

GOLDEN Leaves



INSIDE THIS ISSUE:

- **UPCOMING EVENTS**
- **NEW SAFE+ PROGRAM**
- **BEHIND THE WHEEL**



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NOVEMBER 2023

GROWING TO SERVE

Perennial Park is a private, non-profit organization established in 1983. The Center is a place where persons 50 & older enjoy pleasant surroundings and share new and interesting experiences with their contemporaries. Perennial Park reaches out to provide a variety of programs and services designed to improve seniors' health, support their independence, and encourage involvement in the community.

2 | FROM THE DIRECTOR

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Board members are eligible to serve two, three-year terms. If you are interested in being a board member or if you have any questions please contact Maggi Monroe, Executive Director at (517) 437-2422. Board meetings are held at 3:00 p.m. on the 4th Tuesday of the month, excluding July and December when the board does not meet.



Dear Friends of the Center,

In the spirit of gratitude and celebration, and on behalf of the Hillsdale County Senior Services Center (HCSSC), aka Perennial Park, **THANK YOU** for the praiseworthy support and continued dedication in the pursuit of helping us help others. We are deeply grateful to count you as a Perennial Park Partner.

Every day, Perennial Park makes a difference in the lives of older adults (and their families) in Hillsdale County. Whether it is a warm meal delivered with a smile, in-home assistance, on-site Respite Care, engagement in the numerous life enrichment and life-learning opportunities, simply visiting to socialize, or enjoying congregate lunch, the impact is consistent, measurable, deliberate, and profound. **With your support**, we are blessed to work together to help people remain independent at home and involved in the community.

Perennial Park will not be participating in Hillsdale County Community Foundation's (HCCF) 2023 Great Give Day planned for November 28, 2023. In lieu of this collective community wide connection, benefiting local non-profits substantially, Perennial Park will host a "Giving to Grow" open house celebration on **November 20, 2023**. Please join us to celebrate Perennial Park by enjoying some light refreshments, touring the building, meeting the staff, learning about services, or ways to enjoy all that is offered. Perennial Park kindly requests Give Where You Live donors or those interested in pledging to the Center, contact Marketing & Communications Coordinator at 517-437-2422 ext. 108 or gbroesamle@hillsdaleseniors.org.

Your most appreciated contribution is tax deductible and can be made in one of the following ways:

1. **Participate in the HCSSC Giving to Grow event on November 20, 2023.** Donations can be made in person on **November 20th, 2023**, between **9:00 a.m. to 4:00 p.m.** at Perennial Park (located at 320 W. Bacon St. Hillsdale).

2. **Use the enclosed donation envelope** and mail your contribution directly to Perennial Park.

3. **Contribute securely through our website at:** www.hillsdaleseniors.org (scan the QR code to reach site as well) - Please type "Giving to Grow" in the description of your payment.

Stay Amazing,

Maggi Monroe
Executive Director



AROUND THE CENTER

A Look Back at Center Activities.....6-7

ASK THE NURSE

The Human Touch.....8-9

FITNESS & LIFELONG LEARNING

Ten Ideas to Improve Function in Older Adults.....10-11

FINANCE & MONEY

SAFE+ Program.....12-13

ACTIVITIES CALENDARS

November and December.....14-15

RECOGNITIONS.....16

IN THE KITCHEN

Meeting your Protein Needs.....18

Homemade Holiday Treats.....19

PERENNIAL PARK WISH LIST.....20

BIRTHDAYS

November & December21

BEHIND THE WHEEL

A Day in the Life of a Meals of Wheels Driver.....22

MAINTENANCE MINUTES24

IN SYMPATHY AND DONATIONS.....26

Pictured on front cover: Staff posing with our float for the Hillsdale County Fair Parade



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4 | NOVEMBER LUNCH MENU

MON	TUES	WED	THURS	FRI
You can find the December Lunch Menu on our website (www.hillsdaleseniors.org) or pick one up at the Center located at 320 W. Bacon Street in Hillsdale, MI!		1 Salisbury Steak Scalloped Potatoes Broccoli Mandarin Oranges Milk	2 BBQ Chicken Fries Brussel Sprouts Tropical Fruit Milk	3 Pizza Prince Charles Veggies Apple Crisp Milk
6 Veggie Burger Redskin Fries Winter Blend Veggies WW HB Bun Applesauce Milk	7 Vegetable Beef Soup Cols Slaw Slice of Raisin Bread Pears Milk	8 Pulled Pork Steak Fries Broccoli WW HB Bun Apple Milk	9 Stuffed Peppers Cauliflower Carrots Banana Milk Men's Breakfast at 8am	10 Chicken over Biscuit Spinach Orange Milk
13 Pasta w/ Meat Sauce Mixed Vegetables Garlic Bread Juice Milk Milk	14 Chicken & Rice Soup 3 Bean Salad Crackers Apple Milk	15 Slice of Ham Scalloped Potatoes Carrots Peaches Milk Women's Breakfast at 9 am	16 Beef Hot Dog Baked Beans Prince Ed Isl Veggies WW HB Bun Banana Milk	17 Fish Rice Stewed Tomatoes Tartar Sauce Packet Cake & Ice Cream Milk Happy Birthday!
20 Grilled Chicken Patty Sweet Potato Puffs Diced Beets WW HB Bun Applesauce Milk	21 Beef Chili Side Salad Crackers Orange Milk	22 Thanksgiving Dinner Turkey & Stuffing Green Bean Casserole Cranberry Sauce WW Roll Pumpkin Pie Milk	23 HAPPY THANKSGIVING! CENTER IS CLOSED FOR THE HOLIDAY!	24 CENTER IS CLOSED FOR THE HOLIDAY!
27 Corn Dog Fries Prince Charles Veggies Banana Milk	28 Cream of Mushroom Soup Side Salad Oyster Crackers Apple Milk	29 Chicken Nuggets Tater Tots Carrots Tropical Fruit Milk	30 Beef Patty w/ Gravy Mashed Potatoes Garden Veggies Juice Milk	



BUSINESS HOURS

Monday-Friday

8:30 a.m.—4:30 p.m.

