



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 2025 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,

As Spring approaches, so do fresh beginnings, vibrant blooms, and longer days. We say goodbye to the bitter cold and embrace the sun's warmth, the sweet scent of flowers, and the joy of new adventures.

Thank you to all who supported the Subs for Funds fundraiser. Together, we raised **\$5,022** for Fitness Center improvements! We're genuinely thankful for supporters like you who make our work possible.

At the heart of every great nonprofit organization are exceptional volunteers! They not only help with the practical aspects of operations, like staffing events or running programs, but they also bring fresh energy, passion, and new perspectives. Sharing the same values as the nonprofits they serve, volunteers encourage civic engagement, build social connections, and promote well-being. Through these efforts, volunteers act as pillars of community strength, bringing positive change and creating an environment where everyone can thrive.

With great honor, I congratulate **Maribel Knight** on being awarded the **Michigan Association of Senior Centers (MASC) Volunteer Partner of the Year award!** Maribel has volunteered at the Center since 2007 as a volunteer transportation driver, driving **130,057 miles** and volunteering for **6,951.75 hours!** Maribel's meaningful impact on the community and Center mission is profound! Thank you, Maribel!

Interested in volunteering at Perennial Park?

Contact us today at 517-437-2422!

Visit www.hillsdaleseniors.org to learn about volunteer opportunities.



God Bless,

Maggi Monroe

Executive Director

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Pictured on front cover: Staff on Valentine's Day

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 JOIN OUR SENIOR CLUB AND GET \$3.00 OFF YOUR MEAL 75 W Carleton Rd, Hillsdale • 437-3470		 FREE AD DESIGN with purchase of this space CALL 800-477-4574
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4 | MARCH LUNCH MENU

MON	TUES	WED	THURS	FRI
3 Baked Chicken Red Skin Potatoes Green Beans Pineapple Milk	4 Broccoli Cheese Soup Crackers Orange Milk	5 Vegetable Lasagna Prince Ed Isle Veggies Brussel Sprouts Garlic Bread Peaches Milk	6 Spaghetti w/ Meat Sauce Capri Blend Veggies Peas Mixed Fruit Milk	7 Turkey Burger Cauliflower Sugar Snap Peas Banana Bun Milk
10 Swedish Meatballs Egg Noodles Italian Blend Veggies Juice Milk	11 Chilli Cottage Cheese Orange Milk	12 Sweet & Sour Pork Rice PEI Veggies Peaches Milk Senior Breakfast at 8:30 am	13 Ham Slice Sweet Potato Green Beans Pears Milk	14 Hamburger Tater Tots Diced Beets WW HB Bun Banana Milk
17 Italian Sausage Peppers Stewed Tomatoes WW HD Bun Applesauce Milk	18 Chicken Tortilla Soup Tossed Salad Corn Chips Orange Milk	19 Pizza Brussel Sprouts Carrots Apricots Milk	20 Fish French Fries Catalina Blend Veggies Apple Milk	21 Corned Beef & Cabbage Red Skin Potato Slice of Rye Bread Mixed Fruit Milk
24 Sloppy Joes Italian Blend Veggies Potato Chips Craisins HB Bun Milk	25 Chicken & Dumpling Soup Tossed Salad Juice Milk	26 Beef Hot Dog Cali Blend Veggies Spinach Pears HD Bun Milk	27 Meatloaf Mashed Potatoes Corn Pineapple Milk	28 Chicken Cordon Bleu Green Beans Capri Blend Veggies Milk Cake & Ice Cream HAPPY BIRTHDAY!
31 Cabbage Rolls Winter Blend Veggies Carrots Applesauce Milk	Lunch is served weekdays from 12-12:45 p.m. Suggested donation for those 60 and older is \$5 and under 60 is a \$6 fee. You can find the lunch menu, Center activities, and Special Events on our website: www.hillsdaleseniors.org			



320 W. Bacon Street
Hillsdale, Michigan 49242



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



Visit our website:
www.hillsdaleseniors.org

BUSINESS HOURS

Monday-Friday
8:30 a.m.—4:30 p.m.

FITNESS CENTER HOURS

Monday-Thursday
6:00 a.m.—7:00 p.m.

Friday: 6:00 a.m.—5:00 p.m.

Saturday: 8:00 a.m.—Noon



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March for Meals

SUPPORT OUR MEALS ON WHEELS PROGRAM
THROUGHOUT THE MONTH OF MARCH!

IN FY 24, OUR MOW PROGRAM DELIVERED 82,154 MEALS TO
491 CLIENTS AROUND HILLSDALE COUNTY!

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DONATE DIRECTLY

YOU CAN DONATE DIRECTLY BY SCANNING THE QR CODE OR
MAILING OR DROPPING OFF YOUR CONTRIBUTION AT THE CENTER!
ALL DONATIONS ARE APPRECIATED!

LET US KNOW IF YOU'RE INTERESTED IN BECOMING AN MOW VOLUNTEER DRIVER
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PERENNIAL PARK PRESENTS

GOOD FRIDAY SENIOR BREAKFAST

FRIDAY, APRIL 18TH
9-11 A.M.

COME BY, ENJOY SOME BREAKFAST, AND
CELEBRATE THE HOLIDAY AT THE CENTER!
ALL ARE WELCOME TO JOIN



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By: Grace Broesamle, Marketing and Communications Coordinator

The Center always slows down again at the beginning of each year as we exit out of the holiday season and look forward to all the new and fun activities we can experience in the new year!

