GOLDEN Leaves

INSIDE THIS ISSUE:

SUMMER REWIND
HEAR FROM OUR FITNESS CLIENTS
"PARKINSONIAN DEMOCRACY"

320 W. Bacon Street
Hillsdale, Michigan 49242

(517) 437-2422 or
(800) 479-3348

Center Business Hours
Mon - Fri 8:30am - 4:30pm

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

Visit our website:
www.hillsdaleseniors.org

Follow us on Facebook:
@HillsdaleSeniorCenter

Follow us on Instagram:
@hillsdaleseniorcenter

PERENNIAL PARK
HILLSDALE COUNTY SENIOR SERVICES CENTER

SEPTEMBER 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.

PERENNIAL PARK'S
2024 Board of Directors

OFFICERS

President
JC Morris

Vice President
Kym Blythe

Treasurer
Donald Germann

Secretary
Sandra Dufur

BOARD MEMBERS

Patrick Knight
Doug Miller
Gary Hoyt
Traci Fowler
Kristina Dewey
Deb Layman
Alice Britton-Keefer
Steve Lanius
County Commissioner Designee

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.

PERENNIAL PARK
HILLSDALE COUNTY SENIOR SERVICES CENTER
320 W Bacon St • Hillsdale, MI 49242
(517) 437-2422 • (800) 479-3348
www.hillsdaleseniors.org

Dear Friends of the Center,

As usual, many exciting things are happening around the Center! This summer welcomed community gardeners, walking path partners, and old and new friends. Thank you to all who supported the annual Palette's & Petals Art & Garden Tour Show and Elder Abuse Expo!

Don't miss the annual **Senior Picnic** on **September 6, 2024.** Join us for food, games, and community engagement. Additionally, take advantage of the **October 11, 2024,** annual **Health Fair**. This is an excellent opportunity to learn more about the health resources available in our county. Last year, the Center welcomed 251 guests at the Senior Picnic and 245 guests at the Health Fair, and we're hoping for even bigger turnouts this year!

In September, we celebrate Fall Prevention Month and are excited to collaborate with WellWise Area Agency and Aging, Omega Physical Therapy, Orthopedic Rehab Specialist, and Athletic to host a **fall prevention** event on **September 20, 2024,** at the Center. Learn how to fall with as little injury as possible, get up from a fall, assist someone with balance challenges, and receive a free gait analysis and recommendations for cane or walker adjustments by a Physical Therapist or Occupational Therapist.

Stay tuned for more information on the **Murder Mystery Party**, which will be hosted at the Center on **October 26, 2024,** in collaboration with the Sauk Theatre!

To all those who support the mission and vision of the Center, we want to express our heartfelt gratitude. Your support makes events like these and more possible, and we truly appreciate you!

Stay Amazing,

Maggi Monroe

Executive Director

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Pictured on front cover: Palettes & Petals, 4th of July Party, SAFE+ Trip, and New Cornhole Boards

4 | SEPTEMBER LUNCH MENU

MON	TUES	WED	THURS	FRI
2 **CENTER CLOSED FOR HOLIDAY!** 	3 Chicken Tenders Fries Green Beans Pear Milk	4 Swedish Meatballs Egg Noodles Broccoli Orange Milk	5 Fish Sandwich Carrots WW HB Bun Apple Milk	6 **SENIOR PICNIC** **10AM-2PM** NO MEAL ON WHEELS CALL US FOR A RIDE! 517-437-2422
9 Eggs Sausage Hashbrowns Banana Milk	10 Chicken Wrap Carrots Chips Craisins Milk	11 Cheesy Chicken & Rice Casserole Capri Mixed Veggies Broccoli Pineapple Milk **Senior Breakfast | 8:30 am**	12 Slice of Ham Scalloped Potatoes Corn Apricots Milk	13 Cheeseburger Sweet Potato Fries Stewed Tomatoes WW HB Bun Applesauce Milk
16 Wiley Potato Broccoli Sour Cream Banana Milk	17 White Chicken Chili Side Salad Corn Muffin Banana Milk	18 Turkey Loaf Sweet Potatoes Brussel Sprouts Apple Milk	19 Salisbury Steak Redskin Potato Sugar Snap Peas Pears Milk **National Butterscotch Pudding Day!**	20 Sweet & Sour Pork Rice Mixed Veggies Orange Milk
23 BBQ Chicken Wings Mac & Cheese Stewed Tomatoes Applesauce Milk	24 Turkey on a Pretzel Bun Cottage Cheese Mixed Fruit Carrots Milk	25 Taco Bake Refried Beans Spanish Rice Apple Milk **National Food Service Workers Day!**	26 Cabbage Rolls Spinach Cauliflower Mandarin Oranges Milk	27 Chicken Cordon Bleu Potatoes Wax Beans Tropical Fruit Milk Cake & Ice Cream **HAPPY BIRTHDAY!**
30 Corn Dog Steak Fries Winter Blend Veggies Juice Milk	**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**			

PERENNIAL PARK
HILLSDALE COUNTY SENIOR SERVICES CENTER

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!

