth. By sharing time and experience, senior volunteers can help children learn how to read, prepare younger students for school readiness, tackle tough subjects and make decisions that keep them on the right path.

For more information, please visit us at www.caascm.org or call:

**AmeriCorps** 1-269-965-7768 or scan our QR Code for quick access. Seniors U.S. Department of Health & Human Services, U.S. Department of Education and private donations from people like you. This institution is an equal opportunity provider. Equal Opportunity Employer.



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