

GOLDEN *Leaves*



PARKINSON'S AWARENESS MONTH MEET THE BOARD



SPRING FUNDRAISING



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

OFFICERS

President

Kris Dewey

Vice President

Kym Blythe

Treasurer

Donald Germann

Secretary

Alice Keefer

BOARD MEMBERS

Patrick Knight

Doug Miller

JC Morris

Gary Hoyt

Traci Fowler

Deb Layman

County Commissioner Designee
Kevin Collins

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,

Many exciting things are happening at the Center, from special events to the **Spring Appeal**, facility improvements, and exciting initiatives! Thank you for being so supportive, and cheers to lots of warm and sunny days to come!

The **Fresh Produce Initiative** is a new endeavor and pilot program in collaboration with the Hillsdale County Community Foundation that provides fresh produce bags to Litchfield residents who are Meals on Wheels (MOW) recipients, those 50 and older, and kinship families. The bags are distributed at the Litchfield Library on the first Wednesday of every month from 11:00 a.m. to 12:00 p.m. I am excited to share that the initial distribution went very well! **44 fresh produce bags** were delivered via MOW deliveries or picked up in person at the Litchfield Library.

Thank you to the **Hillsdale County Community Foundation** and all others who have made this initiative possible!

Subs for Funds raised \$5,232 and welcomed staff, fitness members, and volunteers to help prepare 551 subs! The 2024 & 2025 Subs for Funds Fundraisers have been instrumental in replacing aged fitness equipment and obtaining two new treadmills and one **new NuStep**!

Thank you for the profound support from the community, staff, volunteers, and donors!

The Center is grateful for the **V.C. & Velma Knight Memorial Award**-A Component of the Hillsdale County Community Foundation which will replace the last aged NuStep.

Stay Amazing,

Maggi Monroe

Executive Director



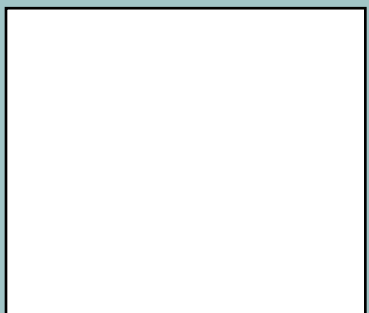
FROM THE DIRECTOR.....	2
AROUND THE CENTER	
A Look Back at Center Activities.....	6-7
ASK THE NURSE	
Parkinson's Awareness Month.....	8-9
FINANCE	
SAFE+ Program.....	10-11
MEET THE BOARD OF DIRECTORS.....	12-13
ACTIVITY CALENDARS	
May Activities.....	14
June Activities.....	15

RECOGNITIONS.....	16
SUPPORT GROUPS.....	17
IN THE KITCHEN	
Eight Superfoods for Naturally Improved Digestion.....	18
Baker's Bulletin.....	19
FUNDRAISING	
March for Meals and Spring Appeal.....	21
HEALTH & WELLNESS	
Ten Training Principles to Guide Exercise Prescription..	22
MAINTENANCE MINUTES	24
BIRTHDAYS AND DONATIONS.....	26

Pictured on front cover: Champion's Week, Fresh Produce Initiative, and St. Patty's Day

	Lori Rubley TOP MULTI-MILLION DOLLAR PRODUCER IN HILLSDALE COUNTY 517.212.5926 LRubley@C21Affiliated.com SERVICING HILLSDALE, BRANCH, LENAWEE AND JACKSON COUNTIES	SPECIALIZING IN <i>Helping Seniors Transition to Easier Living, Estate Sales and Downsizing</i> <i>Meeting as Clients, Closing as Friends!</i>	CENTURY 21 Affiliated #1 CENTURY 21 WORLDWIDE FOR 9 YEARS 55 Spring St. Hillsdale, MI 49242
--	--	---	--

 Hillsdale Veteran Affairs Contact the Veteran Affairs office to apply for possible benefits for Veterans and Widow's 33 McCollum St., Suite 108, Hillsdale, MI 49242 517.437.3630 • r.shircliff@co.hillsdale.mi.us	All Aboard Travel  517.437.4844   www.allaboardstravelhillsdale.com 10 South Howell Street Hillsdale, Michigan 49242	Karim HealthCare Growing to serve our communities! Affordability Availability Quality Primary Care/Family Medicine Walk In Appointments Hospital and Intensive Care Xray • General Ultrasound Echocardiogram • On-Site Lab Pulmonary Sleep Medicine Accepting New Patients  Hillsdale - 517-437-3879
---	---	--

