



H. & C.
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CENTER

Burnside Buzz



Jan/Feb 2021

A Publication of the
H. & C. Burnside Center

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Website:

BurnsideCenter.com

Hours:

Monday - Friday
8:00 a.m. - 4:30 p.m.

*When we're able to re-open

65 Grahl Dr., Coldwater

Phone: 279-6565

Fax: 278-7281

Email: info@BurnsideCenter.com

Tax Preparation Still Happening!



The Burnside Center is pleased to announce that our partnership with Goodwill Industries of Central Michigan's Heartland continues for 2021 in order to bring free tax preparation to Branch County seniors. The COVID-19 pandemic has impacted our plans and those will continue to evolve between now and the start of tax appointments in February. However, Burnside and the VITA program through Goodwill are committed to making tax preparation available somehow. The VITA program offers free income tax preparation for those with qualifying household incomes of \$57,000 and under. VITA tax return preparation sites are operated by IRS-certified volunteers. All returns are electronically submitted. The program is designed to assist people with simple returns.

Starting January 19, the Burnside Center will take calls to schedule appointments.



Meet Our Board & Staff

Branch County Commission on Aging Board of Directors

Janis Olney
 Gordon Gentry
 David Smoker
 Paul Meredith
 Don Thrasher

Branch County Commissioner Liaison

The Board of Directors meets monthly on the third Tuesday at 3 p.m. at the Burnside Center. The public is welcome. Call 279-6565 for teleconferencing information.

Staff

Amy Duff – Executive Director
 Pat VanDyke – In-Home Services Director
 Marlayna Drumm - In-Home Services Assistant
 Freda Leupp – Programs Director
 Allen Underwood – Bookkeeper
 Sarah Wainscott – Staff Assistant
 Debbie Ambrose – Programs Assistant/MMAP Coordinator
 Tia Tobolske – Volunteer Trips Coordinator
 Midge Rafferty - Assistant Volunteer Trips Coordinator
 Mark Woodcox - Maintenance Assistant
 A staff of 18 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.



The All American Ramp



****FREE ESTIMATES****

- All Aluminum Ramp Systems
- Wood/Aluminum Ramp Systems
- Portable/Folding Ramps
- Rubber Threshold Ramps
- Aluminum Threshold Ramps
- Handrails, Steps, and Gates



****NEW and USED OPTIONS****

338 Bidwell Rd. Coldwater, MI 49036
 • www.rampitusa.com • Call: 517-278-9015

Daily Schedule

This schedule and those shown in this newsletter will resume once it has been deemed safe to do so.

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 – 1 pm Wood Shop	9 am Wood Carvers	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 Computer Club	9 am – 2 pm Therapeutic Massage	9 am – 12 pm Stained Glass Workshop	9 am – Quilling Craft Class
9 am Penny Bingo	9:30 am – 12 Noon Watercolor Class	10 am Game Day - Rollers & Shakers	9 am Penny Bingo	1 pm Game Day – Groundhog Rummy
10 am Step in Motion, Feel the Beat	11 am – 4 pm Wood Shop	10 am – 12:30 pm Mah-Jongg	9:30 am – 10:30 am Drop in Tai Chi	1 pm Pinochle
12:30 pm Bridge	1 pm Pinochle	1 pm Duplicate Bridge	9:30 am Crocheting Group	1:15 pm Euchre
1 pm Hand & Foot Canasta	1 pm China Painting	1 pm Hand & Foot Canasta	12 – 1:15 pm Couples Line Dance Lessons	5:30 pm Dance
1 pm “Chicks with Sticks” Knitting Group	1 pm Game Day – Social Security	1 pm Pinochle	12:30 pm Bridge	
1:15 pm Euchre	1:15 pm Euchre	1:15 pm Euchre	1 pm Rummikub	
1 pm – 4 pm Ladies in the Woodshop			1:15 pm Line Dance Lessons	
			1:30 pm Beginning Chord Guitar Lessons	
			2 pm Book Discussion Group	