PERENNIAL PARK
HILLSDALE COUNTY SENIOR SERVICES CENTER
SENIOR PICNIC
FRIDAY, SEPTEMBER 6TH | 10AM-2PM
FOOD, GAMES, & FUN WITH THE COMMUNITY!
CAKE WALK • BINGO • ENTERTAINMENT
320 W. BACON STREET, HILLSDALE, MI 49242
517-437-2422 | WWW.HILLSDALESENIORS.ORG
THANK YOU TO OUR SPONSORS!
HEFFERNAN SOFT WATER
HILLSDALE HOSPITAL
Caring. Commitment. Community.
County National Bank
Banking that stays in the community
eagle
HILLSDALE COUNTY FARM BUREAU
COUNTY PHARMACY
Post 53
Hillsdale, MI

PERENNIAL PARK'S
Annual Health Fair
FRIDAY, OCTOBER 11TH, 2024
10:00 A.M. - 1:00 P.M.
AT PERENNIAL PARK
HEALTHCARE • INSURANCE • VACCINE CLINIC
PHYSICAL THERAPY • HOME CARE • AND MORE!
Thank you to our sponsors!
BARRETT INSURANCE
HILLSDALE HOSPITAL
Caring. Commitment. Community.
HILLSDALE COUNTY FARM BUREAU
COUNTY PHARMACY
eagle
FUNERAL HOMES
Post 53
Hillsdale, MI
320 W. Bacon Street, Hillsdale, MI 49242 | 517.437.2422
www.hillsdaleseniors.org

By: Grace Broesamle, Marketing and Communications Coordinator

The summer seemed to fly by this year! Let's take a look back at all the fun we had at the Center!

In July, we had our **Palettes & Petals Art Show and Garden Tour.** During the event, participants toured gardens around the county and visited the art show! This year, we added an Ice Cream Social sponsored by Meijer and a Paint & Sip activity where participants learned to make a painting or craft while sipping on some refreshments!

Thank you to all of the gardeners, artists, and instructors that participated in the event and made it a great time for the community! We would like to thank the sponsors for helping make this event possible: *Jesco Industries, American 1 Credit Union, Moore Insurance Services, AM/PM Builders, Vintage 720, Belson Asphalt Paving, Southern Michigan Bank & Trust, Bills Lawn Care, Extraordinary Solutions LLC, Lorrie Miller Law PLC, CASA of Hillsdale, Metal Technologies—Precision Gage, Hillsdale Smiles Family Dentistry, Meijer, D-P Equipment Co., The Local Eatery, Market House and the Jonesville Bakery!* We also had raffle baskets donated by *Fether Studios, Lorrie Miller Law PLC, Elaine Tillinger, Trinity Lutheran Church, Blindfolded Alien, WellWise Services Area Agency on Aging, and Allie Cat's Cuties.* Thank you to everyone who came to event and spent time with the community!

On July 17th, we visited **Bob Evans Farms** in Hillsdale for their Day of Service! They collected 2,500 personal care items and donated them to the Center as well as Share the Warmth! We are so grateful for their immense generosity! If you or anyone you know are in need of any personal care items, please let us know!

In August, we hosted our **Put Out the Fuse on Elder Abuse** expo again! This event was on Friday, August 9th from 10am to 2pm and participants met with various local organizations and viewed presentations on how to fight back against elder abuse. Elder abuse can be physical, verbal, financial, and more! There were also prizes and giveaways for participants. This event was made possible by a grant through WellWise Services Area Agency on Aging. Thank you to the participating agencies: *WellWise Services Area Agency on Aging, Alzheimer's Association, County National Bank, Coldwell Banker Groves Real Estate, Michigan Department of Health & Human Services, Domestic Harmony, Hillsdale County Sheriff's Office, Huntington Bank, the Institute of Gerontology at Wayne State University, Legal Services, SAFE+, Segue, Inc., the Social Security Administration, and Southeastern Dispute Resolution Services.*

Thank you to everyone who came to the event and we are truly grateful for this opportunity and in working with such a great organization! WellWise Services 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 1-2 p.m. In September, they will be providing a Fall Prevention workshop on the 20th in place of the Connection Café. All are welcome to join!

Our next special event is our annual **Senior Picnic** that will be held at the Center on Friday, September 6th from 10am to 2pm! Lunch will be served from 11am to 1 pm and we are serving hamburgers, hot dogs and all the picnic fixings! There will be entertainment throughout the meal and you can also play bingo and go on a couple cake walks to win some baked goods! There will also be raffle basket that you could win that were donated by local organizations! We hope to see you there!

On Friday, October 11th, we will be hosting our annual **Health Fair** from 10am to 1pm! Come speak with professionals about how to maintain and improve your health! There will be giveaways and door prizes! Follow us on Facebook (@Hillsdale Senior Center) and Instagram (@hillsdaleseniorcenter) to get more information as we get closer to the event!

We also have a new fundraiser this October! We are partnering with the Sauk Theater to host a **Murder Mystery Party!** The event will be on Saturday, October 26th from 6-8 p.m. Tickets are $25 each and you will get a dinner and a live show as you try to figure out who the murderer is in this fun, exciting interactive show! The dinner will be a pasta bar! All are welcome to come and thank you to the Sauk Theater for their help in making this possible! If you have any questions about this event or any that I have discussed or that you see throughout the newsletter, please call the Center at 517-437-2422 or visit us at 320 W. Bacon Street, Hillsdale, MI 49242. You can also visit our website at www.hillsdaleseniors.org!

All About Autumn

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

Word List:

APPLES	AUTUMN	BOUNTY	BRISK
CHESTNUTS	COBWEB	COLORS	COLUMBUS
COOL	CORNUCOPIA	COSTUMES	CRANBERRIES
ELECTIONS	FALL	FEAST	FOLIAGE
FOOTBALL	FROST	GHOSTS	GOURDS
HALLOWEEN	HARVEST	HAYRIDE	LEAVES
MAIZE	NOVEMBER	NUTS	OCTOBER
PEARS	PIE	PUMPKINS	RAKE
SCARECROW	SCARF	STUFFING	SWEATERS
THANKSGIVING	TREES	TURKEY	VETERANS

PERENNIAL PARK'S
Adult Day Care
At our Dr. Leo & Martha Phillip's Adult Respite Care Center, we have a compassionate and professional staff who provide supervision, companionship, engaging activities, and nutritious meals in a caring and welcoming "home-away-from-home" environment.
Legacy Club:
Services available Monday-Friday from 8:30 a.m. - 4:30 p.m.
For individuals 18+ with physical or cognitive disabilities.
Temporary 24 hr. Adult Respite Care is available 7 days a week for a maximum of 13 nights.
More Information
Contact Linda McClain
517-437-2422 ext. 190
lmcclain@hillsdaleseniors.org
320 W. Bacon Street
Hillsdale, MI 49242
PERENNIAL PARK
HILLSDALE COUNTY SENIOR SERVICES CENTER
Growing to Serve since 1983!

