

GOLDEN Leaves



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- **SAFE+ DAY TRIPS**
- **BRAIN HEALTH AWARENESS**



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JULY 2024

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,

The change of seasons is a refreshing change embraced with hope, positivity, and a sense of newness. The Center welcomed a fresh look this season by replacing the congregate tables and chairs. Please visit us for congregate lunch and take advantage of the walking path!

In June, Perennial Park supports **Alzheimer's & Brain Awareness Month!** Proudly, multiple services provided by the Center promote brain health and awareness. A new service, DAKIM Brain Fitness, is one example of HCSSC's proactive approaches to support brain health. DAKIM is an online brain exercise program (brain games) that is a powerful evidence-based tool that provides clinically proven therapeutic brain health benefits. Adjustable settings make this program appropriate for those cognitively intact who desire to remain sharp, those with mild to moderate memory loss, and those in assisted living. DAKIM is accessible on iPads, Macs, and PCs and is available to all Hillsdale County residents, whether a Center client or not. Those interested may call the Center at 517-437-2422 for registration. Two dedicated DAKIM computer stations are available in the computer room located at the Center. Lastly, mark your calendars for **"DAKIM Day" on July 26, 2024, to learn more about DAKIM and assistance with program navigation.** This program is made available by the V.C. & Velma Knight Memorial Fund.



Mark Your Calendars! **"Put Out the Fuse on Elder Abuse!" Expo** will be hosted by Perennial Park on **August 9, 2024, from 10:00 am to 2:00 pm.** Perennial Park welcomes Keynote Speaker and Wayne State University Director of Gerontology, Dr. Peter Lichtenberg, PhD, ABPP. Dr. Lichtenberg is a national expert in financial capacity assessment and the financial exploitation of older adults. An award-winning author and researcher, his interest in how older adults make financial decisions and the responsibility to defend autonomy while protecting the vulnerable led him to develop Successful Aging Through Financial Empowerment (SAFE), providing tools and services for older adults to help prevent scams and fraud and to help those older adults and families impacted by financial exploitation. Perennial Park is honored to have worked with Wayne State University and Dr. Lichtenberg with the SAFE program and for the continued collaboration with SAFE +.

Thank you for all you do to make Perennial Park an asset to the community!

Stay Amazing,

Maggi Monroe
Executive Director

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Pictured on front cover: Memories from SAFE+, Mother's Day Lunch, Father's Day Lunch, & Nurse's Week

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4 | JULY LUNCH MENU

MON	TUES	WED	THURS	FRI
1 Spaghetti w/Meatballs Catalina Blend Veggies Garlic Bread Pineapple Milk	2 Breaded Chicken Patty Potato Wedges Mixed Veggies WW HB Bun Juice Milk	3 Slice of Ham Sweet Potatoes Green Beans Craisins Milk	4 CLOSED FOR THE HOLIDAY! HAPPY 4TH OF JULY!	5 Hot Dog w/ WW Bun Macaroni Salad Carrot Sticks Apple Milk
8 Chicken Cordon Bleu Carrots Broccoli Pineapple Milk	9 Hamburgers Baked Fries Green Beans Applesauce HB Bun Milk	10 Eggs Sausage Hashbrowns Banana Milk	11 Chicken Alfredo Stewed Tomatoes Garlic Bread Apricots Milk	12 Pork Riblet Tater Tots Italian Blend Veggies Hoagie Bun Milk
15 Chicken Teriyaki Rice Spinach Pears Milk	16 Egg Salad Pickled Beets Wheat Bread Craisins Milk	17 Country Fried Steak Mashed Potatoes Corn Peaches Milk	18 BBQ Chicken Baked Beans Capri Blend Veggies Mixed Fruit Milk	19 Corn Dogs Steak Fries Winter Blend Veggies Juice Milk
22 Fish PEI Veggies Brussel Sprouts Apple Milk	23 Sloppy Joes Chips Sugar Snap Peas WW HB Bun Banana Milk	24 Goulash Carrots Cali Blend Veggies Apricots Milk	25 Beef & Bean Burrito Sour Cream Refried Beans Stewed Tomatoes Tropical Fruit Milk	26 Ham Salad Celery Sticks Peaches Bun Peanut Butter Milk Cake & Ice Cream HAPPY BIRTHDAY!
29 Boneless Chicken Wings Catalina Blend Veggies French Fries Orange Milk National Chicken Wing Day!	30 Pizza Cottage Cheese Carrot Sticks Ranch Packet Craisins Milk	31 Salisbury Steak Scalloped Potatoes 5 Way Veggie Blend Pineapple Milk	You can find the lunch menu, Center activities, and Special Events on our website: www.hillsdaleseniors.org	



BUSINESS HOURS

Monday-Friday

8:30 a.m.—4:30 p.m.

FITNESS CENTER HOURS

Monday-Thursday

6:00 a.m.—7:00 p.m.

Friday: 6:00 a.m.—5:00 p.m.

Saturday: 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!*

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By: Grace Broesamle, Marketing and Communications Coordinator

Summer is in full swing over at Perennial Park, but let's take a look back at what the Center has done over the past couple months.

We had our **Mother's Day Lunch** on Friday, May 10th at noon. There was a great turnout and we hope everyone had a great time! We served a delicious meal and had a raffle drawing where people could win raffle baskets that were donated by local organizations! Thank you to Molli Grace



Boutique, Trinity Lutheran Church, County National Bank, Hillsdale County Farm Bureau, Fether Studios, and Coldwell Banker Groves Real Estate for donating raffle prizes for the event! Also thank you to *Knapp Chiropractic, Hillsdale Hospital, and Ryan & Bradshaw, Inc.* for sponsoring the event.



