

GOLDEN Leaves



INSIDE THIS ISSUE:
HOLIDAY EVENTS
THANKSGIVING
APPEAL
EMERGENCY
PREPAREDNESS



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Fitness Business Hours
Mon - Thurs 6am-7pm
Fri 6am-5pm
Sat 8am-Noon



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NOVEMBER 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

PERENNIAL PARK'S 2024 Board of Directors

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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,

Thank you to all who supported Perennial Park's senior picnic! This enjoyable annual event was celebrated with 212 friends who joined us for games, good food, and good company!

Proudly, the Center was awarded the 2024 Community Choice Award for Best Fitness Center and recognized as the 2024 Nextdoor Neighbor Fave! Both annual awards are community-driven, allowing neighbors to celebrate and support the businesses they love. Thank you for your continued support! Your dedication is the heartbeat of our community! Additionally, HCSSC earned a Platinum Seal of Transparency. Visit www.guidestar.org to view our nonprofit profile and stay updated with our impact so you have the information you need to support our work with trust and confidence.

I am excited to announce that HCSSC was nominated for the Michigan Association of Senior Centers (MASC) excellence awards in five categories! These categories include the Outstanding Senior Center Award, Facility Improvement Award, Community Partner Award, and Outstanding Staff (New Professional of the Year Award and Leader of the Year Award). Winners announced on November 14, 2024!

The National Council on Aging selected Perennial Park to enhance digital literacy among older adults through a new national initiative! Perennial Park is excited to announce its participation in a new nationwide effort to improve digital literacy among older adults. This initiative, led by the National Council on Aging (NCOA) in collaboration with AT&T, seeks to empower older adults with the essential skills needed to navigate today's increasingly digital world.

As one of only 50 senior centers and community-based organizations selected nationwide, Perennial Park, in collaboration with the Hillsdale Area Career Center, will offer four in-person workshops starting January 2025. These workshops will guide older adults through modules designed to help build confidence in using technology. These modules will cover various topics, including online safety, communication tools, and accessing essential services online. Additionally, weekly on-site technology assistance is available. This free program aims to ensure that older adults can access the knowledge and resources they need to stay connected, informed, and safe while using the Internet. Perennial Park is grateful to the NCOA and AT&T for making this opportunity possible in our rural area. For more information or to sign up for the workshops, please get in touch with the Center at 517-437-2422 or visit our website at www.hillsdaleseniors.org.

Stay Amazing,

Maggi Monroe

Executive Director



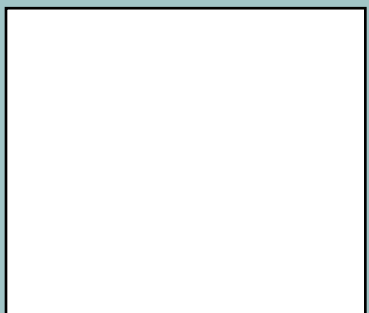
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Pictured on front cover: Pictures from Senior Picnic, SAFE+ Trips, and Senior Day at the Fair

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4 | NOVEMBER LUNCH MENU

MON	TUES	WED	THURS	FRI
You can find the lunch menu, Center activities, and Special Events on our website: www.hillsdaleseniors.org Follow us on Facebook and Instagram to get updates on events and activities: @Hillsdale Senior Center				1 Fish Sweet Potato Cauliflower Peaches Tartar Sauce Milk
4 Chicken Nuggets Redskin Potatoes Winter Blend Veggies Applesauce Milk	5 Beef Stew Lima Beans Diced Beets Mixed Fruit Milk	6 Pulled Pork Steak Fries Broccoli WW HB Bun Apricots Milk	7 Turkey Burger Wax Beans Corn Pears HB Bun Milk	8 Chicken Over Biscuit Veggie Blend Spinach Mandarin Oranges Milk
11 Penne Pasta w/ Meat Mixed Veggies Brussel Sprouts Garlic Bread Milk	12 White Chicken Chili Peanut Butter Slice of Bread Celery Stick Craisins Milk	13 Slice of Ham Potatoes Carrots Tropical Fruit Milk Senior Breakfast 8:30 am	14 Beef Hot Dog Baked Beans Veggie Blend HD Bun Peaches Milk	15 Chicken Nuggets Tater Tots Carrots WW Roll Tropical Fruit Milk
18 Grilled Chicken Patty Sweet Potato Puffs Diced Beets WW HB Bun Juice Milk	19 Sloppy Joes 3 Bean Salad Potato Chips HB Bun Apple Milk	20 Tater Tot Casserole Green Beans Lima Beans Pears Milk	21 Goulash Waxed Beans Veggie Blend Peaches Milk	22 Fish Rice Stewed Tomatoes Pears Milk Cake & Ice Cream HAPPY BIRTHDAY!
25 Beef Patty w/ Gravy Redskin Wedges Veggie Blend Juice Milk	26 Ham & Bean Soup Carrots Craisins Cornbread Milk	27 THANKSGIVING DINNER Turkey & Stuffing Mashed Potatoes Green Bean Casserole Cranberry Sauce Rolls & Pumpkin Pie Milk	28 CENTER CLOSED FOR HOLIDAY! 	29 CENTER CLOSED FOR HOLIDAY!