Holidays Observed

The Branch County Commission on Aging observes the following holidays:

New Year’s Day - Friday, January 1

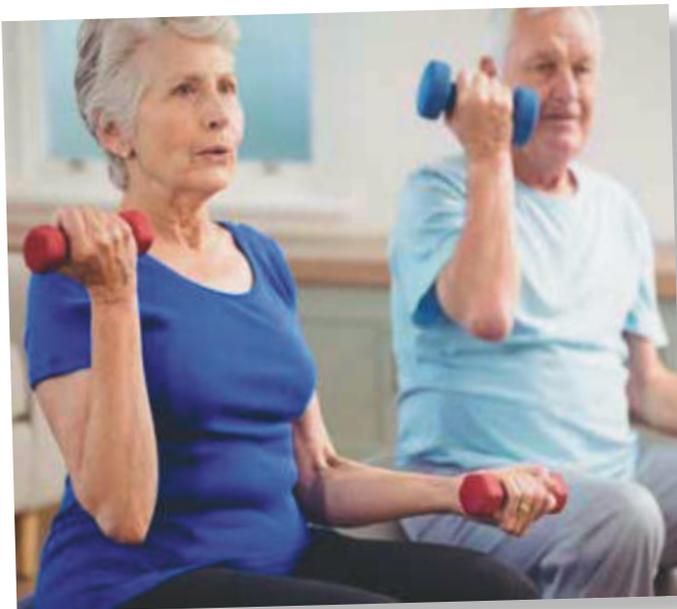
Martin Luther King, Jr. Day - Monday, January 18

Presidents’ Day - Monday, February 15



Looking for a way to stay active while stuck at home?

The Burnside Center invites you join our exercise classes via the teleconferencing app, Zoom. Our senior volunteer instructors will lead our usual classes, but do so safely from their homes. You can join them by using a computer, smartphone, or tablet to hear and see the movements.



**“STEP IN MOTION” ON
MONDAYS
AT 10:00 A.M.**

**TAI CHI ON
THURSDAYS
AT 10:00 A.M.**

**“STAYIN’ ALIVE WITH
WEIGHTS” ON FRIDAYS
AT 10:00 A.M.**

**THESE CLASSES REQUIRE PRIOR REGISTRATION.
IF YOU WOULD LIKE TO SIGN UP OR NEED MORE INFORMATION,
CONTACT OUR PROGRAMS DIRECTOR, FRED A AT
FLEUPP@BURNSIDECENTER.COM**

LEGAL SERVICES OF
SOUTH CENTRAL MICHIGAN

Senior Outreach

Private Legal Consultations at no charge for the 60+ crowd.

Donations are accepted.

A licensed attorney will be available to answer your legal questions.

Where: OVER THE TELEPHONE

Time: 9:00 a.m. – 12:30 p.m.

Dates: Wednesday, January 6, 2021

Wednesday February 17, 2021

Please call 269-224-5040 if you wish to speak with an attorney.

You can leave a message on the voicemail if the attorney is busy.

Legal Services of South Central Michigan is funded in part by the Area Agency on Aging Region 3C through the Michigan Aging and Adult Services Agency under the Older Americans Act of 1965.

EASY CHICKEN POT PIE

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Valerie Albright, Community Nutrition Instructor
517-279-4311

INGREDIENTS

1. 1 2/3 cup frozen mixed vegetables, thawed
2. 1 cup cut-up cooked chicken
3. (1) 10.75-ounce can condensed cream of chicken soup
4. 1 cup reduced-fat baking mix
5. 1/2 cup low-fat or fat-free milk
6. 1 egg

DIRECTIONS

1. Wash your hands and clean your cooking area.
2. Clean the tops of canned foods items before opening them.
3. Preheat oven to 400 degrees F.
4. Mix vegetables, chicken, and soup in ungreased, 9-inch pie plate.
5. Stir remaining ingredients in a mixing bowl with fork until blended. Pour over vegetables and chicken in pie plate.
6. Bake 30 minutes or until golden brown.
7. Let cool for 5 minutes and serve.