Our **Father's Day Lunch** was on Friday, June 14th at noon. This was a fun way to celebrate the father's in the community! Similarly to the Mother's Day Lunch, we had a fantastic meal prepared by our kitchen staff and some raffle baskets donated by local



organizations that guests could win! Thank you to Trinity Lutheran Church, County National Bank, Hillsdale County Farm Bureau, and Fether Studios for donating raffle baskets for the event. Also thank you to our sponsors for the event: *Knapp Chiropractic, Hillsdale Hospital, and Ryan & Bradshaw, Inc.*

HCSSC hosted our first **cash bingo** in June! It went well and thank you to everyone who came and played! This will be available at the Center every 1st Thursday of the month (except for July, September, and January—the event will be on the 2nd Thursday of the month due to scheduling conflicts). There are cash prizes you can win playing bingo as well as Charity Game Tickets. Concessions and daubers are available as well. For updates about bingo, follow us on Facebook at Hillsdale Senior Center!

Perennial Park's next event will be our **Palettes & Petals Art Show and Garden Tour**. The event will take place on Saturday, July 13th from 10am-4pm. During the event, you can tour gardens around the county and there will be an art show at the Center as well as refreshments! We are also adding an Ice Cream Social from 12-2pm sponsored by Meijer and a Paint & Sip activity from 2-4pm where participants can learn to make a painting or craft while sipping on some refreshments! For more information about the event, visit our Facebook page (Hillsdale Senior Center). If you have any questions, please call the Center at 517-437-2422 or visit the Center located at 320 W. Bacon Street in Hillsdale.



In August, we will be hosting our **Put Out the Fuse on Elder Abuse** expo again! This event will be on Friday, August 9th from, 10am to 2pm and you can meet with various local organizations and view presentations on how to fight back against elder abuse. Elder abuse can be physical, verbal, financial, and more! This expo is open to older adults, caregivers, local organizations that are interested in networking, and the community at large. Learn how to protect yourself and others from abuse and connect with the community. For more information, follow us on social media and visit our website: www.hillsdaleseniors.org. This event was made possible by a grant through WellWise Area Agency on Aging. We are truly grateful for this opportunity and in working with such a great organization! WellWise is also at the Center monthly, offering Connection Café where people can come together to connect and talk about interesting topics. They are here every third Wednesday from 12:30-2 p.m. All are welcome to join!

Perennial Park would also like to give a huge thank you to disAbility Connections for donating Covid-19 Test Kits to the Center! We truly appreciate your generosity and always love working with you! We wouldn't be able to do what we do without the support of organizations like you and the community around us!



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Ask the Nurse

Staying Safe in the Sun: Reducing Heat-Related Illness

By: Cindie Myers, RN BSN, Clinical Director

Heat-Related Illnesses:

As we approach the hotter months, it's always a great reminder to think about risk factors, prevention, and treatment if overexposure to extreme heat occurs. Studies have shown over the past, a 54% increase in heat-related deaths among those 65 years of age and older. Our body at work generates an internal heat load and external heat from the environment adds to the total heat burden that must be managed. Higher humidity levels intensify the challenges of controlling and lowering our body temperatures along with many other factors. The body can become strained or exhausted leading to a variety of health-related illnesses, ranging for non-life-threatening conditions like heat rash to possibly a life-threatening heat stroke.

Risk Factors:

Many risk factors may play a role, however knowing what diseases or health conditions are exacerbated or triggered by the heat helps to keep individuals more aware in limiting sun exposure. Some conditions include ischemic heart disease, obesity, cardiac dysrhythmias, ischemic stroke, asthma and chronic obstructive pulmonary disease, respiratory tract infections, hyperglycemia, kidney failure, neuropsychiatric disorders, including psychosis, anxiety, and depression, along with adverse birth outcomes, such as preterm delivery and small-for-gestational-age infants.

Other factors include medications that possibly interfere with your body's ability to regulate temperature, making you more susceptible to heat-related illnesses. Some include (but are not limited to) antipsychotics, major tranquilizers, antidepressants,

antihistamines, drugs used to treat Parkinson's disease, diuretics, weight loss supplements and some over-the-counter sleep medications along with alcohol and street drugs. Additional factors to keep in mind would be lower-income households, disabilities, occupation, social isolation, those who live alone, and age.

Prevention and Local Resources:

The main key to prevention is awareness, education, and resources. A general rule as temps increase includes keeping living spaces cool with fans, air conditioning, or misting. It's also important to be cautious when temperatures exceed 99°F as fans may become ineffective and may be harmful in dry conditions. Locating cooling centers or other accessible places with cooling, limiting physical activity, increasing water intake, wearing lightweight clothing, self-dousing and taking cool showers, and monitoring for symptoms, including frequent safety checks from caregivers (Sorensen & Hess, 2022). Hillsdale County Senior Services Center is a cooling station open to Hillsdale residents throughout the hot months along with many other resources.

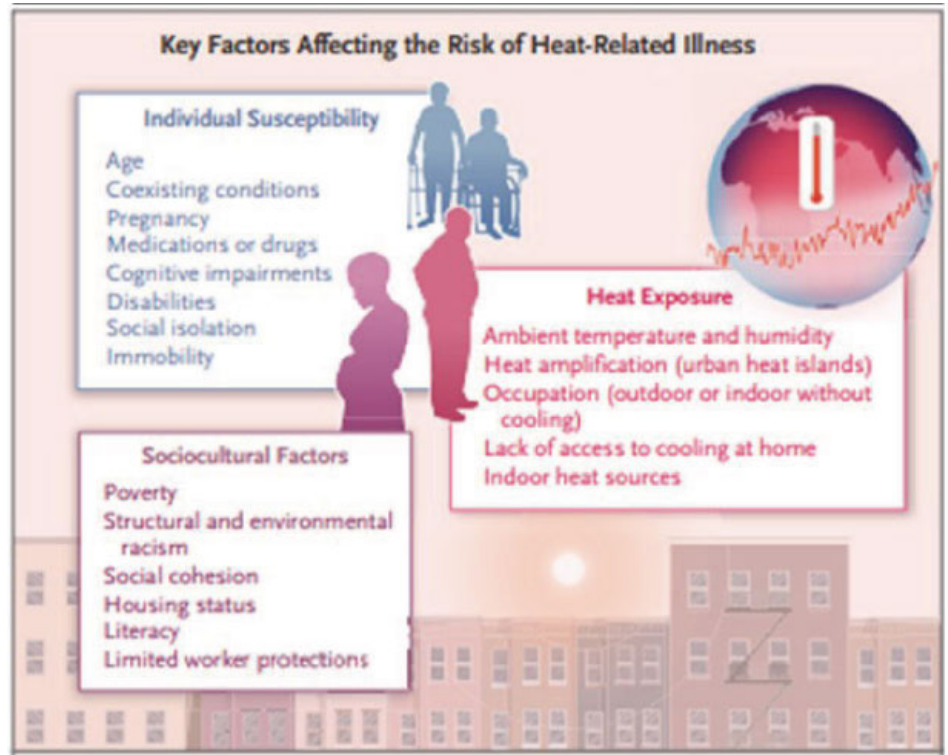
Treatment:

