

### July /August 2025

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

### SAVE THE DATE!



A Better Ending

Tuesday, August 26 4 - 8 p.m.

Come join us for all the information you need to make informed decisions about the end of life. Vendor tables with information and giveaways. Mini-speaking sessions on topics such as pre-planning a funeral, how to write a will, which cemetery to go to, assisted living options, and much more!







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### Meet Our Board & Staff

# Branch County Commission on Aging Board of Directors

Janis Olney, Chairman
Julie Hurley, Vice Chairman
Don Thrasher, Treasurer/Secretary
Gordon Gentry
John Petzko
John Hutchinson
Kimberly Lindsey
Tim Stoll, Branch County Commissioner Liaison

The Board of Directors meets monthly on the third Tuesday at 2:00 p.m. at the Burnside Center. The public is welcome.

#### 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	9:30 am Chair Yoga	9 am – 12 pm Stained Glass Workshop	10 am – Stayin' Alive with
9 am Penny Bingo	9:30 am – 12 pm Watercolor Class	10 am – 12:30 pm Mah-Jongg	9 am Penny Bingo	Weights  1 pm Pinochle
9:30 am - 11:30 am Woodshop Class (on hold until September)	11 am – 4 pm Wood Shop	12 pm – 4 pm Computer Lab open, tech on site	9:30 am – 10:30 am Drop in Tai Chi	1 pm Euchre
10 am Step in Motion	11:30 am – 12:30 pm Congregate Lunch	1 pm Hand & Foot Canasta	11:30 am – 12:30 pm Congregate Lunch	1 pm Game Day – Ground Hog Rummy
11:30 am – 12:30 pm Congregate Lunch	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 Pinochle		12:30 pm Bridge	
12:30 pm Bridge	1 pm China Painting		1pm Line Dance Lessons	
1 pm Hand & Foot	1 pm Game Day –		1:30 pm Beginning	
Canasta	Social Security		Chord Guitar Lessons	
1 pm Euchre			2 pm Book Discussion Group	
1 pm Yarnies (Knitting			3 pm Couples Line	
and Crocheting Group			Dance Lessons	

## Holiday Observance

The Branch County Commission on Aging observes the following holiday:



Independence Day - Friday, July 4

### SUPPORT GROUPS

For more information on these groups, call the Center at 517.279.6565, visit the website at BurnsideCenter.com, or stop in at Burnside to grab a flyer.

### ALZHEIMER'S SUPPORT GROUP - FIRST MONDAY OF THE MONTH 10:00 - 11:00 a.m.

This group is intended for those who are caring for a loved one with Alzheimer's or other similar dementia. This group is facilitated by an experienced caregiver. Please call 279-6565 and give your information so the group facilitator can call you before your first visit.



### PARKINSON'S SUPPORT GROUP - SECOND WEDNESDAY OF THE MONTH 1:00 - 2:00 p.m.

This group is intended to provide support and education for individuals who are diagnosed with Parkinson's disease and their caregivers. This group is facilitated by a professional from Insight Hospital & Medical Center Coldwater. Each meeting has a topic to focus on as well as time to share and connect. Questions can be directed to Jaycie at 517-279-5457.

### LOW VISION SUPPORT GROUP - FIRST WEDNESDAY OF THE MONTH 1:00 - 2:00 p.m.

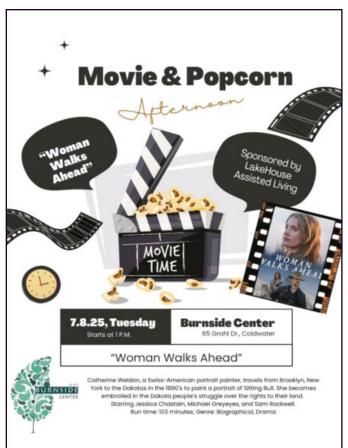
This group is intended to provide support and networking for individuals who are experiencing low vision. This group is facilitated by a community member with knowledge of low vision. Speakers are common as well as sharing tips for living independently with low vision. No RSVP necessary.

### KINSHIP CARE SUPPORT GROUP - FIRST TUESDAY OF THE MONTH 5:30 - 6:30 p.m.

This group is intended to provide support and networking for grandparents raising grandkids and other family members who are raising related children. Child supervision is provided for all children from birth to age 18. Dinner is included at each meeting. RSVP is required. This group meets off-site. Call Amy at 279-6565 to RSVP or to get more information.

### GRIEF SUPPORT GROUP - THIS GROUP IS ON HOLD. WATCH FOR FUTURE DATES.

This group is intended for adults mourning the loss of a loved one. This group is facilitated by a professional from Oaklawn Hospital. This group meets weekly and is time-limited. Call the Bereavement Coordinator, Lisa, at 269-789-3939, ext. 3118 to register.