 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
---	---	---

4 | MAY LUNCH MENU

MON	TUES	WED	THURS	FRI
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			1 Ham Slice Scalloped Potatoes Corn Peaches Milk	2 Enchilada Casserole Spanish Rice Refried Beans Sour Cream Pineapple & Churro Milk
5 Hot Dog Fries Stewed Tomatoes HD Bun Applesauce Milk	6 Ham Salad Side Salad 2 Slices of Bread Banana Milk	7 Sloppy Joes Chips Wax Beans WW HB Bun Mandarin Oranges Milk	8 Chicken Breast Rice Italian Blend Veggies Pear Milk	9 MOTHER'S DAY LUNCH Hashbrown Casserole Spring Blend Veggies Fruit Crisp Brownie Milk
12 Hamburger Curly Fries Carrots WW HB Bun Juice Milk	13 Chicken Salad Coleslaw Croissant Banana Milk	14 Turkey Burger Sweet Potato Fries Capri Blend Veggies WW HB Bun Pears Milk Senior Breakfast at 8:30 am	15 Wiley Potato Veggie Blend Sour Cream Pineapple Milk	16 Cabbage Rolls Green Beans Prince Charles Blend Apple Milk
19 Chicken Cordon Bleu Scalloped Potatoes Italian Blend Veggies Applesauce Milk	20 Bratwurst Cauliflower Baked Beans WW HD Bun Orange Milk	21 Rueben Casserole Spring Blend Veggies Carrots Tropical Fruit Milk	22 Baked Chicken Redskin Potatoes Veggies Mixed Fruit Milk	23 Fish Rice Stewed Tomatoes Mandarin Oranges Milk
26 CLOSED FOR MEMORIAL DAY	27 Chicken Tenders Tater Tots Green Beans Banana Milk	28 Pork Riblet Mac & Cheese Carrots Hoagie Bun Craisins Milk	29 Chicken Sandwich Tater Tots Veggie Blend HB Bun Juice Milk	30 Deli Ham Pickled Beats HB Bun Orange Milk Cake & Ice Cream HAPPY BIRTHDAY!



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



Follow us on Facebook:
@HillsdaleSeniorCenter



Follow us on Instagram:
@hillsdaleseniorcenter



Follow us on Threads
@hillsdaleseniorcenter


Mother's Day Lunch

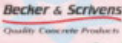
FRIDAY, MAY 16TH | 12 PM
 Join us at the Center to enjoy a delicious meal while we celebrate the mothers in the community!

SPONSORED BY:







320 W. BACON STREET, HILLSDALE, MI 49242 | 517-437-2422
 WWW.HILLSDALESENIORS.ORG

PERENNIAL PARK'S FATHER'S DAY LUNCH


FRIDAY, JUNE 13TH | 12PM
 JOIN US AT THE CENTER FOR A GREAT MEAL WHILE WE CELEBRATE THE FATHERS IN THE COMMUNITY!

SPONSORED BY:










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


Country Living

2 miles outside of historic Hillsdale, Michigan. Two facilities are situated on 10 acres with frequent visits from deer, turkey, ducks and other wildlife. Our homes are conveniently located with access to the Hillsdale Community Health Center, physicians, and emergency services.

Offering Specially Trained Staff for Dementia Care

Private Bedrooms with Private Half-Baths
 Spacious Living Areas / Large Outdoor Patios
 Activities and Routine Exercise Program



Assisted Living Communities
... because place matters.



1127 NORTH LAKE PLEASANT ROAD, HILLSDALE
 517-437-0239 • www.drewsplaceal.com

Are you
 turning 65?
 Call your
 local
 licensed
 Humana
 sales agent.



James "Jim" Hunt
 419-490-7618 (TTY: 711)
 Monday – Friday
 8 a.m. – 5 p.m.
JHunt4@humana.com

Humana.

Y0040_GHHXDFEN23a_BC_C

SUPPORT OUR ADVERTISERS!



By: Grace Broesamle, Marketing and Communications Coordinator

We've had an eventful past couple of months at the Center! Let's take a look back at some of the fun activities we had with the community.

During the month of March, we had our **March for Meals** campaign. This is a fundraiser to raise awareness and funds for our Meals on Wheels program! Together, we raised over \$1,300 for the Meals on Wheels program! Thank you to everyone who donated and bought caramel corn! These funds will definitely be put to use. In fiscal year 2024, we delivered 82,154 meals to 491 clients around Hillsdale County and are expected to deliver even more this fiscal year! Also during March for Meals, we had **Champion's Week** where we invite influential leaders from around the community and state to do ride-a-longs with our Meals on Wheels drivers as they deliver meals. Thank you to Donald Germann, Judge Sara Liszynai, and Joshua Swathwood—the Mid-MI Regional Coordinator for Gary Peters for participating! We are so grateful to have such a supportive community and we truly wouldn't be able to do what we do without each of you.

At the beginning of April, we sent out our 2025 **Spring Appeal**! This year, we are raising funds for our Community Garden that is located in the back of the Center. Each summer, people rent out plots to plant their flowers, herbs, and other produce, and the community is more than welcome to walk around and check them out. With funds raised through the appeal, we hope to add raised garden beds and portable garden beds for people with mobility issues, a storage box and tools for gardeners to use, and some other updates to the landscape to make it more accessible for everyone! If you are interested in learning more, donating, or getting involved with these updates, please let us know.

Our **monthly cash bingo** events have been going great! We always look forward to seeing everyone and we hope you all have been having so much fun as well! During the event, people play bingo to win cash prizes and there are also Charity Game Tickets available for purchase for even more cash prizes! If you are interested in playing, cash bingo is hosted the first Thursday of every month from 5:45-9 p.m. Doors open at 5 p.m. and you must be 18 years or older to play. For more information, follow us on Facebook at Hillsdale Senior Center!

On April 18th, we had our annual **Good Friday Senior Breakfast**! We hope you all had a great time and enjoyed the food and time with the community as well celebrated the holiday. Thank you to our sponsors of the event: *Hillsdale Hospital, Hospice of Hillsdale County, Ryan & Bradshaw, Green Energy LP, Belson Asphalt Paving, Becker & Scrivens, Jesco Industries, and Hillsdale County Farm Bureau!* We would also like to thank the businesses who donated raffle baskets for the event: *Auto Image Paint & Body, Lorrie Miller Law, PLC, and Trinity Lutheran Church!* We are incredibly thankful for the support from local businesses and the community at large for helping us host events like this that help bring us all together!

