

GOLDEN *Leaves*



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,

Goodbye Spring and hello Summer! Practicing gratitude boosts positive thinking, happiness, and well-being, and I am thankful to share so many good things happening at Perennial Park! I hope you take time to be grateful for the simple joys this season brings, such as lakeside sunsets, birds chirping, family gatherings, and more.



Thank you to those who donated to our **Thanksgiving Appeal, Giving Day, and during March for Meals!** With your support, **\$23,406** was raised, enabling the Center to purchase a new **Meals on Wheels (MOW)** vehicle to continue delivering warm nutritious meals.

Thank you to those who joined us for the **Senior Prom**. Good friends, good food, and good company! It was a memorable evening of camaraderie, celebrating life, reliving cherished memories, and forming new friendships. Since the prom, we have received many requests for a dance class. If you or someone you know are interested in facilitating a class, please contact us! *Thank you to the Hillsdale County Community Foundation, staff, volunteers, and guests for making this event possible!* Additionally, I extend sincere gratitude for Perennial's Park's Nutrition Department for their excellent catering services, not only for the Senior Prom but also for all special events!

The Perennial Park Nutrition Department Leadership received their **Hospitality Training Institute of Michigan National Certification!** *Congratulations, Camie Kipta and Kelly Cook, and thank you for taking steps to better serve the community!*



The **Spring Appeal** raised around **\$6,000** for community garden improvements. Additionally, I am happy to share that HCSSC was awarded a mini grant from the **Michigan State University Extension** Office in support of community garden efforts. While this project is still underway, some improvements thus far include the addition of raised beds, ergonomic tools, outdoor seating, and storage units. Thank you for supporting our Spring Appeal and community garden! Additionally, *thank you to the Hillsdale United Brethren "Church Has Left the Building" volunteer service for their assistance with the community garden and facility improvements.*

Perennial Park was awarded the **Hillsdale Area Career Center (HACC) Employer Partner of the Year Award** for innovative approaches and initiatives in promoting digital literacy and intergenerational connections. *Thank you, HACC, for being a good partner!*

Annually, in May, we advocate in honor of **Older Michiganians Day and Senior Action Week**, focusing on raising awareness of important issues affecting older adults. In typical fashion, HCSSC distributed advocacy letters in support of funding for the Older Americans Act. This year, we collected **100** signed letters. Thank you for joining forces with us and allowing us to serve as a voice for older adults. Additionally, we welcomed visits from **State Representative Jennifer Wortz, Senator Bellino, and Joshua Swathwood, Mid-MI Regional Coordinator for Gary Peters**. Thank you to our State leadership for being accessible, responsive, and willing to engage with our community!

A wise person once told me, "When I wake up, and it's not about me, it's a better day." All of the incredible achievements I've shared are because a collective group of staff, volunteers, donors, sponsors, nonprofits, and Perennial Park supporters woke up and made the day about someone else. What a phenomenal thing to be a part of, and as we dwell in this snapshot of time, we can rest assured that together, we are slowly creating lasting and meaningful change now and for future generations to come.

"Our elders, their smiles assure and reassure, life is worth the living of it. Do it with your whole heart."

~Maya Angelou

Partners in Purpose,

Maggi Monroe

Executive Director



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Pictured on front cover: HUB Volunteers, ADC Bowling Trip, Senior Prom, and Staff on Denim Day

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4 | JULY LUNCH MENU

MON	TUES	WED	THURS	FRI
<i>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.</i>	1 Breaded Chicken Patty French Fries Mixed Veggies WW HB Bun Juice Milk	2 Slice of Ham Sweet Potatoes Italian Blend Veggies Banana Milk	3 Hot Dog Macaroni Salad Carrots WW Hot Dog Bun Apple Milk	4 CENTER CLOSED FOR HOLIDAY HAPPY 4TH OF JULY!
7 Hamburger French Fries Broccoli Pineapple Milk	8 Salisbury Steak Redskin Potatoes Green Beans Applesauce Milk	9 Eggs Sausage Potatoes Banana Milk	10 Chicken Alfredo Broccoli Garlic Bread Apricots Milk	11 Pork Riblet Tater Tots Italian Blend Veggies Hoagie Bun Apple Milk
14 Fish Sandwich Veggie Blend Green Beans Pear HB Bun Milk	15 Chicken Salad Pickled Beets Croissant Craisins Milk	16 Polish Sausage Sauerkraut Cali Blend Veggies Orange Milk	17 Chicken Nuggets Cauliflower Capri Blend Veggies Mixed Fruit Milk	18 Corn Dogs Steak Fries Winter Blend Veggies Juice Milk
21 Chicken Teriyaki Rice Brussel Sprouts Banana Milk	22 Egg Salad Chips Carrots 2 Slices of Bread Apple Milk	23 Meatloaf Mashed Potatoes Corn Apricots Milk	24 Pork Riblet Baked Beans Veggie Blend Bun Tropical Fruit Milk	25 Brats Celery Sticks Peaches HD Bun Milk Cake & Ice Cream HAPPY BIRTHDAY!
28 Boneless Chicken Wings Veggies French Fries Orange Milk National Chicken Wing Day!	29 Ham Salad Cottage Cheese Carrots Craisins Bread Milk	30 Pizza Veggie Blend 5-Way Veggie Blend Pineapple Milk	31 Baked Ziti Veggie Blend Green Beans Apple Garlic Bread Milk	<i>You can find the lunch menu, Center activities, and Special Events on our website:</i> www.hillsdaleseniors.org



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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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Next Clinic:
 Friday, August 1st
 8:30 a.m. - Noon

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

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

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

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By: Grace Broesamle, Marketing and Communications Coordinator

We've been busy this spring and are excited for the fun we have planned for the summer. Before we get into summer, let's take a look back to see what adventures we've had this past season!