# July Events

LOOKING FOR REGULAR ACTIVITIES? CHECK PAGE 3, DAILY SCHEDULE.

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
All events subject to change	10 am Foot Clinic, call Lisa for appointment, 269-625-4650	9am "iPhone for Seniors 2", call to reserve spot, limit 30 1 pm Low Vision Group	10 am Foot Clinic, call Deb for appointment, 269-999-0169	Closed for holiday
7	8	9	10	11
10 am Alzheimer's Support Group - Call for more information	<b>9am—11:45 am</b> Legal Services - first come, first served	9:30am - 10:14 am "Rules of the Road, Secrets of Investing" presented by Edward Jones, Allison O'Connell. Call to reserve spot 517- 279-6565, Limit 25	10 am Foot Clinic, call Deb for appointment, 269-999-0169	
<b>11:30 am</b> Music by Kathy Cary	1pm Movie & Popcorn "Woman Walks Ahead" Genre: Drama; run time 103 minutes. Sponsored by LakeHouse Assisted Living.	<b>1 pm</b> Parkinson's Support Group		
14	15	16	17	18
9:30 am "Fraud Bingo" by Marshall Community Credit Union		9am "iPhone for Seniors 2", call to reserve spot, limit 30	10 am Foot Clinic, call Deb for appointment, 269-999-0169	1 pm "Succulent Arrangement" Cost: \$20, Limit 20. (must have 10 to hold class) Sign up 517-279-6565
10 am - 12 noon Hopco Hearing Service - tech on site		1:30 pm Ice Cream Sundae Bar, Sponsored by The Laurels		
21	22	23	24	25
	10 am Foot Clinic, call Lisa for appointment, 269-625-4650		10 am Foot Clinic, call Deb for appointment, 269-999-0169	
28	29	30	31	
		11:30 am-12:30 pm Congregate Lunch "Christmas in July""	11 am—1 pm Blood Pressure/Blood Sugar Testing by LakeHouse Assisted Living	

### MONTHLY SPECIAL LUNCHEONS

The Burnside Center culinary team will create a fun and delicious, themed menu with entertainment as well.

### \$3 suggested donation

No RSVP needed

#### DON'T MISS THIS ONE-OF-A-KIND EVENT EACH MONTH!

### WEDNESDAY, JULY 30TH

Lunch Show 11:30 a.m. - 12:30 p.m. Dinner Show 4:30 p.m. - 5:30 p.m Christmas in July

Live musical performances, ugly sweater contest, and different menus for each show.

### WEDNESDAY, AUGUST 27TH

11:30 a.m. - 12:30 p.m. Senior Congregate Carnival

Themed menu, games, prizes and surprise entertainment.



### ATTENTION!

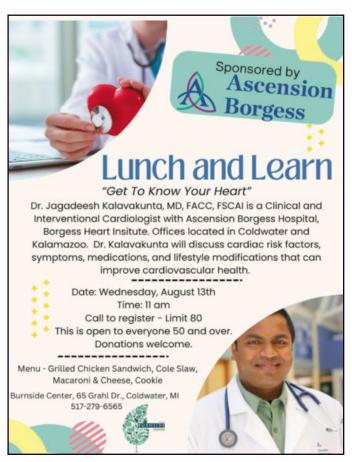
When entering the building, please sign in at the touchscreens with your key tag and touch the activities you are participating in for the day. Register early to avoid class cancellations.

Please add these numbers to your Contacts in your cell phone for "Burnside Center"!

We use these numbers to send automated text messages and robocalls to remind you of activities you've signed up for as well as when we have inclement weather.

517-279-6565 855-490-2072









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.

# August Events

LOOKING FOR REGULAR ACTIVITIES? CHECK PAGE 3, DAILY SCHEDULE.

