

GOLDEN Leaves



What's Inside?
HEART HEALTH MONTH
FUNDRAISING RECAP
WINTER RECIPE
HOLIDAY DONATIONS



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Center Business Hours
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Fitness Business Hours
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Fri 6am-5pm
Sat 8am-Noon



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JANUARY 2025

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,

The wonder of the holiday season welcomed traditions of meaning and purpose in gathering to celebrate, connect, and strengthen bonds, whether with family, friends, or the community. Of course, we reminisce about cherished memories of loved ones no longer with us.

Perennial Park was honored to welcome an astonishing **268** guests for Thanksgiving Dinner! Additionally, the community's support of Perennial Park's annual Thanksgiving Appeal, dedicated to a MOW vehicle, is overwhelming and humbling. Perennial Park joined 19 local nonprofits at the Great Give 2024, and HCSSC collectively raised **\$21,045**. Thank you to our steadfast supporters who make this and more possible! Thank you to the Hillsdale County Community Foundation for a thoughtfully coordinated community event!

Perennial Park's 4th Annual Mitten Tree was celebrated in December. Together, we collected **128** items for North Adams-Jerome Public Schools to help children stay warm. Thank you for the generous donations!

In collaboration with Dr. Potocki's office and Reading Methodist Church, the annual Angel Tree program spread Christmas cheer to **114** older adults in Hillsdale County! Thank you for your continued support and dedication!

Lifelong learning is a key factor in success. A team that is actively engaged in acquiring new skills helps reach organizational achievements never thought possible. I commend the Perennial Park team for their commitment to professional development, and I am proud to share that the leadership team was **100%** vested in professional development for fiscal year 2024.

I am excited to share that Perennial Park now offers quarterly podiatry clinics! Join us at Perennial Park with Dr. White, DPM, for clinical treatments in a safe and convenient location. Increased access to foot care positively impacts one's health and well-being by reducing pain and identifying and treating foot conditions. Mobility, balance, gait, and confidence are improved, which reduces falls. Please call 517-437-2422 for more information or to reserve an appointment.

The New Year brings the promise of fresh beginnings and new experiences. Wishing you health, happiness and cheers to more shared successes in the New Year!

"People working together in a strong community with a shared goal and a common purpose can make the impossible possible." ~Tom Vilsack

God Bless,

Maggi Monroe

Executive Director



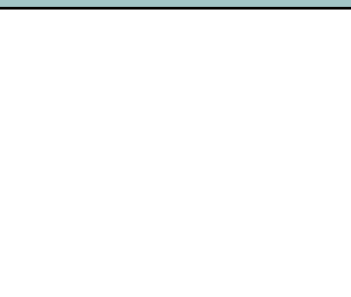
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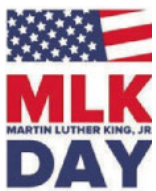
Pictured on front cover: HBA Light Up Parade, Thanksgiving Dinner, Digital Literacy Class, and Staff/Board Christmas Party

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4 | JANUARY LUNCH MENU

MON	TUES	WED	THURS	FRI
<i>You can find the lunch menu, Center activities, and Special Events on our website:</i> www.hillsdaleseniors.org		1 CENTER CLOSED FOR HOLIDAY! 	2 Sweet & Sour Pork Rice Broccoli Peaches Milk	3 Baked Chicken Potatoes Spring Veggies Apple Milk
6 Turkey Burger Mac & Cheese Stewed Tomatoes WW HB Bun Applesauce Milk	7 Philly Chs. Steak Soup Side Salad Slice of Rye Bread Craisins Milk	8 Tater Tot Casserole Green Beans Carrots Peaches Milk Senior Breakfast 8:30 am	9 Fish Rice Mixed Veggies Banana Milk	10 Sausage & Egg English Muffin Hash Browns Warm Apples Milk
13 BBQ Chicken Wings Tater Tots Green Beans Juice Milk	14 White Chicken Chili Peanut Butter Slice of Bread Pears Milk	15 Pork Riblet Broccoli Capri Blend Veggies Hoagie Bun Pineapple Milk	16 Meatloaf Mashed Potatoes Corn Orange Milk	17 Wiley Potato Broccoli Mixed Fruit Sour Cream Packet Milk
20 CENTER CLOSED FOR HOLIDAY! 	21 Tomato Basil Soup Slice of Cheese 2 Slices Wheat Bread Orange Milk	22 Beef & Noodles Wax Beans Italian Blend Veggies Pears Milk	23 Hamburger Cali Blend Veggies Sugar Snap Peas Tropical Fruit Bun Milk	24 Liver & Onions Redskin Potatoes Green Beans Milk
27 Breaded Chicken Patty Baked Beans Catalina Blend Veggies WW HB Bun Juice Milk	28 Italian Wedding Soup Side Salad Slice of Sourdough Apple Milk	29 Baked Ziti Peas & Pearl Onions Garlic Bread Pineapple Milk	30 Veggie Omelet Potato Cubes Sausage Links Mandarin Oranges Milk	31 Pizza Side Salad Applesauce Milk Cake & Ice Cream HAPPY BIRTHDAY!