PREP TIME: 10 MINUTES
COOKING TIME:
30 MINUTES
MAKES: 6 SERVINGS
SERVING SIZE: 1/6 OF PIE



Medical Transportation Services

FREE TRANSPORTATION

To medical appointments both within
the county and outside the county



Eligibility:

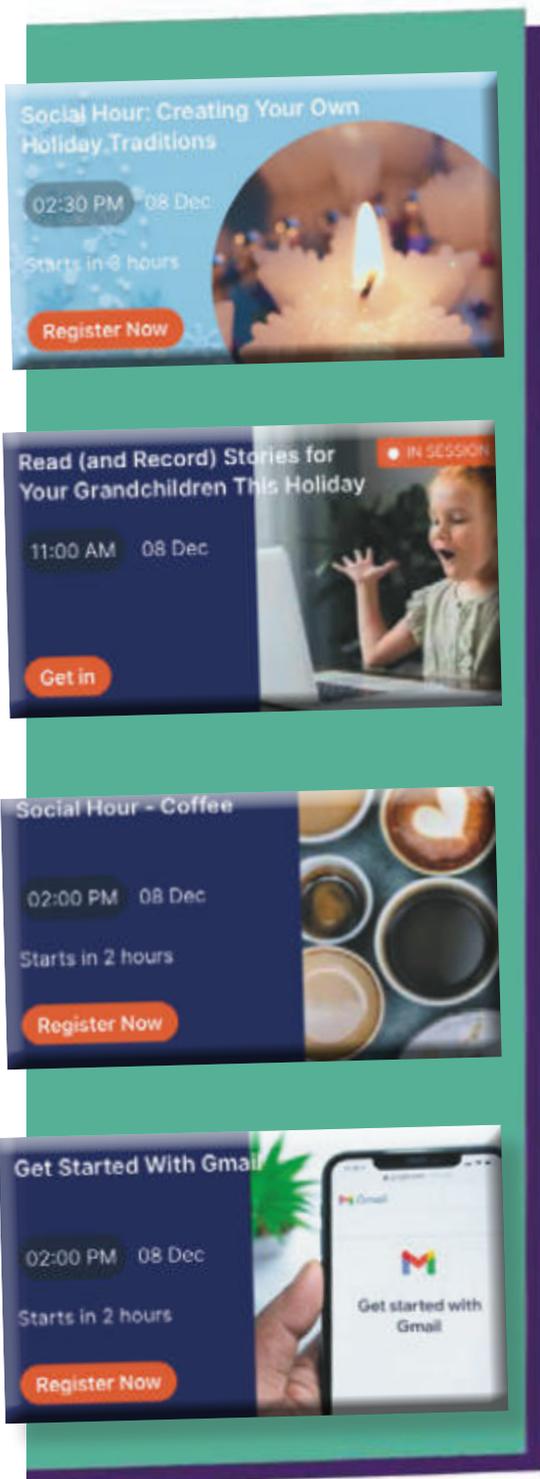
- Resident of Branch County
- 60 years of age or older

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.



Learning & Socializing For Seniors Online With GetSetup



The state of Michigan announced a new partnership with GetSetup, a mission-driven education technology company dedicated to creating economic and learning opportunities for older adults. The partnership creates a new resource for Michiganders aged 60 and over to access for free as the state continues to face the pandemic.

Michiganders across the state can now access over 150 free online group classes designed for, and led by, older adults. Offerings include classes on how to use a smartphone or tablet, and how to use services like video conferencing, Gmail, Facebook, grocery delivery, and telemedicine, as well as virtual social hours. An Internet connection is all that is needed to access GetSetup.

“We realize that now more than ever, our older adults are at home and may need assistance learning how to use video services to communicate with loved ones, learning how to do things like ordering groceries or household items online, finding exercise classes, or even learning to access services like telehealth. Older adults are at great risk for complications related to COVID-19 and have had to follow public health guidelines closely, including social distancing. We believe this platform will help reduce social isolation by empowering older adults when it comes to using technology while providing a safe place to learn, grow, and make friends,” said Alexis D. Travis, PhD, Senior Deputy Director of the Aging and Adult Services Agency.