During the month of January, we ran our **Subs for Funds** campaign to raise funds for our Fitness Center! We have been working on updating our fitness equipment to better serve the community especially as memberships and participation has been increasing. With the help of the community, we sold over 550 subs and raised over \$5,000 for the Fitness Center! The list of people who contributed to the campaign are on page 21. Also a huge thank you to the Perennial Park staff and volunteers who helped make the subs!



If you are interested in volunteering at the Center, please contact us! We are always looking for more volunteers to help in serving the older adult community!

We had a couple of **Senior Breakfasts**. In January, Danna Woolsey from County National Bank presented on “Current Fraud & Impersonation Scams”. This is an ongoing issue that affects everyone, so it was much appreciated that Danna came to let our clients know what to look out for and how to protect themselves. Lessons like this go hand-in-hand with our Successful Aging Through Financial Empowerment + (SAFE+) program that aims to help older adults fight back against identity thefts, scams, and fraud. If you are interested in learning more, come visit Maribeth at the Center! In February, Penny Neer came to talk about her experience at the Olympics and her book, *Dilly, the Braveheart: A True Story of a Blind Dog’s Journey*. We are incredibly thankful that she stopped by and shared stories about her life with the community.

In March, we will be running our **March for Meals** campaign to raise funds for the Meals on Wheels (MOW) program. This is a vital program that delivers hot, nutritious meals every weekday to clients all around Hillsdale County! In fiscal year (FY) 2024, our MOW program delivered 82,154 meals to 491 clients, and the program is ever-growing! We will be selling caramel corn and dog treats to raise funds for the program and during Champion's Week, there will be influential leaders from around the county and state to ride with our MOW drivers to see the tremendous effect of this program. If you are interested in donating or getting involved with the program, reach out to the Center at 517-437-2422! To learn more about the nationwide Meals on Wheels program, visit www.mealsonwheelsamerica.org.



The next special event that we will be hosting is the **Good Friday Senior Breakfast** that will take place on Friday, April 18th from 9-11 a.m. We will be serving a delicious meal to celebrate the holiday with the community. Feel free to bring friends and family to enjoy the festivities! The Center will close early that day at 2 p.m. for the holiday.

To stay up-to-date on Center activities and events, follow us on Facebook (Hillsdale Senior Center), Instagram (@hillsdaleseniorcenter), and Threads (@hillsdaleseniorcenter). You can also visit our website: www.hillsdaleseniors.org! Our activities calendars and lunch menus are posted on there as well as special events and fundraising campaigns. 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

Parkinson's Awareness Month: Spreading Hope and Understanding

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

Every April, people worldwide come together to observe **Parkinson's Awareness Month**, a time dedicated to increasing awareness, advocating for research, and supporting those affected by Parkinson's disease. With millions of people diagnosed worldwide, understanding this neurodegenerative disorder is crucial in fostering a more informed and compassionate society.

What is Parkinson's Disease?

Parkinson's disease is a progressive neurological disorder that primarily affects movement. It occurs when dopamine-producing neurons in the brain deteriorate, leading to symptoms such as tremors, stiffness, slowed movement, and balance issues. While there is currently no cure, treatments like medication, therapy, and lifestyle modifications can help manage the condition.



Why Parkinson's Awareness Month Matters

Raising awareness about Parkinson's disease is essential for several reasons:

1. **Early Detection & Diagnosis** – Recognizing early symptoms can lead to timely medical intervention, improving quality of life.
2. **Funding for Research** – Increased awareness helps drive funding for scientific advancements in treatment and potential cures.
3. **Support for Patients & Caregivers**—Parkinson's affects more than just those diagnosed; it impacts families and caregivers. Awareness fosters a strong community of support.

Combatting Stigma – Many people misunderstand Parkinson's, leading to misconceptions. Education helps reduce stigma and encourages empathy.

Looking Toward the Future

While Parkinson's remains a challenge, advancements in medical research provide hope. Scientists continuously work on improved treatments, early detection methods, and potential cures. By raising awareness and supporting research, we can move closer to a world where Parkinson's is better understood, managed, and, eventually, eradicated.

This April, let's stand in solidarity with those affected by Parkinson's disease and work toward a brighter future.

Parkinson's Support Group – Second Thursday every month, 2:00 – 3:30 p.m.

Through education, guest speakers, and discussions, group members gain practical strategies for managing life with PD. All shared information remains confidential, ensuring privacy is upheld. If you have Parkinson's Disease or are a caregiver, please join us!

References:

Parkinson's Foundation (2025). *Understanding Parkinson's Disease*. <https://www.parkinson.org/>

Zafar, S. & Yaddanapudi, S. (2025). *Parkinson's disease*. StatPearls <https://www.ncbi.nlm.nih.gov/books/NBK470193/>

MEMORY CARE

PERENNIAL PARK IS HERE TO HELP!

Memory loss can stem from various causes, many of which are treatable. If you or someone you care about notices unusual memory changes, Perennial Park is here to offer support!

SOME COMMON SIGNS TO WATCH FOR INCLUDE:

- Unexplained memory loss
- Frequently misplacing items
- Trouble completing familiar tasks
- Difficulty finding the right words
- Noticeable mood swings
- Shifts in personality
- Confusion about time or place

Perennial Park offers services designed to assist individuals and their families in navigating memory changes.

THESE SERVICES INCLUDE:

- Free Memory Screening
- Care Coordination
- Transportation Assistance
- Meals on Wheels
- Home Personal Care
- Homemaking Support
- Education and Enrichment Programs
- Connections to Community Resources

Contact us for more info!

517-437-2422 ext. 106
320 W. Bacon Street
Hillsdale, MI 49242
www.hillsdaleseiors.org



Perennial Park's Director of Nursing conducts confidential memory screenings by appointment. The screening is simple, takes around 30 minutes, and helps determine whether additional testing is needed.



