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CENTER

# Burnside Buzz



May/June 2021

A Publication of the  
H. & C. Burnside Center

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Hours:

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

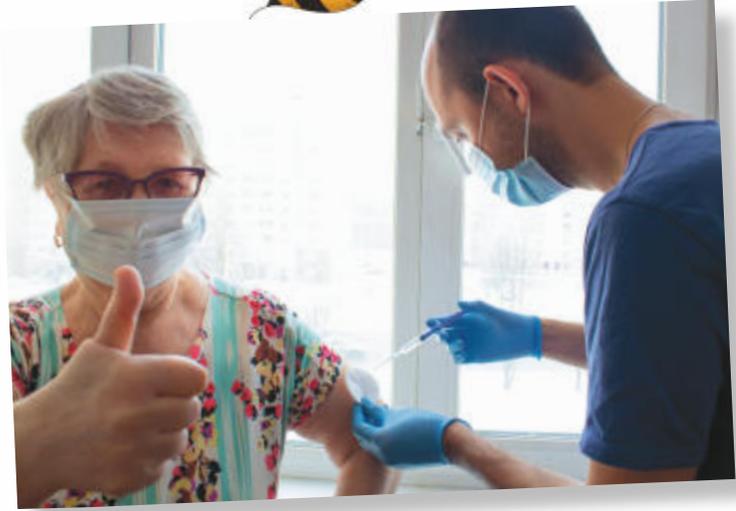
\*When we're able to re-open

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Phone: 279-6565

Fax: 278-7281

Email: info@BurnsideCenter.com



**NOW IS THE TIME  
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Visit the Branch-Hillsdale-St. Joseph Community  
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Need help scheduling your appointment?



If you are unable to schedule your appointment  
on-line, please call Area Agency on Aging Region IIIC  
for assistance.

**(517)278-2538 OR (888)615-8009**

ALL VACCINES AVAILABLE IN OUR  
TRI-COUNTY AREA ARE SAFE AND EFFECTIVE.

**WE ALL NEED TO DO OUR PART TO  
BUILD COMMUNITY IMMUNITY!**



# Meet Our Board & Staff

## Branch County Commission on Aging Board of Directors

Janis Olney - Chairman

Paul Meredith - Vice Chairman

Ginger Kesler - Treasurer/Secretary

Gordon Gentry

David Smoker

Don Thrasher

Julie Hurley

Tim Stoll, 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 17 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.*



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# 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

*The Branch County Commission on Aging Observes Memorial Day Monday, May 31*



# OLDER AMERICANS MONTH



COMMUNITIES OF STRENGTH: MAY 2021

In tough times, communities find strength in people — and people find strength in their communities. In the past year, we've seen this time and again in Branch County as friends, neighbors, and businesses have found new ways to support each other.

In our community, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger too.

Each May, the Administration for Community Living leads the celebration of Older Americans Month. This year's theme is Communities of Strength, recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

Strength is built and shown not only by bold acts, but also small ones of day-to-day life—a conversation shared with a friend, working in the garden, trying a new recipe, or taking time for a cup of tea on a busy day. And when we share these activities with others—even virtually or by telling about the experience later—we help them build resilience too.

This year, Branch County Commission on Aging will celebrate Older Americans Month by encouraging community members to share their experiences. Together, we can find strength—and create a stronger future.

## HERE ARE SOME WAYS TO SHARE AND CONNECT:

- Look for joy in the everyday: Celebrate small moments and ordinary pleasures by taking time to recognize them. Start a gratitude journal and share it with others via social media, or call a friend or family member to share a happy moment or to say thank you.
- Reach out to neighbors: Even if you can't get together in person right now, you can still connect with your neighbors. Leave a small gift on their doorstep, offer to help with outdoor chores, or deliver a home cooked meal.
- Build new skills: Learning something new allows us to practice overcoming challenges. Take an art course online or try a socially distanced outdoor movement class to enjoy learning with others in your community. Have a skill to share? Find an opportunity to teach someone, even casually.
- Share your story: There's a reason storytelling is a time-honored activity. Hearing how others experience the world helps us grow. Interviewing family, friends, and neighbors can open up new conversations and strengthen our connections.

When people of different ages, backgrounds, abilities, and talents share experiences—through action, story, or service—we help build strong communities. And that's something to celebrate! Please join Branch County Commission on Aging in strengthening our community .