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!

DIGITAL LITERACY INITIATIVE

November 2024 thru April 2025

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LEARN HOW TO PROFICIENT AND CONFIDENT WITH TECHNOLOGY

Take AT&T Digital Learn Modules or Come with Questions!

IN-PERSON ASSISTANCE

Wednesdays | 1-2 pm Registration Preferred

WORKSHOPS START IN JANUARY

REGISTRATION REQUIRED

EMAIL BASICS: JANUARY 14, 2024, 1 PM-2:30 PM
INTERNET SAFETY: FEBRUARY 11, 2024, 1PM-2:30 PM
CYBERSECURITY: MARCH 11, 2024, 1 PM-2:30 PM
MOBILE DEVICE BASICS: APRIL 8, 2024 1 PM -2:30 PM





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By: Grace Broesamle, Marketing and Communications Coordinator

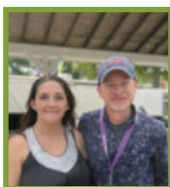
Perennial Park has been busy over the past couple months. Let's take a look back at the fun events and memories that we shared with the community!

Our annual **Senior Picnic** was held at the Center on Friday, September 6th from 10am to 2pm! We served hamburgers, hot dogs, and all the picnic fixings. We had cake walks and a couple sessions of bingo where people could win some prizes! We even had our Financial Director, Dan LaRue, making cotton candy! Thank you to all the performers and everyone who came. We hope



hope you enjoyed the event! Also thank you to the organizations who donated raffle baskets: *Hospice of Hillsdale County, County Pharmacy, Trinity Lutheran Church, County National Bank, Hillsdale County Farm Bureau, and Fether Studios*. We would also like to thank the sponsors for the event: *Hillsdale Hospital, Eagle Funeral Homes, American Legion—Post 53, County Pharmacy, Heffernan Soft Water Systems, County National Bank, and Hillsdale County Farm Bureau!*

At the **Hillsdale County Fair**, we had a booth in the Merchant's Building. Thank you to everyone who stopped by to see us and grab some information and resources! At the end of Fair Week, we had our **Senior Day** festivities. We enjoyed performances from Bob Pogue, Anna with the Singing DJs, our Perennial Park



Cardio Drummers, and the Pure Energy Cloggers! Thank you to the performers and everyone who came out to see the show!

On Friday, October 11th, we hosted our annual **Health Fair** from 10am to 1pm! We hope everyone who came had a great time and enjoyed speaking with professionals about how to maintain and improve your health! Thank you to the participating organizations and the WellWise Services Area Agency on Aging and County Pharmacy for providing the vaccine clinic at the event! A huge thank you to the sponsors for making this event possible: *Barrett Insurance, Hillsdale Hospital, County Pharmacy, Eagle Funeral Homes, Hillsdale County Farm Bureau, WellWise Services Area Agency on Aging, American Legion—Post 53, and Hillsdale Dental Associates*.



At the end of October, we hosted our first **Murder Mystery Party** with the Sauk Theater! The Murder Mystery was called *Drop Dead Disco*. Dinner was provided and a live show was performed, so guests could try to figure out who the murderer was in this dancing murder mystery! Thank you to the Sauk Theater for their help in making this possible! We hope everyone enjoyed the event and if you have any suggestions for fun fundraisers we can do, let us know! Thank you to the Friends of Perennial Park who donated raffle baskets! Also thank you to our wonderful sponsors: *Century Bank & Trust, Braman Roofing, Hillsdale Hospital, Stewart's Water Well Service, LLC, Jonesville Walmart, and Coldwell Banker Groves Real Estate!*

UPCOMING EVENTS

Our next fundraiser will be our **2nd Annual Designer Purse Bingo** on Saturday, November 16th at 5 p.m. Tickets are available now (\$45 each) and you must be 18 or older to play! Dinner will be provided and there will also be raffle to win some specialty baskets that were donated by local organizations! There will be 20 designer purses to win as well as one mystery purse! We loved hosting this event last year and hope that this one is even better!

On Wednesday, November 27th, we will be hosting our **Thanksgiving Dinner** at noon. All are welcome to come! We will be serving turkey, stuffing, mashed potatoes, green bean casserole, cranberry sauce, rolls, milk, and pumpkin pie! We look forward to seeing

everyone there!

Our **Christmas Dinner** will be on Monday, December 23rd at noon. Again, all are welcome to attend! For both the Thanksgiving and Christmas Dinners there will be no Meals on Wheels deliveries that day, so if you need a ride, please contact the Center by calling 517-437-2422.