American Red Cross



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Foot Clinic

with Dr. White, DPM

Friday, April 25th | 8:30 a.m. - Noon

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

Bring:

Insurance Card Medication List
Driver's License/ID Allergy List

Schedule an appointment by calling 517-437-2422

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

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

The first week in March is National Consumer Protection Week.

Let's review the most recent scams and how to stay SAFE!

What Can Someone Do With Your Social Security Number?

If someone is in possession of your social security number, they can essentially become you! This means that they can open bank accounts, apply for charge cards and loans, start up utility services, access your medical information, and even file a fraudulent tax return. Identity thieves can change your direct deposit bank information to a new account they set up to receive your monthly benefits.

What Can You Do If Your Social Security Number is Stolen or on the Dark Web?

Immediately notify your financial institution, your doctor, and Social Security. Although you will not be issued a new SSN, safeguard your account by alerting them to the theft.

Order a free credit report and place a fraud alert on it.
Review the report to see if any new accounts were recently opened.

Even if you place a fraud alert on your credit report, monitor your bank and charge account statements.

Notify the police and/ or file a report with the Federal Trade Commission.

File your taxes early every year.

**** Remember that the SAFE+ Program can personally assist you through this stressful and confusing process. The credit report, fraud alert, and the service are FREE!**

Do You Receive Annoying Yet Alarming Emails and Texts?

Here are some of the most recent scams involving imposters.....

- **Pay Pal:** A confirmation message that they have received an order you never placed. The charge for the item is unusually high and alarming. The scammers want you to immediately call or follow a link to confirm the order so they can resolve the issue.

- **McAfee:** McAfee sells anti-virus protection for your computer. Your order and membership fees are listed as well as a phone number for "support." If you call, you will be speaking to imposters who steal your personal information.
- **Walmart:** A Walmart imposter calls you about the PlayStation 5 and wireless headset you supposedly ordered for \$919.00. This automated phone scam tries to fool victims into calling back to question the order if you didn't authorize it. You will be instructed to press 1 to cancel or speak to an agent. Once you speak to the imposter agent, they will ask for remote access to your phone or computer in order to process the cancellation. If you grant them access, they can install malware on your device and/or steal personal information.
- **USPS:** This fake message states that you have a USPS parcel being cleared, due to a detection of an invalid zip code. You are instructed to confirm your zip code by following the link which of course will connect you to USPS imposters waiting to steal your information.
- **Amazon:** Amazon imposters will alert you that your Amazon account is logged in from Mumbai, India. You are told to follow the link supplied to verify your account information. This is yet another attempt to get your personal or banking information.

*****What is concerning to me is that these FAKE messages are looking more authentic and scarier because scammers are now using artificial intelligence. Misspellings and grammatical errors are not so noticeable anymore. I remember hearing this advice recently during one of my webinars: "If you don't let strangers into your home, don't let them into your personal devices!!!"**

How to Stay Safe

1. Be suspicious of any unsolicited communication- If you didn't initiate the call, email, or text, it's probably a scam.
2. Protect your phone and computer with the latest updates and anti-virus software.
3. Never share your computer screen with anyone.
4. Remember to change your passwords often and don't use the same passwords for every account you have or website you visit.

5. Don't share too much personal information on social media.
6. Monitor your banking and credit card accounts for any suspicious activity.
7. Don't ever purchase a gift card to "settle an account".
8. Reduce the number of debit or credit cards in your wallet. It is not advisable to carry your Medicare or social security cards in your wallet. Leave them in a safe place at home.

****** Most importantly, Stay involved and connected with your family, friends, and community!**

Upcoming SAFE+ Events:

- **A Spring SAFE+ workshop at Perennial Park:**
Come to the workshop to determine your "Scam Quotient" by taking a brief quiz to identify your vulnerability to becoming a scam victim! As a participant, you will receive a STAYING SAFE toolkit that includes a Money Smarts for Older Adults Resource book, an updated SAFE+ power point presentation, and helpful resources from several senior agencies. We will also discuss the book, "Scam Me If You Can" by former convicted felon and now FBI consultant Frank Abagnale. The actual date of the workshop will be announced soon.

- **Journaling with Della on March 20th.** This will be Della's second workshop at Perennial Park. It will be a continuation of her first journaling workshop held in late February, but all new participants are invited as well. Journaling is an excellent tool for self-reflection, and/or self-expression. Della will have all the materials on hand to make your own unique journal. Cost: \$15.
- **Spring Bowling at Hillsdale Lanes:** We are in the process of planning to meet at least once a month, maybe more, at Hillsdale Lanes to socialize and have fun bowling! More details will be released via our website or on the radio soon.
- **Seniors Empowering Other Seniors:** Do you have a special talent or skill that you are willing to teach/share with other seniors at Perennial Park? I am looking for volunteers who are willing to teach classes or coordinate events to promote socialization and life-long learning.
- **Some ideas: Can you teach us to.....**Make jewelry, paint or draw, crochet or knit, make a seasonal craft, decorate cookies, line dance or salsa, play a game like trivia or mahjong or chess, write a book or memoir

Please call Maribeth at the Center : 517-437-2422, ext. 171 to volunteer to lead a socialization activity!