FITNESS CENTER HOURS

Monday-Thursday

6:00 a.m.—6:00 p.m.

Friday: 6:00 a.m.—4:00 p.m.

Friday: 8:00 a.m.—Noon

VISIT OUR WEBSITE!

 www.hillsdaleseniors.org 

Stay up to date on Center activities, the daily lunch menu, and upcoming special events!



Designer Purse Bingo

Saturday, November 4th at 5:00 p.m. at Perennial Park

Tickets: \$45 - On sale starting October 20th

Purchase at the Center



Giving to Grow Day

Monday, November 20th, 2023

9:00 a.m. to 4:00 a.m. at Perennial Park

Help support Perennial Park's mission & vision!



Tim Hampton

Josh Hampton

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By: Grace Broesamle, Marketing and Communications Coordinator

Autumn has arrived and now we are getting ready for the holidays! We are super excited here at the Center for all the upcoming events, but before I talk about those, let's take a look back on Center events from the past couple months.

The **Senior Picnic** that we held on September 9th was a huge success! Thank you to all who came and participated in the event. Also thank you to all of the performers who offered entertainment during the meal. We love offering these types of events to the community and seeing everyone come together to have a good time. Thank you to our sponsors for the event: *Eagle Funeral Homes, Hillsdale Hospital, County National Bank, American 1 Credit Union, and WellWise Area Agency on Aging.*



Perennial Park also had a booth at the **Hillsdale County Fair** in the Merchant's Building. Thank you to everyone who stopped by and to those who helped out at the booth. Our Health & Wellness Coordinator, Shane Spahr, organized the **Senior Day** entertainment at the Fair. We had cardio drumming, skits, cloggers, and more! Thank you to Shane, all of the people who came to perform, and all who came to watch!

On October 13th, we held our **Annual Health Fair** and it was a blast! We had a tremendous turnout and we are so happy that so many of you came out to learn more about health and meet with the local organizations that

can help you with that! There were 25 vendors in total, including a vaccine clinic thanks to County Pharmacy and WellWise Area Agency on Aging. We had so much fun planning it and we are happy that the community enjoyed it so much!



Thank you to all of our sponsors for helping us put on the event: *Eagle Funeral Homes, Barrett Insurance, Omega Physical Therapy, Hillsdale Hospital, Hillsdale Family Chiropractic, C&H Care Center, American 1 Credit Union, and WellWise Area Agency on Aging.*



Now that we've covered the past events, let's look to the future!

First up, we will be having our **Designer Purse Bingo** on Saturday, November 4th at 5:00 p.m. at Perennial Park. All of the proceeds from this event will go towards the services that we provide at the Center! There will be 20 purses that you could win as well as a mystery purse! We will also have a raffle to win some specialty baskets and gifts that local organizations have donated. It should be a lot of fun and we hope you enjoy it!

The Center will be hosting our **Giving to Grow Day** on Monday, November 20th from 9 a.m. to 4 p.m. Please stop by to donate to support the Center's mission and vision and take a tour of the building! Snacks and light refreshments will be provided. We hope to see you there!

Next, we will be having our **Thanksgiving Dinner**

on Wednesday, November 22nd at noon. We will be having turkey with all of the fixings. Please stop by and enjoy some time with other people around the community!

Then in December, we will be hosting our **Christmas Dinner** on Friday, December 22nd at noon. All are welcome to come and enjoy the feast! We hope to see you there to enjoy the holiday festivities!

To stay up to date on all of our events and activities, follow us on Facebook (Hillsdale Senior Center), go to our website (www.hillsdaleseniors.org), call us at 517-437-2422, or stop by the Center located at 320 W. Bacon Street in Hillsdale!



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The Human Touch

By: Maggi Monroe, RN BSN, Director of Nursing

Humans are social creatures; our diverse connection to others enables us to survive and thrive. Research has linked longevity and socio-emotional health with social interaction and engagement in meaningful and productive activities. Loneliness and social isolation are correlated but defined separately. Loneliness is the distressing feeling of being alone. In comparison, social isolation is a lack of social connections and the inability to interact with others regularly. Additionally, social isolation increases the risk of elder abuse, a largely invisible problem, partly because older adults are frequently isolated. Therefore, advocacy and continuous improvement of life enrichment and lifelong learning opportunities remain a core measure for Perennial Park in due diligence to those the Center serves.

The power of human connection is remarkable! Physiological effects of human touch include the release of oxytocin, which stimulates the release of other feel-good hormones such as dopamine and serotonin. Conversely, reduced stress hormones such as epinephrine and cortisol boost physical and mental wellness. Although it may seem we are always connected thanks to social media and smartphones, a different perspective may challenge this notion couldn't be farther from the truth.

I had just spent an hour in the bank with my father, as he had to transfer some money. I couldn't resist asking:

"Dad, why don't you activate internet banking?"

"Why would I do that?" he replied.