If someone is experiencing or showing signs of heat-related illness such as heat rash, heat cramps (painful muscle spasms with excessive sweating, fatigue, and thirst), heat exhaustion (pale, headache, nausea, vomiting, dizziness, increased pulse, and low blood pressure), or heat stroke (high fever, altered level of consciousness, dry/ warm skin, seizures, and rapid, shallow breath-

-ing) seek emergency medical help by calling 911. While waiting for help, attempt to cool the individual by providing shade or cooler location, removing excessive clothing, applying cool water, wet towels, or ice packs to areas such as head, neck, armpits, and groin.

Reference

Sorensen, C., & Hess, J. (2022). Treatment and Prevention of Heat-Related Illness. *The New England Journal of Medicine*, 387 (15), 1404-1413. <https://doi.org/10.1056/NEJMc2210623>



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TAKE TEN

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

10

SHAREABLE RESOURCE

by Leighton Jones, Ph.D., CSci and Zachary Zenko, Ph.D., FACSM

10 Ways to Enhance Pleasure During Exercise

1 THE IMPORTANCE OF PLEASURE. There is growing awareness of the important role that affective responses (e.g., pleasure, enjoyment) experienced during exercise play in promoting adherence. How people feel *during* exercise is more strongly related to future behavior, compared to how people feel *after* exercise. There are numerous extrinsic strategies that we can recommend to help change how people feel, but one important intrinsic characteristic is the intensity of exercise. During *heavy* exercise, some people continue to feel good, whereas others begin to feel worse. During *severe* exercise, people typically feel worse. One way to enhance pleasure during exercise is to reduce the intensity. Extrinsic strategies are related to the broader exercise environment and are outside of the FITT principles.

2 IF MUSIC BE THE FOOD OF LOVE... Music is one of the most extensively studied extrinsic strategies during exercise and there is good evidence to suggest it can positively change how we feel. Tempo is of central importance, with music between 120–140 bpm often preferred for repetitive rhythmic tasks (e.g., running, cycling). Music can be applied synchronously (a conscious attempt to move in time to the beat) or asynchronously, with beneficial effects reported for both. Music can help change how we feel over a wide range of exercise intensities from low to high.

3 TUNE IN AND TURN UP. The inclusion of purposefully selected visual stimuli alongside music has been shown to have additional positive effects. Using videos that complement the music (e.g., music videos) seems to have a more beneficial effect than visual footage that is unrelated to the music (e.g., point-of-view footage of a cycle track). Therefore, consider how the audio and visual elements can be combined effectively when exercising indoors. Most exercise facilities have TVs, exercise machines with screens on them, and music playing, but these aren't always tuned to maximize their effectiveness. Many exercisers have their own devices, and these could be tuned to promote pleasurable experiences.

4 IS THIS THE REAL LIFE? IS THIS JUST FANTASY? As virtual reality (VR) headsets become more affordable and widespread, research on their use in exercise grows. Anyone who has used virtual reality knows that cybersickness can be a factor, and care should be taken regarding the type of content used during exercise to minimize any potential cybersickness. The immersive effects of VR do have an additional benefit compared to content being delivered in a more conventional way; with music videos watched in VR more pleasant than when watched on a TV while stationary cycling. Further, using 360° videos in VR seems to be a more pleasant experience than a computer-generated world while cycling.

5 THINK OUTSIDE THE BOX. Broadly speaking, exercising outdoors appears more pleasant than exercising indoors. This has been shown a consistent finding across a wide range of demographics. When practicable, try to facilitate outdoor exercise if there is an option to do so. Further, exercise in green (e.g., countryside) or blue (e.g., coastal) environments seems more beneficial than outdoor exercise in urban environments.

6 WAKE UP AND SMELL THE COFFEE. Several researchers have demonstrated positive effects of caffeine on affective responses to exercise, in some cases compared to placebo. Within reason, caffeine could be used, and it may enhance the experience of exercise. Although physical activity certainly does not require caffeine supplementation, it does seem to enhance the enjoyment and/or pleasure of exercise.

7 FUEL YOUR EXERCISE. Although the literature is mixed, some researchers have found that carbohydrate ingestion is related to affective responses. Exercisers have been shown to have more pleasant experiences after ingesting carbohydrates and when glycogen-loaded. Similarly, drinking carbohydrate-electrolyte solutions can enhance the pleasure of exercise, in comparison to water alone or no fluid.

8 "NO PAIN, NO GAIN" IS OUT; GOOD FEELINGS ARE IN. How do you choose your exercise intensity? Do you set an intensity based on a target heart rate? Or do you choose the intensity that feels good for you? There are positive effects of allowing people to choose their own pace such as enhanced pleasure, autonomy, and even adherence to exercise. Similarly, though not universal, ensuring exercise ends with pleasure can result in a more positive experience overall. We do not know of any research that indicates allowing freedom to choose an exercise intensity or focusing on pleasure is worse for psychological outcomes, compared to imposing intensity. Exercise does not have to be miserable to be effective. The most effective exercise program is the one that people adhere to as part of a long-term, active lifestyle.

9 BE MINDFUL OF YOUR FEELINGS. Mindfulness can include awareness of one's feelings. The Jedi were advised to be mindful of their feelings, and this may be beneficial for exercisers, too. Mindfulness can enhance the pleasure and enjoyment of exercise, and predictions of how pleasant a future exercise session would be. Mindfulness also seems to be more beneficial than focusing on changing one's appearance.