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12 | MARCH ACTIVITIES

MON	TUES	WED	THURS	FRI	SAT
3 9:30am Cardio Drumming 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: Cooking for One 4:30pm:Cardio Drum	5 10am: SS Stability 11:15am: SS Yoga 1pm: Women's Bible 1-3pm: Euchre 1-3pm: Handcrafting 1pm: Digital Literacy 4:30pm: Fit Camp	6 8:45am: Interview on WCSR 9:30: Cardio Drum 10am-4pm:SAFE + 11:15am:SS Classic 1-2: Low Intensity CD 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 9:30am Cardio Drumming 8am-12pm Fitness Center Open
10 9:30am Cardio Drumming 11:15am: SS Stability 1-3: Pedro (Cards)	11 10 am: SS Enerchi 10am-4pm:SAFE + 11:15am:SS Classic 1-2pm: Bingo 1pm: DL- Cybersecurity 1-3pm: Mahjong 1-3pm: Cooking for One 4:30pm:Cardio Drum	12 8:30am: Senior Breakfast 10am: SS Stability 11:15am: SS Yoga 1-3pm: Euchre 1-3pm: Handcrafting 1pm: Digital Literacy 4:30pm: Cardio Drum	13 9:30: Cardio Drum 10am-4pm:SAFE + 11:15am:SS Classic 1-2: Low Intensity CD 1-3pm: Woodcarvers 2-3:30pm 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 8:30am & 9:30am Cardio Drum 8am-12pm Fitness Center Open
17 9:30am Cardio Drumming 11:15am: SS Stability 1-3: Pedro (Cards)	18 10 am: SS Enerchi 10am-4pm:SAFE + 11:15am:SS Classic 1-2pm: Bingo 1-3pm: Mahjong 1-3pm: Cooking for One 4:30pm:Cardio Drum	19 10am: SS Stability 10am-4pm: SAFE+ 11:15am: SS Yoga 1-2: Connection Cafe 1pm: Digital Literacy 1-3pm: Euchre 1-3pm: Handcrafting 4:30pm: Fit Camp	20 9:30: Cardio Drum 11:15am:SS Classic 10am-4pm:SAFE + 1-2: Low Intensity CD 1-3pm: Tech Clinic 1-3: Woodcarvers 1-3: SAFE+ Activity 1:30-3pm: Kinship Care SG	21 9am: Coffee Hour 10am: SS Enerchi 11:15am: SS Yoga 1-3: Movie & Popcorn 4:00pm: Fit Camp	22 9:30am Cardio Drumming 8am-12pm Fitness Center Open
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: Cooking for One 4:30pm:Cardio Drum	26 10am: SS Stability 11:15am: SS Yoga 1-3pm: Euchre 1-3pm: Handcrafting 2-3:30: Alzheimer's SG 4:30pm: Cardio Drum	27 9:30: Cardio Drum 10am-4pm:SAFE + 11:15am:SS Classic 1-2pm: Low Intensity Cardio Drumming 1-3pm: Woodcarvers	28 9am: Coffee Hour 11:15am: SS Yoga 1-3pm: Corn Hole 1-3: Movie & Popcorn 4:00pm: Fit Camp	29 9:30am Cardio Drum 8am-12pm Fitness Center Open
31 9:30am Cardio Drumming 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. 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				



**Cardio Drumming
with Dayton Lyons**
Monday, Thursday, and Saturday:
9:30 a.m.
Tuesday: 4:30 p.m.

Using drumsticks, a bucket, and an inflatable exercise ball, this popular high-energy workout is simply a whole lot of fun! Instructors will guide you through the routines as you drum based on your ability. No previous drumming experience is required!

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Tuesdays and Fridays (in-class):
10 a.m.



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SilverSneakers® Stability

Mondays (in-class & virtual):
11:15 a.m.

Wednesdays (in-class): 10 a.m.



A higher-intensity class designed for active adults. Improve balance and flexibility to help overcome everyday obstacles.



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(in-class & virtual)
at 11:15 a.m.

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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FITNESS FOCUS

Associate Editor: Grace T. DeSimone, B.A., ACSM-CPT, ACSM-GEI

SHAREABLE RESOURCE

Falling in Love with Fall Prevention

by Grace T. DeSimone, B.A., ACSM-CPT, ACSM-GEI

We smile when we fall in love or fall for a prank, but falling to the ground, especially as we age, is no laughing matter. A fall can have serious consequences, both physically and emotionally. That's why it's time to fall in love with fall prevention exercises. By taking control of our bodies and minds, we can stay upright, confident, and smiling.

According to the Centers for Disease Control and Prevention (CDC), falls are the leading cause of injury-related hospital visits among older adults (Sidebar 1). Each year, millions of people aged 65 years and older experience falls, and the outcomes can range from minor bruises to serious fractures or head injuries. The ripple effects of a fall can lead to a loss of independence, fear of falling again, and, in severe cases, long-term disability.

COMMON CAUSES OF FALLS IN OLDER ADULTS

Understanding the common causes of falls is key to prevention. Here are some of the most significant factors contributing to an increased risk of falling in older adults:

- **Sarcopenia:** Sarcopenia is the age-related decline in muscle mass, strength (also referred to as dynapenia), and function. Although typically associated with older adults, sarcopenia also can affect middle-aged individuals. It can lead to fatigue, weakness, frailty, and difficulty in performing everyday activities such as standing, walking, or climbing stairs. The reduction in muscle power makes it easier to lose balance and harder to recover from a misstep (1).
- **Balance and Gait Issues:** As we age, our ability to maintain balance and a steady gait diminishes. This decline, coupled with muscle weakness, joint issues, and reduced coordination or reflexes, can create a perfect storm for instability. Even simple tasks like turning around or getting out of a chair can become challenging maneuvers.
- **Chronic Health Conditions:** Chronic illnesses such as arthritis, frailty, diabetes, or Parkinson's disease can significantly affect mobility, sensation, and balance. These conditions often cause stiffness, numbness, or pain in the legs, making it harder to move confidently and safely.