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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Registration Preferred

WORKSHOPS START IN JANUARY

REGISTRATION REQUIRED CALL: 517-437-2422

EMAIL BASICS: JANUARY 15, 2025, 1 PM-2:30 PM

INTERNET SAFETY: FEBRUARY 12, 2025, 1PM-2:30 PM

CYBERSECURITY: MARCH 12, 2025, 1 PM-2:30 PM

MOBILE DEVICE BASICS: APRIL 9, 2025, 1 PM -2:30 PM



FREE

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SUPPORT OUR ADVERTISERS!



By: Grace Broesamle, Marketing and Communications Coordinator

The holiday season is always so much fun at the Center! Let's take a look back at what we got up to in the past couple months.

We held our **2nd Annual Designer Purse Bingo** on Saturday, November 16th and it was a blast! Tickets were sold out and it looked like everyone had a great time! We served a baked potato bar and had desserts as well! We had 150 bingo players join us to try and win a designer purse. There were also a bunch of raffle baskets, a 50/50 raffle,



and the Mystery Purse raffle for people to try and win as well! Our finance director, Dan, was an amazing purse model and really helped create a fun and exciting energy at the event. Overall, we raised over \$9,000 for the Center! Thank you to everyone who came to have fun while supporting a local non-profit! We would also like to

thank the sponsors for the event: *Hillsdale Hospital, Walmart of Jonesville, Braman Roofing, CASA, AM/PM Builders, Lifeways, Lorrie Miller Law PLC, KB Law Office PC, and Coldwell Banker Groves Real Estate.* Also thank you to the Friends of Perennial Park who donated raffle baskets: *AM/PM Builders, Community Choice Credit Union, KB Law Office PC, Hillsdale Jewelers, Fether Studios, Park Lane Jewelry, Teresa Keck, Maggi Monroe, Kenette Spratt, Vicki Skiver, and Susie Britton.*

On Wednesday, November 27th, we hosted our annual **Thanksgiving Dinner**. We had an amazing

turnout with 268 people coming to enjoy the holiday together! We served turkey, stuffing, mashed potatoes, green bean casserole, cranberry sauce, rolls, sparkling juice, and pumpkin pie! We had such a fun time and we hope all who came did as well.



Thank you to the sponsors for the event: *Hillsdale Hospital, Eagle Funeral Homes, County National Bank, Knapp Chiropractic, Ryan & Bradshaw, Community Choice Credit Union, and Meijer!*

We also participated in the **Great Give** on Tuesday, December 3rd! Our goal was to raise funds to purchase a new Meals on Wheels vehicle. Thank you to the Hillsdale County Community Foundation for having us at the event and thank you to the community for supporting us! On Giving Day, we raised \$11,500! Our **Thanksgiving Appeal** was aimed at the same goal and we raised an additional \$9,500! Thank you to everyone who donated to help us make a difference in the community! Meals on Wheels is a vital program to help older adults fight back against hunger and isolation. In fiscal year 2024, we delivered over 82,000 meals. We are expecting the program to expand even more and a new vehicle will help us better serve the older adults of Hillsdale County.



We also participated in the **HBA Light Up Parade** and had a fantastic time! Then we had our annual **Christmas Dinner** on Monday, December 23rd.