Come Volunteer at Perennial Park!
There are a variety of opportunities to help out at Hillsdale County Senior Services Center!
Adult Day Care/Legacy Club
Life Long Learning
Meals on Wheels Drivers
Maintenance
Special Events Assistance
Nutrition
Transportation
Non-Emergency Medical & Social Transportation
Perennial Park Pals
Grant Research
Interested in volunteering?
Call: (517)437-2422 or (800)479-3348
Email: ehilliker@hillsdaleseniors.org
320 Bacon Street, Hillsdale, MI 49242
PERENNIAL PARK
HILLSDALE COUNTY SENIOR SERVICES CENTER

Perennial Park's 2024 Spring Appeal

This Spring, we campaigned an appeal to raise funds to upgrade and enhance our technology at the Center, so we could better serve the community! Thank you to everyone who donated and supported the Center! Below are the names of the donors:

Charles & Doris Akers
Tim & Barbara Auseon
Dale Baker
Belson Asphalt Paving, Inc.
John Blackwood
Pat Bowditch
Alice Britton-Keefer
Sharon & Jenna Cox
Judy Crup
David & Marcia DuBois
Sandra & Jim Dufur
Betty Hagaman
J&M Monroe Properties
Linda Jarvis
Jesco Industries, Inc.
Gary & Marcia Ketrow
Pat & Kathy Knight
Nancy Kuzniar
Gloria Kyser
Diane Langan
Shirley Leslie
Gerald & Becky McClellan
Tom Mullaly
Bob & Kathy Norton
Don McOscar
Joyce Repasy
Nancy Shoemaker
Edna Skiver
Richard & Carol Spalding
Irene Valentine
Dr. Charles 'Bud' Vear
Sue Walter

In Memory of Leonie Gurney Sr., Gurney Jr. and Leon Arnold
Florence Arnold

In Memory of Trevor H. Clark
Danny & Ann Clark

In Memory of Orville & Frieda Rupp
Kent & Kimberly Rupp

In Memory of Nita Marie Sharp
Paul D. & Nita K. Sharp

In Memory of Charlene Moore
Carolyn Spencer

In Memory of Chris Hoyt
Gary Hoyt

In Memory of Jack Newcomb
Nila Newcomb

In Memory of Annabelle Holcomb
Diane Holcomb Wilshere

In Memory of Heresel L. Powell – Luke
Dolly Powell

In Memory of Beatrice Stone
Kim Larabee

In Memory of Harold P. Clements
Betty Clements

In Memory of Charles Kinney
Wilma Kinney

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

JOIN PERENNIAL PARK
TO SOLVE THIS MURDER MYSTERY!
DROP DEAD DISCO
BY JUANITA VIOLINI
SATURDAY, OCTOBER 26TH
6:00 P.M.
COME TO THE CENTER FOR A DELICIOUS DINNER AND A LIVE SHOW
WHERE YOU TRY TO SOLVE THIS DANCING MURDER MYSTERY!
TICKETS
$25
TO PURCHASE TICKETS,
CALL OR VISIT THE CENTER
OR SCAN THIS QR CODE
THANK YOU TO THE SAUK THEATER FOR PARTNERING WITH US TO PROVIDE
AN EXCITING EVENT FOR THE COMMUNITY!
PERENNIAL PARK
HILLSDALE COUNTY SENIOR SERVICES CENTER
320 W. BACON STREET
HILLSDALE, MI 49242
517-437-2422 | HILLSDALESENIORS.ORG
The SAUK

Perennial Park's
Designer Purse
BINGO
SATURDAY, NOVEMBER 16TH | 5 P.M.
Join us for a night of delicious food, bingo,
prizes, and fun with the community!
More Info
Coming Soon!
20 Designer Purses and 1 Mystery Purse!
All proceeds go towards the Center's services
Raffle Baskets
320 W. Bacon Street
Hillsdale, MI 49242
517-437-2422
www.hillsdaleseniors.org

SAFE+
Successful Aging through Financial Empowerment +

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

Top Financial Scams

Scams targeting older adults continue to rise and evolve. Extremely persuasive and well -trained criminals know just what to say and do to obtain your personal information. According to the National Institute on Aging, common scams aimed at older adults include:

- Government impersonation scams
- Sweepstakes scams
- Computer tech support scams
- Romance scams
- Grandparent scams

Sadly, most of these scams and loss of money go unreported because seniors are embarrassed to admit that they fell for a scam. Please don't feel any shame or embarrassment! Anyone at any time can become a victim! Many of us are just trusting by nature and will politely listen to and believe a caller, or think an email, or a text is legitimate. It's becoming an everyday occurrence that we get unsolicited messages telling us that "a package can't be delivered" or that a "service is being disconnected or has expired " or that "you have won a free item", or "your account has been charged for x amount of money and it will be deducted in 24 hours". The scammers want you to call their customer service number which will ask you to "verify" your personal information so they can supposedly remove the charges. Of course, none of this is true, but these fake messages continue to pique our interest or worry us that someone might have access to our personal information. According to AARP's July/August Bulletin, scammers love to impersonate the following companies the most: Amazon, Microsoft, Best Buy/Geek Squad, Pay Pal, Norton/Lifelock, and Publishers Clearing House. These are all legitimate companies, but scammers pretend to be from them. It's annoying, yet scary at the same time! Never click on a link or call the number they provide. Immediately block and then delete this spam. **Remember, if you didn't initiate the call, text, or email, it's not safe to respond!!**