At the end of April, we celebrated **Volunteer Appreciation Week**. Each day we had a different way to celebrate and thank the volunteers at the Center. From mocktails to prizes to our annual Volunteer Appreciation Breakfast. We love giving back to the volunteers who give so much to us and the community!

Our next special event will be our **Mother's Day Lunch**! It will take place on Friday, May 9th at noon. All are welcome to attend and enjoy a delicious meal while we celebrate the mothers in the community. There will also be some raffle prizes the mothers can win as well. Thank you to the sponsors of the event: *Hillsdale Hospital, Hospice of Hillsdale County, Becker & Scrivens, Lorrie Miller Law, County Pharmacy, Jesco Industries, and Hillsdale County Farm Bureau.*

As a reminder, we will be **closed for Memorial Day**—Monday, May 26th. Enjoy the holiday weekend!

On Friday, June 13th, we will be hosting our **Father's Day Lunch** at noon. Again, this is open to the community to come and enjoy a delicious meal prepared by our kitchen staff while we celebrate the fathers in the community. There will also be raffle baskets and prizes that fathers can win at this event. Thank you to the sponsors of the event: *Hillsdale Hospital, Hospice of Hillsdale County, Becker & Scrivens, Lorrie Miller Law, Belson Asphalt, Jesco Industries, and Hillsdale County Farm Bureau.*

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! 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!



Voted #1 in Hillsdale County!

2023 BEST OF HILLSDALE COUNTY
Hillsdale Daily News

FREE DELIVERY
ASK US FOR MORE DETAILS

OUR PHARMACIST IS HERE TO HELP

Annette Froesch
Pharmacist in Charge

When it comes to choosing a pharmacy, convenience sounds good...until it isn't. For REAL convenience, like fast personal service, home delivery and vaccine central, come to us.

Most insurance accepted.
Transfer your prescriptions today.



233 W Carleton Rd Hillsdale, MI 49242

517.610.5665

<https://www.facebook.com/CountyPharmacy>



This pharmacy is independently owned and operated under a license from Health Mart Systems, Inc.

"QUALITY IS NOT IN THE NAME, BUT IN THE WORKMANSHIP"

Serving Most of Southern Michigan, Northwest Ohio & Northeast Indiana

COMMERCIAL • INDUSTRIAL • RESIDENTIAL

- Asphalt Paving • Asphalt Curbing
- Crack Repair • Infrared Repair • Resurfacing
- Sealcoating • Line Striping • Milling

Fully Insured • Free Estimates

Celebrating our 35th Year in Business!

517-283-3584 or 1-800-934-2500



Family Owned & Operated

5651 Bankers Rd.
Reading, MI 49274

www.belsonasphaltpaving.com
belsonasphalt@core.com



Ask the Nurse

National High Blood Pressure Awareness Month: Understanding the Importance of Blood Pressure Health

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

National High Blood Pressure Awareness Month, observed every May, aims to raise awareness about the significance of managing blood pressure and the associated risks of hypertension.

What is Hypertension (High Blood Pressure)?

Hypertension occurs when the force of blood against the walls of the arteries remains consistently high. Blood pressure is measured in millimeters of mercury (mmHg) and is expressed as two numbers: systolic pressure (the force when the heart beats) over diastolic pressure (the force when the heart rests between beats). According to the CDC, a normal blood pressure reading is less than 120/80 mmHg, while hypertension is diagnosed when readings consistently exceed 130/80 mmHg.

Causes and Risk Factors

There are two main types of hypertension:

- 1. Primary (Essential) Hypertension** – This type develops gradually over time without an identifiable cause, but risk factors include age, genetics, obesity, a high-sodium diet, physical inactivity, excessive alcohol consumption, and chronic stress.
- 2. Secondary Hypertension** – This form is caused by an underlying medical condition such as kidney disease, hormonal disorders, sleep apnea, and certain medications.

Symptoms of Hypertension

Hypertension is often asymptomatic, but some people may experience symptoms such as headaches, dizziness, nosebleeds, chest pain, shortness of breath, or vision problems. However, these symptoms typically appear only when blood pressure reaches dangerously high levels.

Health Complications

Uncontrolled hypertension can lead to serious health issues, including:

- **Cardiovascular diseases** – Increased risk of heart attacks, strokes, and heart failure.
- **Kidney damage** – High blood pressure can impair kidney function and lead to kidney failure.
- **Vision loss** – Hypertension can damage blood vessels in the eyes, leading to vision problems.
- **Cognitive decline** – Chronic hypertension has been linked to dementia and cognitive impairment.

Management and Prevention

Lifestyle modifications and medical treatments are essential for managing hypertension:

- **Healthy Diet** – A diet low in sodium, saturated fats, and processed foods but rich in fruits, vegetables, and whole grains can help control blood pressure.
- **Regular Exercise** – Engaging in at least 30 minutes of moderate-intensity exercise most days of the week can lower blood pressure.
- **Medication** – In some cases, doctors may prescribe antihypertensive medications to effectively control blood pressure.

National High Blood Pressure Awareness Month serves as a reminder of the importance of maintaining healthy blood pressure levels to prevent the onset of cardiovascular diseases and other related health issues. By raising awareness, encouraging early detection, and promoting healthier lifestyles, we can reduce the prevalence of hypertension and improve overall public health. Regular monitoring, lifestyle modifications, and adherence to prescribed treatments are crucial for effectively managing blood pressure and maintaining a healthy lifestyle.