"Because then you won't have to spend an hour here for things like that transfer. You can even do your shopping online. Everything will be so easy!"

I was so excited about introducing him to the exciting world of online banking. He thought a minute, then answered, "If I do that, I won't have to step foot out of the house."



People have forgotten what the human touch is, what it is to smile, for somebody to smile at them, somebody to recognize them, somebody to wish them well. The terrible thing is to be unwanted.

— Mother Teresa —



"Yes, yes," I said. I told him how even groceries can be delivered to your front door now, and how Amazon delivers everything! His answer left me speechless.

He replied, "Since I entered this bank today, I have met four of my friends. And I have chatted for a while with the staff who know me very well by now. You know that I am alone. This is the company that I needed. I like to get ready and come to the bank. I have more than enough time. It is the physical touch that I crave. Two years ago, I got sick, and the shop owner where I buy my fruit came to see me and sat by my

bedside and cried. When your mum fell down a few days ago during her morning walk, our local grocer saw her and immediately brought his car to rush her home, as he knows where I live. Would I have that "human touch" if everything became online? Why would I want everything delivered to me, forcing me to only interact with my computer? Does Amazon deliver this as well? Technology isn't life. Spend time with people. Not with devices.

Author Unknown
Retrieved from [Sabal Harbour, Nextdoor Neighbor \(msn.com\)](https://www.msn.com/story/nextdoor-neighbor/2020/09/08/author-unknown-retrieved-from-sabal-harbour-nextdoor-neighbor-masn-com/)

References

[Social isolation, loneliness in older people pose health risks | National Institute on Aging \(nih.gov\)](https://www.nia.nih.gov/health/publication/social-isolation-loneliness-older-people-pose-health-risks)

Charles, S., & Carstensen, L. L. (2010). Social and Emotional Aging. *Annual Review of Psychology*, 61, 383. <https://doi.org/10.1146/annurev.psych.093008.100448>

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TAKE TEN

Associate Editor: Charles J. Fountaine, Ph.D., FACSM

10

SHAREABLE RESOURCE

by Charles J. Fountaine, Ph.D., FACSM

Ten Exercise Snacks

1 SNACK ATTACK. The idea of spreading exercise snacks throughout the day was the genesis of a unique proof of concept study that looked at the utility of sprint snacks. Whereas many readers of ACSM's *Health & Fitness Journal*® may be familiar with the popular "1-minute workout" routine of a 20-second all-out cycling bout interspersed with 3 minutes of rest repeated three times, researchers took this same protocol but separated the all-out bouts with 1 to 4 hours of rest. Modest improvements in cardiorespiratory fitness were observed showing the potential efficacy of the exercise snack.

2 STEP TO IT. Based on the success of the sprint snacks protocol, the same research team decided to investigate if stair climbing could harness the same success. One such study had participants climb three flights of stairs consisting of 60 steps, one step at a time, performed three times a day with 1 to 4 hours in between bouts. After 6 weeks of this 3-day-a-week stair climbing protocol, a 5% increase in cardiorespiratory fitness was observed, almost identical findings to the cycling protocol! Additional research has examined bouts of stair climbing ranging from 20 seconds to 1 minute, all showing promise as a practical and time-efficient strategy.

3 WALK THIS WAY. For individuals who can simply get up and take a brief walk on a treadmill or take a quick jaunt around the office, interrupting sitting with 1 to 2 minutes of light to moderate intensity walking once every 20 to 30 minutes has been shown to reduce postprandial glycemia and insulin responses, potentially helping lower the risk of cardiometabolic disease.

4 STAND AND DELIVER. The act of repeatedly standing up from a chair coupled with a calf raise is a simple workplace exercise snack to implement for individuals who are unable to leave their workstation. Set an online metronome and start out at a pace of one squat every 4 seconds. Research examining this protocol performed every 30 minutes over 7.5 hours reduced postprandial insulinemia in healthy adults.

5 DON'T SKIP THE COMMERCIALS. Stepping in place at a moderate pace (100–120 steps/minute) during TV commercials has been shown to be a clever way of breaking up prolonged sitting as an exercise snack. During 60 minutes of TV watching, participants took more than 2,000 steps by simply stepping during the commercials, the equivalent of walking 1 mile!

6 EXCUSE ME. For individuals looking for a more vigorous exercise snack, look no further than the infamous burpee. Squat down, kick the feet back, descend into a push-up, return to the squat position, then explode up with arms overhead, that's one rep! For those who might find the traditional burpee a bit much, modifications such as eliminating the push-up or jump can markedly decrease the intensity.

7 THINK BIG. Physical and occupational therapists have long known the value of big, overexaggerated movements to help Parkinson patients. One such exercise that can serve as an effective exercise snack to address both leg strength and upper body mobility is a modification of the BIG sit to stand. Sit at the end of a chair with a big upright posture. Reach forward as far as you can with your arms extended out so that your hips come off the chair. Drive your arms back with your palms open and fingers extended as you stand up into a big upright posture. Return to the starting position and repeat as desired!

8 PICK A CARD, ANY CARD. A deck of playing cards can provide a fun way to insert some variety into your exercise snack menu. Assign each suit your favorite exercise of choice and then, depending on the number on the card, perform that many repetitions of the exercise before drawing your next card for whatever predetermined time period you wish. Low- and high-intensity calisthenic exercises coupled with exercises that address flexibility/mobility all make great options that are only limited by your creativity!