Sidebar 1: Definition of Older Adults

The American College of Sports Medicine (ACSM) defines older adults as people who are 65 years or older, or people between the ages of 50 and 64 with physical limitations or conditions that affect movement.

- **Vision Impairment:** Poor vision, whether due to age-related conditions like cataracts or glaucoma, can make it difficult for older adults to detect hazards such as uneven surfaces, steps, or obstacles in their path. Clear vision is crucial for maintaining spatial awareness and reacting quickly to potential dangers.
- **Medications:** Certain medications, especially those that affect the central nervous system—such as sedatives or antidepressants—can cause dizziness, drowsiness, or sudden drops in blood pressure. These side effects can leave individuals disoriented or unsteady, increasing their likelihood of falling. Exercise professionals should discuss timing of exercise and medication dosage and understand the side effects of all medications.
- **Environmental Hazards:** A surprising number of falls happen in the comfort of our own homes. Hazards such as scatter rugs, insufficient lighting, slippery or uneven floors, and clutter can turn familiar spaces into danger zones. Without proper safety measures, a simple trip can lead to a devastating fall.

EXERCISES TO PREVENT FALLS

The good news is that regular exercise can significantly reduce the risk of falling by improving balance, strength, flexibility, and coordination. Here are some key exercises that older adults can incorporate into their routines:

Exercises to Improve Balance

Tandem Stance

Looking straight ahead, stand with one foot immediately behind the other foot so the back toes touch the front heel. Hold for 30 seconds; then switch feet. Once you gain confidence and comfort while looking straight ahead, try looking down and then straight ahead again; then try looking up and straight ahead again. Once you have mastered that, try closing your eyes and moving your head through the same positions.

Heel-to-Toe Walk

Walk in a straight line, placing the heel of one foot directly in front of the toes of the other foot like walking on a tight rope. Next, try reversing it and go backwards.

Single Leg Balance

Stand near a sturdy chair or wall for support and lift one foot off the ground. Make sure the knee of the grounded leg is slightly bent and you are practicing good posture. Hold for 10–15 seconds. Alternate feet and repeat several times.

FITNESS FOCUS

Exercises to Improve Strength

Building functional strength will make your activities of daily living (ADLs) easier and more enjoyable. There are seven basic movements that make up our general functionality: squat, lunge, hinge, twist, balance, push, and pull (see Shareable Resource: Functional Fitness Strong for Life: https://journals.lww.com/acsm-healthfitness/fulltext/2022/07000/shareable_resource_functional_fitness_strong_for4.aspx).

Squatting is one of the critical functional movements required in everyday life. A great way to practice squatting and keep the lower body strong is the sit-to-stand exercise.

Sit-to-Stand

Sitting in a chair with back against the rest. Shift your weight forward, and slowly stand up by contracting your core, leg, and glute muscles. The goal is to stand without using your hands, but place your hands on your thighs as needed until you gain more strength and control. Slowly return to a seated position reaching back to make sure you know where the chair is before offloading your weight. Aim for 10–15 reps. Rest and repeat. See video 1 for a visual example, Supplemental Digital Content, <http://links.lww.com/FTT/A365>.

Tip

Place a book or foam pad on the seat of the chair to assist with seat height to adjust for longer legs and issues with hips, knees, and back while gaining strength.

Let's add power

Power is the ability to exert movement explosively (e.g., climbing up a step or getting out of a chair). It is considered a factor of higher physical function, balance, and mobility in older adults (1). Do the same sit-to-stand exercise, but this time, sit in the middle of chair and cross your arms over your chest. Keeping your feet flat on the floor, rise to a full standing position and sit. Continue for a total of 30 seconds moving as quickly as possible and in good form. Count your reps. Rest for up to 2 minutes and repeat. Work to improve the number of repetitions you do in 30 seconds to improve your power (see <https://www.cdc.gov/steady/media/pdfs/STEADI-Assessment-30Sec-508.pdf>).

HOW TO SAFELY GET UP AFTER A FALL

Despite taking precautions, falls may still occur. Knowing the proper way to get up after a fall can help prevent further injury. Watch video 2 for an illustration of how to get up safely after a fall, Supplemental Digital Content, <http://links.lww.com/FTT/A366>.

Sidebar 2: Use your Tools

Many smart watches and other fall prevention devices will detect a fall and alert EMS and loved ones if you fall and are unresponsive. Wear it!

Here are the steps to follow (Sidebar 2) (2).

1. **Assess:** After a fall, take a moment to breathe and assess whether you are hurt. Do not try to get up too quickly, especially if you feel pain or dizziness.
2. **Did you hit your head?** If so, regardless of how you feel afterwards, you should see your physician ASAP.
3. **Call for help:** If you are hurt or unable to get up on your own, call 911. Wait in a comfortable position until help arrives.
4. **Give me a minute:** If you are in a public place, well-meaning onlookers may try to pull you up. This can result in injury to you and/or them. Ask for time to collect yourself. Try to get up as much as you can on your own, and then ask for assistance.
5. **Roll onto your side:** Roll into an open fetal position, bend your knees slightly, and rest for a moment.
6. **Push up onto your hands and knees:** Use your arms to push yourself onto your hands and knees.
7. **Crawl:** If possible, crawl to a sturdy chair, sofa, or piece of furniture that can support your weight as you get up.
8. **One foot forward:** From your hands and knees, move one foot forward so that it is flat on the floor, with your knee still bent.
9. **Push:** Hold onto the sturdy surface. Use your upper body, core, and legs to push up into a standing position.
10. **Sit and rest:** Once you are standing, find a place to sit down and rest for a few minutes to ensure that you are not injured and to allow any dizziness to pass.