Thank you to everyone who came to enjoy the holiday with us and the community! Thank you to the sponsors for the event: *Hillsdale Hospital, Eagle Funeral Homes, County National Bank, Knapp Chiropractic, and Ryan & Bradshaw!*

In January, we will be selling subs again for our **Subs for Funds** event! Last year, we were able to purchase new treadmills with the funds we received. This year, we are aiming to get a new NuStep machine for the Fitness Center! You can order a sub between January 2nd and January 28th. Subs will be available for pick-up on Friday, February 7th and



Saturday, February 8th, so you can have them for the Super Bowl on Sunday, February 9th! To order a sub, call the Center at 517-437-2422 or visit us at 320 W. Bacon Street in Hillsdale. As a reminder, our Fitness Center is open to those 13 and older. Give us a call or stop by to learn more!

Perennial Park will be hosting a **Blood Drive** on Wednesday, January 22nd! We will also be starting quarterly **Foot Clinics** with Dr. White, D.P.M. in January. The first clinic will be on Friday, January 24th.

We will be closed on **New Year's Day, Martin Luther King Jr. Day, and President's Day!**

There are so many activities and events at the Center, so to stay in the loop follow us on Facebook (Hillsdale Senior Center) and our Instagram (@hillsdaleseniorcenter). You can also visit 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 in Hillsdale!

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Ask the Nurse

American Heart Month

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

American Heart Month: A Guide to Heart-Healthy Living

Did you know that heart disease is the leading cause of death for both men and women in the United States? This staggering statistic is why American Heart Month is so important. In February, we raise awareness about heart health and encourage everyone to take steps towards a healthier lifestyle. This article will discuss some simple yet effective ways to live a heart-healthy life and reduce your risk of heart disease.

Why is Heart Health Important?

Taking care of your heart is vital for overall health and well-being. Your heart pumps blood throughout your body, delivering essential nutrients and oxygen to your organs and tissues. A healthy heart can help you maintain a good quality of life and reduce the risk of developing serious health conditions such as heart disease, stroke, and high blood pressure.

Tips for Heart-Healthy Living

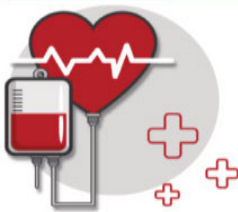
- **Eat a Balanced Diet:** Consuming a diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats can help lower cholesterol and blood pressure levels, reducing the risk of heart disease.
- **Stay Active:** Regular physical activity is key to maintaining a healthy heart. Aim for at least 150 minutes of moderate-intensity weekly exercise, such as brisk walking, cycling, or swimming.
- **Manage Stress:** Chronic stress can take a toll on your heart health. Find ways to relax and de-stress, such as meditation, yoga, or deep breathing exercises.
- **Quit Smoking:** Smoking is a major risk factor for heart disease. If you smoke, quitting is one of the best things you can do for your heart.
- **Limit Alcohol Intake:** Excessive alcohol consumption can raise blood pressure and contribute to heart disease. If you choose to drink, do so in moderation.
- **The Importance of Regular Check-Ups:** Regular visits to your healthcare provider are essential for monitoring your heart health. During these check-ups, your doctor can assess your risk factors for heart disease, such as high cholesterol or high blood pressure, and guide how to manage them effectively.

American Heart Month reminds us to prioritize our heart health and make positive lifestyle changes. By following the tips outlined in this article, such as eating a balanced diet, staying active, managing stress, and attending regular check-ups, you can reduce your risk of heart disease and lead a healthier, happier life. Remember, your heart is in your hands—take care of it!

References:

American Heart Association (2024). *Healthy lifestyles*. AHA. <https://www.heart.org/en/healthy-living/healthy-lifestyle>

American Heart Association (2024). *Healthy living*. AHA. <https://www.heart.org/en/healthy-living>



American Red Cross

BLOOD DRIVES

HOSTED AT PERENNIAL PARK

EVENTS FOR 2025

WEDNESDAY, JANUARY 22ND

WEDNESDAY, APRIL 23RD

WEDNESDAY, JULY 23RD

WEDNESDAY, OCTOBER 15TH

ALL EVENTS: 9AM-2:45PM

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Foot Clinic

with Dr. White, DPM

Join us at the Center for Quarterly Podiatry Clinics with Dr. White!

Clinic treatments include:

- Toenail Trimming
- Treating calluses, ingrown toenails, corns, bursitis, and painful joints

Note: If you have bunions or more complex foot care needs, please contact Dr. White's office at 517-788-8251

Schedule an appointment by calling 517-437-2422

<i>Clinic Dates:</i>	<i>Bring:</i>
Friday, January 24th 8:30 a.m. - Noon	Insurance Card
Friday, April 25th 8:30 a.m. - Noon	Driver's License/ID
Friday, August 1st 8:30 a.m. - Noon	Medication List
Friday, October 24th 8:30 a.m. - Noon	Allergy List

Co-pays billed to patients. If patient does not have insurance, care for toenails and calluses is \$40.