To start, thank you to everyone who donated to our **Spring Appeal** this year! Together, we raised around \$6,000 to go towards updating and expanding the Community Garden at the Center. So far, we fixed the fencing around the garden, installed raised garden beds, and added more garden tools for those with mobility issues! Thank you to the volunteers at the Hillsdale United Brethren Church (HUB) who helped us get the gardens ready and to the Boy Scouts for planting pine trees out near the walking path. We truly appreciate the community for all that they do to give back and support us in helping older adults!

On May 9th, we held our annual **Mother's Day Lunch**! We had a wonderful time celebrating the mothers in the community and we are so thankful for everyone who came to the event! A huge thank you to our sponsors of the event: *Hillsdale Hospital, Hospice of Hillsdale County, Lorrie Miller Law, PLC, Becker & Scrivens, Jesco Industries, Farm Bureau Services of Hillsdale, and County Pharmacy*. Along with a delicious meal, the event also had various prizes that mothers could win! Thank you to the organizations that donated raffle baskets: *Trinity Lutheran Church, Farm Bureau Services of Hillsdale, Coldwell Banker Groves Real Estate, Auto Image Paint & Body, and Susie Britton*. We hope everyone had a great time and look forward to celebrating again next year!

On May 31st, we held our **Senior Prom**! The theme was Masquerade Ball and we hope everyone had a fantastic time! We served prime rib for dinner and people were free to take photos in the photobooth and dance the night away. *Thank you to everyone who came, thank you to Paul Taylor (DJ Sunshine) for providing entertainment and the photo booth, and thank you to the Hillsdale County Community Foundation for making this event possible.* We love bringing the community together, especially when we get to dress up and have fun!

On June 13th, we hosted our annual **Father's Day Lunch**! As always, thank you to everyone who came and we hope you had a great time celebrating fathers in the community! Thank you to our sponsors: *Hillsdale Hospital, Hospice of Hillsdale County, Lorrie Miller Law, PLC, Becker & Scrivens, Jesco Industries, Farm Bureau Services of Hillsdale, and Belson Asphalt Paving*. We also had raffle prizes at this event for fathers to win! Thank you to those who donated raffle baskets: *Trinity Lutheran Church, Farm Bureau Services of Hillsdale, Coldwell Banker Groves Real Estate, American 1 Credit Union, Lorrie Miller Law, PLC, Maggi Monroe, and Susie Britton*.



Photos from Senior Prom

Now that we've covered spring, let's look to what we have coming up this summer!

This year, we are adding some new fundraisers. The first one we are trying out is **Oktoberfest in July!** We plan on having it on Saturday, July 19th from 2-6 p.m. This event is for those 21 and older to come to the Center to enjoy a selection of beer, German food, music, games, and more! To learn more about this event as more details come out, please follow us on Facebook at Hillsdale Senior Center.

We are partnering with Cottage Inn for a **Pizza Fundraiser** on Sunday, August 3rd! When you order pizza between 11 a.m. and 9 p.m., a portion of the proceeds will go towards the Center! We will use these funds for our programs and services that help older adults in the community stay healthy, at-home, independent, and involved in the community. Plus, you get pizza! It's a win-win. Thank you to Cottage Inn for offering this to help the community!

Another fundraiser that we are adding this year is the **Pancake Breakfast** that will take place on Saturday, August 16th from 8:30-11:30 a.m. at the Center. All are welcome to come! Please bring friends and family. Again, these funds will go into our programs and services such as Meals on Wheels, our Fitness Center, Adult Day Care, At-Home Respite Services, and more!

To stay up-to-date on Center activities and events, follow us on Facebook (@Hillsdale Senior Center) and 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

Shingles: Causes, Symptoms, Treatment, and Prevention

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

Shingles, also known as **herpes zoster**, is a viral infection that causes a painful rash. It is caused by the varicella-zoster virus (VZV), the same virus responsible for chickenpox. After a person recovers from chickenpox, the virus remains dormant in the nervous system and can reactivate later in life, leading to shingles. While shingles can affect anyone who has had chickenpox, it is most common in older adults and individuals with weakened immune systems.