We will also have other holiday festivities going on throughout the next two months, so stay in the loop by following us on Facebook (Hillsdale Senior Center) and our Instagram (@hillsdaleseniorcenter), and on our website: www.hillsdaleseniors.org! If you have any questions, please reach out by calling 517-437-2422 or stopping by the Center located at 320 W. Bacon Street, Hillsdale, MI 49242!



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Ask the Nurse

National Alzheimer's Disease Awareness Month

By: Gretchen Burke RN, MSN/Ed , Director of Nursing

November is National Alzheimer's Disease Awareness Month because President Ronald Reagan designated it as such in 1983. The month is a time to:

- Raise awareness about Alzheimer's disease
- Honor the memory of those lost to Alzheimer's
- Support families and caregivers
- Advance scientific research and treatment options
- Prevent, treat, and eliminate the disease
- Recognize the benefits of geriatric-accredited emergency departments
- Show support for the more than 6.2 million Americans living with Alzheimer's

Alzheimer's disease is a progressive neurodegenerative disorder that affects the brain, leading to memory loss, cognitive decline, and changes in behavior. It is the most common cause of dementia, impacting a person's ability to carry out daily tasks and communicate effectively. As the disease progresses, individuals may experience confusion, disorientation, difficulty with language, and changes in mood and personality. There is currently no cure for Alzheimer's disease, and treatment focuses on managing symptoms and improving the quality of life for affected individuals.

Caring for a person with Alzheimer's disease presents unique challenges for caregivers. Emotional stress, physical strain, and financial burden are just a few obstacles that caregivers may encounter. However, caregivers can navigate these challenges by seeking support, practicing self-care, and educating themselves about the disease more effectively. Caregiving is a demanding role, but with the right resources and strategies in place, caregivers can provide the best possible care for their loved ones with Alzheimer's disease.

HCSSC offers an **Alzheimer's Support Group** that meets on the fourth Wednesday of the month from 2:00 to 3:30 p.m. at Perennial Park. For more information, contact Linda McClain at (517)437-2422 ext. 190.

Experts have discovered that maintaining brain health is a “use it or lose it” proposition. HCSSC provides Dakim BrainFitness, a new web-based program clinically proven to improve memory and language skills and enhance focus, concentration, and attention. This program is designed specifically for adults aged 50 and older. It is adaptable to users, making it suitable for fully functioning individuals and those experiencing cognitive decline or dementia.

Noticeable results include improved organization of thoughts, word finding, quick evaluation of information, and enhanced memory for details. Dakim BrainFitness offers over a hundred sophisticated and engaging exercises, mixing videos, music, stunning graphics, and cultural references. In addition, the program adjusts the focus and sequence of exercises presented across six cognitive domains, changing the challenge level of each exercise to match users' performance. This evidence-based program is available on iPads, Macs, and PCs only.

DAKIM BrainFitness is available to all Hillsdale County residents aged 50+, whether they are Center clients or not. If you are interested, please get in touch with me at gburke@hillsdaleseniors.org or (517) 437-2422 ext. 106.

References

Alzheimer's Association (2024). *What is Alzheimer's disease?*
Retrieved September 27, 2024 from <https://www.alz.org>

Silva, M., Loures, C., Alves, L., de Souza, L., Borges, K. & das Gracas, M. (2019). Alzheimer's disease: Risk factors and potentially protective measures. *Journal of Biomedical Science*(26),1, 33-34. <http://doi.org/10.1186/s12929-019-0524-7>



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COMING SOON

Thanksgiving Appeal

PERENNIAL PARK WILL BE SENDING OUT OUR
THANKSGIVING APPEAL AT THE BEGINNING OF NOVEMBER!
FOR MORE INFORMATION, CHECK OUT THE DONATE PAGE ON
OUR WEBSITE: WWW.HILLSDALESENIORS.ORG!

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FACEBOOK AND INSTAGRAM
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Thanksgiving Dinner

**WEDNESDAY, NOVEMBER 27TH
AT NOON**

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PERENNIAL PARK'S

Christmas Dinner

MONDAY, DECEMBER 23RD | 12 P.M.

Join us in celebrating the holiday with a delicious meal
and fun with the community!

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Perennial Park's
Designer Purse

BINGO

SATURDAY, NOVEMBER 16TH | 5 P.M.
Join us for a night of delicious food, bingo,
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Tickets: \$45
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SAFE+

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By: Maribeth Kaltz, SAFE+ Case Manager and Program Director

We were saddened to learn that our PREVNT 2025 grant was not renewed. However, the Center has agreed to continue the SAFE+ Program on a streamlined basis. I will be working on Tuesdays and Thursdays to personally assist clients who have become victims of identity theft and/or fraud, or to answer questions about scams affecting you. I will also be offering the "Money Smarts for Older Adults" classes, and available for community presentations about SAFE+. The socialization component will look different, however. Instead of taking big trips to far away places, I'm exploring some fun, cost effective excursions as well as in-center events. These trips and events will be promoted in our newsletter and through social media and will continue our goal to stay connected with each other! Please contact me with any ideas that you may have to accomplish that goal!