10 BE CREATIVE. There are many things that humans find pleasurable, and the task is creating ways to ensure exercise is one of them. The different approaches briefly described here only represent those that have been tested by researchers and reported, but there are likely many more strategies that are effective in positively changing how people feel during exercise. Consider novel ways in which the exercise experience could be manipulated to promote pleasure and then look to monitor and record the effects it has.

Leighton Jones, Ph.D., CSci, is a senior lecturer in Exercise Psychology at Sheffield Hallam University.

Zachary Zenko, Ph.D., FACSM, is an associate professor and current graduate program director at California State University, Bakersfield. They co-edited a free, open access book titled *Essentials of Exercise and Sport Psychology: An Open Access Textbook*, <https://shorturl.at/klKNQ>.

Cardio Drumming with Dayton Lyons: Monday, Thursday, & 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. Every 2nd Saturday—Additional 8:30 a.m. class. NOW Tuesdays at 4:30 p.m.

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

Have fun & move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance and a chair is used for seated and/or standing support.

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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By: Maribeth Kaltz, SAFE+ Case Manager

The Importance of Staying Connected

A 2023 advisory report written by U.S. Surgeon General Vivek Murthy stated that loneliness and isolation are profound threats to our health and well-being. The Surgeon General's Advisory is a public statement that calls attention to urgent public health issues that need to be acknowledged. His most recent advisory is based on decades of research and consultations with scientists, physicians, and psychologists. According to Dr. Murthy, social isolation and loneliness increase the risk for premature death, cognitive decline and bouts of depression and anxiety. During the Covid-19 pandemic, social connections declined significantly. Many of us felt isolated in a way we had never experienced before. Now that we are getting back to a more normalized state, it's important to reestablish our social connections and hopefully live longer, more enjoyable lives.

A large component of the SAFE+ program is to provide opportunities for social connection. Becoming involved in your community and staying active makes you less vulnerable to scams and identity theft. The monthly socialization day trips, lifelong learning classes, and in-house events are all ways to meet up with friends, meet new friends, and partake in engaging activities.

Upcoming Socialization Opportunities

- Sauder Village day trip to Archbold, Ohio on July 11, 2024. Meet us at the Center to board a motor coach. You can travel back in time touring this

historic village with homes, gardens, barns, and craft shops. Lunch will be provided in the Barn Restaurant. The cost of the trip is \$30, which includes transportation, admission, and lunch buffet.

- MSU's Hidden Lake Gardens in Tipton, Michigan on August 1, 2024. This trip will allow you to connect with nature as you visit the conservatory featuring tropical, arid, and temperate plants, and view the bonsai courtyard. Take in amazing views as you experience the new sky canopy walk. The cost of this trip is only \$5, which includes transportation and admission.
- Blue Gate Theater and Restaurant in Shipshewana, Indiana on September 10, 2024. This day trip will feature a full course buffet and the musical "When Calls the Heart." The cost of the trip is \$35, which includes motor coach transportation, the buffet and a ticket for the musical.

Please Note: The low cost of these trips is made possible through the 2024 Michigan Department of Health and Human Services SAFE+ PREVNT grant. These trips fill up quickly, so sign- up ASAP at Perennial Park.

Meet with Maribeth

Mon, Wed, & Fri: 10 a.m.—4 p.m.

517-437-2422 ext. 171

mkaltz@hillsdaleseniors.org

Beware of the Latest Scams!

Medicare Imposter Scams: Imposters are calling unsuspecting clients informing them that new cards are being issued so they need to “verify” the information on their current Medicare cards in order to continue receiving medical benefits. These criminals want access to your information so they can obtain services, supplies, and medications. **DO NOT BELIEVE THEM!** Medicare will never call, phone, or text you unless you initiate an inquiry.

Ohio Turnpike Scam: Travelers are getting legitimate looking text messages stating there is a “balance” on their record. Authorities are advising drivers to immediately delete these fake text messages without clicking on any links.

Notable Facts....

- AARP stated in their recent issue that consumers receive an average of twelve fake messages per day.
- The Federal Trade Commission advises against unsubscribing from spam emails and texts because that confirms that scammers have reached an active account. Just delete all unsolicited texts.
- The SAFE+ Program is here to keep you safe. This **free** program is a one-on-one personal assistance service to educate you about scams and identity theft. Identity theft recovery can be overwhelming. SAFE+ can help you recover by calling creditors, the IRS, the Social Security Administration, and financial institutions as well as placing a fraud alert on your credit report.

References:

Murthy, V. (2023). Our Epidemic of Loneliness and Isolation: The Surgeon General’s Advisory on the Healing Effects of Social Connection and Community