Causes and Risk Factors

Shingles occurs when the dormant varicella-zoster virus reactivates in the body. The exact reason for reactivation is not always clear, but several factors can increase the risk, including:

- **Age:** The risk of developing shingles increases with age, particularly after 50.
- **Weakened Immune System:** Individuals with conditions such as cancer, HIV/AIDS, or those undergoing immunosuppressive treatments (e.g., chemotherapy or organ transplant recipients) have a higher risk.
- **Stress:** Chronic stress may weaken the immune system, making it easier for the virus to reactivate.
- **Certain Medications:** Long-term use of steroids or immunosuppressive drugs can contribute to the reactivation of VZV.

Symptoms of Shingles

Shingles typically develops in stages, beginning with initial symptoms before the rash appears:

1. **Early Symptoms:** These include pain, tingling, or burning sensations in a specific area of the body, often accompanied by fever, headache, and fatigue.
2. **Rash Development:** A red rash appears within a few days, usually on one side of the body or face.
3. **Blistering:** The rash develops into fluid-filled blisters that eventually scab over within 7 to 10 days.
4. **Healing:** The rash usually clears within 2 to 4 weeks, but some individuals may experience lingering pain.

Diagnosis and Treatment

Shingles is typically diagnosed based on symptoms and the appearance of the rash. Laboratory tests may be used in uncertain cases.

Treatment focuses on reducing symptoms and preventing complications. Common treatments include:

- **Antiviral Medications:** Drugs such as acyclovir, valacyclovir, or famciclovir help shorten the duration and severity of the infection if started early (within 72 hours of rash onset).
- **Pain Relief:** Over-the-counter pain relievers like ibuprofen or acetaminophen can help manage discomfort. In severe cases, prescription pain medications or nerve pain treatments (e.g., gabapentin) may be necessary.
- **Topical Treatments:** Calamine lotion and cool compresses can help soothe itching and irritation.

Prevention

The **shingles vaccine** is the most effective way to prevent shingles and its complications. The CDC recommends **Shingrix**, a two-dose vaccine, for adults aged 50 and older, as well as for immunocompromised individuals. Studies show that Shingrix is over **90% effective** in preventing shingles and PHN.

Other preventive measures include:

- **Maintaining a Healthy Immune System:** A balanced diet, regular exercise, and stress management can help support immune function.
- **Avoiding Close Contact:** Individuals with active shingles should avoid contact with people who have never had chickenpox or the varicella vaccine, as the virus can spread through direct contact with blisters.

Conclusion

Shingles is a painful and potentially serious condition that affects millions of people each year. While it cannot always be prevented, early treatment and vaccination can significantly reduce the risk of severe complications.

Reference

Centers for Disease Control and Prevention. (2023). *Shingles (Herpes Zoster)*. CDC. <https://www.cdc.gov/shingles>

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

Risk Factors for Fraud and Financial Exploitation

Did you know that two of the biggest risk factors for financial exploitation are loneliness and social isolation? These two situations can affect our vulnerability to scammers. Without a strong support system and connection to the community, older adults can easily fall victim to manipulative fraudsters pretending to be friends, a romantic partner, a government or tech official, or someone posing as employees of a reputable business. These imposters may contact you over the phone, internet, or through social media. While anyone at any age can fall for a scam, lonely or isolated individuals are more apt to engage in conversation because they have a need for interaction and companionship. Romance scams continue to rise due to online dating platforms and the popularity of social media. Remember to look for the red flags when communicating with others. Never send cash or gift cards, especially to someone you've never met. Listen to your intuition by taking things slowly, asking questions, and

confiding in a trusted friend about relationship details.

Prevalent Scams

- Remote, work from home scams promising \$200-\$700 per day! Sounds too good to be true?? Don't fall for this by clicking on the links.
- Comcast-Xfinity scam that scare Xfinity customers into believing there's a problem with the router. Imposters then want access to your computer and banking information to fix a non-existent problem.
- Genetic testing scam to get Medicare member's personal information for fraudulent billing.
- Federal Trade Commission scam impersonating the FTC and using fake ID cards and badge numbers to scare consumers into believing that their identity is at risk.

Meet with Maribeth
Tuesdays & Thursdays
10am-4pm

Stay Connected!

Maintaining social contacts with family, friends, and your community can actually reduce the likelihood of you becoming a victim of identity theft and/or scams. Social connection affects our physical as well as our emotional health. The Hillsdale County Senior Services Center offers a multitude of events to keep you engaged with others, and physically fit. Please join us for congregate lunch, a fitness class, a Lunch & Learn session, bingo, or a craft class. Kathleen Jones has been facilitating a memoir writing class on the first Wednesday of each month. It's fun as well as therapeutic

to meet other participants and write about our personal life experiences and memories.



