



H. & C.
BURNSIDE
CENTER

Burnside Buzz



Sept. / Oct. 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

OPEN HOUSE!

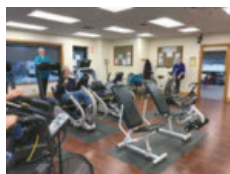
Join us on Wednesday, September 27 from 4 - 8 p.m.
You're invited to come tour the Burnside Center to learn
about services and activities offered to Branch County
residents aged 50 and over!

Check Us
Out!



OPEN HOUSE

WEDNESDAY
SEPT. 27TH 4 - 8 PM



Don't miss this perfect opportunity to view the center and check out all that it has to offer Branch County residents age of 50 and over. Entertainment in back parking lot by Patt Taylor, snacks.

Contact Us

Burnside Center
65 Grahl Drive
Coldwater

www.burnsidecenter.com

517.279.6565



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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 14 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 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 am Woodcarvers | 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 | 9:30 am – 12 pm Watercolor Class | 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 am – 4 pm Wood Shop | 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 | 11:30 am – 12:30 pm Congregate Lunch | 1 pm Euchre | 12 pm – 4 pm Computer Lab open, tech on site | 1 pm Game Day – Ground Hog Rummy |
| 12:30 pm Bridge | 12 pm – 4 pm Computer Lab open, tech on site | | 12:30 pm Bridge | 1 pm Euchre |
| 1 pm Hand & Foot Canasta | 1 pm Pinochle | | 1 pm Game Day - Rummikub | |
| 1 pm Euchre | 1 pm China Painting | | 1pm Line Dance Lessons | |
| | 1 pm Game Day – Social Security | | 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 the following holiday:*

Labor Day - Monday, September 4

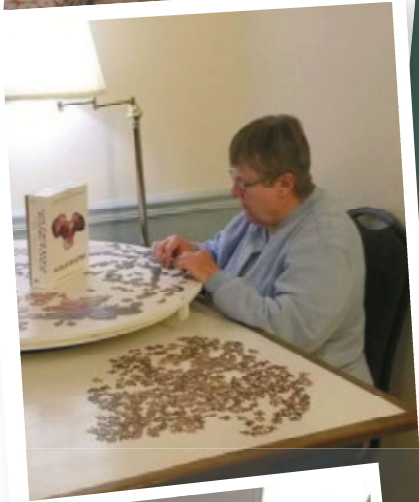
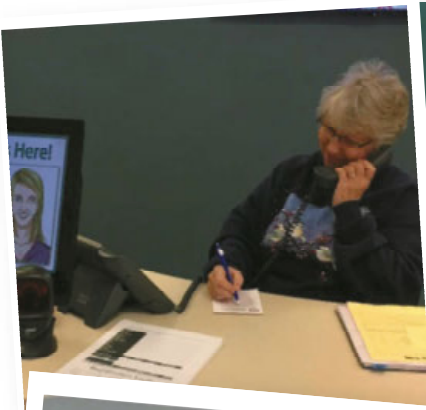


Our History

The Branch County Commission on Aging (BCCOA) was created by a resolution of the Branch County Board of Commissioners in 1974. It has been housed at the H. & C. Burnside Center at 65 Grahl Drive in Coldwater since 2002 and aims to provide services, activities, and programming for Branch County residents ages 50 and over.

The building is easily accessible for all older adults with its one-floor design and spacious hallways. The atrium reflects a warm, welcoming atmosphere where patrons are greeted by one of Burnside Center's many volunteers and leads into the dining area. The north wing hosts most of the programs and includes two pool tables, the computer lab, two activity rooms, and the wood shop. The south wing holds the Grahl Room, most of the staff offices, the exercise room, the clinic, and the craft room.

There is no membership fee for the Center! All Branch County residents age 50 and better are encouraged to participate.



Did you know?

Branch County Commission on Aging also provides support services in the home including:

Homemaking/Personal Care:

Light housekeeping, grocery shopping, laundry, and bathing

Respite:

Respite care can provide a caregiver with a “break” for a few hours from the responsibilities of caring for someone who needs continual supervision

Chore:

This service helps seniors with occasional heavy-duty jobs in the home such as leaf raking, window washing, and others

Loan Closet:

Seniors can borrow medical equipment at no cost. Items commonly requested include walkers, canes, wheelchairs, bath seats, and commodes. Call for availability



**THE COMMISSION ON AGING OFFERS THE
ARTHRITIS FOUNDATION AQUATIC PROGRAM
IN PARTNERSHIP WITH THE
DR. ROBERT W. BROWNE AQUATIC CENTER IN COLDWATER.**