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14 | ACTIVITIES IN JULY

MON	TUES	WED	THURS	FRI	SAT
1 9:30am Cardio Drumming 10am-4pm:SAFE + 11:15am: SS Stability 1-3:Pedro (Cards)	2 10 am: SS Enerchi 11:15am:SS Classic 1-2pm: Bingo 1-3pm: Mahjong 1-3pm: Game Day 1:30-3pm: Caregiver Café 4:30pm: Cardio Drumming	3 10am: SS Stability 10am-4pm: SAFE+ 11:15am: SS Yoga 1-3pm: Euchre 1-3pm: Handcrafting 4:30pm: SilverSneakers EnerChi	4 CLOSED FOR THE HOLIDAY1 	5 9am: Coffee Hour 10am: SS Enerchi 10am-4pm: SAFE+ 11:15am: SS Yoga 1-3pm: Corn Hole 4:00pm: Fit Camp	6 9:30am Cardio Drumming 8am-12pm Fitness Center Open
8 9:30am Cardio Drumming 10am-4pm:SAFE + 11:15am: SS Stability 1-3:Pedro (Cards)	9 10 am: SS Enerchi 11:15am:SS Classic 1-2pm: Bingo 1-3pm: Mahjong 1-3pm: Game Day 4:30pm: Cardio Drumming	10 10am: SS Stability 10am-4pm: SAFE+ 11:15am: SS Yoga 1-3pm: Euchre 1-3pm: Handcrafting 4:30pm: Cardio Drumming	11 9-1pm:Aromatouch 9am-5:30pm SAFE+ Sauder Village Trip (RSVP) 9:30: Cardio Drum 11:15am:SS Classic 1-3pm: Pinochle 1-3: Woodcarvers 2-3:30:Parkinson's SG	12 9am: Coffee Hour 10am: SS Enerchi 10am-4pm: SAFE+ 11:15am: SS Yoga 1-3pm: Corn Hole 1-3: Movie &Popcorn 4:00pm: Fit Camp	13 8:30am & 9:30am Cardio Drum 10am-4pm Palettes & Petals 8am-12pm Fitness Center Open
15 9:30am Cardio Drumming 10am-4pm:SAFE + 11:15am: SS Stability 1-3:Pedro (Cards)	16 10 am: SS Enerchi 11:15am: SS Classic 1-2pm: Bingo 1-3pm: Mahjong 1-3pm: Game Day 4:30pm: Cardio Drumming	17 10am: SS Stability 10am-4pm: SAFE+ 11:15am: SS Yoga 12:30-2pm Connection Café 1-3pm: Euchre 1-3pm: Handcrafting 4:30pm: Fit Camp	18 9:30: Cardio Drum 11:15am:SS Classic 1-3pm: Pinochle 1-3: Woodcarvers 1:30-3pm: Kinship Care SG	19 9am: Coffee Hour 10am: SS Enerchi 10am-4pm: SAFE+ 11:15am: SS Yoga 1-3pm: Corn Hole 1-3: Movie &Popcorn 4:00pm: Fit Camp	20 9:30am Cardio Drumming 8am-12pm Fitness Center Open
22 9:30am Cardio Drumming 10am-4pm: SAFE + 11:15am: SS Stability 1-3:Pedro (Cards)	23 10 am: SS Enerchi 11:15am: SS Classic 1-3pm: Mahjong 1-2pm: Bingo 1-3pm: Game Day 4:30pm: Cardio Drumming	24 10am: SS Stability 10am-4pm: SAFE+ 11:15am: SS Yoga 1-3pm: Euchre 1-3pm: Handcrafting 2-3:30:Alzheimer's SG 4:30pm: SS Stability	25 9:30: Cardio Drum 11:15am:SS Classic 12pm: Lunch & Learn Vote Yes on Safety 1-3pm: Pinochle 1-3: Woodcarvers	26 DAKIM DAY: All Day 9am: Coffee Hour 10am: SS Enerchi 10am-4pm: SAFE+ 11:15am: SS Yoga 1-3pm: Corn Hole 1-3: Movie &Popcorn 4:00pm: Fit Camp	27 9am-1pm: Rummage Sale 9:30am Cardio Drum 8am-12pm Fitness Center Open
29 9:30am Cardio Drumming 10am-4pm: SAFE + 11:15am: SS Stability 1-3:Pedro (Cards)	30 10 am: SS Enerchi 11:15am:SS Classic 1-2pm: Bingo 1-3pm: Mahjong 1-3pm: Game Day 4:30pm: Cardio Drumming	31 10am: SS Stability 10am-4pm: SAFE+ 11:15am: SS Yoga 1-3pm: Euchre 1-3pm: Handcrafting 4:30pm: Cardio Drumming	General Board Meetings (Open to the Public): No General Board Meeting in July Tuesday, August 27th at 3pm Monthly Cash Bingo: July 11th and August 1st: 5:45-9pm		

ACTIVITIES IN AUGUST | 15

MON	TUES	WED	THURS	FRI	SAT
Support & Assistance Blood Pressure Kiosk: Made possible by HCCF. Get your blood pressure checked and receive a printout for your records. MMAP Program: Helps with different Medicare options, types of coverage and enrollment. 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-1pm SAFE+ Hidden Gardens Trip (RSVP) 9:30: Cardio Drum 11:15am:SS Classic 1-3pm: Pinochle 1-3: Woodcarvers	2 9am: Coffee Hour 10am: SS Enerchi 10am-4pm: SAFE+ 11:15am: SS Yoga 1-3pm: Corn Hole 1-3: Movie &Popcorn 4:00pm: Fit Camp	3 9:30am Cardio Drumming 8am-12pm Fitness Center Open
5 9:30am Cardio Drumming 10am-4pm: SAFE + 11:15am: SS Stability 1-3:Pedro (Cards)	6 10 am: SS Enerchi 11:15am:SS Classic 1-2pm: Bingo 1-3pm: Mahjong 1-3pm: Game Day 1:30-3pm: Caregiver Café 4:30pm: Cardio Drumming	7 10am: SS Stability 10am-4pm: SAFE+ 11:15am: SS Yoga 1-3pm: Euchre 1-3pm: Handcrafting 4:30pm: SS EnerChi	8 9-1pm:Aromatouch 9:30: Cardio Drum 11:15am:SS Classic 1-3pm: Pinochle 1-3: Woodcarvers 2-3:30:Parkinson's SG	9 9am: Coffee Hour 10am: SS Enerchi 10am-2pm Elder Abuse Expo 11:15am: SS Yoga 1-3pm: Corn Hole 1-3: Movie &Popcorn 4:00pm: Fit Camp	10 8:30am Beginners Cardio Drum 9:30am Cardio Drum 8am-12pm Fitness Center Open
12 9:30am: Cardio Drum 10am-4pm: SAFE + 11:15am: SS Stability 1-3:Pedro (Cards)	13 10 am: SS Enerchi 11:15am: SS Classic 1-2pm: Bingo 1-3pm: Mahjong 1-3pm: Game Day 4:30pm: Cardio Drumming	14 10am: SS Stability 10am-4pm: SAFE+ 11:15am: SS Yoga 1-3pm: Euchre 1-3pm: Handcrafting 4:30pm: Cardio Drum	15 9:30: Cardio Drum 11:15am:SS Classic 1-3pm: Pinochle 1-3: Woodcarvers 1:30-3pm: Kinship Care SG	16 9am: Coffee Hour 10am: SS Enerchi 10am-4pm: SAFE+ 11:15am: SS Yoga 1-3pm: Corn Hole 1-3: Movie &Popcorn 4:00pm: Fit Camp	17 9:30am Cardio Drumming 8am-12pm Fitness Center Open
19 9:30am Cardio Drumming 10am-4pm: SAFE + 11:15am: SS Stability 1-3:Pedro (Cards)	20 10 am: SS Enerchi 11:15am: SS Classic 1-2pm: Bingo 1-3pm: Mahjong 1-3pm: Game Day 4:30pm: Cardio Drumming	21 10am: SS Stability 10am-4pm: SAFE+ 11:15am: SS Yoga 12:30-2pm Connection Café 1-3pm: Euchre 1-3pm: Handcrafting 4:30pm: Fit Camp	22 9-1pm:Aromatouch 9:30: Cardio Drum 11:15am:SS Classic 1-3pm: Pinochle 1-3: Woodcarvers	23 9am: Coffee Hour 10am: SS Enerchi 10am-4pm: SAFE+ 11:15am: SS Yoga 1-3pm: Corn Hole 1-3: Movie &Popcorn 4:00pm: Fit Camp	24 9:30am Cardio Drumming 8am-12pm Fitness Center Open
26 9:30am Cardio Drumming 10am-4pm: SAFE + 11:15am: SS Stability 1-3:Pedro (Cards)	27 10 am: SS Enerchi 11:15am: SS Classic 1-2pm: Bingo 1-3pm: Mahjong 1-3pm: Game Day 4:30pm: Cardio Drumming	28 10am: SS Stability 10am-4pm: SAFE+ 11:15am: SS Yoga 1-3pm: Euchre 1-3pm: Handcrafting 2-3:30:Alzheimer's SG 4:30pm: SS Stability	29 9:30: Cardio Drum 11:15am:SS Classic 1-3pm: Pinochle 1-3: Woodcarvers	30 9am: Coffee Hour 10am: SS Enerchi 10am-4pm: SAFE+ 11:15am: SS Yoga 1-3pm: Corn Hole 1-3: Movie &Popcorn 4:00pm: Fit Camp	31 9:30am Cardio Drumming 8am-12pm Fitness Center Open