9 PULLING US APART? Anyone who has sat at their computer workstation for a prolonged period has experienced slouching of their upper back, which sometimes can feel uncomfortable. Band pull-aparts can be a very savvy exercise snack selection to perform throughout the day to address the postural muscles of the upper back and rear deltoids. Whether standing or seated, simply take a piece of rubber tubing or exercise band and extend your arms in front of you and pull the band apart. This exercise can be performed with a variety of grips (thumbs in vs. thumbs out) and angles (chest height vs. diagonals), so customize as you see fit!

10 NOW THAT'S A STRETCH. Sometimes, the best choice for an exercise snack can simply be a relaxing stretch or mobility exercise. One such exercise has been nicknamed the world's greatest stretch. Hyperbole aside, this exercise does check a lot of boxes and can be easily implemented. Take a big step forward with your right leg into a lunge position and place your left hand on the floor. Next, gently lower your right elbow to the instep of your right foot and feel a deep stretch in your hips; if you can't reach the floor, just go as low as your mobility allows. Next, with your left hand still planted on the floor, gently twist your upper body to the left and reach for the sky with your right hand. Come back to the starting position and repeat with the other side.

Charles J. Fountaine, Ph.D., FACSM, is a professor and the program coordinator of the Exercise and Rehabilitation Sciences major at the University of Minnesota Duluth. Dr. Fountaine teaches courses in research methods and the science of resistance training. He was an associate editor for the 11th edition of ACSM's Guidelines for Exercise Testing and Prescription.

Cardio Drumming with Dayton Lyons: Monday, Wednesday, & Saturday | 9:30 a.m.

It brings together drumsticks, an exercise ball, and an exercise ball stand to create one of the most fun workouts you will ever do.

SilverSneakers Classic: Tuesdays & Thursdays | 11:15 a.m.

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SilverSneakers EnerChi: Tuesdays & Fridays | 10 a.m.

Combines easy -to-learn tai chi forms and qigong exercises to improve well-being through mindful movement. Attention is given to transferring weight smoothly, maintaining postural control, and focused breathing techniques. It builds muscular endurance without strain on your joints.

SilverSneakers Stability: Mondays | 11:15 a.m. and Wednesdays | 10 a.m.

Improve balance and flexibility with this higher energy class. Note: This class is rated 3 out of 5 stars for SilverSneakers difficulty and is intended for ACTIVE seniors.

SilverSneakers Yoga: Wednesdays & Fridays | 11:15 a.m.

Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.



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SAFE Program Upgrade: SAFE+

By: Maribeth Kaltz, SAFE+ Program Coordinator/Case Manager

Great News!!

The SAFE Program grant from the State of Michigan Department of Health and Human Services was successfully approved. This means that FREE fraud prevention and recovery assistance will continue to be available to any Hillsdale County older adult. It is now called SAFE Plus (+) because the new program will be offering additional benefits such as community day trips and more lifelong enrichment classes. A new brochure and a calendar of events are in the process.

Maribeth Kaltz—SAFE Case Manager

Hillsdale County Senior Services Center
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(517)437-2422 Ext. 171 or 1-800-479-3348
mkaltz@hillsdaleseniors.org

Meet with Maribeth:

Mon, Wed, & Fri: 10 a.m.—4 p.m.

World Health Organization Facts

While doing research for the grant proposal, startling facts were noted by the World Health Organization. In 2022, it was confirmed that 1 in 6 people sixty years and older experienced elder abuse in the past year. Covid-19 made the situation worse since many people were confined to their homes for long periods of time. Elder abuse often leads to physical, financial, and psychological consequences. Sadly, the number of victims will increase due to our aging population.

How SAFE + Can Help Hillsdale Residents

- Personal assistance to help you navigate through stressful Identity theft issues.
- Help recovering from fraudulent activity such as scams.
- One-on-one coaching sessions to learn preventative strategies.
- Free credit reports, fraud alerts and/or freezes on your report.



Community Goals

Research has shown that many victims are lonely or without family support. In an effort to change this, SAFE+ will be targeting these individuals to participate in the day trips and in the enrichment classes.

You will be notified of these events through our Golden Leaves Newsletter, the WCSR Radio station, and the Perennial Park monthly activity calendar.

Please remember that I am available to speak to service groups, community organizations, and church groups about the SAFE+ Program.

Perennial Park's
SAFE+ Program

Maribeth Kaltz, Case Manager
 (517)437-2422
 mkaltz@hillsdaleseniors.org
 320 W. Bacon Street in Hillsdale

Perennial Park is enhancing our SAFE Program to SAFE+! This program is FREE and will continue to offer:

- Personal identity theft recovery assistance
- Credit Reports & Fraud Alerts
- Community Presentations
- Financial coaching and fraud prevention strategies

The enhanced program will now offer:

- Socialization Day Trips
- Fraud Protection workshops
- Money Smart workshops

PERENNIAL PARK
 HILLSDALE COUNTY SENIOR SERVICES CENTER

This program is funded through the PRVNT 2024 grant through the State of Michigan's Department of Health & Human Services.
 This program will be funded from 10/01/2023 to 9/30/2024