By actively identifying potential fall risks and implementing preventative measures, older adults can maintain their safety and independence. This includes incorporating targeted fall prevention exercises, modifying home environments and daily routines, and scheduling regular health check-ups, all working together to minimize the risk of falls and foster a positive, active aging experience.

Visit <https://www.cdc.gov/steady/patient-resources/index.html> for helpful resources from the CDC's STEADI program.

1. Ronai P, Gallo PM. The stair climb power test. *ACSM's Health Fit J.* 2020;24(4):38–42.
2. National Institute of Aging. Falls and fractures in older adults: causes and prevention. [cited 2024 October 10]. Available from: www.nia.nih.gov/health/falls-and-fractures-prevention/falls-and-fractures-older-adults-causes-and-prevention.

Recommended Resources

- National Institute on Aging. Available from: www.nia.nih.gov.
- Centers for Disease Control and Prevention. Available from: www.cdc.gov. See: <https://www.cdc.gov/steady/media/pdfs/STEADI-Assessment-30Sec-508.pdf>.

Disclosure: The author declares no conflict of interest and does not have any financial disclosures.

Grace T. DeSimone, B.A., ACSM-CPT, ACSM-GEI, is the wellness director for the Wyckoff Family YMCA in New Jersey. She is the editor for ACSM's Resource Manual for the Group Exercise Instructor (2011) and is the 2016 IDEA Health & Fitness Association Program Director of the Year. Grace is a certified Mental Health First Aid instructor.

16 | APRIL ACTIVITIES

MON	TUES	WED	THURS	FRI	SAT
MARCH FOR MEALS STARTS! SEE HOW YOU CAN SUPPORT AND GET INVOLVED AT THE CENTER!	1 10 am: SS Enerchi 10am-4pm:SAFE + 11:15am:SS Classic 1-2pm: Bingo 1-3pm: Cooking for One 4:30pm:Cardio Drum	2 10am: SS Stability 11:15am: SS Yoga 1-3pm: Euchre 1-3pm: Handcrafting 1pm: Digital Literacy 4:30pm: Fit Camp	3 8:45am: Interview on WCSR 9:30: Cardio Drum 10am-4pm:SAFE + 11:15am:SS Classic 1-2: Low Intensity CD 1-3: Woodcarvers 5:45-9pm: Cash Bingo	4 9am: Coffee Hour 10am: SS Enerchi 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 Drum 11:15am: SS Stability 1-3:Pedro (Cards)	8 10 am: SS Enerchi 10am-4pm:SAFE + 11:15am:SS Classic 1-2pm: Bingo 1pm: DL-Mobile Device Basics 1-3pm: Mahjong 4:30pm:Cardio Drum	9 8:30am Senior Breakfast 10am: SS Stability 11:15am: SS Yoga 1-3pm: Euchre 1-3pm: Handcrafting 4:30pm: Fit Camp	10 9:30: Cardio Drum 10am-4pm:SAFE + 11:15am:SS Classic 1-2: Low Intensity CD 1-3: Woodcarvers 2-3:30pm Parkinson's SG	11 9am: Coffee Hour 10am: SS Enerchi 11:15am: SS Yoga 1-3pm: Corn Hole 1-3: Movie &Popcorn 4:00pm: Fit Camp	12 8:30am & 9:30am Cardio Drum 8am-12pm Fitness Center Open
14 9:30am: Cardio Drum 11:15am: SS Stability 1-3:Pedro (Cards)	15 10 am: SS Enerchi 10am-4pm:SAFE + 11:15am: SS Classic 1-2pm: Bingo 1-3pm: Mahjong 4:30pm: Cardio Drum	16 10am: SS Stability 11:15am: SS Yoga 1-2: Connection Café 1-3pm: Euchre 1-3pm: Handcrafting 1pm: Digital Literacy 4:30pm: Fit Camp	17 9:30: Cardio Drum 11:15am:SS Classic 10am-4pm:SAFE + 1-2: Low Intensity CD 1-3pm: Tech Clinic 1-3:pm: Woodcarvers 1:30-3pm: Kinship Care SG	18 10am: SS Enerchi 11:15am: SS Yoga 12pm: Good Friday Senior Breakfast 12-2pm: Cornhole 12-2:Movie&Popcorn CENTER CLOSES AT 2PM	19 9:30am Cardio Drumming 8am-12pm Fitness Center Open
21 9:30am Cardio Drumming 11:15am: SS Stability 1-3:Pedro (Cards)	22 10 am: SS Enerchi 10am-4pm:SAFE + 11:15am: SS Classic 1-2pm: Bingo 1-3pm: Mahjong 4:30pm: Cardio Drum	23 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: Fit Camp	24 9:30: Cardio Drum 11:15am:SS Classic 10am-4pm:SAFE + 1-2pm: Low Intensity Cardio Drumming 1-3:pm: Woodcarvers	25 8:30am-Noon Foot Clinic 9am: Coffee Hour 10am: SS Enerchi 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
28 9:30am Cardio Drumming 11:15am: SS Stability 1-3:Pedro (Cards)	29 10 am: SS Enerchi 10am-4pm:SAFE + 11:15am: SS Classic 1-2pm: Bingo 1-3pm: Mahjong 4:30pm: Cardio Drumming	30 10am: SS Stability 11:15am: SS Yoga 1-3pm: Euchre 1-3pm: Handcrafting 1pm: Digital Literacy 4:30pm: Fit Camp	You can find the Center activities on our website: www.hillsdaleseniors.org		

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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Spotlight on Chronic Kidney Disease

By: Sarah Pollack, RDN, CDCES

What Do Kidneys Do?

