



H. & C.
BURNSIDE
CENTER

Burnside Buzz



Jan. / Feb. 2023

A Publication of the
H. & C. Burnside Center

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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

MIKE SEARING JOINS BURNSIDE CENTER STAFF AS NUTRITION DIRECTOR



Branch County Commission on Aging is excited to welcome Mike Searing to head up the new congregate and home delivered meal program in Branch County, headquartered out of the Burnside Center! Mike brings many years experience to the position in food management, and hails from Branch County currently residing here with his wife, Charlene and two children.

Starting in January, congregate meals will be 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 60 and older to enjoy a nutritious meal together. This service is 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.



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Meet Our Board & Staff

Branch County Commission on Aging Board of Directors

Janis Olney

Ginger Kesler

Gordon Gentry

Don Thrasher

Julie Hurley

John Petzko

John Hutchinson

Tim Stoll, Branch County Commissioner Liaison

*The Board of Directors meets monthly on the
third Tuesday at 2 p.m. at the Burnside Center.
The public is welcome. Call 279-6565 for meet-
ing location information.*

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

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 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 – 4 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 Cyber Seniors 101	10 am – 12:30 pm Mah-Jongg	9 am – 12 pm Stained Glass Workshop	9:30 am Pastel Painting Class
9 am Penny Bingo	9:30 am – 12 Noon Watercolor Class	1 pm Hand & Foot Canasta	9 am Penny Bingo	10 am – Stayin’ Alive with Weights
10 am Step in Motion, Feel the Beat	11 am – 4 pm Wood Shop	1 pm Race Track Canasta	9:30 am – 10:30 am Drop in Tai Chi	1 pm Pinochle
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	12 pm – 4 pm Computer Lab open, tech on site	1 pm Game Day – Ground Hog Rummy
12:30 pm Bridge	1 pm Pinochle	1 pm Euchre	12:30 pm Bridge	1 pm Euchre
1 pm Hand & Foot Canasta	1 pm China Painting		1 pm Game Day - Rummikub	
1 pm Euchre	1 pm Game Day – Social Security		1pm Line Dance Lessons	
	1 pm Euchre		1:30 pm Beginning Chord Guitar Lessons	
			2 pm Book Discussion Group	
			3 pm Couples Line Dance Lessons	

Holiday Observance

*The Branch County Commission
on Aging observes the following holidays:*

New Year’s Day - Monday, January 2

Martin Luther King, Jr. Day - Monday, January 16

Presidents’ Day - Monday, February 20



ANNUAL FLU SHOT

Everyone six months of age or older is eligible to get an annual flu vaccine. Once you receive a flu shot, it takes approximately two weeks for the shot to take effect in your system. Getting the flu shot before flu season hits is the best way to ensure that you do not contract the virus. By getting the flu vaccine for yourself and your family, you can help prevent flu-related illness, missed school, and missed work. The flu (influenza) is a contagious respiratory disease that infects the nose, throat, and lungs and can lead to serious complications, hospitalization, or possibly death. Flu viruses are constantly transforming and changing. This means that different flu viruses circulate and cause illness every season. Flu vaccines are modified each year to protect against the flu viruses that research indicates will be most common. This is why everyone needs a flu vaccine every season.

WASH YOUR HANDS

ProMedica is here to spread the word (and not germs) that washing your hands is the best way to prevent the spread of germs and illness.


Use the following steps to practice good hand-washing:

1. *Wet your hands with clean running water.*
2. *Lather the soap on your hands by rubbing them together. Remember to lather the backs of your hands, and in between your fingers.*
3. *Scrub your hands for at least 20 – 25 seconds. That is about as long as the “Happy Birthday” song from beginning to end twice.*
4. *Rinse your hands under clean water.*
5. *Dry your hands with a clean towel or allow them to air dry.*

If you don't have access to soap and running water, the best alternative is to use at least a 60% alcohol-based hand sanitizer. Hand sanitizers can quickly reduce the amount of germs on your hands in some cases. Sanitizers do not eliminate all types of germs.