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14 | ACTIVITIES IN NOVEMBER

MON	TUES	WED	THURS	FRI	SAT
New Activities: Bingo Zumba Fit Camp SAFE+ Handcrafting Club Bereavement Classes		1 10am: SS Stability 10am-4pm: SAFE + 11:15am: SS Yoga 1-3pm: Euchre 1-3pm: Handcrafting Club	2 9am-1pm: Aromatouch 9:30: Cardio Drum 11:15am:SS Classic 1-3pm: Pinochle 1-3: Woodcarvers	3 9am: Coffee Hour 10am: SS Enerchi 10am-4pm: SAFE+ 11:15am: SS Yoga 1-2: FinFirstFriday 1-3pm: Euchre 1-3: The Green Planet 3:30: Fit Camp	4 9:30am Cardio Drumming 8am-12pm Fitness Center Open 5pm: Purse Bingo
6 9:30am Cardio Drumming 10am-4pm: SAFE + 11:15am: SS Stability 1-3:Pedro (Cards) 5-6pm: Bell Choir	7 10 am: SS Enerchi 10am-Noon: Bereavement 11:15am: SS Classic 1-2pm: Bingo 1-3pm: Mahjong 1-3pm: Game Day 1:30-3pm: Caregiver Cafe	8 10am: SS Stability 10am-4pm: SAFE+ 11:15am: SS Yoga 1-3pm: Euchre 1-3pm: Handcrafting Club	9 9:30: Cardio Drum 11:15am:SS Classic 1-3pm: Pinochle 1-3: Woodcarvers 2-3:30:Parkinson's Support Group 4-6pm: Karaoke	10 9am: Coffee Hour 10am: SS Enerchi 10am-4pm: SAFE+ 11:15am: SS Yoga 1-3pm: Euchre 1-3: Movie &Popcorn 3:30: Fit Camp	11 9:30am Cardio Drumming 8am-12pm Fitness Center Open
13 9:30am Cardio Drumming 10am-4pm: SAFE+ 10:30-4pm: Empty Bowls 11:15am: SS Stability 1-3:Pedro (Cards) 5-6pm: Bell Choir	14 10 am: SS Enerchi 11:15am: SS Classic 1-2pm: Bingo 1-3pm: Mahjong 1-3pm: Game Day 1:30 pm: Zumba	15 10am: SS Stability 10am-4pm: SAFE+ 11:15am: SS Yoga 1-3pm: Euchre 1-3pm: Handcrafting Club	16 9am-1pm: Aromatouch 9:30: Cardio Drum 11:15am:SS Classic 1-3pm: Pinochle 1-3: Woodcarvers	17 9am: Coffee Hour 10am: SS Enerchi 10am-4pm: SAFE+ 11:15am: SS Yoga 1-3pm: Euchre 1-3: The Green Planet 3:30: Fit Camp	18 9:30am Cardio Drumming 8am-12pm Fitness Center Open
20 8:30am-4:30pm Give to Grow Day 9:30am Cardio Drumming 10am-4pm: SAFE + 11:15am: SS Stability 1-3:Pedro (Cards) 5-6pm: Bell Choir	21 10 am: SS Enerchi 11:15am: SS Classic 1-3pm: Mahjong 1-2pm: Bingo 1-3pm: Game Day 1:30 pm: Zumba	22 10am: SS Stability 10am-4pm: SAFE+ 11:15am: SS Yoga 12pm: Thanksgiving Dinner 1-3pm: Euchre 1-3pm: Handcrafting 2-3:30pm: Alzheimer's SG	23 Happy Thanksgiving! CENTER IS CLOSED FOR THE HOLIDAY!	24 CENTER IS CLOSED FOR THE HOLIDAY!	25 9:30am Cardio Drumming 8am-12pm Fitness Center Open
27 9:30am Cardio Drumming 10am-4pm: SAFE + 11:15am: SS Stability 1-3:Pedro (Cards) 5-6pm: Bell Choir	28 10 am: SS Enerchi 11:15am:SS Classic 1-2pm: Bingo 1-3pm: Mahjong 1-3pm: Game Day 1:30 pm: Zumba	29 10am: SS Stability 10am-4pm: SAFE+ 11:15am: SS Yoga 1-3pm: Euchre 1-3pm: Handcrafting Club	30 9am-1pm: Aromatouch 9:30: Cardio Drum 11:15am:SS Classic 1-3pm: Pinochle 1-3: Woodcarvers	General Board Meetings (Open to the Public): Tuesday, November 28th at 3pm No meeting in December	