# MEDICAL EQUIPMENT LOAN CLOSET



The Branch County Commission on Aging maintains an inventory of gently used and clean durable medical equipment which is available on a long-term loan basis to Branch County residents who have a need for it. Types of items commonly available are walkers, wheelchairs, shower chairs, commodes, toilet risers, and canes.

**ELIGIBILITY:**  
RESIDENT OF BRANCH COUNTY  
50 YEARS OF AGE OR OLDER

**FUNDING: THIS SERVICE IS FUNDED BY DONATIONS.**

**DONATIONS OF GENTLY USED MEDICAL EQUIPMENT ARE ACCEPTED. PLEASE CALL FIRST TO MAKE SURE WE CAN TAKE THE ITEM OR TO SCHEDULE A NO CONTACT DROP OFF.**

**FOR MORE INFORMATION ON THIS SERVICE,  
DONATIONS OR PRODUCT AVAILABILITY,  
CALL BURNSIDE CENTER AT  
(517) 279-6565.**

# CARAMEL APPLE SALAD

## INGREDIENTS

- 3 large Granny Smith apples, cored and diced
- 1 cup chopped celery (chopped very small)
- 1/2 cup walnuts
- 1/2 cup raisins
- 1 package (4 servings) fat-free instant butterscotch pudding
- 2 cups low-fat plain yogurt

## DIRECTIONS

1. Wash your hands and clean your cooking area.
2. Wash, core, and dice apples.
3. Wash and chop celery.
4. Mix apples, walnuts, raisins, and celery in a large mixing bowl.
5. In a small bowl, mix pudding and yogurt.
6. Combine the pudding mixture with the apple mixture and mix well.
7. Refrigerate for 30 minutes to 1 hour before.

PREP TIME: 1 HOUR  
MAKES 12 SERVINGS  
SERVING SIZE: 1/2 CUP



**THE BRANCH COUNTY  
COMMISSION ON AGING**

*Chore Service—Spring Yard  
Clean-Up or Window Washing*



*Available Once per Season*

**CHORE SERVICE**

*helps county residents, aged 60+, with occasional heavy-duty jobs including spring yard clean-up and window washing (exterior, first floor), 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.**



*The Commission on Aging is supported by funds from the U.S. Administration on Aging, Department of Health & Human Services, Michigan Aging & Adult Services Agency, Area Agency on Aging Region IIIC, County Senior Millage and Donations.*



## Join us for Exercise Classes under the tent

Starting the first week of May.

\*Step in Motion on Mondays @ 10 am

\*Tai Chi on Thursdays @  
9:45 am

\*Stayin' Alive with Weights  
on Fridays @ 10 am



All groups will meet outside, class is limited, and all COVID regulations will be followed. Please bring your own drink and have your key tag for signing in.

**You must register ahead of time @ 517-279-6565  
ext. 22 Freda.**



H & C Burnside Center, 65 Grahl Dr.,  
Coldwater, MI  
[www.burnsidecener.com](http://www.burnsidecener.com)  
517-279-6565



# JOIN US



## SENIOR ACTION WEEK • MAY 10-14, 2021

Join the Area Agencies on Aging Association and community partners in a week of advocacy! Learn about our top five advocacy priorities and why they are so important to older adults in Michigan. Help us rally to protect these vital services that allow seniors to age with dignity and independence in their own homes.

Monday	Rebalance Community-Based Long-Term Services & Supports (LTSS) Funding
Tuesday	Increase Access to Non-Medicaid Home & Community-Based Services
Wednesday	Bridging the Digital Divide for Older Adults
Thursday	Support & Strengthen the Direct Care Workforce
Friday	Establishment of a Kinship Caregiver Navigator Program

## LIVESTREAM EVENT • WEDNESDAY MAY 12 • 10:00-11:30AM

Hear from legislators on important issues that impact Michigan's most vulnerable population.

Join the Livestream Event: <https://zoom.us/j/96885691099?pwd=TS9JS2JoRiRiQIE4MnpIR2syMXk3QT09>

Meeting ID: 968 8569 1099

Passcode: 616294

Join via phone: 1-646-558-8656

# Heat Stroke Signs and Symptoms

Summer is here and with that comes some days of excessive heat. Keep your family safe by knowing the signs of heat exhaustion:

- Confusion
- Dizziness
- Headache
- Pale skin
- Rapid heartbeat
- Dark-colored urine
- Fatigue
- Muscle or abdominal cramps
- Profuse sweating
- Nausea, vomiting, or diarrhea

If you are enjoying the weather and notice any of these signs or symptoms, it is essential to get out of the heat immediately. Rest in a cool space, either air conditioned or in the shade. In addition, drink plenty of water, remove any tight or unnecessary clothing, take a cool shower or bath, and apply an ice pack to your wrists or the back of your neck.