Staying Safe and Aware

Scams and identity theft are continuing

to evolve and it will only get worse now with the advent of artificial intelligence. It is vital that we be aware of what's happening and stay safe. Here are some year-end recaps and reminders....

- The vast majority of scammers are impersonators. They pretend to be from legitimate, recognizable, or trusted businesses or organizations. They are professionals who can make an issue sound urgent and real. Do not feel that you need to respond to them or reveal any of your personal information. Clients have told me that they receive texts and emails stating that they owe for unpaid toll road fines, a USPS parcel is being detained, or that a suspicious charge is on their account. I too, get unwanted texts and emails daily. These are all lies and an attempt to engage you in a conversation or to click on a link. Imposters try to alarm you so that you will react quickly without thinking it through.

- Remember to **STOP, BLOCK, and DELETE** all communication with scammers. Trust your judgement, not them! Never pay someone with a gift card, wire transfer or payment app.
- Don't confirm or verify any personal information online, on the phone or through a text.
- If you're concerned about a troubling email, text, or phone call, contact the company or organization **directly** by calling the number on the back of your card or by looking up the official contact number.
- Do not accept any medical equipment or deliveries that you didn't initiate.
- Be wary of any unsolicited calls or offers. Remember: If you didn't initiate it, it's a scam!

Please call for an appointment if you want a free credit report or if it has been one year since you placed a fraud alert on it.

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14 | ACTIVITIES IN NOVEMBER

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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: Coffee Hour 10am: SS Enerchi 11:15am: SS Yoga 1-3pm: Corn Hole 1-3: Movie & Popcorn 4:00pm: Fit Camp	2 9:30am Cardio Drumming 8am-12pm Fitness Center Open
4 9:30am Cardio Drumming 11:15am: SS Stability 1-3: Pedro (Cards) 5-6pm Bell Choir	15 10 am: SS Enerchi 10am-4pm:SAFE + 11:15am:SS Classic 1-2pm: Bingo 1-3pm: Mahjong 1-3pm: Game Day 1:30-3pm: CG Café	6 10am: SS Stability 11:15am: SS Yoga 1-3pm: Euchre 1-3pm: Handcrafting 1pm: Digital Literacy 1pm: Women's Bible Study 4:30pm: SS EnerChi	7 9:30: Cardio Drum 10am-4pm:SAFE + 11:15am:SS Classic 1-3pm: Pinochle 1-3: Woodcarvers 5:45-9pm: Cash Bingo	8 9am: Coffee Hour 10am: SS Enerchi 11:15am: SS Yoga 1-3pm: Corn Hole 1-3: Movie & Popcorn 4:00pm: Fit Camp	9 8:30am & 9:30am Cardio Drum 8am-12pm Fitness Center Open
11 9:30am Cardio Drumming 11:15am: SS Stability 1-3: Pedro (Cards) 5-6pm Bell Choir	12 10 am: SS Enerchi 10am-4pm: SAFE+ 11:15am: SS Classic 1-2pm: Bingo 1-3pm: Mahjong 1-3pm: Game Day 4:30pm: Cardio Drumming	13 8:30am: Senior Breakfast 10am: SS Stability 11:15am: SS Yoga 1-3pm: Euchre 1-3pm: Handcrafting 1pm: Digital Literacy 1pm: Women's Bible 4:30pm: Cardio Drum	14 9:30: Cardio Drum 10am-4pm:SAFE + 11:15am:SS Classic 1-3:pm: Pincohle and Woodcarvers 2-3:30:Parkinson's SG	15 9am: Coffee Hour 10am: SS Enerchi 11:15am: SS Yoga 1-3: Movie & Popcorn 4:00pm: Fit Camp	16 9:30am Cardio Drumming 8am-12pm Fitness Center Open 5pm: Purse Bingo
18 9:30am Cardio Drumming 11:15am: SS Stability 1-3: Pedro (Cards) 5-6pm Bell Choir	19 10 am: SS Enerchi 11:15am: SS Classic 10am-4pm:SAFE + 1-3pm: Mahjong 1-2pm: Bingo 1-3pm: Game Day 4:30pm:Cardio Drum	20 10am: SS Stability 10am-4pm: SAFE+ 11:15am: SS Yoga 1-2pm: Connect Cafe 1-3pm: Euchre 1-3pm: Handcrafting 1pm: Digital Literacy 1pm: Women's Bible 4:30pm: Fit Camp	21 9:30: Cardio Drum 11:15am:SS Classic 10am-4pm:SAFE + 1-3pm: Tech Clinic 1-3:pm: Pinochle and Woodcarvers 1:30-3pm: Kinship Care SG	22 9am: Coffee Hour 11:15am: SS Yoga 1-3pm: Corn Hole 1-3: Movie & Popcorn 4:00pm: Fit Camp	23 9:30am Cardio Drum 8am-12pm Fitness Center Open
25 9:30am Cardio Drumming 11:15am: SS Stability 1-3: Pedro (Cards) 5-6pm Bell Choir	26 10 am: SS Enerchi 10am-4pm:SAFE + 11:15am: SS Classic 1-3pm: Mahjong 1-2pm: Bingo 1-3pm: Game Day 3pm: Board Mtng. 4:30pm:Cardio Drum	27 10am: SS Stability 11:15am: SS Yoga 12pm: Thanksgiving Dinner 1pm: Women's Bible 1-3pm: Euchre 1-3pm: Handcrafting 1pm: Digital Literacy 2-3:30:Alzheimer's SG 4:30pm: SS Stability	28 CLOSED FOR THE HOLIDAY! HAPPY THANKSGIVING! 	29 CLOSED FOR THE HOLIDAY!	30 9:30am Cardio Drum 8am-12pm Fitness Center Open