ACTIVITIES IN DECEMBER | 15

MON	TUES	WED	THURS	FRI	SAT
Support & Assistance Blood Pressure Kiosk: Made possible by the Hillsdale County Community Foundation. Get your blood pressure checked and receive a printout for your records. Available based on an as-based basis. MMAP Program: Helps with different Medicare options, types of coverage and enrollment. Whether it be Part A (hospitalizations), Part B (medical), or Part D (prescriptions), a Medigap plan or if you need extra help with Part D and premiums and drug costs, if you meet a certain eligibility requirements. Open Enrollment OCT-DEC. Notary Public Services: Perennial Park has registered Notary Publics on staff. Please call ahead before visiting. Volunteer Non-Emergency Transportation: Please call Transportation Services to set up. 517-437-2422 ext. 117				1 9am: Coffee Hour 10am: SS Enerchi 10am-4pm: SAFE+ 11:15am: SS Yoga 1-2: FinFirstFriday 1-3pm: Euchre 1-3: The Green Planet	2 9:30am Cardio Drumming 8am-12pm Fitness Center Open
4 9:30am Cardio Drumming 10am-4pm: SAFE + 11:15am: SS Stability 1-3: Pedro (Cards)	5 10 am: SS Enerchi 11:15am: SS Classic 1-2pm: Bingo 1-3pm: Mahjong 1-3pm: Game Day 1:30 pm: Zumba 1:30-3pm: Caregiver Cafe	6 10am: SS Stability 10am-4pm: SAFE + 11:15am: SS Yoga 1-3pm: Euchre 1-3pm: Handcrafting Club	7 9:30: Cardio Drum 11:15am: SS Classic 1-3pm: Pinochle 1-3: Woodcarvers	8 9am: Coffee Hour 10am: SS Enerchi 10am-4pm: SAFE+ 11:15am: SS Yoga 1-3pm: Euchre 1-3: Movie & Popcorn	9 9:30am Cardio Drumming 8am-12pm Fitness Center Open
11 9:30am Cardio Drumming 10am-4pm: SAFE + 11:15am: SS Stability 1-3: Pedro (Cards)	12 10 am: SS Enerchi 11:15am: SS Classic 1-2pm: Bingo 1-3pm: Mahjong 1-3pm: Game Day 1:30 pm: Zumba	13 10am: SS Stability 10am-4pm: SAFE + 11:15am: SS Yoga 1-3pm: Euchre 1-3pm: Handcrafting Club	14 9-1: Aromatouch 9:30: Cardio Drum 11:15am: SS Classic 1-3pm: Pinochle 1-3: Woodcarvers 2-3:30: Parkinson's SG 4-6pm: Karaoke	15 9am: Coffee Hour 10am: SS Enerchi 10am-4pm: SAFE+ 11:15am: SS Yoga 1-3pm: Euchre 1-3: The Green Planet	16 9:30am Cardio Drumming 8am-12pm Fitness Center Open
18 9:30am Cardio Drumming 10am-4pm: SAFE + 11:15am: SS Stability 1-3: Pedro (Cards)	19 10 am: SS Enerchi 11:15am: SS Classic 1-2pm: Bingo 1-3pm: Mahjong 1-3pm: Game Day 1:30 pm: Zumba	20 10am: SS Stability 10am-4pm: SAFE + 11:15am: SS Yoga 1-3pm: Euchre 1-3pm: Handcrafting Club	21 9:30: Cardio Drum 11:15am: SS Classic 1-3pm: Pinochle 1-3: Woodcarvers 1:00pm: Kinship Care SG	22 9am: Coffee Hour 10am: SS Enerchi 10am-4pm: SAFE+ 11:15am: SS Yoga 12pm: Christmas Dinner 1-3pm: Euchre 1-3: Movie & Popcorn	23 9:30am Cardio Drumming 8am-12pm Fitness Center Open
25 Merry Christmas! CENTER IS CLOSED FOR THE HOLIDAY!	26 CENTER IS CLOSED FOR THE HOLIDAY!	27 10am: SS Stability 10am-4pm: SAFE + 11:15am: SS Yoga 1-3pm: Euchre 1-3pm: Handcrafting Club 2-3:30pm Alzheimer's SG	28 9am-1pm: Aromatouch 9:30: Cardio Drum 11:15am: SS Classic 1-3pm: Pinochle 1-3: Woodcarvers 4-6pm: Karaoke	29 9am: Coffee Hour 10am: SS Enerchi 10am-4pm: SAFE+ 11:15am: SS Yoga 1-3pm: Euchre 1-3: The Green Planet	30 9:30am Cardio Drumming 8am-12pm Fitness Center Open

EMPLOYEE OF THE QUARTER: KELLY COOK



Congratulations to Kelly Cook for being the Perennial Park's Employee of the Quarter! Kelly does an outstanding job as our Nutrition Coordinator here at the Center. She always has a great attitude and makes Perennial Park a wonderful place to be whether you are working here or just visiting. Her bubbly and friendly personality bring a light and warmth to the Center and we are so happy to have her here with us! She was chosen for this award because she is always willing to help out wherever it is needed and isn't afraid to try new things to help Perennial Park run smoothly. We look forward to working with her more in the future !

VOLUNTEER OF THE QUARTER: DIANA MCCOSH



Congratulations to Diana McCosh for being our Volunteer of the Quarter! Diana volunteers her time to the Center by offering Aromatouch Hand and Foot Massages for the clients. We have been offering them monthly, but now she will be here on a bi-weekly basis (every other Thursday) from 9am to 1pm. It is free to come to the sessions, but feel free to leave a tip if you so chose. We are so grateful to have such a wonderful activity to add to offer the community and it wouldn't be possible without the generosity of Diana. The Center deeply appreciates all of the time that she has given to the community and we look forward to having her around even more!

ADC LEGACY MEMBER OF THE QUARTER: GERALD A.K.A. JERRY



Gerald (who prefers to go by "Jerry") attends the Legacy Club with his bright outlook and enthusiasm. Jerry resides in Litchfield MI., with his wonderful wife Joyce of 54 yrs. while enjoying spending time with their two children and one grandson. Jerry served in the Army working in the Artillery field. After the Army he made a career in advertising. His favorite memories are of growing up on a dairy farm. Jerry loves being outdoors and sharing his enthusiasm for music and dancing. Jerry enjoys making potholders using a loom, which won him fifth place at the Hillsdale County Fair this year. When asked what brings him pleasure at the Legacy Club, Jerry replied, "The socialization and making lots of crafts." Thank you, Jerry for being a great addition to Legacy Club!

Caregiver Café: First Monday of every month | 1:30–3:00 p.m.

Caregiver Café is a non-disease specific support group that provides encouragement, support, and resources from a universal perspective to uplift caregivers.

Parkinson's Support Group: Second Thursday of every month | 2:00–3:30 p.m.