Lorrie Miller Attorney

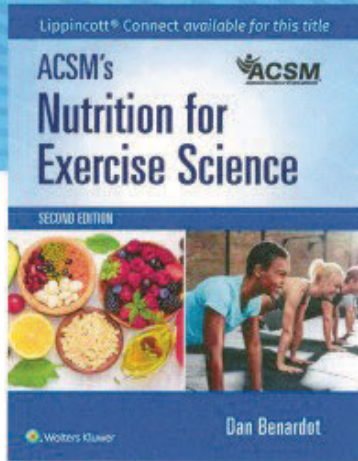
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Ten Things You Need to Know About Sports Nutrition



1. Look Beyond “Body Weight” When Determining Health



2. Building Muscle Takes More Than Just Protein



3. Protein: It’s Not Just More, But When and How Much



4. Infrequent Meals Cause Problems



5. Fresh Foods Help the Microbiome Keep You Healthy



6. Good Food/ Bad Food: Wrong Choice



7. Relative Energy Deficiency in Sport (RED-S) can be a Problem



8. Poor Hydration, Poor Performance



9. Recovery from Exercise is Just as Important as the Exercise



10. It Is Important to Learn How to Lower Stress

- Do Better
- Feel Better
- Stay Healthier
- Enjoy Life

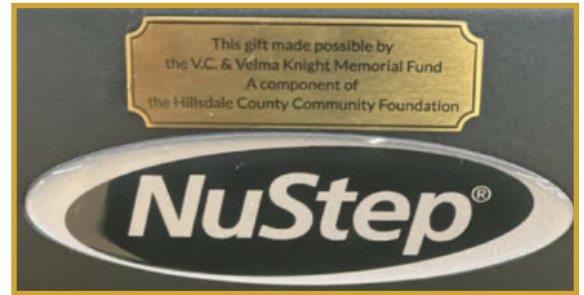


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New Equipment

Perennial Park was honored to accept the V.C. & Velma Knight Memorial Fund, a component of the Hillsdale County Community Foundation. This gift enabled the fitness center to purchase one new T6 Max NuStep Cross Trainer, ensuring the community can access quality equipment unique to those with gait and instability issues or those transitioning to more active and independent living after intensive physical therapy. Proudly, HCSSC is recommended by local rehabilitation centers due to its age-specific equipment. The V.C. & Velma Knight Memorial Funds replaced one of two outdated NuSteps, while Subs for Funds replaced the other. HCSSC is diligent in maintaining fitness equipment and follows a regular maintenance schedule performed by a certified professional to preserve the equipment's lifespan and ensure the safety of our members. Thank you, Hillsdale County Community Foundation, for your support!



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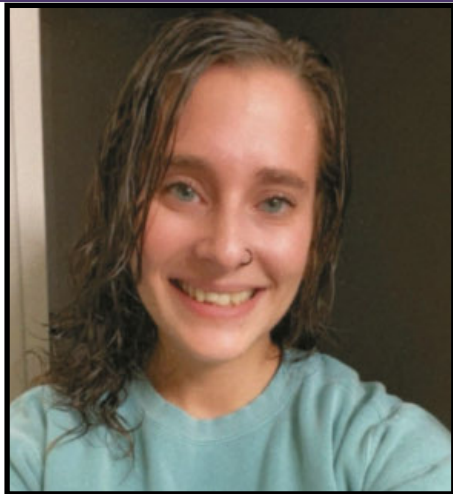


14 | JULY ACTIVITIES

MON	TUES	WED	THURS	FRI	SAT
	1 10 am: SS Enerchi 10am-4pm:SAFE + 11:15am:SS Classic 1-2pm: Bingo 4:30pm:Cardio Drum	2 10am: SS Stability 11:15am: SS Yoga 1-3pm: SAFE+ Activity Writing a Memoir (RSVP) 1-3pm: Handcrafting & Euchre & Woodcarvers 4:30pm: Fit Camp 5:30pm: Vinyasa Yoga	3 8:45am: Perennial Park Perspective on WCSR 9:30: Cardio Drum 10am-4pm:SAFE + 11:15am:SS Classic 1-2: Low Intensity Cardio Drumming	4 CLOSED FOR THE HOLIDAY 	5 9:30am Cardio Drumming 8am-12pm Fitness Center Open
7 9:30am Cardio Drumming 11:15am: SS Stability 1pm: Tech Time with Miro 1-3:Pedro (Cards)	8 10 am: SS Enerchi 10am-4pm:SAFE + 11:15am:SS Classic 1-2pm: Bingo 1-3pm: Mahjong 4:30pm:Cardio Drum	9 10am: SS Stability 11:15am: SS Yoga 1-3pm: Handcrafting & Euchre & Woodcarvers 4:30pm: Fit Camp 5:30pm: Vinyasa Yoga	10 9:30: Cardio Drum 10am-4pm:SAFE + 11:15am:SS Classic 1-2: Low Intensity CD 12pm: Lunch & Learn (RSVP) 2-3:30pm Parkinson's SG 5:45-9pm: Cash Bingo (18+)	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 Drumming 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 10am-4pm: SAFE+ 11:15am: SS Yoga 1-2: Connection Cafe 1-3pm: Handcrafting & Euchre & Woodcarvers 4:30pm: Fit Camp 5:30pm: Vinyasa Yoga	17 9:30: Cardio Drum 11:15am:SS Classic 10am-4pm:SAFE + 1-2: Low Intensity Cardio Drumming 1:30-3pm: Kinship Care SG	18 9am: Coffee Hour 10am: SS EnerChi 11:15am: SS Yoga 1-3pm: Corn Hole 1-3: Movie &Popcorn 4:00pm: Fit Camp	19 9:30am Cardio Drum 8am-12pm Fitness Center 2-6pm Oktoberfest in July Fundraiser (RSVP-21+)
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 3pm: Board Meeting (Open to the Public) 4:30pm Cardio Drumming	23 9am-2:45pm ARC Blood Drive (RSVP) 10am: SS Stability 10am-4pm: SAFE+ 11:15am: SS Yoga 1-3pm: Handcrafting & Euchre & Woodcarvers 4:30pm: Fit Camp 5:30pm: Vinyasa Yoga	24 9:30: Cardio Drum 10am-4pm:SAFE + 11:15am:SS Classic 1-2pm: Low Intensity Cardio Drumming	25 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 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 1-2pm: Bingo 4:30pm:Cardio Drum	29 10am: SS Stability 11:15am: SS Yoga 1-3pm: Handcrafting & Euchre & Woodcarvers 2-3:30: Alzheimer's SG Speaker: Bobbi Bird 4:30pm: Fit Camp 5:30pm: Vinyasa Yoga	30 8:45am: Perennial Park Perspective on WCSR 9:30: Cardio Drum 10am-4pm:SAFE + 11:15am:SS Classic 1-2: Low Intensity Cardio Drumming	You can find the Center activities on our website: hillsdaleseniors.org	