Monday	Tuesday	Wednesday	Thursday	Friday
All events subject to change	racsady	vvcunesuay	marsaay	1
All events subject to change				10 am Foot Clinic, call Deb for appointment, 269-999-0169
4	5	6	7	8
10 am Alzheimer's Support Group - Call for more information	10 am Foot Clinic, call Lisa for appointment, 269-625-4650	9am "iPhone for Seniors 2", call to reserve spot, limit 30 1 pm Low Vision Group	10 am Foot Clinic, call Deb for appointment, 269-999-0169 11:30 am Music by	
			Duane Clemens  1 pm "Senior Day at the Fair" at the Dearth. Featuring "Big Band Express". Fair free to seniors, must pay for parking.	
11	12	13	14	15
10 am - 12 noon Hopco Hearing Service - tech on site	9am—11:45 am Legal Services - first come, first served	10 am Foot Clinic, call Lisa for appointment, 269-625-4650	10 am Foot Clinic, call Deb for appointment, 269-999-0169	
<b>11:30 am</b> Music by Kathy Cary	1pm Movie & Popcorn "Twisters" Genre: Action/Thriller, run time 122 minutes. Sponsored by Lake House Assisted Living.	_	1:30 pm Ice Cream Sundae Bar, Sponsored by The Laurels	
		1 pm Parkinson's Support Group		
18	19	20	21	22
		9am "iPhone for Seniors 2", call to reserve spot, limit 30	10 am Foot Clinic, call Deb for appointment, 269-999-0169	
25	26	27	28	29
	4 pm - 8 pm "A Better Ending" - see flier at center for more information.	11:30 am-12:30 pm SeniorCongregate "Carnival" Lunch	11 am—1 pm Blood Pressure/Blood Sugar Testing by LakeHouse Assisted Living	

### THE MMAP OFFICE HAS CHANGED NAMES TO SHIP!

It's the same trusted office, doing the same important work—now with a new name.

SHIP is your local State Health Insurance Assistance Program. SHIP provides unbiased help to Medicare beneficiaries, their families, and caregivers. Whether you are new to Medicare, reviewing Medicare plan options, or have questions on how to use your Medicare, SHIP can help.

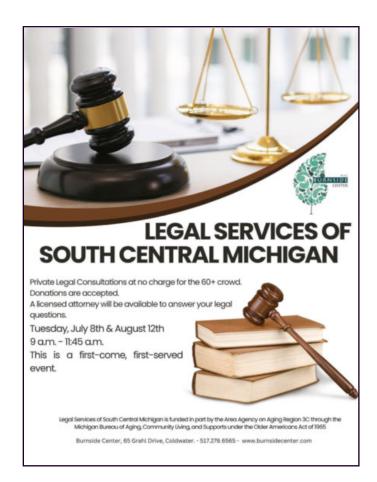
This change is part of a statewide update.

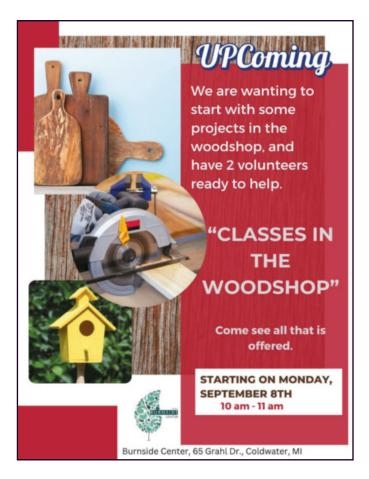
Call the Burnside Center to schedule an appointment with a SHIP counselor, **279-6565 ext. 129** 





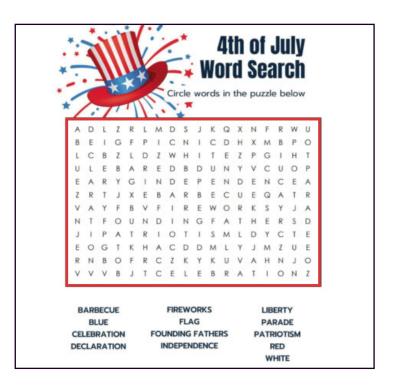












#### Senior Snickers by Jonny Hawkins



### Find the Burnside Buzz at these locations!

### MULTIPLE LOCATIONS THROUGHOUT THE COUNTY

**Insight Hospital & Medical Center Coldwater Branch District Library (all branches)** 

#### **COLDWATER**

**Branch Insurance Agency** 

Farm Bureau (Scott Fair)

St. Charles Catholic Church

The LakeHouse (Masonville Place)

The Goodie Shop

Jeannie's Diner

The Branches and The Meadows Assisted Living (formerly Grand Vista) **Country Knoll Apartments** The Laurels **Drews Place Vcare Pharmacy** Fresenius Dialysis Center Maple Lawn Tibbits Opera House (business office) **Englewood Apartments Coldwater Crossing Apartments BATA Bucklin Law Office Chamber of Commerce** Hope Café **Century Bank and Trust** 

Law Office of Bird, Scheske, Reed, & Beemer

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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
Beltone
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 Michiganian's Act; and Donations.



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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.



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Sturgis, MI 49091 Phone: (269) 651-2445 Fax: (269) 651-4044

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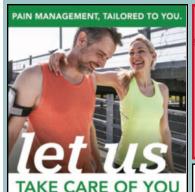


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