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In Memory of Clint & Lee Justice
Ellen Templeton

Thank you to everyone who donated to our Thanksgiving Appeal and the Great Give!
Collectively, we raised **\$21,045!**

These funds will go towards HCSSC purchasing a new vehicle for our Meals on Wheels program! This vital program delivers hot, nutritious meals to older adults all across Hillsdale County!

We deliver meals every weekday and these vehicles experience a lot of wear and tear. Plus, the program keeps growing! In fiscal year (FY) 2024, we delivered over 82,000 meals (an increase of 6,000 more meals delivered than FY 2023). As the program expands, we aim to grow with it and a new vehicle will help us do just that!

We truly appreciate the support from the community! Thank you to the HCCF for having us at the Great Give and thank you to everyone who donated!



Subs for Funds
Support Perennial Park by purchasing a sub sandwich for the Big Game!

\$10 per sub

Footlong Sub filled with Turkey, Ham, and Provolone Cheese

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2025 ACSM Worldwide Fitness Trends: Future Directions of the Health and Fitness Industry

The annual trends survey is used by wellness facilities and independent sport and exercise professionals to direct investments and remain on the leading edge of the market. Rather than highlighting fads or otherwise fleeting changes, the data-driven survey focuses on forecasting trends that will have a significant and potentially lasting impact in the space.

1

Wearable Technology.

Devices like smart watches, heart rate monitors and other fitness trackers.



2

Mobile Exercise Apps.

Smartphone and related applications that aid in exercise performance and programming.



3

Fitness Programs for Older Adults.

Interventions focused on the unique needs of the aging population.



4

Exercise for Weight Loss.

Incorporating dieting and other culinary interventions alongside an exercise routine.



5

Traditional Strength Training.

Using barbells, dumbbells, kettlebells and the like to improve or maintain muscular fitness.



6

High Intensity Interval Training.

Repeated short bouts of near-maximal high-intensity aerobic efforts followed by active or passive rest periods.



7

Data-driven Training Technology.

Leveraging real-time and other tracked data to tailor exercise and related health programming.



8

Exercise for Mental Health.

Improving mental well-being through physical activity.



9

Functional Fitness Training.

Programming intended to boost balance, coordination and functional movement.



10

Health/Wellness Coaching.

Using behavioral science principles to promote health and lifestyle medicine programs.



Learn more at acsm.org/trends



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Mondays (in-class & virtual):
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Wednesdays (in-class): 10 a.m.



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Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills.



**Fit Camp
with Dayton Lyons
& Tina Siler**
Fridays at 4 p.m.

Fit Camp is a 45-minute class for those interested in cardio, endurance building, and toning. The class involves a mixture of body weight and free-weights combined with circuit training, High Intensity Interval Training (HIIT), Tabata, and step. The class is targeted to those that already have a fundamental level of aerobic capacity and agility (modifications are encouraged, when and where needed).

The Perennial Park Fitness Center is open to persons age 13 and older. Requirements for membership include:

- Obtain an Enrollment Packet
- Obtain a Physician Release Form
- Complete an Orientation with staff



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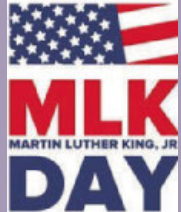
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14 | ACTIVITIES IN JANUARY