Most people have two kidneys, located near the middle of their back, just below the rib cage. Healthy kidneys filter about a half cup of blood every minute and remove waste and extra fluid to make urine. The urine flows from the kidneys to the bladder through two thin tubes of muscle called ureters. The bladder stores urine. The kidneys, ureters, and bladder are part of the urinary tract.

The kidneys perform other important jobs as well. They:

- control the level of water, salts and minerals such as sodium, calcium, phosphorus and potassium in the blood
- remove drugs and toxins from the body
- release hormones into the blood to help the body make blood cells, build bones and regulate blood pressure.

About Chronic Kidney Disease (CKD)

CKD is a lower level of kidney function that continues for three months or more. Left untreated, CKD can lead to complete kidney failure. Kidney failure is treated with dialysis or a kidney transplant.

- 33% of adults in the US are at risk for kidney disease.
- More than a million (1 in 7) adults in Michigan have CKD and most are unaware.
- Diabetes is the leading cause of kidney failure in the U.S with high blood pressure the second leading cause.
- African Americans, Asian Americans, Hispanic Americans, and Native Americans are at a higher risk for developing CKD.
- African Americans are four times more likely to develop kidney failure because of diabetes and 6.5 times more likely to develop kidney failure because of high blood pressure than Caucasians.
- Kidney failure caused by diabetes or high blood pressure can be prevented or delayed by eating healthy, increasing physical activity, and taking the right medications.

What causes CKD?

In most cases, the damage is caused by diabetes and high blood pressure. Diabetes causes damage to many organs and muscles in your body including the kidneys, heart, blood vessels, nerves and eyes.

High blood pressure happens when the pressure of your blood increases against the walls of your blood vessels. If not controlled, high blood pressure can lead to heart attacks, strokes and CKD.

Symptoms of CKD

In the early phases of CKD, there are often no symptoms. A simple urine test and blood work can detect early-stage kidney disease.

You are at high risk for CKD if you:

- Have diabetes
- Have high blood pressure
- Have family members with CKD
- Are African American, Hispanic, Native American, Asian, or a Pacific Islander

How to Keep Your Kidneys Healthy

- Keep your blood pressure below 120/80 mmHg (or the target set by your doctor).
- Keep your blood sugars in your target range as much as possible.
- Get active. Physical activity helps control blood pressure and blood sugar levels.
- Lose weight if you are overweight.
- Get your kidneys tested every year.

If you have CKD, meet with a dietitian to create a kidney-healthy eating plan. Ask your doctor for a referral.

Cook's Corner

By: *Camie Kipta, Nutrition Director*

One-Pan Salmon & Veggies

Ingredients

- 1 squash or zucchini, sliced into rounds
- ½ onion, cut into wedges
- 1 cup cherry or grape tomatoes
- 1 bell pepper, sliced
- 3 tablespoons olive oil, divided
- 1 teaspoon Cajun seasoning or your favorite fish-seasoning blend
- 2-3 salmon fillets, about 4 ounces each
- 1 lemon, optional

Directions

1. Preheat oven to 450 F and line a baking sheet with parchment paper or aluminum foil (not wax paper). If you don't have these, you can thoroughly grease the pan with vegetable oil.
2. In a large bowl, toss all veggies with 2 tablespoons of oil and seasoning, then spread them into a single layer on the baking sheet.
3. Nestle your salmon fillets, skin side down, between the vegetables. Brush with remaining olive oil and top with 2 thin lemon slices each.
4. Roast for 12-15 minutes until salmon is flaky and mostly opaque.

Add 1 salmon fillet and a heaping serving of roasted veggies to each plate for a healthy and satisfying meal. Enjoy!

Recipe from aplaceformom.com

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20 | UPCOMING ACTIVITIES



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Upcoming Meetings:

Wednesday, March 19th | 1-2pm

Wednesday, April 16th | 1-2pm

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

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Thank you to everyone who purchased subs and donated to our Subs for Funds fundraiser!

We sold 551 subs and raised over \$5,000 to go towards updating equipment in our Fitness Center!

Below are the names of everyone who supported us in this effort!

Jo Alipit	Susan Dryer	Chris Lyons	Steve Shannon
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Kathy Dora	Pat Lyon	Joyce Shannon	



PERENNIAL PARK
HILLSDALE COUNTY SENIOR SERVICES CENTER

client TESTIMONIAL

Carol Spangler

Dear Angel Tree Angels,

As a client of HCSSC and recipient of an Angel Tree gift bag, I wish to say, "THANK YOU" to all the "Angels" for their time, effort, thoughtfulness, and generosity in filling well over 100 gift bags. The selection and variety of items ranged from sweet treats to personal care items, to household items, books, and so much more. Thank you for bringing smiles and joy to many people. A special "thank you" to the Angel who gifted me a lovely plaid micro / sherpa throw blanket. It is unbelievably warm.

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In Loving Memory of
Antoinette 'Toni' Talbot



In April, we celebrate Parkinson's Awareness Month and pay tribute to Antionette "Toni" Talbot, a Parkinson's Disease Advocate and Author of "My Nunna Has Parkinson's."

Perennial Park welcomed Toni's annual visits to help celebrate Parkinson's Awareness Month. Sadly, she will be missed this year, yet she will be remembered for her fighting spirit, strength, compassion, love of life, and natural ability to inspire others.

Word Twist

St. Patrick's Day

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!