Heat exhaustion is dangerous for people of all ages. Keep your family safe by giving sun and heat the respect they deserve.

 **PROMEDICA**  
COLDWATER REGIONAL  
HOSPITAL

# 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.*

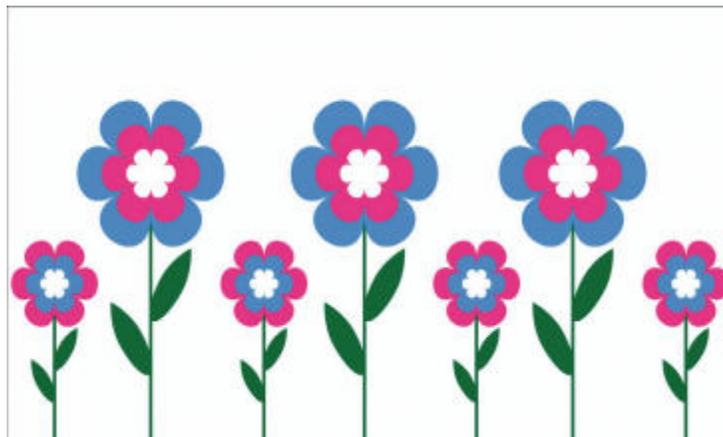
**Where: OVER THE TELEPHONE**

**Time: 9:00 a.m. - 12:30 p.m.**

**Date: Wednesday, May 12, 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.



## *Prevent Skin Damage And Still Enjoy the Sun*

It is time to get outside and enjoy the warm summer sun. Before stepping out to soak up some rays, there are a few golden rules to remember.

**Put on the Sunscreen.** You should apply sunscreen every-day—even during the seasons that do not have as much sun as summer. The majority (about 80%) of exposure to the sun by an average person is during daily activities—not out on the sandy beach. Use a sunscreen with at least 30 Sun Protection Factor (SPF), and apply it 30 minutes before going outside.

**Wear Appropriate Clothing.** If you are going to spend a lot of time outside, be sure to cover up your skin to avoid unnecessary exposure. Wear a sun hat, sunglasses, and tight woven clothing. Darker colored clothing blocks more light than lighter colors such as white. The sun rays are strongest between 10 a.m. and 2 p.m. Avoid being outside for long periods of time during that time frame.

**Reapply!** If you are swimming at the pool or beach, take a break to reapply the sunscreen every hour. Many “water resistant” sunscreens are only effective for 40-80 minutes. Being out on the beach or in the water makes you vulnerable to sunburn.

# Learning & Socializing For Seniors Online With GetSetup

*Free online classes and social activities for seniors*

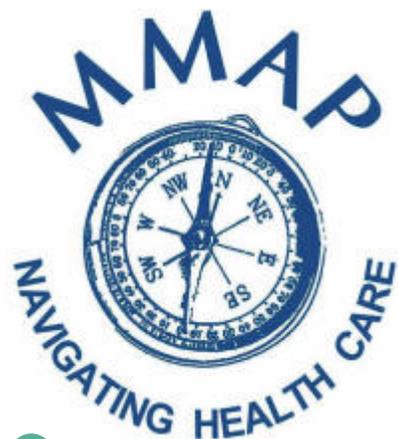
*The State of Michigan continues to offer free access to Michigan seniors to virtual classes available on the platform GetSetup.*

**[HTTPS://WWW.GETSETUP.IO/MICHIGAN](https://www.getsetup.io/michigan)**

*Available classes and activities include fitness, technology, educational lectures, social hours, and more.*

**LOG ON AND TRY IT OUT TODAY!!**

## **BURNSIDE MMAP PROGRAM IS AVAILABLE**



MMAP counselors are still available to help you over the phone! Do you need help with questions about Medicare, Medicaid, prescriptions plans, or other related topics? Call the Burnside Center and leave a voicemail for the MMAP department. One of the counselors will call you back! 279-6565

# SENIOR PhonePals

A COLLABORATIVE PROJECT  
AREA AGENCY ON AGING 3C | H & C BURNSIDE CENTER | PINES BEHAVIORAL HEALTH

## 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  
5 1 7 - 2 2 7 - 4 9 3 3.**

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