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. 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 8:30am-Noon Foot Clinic (RSVP) 9am: Coffee Hour 10am: SS EnerChi 11:15am: SS Yoga 1-3pm: Corn Hole 1-3: Movie & Popcorn 4:00pm: Fit Camp	2 9:30am Cardio Drumming 8am-12pm Fitness Center Open
4 9:30am: Cardio Drum 11:15am: SS Stability 1pm: Tech Time with Miro 1-3:Pedro (Cards)	5 10 am: SS Enerchi 10am-4pm:SAFE + 11:15am:SS Classic 1-2pm: Bingo 4:30pm:Cardio Drum	6 10am: SS Stability 11:15am: SS Yoga 1-3pm: SAFE+ Activity Writing a Memoir (RSVP) 1-3pm: Euchre 1-3pm: Handcrafting 1-3: Woodcarvers 4:30pm: Fit Camp 5:30pm: Vinyasa Yoga	7 8:45am: Perennial Park Perspective on WCSR 9:30: Cardio Drum 10am-4pm:SAFE + 11:15am:SS Classic 1-2: Low Intensity Cardio Drumming 2-3:30pm Parkinson's SG 5:45-9pm: Cash Bingo (18+)	8 9am: Coffee Hour 10am: SS EnerChi 11:15am: SS Yoga 1-3pm: Corn Hole 1-3: Movie & Popcorn 4:00pm: Fit Camp	9 8:30am & 9:30am Cardio Drum 8am-12pm Fitness Center Open
11 9:30am: Cardio Drum 11:15am: SS Stability 1-3:Pedro (Cards)	12 10 am: SS Enerchi 10am-4pm:SAFE + 11:15am: SS Classic 1-2pm: Bingo 1-3pm: Mahjong 4:30pm: Cardio Drum	13 10am: SS Stability 11:15am: SS Yoga 1-3pm: Euchre 1-3pm: Handcrafting 1-3: Woodcarvers 4:30pm: Fit Camp 5:30pm: Vinyasa Yoga	14 9:30: Cardio Drum 11:15am:SS Classic 10am-4pm:SAFE + 1-2: Low Intensity Cardio Drumming	15 9am: Coffee Hour 10am: SS EnerChi 11:15am: SS Yoga 1-3pm: Corn Hole 1-3: Movie & Popcorn 4:00pm: Fit Camp	16 8:30-11:30am Pancake Breakfast Fundraiser 9:30am Cardio Drum 8am-12pm Fitness Center Open
18 9:30am Cardio Drumming 11:15am: SS Stability 1-3:Pedro (Cards)	19 10 am: SS Enerchi 10am-4pm:SAFE + 11:15am:SS Classic 1-2pm: Bingo 1-3pm: Mahjong 4:30pm:Cardio Drum	20 10am: SS Stability 11:15am: SS Yoga 1-2: Connection Café 1-3pm: Euchre 1-3pm: Woodcarvers 1-3pm: Handcrafting 4:30pm: Fit Camp 5:30pm: Vinyasa Yoga	21 9:30: Cardio Drum 11:15am:SS Classic 10am-4pm:SAFE + 1-2: Low Intensity Cardio Drumming 1:30-3pm: Kinship Care SG	22 9am: Coffee Hour 10am: SS EnerChi 11:15am: SS Yoga 1-3pm: Corn Hole 1-3: Movie & Popcorn 4:00pm: Fit Camp	23 9:30am Cardio Drumming 8am-12pm Fitness Center Open
25 9:30am Cardio Drumming 11:15am: SS Stability 1-3:Pedro (Cards)	26 10 am: SS Enerchi 10am-4pm:SAFE + 11:15am:SS Classic 1-2pm: Bingo 1-3pm: Mahjong 3pm: Board Meeting (Open to the Public) 4:30pm:Cardio Drum	27 10am: SS Stability 11:15am: SS Yoga 1-3pm: Euchre 1-3pm: Handcrafting 1-3pm: Woodcarvers 2-3:30: Alzheimer's SG Speaker: Jim Mangi 4:30pm: Fit Camp 5:30pm: Vinyasa Yoga	28 9:30: Cardio Drum 11:15am:SS Classic 10am-4pm:SAFE + 1-2pm: Low Intensity Cardio Drumming	29 9am: Coffee Hour 10am: SS EnerChi 11:15am: SS Yoga 1-3pm: Corn Hole 1-3: Movie & Popcorn 4:00pm: Fit Camp	30 9:30am Cardio Drumming 8am-12pm Fitness Center Open