Mohcsark _____	Rvolve _____
Cernehpual _____	Yukcl _____
Adlreni _____	Eradpa _____
Rnege _____	Evtfise _____
Wbonari _____	locealertbn _____



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.



PERENNIAL PARK
HILLSDALE COUNTY SENIOR SERVICES CENTER

320 W. Bacon St. • Hillsdale, MI 49242
(517) 437-2422 • (800) 479-3348
www.hillsdaleseniors.org



Meet with Maribeth:

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



By: Randy Blythe, Facilities Coordinator

Here are a few tips for the late winter and early spring you might consider.

Go into your attic and check for any leaks or damage that may have been caused by ice or heavy snow. The ice or snow, after it melts, will travel down your roof and you will see the leaks if there are any. Also look at your roof structure (as in trusses) to see if any of them have cracked. If so, then you will want to call a contractor to have these fixed. As far as your exterior – check your eaves. They can be easily damaged from ice buildup. The easiest way to see is if they have pulled away from the house or they are sagging. When your contractor fixes these, they have them check for debris in your eaves. Take a walk around your house and visually look for cracks in your foundation. Your foundation will sometimes shift as the weather gets cold and warms up. This will cause cracks and will leak into your basement or crawl space.

Which brings us to your sump pump. Make sure there is no debris in your sump crock and then test your pump to make sure it is working properly. As you know when spring rains get here, you will want the pumps to work when you need them to. Especially if your furnace and water heater are in your basement. No one needs that kind of added damage.

The last thing I want to mention is to remove all the leftover flower or plant debris. This will give your new plants a good start for spring. Old debris also holds a lot of moisture and sometime will turn to mold, so it's best to just clear it out for a fresh new batch of plants in the spring.

When the weather starts to clear and the temperature is above freezing, you will want to take your car to a good carwash. Some are expensive, but worth it in the long run. Go to a wash that offers a good underbody wash. Over the winter the salt will build up under your car and cause unwanted damage. Salt is not good for moving and nonmoving components.

I hope you find these tips helpful and that you don't find any issues on your early spring inspection. Remember if you cannot do these inspections then call someone who can. It can be family members or even a contractor. Keep safety in mind. No sense in getting hurt and not being able to get out there and enjoying the changing of the season.

In Sympathy

DECEMBER 2024

Ronald Hardesty
Barbara Stanlake
Sharon Hammill
Lawrence Hayes
Judith Smith
Caroline Sawyer
Roger Lauchlen
David Matekel
Larence Carothers
William Brewer

Marlow Alspaugh
Michael Vaughn
Eva Mae Hine
Dennis Foust
Geraldine Strang
Linda Tilton
David Stoll
Barbara Ruden
Maryrose Dryer
Cynthia Stewart

JANUARY 2025

Scott Waite
Melvin Godfrey
Robert Thompson
Julie Games
Ginger Craig
Sarah McKnight
David Waters
Pamela Mattox
Robert Hamilton
Nancy Hinkle
Neil Pauken

Gary Floyd
Rex McKibbin
Lena Douglas
Victor Wagler
Clarinda Whittaker
Eunice Guy
Leonard Lambright
Phyllis Nivison
Monna Ewing
Marie Crall
Emma Francis







Contact Me

517-398-2996

sherri@cbgroves.com

268 W Carleton Rd
Hillsdale MI 49242

With over 10 years of experience as an Associate Broker and a background as a Certified Public Accountant, I bring a powerful combination of financial expertise and real estate knowledge to every transaction. Known for my perfectionism and attention to detail, I am committed to delivering exceptional results and guiding clients through even the most complex deals with precision and dedication.

Sherri Groves
Associate Broker
Senior Real Estate Specialist



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BIRTHDAYS

March

Gary Morrison
Gloria Aguirre
Kathy Keil
Marshall Gendron
Kimberly Blythe
Shalee Van Heerde
Carmen Cascarelli
Emily Lambright
Cathy Morrison
Jenny Spahr
Dorothy Watson
Alex Cameron
Elaine Hilliker
Margaret Dudek
Susan Black
Patrick Knight
Kathy Spence
Terry Vear

April

Gretchen Burke
Teresa Keck
Monica Hamilton
Amy Glass
Sarah 'Sally' Glazier
Linda Jarvis
Denise McLain
Sandra Dufur
Kevin Jones
Amaree Monroe
Robert Glass
Kathie Ackerman



GENERAL DONATIONS
12/02/24-02/01/25

James Eppel
Brenda Hilliker
Debra Penney
Terry Reed
Rod Stewart
Janet Wilson

IN HONOR OR MEMORY

In Memory of Mary Anne Handy

Janet Aemisegger
Lowell & Sherry Black
Kandy Hickey
Victoria Ladd
Jessie Wyers

In Memory of Mary Rose Dryer

Geraldine Hergert

In Memory of Duane Chase

Susan Rausch

In Memory of Lyle Dean Scoville

Maxine Scoville

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.

Answers to New Year's Word Twist from January 2025 issue.



Word Twist
Answers

Resolution
Celebration
Midnight

Countdown
Champagne
Confetti

Fireworks
Tradition
January

Festivities

©LPI

Answer key for St. Patrick's Day Word Twist will be in May 2025 issue.

MORE GREAT GIVE & THANKSGIVING APPEAL DONATIONS (AND CORRECTIONS)

Cynthia Moore
Jeannie & Gene Nichols
Jim Condon
Curtis & Connie Gale
Samuel Muffitt
Janet Wilson
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In Memory of Nancy Herman
Doug Herman

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

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HILLSDALE COUNTY SENIOR SERVICES CENTER

320 W. Bacon Street

Hillsdale, MI 49242

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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.

Growing to Serve