



H. & C.
BURNSIDE
CENTER

Burnside Buzz



July/August 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

Safely Dispose of Medication this Summer

**Summer
Med Take
Back
Day**

THURS. AUG. 19
10:00-1:00PM

**BRANCH COUNTY
SUBSTANCE
ABUSE
TASK
FORCE**
branchcountysatf.com

**BURNSIDE
CENTER**

**DROP OFF YOUR UNUSED
OR EXPIRED PRESCRIPTION
&
OTC MEDICATIONS**
***NO LIQUIDS**

BURNSIDE SENIOR CENTER
65 GRAHL DRIVE
COLDWATER, MI 49036

Together with the Branch County Substance Abuse Task Force, the Burnside Center has teamed up for this one day event! Summer Med Take Back Day is the best way to safely dispose of unused or expired prescription and nonprescription medicines, to keep others safe.

Before disposing of prescription medicines, be sure to remove all personal information on pill bottle labels and medicine packaging. All of the medicines dropped off at the Summer Med Take Back Day will be safely disposed of.



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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(517) 278-9015 or rampitusa.com

Current Activities

All activities are on a limited space.
Please call for reservation, 279-6565.

| Mondays | |
|----------------------------|-------------------|
| Exercise Room | 8:30 am start |
| Bingo | 9:00 AM |
| Quilters | 9:00 AM |
| Step in Motion | 10:00 AM tent |
| Tuesdays | |
| Exercise Room | 8:30 am start |
| Watercolor Painting | 9:30 AM class fee |
| China Painting | 1:00 PM class fee |
| Wednesdays | |
| Exercise Room | 8:30 am start |
| Cornhole | 9:00 AM tent |
| Thursdays | |
| Exercise Room | 8:30 am start |
| Bingo | 9:00 AM |
| Tai Chi | 9:45 AM tent |
| Beginning Chord Guitar | 1:30 PM |
| Book Discussion | 2:00 PM |
| Fridays | |
| Exercise Room | 8:30 am start |
| Stayin' Alive with Weights | 10:00 AM tent |

H. & C. Burnside Senior Center, 65 Grahl Dr. Coldwater – phone: 517-279-6565 fax: 517-278-7281 www.burnsidecenter.com

Holiday Observance

*The Branch County Commission on Aging is
Closed Independence Day Monday, July 5*

Mobile Health Service Now Available



The Branch-Hillsdale-St. Joseph Community Health Agency has recently purchased a mobile clinic van to provide preventative services, such as vaccines (including the COVID-19 vaccine), and other vital healthcare services in a manner that was previously unavailable to the health department.

The mobile clinic aims to provide care by bringing the services that the agency offers to schools and community-based events, as well as providing a solution, and method, for homebound individuals to receive the care that they need.

Carol Drews (pictured), a Registered Nurse with the Agency, has been leading the efforts of this mobile unit and looks to continue this new and exciting form of outreach as we approach the summer months. For more information about the mobile clinic van services, please call Carol at (517) 279-9561 Extension 101.

The Branch-Hillsdale-St. Joseph Community Health Agency is committed to promoting wellness, preventing disease, providing healthcare, and protecting the environment. For additional information, contact your local health department office or visit www.bhsj.org and follow us on Facebook at www.facebook.com/BHSJCHA.

Call for an appointment.

Submitted by: BHSJCHA – Health Analyst/Health Promotion Supervisor, Alex Bergmooser

Cards by Becky

Make and take the three cards.

Learn different techniques: layering, ribbon tying, stamping, etc.

Date: Wednesday, July 21st

Time: 1 p.m.

Limit 10 Cost—\$10.00 (Limit 10)

Sign up at front desk or call 279-6565



Sample only
Designs vary

RED, WHITE, & BLUE SALAD

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Valerie Albright, Community Nutrition Instructor
517-279-4311

INGREDIENTS

3 cups watermelon, cut into 1 inch cubes and seeded

1 cup blueberries

2 medium bananas, sliced

1 cup fat free whipped topping

Juice of one lime

DIRECTIONS

- 1 Wash your hands and clean your cooking area.
- 2 Wash all fruit.
- 3 Cut watermelon into cubes, removing seeds.
- 4 Place cut watermelon and blueberries in medium bowl.
- 5 Slice bananas and place in a small bowl.
- 6 Squeeze lime juice over banana and mix, covering all bananas.
- 7 Add bananas and whipped topping to the watermelon and blueberries and mix well.
- 8 Chill until ready to serve.