EMPLOYEE OF THE QUARTER: MEGAN HARWOOD



Congratulations to Megan Harwood for being Perennial Park's Employee of the Quarter!

Megan is a Direct Care Worker that helps with Home Based Services as well as in the Adult Day Care. She goes above and beyond in her role at the Center and her dedication to the clients is evident. Not only do they genuinely enjoy her care, but her reliability and clinical judgement in the field has made her a great asset to the organization. Megan is proactive with reporting on her clients' vitals signs whether it's a wound, respiratory concern, or anything out of the ordinary. In the ADC, she provides exceptional care and was so well-liked that the clients were sad to see her go when she went back to Home Based Services. Overall, she brings professionalism, compassion, and excellence in every role she takes on. Thank you, Megan!

VOLUNTEER OF THE QUARTER: LORI DUBOIS

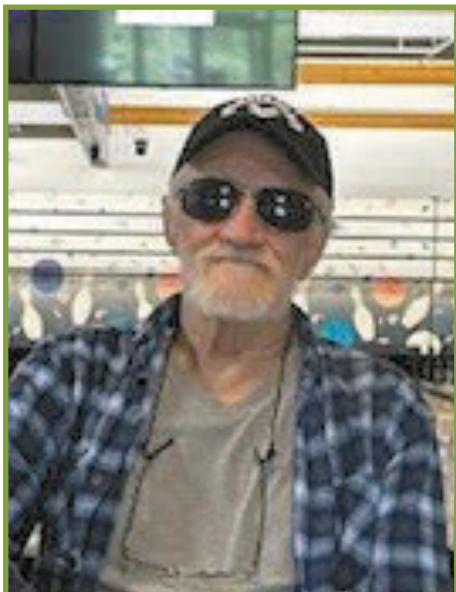


Congratulations to Lori DuBois for being our Volunteer of the Quarter!

Lori has been a wonderful asset to our organization! She regularly volunteers to help at our monthly cash bingo events and has even recruited another volunteer that she provides transportation for. She is always willing to step in and help where needed and we truly appreciate her for that. Lori has also stepped in to volunteer for the Tuesday bingo activities for the summer since the Key Opportunities students are off for the season.

Thank you, Lori, for your dedication to the Center and helping make the organization a wonderful place to work and visit!

ADC LEGACY MEMBER OF THE QUARTER: DON



Don visits Legacy Club twice a week, always bringing his friendly personality and adventurous spirit. Don has lived in several states, but especially loved his time in California and Florida. While living in California, his love for adventure led him to work on boats, including taking groups out to watch whales. One of his most unforgettable experiences was being out on the Pacific Ocean for several days—spending three of those days right in the middle of a hurricane!

A proud Air Force veteran who served four years, Don has always enjoyed a good thrill, whether on the water or on the open road as a dedicated motorcyclist. Today, he keeps his mind sharp with challenging board and card games, and always enjoys a bit of friendly competition.

When asked what he enjoys most about Legacy Club, Don said, *"It allows me to do other activities and be able to socialize with others outside of the home."*

We're grateful to have Don as part of our Legacy Club family!

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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Dr. Gene Rohacz, D.P.M. Podiatric Physician and Surgeon 517-439-FEET (3338) <i>New Patients Welcomed</i> 241 WEST CARLETON ROAD HILLSDALE, MI 49242 Most insurances accepted for covered benefits including: Medicare, BCBSM, Humana, United Health, Meridian		

Nutrition 101: Proteins

By: Sarah Pollack, RDN, CDCES

While proteins are an essential part of our diets, they are often misunderstood. How much protein do we need? Is it possible to get too much? What happens if you don't have enough? When is the best time to eat protein? Read on to get a better understanding of this important nutrient.

What is protein? Protein is made up of amino acids, the building blocks your body uses to form thousands of structures ranging from bones and muscles to hair and skin. There are 20 amino acids, with nine of them being essential. Essential amino acids must come from food because your body cannot make them. If levels of any one amino acid are deficient, your body's ability to make certain protein structures will be limited.

How much protein do I need? The recommended intake for moderately active adults is 0.4 grams per pound of body weight per day. If you are extremely active, this increases to one gram per pound body weight. But more isn't necessarily better. Your body can only use 30 to 40 grams of protein at a time. Any more than that will be used by the body as energy. This might sound like a good thing, but your body actually prefers carbohydrates and fat for energy. Processing that extra protein means your kidneys have to work harder to flush out the by-products of protein, including nitrogen. In the process, they pull out other important nutrients like calcium.