References:

Centers for Disease Control and Prevention. (2025). *High blood pressure facts*. CDC. https://www.cdc.gov/high-blood-pressure/data-research/facts-stats/?CDC_AAref_Val=https://www.cdc.gov/bloodpressure/facts.htm

Desai, A. (2020). High blood pressure. *JAMA*, 324(12), 1254–1255. <https://jamanetwork.com/journals/jama/fullarticle/2770851>

Medicare Made EASY





517-849-1000

Jonesville, MI

Your local connection to Medicare options

Whether Buying Or Selling, For All Things Real Estate, Call Christie!



- 22 Years Experience
- Born & Raised in Hillsdale
- Over \$13 million Successfully Closed in 2022
- Exclusive Listing Broker for Hillsdale Commons Condos
- Listen in Monthly to "At Home with Christie Plemmons" on WCSR 92.1FM

2016 & 2018 Hillsdale County Realtor of the Year | 2019 Lifetime Achievement Award Winner
2020, 2021, 2022, & 2023 People's Choice Award Favorite Hillsdale Area Realtor

517-437-3333
81 West Carleton Rd., Hillsdale
christieplemmonsrealty.com





THE LAURELS OF COLDWATER
A Skilled Nursing and Rehabilitation Center

- Short-Term Nursing and Rehab
- Extended Stays and Long-Term Care
- Respite Care
- Palliative Care and Hospice




90 N Michigan Ave
Coldwater, MI 49036
P 517.279.9808
www.laurelsofcoldwater.com

SAFE+

Successful Aging through Financial Empowerment +



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

Have you received numerous fake texts and emails lately? I sure have and many of my clients have also! It seems that scammers are becoming increasingly sophisticated in new ways to engage and frighten us! I've noticed that many of the 2024 scams are being repurposed in 2025 using more effective artificial intelligence. The messages we receive on our phones and computers are now looking more authentic and convincing. The reason these emails and texts look so valid is because AI is allowing criminals to analyze data from our social media searches, profiles we set up on social media, and then target the messages that are sent to us. For example: You may have taken a trip recently, used a toll road and casually mentioned the trip on Facebook, or maybe you haven't traveled at all but still receive the text. Then, you receive a concerning text from E-Z Pass stating that you have an outstanding toll balance that **MUST** be paid within the next few days in order to avoid a penalty or legal action! The text directs you to a link to "settle your account." You start to question yourself wondering if you neglected to pay a toll, or perhaps you want to contact them to tell them you haven't traveled recently. **DO NOT** do anything if you receive this text! It is a major scam right now. If you react by following the link or by calling them, you will be speaking to an imposter who can steal your personal information and money.

Other Annoying but Prevalent Scams:

- **The Fake Trump Meme Coin Scam:** You receive a message stating that your order was successfully placed and that your payment of \$3,537.00 has been processed. There is a phone number provided if you have any questions about the order. Please do not call it. If you do, you will be connected to an

imposter. These imposters are using the President's name to steal your money or infect your device.

- **The Fake Geek Squad Scam:** You receive a text confirming the renewal of your computer maintenance service and that an automatic debit of \$699.99 from your bank account has been set up or that this amount will be charged to your credit card. Of course a message like this is very alarming, and your first impulse is to contact the sender to dispute the service and the charge! Again, please do not call. If you do, you will be speaking to an imposter tech support representative who will download harmful software or want you to share personal banking information to resolve a non-existent issue.
- **Fake United States Postal Service:** The text messages and/or emails claim to be from USPS. The message states that "a delivery failure notification" has occurred. You will be prompted to confirm personal information or follow a link to inquire about the package. Do not take the bait! This is a very prevalent scam!
- **Spoofed Phone Calls:** Phone number spoofing is when a scammer uses technology to display a fake caller ID on your phone making it look like the call is from a trusted or legitimate source. One of my clients recently received this type of call. The phone ID showed Sparrow Hospital. However, the scammer attempted to engage my client in a conversation about genetic testing and genetic test kits. This of course would lead to a request for medical and/or financial information. My client recognized this tactic, hung up, and called the number. It was indeed a Sparrow Hospital number but had nothing to do with genetic testing! Somehow the scammer was able to spoof the hospital phone number.

What to Do?

What can we do about all these imposter texts, emails, and phone calls? The best advice is to stay vigilant, trust your judgement, and if you're really concerned, call the official number listed on the website or on the back of your medical card. NEVER just click on a link or call the phone number that you were given. The best way to protect and defend yourself is to be aware of all the tactics scammers use such as excitement, fear, threats, a sense of urgency, impersonation, and emotional manipulation. Scams are constantly evolving.

How can SAFE+ help you?

The SAFE+ Program at Perennial Park can help you recognize an imposter call, text, or email. If you regrettably gave up your social security number or personal information, we can personally assist you in contacting social security, the IRS, Medicare, and your financial institution. I will also report the incident to the

Federal Trade Commission. We can also generate a free credit report for you and place a fraud alert on it as well.

Socialization Activities:

We had a great response to the April 8th diamond dot art activity! Thanks to all the participants who created some lovely projects. More events are being planned in the near future. Getting out and socializing with one another is a great way to avoid isolation and loneliness which make us more vulnerable to scammers.

Also, stay tuned for an updated SAFE+ class to be offered in May!