PREP TIME: 10 MINUTES
COST PER SERVING \$.30



The Do's and Don'ts of Grilling

- **DON'T** start the grill for the first time of the season without doing a thorough safety inspection. If using a gas grill, check for holes or leaks in gas hoses.
- **DO** preheat gas grills for approximately 10 minutes. Charcoal grills should be heated until the coals are 80 percent gray and ashy.
- **DON'T** place the grill too close to a house, garage, or where any items can be ignited, such as by leaf piles or chemicals.
- **DO** keep children and pets away from the grill so that it isn't bumped into or accidentally knocked over.
- **DON'T** use metal-handled utensils on the grill. They can transfer heat to the palm of your hand. Opt for wooden handles or use a flexible, heat-resistant glove.
- **DO** brush the grill with vegetable oil to prevent food from sticking.
- **DON'T** leave the grill unattended. Food can flare up and burn quickly. Try to prepare as much of your meal in advance so that you can carefully watch the grill.
- **DO** try other meats and foods on the grill such as pork, lamb, and fish.
- **DON'T** grill indoors or in an enclosed area without proper ventilation.



ProMedica Coldwater Regional Hospital Opens Pain Management Clinic



ProMedica Coldwater welcomes Aaron Nelson, DO and Theresa Cox, FNP-BC who will provide pain management services. Dr. Nelson earned his medical degree from Midwestern University, Chicago College of Osteopathic Medicine in Downers Grove, IL. He is fellowship trained in pain management from the University of Texas San Antonio Health Science Center in San Antonio, TX. Theresa Cox completed her Doctorate of Nurse Practitioner (DNP) at Walden University in Minneapolis, MN.



The office opened April 26 and is located at 360 E. Chicago St., Suite 106 in Coldwater. ProMedica providers understand that each patient has unique needs and will work to specialize your care and treatment. Services include, but is not limited to, arthritis pain in the neck and lower back, back and neck pain including sciatica and work-related injuries, headaches, shingles pain and nerve damage, or muscle spasm pain. “My philosophy of care is simple. In order to treat the patient, you must treat the whole patient,” says Cox about her care approach.

For more information about ProMedica Coldwater Pain Management, call 517-279-5049.

Cornhole

| | |
|------------------------------|--------------------|
| Date: | Starting July 14th |
| Time: | 9 am |
| Call to sign up 517-279-6565 | |



We have 2 new sets of cornhole games. We will play under the tent by the garage.

Come with a partner or we will pair you up for some fun and competition. Space is limited call to reserve a spot.



SUMMER SAFETY REMINDERS



We all enjoy the warm weather that comes with summer in Michigan. Hiking, swimming, sports and other outdoor activities begin and allow children and adults to be outside more. This is also the busiest season

for emergency room (ER) staff and doctors. To avoid a trip to the ER remember the basic precautions and you will enjoy your warm weather more.

Dehydration is a common diagnosis in the ER throughout spring and summer. It is important to remember to bring water to any outdoor event, especially for events that involve high activity like sports. It is recommended that women drink around 9 cups of water, and men nearly 13 cups a day. When in the heat, and exercising, your body needs more liquids to make up for what you are losing while you sweat.

Heat exhaustion comes second to dehydration. The summer sun can be both refreshing and draining without the proper protection. Make sure to apply sunscreen at least 30 minutes before exposing yourself to high levels of sun, and reapply frequently if it is a clear day with no cloud cover, or if you are spending the day swimming. Packing a hat or umbrella to help keep out of direct sun rays will help keep your body temperature lower as well as help to prevent sunburn.

Bee stings are to be expected with all the flowers in full bloom. If you are allergic to bees or are with someone who is take necessary precautions. Avoiding bees and removing yourself from an area is the best preventative to an altercation. If you use an Epi-Pen be sure to be prepared when going to an outside event.

Pool safety is important for not only adults, but also for toddlers and children. When supervising children who are playing in, or around a pool be sure to remove any distractions such as cellphones, loud music, tablets, etc. Many parents know that it only takes a few seconds before children can get hurt, and those seconds could be crucial to saving a life.

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For more information on this service or to schedule an appointment for a medical trip, call Burnside Center at (517) 279-6565.



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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)

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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!



Call Today
517-279-6565
Ext. 29





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 517-227-4933.

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