

H. & C.

CENTER

Burnside Buzz

Nov. / Dec. 2023

A Publication of the H. & C. Burnside Center



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

CRAFT SHOW!

Join us for the Christmas Bazaar & Bake Sale on Wednesday, December 6 from 9 a.m. - 12:30 p.m. You don't want to miss out on all the festive crafts and baked goods!

Christi AZAA FREE ADMISSION CRAFTS, HANDMADE ITEMS, JEWELRY, STAINED GLASS, HOME DECOR, WHEAT WEAVING, AND SO MUCH MORE! ANDMADE QUILT WILL BE RAFFLED OFF - TICKETS \$5 EACH 9 a.m. - 12:30 p.m. Wednesday, Dec. 6th **Burnside Center** 65 Grahl Dr., Coldwater THOSE WISHING TO DONATE TO THE BAKE SALE PLEASE BRING ITEMS ON TUESDAY AND PLACE IN SMALL KITCHEN AND HAVE PRICED.

urnside Center, 65 Grahl Dr., Coldwater 517.279.6565, www.burnsidecenter.com





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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 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	8 am – 4:30 pm	8 am – 4:30 pm	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	8 am – 4:30 pm	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	8 am – 4:30 pm	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 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	11:30 am - 12:30		12 pm – 4 pm	1 pm Game Day –
Computer Lab	pm Congregate	1 pm Euchre	Computer Lab open,	Ground Hog
open, tech on site	Lunch		tech on site	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 holidays: Veterans Day - Friday, November 10 Thanksgiving - Thursday, November 23 and Friday, November 24 Christmas - Friday, December 22 and Monday, December 25 New Year's - Friday, December 29 and Monday, January 1



Senior Veterans Day Program

Dave Heyduck, Vietnam era

THE HONOR FLIGHT NETWORK

The Honor Flight Network is a national network comprised of independent Hubs working together in furtherance of the Honor Flight mission. In furtherance of this common goal, we have the opportunity to show our nation's veterans the appreciation and honor they deserve. Participation in an Honor Flight trip gives veterans the opportunity to share this momentous occasion with other comrades, to remember friends and comrades lost, and share their stories and experiences with other veterans. All honored veterans travel at no cost to the veteran. The Honor Flight Network is currently serving veterans from the WWII, Korean War, and Vietnam War eras. They also serve terminally ill veterans serving during any era.

Come pay tribute to U.S. Veterans. Guest speaker will be Dave Heyduck, Honor Flight Network. American Legion color guard, Daughters of the American Revolution (DAR), and Joe Renshaw will be here to be part of the program. There will be a free lunch provided for 100 veterans, guest are invited also.

Hosted by Bob Betts and local DAR.

November 8th @ 10 a.m.

Burnside Center, 65 Grahl Drive, Coldwater

Please call and reserve your spot; also, if your picture is not on the "Wall of Heroes", please bring a copy so we can put it up. (see staff)

Will need Name, Rank, Service, and Era that was served.



DO YOU LIKE TO BAKE? WE NEED YOUR HELP!

Donated baked goods are needed for our Craft Bazaar and Bake Sale. Please bring your baked treats, with prices attached, to the Small Kitchen on Tuesday, December 5th!





ATTENTION!

When entering the building, please sign in at the touchscreens with your key tag and touch the activities you are participating in for the day. These statistics are very important for future programming of events.

Register early to avoid class cancellations.

To provide a safe and enjoyable environment for all patrons, we appreciate your adherence to the Personal Conduct Policy, posted in the Atrium.

Senior Snickers by Jonny Hawkins



November Events

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		9 am—11 am Beginning Win- dows 11 Computer Class. (week 8 of 8)	10 am Foot Clinic, Call Deb for appointment,269-999-0169	
All events subject to change		11 am "Meet, Greet, and Eat Journalist Don Reid", Limit to 60, call to sign up, 279-6565	10:45 am Tai Chi for Arthritis (week 5 of 10)	
		1 pm Low Vision Support Group	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 Sup- port Group—Call 517-279 -6565 for more infor- mation		10 am Veterans Program, call to register, 517-279-6565	10 am Foot Clinic, Call Deb for appointment, 269-999-0169	Closed for Holiday
1:30 pm Ice Cream Sun- daes—sponsored by the Laurels			10:45 am Tai Chi for Arthritis (week 6 of 10)	
			11:30am—12:15 pm Piano Music by Duane Clemens	
			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 Foot Clinic, Call Lisa for appointment, 269-625-4650	11 am Men @ Lunch - "Jonny Hawkins, cartoonist", Limit to 60, call to sign up, 517-279- 6565.	10 am Foot Clinic, Call Deb for appointment, 269-999-0169	1 pm Craft Class "Personalized Christmas Sign". Limit 40, Cost \$25.00 call to sign up, 517-279- 6565
11:30am—12:15 pm Music by Kathy Cary		1 pm Becky's Card Class. Limit 5, Cost \$10.00 for 6 cards, call to sign up, 517-279-6565	10:45 am Tai Chi for Arthritis (week 7 of 10)	
			12:30 pm Beginning Stained Glass Class. (week 3 of 5)	
20	21	22	23	24
	10 am Foot Clinic, Call Lisa for appointment, 269-625-4650		Closed for Holiday	Closed for Holiday
27	28	29	30	
	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 8 of 10)	
			12:30 pm Beginning Stained Glass Class. (week 4 of 5)	