ACTIVITIES IN DECEMBER | 15

MON	TUES	WED	THURS	FRI	SAT
2 9:30am Cardio Drumming 11:15am: SS Stability 1-3: Pedro (Cards) 5-6pm Bell Choir	3 The Great Give 2024 10 am: SS Enerchi 10am-4pm:SAFE + 11:15am:SS Classic 1-2pm: Bingo 1-3pm: Game Day 1:30-3pm: CG Café 4:30pm:Cardio Drum	4 10am: SS Stability 11:15am: SS Yoga 1-3pm: Euchre 1-3pm: Handcrafting 1pm: Digital Literacy 1pm: Women's Bible Study 4:30pm: SS EnerChi	5 9:30: Cardio Drum 10am-4pm:SAFE + 11:15am:SS Classic 1-3pm: Pinochle 1-3: Woodcarvers 5:45-9pm Cash Bingo	6 9am: Coffee Hour 10am: SS Enerchi 11:15am: SS Yoga 1-3pm: Corn Hole 1-3: Movie &Popcorn 4:00pm: Fit Camp	7 9:30am Cardio Drumming 8am-12pm Fitness Center Open
9 9:30am: Cardio Drum 11:15am: SS Stability 1-3: Pedro (Cards) 5-6pm Bell Choir	10 10 am: SS Enerchi 10am-4pm:SAFE + 11:15am:SS Classic 1-2pm: Bingo 1-3pm: Mahjong 1-3pm: Game Day 4:30pm: Cardio Drumming	11 8:30am Senior Breakfast 10am: SS Stability 11:15am: SS Yoga 1-3pm: Euchre 1-3pm: Handcrafting 1pm: Digital Literacy 4:30pm: Cardio Drum	12 9:30: Cardio Drum 10am-4pm:SAFE + 11:15am:SS Classic 1-3pm: Pinochle 1-3: Woodcarvers 2-3:30:Parkinson's SG	13 9am: Coffee Hour 10am: SS Enerchi 11:15am: SS Yoga 1-3pm: Corn Hole 1-3: Movie &Popcorn 4:00pm: Fit Camp	14 8:30am & 9:30am Cardio Drum 8am-12pm Fitness Center Open
16 9:30am: Cardio Drum 11:15am: SS Stability 1-3: Pedro (Cards) 5-6pm Bell Choir	17 10 am: SS Enerchi 10am-4pm:SAFE + 11:15am: SS Classic 1-2pm: Bingo 1-3pm: Mahjong 1-3pm: Game Day 4:30pm: Cardio Drum	18 10am: SS Stability 11:15am: SS Yoga 1-2pm: Connect Café 1-3pm: Euchre 1-3pm: Handcrafting 1pm: Digital Literacy 4:30pm: Fit Camp	19 9:30: Cardio Drum 10am-4pm:SAFE + 11:15am:SS Classic 1-3pm: Pinochle & Woodcarvers 1:30-3pm: Kinship Care SG	20 9am: Coffee Hour 10am: SS Enerchi 11:15am: SS Yoga 1-3pm: Corn Hole 1-2pm: Pics with Santa 1-3: Movie &Popcorn 4:00pm: Fit Camp	21 9:30am Cardio Drumming 8am-12pm Fitness Center Open
23 9:30am Cardio Drumming 11:15am: SS Stability 12pm: Christmas Dinner NO MOW 1-3: Pedro (Cards)	24 CLOSED FOR THE HOLIDAY! Christmas Eve! 	25 CLOSED FOR THE HOLIDAY! Merry Christmas! 	26 9:30: Cardio Drum 10am-4pm:SAFE + 11:15am:SS Classic 1-3pm: Pinochle & Woodcarvers	27 9am: Coffee Hour 10am: SS Enerchi 11:15am: SS Yoga 1-3pm: Corn Hole 1-3: Movie &Popcorn 4:00pm: Fit Camp	28 9:30am Cardio Drumming 8am-12pm Fitness Center Open
30 9:30am Cardio Drumming 11:15am: SS Stability 1-3: Pedro (Cards)	31 10 am: SS Enerchi 10am-4pm:SAFE + 11:15am: SS Classic 1-2pm: Bingo 1-3pm: Mahjong 1-3pm: Game Day 4:30pm: Cardio Drumming	Senior Breakfast: Every 2nd Wednesday of the month at 8:30 a.m. Monthly Cash Bingo: November 7th and December 5th 5:45-9 p.m. General Board Meetings (Open to Public): Tuesday, November 26th— No Meeting in December			

EMPLOYEE OF THE QUARTER: ELAINE HILLIKER



Congratulations to Elaine Hilliker for being Perennial Park's Employee of the Quarter!