Meet with Maribeth
Tuesdays & Thursdays
10am-4pm



Lorrie Miller
Attorney



Estate planning: wills, trusts, powers of attorney,
lady bird deeds and probate administration

(517) 278-2505

3222 W. Carleton Rd., Ste. A, Hillsdale, MI 49242

LMiller@hillsdalelaw.com • www.HillsdaleLaw.com

12 | MEET THE 2025 BOARD OF DIRECTORS

Board of Directors

President: Kristina “Kris” Dewy

Kris has served on the Board of Directors since 2023. She currently works as the Health Education and Promotion Supervisor for the Branch-Hillsdale-St. Joseph Community Health Agency and as the Camden Township Clerk. Kris has worked in healthcare for 30 years, including more than 10 years in public health and 10 years as a facility administrator in long-term care. She has held leadership roles on boards of community human service agencies, youth sports programs, and volunteer agency boards.

Vice President: Kimberly “Kym” Blythe

Kym joined the board in 2021. She has proudly served the City of Reading for over 32 years, beginning her career as City Clerk in 1993. In 1998, she was appointed City Clerk/Treasurer, and in 2004, she took on the role of City Manager while continuing to serve as Clerk/Treasurer. Over the years, she helped lead numerous infrastructure and community improvement projects. She is a member of the Hillsdale Hospital Board of Trustees, the Hillsdale Economic Development Partnership Board, Vice President of the Reading Community Library Board, and Vice President of the Hillsdale County Senior Services Center Board. She is also an active member of the Reading Music Boosters and the Reading Chamber of Commerce.

Treasurer: Donald “Don” Germann

Don began his term on the board in 2024. He has 31 years of experience in banking and currently holds the position of Assistance Vice President—Branch Officer at County National Bank. His background also includes 30 years as a real estate agent. Don is active in the community and serves on five boards of local organizations and clubs around Hillsdale and Branch counties.

Secretary: Alice Britton-Keefer

Alice has served on the board as President, Vice President, and Honorary Member since 2010. She is a retired teacher and former Hillsdale County Commissioner who served on many human service network boards.

Members at Large

Traci Fowler joined the board in 2022. Dedicating 35 years to healthcare as a registered nurse, she began her healthcare journey as a nurse aide and now holds a doctorate in nursing practice. Traci has held various positions, from staff nurse to college faculty. She currently works as a Workforce Education Coordinator.

Doug Miller joined the board in 2022. A native of Michigan, he moved to Connecticut in 1970 to attend graduate school and lived there until he moved to Hillsdale in 2013. He is a retired attorney and UCC minister who served on several non-profit boards in Fairfield County, Connecticut, during his 43 years there.

Gary Hoyt joined the board in 2022. He was born and raised in Toledo, moved to Michigan when he was 25, and now resides in Osseo. He graduated from the University of Toledo and has an associate's degree in Retail Management and a bachelor's degree in industrial management. After 33 years of service, he retired from Chrysler. Currently, Gary is the Deputy Treasurer of Jefferson Township and has been since 2013. He is an active Kiwanis member for the Hillsdale, MI Chapter.

Deborah “Deb” Layman joined the board in 2021. She is a graduate of Jackson College with an associate's degree in medical terminology and currently resides in Jonesville, MI. Deb is a retired receptionist and office manager at a dental office. She has served as a board member at the Sauk Theater. Deb has also been a member of the Hillsdale High School Athletic Boosters. On it, she has served as the President for 1 year, Head of Cash Raffle for 3 years, and also headed the concession stand.

MEET THE 2025 BOARD OF DIRECTORS | 13

Patrick "Pat" Knight joined the board in January of 2024. He grew up in Central Pennsylvania and after high school, he enlisted in the U.S. Navy and served during the Vietnam War. He was stationed in California then went to Japan and toured in the Philippines in Helicopter Combat Support Squadron SEVEN (HC-7). His tour lasted 2 years and he flew Bob Hope and his USO Tour in December of 1968. After serving, he was a police officer in the City of Riverview for 32 years, retiring as Chief of Police. He retired in 2005 and moved to Adams Township. Pat has served on the Emergency Telephone Service (E911) Board for over 16 years.

Joseph "JC" Morris joined the board in 2021. He served as our board president from 2021-2024 and as Vice President from 2008-2013. He graduated from Central Michigan University with a bachelor's degree in Broadcast-Cinematic Arts with studies in the fields of music, community health, and photojournalism. JC is a retired Network's Operations Manager from Firekeepers Casino and has also been the Chief Technology Officer at South Central Michigan Works!, Director of Technology at Hillsdale ISD, the Senior LAN Director at the Farm Bureau of Michigan headquarters, and a Network Engineer locally for DMCI. JC is a professional musician, sound and recording engineer, and enjoys drumming and playing bass guitar.

Sandra Dufur is an Honorary Member of the board and joined in 2015. She also served as the Secretary. After graduating from Hillsdale High School, she started working at TI Automotive and worked there for 22 years on payroll and other positions. She took classes at Jackson College while working at the plant and she went into the field of Human Resources. Sandra retired in 2001 as a Human Resources Specialist. She is a member of Trinity Lutheran Church and serves on the Board of Directors as the Secretary.

Kevin Collins began his term on the board in 2025 as the Hillsdale County Commissioner Designee. He is the Hillsdale County Commissioner for District 2.