Staying Healthy

We do many things to remain healthy. We exercise, pay attention to our diet, take our medications as directed, watch our weight, and get vaccinated. According to the Centers for Disease Control and Prevention, adults ages 65 and older should make sure they are up to date on these vaccines:

- COVID-19
- Flu (influenza) •
- Pneumococcal vaccine
- Shingles vaccine (zoster)
- Tdap (tetanus, diphtheria, and whooping cough) or Td (tetanus and diphtheria)

Other vaccines might be recommended based on your age and health issues. It is important to have a conversation with your health care provider to learn about which vaccines are recommended. Adults aged 60 and older should talk to their provider about the Respiratory Syncytial Virus (RSV) vaccine.

Respiratory syncytial virus (RSV) is a common respiratory virus that usually causes mild, cold-like symptoms. Most people recover quickly but it can also be serious. Older adults, especially with health issues, are more likely to develop severe RSV requiring hospitalization.

There are presently two RSV vaccines for use in adults 60 and older in the United States, RVSPreF3 (Arexvy) and RSVpreF (Abrysvo). Both vaccines contain a part of the RSV virus. The vaccination is a single dose and will protect you for at least two winter seasons.

The RSV vaccine might be recommended if you are 60 or older and have a weakened immune system from illness or from medications. It is also recommended for patients with chronic medical conditions such as heart or lung disease or if you live in a nursing home.

Please know that decisions regarding vaccinations should be made with the input of your healthcare provider. If you have questions or concerns, you may also utilize resources at the Branch, Hillsdale, St. Joseph Community Health Agency. We are always willing to have a conversation regarding your choices for a health lifestyle.

Dr. Karen M. Luparello, DO Medical Director Branch-Hillsdale-St. Joseph Community Health Agency



570 Marshall Road, Coldwater MI 49036 Phone: 517-279-9561 Website: www.bhsj.org



Personalized Christmas Sign

PAINT YOUR OWN LAYERED WOODEN SIGN

CHOOSE WHICH NAME IS ON IT



) Time: 1 pm

Cost \$25, must prepay and state name for sign

NO sign up after Nov. 9th



8 517.279.6565

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



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.



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. Menus can be found online or picked up in the building.

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.

December Events

Monday	Tuesday	Wednesday	Thursday	Friday
				1
All events subject to change				
4	5	6	7	8
10 am Alzheimer's Support Group— Call 517-279-6565 for more information	10 am Foot Clinic, Call Lisa 269-625-4650 for appoint- ment	9am—12:30 pm Christ- mas Bazaar and Bake Sale	10 am Foot Clinic, Call Deb for appointment, 269-999-0169	1 pm Craft Class "Candy Cane Basket" Cost \$20.00, Limit 25. Call to register 517 -279-6565
		1 pm Low Vision Support Group	11:30am—12:15 pm Piano Music by Duane Clemens	
			12:30 pm Beginning Stained Glass Class. (week 5 of 5)	
			10:45 am Tai Chi for Arthritis (week 9 of 10)	
11	12	13	14	15
10 am—12 noon Hopco Hearing Service, tech on site		11 am Meet, Greet, and Eat "Dr Carol Angel, ProMedica". Limit to 60, call to sign up, 279 -6565	10 am Foot Clinic, Call Deb for appointment, 269-999-0169	1:30 pm Ice Cream Sun- daes—sponsored by the Laurels
11:30am—12:15 pm Music by Kathy Cary			10:45 am Tai Chi for Arthritis (week 10 of 10)	
18	19	20	21	22
	10 am Foot Clinic, Call Lisa for appointment, 269-625-4650	11 am Men @ Lunch - "Retired Judge David Coyle, Thoughts on a Career", Limit to 60, call to sign up, 517-279-	10 am Foot Clinic, Call Deb for appointment, 269-999-0169	Closed for Holiday
25	26	27	28	29
Closed for Holiday	1 pm Wii Bowling League			Closed for Holiday

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 onsite Monday-Thursday 12:00pm-4:00pm.



BURN



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Wednesday December 20th Time: 11 a.m. Donations Accepted Must be registered, call 517-279-6565 or stop at front desk. Limit 60. There will be a 50/50 drawing to help with the lunch expense.

Burnside Center 65 Grahl Dr., Coldwater 517-279-65<mark>65, www.burnsidecenter.com</mark>

1



Find the Burnside Buzz at these locations!

MULTIPLE LOCATIONS THROUGHOUT THE COUNTY

ProMedica Coldwater Regional Hospitaloutpatient 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 Michiganian's Act; and Donations.





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- 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. 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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