EMPLOYEE OF THE QUARTER: CYNDI WARREN



Congratulations to Cyndi Warren for being HCSSC's Employee of the Quarter! Cyndi is a very compassionate and caring caregiver. She always goes above and beyond for her clients. When she knows that MOWs are not running, she makes sure that her clients know and always notifies family members or the Center if the client is not feeling well or is in need of something that she cannot help with and follows up with her clients to make sure they are taken care of. Cyndi always picks up extra clients when we have a need without complaint and volunteers for events when she can like the fair, bingo, and ADC evening hours. The smile on Cyndi's face is permanent! Her exceptional advocacy on behalf of her clients is very apparent as well as her dedication to the Center! People look up to her as a leader and co-workers feel comfortable approaching her with any kind of inquiry, problem, or even just to strike up a conversation.

VOLUNTEER OF THE QUARTER: NORA LAWRENCE



Congratulations to Nora Lawrence for being our Volunteer of the Quarter!

Nora has taken over as the main volunteer for handling, organizing, shelving, and selectively weeding out our books and movies in our library. She handles these duties multiple times throughout the week without any supervision or prompting. Nora's work is very meticulous and neat! We are very thankful for the work that she does and we wanted to spotlight her contribution to the Center since it can fly under the radar at times. Congratulations, Nora! Thank you for all that you do for the Center and clients!

ADC LEGACY MEMBER OF THE QUARTER: JOYCE L.



Congratulations to Joyce for being the ADC Legacy Member for the Quarter!

Outgoing and friendly, Joyce has a great passion for being involved and lending a helping hand to other Legacy Club members. Joyce has 3 children and has retired from Hi-Lex Controls Inc in Litchfield MI.

While attending The Legacy Club one day a week, Joyce shares her vast knowledge of tips and tricks on gardening. She is also a die-hard bingo player.

Joyce loves coming to The Legacy Club and enjoys participating in activities, along with socialization with her peers. She is a great addition to The Legacy Club! Congratulations Joyce!

Caregiver Cafe: First Tuesday 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 | 1:30–3:00p.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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Five Priorities for Optimizing Brain Health

By: Sarah Chapel, RDN, CDCES

The brain is a complex organ that controls thought, memory, emotion, touch, motor skills, vision, breathing, temperature, hunger and every process that regulates the body. Together, the brain and spinal cord make up the central nervous system.

Every brain changes with age, and mental function changes along with it. Mental decline is common, and one of the most feared consequences of aging. Cognitive decline isn't inevitable. Here are five ways to optimize brain health and improve overall health and well-being.

1. Get a good night's rest

During sleep, the brain is very active and the time when the body removes the toxins in the brain that build up during the day. A good night's sleep helps improve brain function and memory, increases alertness and makes it easier to do daily tasks. Rest also eases stress and depression.

Make getting enough healthy sleep a priority. Adults should sleep 7 to 9 hours a night. If snoring disrupts sleep, make an appointment with a healthcare provider. Snoring could be a sign of a sleep disorder. Conditions that disturb sleep may raise the risk for a decline in thinking skills and dementia.

2. Stay well hydrated

80% of the human brain is made up of water. Water is needed to transport essential nutrients to the whole body, including the brain to maintain proper neurological function. Good hydration improves attention, alertness, and mood. Dehydration can impair short term memory function and the recall of long-term memory.

3. Optimize nutrition

Eating a healthy diet may play a role in preventing or delaying symptoms of dementia. In particular, the MIND diet can be a valuable tool for brain health. MIND stands for Mediterranean-DASH Intervention for Neurodegenerative Delay. This diet of brain healthy foods gives the brain fuel to help improve mental focus and slow cognitive decline. The MIND diet focuses on plant-based foods. It includes plenty of leafy greens and other vegetables, berries, nuts, whole grains, poultry and fish. It limits foods like butter, cheese, red meat and sweets.