MON	TUES	WED	THURS	FRI	SAT
		1 CLOSED FOR THE HOLIDAY! HAPPY NEW YEAR! 	2 8:45am: Interview on WCSR 9:30: Cardio Drum 10am-4pm:SAFE + 11:15am:SS Classic 1-3: Woodcarvers SUBS FOR FUNDS SALE STARTS	3 9am: Coffee Hour 10am: SS Enerchi 11:15am: SS Yoga 1-3pm: Corn Hole 1-3: Movie &Popcorn 4:00pm: Fit Camp	4 9:30am Cardio Drumming 8am-12pm Fitness Center Open
6 9:30am Cardio Drumming 11:15am: SS Stability 1-3:Pedro (Cards)	7 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	8 8:30am: Senior Breakfast 10am: SS Stability 11:15am: SS Yoga 12pm: Lunch & Learn with CNB 1-3pm: Euchre 1-3pm: Handcrafting 1pm: Digital Literacy 4:30pm: Cardio Drum	9 9:30: Cardio Drum 10am-4pm:SAFE + 11:15am:SS Classic 1-3pm: Woodcarvers 2-3:30pm Parkinson's SG 5:45-9pm: Cash Bingo	10 9am: Coffee Hour 10am: SS Enerchi 11:15am: SS Yoga 1-3pm: Corn Hole 1-3: Movie &Popcorn 4:00pm: Fit Camp	11 8:30am & 9:30am Cardio Drum 8am-12pm Fitness Center Open
13 9:30am Cardio Drumming 11:15am: SS Stability 1-3:Pedro (Cards)	14 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	15 10am: SS Stability 10am-4pm: SAFE+ 11:15am: SS Yoga 1-2: Connection Cafe 1-3pm: Euchre 1-3pm: Handcrafting 1pm: DL-Email Basics 4:30pm: Fit Camp	16 9:30: Cardio Drum 11:15am:SS Classic 10am-4pm:SAFE + 1-3pm: Tech Clinic 1-3:pm: Woodcarvers 1:30-3pm: Kinship Care SG	17 9am: Coffee Hour 10am: SS Enerchi 11:15am: SS Yoga 1-3: Movie &Popcorn 4:00pm: Fit Camp	18 9:30am Cardio Drumming 8am-12pm Fitness Center Open
20 CENTER CLOSED FOR HOLIDAY! 	21 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	22 9am-2:45pm ARC Blood Drive 10am: SS Stability 11:15am: SS Yoga 1-3pm: Euchre 1-3pm: Handcrafting 1pm: Digital Literacy 2-3:30:Alzheimer's SG 4:30pm: Cardio Drum	23 9:30: Cardio Drum 10am-4pm:SAFE + 11:15am:SS Classic 1-3:pm: Woodcarvers	24 8:30-Noon: Foot Clinic 9am: Coffee Hour 11:15am: SS Yoga 1-3pm: Corn Hole 1-3: Movie &Popcorn 4:00pm: Fit Camp	25 9:30am Cardio Drum 8am-12pm Fitness Center Open
27 9:30am Cardio Drumming 11:15am: SS Stability 1-3:Pedro (Cards)	28 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	29 10am: SS Stability 11:15am: SS Yoga 1pm: Women's Bible 1-3pm: Euchre 1-3pm: Handcrafting 1pm: Digital Literacy 4:30pm: Fit Camp	30 8:45am: Interview on WCSR 9:30: Cardio Drum 10am-4pm:SAFE + 11:15am:SS Classic 1-3:pm: Woodcarvers	31 9am: Coffee Hour 11:15am: SS Yoga 1-3pm: Corn Hole 1-3: Movie &Popcorn 4:00pm: Fit Camp	