**WATCH FOR ANNOUNCEMENTS OF THE NEXT SCHEDULED CLASS!
MORE INFORMATION AT BURNSIDECENTER.COM**



September Events

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|
| | | | | 1 |
| All events subject to change | | | | 10 am Matter of Balance, 8 classes. Limit 15. (class 2 of 8) |
| 4 | 5 | 6 | 7 | 8 |
| Closed for Holiday | 1 pm Wii Bowling League | 10 am Matter of Balance, 8 classes. (class 3 of 8) | 10 am Foot Clinic, Call Deb for appointment, 269-999-0169 | 10 am Matter of Balance, 8 classes. (class 4 of 8) |
| | | 1 pm Low Vision Support Group | 11:30am—12:15 pm Piano Music by Duane Clemens | |
| | | | 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) | |
| 11 | 12 | 13 | 14 | 15 |
| 10 am—12 noon Hopco Hearing Service, tech on site | 10 am Foot Clinic, Call Lisa 269-625-4650 for appointment | 9 am—11 am Beginning Windows 11 Computer Class. Cost \$15, 8 week class, limit 15. (week 1 of 8) | 10 am Foot Clinic, Call Deb for appointment, 269-999-0169 | 9 am Fall Wreath, Cost \$15, limit 5. Call to sign up 517-279-6565 |
| 10 am Alzheimer's Support Group—Call 517-279-6565 for more information | | 11 am Meet, Greet, and Eat "Dr Varner, Cameron Hospital". Limit to 60, call to sign up, 279-6565 | 12:30 pm Beginning Stained Glass Class. (week 2 of 5) | |
| 11:30am—12:15 pm Music by Kathy Cary | | 6 pm "Welcome to Medicare," call to sign up, 279-6565 ext. 129 | | |
| 18 | 19 | 20 | 21 | 22 |
| | 1:30 pm Ice Cream Sundaes—sponsored by the Laurels | 9 am—12:30 pm Legal Services—First come, first served | 10 am Foot Clinic, Call Deb for appointment, 269-999-0169 | 10 am Matter of Balance, 8 classes. (Class 6 of 8) |
| | | 9 am—11 am Beginning Windows 11 Computer Class. (week 2 of 8) | 12:30 pm Beginning Stained Glass Class. (week 3 of 5) | |
| | | 10 am Matter of Balance, 8 classes. (Class 5 of 8) | | |
| | | 11 am Men @ Lunch - "Laughter is the Best Medicine, MSU Ext.", Limit to 60, call to sign up, 517-279-6565. | | |
| | | 1 pm Becky's Card Class—Limit 6—See flier. | | |
| 25 | 26 | 27 | 28 | 29 |
| | 1 pm Wii Bowling League | 9 am—11 am Beginning Windows 11 Computer Class. (week 3 of 8) | 12:30 pm Beginning Stained Glass Class. (week 4 of 5) | |
| | | 12:30 pm—1:30 pm Blood Sugar/Blood Pressure Testing by ProMedica | | |
| | | 4 pm—8 pm Open House at the Burnside Center. | | |

Activities at Burnside



STAINED GLASS AND WOOD- WORKING IN THE WOOD SHOP

EXERCISE CLASSES

STEP IN MOTION
STAYIN' ALIVE WITH WEIGHTS
DROP IN TAI CHI
LINE DANCING



EXERCISE ROOM

Equipment Available for Use:
Treadmills, NuSteps,
Stationary Bikes

More information at BurnsideCenter.com

We're here to help Branch County Seniors!



Medicare/Medicaid Assistance Program

Free benefits counseling on Medicare, Medicaid, supplemental programs, prescription drug programs, and more



Free legal services through Legal Services of South Central Michigan

Hearing aid service at the Center monthly by Hopco Hearing

Foot care provided by local Registered Nurses

Blood pressure and blood sugar checks provided by ProMedica Coldwater Regional Hospital





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, with three ready-to-eat meals 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.



JOIN US FOR LUNCH!

Congregate meals are offered in the dining room at the Burnside Center on **Mondays, Tuesdays, and Thursdays from 11:30 a.m. – 12:30 p.m.** This program offers the opportunity for seniors to enjoy a nutritious meal together.

Eligibility: Branch County seniors age 60+ qualify for this program. Completing a brief form on demographic information is required once per year. This can be done at the same time you come to eat your meal.

Both of these services are 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 on these programs, call Mike at 279-6565, ext. 141.