WWW.EAGLEFUNERALHOMES.COM

eagle

SINCE 1933
FUNERAL HOMES

Your Funeral Pre-Planning Specialists - Our Family Serving Your Family



BRIAN BARRETT
Funeral Director



SHEA DOW
Funeral Director



SETH TAYLOR
Advanced Funeral Planner

HILLSDALE VanHorn-Eagle • 40 S. Manning St. **517.437.3160**
JONESVILLE Eagle Funeral Home • 109 East Street **517.849-9191**

READING Eagle Funeral Home • George White Chapel • 403 S. Main Street **517.283.2145**
LITCHFIELD Eagle Funeral Home • George White Chapel • 220 N. Chicago Street **517-542.3098**
QUINCY Eagle Funeral Home • George White Chapel • 111 E. Chicago Street **517.639.5555**

Come out and experience the Frank Beck difference
Southern Michigan's #1 Dealer



3750 Carleton Rd Hillsdale • 517-849-2886 • www.frankbeckchevrolet.com

2024 Chevy Equinox LT FWD

Ultra-low mileage lease example for qualified GM employees, retirees and eligible family members with a current eligible lease

24 months \$2,179 due at signing after all offers

\$269 PER MONTH¹

\$0 acquisition fee (\$695 value)

Tax, title and license fees extra.
No security deposit required. Mileage charge of \$0.25/mile over 20,000 miles.

[View inventory](#)



14 | MAY ACTIVITIES

MON	TUES	WED	THURS	FRI	SAT
You can find the Center activities on our website: www.hillsdaleseniors.org			1 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	2 9am: Coffee Hour 10am: SS EnerChi 11:15am: SS Yoga 1-3pm: Corn Hole 1-3: Movie &Popcorn 4:00pm: Fit Camp	3 9:30am Cardio Drumming 8am-12pm Fitness Center Open
5 9:30am Cardio Drumming 11:15am: SS Stability 1-3:Pedro (Cards)	6 ALL DAY Life Line Screenings (RSVP) 10 am: SS Enerchi 10am-4pm:SAFE + 11:15am:SS Classic 1-2pm: Bingo 4:30pm:Cardio Drum	7 10am: SS Stability 11:15am: SS Yoga 1-2:30pm: Digital Literacy 1-3pm: SAFE+ Activity Writing a Memoir (RSVP) 1-3pm: Euchre 1-3pm: Handcrafting 4:30pm: Fit Camp	8 9:30: Cardio Drum 10am-4pm:SAFE + 11:15am:SS Classic 1-2: Low Intensity Cardio Drumming 1-3pm: Woodcarvers 2-3:30pm Parkinson's SG	9 9am: Coffee Hour 10am: SS EnerChi 11:15am: SS Yoga 12pm: Mother's Day Lunch 1-3pm: Corn Hole 1-3: Movie &Popcorn 4:00pm: Fit Camp	10 8:30am & 9:30am Cardio Drum 8am-12pm Fitness Center Open
12 9:30am Cardio Drumming 11:15am: SS Stability 1-3:Pedro (Cards)	13 10 am: SS Enerchi 10am-4pm:SAFE + 11:15am:SS Classic 1-2pm: Bingo 1-3pm: Mahjong 4:30pm:Cardio Drum	14 8:30am: Senior Breakfast 10am: SS Stability 11:15am: SS Yoga 1-3pm: Euchre 1-3pm: Handcrafting 4:30pm: Fit Camp	15 9:30: Cardio Drum 11:15am:SS Classic 10am-4pm:SAFE + 1-2: Low Intensity CD 1-3pm: Tech Clinic 1-3: Woodcarvers 1:30-3pm: Kinship Care SG	16 9am: Coffee Hour 10am: SS EnerChi 11:15am: SS Yoga 1-3pm: Corn Hole 1-3: Movie &Popcorn 4:00pm: Fit Camp	17 9:30am Cardio Drumming 8am-12pm Fitness Center Open
19 9:30am Cardio Drumming 11:15am: SS Stability 1-3:Pedro (Cards)	20 8am-12pm: AARP Driver' Safety (RSVP) 10 am: SS Enerchi 10am-4pm:SAFE + 11:15am:SS Classic 1-2pm: Bingo 1-3pm: Mahjong 4:30pm:Cardio Drum	21 8am-12pm: AARP Driver' Safety (RSVP) 10am: SS Stability 10am-4pm: SAFE+ 11:15am: SS Yoga 1-2: Connection Cafe 1-3pm: Euchre & Handcrafting 4:30pm: Fit Camp	22 9:30: Cardio Drum 10am-4pm:SAFE + 11:15am:SS Classic 1-2pm: Low Intensity Cardio Drumming 1-3:pm: Woodcarvers	23 9am: Coffee Hour 10am: SS EnerChi 11:15am: SS Yoga 1-3pm: Corn Hole 1-3: Movie &Popcorn 4:00pm: Fit Camp	24 9:30am Cardio Drum 8am-12pm Fitness Center Open
26 CLOSED FOR MEMORIAL DAY	27 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	28 10am: SS Stability 11:15am: SS Yoga 1-3pm: Euchre 1-3pm: Handcrafting 2-3:30: Alzheimer's SG 4:30pm: Fit Camp	29 8:45am: Interview on WCSR 9:30: Cardio Drum 10am-4pm:SAFE + 11:15am:SS Classic 1-2: Low Intensity CD 1-3: Woodcarvers	30 9am: Coffee Hour 10am: SS EnerChi 11:15am: SS Yoga 1-3pm: Corn Hole 1-3: Movie &Popcorn 4:00pm: Fit Camp	31 9:30am Cardio Drumming 8am-12pm Fitness Center Open 6-10pm Senior Prom