Parkinson's Disease (PD) is a chronic, progressive, neurological disorder resulting from the loss of brain cells that control motor functions. Through educational programs, guest speakers and discussion, the group members learn practical strategies for living with PD. All information shared in the group is confidential and privacy is maintained.

Kinship Care Support Group: Third Thursday of every month | 1:00–2:30 p.m.

Designed to give those raising a child, of a family member: support and guidance for difficult situations they may encounter. It is a valuable resource for many caregivers and includes a comprehensive library on issues related to raising children. The services provided by Kinship Care are peer group meetings, guest speakers on specific topics, assistance with financial and legal issues, counseling, and tutoring resources.

Alzheimer's Support Group: Fourth Wednesday of every month | 2:00–3:30 p.m.

Alzheimer's is a type of dementia that causes problems with memory, thinking, and behavior. The Alzheimer's support group is available to caregivers, family, or friends of someone with any type of dementia or short-term memory loss. Through discussion, the group members learn practical strategies for providing care to their loved ones, while also caring for their own physical, emotional, and social well-being. All information shared in the group is confidential and privacy is maintained.



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HOW TO MEET YOUR PROTEIN NEEDS

By: Sarah Chapel, RDN, CDCES

Protein provides energy and helps build and repair body cells. Protein is made up of building blocks called amino acids. The human body can make some amino acids; other amino acids must come from the foods we eat. Protein foods include all foods made from seafood, meat, poultry, eggs, beans, peas, lentils, nuts, seeds, and soy products.

Many Americans get the right amount of protein needed from meat, poultry, and eggs, but do not meet the recommendations for seafood or nuts, seeds, and soy products. Meeting this can help increase the amount of important nutrients your body needs, like unsaturated fats, dietary fiber, and vitamin D. It also helps limit the amount of sodium and saturated fats from you get from processed meat and poultry.

Eat a variety of protein foods to get more of the nutrients your body needs. Choose lean cuts of meat and poultry such as 93% lean ground beef, pork loin, and skinless chicken breasts. Choose seafood options that are higher in healthy fatty acids (called omega-3s) and lower in methylmercury, such as salmon, anchovies, and trout.

How much protein do I need each day?

The Recommended Dietary Allowance (RDA) for protein is 0.8 grams of protein per kilogram of body weight, or 0.36 grams per pound. The RDA is the amount of a nutrient you need to meet your basic nutritional requirements. In other words, it's the minimum amount you need to keep from getting sick – not the specific amount you are supposed to eat every day. If one-quarter to one-third of your plate at each meal is covered with a protein rich food, you can get the amount of protein needed.

Timing of Protein Intake

Spread out protein consumption evenly throughout the day. On average, people tend to get most of their protein during evening meals and the least amount at breakfast. Some newer studies show moving some protein from supper to breakfast can help with weight management by decreasing hunger and cravings throughout the day. General recommendations are to consume 15–30 grams of protein at each meal. Studies show higher intakes – those more than 40 grams – in one sitting are no more beneficial than the recommended 15–30 grams at one time.

Good Sources of Protein

Food	Protein Amount (grams)
3 ounces tuna, salmon or trout	21
3 ounces cooked chicken or turkey	19
3 ounces cooked beef or pork	17
6 ounces Greek yogurt	15
½ cup cottage cheese	14
1 cup milk	8
½ cup cooked beans, lentils or edamame	8
¼ cup nuts	7
2 Tablespoons peanut butter	7
3 ounces tofu	7
1 egg	6

For more information, visit www.choosemyplate.gov

HOMEMADE HOLIDAY TREATS

By: Camie Kipta, Nutrition Director

The holidays are swiftly approaching, so here's something you can bring to your celebrations!

Christmas Tree Cheeseball

Serves: 10 | Prep: 30 min

Ingredients:

2 packages (8 oz each) cream cheese, softened

4 cups finely shredded cheddar cheese

4 green onions, chopped

1 jar (4 oz) diced pimentos, drained

4 tbsp of unsalted butter

1 tbsp of Worcestershire sauce

1/4 tsp (each) of garlic powder, kosher salt & pepper

Garnish

12 cherry tomatoes, halved

1 cup finely chopped fresh parsley

1/4 cup sliced almonds

1 yellow pepper, chopped & cut into star

Assorted crackers & pretzels

Directions

1. In a mixing bowl, beat cream cheese until fully softened. Beat in cheddar cheese, onions, pimentos, butter, Worcestershire sauce, garlic powder, salt, and pepper.
2. Cover and refrigerate for at least one hour.
3. Roll & press the cheese ball into the shape of a Christmas tree.
4. Garnish first with the cherry tomato halves, then add parsley, followed by the sliced almonds and peppers.
5. Serve with assorted crackers and pretzels.

Recipe from Inspired by Charm (inspiredbycharm.com)

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Paul Rodgers
Alice Warner
Mary Ann Heard
Roy Head Jr.

Betty Stalder
Carol Fry
Janet Pickell
Diana Cromwell
Sara Carey
Eric 'Rick' Comar
Frances Combs
Alice 'Jane' Warren
Charlotte Sykes

Richard Meade
Charles Sigler
Carol Spalding
Barbara Stanlake
Rebecca Beaty
Margaret Vallad
Harold Ludlow
Ladonna 'Susie' Odowd

December

Carolyn Ryan
Lula Williams
Gloria Comar
Debra Shaffer
Christine Merlotti
Theresa 'Patricia' Powers
Richard Maylone

Tom Dyer
Raymond Tremaine
Beatrice Potts
Gerald Page
Beverly 'Bev' Enkemann
Colleen Campbell
Lorraine Murphy

Dee Blount
Bob Waterbury
Molly Tracey
Sue Helton
Gary Underwood
Karen Helmuth



Behind the Wheel:

A Day in the Life of a Meals on Wheels Driver

By: Edmund Kaltz, MOW Driver

A typical meals on wheels day commences with the preparation of the food in the kitchen. This involves a number of hard-working associates, Laura, Cathy, Chelsea, Gloria, along with the other staff. We all contribute getting the food packaged & ready for delivery.