More Scams

- The "National Future of Social Security" Ballot- This very authentic looking "ballot" with registration codes, county, and issue dates from the "Seniors Center" is being mailed to unsuspecting seniors. The ballot asks you to answer questions about legislation and about congressional actions regarding the future of social security. They of course are also asking for a "generous contribution" to help in the "historic campaign." They enclose a "Seniors Center" envelope which is addressed to a Washington D.C. address with a PO Box number. Many thanks to the Hillsdale resident who brought this solicitation/ballot into Perennial Park and to my attention! She thought that our Center might be affiliated with this fictitious mailing. The Better Business Bureau and many senior advocacy groups have issued warnings about these solicitation letters.
- Facebook Dating Scams- Several seniors in our area have been victims of romance scams from individuals they have met online. While some of the people may be real, many others will use your profile, befriend, and then scam you. Things may seem great until they start asking for money, usually in the form of gift cards. They may say they have an expensive emergency situation or pretend they need the money to come meet you. However, they never show up and you are the one who lost money. If you are in a vulnerable state (lonely, bored, depressed), you are more likely to trust and believe them especially when they shower you with compliments, virtual gifts, and promises to pay you back. Asking for money is always a big red flag.
- Cybersecurity Breaches: Rite Aid has begun notifying affected customers in July, 2024 about an incident involving the leak of personal information dating back to 2017-18.

The best way to prevent becoming a victim of identity theft or scams is to stay vigilant and active. If you are able to get out in the community and/or join other seniors at Perennial Park events and on socialization day trips, please do so! If you are homebound, confide in a trusted family friend, relative, or neighbor that you can share your concerns with about suspicious emails or phone calls.

Identity Theft Recovery Assistance

If you have become a victim of identity theft by giving out your banking information or social security number, don't hesitate to call Perennial Park for free, personal assistance in obtaining a credit report, placing a fraud alert, and notifying credit card companies and government agencies. We are here to help!!

Upcoming Socialization Day Trips and/or Events

Toledo Zoo: Wednesday, September 18th. Join us for Senior Day @ the Toledo Zoo! Cost of trip: $25. Admission is free for any senior that day and there will be all kinds of special events at the Zoo. This trip will include comfortable motor coach transportation and a generous food voucher for lunch. Call the Center to reserve your spot!

"Glamour Day" at the Hillsdale Beauty College: This event will begin in September. Please call the Center for more information or view developments on our website!!

References:

AARP Bulletin. (July/August, 2024) p. 6. *Scammers Love These Companies.*

National Institute on Aging . *Beware of Scams Targeting Older Adults* Retrieved August 6, 2024 from: www.nia.nih.gov.

VISIT MARIBETH KALTZ: MON, WED, FRIDAY 10AM-4PM AT THE CENTER!

14 | ACTIVITIES IN SEPTEMBER

MON	TUES	WED	THURS	FRI	SAT
2 CLOSED FOR LABOR DAY! 	**3** 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: CardioDrum	**4** 10am: SS Stability 10am-4pm: SAFE+ 11:15am: SS Yoga 1-3pm: Euchre 1-3pm: Handcrafting 4:30pm: SilverSneakers EnerChi	**5** 9:30: Cardio Drum 11:15am:SS Classic 1-3pm: Pinochle 1-3: Woodcarvers	**6** 9am: Coffee Hour No Morning Fitness! **12pm:** **Senior Picnic** No Meals on Wheels! 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 Drumming 10am-4pm:SAFE + 11:15am: SS Stability 1-3:Pedro (Cards)	**10** **SAFE+ Trip to Shipshewana** 10 am: SS Enerchi 11:15am:SS Classic 1-2pm: Bingo 1-3pm: Mahjong 1-3pm: Game Day 4:30pm:Cardio Drum	**11** **8:30am** **Senior Breakfast** 10am: SS Stability 10am-4pm: SAFE+ 11:15am: SS Yoga 1-3pm: Euchre 1-3pm: Handcrafting 4:30pm: Cardio Drum	**12** 9:30: Cardio Drum 11:15am:SS Classic 1-3pm: Pinochle 1-3: Woodcarvers **2-3:30:Parkinson's SG** **5:45-9pm:** **Cash Bingo**	**13** 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	**14** 8:30am & 9:30am Cardio Drum 8am-12pm Fitness Center Open
16 9:30am Cardio Drumming 10am-4pm:SAFE + 11:15am: SS Stability 1-3:Pedro (Cards)	**17** 10 am: SS Enerchi 11:15am: SS Classic 1-2pm: Bingo 1-3pm: Mahjong 1-3pm: Game Day 4:30pm: Cardio Drumming	**18** **SAFE+ Trip to Zoo** 10am: SS Stability 10am-4pm: SAFE+ 11:15am: SS Yoga 1-3pm: Euchre 1-3pm: Handcrafting 4:30pm: Fit Camp	**19** 9:30: Cardio Drum 11:15am:SS Classic **1-3pm** **Technology Clinic** 1-3:pm: Pincohle and Woodcarvers **1:30—3pm:** **Kinship Care SG**	**20** 9am: Coffee Hour 10am: SS Enerchi 10am-4pm: SAFE+ 11:15am: SS Yoga **1-3pm:** **Fall Prevention Class** 1-3: Movie &Popcorn 4:00pm: Fit Camp	**21** 9:30am Cardio Drumming 8am-12pm Fitness Center Open
23 9:30am Cardio Drumming 10am-4pm: SAFE + 11:15am: SS Stability 1-3:Pedro (Cards)	**24** 10 am: SS Enerchi 11:15am: SS Classic 1-3pm: Mahjong 1-2pm: Bingo 1-3pm: Game Day 3pm: Board Mtng. 4:30pm:Cardio Drum	**25** 10am: SS Stability 10am-4pm: SAFE+ 11:15am: SS Yoga **12pm: Lunch & Learn** 1-3pm: Euchre 1-3pm: Handcrafting **2-3:30:Alzheimer's SG** 4:30pm: SS Stability	**26** 9:30: Cardio Drum 11:15am:SS Classic 1-3pm: Pinochle 1-3: Woodcarvers	**27** 9am: Coffee Hour **10am-2pm** **Senior Day at the Fair** 10am-4pm: SAFE+ 11:15am: SS Yoga 1-3pm: Corn Hole 1-3: Movie &Popcorn 4:00pm: Fit Camp	**28** 9:30am Cardio Drum 8am-12pm Fitness Center Open
30 9:30am Cardio Drumming 10am-4pm: SAFE + 11:15am: SS Stability 1-3:Pedro (Cards)	 				