Do some people need more protein than others? Protein needs increase during times of growth and repair. So athletes who work out two hours daily require more protein than someone who is sedentary. Protein needs also increase during pregnancy and puberty.

Why is protein at the center of so many weight loss programs? Protein makes you feel full, so you're less likely to overeat if you include protein-rich food in your meals. You also want to make sure you are getting the protein your body needs to rebuild cells. Unlike fat and carbohydrates, your body cannot store protein. If you are not eating enough protein, it will pull it from body structures, like your muscles.

When is the best time to eat protein? Research suggests the best approach to meeting your protein needs is to spread your intake throughout the day and include some at each meal. If you need 75 grams of protein daily, eat 25 grams at breakfast, 25 grams at lunch, and 25 grams at dinner.

Does eating protein help build muscle? Your body needs a constant influx of protein to repair and rebuild cells, including muscle. Unfortunately, you can't sit in a chair and build muscle just by eating more protein. To build muscle, you need to exercise and eat carbohydrates to fuel your workout.

Where should I get my protein? Many people think they need protein powders or bars to meet their needs, but the best way to get protein is through whole foods. Animal products like milk, meat and eggs contain complete protein, meaning they have all nine essential amino acids. You can also get protein through plant-based foods such as whole grains, beans, lentils, tofu, nuts and seeds. While protein is an important nutrient, you can get too much of a good thing. A diet high in protein from meat sources tends to be high in saturated fat, too. And saturated fat intake is correlated with heart disease and diabetes.

Brunch Bakes

By: *Camie Kipta, Nutrition Director*

Egg Casserole for 2

Ingredients

- 3 eggs
- 3 tbsp milk
- 2 slices of wheat bread, cut into 1-inch cubes
- 1 green onion, with top thinly sliced
- 1/3 cup shredded cheddar cheese
 - 1/3 cup chopped ham

Recipe from www.food.com

Directions

1. Preheat oven to 350 degrees.
2. Spray small 2-cup capacity oval baker with vegetable spray.
3. In bowl, combine eggs, milk, bread, green onion, cheese, and ham; mix well.
4. Pour egg mixture into baker.
5. Bake 20-25 minutes or until egg mixture is set.



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20 | UPCOMING ACTIVITIES


WellWise Services
Area Agency on Aging

Connection Café

COME MEET PEOPLE
AND ENJOY FOOD, TOPICS, AND FUN

Upcoming Meetings:
Wednesday, July 16th | 1-2pm
Wednesday, August 20th | 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

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

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


PERENNIAL PARK
HILLSDALE COUNTY SENIOR SERVICES CENTER

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


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WEDNESDAY, AUGUST 6TH!
ORDER BY: AUGUST 4TH!

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Terry Sweeney

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Spring Appeal 2025

Thank you to everyone who donated to our Spring Appeal this year! **Together, we raised about \$6,000 to go towards our Community Garden!** The Center also received a \$1,500 grant from MSU Extension to help purchase materials for the garden! We updated the fencing, installed raised garden beds, and added more garden tools for those with mobility issues.

We welcome you to come to the Center to enjoy the garden!

Thank you to our donors!

Charles & Doris Akers
Colleen Arney
Tim & Barbara Auseon
Dale & Elizabeth Baker
Tim Belson
Randy & Susan Black
Ken & Teresa Bonifield
Pat Bowditch
Alice Britton-Keefer
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Penny Sigler
Tom Simon
Kevin Turpin
D. Irene Valentine
Charles 'Bud' Vear
Sue Walter
Ruth Wertz
Lisa Wheeler

In Memory of Trevor Hank Clark

Roberta Byrd

In Memory of Clint & Lee Justice

Ellen Templeton

In Memory of Jerry Spratt

Maggi Monroe

In Memory of Jack & Esther Fowler

Bill & Carolyn Fowler

In Memory of Rex McKibbin

Joy McKibbin

In Memory of Beatrice Stone

Shirley Burge
Kim Larabee

In Memory of Elizabeth Hermann

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In Memory of Mel Stoner

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In Memory of Annabelle Holcomb

Diane & Kevin Wilshere

In Honor of Chesty Puller

John Blackwood

In Memory of Sharon Strambaugh

Craig & Susie Burchfield

In Memory of Chris Hoyt

Gary Hoyt

In Memory of Margaret Vallad

Linda Jarvis



Oktoberfest in July

Saturday, July 19th | 2-6 pm

Must be 21+

Ticket Info on Facebook

★ Food ★ Beer ★ Music ★ Games ★

320 W. Bacon Street, Hillsdale, MI 49242 | 517-437-2422 | www.hillsdaleseniors.org



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PANCAKE BREAKFAST

SATURDAY, AUGUST 16TH | 8:30 - 11:30 A.M.



Join us at Perennial Park to enjoy a
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All proceeds go to the Center's programs
and services that helps serve the older
adult community in Hillsdale County!



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Maintenance Minutes

By: Randy Blythe, Facilities Coordinator

Hello Summer!

Well summer is finally here and with that being said, here are a few tips to make summer a relaxing time of the year.