Elaine is our I & R Specialist and she coordinates transportation and our volunteers. She goes above and beyond for our clients and deals with challenging situations for clients with a happy and positive attitude. She helps anyone when they need it without any complaints!

Elaine is very talented and helpful with helping clients in crisis. From housing to transportation she is willing to help and the Center staff know that she does way more than meets the eye. We are so grateful to have her on the team and our clients are so appreciative of her dedication to helping them. Thank you, Elaine!

VOLUNTEERS OF THE QUARTER: KEY OPPORTUNITIES STUDENTS



Congratulations to the Key Opportunities students for being our Volunteers of the Quarter!

They are at the Center every weekday to help out in the kitchen and congregate area and they help out with bingo on Tuesdays! In the kitchen, they help with washing dishes and cleaning the tables. For bingo, they help with calling and administering prizes. The staff and clients love having the kids here and they brighten everyone's day! Thank you to Key Opportunities for bringing these awesome kids over the Center to have some fun while helping us out. We are so grateful for each and every one of them!

ADC LEGACY MEMBER OF THE QUARTER: KEITH B.



Outgoing and friendly, Keith enjoys a good laugh while having fun. Keith attends the Respite Center three days a week with his cheerful outlook and great smile. Keith grew up in Peru Indiana. He retired from the Fort Wayne Road commission. Keith resides in Osseo Mi. He loves being outdoors and doing yard work. In addition, Keith loves doing all kinds of activities in the Legacy Club including cooking/baking, working on Jigsaw Puzzles and is always willing to lend a helping hand. When asked what brings him pleasure at the Legacy Club, Keith replied, "Making new friends," and socialization. Thank you, Keith, for being a great addition to Legacy Club!

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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The Role of Hydration in Maintaining Optimal Health

By: Sarah Chapel, RDN, CDCES

Did you know your body weight is made of 50 to 70 percent water? That makes hydration important to every part of your body.

Drinking enough water is key to well-being and plays an important role to health including:

- Regulates body temperature.
- Lubricates joints.
- Removes waste from the body.
- Delivers nutrients and oxygen to the body.
- Protects and cushions vital organs.
- Helps body convert food into energy.
- Improves sleep quality.
- Improves mood and cognition.
- Prevents headaches.
- Prevents and relieves constipation.
- Helps maintain healthy skin and a clearer complexion.



To help stay fully hydrated and functioning your best, make sure you are getting enough water. From fruit smoothies to take-out coffee, many everyday drinks are filled with unhealthy amounts of added sugars. Sweet drinks are the leading source of added sugars in the American diet. But by replacing them with water, you can help prevent many health issues such as diabetes and heart disease and feel your best. Ready to give up your sugary beverages? Challenge yourself to replace sweetened drinks with unsweetened alternatives for 30 days and notice how you feel.

Hydration Tips:

Get creative with coffee

Need your caffeine fix? Skip the flavored syrups and whipped cream, which can be very high in added sugars. Instead, make froth with milk and a simple handheld frother. Frothing may even make milk taste sweeter!

Add a splash of flavor

Simply adding a squirt of lemon, lime or orange can add refreshing flavor to your drink. Or, infuse your water by steeping it with cucumbers, melon, berries, mint, rosemary or any combination of the ingredients above!

Have water handy

Keep a container of water with you at all times. Leave one in your car, at your office, at the gym or anywhere else you frequently spend time.

Holiday Recipe

By: *Camie Kipta, Nutrition Director*

Reindeer Pops

Serves: 16 | Prep: 30 min | Cool: 1 hour

Ingredients

- 1/2 c. creamy peanut butter
- 1/4 c. powdered sugar
- 32 round, buttery crackers, such as Ritz (1 sleeve)
- 16 wooden popsicle sticks
- 10-12 oz dark chocolate bars
- 16 red candy-coated chocolate candies, like M&Ms
- 32 small candy eyeballs
- 1 c. mini pretzel sticks, broken into 1/2-inch pieces
- Flaky sea salt, optional