I have several favorite clients. My first client has two loud dogs that announce that Meals on Wheels has arrived. I give each dog a treat, waking her up from a morning snooze. We proceed to have a little chat about her day. Usually the weather is disrupting her eyesight or giving her nasal issues. I move on to my second client. He was recently reunited with his wife after she completed a lengthy stay in the hospital.

They always greet me with a hello as I place the meals on the kitchen table. They then proceed to talk for a minute about how their day is going.

This has become common among my clients. I believe my colleagues face the same dialogue. Remember, a number of our clients only see meals on wheels drivers, Monday through Friday during their day. They're lonely, just needing to talk to somebody, which is why I'm always eager to have a few words with them.

On this particular day, I was saddened to discover while approaching the home, yellow caution tape wrapped around her house. Of course I didn't understand what was going on from a distance. While driving up her driveway, expecting her dogs to approach me, I noticed that her house had burned to the ground.

Fortunately, after our discussion and a much needed hug, I discovered no one was hurt, including her four dogs. She had left to go get some ice cream, taking the dogs with her, and the house caught on fire from an apparent electrical issue. I assured her that the house can be replaced but she and the dogs could not.

Moving along to another client, I feel very highly of, I approach his lengthy driveway. His horse in the pasture, Mikey, sees me, and quickly gallops to the gate. After dropping off the meal, I take a carrot that I've brought from home, I spend a quality minute feeding him the carrot. It's especially gratifying to hear Mikey snort and squeals when he sees my car approach, knowing he will get a treat every day.

Preceding on my route, I approach my buddy who has a rather large farm. His barn is labeled with his name & the year it was established. He's very proud of what he's accomplished.

Moving down the road I stop at my favorite client's home. He is so down to earth. Eerily, his personality is so similar to my father's who died 24 years ago. I also admire him for coping with the passing of his daughter 2 years ago from COVID. He leaned on me numerous times when she went in & out of the ICU. I can't imagine how difficult it was for him to lose a daughter.

My next 2 clients, husband & wife, are extremely strong in their faith. I admire them both. She is battling cancer, while her husband has cancer too.

Despite daily ups and downs, we always exchange a god bless after delivering their meals, along with hoping that things will improve.

Moving along, I have numerous clients with dogs, but these 2 dogs are sooo cute. The younger hound always takes the first treat, while the second one waddles over painstakingly taking the tasty treat away.

After delivering to a mother/daughter pair that has chickens, numerous dogs and other farm animals, my route is winding down.

The next gentleman has many health concerns, but we have so much in common. He is a master fisherman, with hundreds of rods, lures, along with assorted fishing gear.

Despite his oxygen attached to his nostrils, we make each other chuckle everyday.

As I head back to the center, I reminisce about the day. Everyone is happy to have a warm, nourishing meal with a smiling, uplifting visit that I provided. 😊



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Maribeth Kaltz, Case Manager

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The SAFE program is part of the financial decision-making research of Dr. Lichtenberg PhD, ABPP, director of the Institute of Gerontology at Wayne State University



For more information about Dr. Lichtenberg's research and his website visit:

www.iog.wayne.edu

www.OlderAdultNestEgg.com

Due to COVID-19 Pandemic some one-on-one services and presentations may take place in-person, by telephone or Zoom depending on location of the presenter.

The SAFE program supported by the National Institute of Justice, Foundation for Financial Health, Michigan Aging and Adult Services PRVNT Program, Michigan Health Endowment Fund, State of Michigan, Wayne State University Technology Commercialization, American House Foundation and the Mary Thompson Foundation.



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By: Randy Blythe, Facilities Coordinator

With the arrival of fall, you need to start prepping your home and auto for colder weather. Starting with your auto. This is a good time to check your antifreeze to make sure it is up to where it needs to be. Also, you need to make sure you have cold weather washer solvent in your reservoir. Check tires to make sure they have the right pressure as the colder weather does make the pressure fluctuate. Also check the tread to make sure your tires will do perform in the snow. Now on to your home. This time of the year is when all the insects are looking for a place to hold up for the winter. Make sure there are no broken seals in your windows and doors. As you know it helps with energy bill also unhook and drain your garden hose and cover outside spigot with a Styrofoam cover that you can buy at most any hardware store or home improvement store. This will keep the frost from breaking any pipes or fixtures. The internet is a great resource for information. So, if you are looking for ways to save money and

be proactive, you can find several how-to-do items there. As we all know it is the little things that you wouldn't think of doing, could save you money and the time of finding someone to work on this kind of repair. These are just a few tips to try and help with costly repairs down the road. This will also give you peace of mind if you travel to warmer climates in the cold season. If you do not travel, then you are all set to just sit back and enjoy the changing of colors.





THANKSGIVING DINNER

Wednesday, November 22nd at Noon at Perennial Park

All are welcome to come join the feast!



Christmas Dinner

Friday, December 22nd at Noon
at Perennial Park

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Theodore
Champion
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