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

ACTIVITIES IN OCTOBER | 15

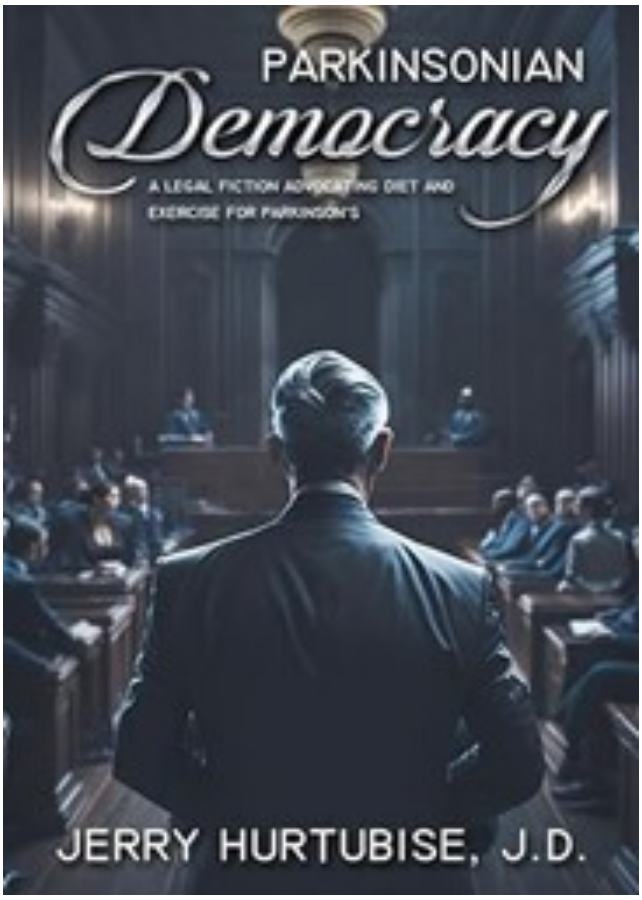
MON	TUES	WED	THURS	FRI	SAT
General Board Meetings (Open to Public): **Tuesday, September, 24th** **Tuesday, October 22nd**	**1** 10 am: SS Enerchi 11:15am:SS Classic 1-2pm: Bingo 1-3pm: Mahjong 1-3pm: Game Day **1:30-3pm: Caregiver Café** 4:30pm:Cardio Drum	**2** 10am: SS Stability 10am-4pm: SAFE+ 11:15am: SS Yoga 1-3pm: Euchre 1-3pm: Handcrafting 4:30pm: SS EnerChi	**3** 9:30: Cardio Drum 11:15am:SS Classic 1-3pm: Pinochle 1-3: Woodcarvers **5:45-9pm** **Cash Bingo**	**4** 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	**5** 9:30am Cardio Drumming 8am-12pm Fitness Center Open
7 9:30am Cardio Drumming 10am-4pm: SAFE + 11:15am: SS Stability 1-3:Pedro (Cards)	**8** 10 am: SS Enerchi 11:15am:SS Classic 1-2pm: Bingo 1-3pm: Mahjong 1-3pm: Game Day 4:30pm: Cardio Drumming	**9** **8:30am** **Senior Breakfast** 10am: SS Stability 10am-4pm: SAFE+ 11:15am: SS Yoga 1-3pm: Euchre 1-3pm: Handcrafting 4:30pm: Cardio Drum	**10** 9-1pm:Aromatouch 9:30: Cardio Drum 11:15am:SS Classic 1-3pm: Pinochle 1-3: Woodcarvers **2-3:30:Parkinson's SG**	**11** 9am: Coffee Hour 10am: SS Enerchi **10am-2pm:** **Health Fair** 11:15am: SS Yoga 1-3pm: Corn Hole 1-3: Movie &Popcorn 4:00pm: Fit Camp	**12** 8:30am Beginners Cardio Drum 9:30am Cardio Drum 8am-12pm Fitness Center Open
14 9:30am: Cardio Drum 10am-4pm: SAFE + 11:15am: SS Stability 1-3:Pedro (Cards)	**15** 10 am: SS Enerchi 11:15am: SS Classic 1-2pm: Bingo 1-3pm: Mahjong 1-3pm: Game Day 4:30pm: Cardio Drum	**16** 10am: SS Stability 10am-4pm: SAFE+ 11:15am: SS Yoga **1-2pm** **Connection Café** 1-3pm: Euchre 1-3pm: Handcrafting 4:30pm: Fit Camp	**17** 9:30: Cardio Drum 11:15am:SS Classic **1-3pm** **Technology Clinic** 1-3pm: Pinochle & Woodcarvers **1:30—3pm:** **Kinship Care SG**	**18** 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	**19** 9:30am Cardio Drumming 8am-12pm Fitness Center Open
21 9:30am Cardio Drumming 10am-4pm: SAFE + 11:15am: SS Stability 1-3:Pedro (Cards)	**22** 10 am: SS Enerchi 11:15am: SS Classic 1-2pm: Bingo 1-3pm: Mahjong 1-3pm: Game Day 3pm: Board Mtng. 4:30pm: Cardio Drumming	**23** 10am: SS Stability 10am-4pm: SAFE+ 11:15am: SS Yoga 1-3pm: Euchre 1-3pm: Handcrafting **2-3:30:Alzheimer's SG** 4:30pm: Cardio Drum	**24** 9:30: Cardio Drum 11:15am:SS Classic 1-3pm: Pinochle 1-3: Woodcarvers	**25** 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	**26** 9:30am Cardio Drumming 8am-12pm Fitness Center Open **6-8pm** **Murder Mystery**
28 9:30am Cardio Drumming 10am-4pm: SAFE + 11:15am: SS Stability 1-3:Pedro (Cards)	**29** 10 am: SS Enerchi 11:15am: SS Classic 1-2pm: Bingo 1-3pm: Mahjong 1-3pm: Game Day 4:30pm: Cardio Drumming	**30** 10am: SS Stability 10am-4pm: SAFE+ 11:15am: SS Yoga 1-3pm: Euchre 1-3pm: Handcrafting 4:30pm: Cardio Drum	**31** 9:30: Cardio Drum 11:15am:SS Classic 1-3pm: Pinochle 1-3: Woodcarvers 	**Senior Breakfast:** **Every 2nd Wednesday of the month at 8:30 a.m.** **Monthly Cash Bingo:** **September 12th and October 3rd**	