As part of the program, GetSetup will run classes ten hours a day to make it easy for Michiganders to take a class anytime they like from the comfort and safety of their homes. Classes are available free to Michiganders aged 60 and over for the next six months. This initiative is supported in part by the Michigan Health Endowment Fund.

Visit

*www.GetSetup.io/partner/michigan
to learn more and sign up for classes today!*



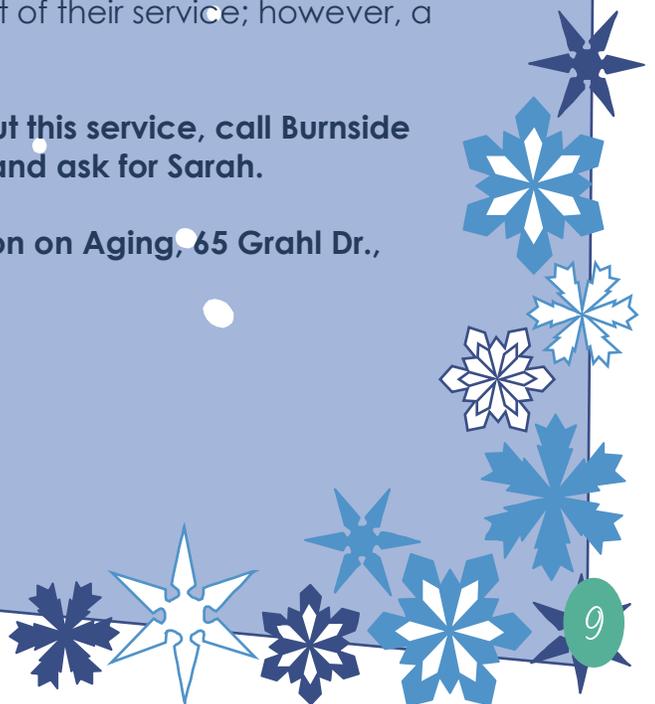
BCCOA Chore Service—Snow Removal

**Available Once or Twice per
Winter**

CHORE SERVICE helps residents of Branch County, aged 60+, with occasional heavy-duty jobs including snow shoveling and plowing, and is funded by state and federal grant funds. Clients are offered the opportunity to donate toward the cost of their service; however, a donation is not required.

For more information about this service, call Burnside Center at (517) 279-6565 and ask for Sarah.

**Branch County Commission on Aging, 65 Grahl Dr.,
Coldwater, Michigan**



Staffing change!



After nearly seven years of service, the BCCOA bookkeeper, Sandy Tuckey, has retired. "Making this decision was very difficult for me because I love working at Burnside and seeing all the seniors," said Tuckey. Sandy is looking forward to spending time with her husband of 28 years Greg. They are planning to enjoy time camping and exploring backroads Michigan. They are also looking forward to spending more time with their 9 grandchildren.

Taking over for Sandy is Allen Underwood.

Allen has over twenty years experience in banking and worked as a college administrator for seven years. While a college student he worked as an automotive mechanic. He has also held a securities license and taught college courses in Economics and Finance.

Allen and his wife of 30 years, Kim, are from the Toledo, Ohio area. They recently bought a house on the north chain of lakes in Coldwater, which they are extensively remodeling. Coldwater attracted them because Kim spent two weeks each summer as a kid vacationing on Matteson Lake. They plan to make Coldwater their retirement home.

Allen and Kim have two daughters. Laurel is a Stetson University graduate working as a school teacher in the Toledo area. Taylor recently graduated Purdue University and is a chemical engineer working in Texas. Allen and Kim also have a beagle mix, Cully.