3. Practice mindfulness

Evidence suggests that certain areas of the brain may either shrink or grow in response to regular mindfulness practice. Here are a few examples.

- Mindfulness and stress. After practicing mindfulness, the grey matter in the brain's amygdala – a region known for its role in stress – can become smaller. Studies have also shown similar brain changes in people who meditate.
- Mindfulness and creativity. The pre-frontal cortex is the area of the brain responsible for things like planning, problem solving, and controlling emotions. The grey matter in this area can become thicker
- Mindfulness and memory. An area of the brain known as the hippocampus helps with memory and learning. This area can also become thicker after practicing mindfulness.

4. Get regular physical activity

Regular physical activity can help improve balance, flexibility, strength, energy and mood. It also helps keep the mind sharp with aging and lower the risk of developing Alzheimer's disease. For most healthy adults, 150 minutes a week of moderate aerobic activity, such as brisk walking is recommended. It's best to spread this activity throughout the week.

SUMMERTIME SUPPER RECIPE

*By: Camie Kipta, Nutrition Director***Squash Casserole**

Serves: 2 | Cook: 40 minutes

Ingredients

Non-stick cooking spray
 1/3 cup chopped onion
 1 cup grated zucchini
 1 cup grated yellow squash
 2 tbsp chopped fresh parsley, divided
 1/4 tsp dried oregano
 1/8 tsp salt
 1/8 tsp pepper
 1/4 cup fat-free egg substitute
 1 tbsp 1% milk
 1/4 cup shredded sharp cheddar cheese, divided

Directions

1. Preheat oven to 350°F
2. Coat a small non-stick skillet with cooking spray then place over medium heat until hot.
3. Add onion and sauté for 2 minutes.
4. Add zucchini and squash and sauté for 3 minutes.
5. Remove from heat and add 1 tbsp of parsley and the salt, pepper, and dried oregano.
6. Combine egg substitute and milk; stirring with a wire whisk until smooth.
7. Add milk mixture and 3 tbsp. of cheese to squash mixture and stir.
8. Spoon into a 5"x7" baking dish coated with a non-stick cooking spray.
9. Sprinkle with 1 tbsp. of cheese and bake uncovered at 350°F for 40 minutes or until set.
10. Sprinkle with remaining chopped parsley, if desired.

Recipe from grouprecipes.com

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Connection Café

**COME MEET PEOPLE
AND ENJOY FOOD, TOPICS, AND FUN**

Every 3rd Wednesday of the month, WellWise Area Agency on Aging will be at Perennial Park from 12:30 p.m. - 2:00 p.m. to offer Connection Café, where you can meet new people, discuss various interesting topics, and have fun!

Upcoming Meetings:
July 17th & August 21st

To **RSVP,**
call 517-592-1974

Follow both organizations
on Facebook, Instagram, and our websites!



Location:
320 W. Bacon Street
Hillsdale, MI 49242



If you are interested in having lunch at the Center, suggested donations are \$6 for those under 60 and \$5 for those 60 and older

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DAKIM BRAIN FITNESS



Earlier this year, Perennial Park was awarded funding to implement DAKIM Brain Fitness at the Center through the V.C. & Velma Knight Fund. This program can be utilized by all Hillsdale County residents to help them maintain and/or improve their cognition whether they have no signs of dementia or have mild to moderate dementia.

We were able to purchase two computers to have available in our computer lab for visitors to use DAKIM Brain Fitness as well as one in our Adult Day Care for the clients to use! This evidence-based program includes exercises and brain games to help users maintain and/or strengthen different areas of cognition including long-term memory, short-term memory, language, executive function, computation, visuospatial orientation, and critical thinking. Users of all ages are welcome to use the program and once you are registered, you can also use it at home on your computer and tablet! If you are interested in registering for the program, we are having a **DAKIM Day on Friday, July 26th** all day where staff will help you with the on-boarding process. The computers are also available now, if you are interested in stopping by the Center and getting registered today! We are so excited to have this program available at the Center to help Hillsdale residents with their brain health which can affect so many different areas of your life. If you have any questions, give us a call at 517-437-2422!

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ALZHEIMER'S & BRAIN AWARENESS

HEALTHY BRAIN TIPS

CHALLENGE YOUR BRAIN | SOCIALIZE | STAY HEALTHY | EXERCISE

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*PARTNERS WITH THE VETERANS ADMINISTRATION

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ON OUR MONTHLY ACTIVITY CALENDAR



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22 | SOCIALIZATION DAY TRIPS

Successful Aging Through Financial Empowerment + (SAFE+) is a program designed to help older adults (ages 60+) who are victims or are vulnerable to becoming victims of financial exploitation.

Socialization Day Trips are available to build connections and decrease isolation to vulnerable older adults. This program is made possible by the PRVNT 2024 grant through the Michigan Department of Health and Human Services. If you are interested in joining the program, reach out to Maribeth Kaltz at 517-437-2422 ext. 171 or mkaltz@hillsdaleseniors.org.



SAFE+ Socialization Trip to

Sauder Village

Thursday, July 11th | 9am-5:30pm • \$30 per person | RSVP: 517-437-2422

Price includes motor coach transportation, admittance, and a full course buffet!



SAFE+ Socialization Day Trip to

HIDDEN LAKE GARDENS

Thursday, August 1st / 9am-1pm \$5 per person | RSVP: 517-437-2422

Cost includes transportation, admittance to the Sky Walk, Conservatory, and Bonsai Courtyard



SAFE+ Trip to Shipshewana

Tuesday, September 10th
8:30 a.m. - 6 p.m.

RSVP BY CALLING
517-437-2422

\$35
per
person

Price includes motor coach transportation, full course buffet, and a ticket to the musical, "When Calls the Heart" based on the book by Janette Oke.



Fighting back against Identity Theft, Scams, & Fraud

Have you or someone you know been a victim of financial exploitation?
Do you want to protect yourself from new, potential threats?
Perennial Park's SAFE+ program is HERE TO HELP!

Our program features:

Maribeth Kaltz
Case Manager
mkaltz@hillsdaleseniors.org
517-437-2422 ext. 171
Mon, Wed, Fri
10 a.m. - 4 p.m.