ACTIVITIES IN FEBRUARY | 15

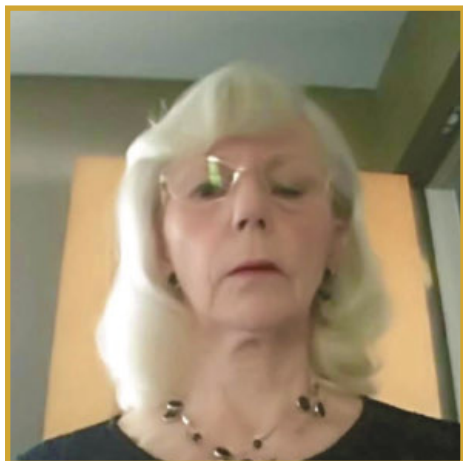
MON	TUES	WED	THURS	FRI	SAT
Support & Assistance Blood Pressure Kiosk: Made possible by HCCF. Get your blood pressure checked and receive a printout for your records. MMAP Program: Helps with different Medicare options, types of coverage and enrollment. Notary Public Services: Perennial Park has registered 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 9:30am Cardio Drumming 8am-12pm Fitness Center Open
3 9:30am: Cardio Drum 11:15am: SS Stability 1-3: Pedro (Cards)	4 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	5 10am: SS Stability 11:15am: SS Yoga 1-3pm: Euchre 1-3pm: Handcrafting 1pm: Digital Literacy 4:30pm: Cardio Drum	6 8:45am: Interview on WCSR 9:30: Cardio Drum 10am-4pm:SAFE + 11:15am:SS Classic 1-3: Woodcarvers 5:45-9pm Cash Bingo	7 9am: Coffee Hour 10am: SS Enerchi 11:15am: SS Yoga 1-3pm: Corn Hole 1-3: Movie &Popcorn 4:00pm: Fit Camp	8 8:30am & 9:30am Cardio Drum 8am-12pm Fitness Center Open
10 9:30am: Cardio Drum 11:15am: SS Stability 1-3: Pedro (Cards)	11 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	12 8:30am Senior Breakfast 10am: SS Stability 11:15am: SS Yoga 1-3pm: Euchre 1-3pm: Handcrafting 1pm: DL—Internet Safety 4:30pm: Fit Camp	13 9am-4pm Valentine's Spa Day 9:30: Cardio Drum 10am-4pm:SAFE + 11:15am:SS Classic 1-3: Woodcarvers 2-3:30:Parkinson's SG	14 9am: Coffee Hour 10am: SS Enerchi 11:15am: SS Yoga 1-3pm: Corn Hole 1-3: Movie &Popcorn 4:00pm: Fit Camp	15 9:30am Cardio Drumming 8am-12pm Fitness Center Open
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24 9:30am Cardio Drumming 11:15am: SS Stability 1-3: Pedro (Cards)	25 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	26 10am: SS Stability 11:15am: SS Yoga 1-3pm: Euchre 1-3pm: Handcrafting 1pm: Digital Literacy 2-3:30:Alzheimer's SG 4:30pm: Fit Camp	27 9:30: Cardio Drum 10am-4pm:SAFE + 11:15am:SS Classic 1-3: Woodcarvers	28 9am: Coffee Hour 10am: SS Enerchi 11:15am: SS Yoga 1-3pm: Corn Hole 1-3: Movie &Popcorn 4:00pm: Fit Camp	

EMPLOYEE OF THE QUARTER: DAYTON LYONS



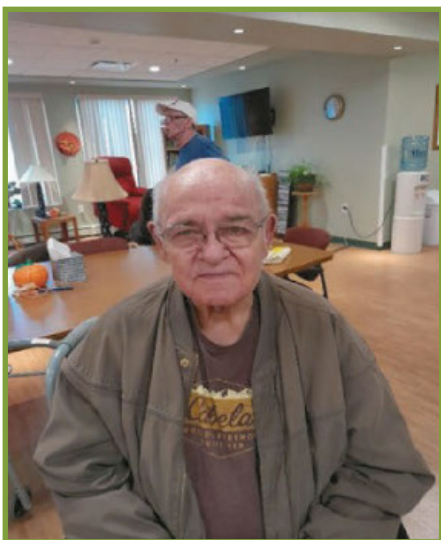
Congratulations to Dayton Lyons for being Perennial Park's Employee of the Quarter! Dayton is one of our fitness specialists and has dedicated over 83 hours of fitness instruction during the reporting period between September 14th and December 14th of 2024. Because of his efforts, Dayton personally instructed 114 different clients and helped them to achieve 1,632 hours (units) of evidence-based fitness instruction through Cardio Drumming, SS EnerChi, and Fit Camp classes. Dayton also shares his love and talent of Cardio Drumming with our clients in ADC. Beyond his work duties as a Fitness Specialist, Dayton continues to teach at other locations throughout the community on a volunteer basis. He teaches at St. Paul's Church, Hillsdale Hospital, Healthies of Hillsdale, and Drew's Place. Thank you for all that you do, Dayton! We love having you on the team!

VOLUNTEER OF THE QUARTER: MARGARET DUDEK



Congratulations to the Margaret Dudek for being our Volunteers of the Quarter! Margaret volunteers in our kitchen and helps with the dishes, preparation, and serving. She is reliable, meticulous, detail-oriented, cheerful, and willing to do any task you ask of her. She just does an all-around fantastic job! Margaret often stops by to ask if we need help even if she isn't scheduled for that day. She encompasses all a volunteer should be and is greatly appreciated. We truly appreciate all of her help and we wouldn't be able to serve Hillsdale County as well as we do without the dedication from volunteers like Margaret.

ADC LEGACY MEMBER OF THE QUARTER: DAVID W.