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HOSPITAL



PROTECT
YOURSELF
FROM
INFLUENZA

Grandparents Raising Grandkids

 & other family kinship caregivers

When: First Tuesday of each month
5:30 p.m. (subject to change)

Where: First Baptist Church
102 Bishop Ave., Coldwater

Dinner provided & on-site childcare is available.

2023 Meeting Dates:

Jan. 3
Feb. 7
March 7
April 4
May 2
June 6

July 11
Aug. 1
Sept. 5
Oct. 3
Nov. 7

Please **RSVP** number of
adults and children.

517.279.6565



January Events

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Closed for Holiday	1 pm Wii Bowling League	1 pm Low Vision Group		
	10 am Foot Clinic, Call Deb 269-999-1069 for appointment			
9	10	11	12	13
10 am—12 noon Hopco Hearing Service—tech on site	10 am Foot Clinic, Call Deb, 269-999-1069 for appointment	11 am Meet, Greet, and Eat "Bringing Hope to the Community" by Kim Hemker. Free lunch for women only. Limit to 60, call to sign up 279-6565		
10 am Alzheimer's Support Group—Call 517-279-6565 for more information		1 pm "Oodles of Doodles" Zen drawing class		
16	17	18	19	20
Closed for Holiday	10 am Foot Clinic, Call Deb, 269-999-1069 for appointment	9am—12:30 pm Legal Services—First Come, first served	10am—11 am Veterans Services by Pines	
		1 pm Becky's Card Class. Limit 5, Cost \$10.00 for 6 cards, call to sign up 517-279-6565		
		11 am Men @ Lunch - "Oaklawn Hospital" Free lunch for men only. Limit to 60, call to sign up, 517-279-6565		
23	24	25	26	27
	10 am Foot Clinic, Call Deb, 269-999-1069 for appointment	12:30 pm—1:30 pm Blood Sugar/Blood Pressure Testing by ProMedica		
	1 pm Movie & Popcorn ""Breakfast at Tiffa-ny's" (1961), Comedy, starring Audrey Hepburn, George Peppard, 1hr 54 min.	1 pm "Oodles of Doodles" Zen drawing class		
30	31			
	1 pm Wii Bowling League			All events subject to change

Ladies-Only Event

Meet, Greet, & Eat

Bringing Hope to the Community

Register At Desk

THE NAOMI DAVIS HELTERHOUSE

Kim Hemker will be here to share with you what is happening with the organization and info on the new Hope Cafe.

Date: Wed., Jan. 11th

Time: 11 am

Today's event is a luncheon for Branch County ladies only. Eating will start at 11 am and then the program will start at 11:30 am. Please make sure to register in advance so we have enough food. Please, if you sign up in advance and cannot make it, call and cancel so someone else can attend.

There will be a 50/50 drawing this day to help with expense.

Burnside Center, 65 Grahl Dr., Coldwater www.burnsidecenter.com

Men @ Lunch

Oaklawn Hospital

A representative from Oaklawn hospital will here to discuss some of the services they have available.


Oaklawn MEDICAL GROUP

Wednesday, Jan. 18th

Time: 11 a.m.

Donations Accepted

Must be registered, call 279-6565 or stop at the front desk.

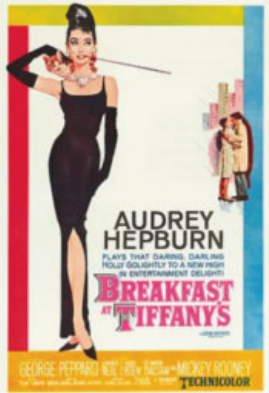


This is a free lunch for all men 50 and over. Limit 60. Please register at the front desk. There will be a 50/50 drawing this day to help with expense.

H. & C. Burnside Senior Center, 65 Grahl Drive, Coldwater—phone: 517-279-6565 www.burnsidecenter.com

Movie & Popcorn

Breakfast at Tiffany's



A naïve, eccentric girl who falls in love with a struggling writer.