Credit Reports & Fraud Alerts
Financial Coaching & Fraud Prevention Strategies
Socialization Day Trips
Community Presentations

Personal Identity Theft Recovery Assistance
Fraud Protection Presentation
Money Smart Classes
and more!



Fighting back against Identity Theft, Scams, & Fraud

What is SAFE+?

Perennial Park's SAFE+ (Successful Aging through Financial Empowerment +) Program is an enhanced version of the SAFE program that we have provided at the Center for the past three years. The SAFE program was a part of the financial decision-making research of Dr. Lichtenberg PhD, ABPP, director of Wayne State University's Institute of Gerontology. SAFE+ was made possible by the PRVNT grant that the Center received from the Michigan Department of Health & Human Services. This grant will help us fund this program for fiscal year 2024.

Program Goals

Perennial Park's SAFE+ Program aims to help individuals who are currently going through and those who are vulnerable to financial exploitation. Our goal is to help prevent future cases for our clients by giving them tools to increase their chances of noticing and eliminating these issues promptly and effectively.

Program Features

Credit Reports & Fraud Alerts

**Financial Coaching & Fraud
Prevention Strategies**

Community Presentations

**Personal Identity Theft
Recovery Assistance**

Socialization Day Trips

Fraud Protection Presentations

**Money Smart Classes
and more!**

Maribeth Kaltz Case Manager

mkaltz@hillsdaleseniors.org

517-437-2422 ext. 171

Maribeth is the organizer of our SAFE+ Program. She was the case manager on-site for the original SAFE program at the Center for the past three years. She has dedicated herself to helping clients fight against an ongoing and growing issue for the older adult population as technology advances and scammers are on the rise.

Please contact Maribeth if you or someone you know are in need of her services! This program is for people who are currently going through financial exploitation and those who are vulnerable to becoming a victim of fraud and scams.

HCSSC/Perennial Park is a non-profit organization that is always Growing to Serve. The Center's mission is to provide reliable, compassionate support and encouragement to older adults, so they can be healthy, at-home, independent, and involved in the community. Our SAFE+ Program aims to exemplify this goal and expand on it. The continuation and enhancement of this program was made possible through the PRVNT 2024 grant through the Michigan Department of Health & Human Services.



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(517) 437-2422 • (800) 479-3348
www.hillsdaleseniors.org



Meet with Maribeth:

**Mondays, Wednesdays,
and Fridays from
10 a.m. to 4 p.m.
at the Center**



By: Randy Blythe, Facilities Coordinator

Got carpenter bees? Here are a few tips on how to keep those pests at bay.

Carpenter bees are very destructive insects. Once they bore inside your wood trim or decking, they will lay their eggs.



- I normally would just spray either starting fluid or WD-40 in the holes to kill the larvae.
- Once the larvae hatch, then you have to worry about the woodpeckers making bigger holes to get the larvae. It is a all summer battle.
- One tip I have seen and works well is to get brown paper lunch bags and blow them up and tie them off and hang in the troubled areas. The carpenter bees think that it is a hornets nest which is a natural enemy of the carpenter bee. This will drive the bees away.
- Also you could hire a pest control to spray but that is costly and it needs to be done once a month throughout the season.
- Traps work well but you have to also buy the attractant to draw them into the trap. Once in the trap they can not get out.

So if you follow any of these tips I do hope one of them works for you so you can enjoy sitting outside and soaking up the warmth of summer.

In Sympathy

MARCH 2024

Kenneth Boyle
Anthony Cascarelli
William Ewing Jr.
Ronald Mann
Charles Randall
Alvie Sackett
Donna Stanlake
Mark Vanluven

APRIL 2024

Shelva Keeler
Gloria Schmig
Vera Ladd
Delores Parker
Rosemarie Schneider
Beverly Willardo
Valerie Seit

James Shirey
Robert Waterbury
Donna Miller
Donald Richardson
Dorothy Risk
Doris Pfau
Imagean Johnson

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26 | BIRTHDAYS & DONATIONS

BIRTHDAYS

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Joni Jones
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Lori Janiga
Lisa Roberts
Alice Keefer
Joseph Miller
Marc Yeagley
Jackie Yeagley
Helen Sweeting
Edward Swanson

August

Zoe Blythe
Loretta Lolley-Mitchell
Sandra Nubel
Annie Fike
Sandy Cameron
Lu Lewis
Gary Hoyt
Gloria Bond
Terri Picek
Robert Flynn
Doug Miller



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Joyce Salyer

MORE MARCH FOR MEALS

Gerald & Becky McClellan

If anyone was missed or a mistake was made, please contact Grace Broesamle at (517)437-2422 ext. 108 or email her at gbroesamle@hillsdaleseniors.org.

IN MEMORY

In Memory of Alice Britton

Jeanette Russell

In Memory of Wesley Marvicsin

Abby Block

In Memory of Jason Spratt

John & Kenette Spratt

In Memory of Charlene Moore

Dr. Jon & Seibra Herbener
David Moore
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Jeff Clevenger
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Todd Michael & Angie Madden
Sue Walter
James & Jan Tesch
Dave & Jeanne Holliday
Jean Flynn
Tom & Jennifer Dunn
Craig & Kathy Connor

IN-KIND

disAbility Connections
Gloria Comar
D'Andra Clark
Shane Spahr
Anne Fike

Spring Appeal donations will be listed in the September Issue of Golden Leaves!

You can find this and other issues of Golden Leaves on our website!

www.hillsdaleseniors.org

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HILLSDALE COUNTY SENIOR SERVICES CENTER

320 W. Bacon Street

Hillsdale, MI 49242

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MISSION STATEMENT

The Center is a place where older adults meet to pursue mutual interests, receive services, and take part in programs and services which improve their health, support their independence, and encourage their involvement in the community.



VISION STATEMENT

The Perennial Park Vision reflects the Center's goal to improve the quality of life of all Hillsdale County residents. Our vision addresses the needs of rural residents facing a high incidence of obesity, cardiovascular disease, illiteracy, and limited opportunities for lifelong learning and socialization.