In his free time Allen enjoys working on anything with an engine. During summer he is likely to drive to work in his Pontiac Solstice or Yamaha motorcycle. For the past twenty years Allen has played in the same ice hockey league. He also enjoys woodworking. Whenever possible Allen and Kim enjoy boating and fishing. "I am really looking forward to joining the team at Burnside and meeting seniors soon."



REMEMBER - GO RED FOR WOMENS HEART HEALTH FRIDAY, FEBRUARY 5

ProMedica Coldwater Regional Hospital (PCRH) is reminding you to "Go Red" for women's heart health on Friday, February 5, 2021. Staff will be teaming up with the American Heart Association to show their support in fighting heart disease by wearing red.

PCRH and the American Heart Association encourage everyone to help support awareness of this deadly disease. Heart disease is the leading cause of death in women. Nutrition, physical activity level, age, and family history are all factors in your risk for heart disease. Smoking can increase this risk.

Know symptoms of a heart attack 64% of women who experience a heart attack have no previous symptoms. Many women experience nausea or vomiting, shortness of breath, dizziness, back or jaw pain, and extreme fatigue. Women generally do not experience the extreme chest pain that most people associate with a heart attack. Heart disease is considered a "silent disease" in women. It is important to monitor your blood pressure and have your cholesterol checked annually.

Do you want learn more about heart disease and Wear Red Day? Visit the American Heart Association at GoRedforWomen.org.



Staying Fit and Healthy At Home This Winter



Provided by:  **PROMEDICA**
COLDWATER REGIONAL HOSPITAL

There are several ways to turn the winter season into opportunities to burn calories and maintain your healthy weight goal. Winter does not have to mean staying indoors and being stationary. This time of the year can be just as active as the summer months! If you are like most, the bear in you comes out once the snow starts to fly, and “getting those steps in” can be more of a challenge. Here are some great ways to stay active during this wintry time of the year.

INDOOR WALKING

Walk! There are many ways to make this work. Make it a goal to do 20-25 laps around the house while you clean, do laundry, or listen to the television.

WORKOUT VIDEOS

We are not saying you have to dust off that Richard Simmons: Working Out to the 80’s VHS, but there are quite a few options available for home workout videos. Hop on to YouTube and search for some of your favorite activities.

There are full workout videos of yoga, Pilates, dance, and other fun and effective ways to keep active.

STAIRS

This is a great way to get the heart pumping! Not only is this a great cardio workout, it will keep your legs and glutes in shape, too. Quick did you know: Seven minutes of stair climbing a day can halve the risk of heart attack over ten years.

Get stepping!

MEAL PLAN

Due to the decrease in sunlight, winter can trigger cravings for comfort foods. The reason is because we have decreased serotonin levels. Our brain then tells us to eat carbohydrates or mood lifting sweets to raise our serotonin level.

Meal planning will be essential to prevent this.

GET EXCITED

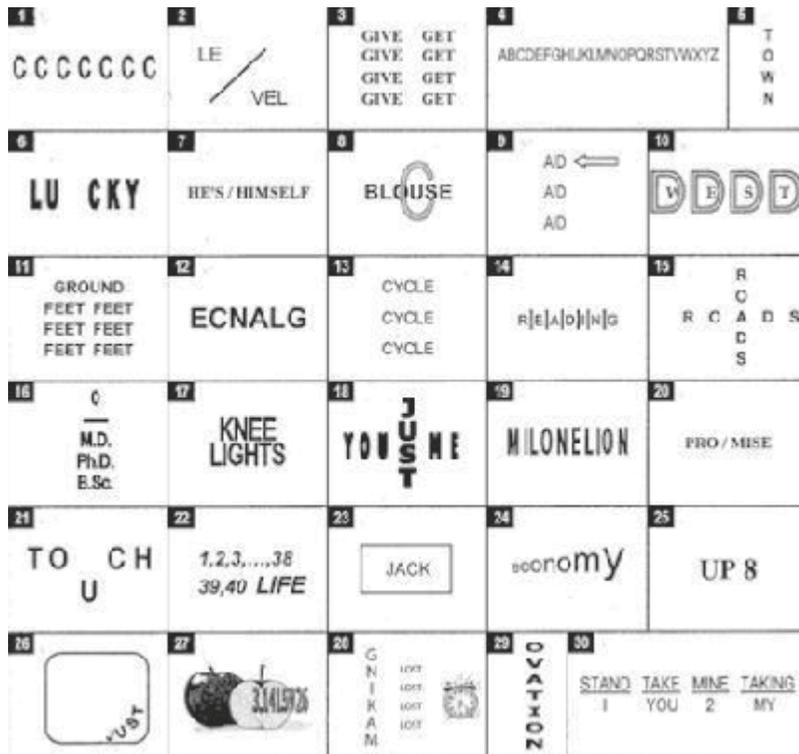
Focus on what you love about winter. Write down your top five enjoyable things about winter. Maybe it is that you have more time to meal plan and prepare a healthy meal. Maybe it is that you enjoy a winter activity like walking or knitting and enjoying a warm cup of tea or cocoa when finished. Use these activities that you love to keep you moving.