A LOOK INTO "PARKINSONIAN DEMOCRACY"

Over ten years ago, I received a Parkinson's Disease diagnosis, and it set me on an extraordinary journey. As a San Francisco trial attorney, I leveraged my expertise from litigating head trauma cases to explore effective methods for managing the disease. My quest led me to a profound realization: vigorous aerobic exercise and a brain-healthy diet play a crucial role in mitigating the effects of Parkinson's.

In my book, "Parkinsonian Democracy," I invite readers into the imaginative space of the United States District Court of Public Opinion. Here, I present compelling evidence for the critical impact of exercise and nutrition in slowing the progress of Parkinson's disease. Through the voice of a fictional trial attorney named Christian Cultura, I advocate for lifestyle adjustments beyond standard pharmacological treatments.

As we delve into the courtroom drama, I dismantle skepticism surrounding diet and exercise. Expert witness accounts and undeniable evidence reveal their role in mitigating Parkinson's debilitating advance. I invite readers to sit as the jury, engaging them in a narrative of scientific exploration and personal empowerment. Together, we envision a "Parkinsonian Democracy" — a community that prioritizes autonomy and quality of life for those facing Parkinson's. In this world, daily choices become acts of defiance against the disease, and society unites in the belief that self-care is both a shield and a weapon.



"Parkinsonian Democracy" offers hope and a call to action for those battling Parkinson's, providing a fresh perspective until a cure is found.

Davis Phinney, Olympic bicyclist and founder of the Davis Phinney Foundation for Parkinson's has endorsed my book. Likewise, the Brian Grant Foundation and Lisa Oei, PT, MSPT, DPT, founder of PD-Connect, recognize its value. See these reviews on Amazon for my book, "Parkinsonian Democracy".

Parkinsonian Democracy: A Legal Fiction Advocating Diet and Exercise for Parkinson's: Hurtubise, J.D., Jerry: 9781947782150: Amazon.com: Books

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.

Making Better Beverage Choices

By: Sarah Chapel, RDN, CDCES

At every age, what you drink can be as important as what you eat. When deciding what to drink, choose beverages that provide more nutrients with limited added sugars, saturated fat, and sodium. Try these simple tips to help you stay hydrated in a healthy way.

Choose water

Choose water instead of sugar-sweetened beverages. Regular soda, lemonade, sweet tea, energy drinks, sport drinks and other sweetened drinks are the number one source of sugar of added sugars in the American diet. Sugar-sweetened beverages can lead to excess weight gain, a risk factor in developing high blood pressure, high cholesterol, prediabetes and diabetes. Drinking too many sugar-sweetened beverages not only affects cardiovascular health, but also the health of your teeth.

Read labels

Check and compare nutrition labels when shopping for beverages. Some drinks may advertise they are healthy, but are actually loaded with calories and added sugars. Look for these common forms of added sugars listed on nutrition labels: sucrose, glucose, fructose, maltose, dextrose, syrups, concentrated fruit juice, agave and honey. Be sure to check the serving size too. Often one container may be more than one serving size which means double – or even triple – the added sugars.

Cut calories from coffee

Coffee itself has no calories but some coffee-based drinks such as flavored lattes and mochas can contain several hundred calories and more than 15 teaspoons of sugar. Skip the whipped cream and chocolate or caramel drizzle. Go for low-fat milk and a sprinkle of cinnamon for a lower calorie coffee drink. Watch portions of coffee creamer too as these tend to be high in sugar and contain unhealthy fats.

Grab a bottle on the go

Carry a clean, reusable water bottle with you and fill up throughout the day.

Add flavor to water naturally

Perk up plain water or seltzer water with slices of citrus fruit, berries or cucumber or sprigs of mint. This is a refreshing way to add flavor without added sugar.