October Events

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|
| 2 | 3 | 4 | 5 | 6 |
| 10 am Alzheimer's Support Group—Call 517-279-6565 for more information | 10 am Foot Clinic, Call Lisa 269-625-4650 for appointment | 9 am—11 am Beginning Windows 11 Computer Class. (week 4 of 8) | 10 am Foot Clinic, Call Deb, 269-999-1069 for appointment | 10 am Matter of Balance, 8 classes. (Class 8 of 8) |
| | 1 pm Wii Bowling League | 10 am Matter of Balance, 8 classes. (Class 7 of 8) | 12:30 pm Beginning Stained Glass Class. (week 5 of 5) | |
| | | 1 pm Low Vision Group | | |
| 9 | 10 | 11 | 12 | 13 |
| 10 am—12 noon Hopco Hearing Service—tech on site | | 9 am—11 am Beginning Windows 11 Computer Class. (week 5 of 8) | 10 am Foot Clinic, Call Deb, 269-999-1069 for appointment | |
| | | 11 am Meet, Greet, and Eat "Bel Canto Singers". Limit to 60, call to sign up 279-6565 | | |
| 16 | 17 | 18 | 19 | 20 |
| 1 pm—Jenga Key Ring, Cost \$5.00, limit 7. Call to sign up 517-279-6565. | | 9 am—11 am Beginning Windows 11 Computer Class. (week 6 of 8) | 10 am Foot Clinic, Call Deb, 269-999-1069 for appointment | |
| | | 11 am Men @ Lunch - "Power of Attorney Papers by Lorrie Miller, attorney". Limit to 60, call to sign up, 517-279-6565 | 1:30 pm Ice Cream Sundaes—sponsored by the Laurels | |
| 23 | 24 | 25 | 26 | 27 |
| | 10 am Foot Clinic, Call Lisa 269-625-4650 for appointment | 9 am—11 am Beginning Windows 11 Computer Class. (week 7 of 8) | | |
| | | 12:30 pm—1:30 pm Blood Sugar/Blood Pressure Testing by ProMedica | | |
| 30 | 31 | | | |
| | 1 pm Wii Bowling League | | | All events subject to change |

Honoring our Vets

SAVE THE DATE!

Burnside Center Veterans Program
Wednesday, November 8, 2023 - 10:00 a.m.
Sign-up begins October 2.

*A Free Service
Provided
By Trained
Counselors*



MEDICARE OPEN ENROLLMENT

October 15 – December 7

*The MMAP Office at the
Burnside Center is now
scheduling appointments,
to help Branch County seniors review
their prescription plan options.*

*For an Appointment
Call
517-279-6565
Ext. 129*



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 Apartments
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
Jeannie's Diner
St. Charles Catholic Church
The LakeHouse (Masonville Place)
Meadowview Senior Apartments

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
Robert W. 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 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.



MICHIGAN STATE
UNIVERSITY

Extension

A MATTER OF BALANCE

Do you have concerns about falling?


Class dates:
Wednesdays and Fridays
Aug 30, Sept. 1, 6, 8, 20, 22
and Oct 4, 6, 2023.

Time: 1:00—3:00 pm EST

Location:
Branch County Commission
on Aging—Burnside Center
65 Grahl Dr.
Coldwater, MI 49036

Coaches:
Zelda Felix-Mottley
mottley@msu.edu
Laura Anderson
ander359@msu.edu
Georgina Guzman
gguzman@msu.edu

Cost: **FREE**



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Mature adults may experience concerns about falling and restrict their activities. A MATTER OF BALANCE has developed a virtual translation that is offered online. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

**Register at the Burnside Center
(517) 279-6565**

A Matter of Balance Managing Concerns About Falls Volunteer Lay Leader Model ©2008

This program is based on Fear of Falling: A Matter of Balance, Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2008, American Society on Aging, Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

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Grandparents
Raising Grandkids

& other family kinship caregivers

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

Where: First Baptist Church 102 Bishop Ave., Coldwater

Dinner provided & on-site childcare is available.

2023 Meeting Dates:

| | |
|---------|---------|
| Jan. 3 | July 11 |
| 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.

517.279.6565






Medical Transportation Services

FREE TRANSPORTATION

To medical appointments both within the county and outside the county



Eligibility:

- Resident of Branch County
- 60 years of age or older

Clients are offered the opportunity to donate toward the cost of their service; however, a donation is not required.

For more information on this service or to schedule an appointment for a medical trip, call Burnside Center at (517) 279-6565.



Funding: The Commission on Aging is supported by funds from the Administration for Community Living, State of Michigan ACLS Bureau, Branch-St. Joseph Area Agency on Aging 3C, Older Americans Act, Older Michiganiacs Act, Branch County Senior Millage, and donations.

BEGINNING
WINDOWS 11
COMPUTER
CLASS

Learn the basics of Windows 11.


Class consists of eight weeks beginning Wednesday, September 13th and ending Wednesday, November 1st.

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



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Senior Volunteer Benefits Include:

- Tax Exempt Stipend
- 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:

1-269-965-7768 or scan our QR Code for quick access.

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Roger A. Bird+ Eric J. Scheske* Timothy J. Reed
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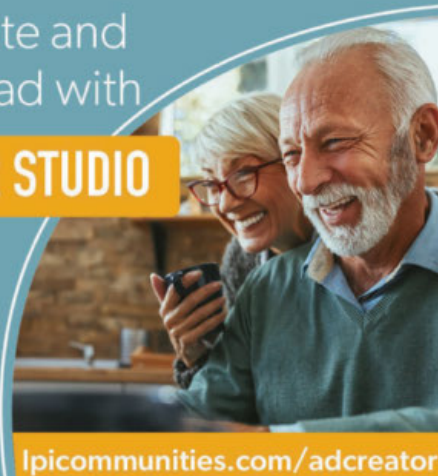


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