STAY SAFE AND DRESS APPROPRIATELY

Be sure to layer your clothing when exercising outdoors. This may include a thin layer to wick moisture away from the body.

Add a middle layer for warmth and an external layer to keep the wind and moisture off of you. Purchase a hat, gloves, or even a ski mask to cover your face in subzero temperatures. Select proper footwear. If you are winter walking or running, be sure to waterproof your shoes. If you are shoveling or skiing, select boots that keep your feet warm and dry. Keep in mind

“it is not bad weather, it is poor selection of clothing if you get cold”.



Teasers
for your
Brain!

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UNIVERSITY
EXTENSION

NEW YEAR HEALTHY
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TAI CHI AND MINDFULNESS

- On Zoom
- Increases strength
- Increases balance and posture
- Prevents falls
- Improves mind, body, and spirit
- Reduces stress and increases relaxation

Modifications will be provided for those who want to attend seated or standing. This program is targeted to help older adults and older adults with disabilities at risk for fall stay active.

COST FREE and three classes to choose from:

Monday and Wednesdays

Starts and Ends... Jan. 11- March 10 - 2:00 p.m.

Register: <https://events.anr.msu.edu/NYHTaiChiMindfulnessMW100CENTRAL/>

Tuesdays and Thursdays

Starts and Ends... Jan. 19- March 18, 2021 - 1 p.m.

Register: <https://events.anr.msu.edu/NYHTaiChiMindfulnessTT12C1E/>

Monday and Wednesdays

Starts and Ends Jan. 25- March 24, 2021 -10:30 a.m.

Register: <https://events.anr.msu.edu/NYHTaiChiMindfulnessMW930CENTRAL/>



PHONE PALS HELPS SENIOR CITIZENS THROUGH PANDEMIC

A new collaborative project has been developed by the Branch County Commission on Aging, Area Agency on Aging 3C, and Pines Behavioral Health to ensure senior citizens who live in Branch County have a listening ear when it comes to being stuck at home during the pandemic. Phone Pals is a way for older adults to connect with a friendly person who will listen sincerely and offer support on a regular basis. The person on the other end of the line is a Pines Behavioral Health employee.

PHONE PALS IS A FREE SERVICE AND ANY BRANCH COUNTY SENIOR CAN CALL IT AT 517-227-4933.

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- Do you find yourself asking others to repeat themselves?
- Do people seem to mumble, making it hard to understand them?
- Do you have problems understanding certain women and children?
- Do you turn up the volume on the TV, radio or stereo?
- Do you want or need to sit closer to the front in church?

Sheri Hopkins
Certified Audiologist
Coldwater, MI
(517) 278-2814

If you answered "Yes" we have a FREE screening at the H&C Burnside Senior Center the 2nd Monday of each month! www.hopcohearing.com

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For more information about the Laurel Way of Caring or to schedule a tour please call 517-279-9808 • www.laurelsofcoldwater.com

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