Tuesday, January 24, 1:00 pm

Length: 1 hours 54 minutes

Genre: Comedy

Starring: Audrey Hepburn, George Peppard

1961

Donations Accepted

H. & C. Burnside Senior Center, 65 Grahl Drive, Coldwater—phone: 517-279-6565 www.burnsidecenter.com

Senior Outreach



LEGAL SERVICES OF SOUTH CENTRAL MICHIGAN

DATE: WEDNESDAY, January 18, 2023 & WEDNESDAY, February 15, 2023

First come, first served

TIME: 9:30 A.M.—12:30 P.M., in ACTIVITY #1

Please sign in at front desk.

Burnside Center, 65 Grahl Drive, Coldwater

Phone: 517-279-6565 www.burnsidecenter.com

Legal Services of South Central Michigan is funded in part by the Area Agency on Aging Region 3C through the Michigan



MAKING YOUR RESOLUTION FOR 2023 COUNT

Ever made a New Year's resolution and find yourself giving up after two weeks? Well, the good news is that you are not alone. Many people each year find that their goal is abandoned after a month... or a day. Here are some tips for making your resolution count after the New Year's countdown.

STARTING SMALL

Make a goal that you can keep. If your goal is to lose weight or eat healthier, make a point to switch to healthy snacks. Ditch the fatty and greasy potato chips and grab a crunchy apple instead. Once you get into the habit of making mindful snack choices, it become easier to move forward with your overall goal.

GET A BUDDY

Sometimes, even the most daunting task can be better if you have someone to share the journey with. Talk to friends or family members to see if they will join you on your journey. Join a group on social media that is aimed toward your goal. There are a great number of social media groups, blogs, and forums that support and talk about health goals.

STAY POSITIVE

There will be weeks when you don't feel like you have accomplished anything. You will have setbacks — and that is OK! There has never been a goal that has gone perfectly and didn't have some sort of issue.

DON'T GIVE UP!



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HOSPITAL

SENIOR PhonePals

A COLLABORATIVE PROJECT

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

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 can help fight loneliness, especially in the winter months.

517-227-4933

*Ready to get some exercise
in the new year?*



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

STAYIN' ALIVE WITH
WEIGHTS ON FRIDAYS AT
10:00 A.M.

February Events

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		1 pm Low Vision Group		
6	7	8	9	10
10 am Alzheimer's Support Group—Call 517-279-6565 for more information	10 am Foot Clinic, Call Deb, 269-999-1069 for appointment	11 am Meet, Greet, and Eat "Balance by Omega Physical Therapy". Free lunch for women only. Limit to 60, call to sign up 279-6565		
	1 pm Wii Bowling League	1 pm "Oodles of Doodles" Zen drawing class		
13	14	15	16	17
10 am—12 noon Hopco Hearing Service—tech on site	10 am Foot Clinic, Call Deb, 269-999-1069 for appointment	9 am—12:30 pm Legal Services—First come, first served		
		11 am Men @ Lunch - "Bringing Hope to the Community" by Kim Hemker. Free lunch for men only. Limit to 60, call to sign up, 517-279-6565.		
20	21	22	23	24
Closed for Holiday	10 am Foot Clinic, Call Deb, 269-999-1069 for appointment	1 pm "Oodles of Doodles" Zen drawing class		
27	28			
	1 pm TV Classics & Popcorn "The Andy Griffith Show" starring Andy Griffith, Don Knotts			
	1 pm Wii Bowling League			All events subject to change

Ladies-Only Event

Meet, Greet, & Eat

Balance

Finding Balance

Ashlee from Omega Physical Therapy will be here to discuss balance in our lives.

Date: Wed., Feb. 8th


Time: 11 am

Register At Desk

Today's event is a luncheon for Branch County ladies only. Eating will start at 11 am and then the program will start at 11:30 am. Please make sure to register in advance so we have enough food. Please, if you sign up in advance and cannot make it, call and cancel so someone else can attend.

There will be a 50/50 drawing this day to help with expense.

Burnside Center, 65 Grahl Dr., Coldwater www.burnsidecenter.com



Men @ Lunch

Bringing Hope to the Community

Kim Hemker will be here to discuss with the community about the shelterhouse and the new Hope Café for a new beginning.