ALL ABOUT AUTUMN RECIPE

By: Camie Kipta, Nutrition Director

Pumpkin Waffles

Serves: 6 | Prep: 30 min | Cook: 15 minutes

Ingredients

Pumpkin Waffles

2 1/2 Cups All Purpose Flour
1/4 Cup Packed Brown Sugar
4 Tsp. Baking Powder
2 Tsp. Ground Cinnamon
1 Tsp. Ground Allspice
1 Tsp. Ground Ginger
1/2 Tsp. Salt
2 Cups Milk
1 Cup Canned Pumpkin
4 Large Eggs, Separated
1/4 Cup Butter, Melted

Apple Cider Syrup

1/2 Cup White Sugar
1 Tbsp, Cornstarch
1 Tsp. Ground Cinnamon
1 Cup Apple Cider
1 Tbsp. Lemon Juice
2 Tbsp. Butter

Recipe from allrecipes.com

Directions

1. Preheat waffle iron according to manufacturer's instructions.
2. Combine flour, brown sugar, baking powder, cinnamon, allspice, ginger, and salt in a mixing bowl. Stir milk, pumpkin, and egg yolks together in a separate bowl. Whip egg whites in a clean, dry bowl until soft peaks form.
3. Stir the flour mixture and melted butter into the pumpkin mixture, stirring just to combine. Use a whisk or rubber spatula to fold 1/3 of the egg whites into the batter, stirring gently until incorporated. Fold in the remaining egg whites. Cook waffles according to manufacturer's instructions.
4. To make the syrup: Stir sugar, cornstarch, and cinnamon together in a saucepan. Stir in apple cider and lemon juice. Cook over medium heat until mixture begins to boil; boil until the syrup thickens. Remove from the hear and stir in melted butter. Serve warm.

WellWise Services
Area Agency on Aging
FALL PREVENTION EVENTS
MONDAY, SEPT. 16TH, 1-3PM
Jackson Co. Department on Aging
1715 Lansing Ave., Jackson, MI
THURSDAY, SEPT. 19TH, 10AM-12PM
WellWise Services
107 Chicago St., Brooklyn, MI
FRIDAY, SEPT. 20TH, 1-3 PM
Hillsdale County Senior Services Ctr.
320 W. Bacon St., Hillsdale, MI
WEDNESDAY, SEPT. 25th, 12-2 PM
Adrian First United Methodist Church
1245 W. Maple Ave., Adrian, MI
Stop in to learn!
FALL PREVENTION
Are you concerned about Falling?
Let us help your balance!
Learn how to get up from a fall, and how to fall with as little injury as possible.
Learn how to assist someone else who has balance challenges.
See demonstrations on appropriately using your walker and cane while navigating stairs, corners, and curbs.
Receive a personal gait assessment by PT or OT staff.
Free resources, handouts, and consultations with Options Counselors for home safety recommendations, assistive technology, and other services to help you manage.
Receive recommendations to make adustments to your cane or walker by a Physical Therapist or Occupational Therapist
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HENRY FORD HEALTH
CRC Carter Rehabilitation & Aquatic Centers
WellWise Services c. 2024

WellWise Services
Area Agency on Aging
Connection Café
COME MEET PEOPLE
AND ENJOY FOOD, TOPICS, AND FUN
Upcoming Meeting:
Wednesday, October 16th
1-2:00 p.m.
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 Cafe, 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

HEAR FROM OUR FITNESS CENTER CLIENTS!

Submitted by: Pastor Mike Prince

Who should I say thank you to concerning my weight loss journey? Perennial Park Senior Fitness Center, God, the church, the community, my wife and friends, or my TOPS family (Take Off Pounds Sensibly)? The clear answer is: all of the above.

Please let me share some statistics with you that will help you all understand the importance of connection. I started off weighing over 500 pounds. I have been on an emotional roller coaster most of my life and cared more about putting others first, therein lies the problem. Always trying to meet somebody else's needs and trying to live up to their expectations, always feeling like a failure, and that the only way I could survive was to just love on other people regardless of the abuse that one might take in loving others unconditionally. Something changed. People came into my life, not taking, not pushing, not demanding. People that saw me as a friend, a help, not a threat, but someone that really loves people, just not loving myself. They believed in me. Something snapped. I got it. I felt a stronger connection to people in my same boat. They came together and rescued me. Me, who has spent over 35 years as a pastor and a hospice chaplain and bereavement coordinator, that spent most of my time helping others, providing support and in charge of leading support groups, they now became my support group, my friends. No unrealistic expectations, just loving me for me. They changed my life. I am more connected now to learning how to take care of my health, my body, my mind, and my spirit.

Thanks to all those mentioned above, I have lost over 142 lbs. with a workout at the Perennial Park Senior Fitness Center, all made possible by Maggi Monroe, Executive Director, and the awesome team there. It took a team – their team and my TOPS Team. This year, I was asked to be the keynote speaker for over 700 people in attendance. It was such an encouragement to share my story there and hear how so many others on the better health journey with me. Our King this year is Tim Burcham, my dear friend from our TOPS group. He lost over 250 lbs. He was appointed King of all of Michigan. I am on track to be the next King of Michigan as well, but not just Michigan, an International King for TOPS. This happens because of our team at Perennial Park Senior Fitness Center, God, the church, the community, my wife and friends, and my TOPS (Take Off Pounds Sensibly) family.

This is a shout out to all those that work at Perennial Park Senior Fitness Center. It is my prayer that others will join me in being part of your facility, your ministry to so many people, and that others like me will live longer, serve better, and encourage more to be healthier, as we live one breath at a time – always being connected to each other – a team or, in my case, many teams. God is so good! All the time. Community in action through the Perennial Park Senior Fitness Center and through all its many programs.

Love you all.