Recipe from *pioneerwoman.com*

Directions

1. Place the peanut butter in a medium bowl. Sift the powdered sugar through a fine mesh strainer over top of the peanut butter. Using a rubber spatula, stir the peanut butter and sugar together to make a smooth, somewhat stiff mixture.
2. Spread about 1 teaspoon of the peanut butter mixture on half of the crackers. Press the wooden sticks into the peanut butter mixture, then top each with one more cracker. Press the crackers to stick them together. Place in the freezer for 20 minutes.
3. Meanwhile, chop the chocolate bars into small, similar-sized pieces. Place in a bowl set over a pot filled with about 1" of water. (Make sure that the bowl does not touch the water). Place the pot on the stove and bring the water to a simmer over medium-low heat. Stir the chocolate occasionally, until it is melted and fluid. Transfer to a tall measuring cup, for easier dipping.
4. Line a large baking sheet with parchment or waxed paper. Remove the pops from the freezer. Dip one pop into the melted chocolate to coat completely. Remove and let the excess chocolate drip off into the measuring cup. Place the pop on the sheet tray and immediately place four little pretzel pieces up top (the antlers), two candy eyes just below, then one red candy nose. Repeat with all of the other pops. When the chocolate is shiny and still somewhat soft, sprinkle the tops of the reindeer faces with a pinch of flaky sea salt, if you like.
5. Let firm up at room temperature for 30-45 minutes. Store in an airtight container in a single layer, between layers of parchment paper, in a cool spot in your kitchen or in the refrigerator for up to 1 week.

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20 | UPCOMING ACTIVITIES


WellWise Services
Area Agency on Aging

Connection Café

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

Upcoming Meetings:
Wednesday, November 21st
&
Wednesday, December 19th
1-2 p.m.

Every 3rd Wednesday of the month, WellWise Area Agency on Aging will be at Perennial Park from 1-2 p.m. to offer Connection Café, where you can meet new people, discuss various interesting topics, and have fun!

Location:
320 W. Bacon Street
Hillsdale, MI 49242

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


PERENNIAL PARK
HILLSDALE COUNTY SENIOR SERVICES CENTER

To *RSVP*,
call 517-592-1974

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

**INTERESTED IN
JOINING OUR
HANDBELL
CHOIR?**

Perennial Park is searching for a few more handbell ringers! All ages are welcome to join!




MEETINGS MONDAYS 5-6 P.M. LOWER LEVEL OF PERENNIAL PARK	QUALIFICATIONS MUST HAVE A FUN SPIRIT AND BE ABLE TO READ SHEET MUSIC
---	---

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EMERGENCY PREPAREDNESS FOR OLDER ADULTS

By: Sarah Chapel, RDN, CDCES

Natural disasters, such as tornadoes and blizzards, may force you to evacuate your home or shelter-in-place at short notice. Older adults face some challenges during an emergency. For example they may have mobility problems, or chronic health conditions, or may not have family or friends nearby for support. Support services that are usually available, such as help from caregivers or in-home health care and meal delivery services, may be unavailable for a period of time. Older adults may also experience challenges that come with advanced age, such as hearing or vision problems or cognitive impairment, which may make it difficult to access, understand, and respond to emergency instructions.

Creating an emergency plan and reviewing it and practicing it regularly can ease the burden of an emergency. An emergency supply kit is also essential.

Creating a Plan

Work with your friends, family, and neighbors to develop a plan that will fit your needs.

Choose a contact person who will check on you during a disaster, and decide how you will communicate with each other. Consider speaking with your neighbors about developing a check-in system together.

Create a list of contact information for family members and friends. Leave a copy by your phone(s) and include one in your Emergency Supply Kit.

Plan how you will leave and where you will go during an evacuation. If you are living in a retirement or assisted living community, learn what procedures are in place.

If you have medical, transportation, or other access needs during an emergency, consider signing up for SMART911, Code Red, or your local county registry, depending upon which service your area uses to help first responders identify people who may need assistance right away.

Creating an Emergency Supply Kit

After an emergency, you may not have access to clean water or electricity. Be prepared with your own supply of food, water, and other items to last for at least 72 hours. These items are also recommended:

- A three-day supply of medicine, at a minimum. If medications need to be kept cold, have a cooler and ice packs.
- ID band listing full name, contact number for family member or caregiver and allergies
- Hearing aids with extra batteries
- Glasses and/or eye contacts and contact solution
- Medical supplies such as syringes or extra batteries
- Information about medical devices such as wheelchairs, walkers, and oxygen including model numbers and vender.

Important Documents to keep handy. Consider keeping physical copies in a waterproof bag and take photos of each document as a backup.

Contact information for family members/caregivers, doctors, and pharmacies.

- A list of all medications, including name and dosage, contact information for pharmacy and name of prescribing doctor.
- A list of allergies to food or medicines.
- Copies of medical insurance cards.
- Copies of a photo ID.
- Durable power of attorney and/or medical power of attorney documents, as appropriate.