David attends the Respite Center one afternoon a week with his positive attitude and great smile. David resides in Camden with his wonderful wife, Roxanna. David's favorite activities include Cardio Drumming and working on jigsaw puzzles. When asked what brings him pleasure at the Legacy Club, David replied it helps him to be more relaxed and enjoys meeting new people. Thank you, David, 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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Tips to Boost Your Immune System Naturally

By: Sarah Pollack, RDN, CDCES

On the whole, the immune system does a remarkable job of defending against disease-causing microorganisms. While researchers continue to explore the effects of diet, exercise, age, stress, and other factors on the immune response, practicing general healthy-living strategies is the single best step toward naturally keeping your immune system strong and healthy.

Key Healthy Lifestyle Strategies to Keep Your Immune System Strong

Don't smoke and avoid secondhand smoke.

Exercise regularly. Exercise causes white blood cells and antibodies to circulate more quickly, helping to detect illness earlier. It also has anti-inflammatory properties, which can help prevent muscle damage. Exercise also slows down the release of stress hormones which may protect against illness. Any activity is better than no activity. Start with 10-15 minutes of physical activity a day. Gradually build up over time, aiming for 150 minutes of activity per week.



Maintain a healthy weight through a healthy diet rich in fruits, vegetables, lean proteins and whole grains along with regular physical activity.

If you drink alcohol, **drink only in moderation**. Limit alcohol to no more than one drink a day for women and no more than two drinks a day for men. Drinking more can weaken the immune system. Additionally, alcohol can negatively influence food choices and interfere with quality of sleep.

Get adequate sleep. Most adults need 7-9 hours of sleep each night. A regular bedtime routine and a cool sleeping environment can help.

Take steps to avoid infection, such as washing hands frequently and cooking foods to proper temperatures.

Minimize stress. Stay socially connected with friends and family, practice deep breathing, journal thoughts or spend more time in nature to reduce feelings of stress.

Drink plenty of water. The body is made mostly of water and adequate hydration is key when it comes to staving off illness. Adequate fluids help the kidneys and liver — the organs that eliminate toxins and foreign bodies — function appropriately.

Choose a diet high in fruits and vegetables. Fruits and vegetables are rich in immune-boosting vitamins and minerals. Vitamin C (think red peppers, strawberries, kiwi, broccoli and citrus fruits), beta carotene (think carrots, sweet potatoes, cantaloupe) and vitamin E (think almonds, sunflower seeds and peanut butter) are essential to support a healthy immune system. Include fruits and veggies with each meal to help meet nutrient needs and bolster your immune system.



Limit foods with added sugars. Sugar is empty calories. It contains no vitamins, minerals or disease-fighting nutrients. Eating food high in added sugars leave you feeling sluggish, often to the point when you don't have energy to practice healthy lifestyle habits such as being active.

Winter Recipe

By: *Camie Kipta, Nutrition Director*

Turkey Biscuit Stew

Serves: 8 | Prep: 15 min | Cook Time: 30 min

Ingredients

- 1/3 cup chopped onion
- 1/4 cup butter, cubed
- 1/3 cup all-purpose flour
 - 1/2 teaspoon salt
 - 1/8 teaspoon pepper
- 1 can (10-1/2 ounces) condensed chicken broth, undiluted
 - 3/4 cup 2% milk
- 2 cups cubed cooked turkey
 - 1 cup cooked peas
- 1 cup cooked whole baby carrots
- 1 tube (16.3 ounces) large refrigerated buttermilk biscuits

Directions

1. Preheat oven to 375°. In a 10" cast-iron or other ovenproof skillet, sauté onion in butter until tender. Stir in the flour, salt and pepper until blended. Gradually add broth and milk. Bring to a boil. Cook and stir until thickened and bubbly, about 2 minutes. Add the turkey, peas and carrots; heat through. Separate biscuits and arrange over the stew.
2. Bake until biscuits are golden brown, 20-25 minutes.

Recipe from
tasteofhome.com



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Area Agency on Aging

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AND ENJOY FOOD, TOPICS, AND FUN**

Upcoming Meetings:
Wednesday, January 15th | 1-2 pm
&
Wednesday, February 19th | 1-2 pm

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!


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Special thank you to the National Honors Society students that are helping out!

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Word Twist

New Year's

The letters in these words are all twisted up. To play, unscramble the letters to reveal the correct words.

Hint: Each puzzle has a common theme!