MON	TUES	WED	THURS	FRI	SAT
2 9:30am: Cardio Drum 11:15am: SS Stability 1-3:Pedro (Cards)	3 10 am: SS Enerchi 10am-4pm:SAFE + 11:15am:SS Classic 1-2pm: Bingo 4:30pm:Cardio Drum	4 10am: SS Stability 11:15am: SS Yoga 1-3pm: Euchre 1-3pm: Handcrafting 4:30pm: Fit Camp	5 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	6 9am: Coffee Hour 10am: SS EnerChi 11:15am: SS Yoga 1-3pm: Corn Hole 1-3: Movie &Popcorn 4:00pm: Fit Camp	7 9:30am Cardio Drumming 8am-12pm Fitness Center Open
9 9:30am: Cardio Drum 11:15am: SS Stability 1-3:Pedro (Cards)	10 10 am: SS Enerchi 10am-4pm:SAFE + 11:15am:SS Classic 1-2pm: Bingo 1-3pm: Mahjong 4:30pm:Cardio Drum	11 10am: SS Stability 11:15am: SS Yoga 1-3pm: Euchre 1-3pm: Handcrafting 4:30pm: Fit Camp	12 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	13 9am: Coffee Hour 10am: SS EnerChi 11:15am: SS Yoga 12pm: Father's Day Lunch 1-3pm: Corn Hole 1-3: Movie &Popcorn 4:00pm: Fit Camp	14 8:30am & 9:30am Cardio Drum 8am-12pm Fitness Center Open
16 9:30am: Cardio Drum 11:15am: SS Stability 1-3:Pedro (Cards)	17 10 am: SS Enerchi 10am-4pm:SAFE + 11:15am: SS Classic 1-2pm: Bingo 1-3pm: Mahjong 4:30pm: Cardio Drum	18 10am: SS Stability 11:15am: SS Yoga 1-2: Connection Café 1-3pm: Euchre 1-3pm: Handcrafting 4:30pm: Fit Camp	19 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	20 9am: Coffee Hour 10am: SS EnerChi 11:15am: SS Yoga 1-3pm: Corn Hole 1-3: Movie &Popcorn 4:00pm: Fit Camp	21 9:30am Cardio Drumming 8am-12pm Fitness Center Open
23 9:30am Cardio Drumming 11:15am: SS Stability 1-3:Pedro (Cards)	24 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	25 10am: SS Stability 11:15am: SS Yoga 1-3pm: Euchre 1-3pm: Handcrafting 2-3:30:Alzheimer's SG 4:30pm: Fit Camp	26 9:30: Cardio Drum 11:15am:SS Classic 10am-4pm:SAFE + 1-2pm: Low Intensity Cardio Drumming 1-3:pm: Woodcarvers	27 9am: Coffee Hour 10am: SS EnerChi 11:15am: SS Yoga 1-3pm: Corn Hole 1-3: Movie &Popcorn 4:00pm: Fit Camp	28 9:30am Cardio Drumming 8am-12pm Fitness Center Open
30 9:30am Cardio Drumming 11:15am: SS Stability 1-3:Pedro (Cards)	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				

EMPLOYEE OF THE QUARTER: KATHY HUMPHRIES



Congratulations to Kathy Humphries for being Perennial Park's Employee of the Quarter!

Kathy is our Lead Cook in the Nutrition Department. She is hardworking, kind-hearted, and an all-around great person to work with! Her help in the kitchen doesn't just go towards people at the Center, but also for the Meals on Wheels clients that we serve all over Hillsdale County. We are truly grateful to have her on the team and look forward to making even more memories with her in the years to come! Thank you, Kathy, for all that you do to make Perennial Park a wonderful place to visit and work!

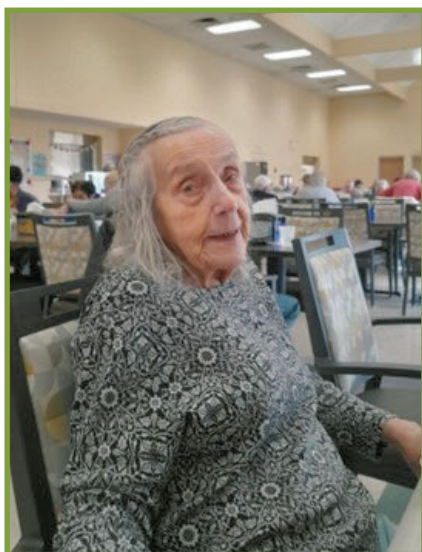
VOLUNTEER OF THE QUARTER: TINA SILER



Congratulations to Tina Siler for being our Volunteer of the Quarter!

Tina helps out in our Fitness Center in classes such as Cardio Drumming and Fit Camp. Her spunky personality and can-do attitude always brighten up our clients' days when they come in to workout. From January-March, Tina conducted 38 hours of fitness classes! She is a dedicated and valued member of the fitness team. Her volunteering also extends into other areas such as helping out at the Thanksgiving and Christmas Dinners! We are so grateful for Tina and her dedication to the Center! Congrats, Tina!

ADC LEGACY MEMBER OF THE QUARTER: HELEN Y.



Helen has a heart as big as the community she has dedicated her life to serving. Growing up in Toledo, Ohio, as one of 17 siblings, she learned early on the value of family and compassion. As a mother of four daughters and three sons, Helen not only cared for her own children but also opened her home and heart to displaced children in need of love and stability. Her kindness extended beyond her home, as she devoted much of her life to volunteer work, always striving to make a difference. Helen was a longtime president of the VFW Auxiliary in Toledo and actively supported numerous charitable organizations. Now a cherished member of the Legacy Club, she brings warmth, joy, and a fun sense of humor to those around her. Attending the club three days a week, Helen enjoys socializing, participating in cardio-drumming, and caring for the club's plants. When asked what she loves most about the Center, she shared, *"the wonderful staff and meeting new friends."* Her generosity, resilience, and kind spirit continue to inspire those who have the pleasure of knowing her. Congrats, Helen!