For more information visit www.ready.gov

Thanksgiving Word Search

S S D N E I R F S Q U A S H S L G P D
Y R S R H A T E R R N S F A M I L Y I
E P C S T U M H E D U T I T A R G M N
K F A E U T T A A E P O T A T O E S N
R E R D O U M R H N K A O D B R U E E
U A V P M M A X E O K W E B L O I E R
T S E N Y N Y Z O S C S L K I P N M C
E T S A L H F C S R S E G C A O O R L
S G T C P T L O T Q B E I I B B A R E
L U U A F A O R S E N L D H V N U G F
H I F E O G W N I F E O S M B I R O T
A O F P O B E U N D E I V E E A N P O
R T I F T A R C O H W L R E T A U G V
V G N G B P Y O L O E R L E M M L E E
E R G R A P U P O L Y R F A P B T H R
S A L L L L W I C I A U T K F S E H S
T V C V L E K A T D L I I N A C I R B
E Y Y E M F V A J A E N S B C U D G F
A N M I R G L I P Y C E L E B R A T E

Word List:

- | | | | |
|------------|-----------|--------------|-----------|
| APPLE | PIE | AUTUMN | BAKE |
| BASTE | CELEBRATE | THANKSGIVING | COOK |
| CORNUCOPIA | CRANBERRY | CARVE | COLONISTS |
| DESSERT | DELICIOUS | DINNER | FALL |
| FAMILY | FEAST | FOOTBALL | FRIENDS |
| GOBBLE | GRATEFUL | GRATITUDE | GRAVY |
| HAM | HARVEST | HOLIDAY | LEFTOVERS |
| MAYFLOWER | MEAL | NOVEMBER | PEACAN |
| PUMPKIN | PLYMOUTH | PILGRIM | STUFFING |
| POTATOES | SQUASH | WISHBONE | TURKEY |



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.



Meet with Maribeth:

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



By: Randy Blythe, Facilities Coordinator

Fall is here, so you know what that means, cooler weather is on its way. As you know, all the little bugs and rodents will be looking for some warm place for the colder months ahead. I have a few tips on how to keep those pest outside where they belong.

1. In a bowl, mix 1 tablespoon of peppermint oil (not extract) and $\frac{1}{4}$ cup of rubbing alcohol together. Dip cotton balls in mixture making sure cotton is saturated and place cotton balls in cracks or small hole where you notice the pest are getting in. This will repel them.
2. For mice and other rodents, get a mesh bag and put in the following: 1 cinnamon stick, a few cloves and some chili flakes and place them in suspect areas. These pest do not like the smell and it will drive away. A bonus to this is it will make your house smell like Christmas.
3. When you start to see ants, try to find where they are coming from and sprinkle cinnamon where they are coming in. The cinnamon will drive them away.
4. And last but not least, the best thing I have found is Osage oranges, or as my dad used to call them Hedge apples. These are a natural deterrent for spiders and many other insects. You can find these along the roadside where there are Osage orange trees. Just place them on a aluminum pie pan or any disposable dish in your basement or crawl space. In time, these will start to rot and you will have to dispose of them. This remedy has always worked for me. Just be careful if you stop along the road to pick them up as to not cause a accident or getting hurt. If someone sees you picking them up, they will know why. This is a tried and true remedy.

I hope these few tips I have given you will keep you bug and mouse free this fall and winter. As you know, a small creature can cause big damage.

Enjoy the fall and the beautiful fall colors our great state has to offer. Be safe and stay warm.

In Sympathy

JULY 2024

Edwin Dunifon
Kenneth Sizemore
Eldora Waters
Juanita Medlen
Lee Packer
James Taylor
George Bavin
Barbara Frosch
Violet Joice
Dietlinde Truitt
Grace Maclellan
Patricia Charlton

AUGUST 2024

Shirley Rutan
James Riehle
Raymond Hardwick
Maynard Greeley
Jerry Taylor
Audrey Stuck
Lyle Brenke

SEPTEMBER 2024

Charles Sigler
Jacqueline Butterbaugh
William Collins
Lyle Scoville
Dolores Deck
Brigitte Sherwood
Ruth Hotchkiss



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26 | BIRTHDAYS & DONATIONS

BIRTHDAYS

November

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Pai Ringenberg
Nora Lawrence
Kelah Hodge
Aiden Monroe
Russell Picek
Tim Snooks
Rhonda Piper
Kelly Funk
Gail Robiland
Deborah Pfeffer

December

Treesa Weaver-Rich
Dayton Lyons
Terry Keinath
Kris Dewey
Kelsey Warner
Floyd Abbott
Daniel LaRue
Christine 'Chris' Bancroft
LuAnn Alexander
Lori Jackson
Mary Martin
Shane Spahr
Donald Germann



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08/02/24-10/01/24

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County National Bank
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Auto Image Paint & Body, LLC
KB Law Office
Park Lane Jewelry
Lorrie Miller Law PLC
Community Choice Credit Union

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.

MORE SPRING APPEAL DONATIONS

In Memory of Elizabeth Hermann
Karl-Rainer Hermann

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

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MISSION STATEMENT

Mission 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.