The start of summer is always a good time to change your furnace filters. As your air conditioner starts to run, it will need clean filters for maximum air flow through your furnace. If the air flow is reduced from a dirty filter, it may cause you're A/C unit to freeze up, causing a system shut down. If you notice your inside temperature is not cooling, then check you're A/C unit. If you see frost on the lines leading into the unit, then chances are it is not getting good air flow. Simply change your filters and let it thaw out. Turn your unit on and you should get cooler temps after that. If that does not work, then your unit might be low on refrigerant. This will need a technician to come in for that.

If you are using a fan to keep you cool, make sure the blades are clean along with the fan grates. A dirty fan will not produce a lot of air. If it is clean it will much more efficient.

Well now that the inside is nice and cool, its time to take care of the things outside your home, such as **cleaning the gutters**, so the heavy rains do not back up on your roof and cause unwanted damage. This is a job that will most likely need a contractor

or handyman to take care of this. A lot of accidents are caused from someone overreaching on a ladder, causing a fall. This should not happen. It may take a little longer, but get down and move your ladder if you cannot reach it.

Don't forget to keep your hummingbird feeders full. If you do not have hummingbird food then just make your own. I use just tap water and plain granulated sugar. Just mix 1 cup of sugar to 4 cups of room temperature tap water. Mix until sugar is dissolved and pour it into your feeders. Do not add red food coloring to water. This is harmful to the birds. If you make this, they will come.

If you have pest in or around your garden or flower beds (this will work for ground moles as well), simply get toothpicks and put them in a water tight container. Then you put a whole bottle (1 oz) of peppermint extract in the container with the toothpicks. Let this set for 8 hours and then stick them in the ground around your area you want to keep the pest away. This should last all season.

As always, I hope you have a relaxing and comfortable summer and hoping you find my tips useful and cost effective.





In Sympathy

April 2025

Barbara Hess
John Harding
Harold Schill
Gerald Rockwood
Joyce Webb
Dorothy Smith
Gerald Rolak
Larry Bonnell

Dellard Evers
Barbara Bajorek
Stephen Bonnau
Larry Mix
James Schaedler

Christopher Teeters
William Harding
Debra Boylan
Floyd Randall
Clair Flowers
Vincent Fox
Alice Warner
James Schulz
Paul Peppiatt

William 'Bill' Nye
Dwaine Heath
Jayne Fish
Donald Monahan
Anne Belknap
Grace Bail
Robert Haviland
Robert Towe

May 2025

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Contact Me

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sherri@cbgroves.com

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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.

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26 | BIRTHDAYS & DONATIONS



BIRTHDAYS

July

Susie Britton
Wendy Savage
Samuel Page
Janet Ely
Joanna 'Joni' Jones
Brett Smith
Lori Janiga
Luna Bell
Lisa Roberts
Alice Britton-Keefer
Jackie Yeagley
Edward Swanson

August

Zoe Blythe
Larry Keiser
Walter Shiffler
Gary Hoyt
Gloria Bond
Terri Picek
Robert 'Bob' Flynn
Doug Miller

GENERAL DONATIONS 04/01/25-05/31/25

Shirley Burge
Donald & Sue Germann
Jonesville Lions Club
Joy McKibbin
Montgomery United Methodist Church
Dolly Powell
Jeanette Russell
Maggi Monroe

IN HONOR OR MEMORY

In Memory of John Laden

Elinor "Ellie" Duryea
Bill Laden
Dave Laden
Peter Laden
David & Marcia McCandless
Jean Renner
Ben & Linda Rossman
Brian Temme
Ethel Temme
Mike & Holly Temme

In Memory of Neil Pauken

Carolyn Billman
Betty Clements & Leroy Cook
Doyle & Linda Helmick
James & Bonnie McCosh
Gary Pauken

In Memory of Floyd Randall

Margaret Dunton
James & Sandra Klebanowski

In Memory of James & Jackie Henson

Travis Henson

In Memory of William "Bill" Nye

Jackie Yeagley

MAY-JUNE 2025 SPONSORSHIPS

Senior Breakfasts

Coldwell Banker Groves Real Estate

Mother's Day Lunch

Hillsdale Hospital
Jesco Industries, Inc.
Hospice of Hillsdale County
Becker & Scrivens
Farm Bureau Health Services
Lorrie Miller Law, PLC
County Pharmacy

Father's Day Lunch

Hillsdale Hospital
Jesco Industries, Inc.
Hospice of Hillsdale County
Becker & Scrivens
Farm Bureau Health Services
Lorrie Miller Law, PLC
Belson Asphalt Paving

Raffle Basket Donations

Trinity Lutheran Church
Auto Image Paint & Body
Lorrie Miller Law, PLC
Coldwell Banker Groves Real Estate
Farm Bureau Health Services
American 1 Credit Union
Maggi Monroe
Susie Britton

IN-KIND DONATIONS

Jamie Carpenter
Frances Combs
Diane Cromwell
MSU Extension
Diana Prosser

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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HILLSDALE COUNTY SENIOR SERVICES CENTER

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MISSION STATEMENT

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



VISION STATEMENT

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