HEAR FROM OUR FITNESS CENTER CLIENTS!

Submitted by: Dr. Charles 'Bud' Vear

For me, the Fitness Center is more than just a place to wake up my muscles each day. It is an important part of my daily routine, not just for the physical activity, but also for the social interactions that occur there each morning. It gives me an opportunity for conversations with friendly people, and I treasure that. I would not be as faithful with exercise at home. When I am at the Center, I can focus on my exercise. At home, I would have distractions. Also, the wide variety of equipment at the Center gives me a lot of options. I don't use them all. I have my favorites, but I enjoy the opportunity to change my routine on occasion.

I appreciate the flexible hours. I don't always come at the same time, but it doesn't matter. I can sleep in one morning and exercise later if I choose to.

The staff is the real treasure for me. Not only are they all very friendly, but I feel they are concerned about my well-being. On several occasions, when I found myself in some danger (from doing something ill-advised) the response of the staff was immediate and appropriate (and they didn't ridicule me).

Exercise—is it necessary? Many studies have been done demonstrating that regular exercise is good for your well-being and probably improves your life expectancy. It has worked for me. Although we have the same genetic makeup, I have lived many more years than any of my three brothers. Lifestyle has played a part, but I think regular daily exercise has also been an important factor. I am very grateful for the exercise opportunities afforded to me by the Fitness Center.

My advice for people considering an exercise is very simple:
DON'T OVERDO IT AND JUST SHOW UP!

Exercise for us seniors isn't a competition. Do what you feel comfortable with, so you will come back tomorrow—and the next day. I am no longer building muscles. I'm just waking them up each morning and the Fitness Center helps me do that.

Photo: Bud even came to the Fitness Center on his 98th birthday!

By: Randy Blythe, Facilities Coordinator

It is nearing the end of summer and your mower has had it pretty rough with the hot temps and humidity. Now is a good time to take a moment and give your mower a fresh tune up.

- **Changing oil** is important as the high temps tend to take their toll on your engine.
- **Changing your air filter or cleaning your filter frequently** is also a good idea. Dead grass and air born particles plug them up causing low air intake.
- Mid summer is a good time to **replace or sharpen your blades and clean your deck from buildup**.
- While you are at it go ahead and **give your grease fitting a few shots of grease**.
- If you **sharpen your blades** , remember you don't want to over sharpen them. This will cause them to dull quicker. You want them to be about as sharp as a butter knife.
- **Check your tire pressure**. Air them to manufacture specification which is on the tire. If you over inflate tires, it will cause less traction. Make sure they are even pressure also to prevent uneven cutting.

These are just a few tips on freshening up your mower. They are a big investment and it takes very little time to do these few things.

Enjoy the rest of your summer!

In Sympathy

MAY 2024

Brenda Barron

Tom Brown

Gloria Comar

Matt Crommer

Steve Dubois

Charlene Moore

Cathren Ratliff

JUNE 2024

Georgiann McGalla Foote

Robert Rossman

Helen Swager

Jeffery Nowak

Laverne Daglow

Ronald Ferry

Davis McKenzie Rumsey

Kathleen Gingrich

Dane Guzzetta

Linda Lowe Gray

Gloria Triechman

BIRTHDAYS

September

Pat Bowditch
Edith Chapman
Diane Bowditch
Mark Shaw
Cindy Andrews
Diana McCosh
Linda McClain
Kylie Bauer
Sam Gordon
Danna Woolsey
Lisa Wheeler
James Hilliker
Mike Prince
Lori Rodriguez-DuBois
Jeramy Monroe
Mary Rogers
Fred Hanning

October

Kelly Mitchell
Linda Fogarty
Andrea Boyce
Kathy Knight
Patrick Good
Maribeth Kaltz
Irma Kraimer
Kathy Lehman
Wanda Ervans
Christina Todd
Jeannie Nichols
Betty Spahr
Cynthia Warren
Erin Arno
Reed Irwin

GENERAL DONATIONS 06/02/24-08/01/24

Lawrence & Linda Barr
Shirley J. Burge
James Eppel
In Suk Grinage
Linda Jarvis
Dolly Powell
Jeanette Russell
Kiwanis Club of Hillsdale
Penny Sigler
Tom Simon
Janet Wilson

IN-KIND

Jamie Bauley
Donna Bevard
Mildred Flower
Dayton & Chris Lyons
Mary Maloney
Kathy Nichols
WellWise Services

RAFFLE BASKETS

Trinity Lutheran Church
Lorrie Miller Law PLC
WellWise Services
Fether Studios
Elaine Tillinger
Allie Cat's Cuties
Blindfolded Alien

CORRECTIONS FROM JULY

In Honor of Alice Britton-Keefer
Jeanette Russell

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 HONOR/IN MEMORY

In Memory of Joseph Proctor
Mary Proctor

In Memory of Mary Owen
Karma Brewer

In Memory of Marianne Emberten
Guy & Shelly Emberten

In Memory of Vera Ladd
Martha Ladd

In Memory of Charlene Moore
Barry Hill
Donald & Mary Sanderson

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Southern MI Bank &Trust
Bills Lawn Care
Extraordinary Solutions LLC
Lorrie Miller Law PLC
CASA of Hillsdale
Metal Technologies—Precision Gage
Hillsdale Smiles Family Dentistry
Meijer
D-P Equipment Co
The Local Eatery
Market House
Jonesville Bakery

Spring Appeal donations are on page 10!

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

www.hillsdaleseniors.org

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 purse 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.

PERENNIAL PARK
HILLSDALE COUNTY SENIOR SERVICES CENTER
320 W. Bacon St. • Hillsdale, MI 49242
(517) 437-2422 • (800) 479-3348
www.hillsdaleseniors.org

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.