THE NAOMI DAVIS SHELTERHOUSE

Wednesday, Feb. 15th

Time: 11 a.m.

Donations Accepted

Must be registered, call 279-6565 or stop at the front desk.

TO PROTECT
TO LISTEN
TO SERVE
TO GUIDE
TO LOVE
TO SUPPORT


This is a free lunch for all men 50 and over. Limit 60. Please register at the front desk. There will be a 50/50 drawing this day to help with expense.

H. & C. Burnside Senior Center, 65 Grahl Drive, Coldwater — phone: 517-279-6565 www.burnsidecenter.com


Weather Closures

- Decisions will be made & posted by 7:00 a.m.
- Seniors who have signed in at Burnside within the last month will get a phone call.


Burnside Center closings and delays will be posted at the following locations:



- TV-Channel 3 WWMT
- Radio-WNWN 98.5 FM
- Radio-WTVB 1590 AM or 95.5 FM
- facebook.com/hcburnside
- BurnsideCenter.com
- Or simply call the Center at 279-6565

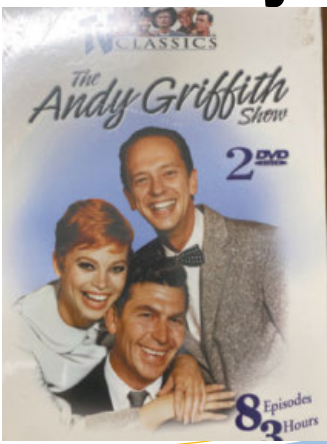


Please do not arrive before 8:00 a.m.
Parking lot needs to be clear so the County can plow and/or salt.



TV Classics & Popcorn

The Andy Griffith Show



The first, and probably the best, of the rural oriented comedies brought to TV.

Tuesday, February 28, 1:00 pm

Length: 1 hours 30 minutes
Genre: Comedy
Starring: Andy Griffith, Don Knotts

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FREE YOGA

When: March 6 - April 24, 2023

Mondays

Time: 5:30 - 6:30 PM

Where: Dr. Browne Recreation Center



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**FREE TAX
PREPARATION
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The Burnside Center is pleased to announce our partnership with Goodwill Industries of Central Michigan's Heartland to bring free tax preparation to Branch County. The VITA program offers free income tax preparation for those with qualifying household incomes of \$60,000 and under. VITA tax return preparation sites are operated by IRS-certified volunteers. All returns are electronically submitted.

Starting January 17, the Burnside Center will take calls to schedule appointments.



NEW HOME DELIVERED MEAL PROGRAM

The Commission on Aging will start providing home delivered meals on January 3, 2023. The Home Delivered Meals program provides five meals per week. These meals are delivered on three days per week: Mondays, Tuesdays, and Thursdays. Three ready-to-eat meals are 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. There is currently a wait list for this service.

This service is 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.

For more information, call Mike at 279-6565.

Find the Burnside Buzz at these locations!

Multiple Locations Throughout the County

ProMedica Coldwater Regional Hospital
outpatient clinics and the hospital
Branch District Library (all branches)

Coldwater

Grand Vista Assisted Living
Country Knoll apartments
The Laurels
Drews Place
Vcare Pharmacy
Fresenius Dialysis Center
Maple Lawn
Tibbits Opera House (business office)
Englewood apartments
Coldwater Crossing apts
Bucklin Law Office
Century Bank and Trust
The Goodie Shop
Law Office of Bird, Scheske, Reed, & Beemer
Farm Bureau (Scott Fair)
Meraki Studio
Jeannie's Diner
St. Charles Catholic Church
Masonville Place

Meadowview Senior Apts.

Karim Healthcare
Holicki Eye Center
Girard United Methodist Church
Rampit
Northview Christian Church
Branch County Veteran's Affairs Office
Lincare
First Baptist Church
St. Paul's Lutheran Church
Oaklawn Primary Care
St. Mark's Episcopal Church
Branch County Courthouse

Quincy

Union Church
Karim Healthcare

Bronson

Karim Healthcare
Bronson Senior Apts
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 Michigania's Act; and Donations.

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