Losierotun _____

Batcleinore _____

Gdthimin _____

Dotwnucno _____

Hagapmnec _____

Ftcnoite _____

Rewoirksf _____

Nitidrato _____

Yajanur _____

Sivtsetief _____

©LPi

Testimonial

I saw this saying in a catalog: "A friend is someone who reaches out for your hand and touches your heart." That is what the Senior Center did for me. When I walk in whoever is at the desk gets up and welcomes me. When they had the old chairs, because I had become shorter with old age, they would get a pillow and put it on the chair, and then they would give me a cup of coffee. My niece, who was with me one day, said, "They treat you like a queen!"

Everyone is so kind, not just inside these four walls, but in the parking lot, too. One day, it was raining, and I had trouble with my windshield wipers. I told Mr. Spahr and he came right out and fixed it for me. Another time, he fixed my cane. All you need to do is ask and everyone is willing to help. I have no family in Hillsdale. The Senior Center is my family. I know I can depend on them if I ever need anything.

Like they say in Texas, ya'll come in!

-Betty Bisel

Pictures: (Top) Maggi Monroe and Betty on Betty's 98th birthday;
(Bottom) Linda McClain and Betty on her 99th birthday.





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**

Maintenance Minutes

By: Randy Blythe, Facilities Coordinator

Well it's that time of year again. Winter is settling in slowly. The nice thing about these warmer temperatures is we can put up our decorations without freezing or slipping on the ladder. With that being said, when climbing on a ladder to put them lights up or take them down, just make sure you don't over reach to get that last hook. Always get down and move the ladder. A few minutes could prevent a long recovery.



As we talk about light just remember not to overload your outlets. I know you see in these old Christmas movies where there are several adapters and way too many plugs in the adapters. I have switched to LED lights over the past few years for many reasons. One reason being that they use less electricity and they last a lot longer than your old strands of lights. Not to mention, they don't get hot.

Now that you have your lights up, you need to think about keeping your sidewalks clean. If you can have the neighborhood kid do it. That would be great! I don't need to tell you how shoveling snow can take its toll on you. Make sure if you do it yourself to take many breaks. If you salt your walks and you track the salt in, make sure you sweep with a broom as salt is very harmful to a vacuum. Another thing is salt residue on your floor after it dries. We use a mixture of regular mop water and add a little vinegar to the water. That seems to do a pretty good job of keeping salt stains away.



Well, these are just a few tips I have picked up along the way. Although you might have already known this, but in case you haven't, they are here for you.

I would like to wish you all happy holidays and safe and healthy new year.

In Sympathy

OCTOBER 2024

Doris Albrecht
 Barbara Bailey
 Jerry Bemis
 Donna Boyd
 Kathleen Cole
 Grethel Hurley
 Doris Buehrer
 Jacqueline Henson
 Larry Rose
 Charles Happy

NOVEMBER 2024

Lawrence Bromley
 Sharon Stambaugh
 Virgil Briggs
 Sonya Moore
 Virginia Center
 Emily Stone
 Loren King
 Rosemary Chapman
 Donna Shaneour
 Thomas Evans
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January

Crystal Blank
Sandra Hepker
Drew Wheeler
Neil Kirkingburg
Nancy Burns
Elesha Gittings
Traci Fowler
Teresa Smith
Stephanie Irwin
Deborah Layman
Debbie Walters
Camie Kipta
Maggi Monroe
Nancy Veenstra
Dave Sell
Lenore Spahr
Tina Siler
Brenda Burlew

February

Chellie Broesamle
Karen Watt
JC Morris
Jessica Dehn
Chelsea Ghastin
Cindy Flynn
Lisa Jones
Kathy Humphries
Maribel Knight
Susan Buelow
Randy Blythe



GENERAL DONATIONS

10/02/24-12/01/24

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Dolly Powell
Jeanette Russell

IN-KIND

Diane Cromwell
Paul Schneider
WellWise Area Agency on Aging

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In Honor of Gary & Helen Fadness

Gerald 'Jerry' Miller

In Memory of Arlene Sanford

J & M Monroe Properties LLC
Kenette Spratt

In Memory of Glen Rickabaugh

Jesco Industries, Inc.

In Memory of Jerry Bemis

Anonymous

In Memory of Jacqueline Henson

Travis Henson

In Memory of Hurley Bartley

Rhonda Nolan (Bartley)

*Donations from the
Great Give and
Thanksgiving Appeal
are on page 10!*

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.

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New Berlin, WI

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.