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.

 Get to the Bottom of Problem Pain	Why Live With Painful Foot Conditions? • Comprehensive Diabetic Foot Exam • Foot Surgery • Foot/Heel Pain • Ingrown Nails • Sports Injury • Senior Foot Care • Warts No Referral Needed Servicing Hillsdale County Since 1993 (Across from McDonald's Restaurant)	   TIM HAMPTON HAMPTON JOSH HAMPTON FUNERAL HOMES www.hamptonfuneralhomes.com HILLSDALE 3380 W. Carleton Road Hillsdale, MI 49242 517-437-0605 JACKSON 4204 Ann Arbor Road Jackson, MI 49202 517-315-4333 HANOVER 221 W. Main Street Hanover, MI 49241 517-563-2255
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		

Eight Superfoods for Naturally Improved Digestion

By: Sarah Pollack, RDN, CDCES

A healthy digestive system is crucial for overall health. There are significant connections between chronic disease, inflammation, mood, diet, and gut health. When your digestive system isn't working well, you might have symptoms like diarrhea, nausea, and bloating.

How the digestive system works

The digestive tract is an intricate system with many working parts. Each part of the system helps break down food and liquid into smaller pieces until the body can absorb the nutrients.

Certain enzymes in our saliva start the digestive process. As food moves from the esophagus to the stomach, enzymes work with contracting muscles, mixing food with the enzymes. It usually takes four to five hours for food to pass through the first half of the digestive system. The small intestine is where the gut microbes start to do their job by breaking down fats, carbohydrates and proteins. It also supports immune health and absorbs vitamins and minerals. Bacteria in the large intestine complete the breakdown process and helps to keep fluids in balance.

The digestive system is also affected by hormones, nerves, and other organs like the pancreas, liver and gallbladder.

Eight Best Foods for Gut Health

Foods that promote gut health contain prebiotic fibers and have anti-inflammatory properties. Ideally, half your plate should be plants, a quarter filled with healthy carbohydrates, and the last quarter a serving of protein. The more color on your plate, the better.

- Flax seeds are rich in omega-3, fiber and antioxidants. These need to be ground in order for the body to absorb. Add ground flax seed to oatmeal, smoothies or yogurt.
- Berries such as strawberries, blueberries, blackberries and cherries are high in fiber and antioxidants that lower inflammation.
- Turmeric is an antioxidant that fights inflammation and boosts immunity. Buy the root or high-quality spice version to use in meals, on chicken, veggies or rice.
- Ginger root lowers inflammation and can help calm nausea. Make it as a tea, or try adding it to glazes, veggies, smoothies or salad dressing.
- Beans aid digestion, are high in fiber, and slow

digestion to help you feel full.

- Avocados contain heart healthy fats and fiber called pectin, which helps gut health.
- Oats are rich in soluble fiber that may help lower cholesterol, slow digestion to help you feel full longer, and help in blood sugar control.
- Pumpkin is rich fiber and vitamin K, supports bone health, and promotes a healthy gut. Note: Canned pumpkin typically has more fiber.

Tips as you add gut healthy foods to your diet

- Gradually add fiber to your diet and increase water intake to reduce discomfort. Mild bloating after eating high-fiber foods is natural and a sign of healthy digestion.
- Add nutrients to your diet by adding fresh, frozen or no-salt added canned vegetables to meals. Watch for in season produce which can often be on sale.
- Practice mindful eating
- Be present at meals, turning off any electronic devices.
- Take a few deep breaths before you start to eat to calm the mind and increase blood flow to the gut.
- Don't be in a rush to eat. Slowing down
- and chewing your food well helps in digestion.

Foods to limit or avoid for a healthy gut

Avoid foods high in added sugars, artificial sweeteners, sugar alcohols, and a regular intake of saturated fats or trans fats.

- Be cautious of "sugar-free" or "calorie-free" foods. Often this means artificial sweeteners have replaced sugar. While helpful for people with diabetes, even one or two servings a day can cause bloating, gas and diarrhea.
- Saturated fats are inflammatory to the gut. Choose lean proteins or plant proteins like tofu, edamame, quinoa, beans and hummus more often.

Although dairy is an excellent source of protein, people with lactose intolerance should try plant-based milk or milk alternatives.

Other lifestyle factors to improve gut health:

- Stress management
- Regular exercise and movement
- Limit exposure to environmental toxins, smoking, excess alcohol
- Quality sleep

Baker's Bulletin

Submission from: Joyce McClain

Peanut Butter Oat No Bakes

Ingredients

- 3 cups rolled oats
- 1/2 tsp cinnamon
 - 1/2 tsp nutmeg
 - 1/2 tsp cloves
- 1 cup chocolate chips (or 1/4 cup cocoa)
 - 1 stick of butter
- 1/2 cup peanut butter
 - 1/2 cup honey (or 2 cups of sugar)

Directions

1. Mix together rolled oats, cinnamon, nutmeg, and cloves.
2. In a pan, melt chocolate chips (or cocoa) and butter.
3. Mix in peanut butter and honey (or sugar) to the chocolate mixture then bring to a boil and stir for 2 minutes.
4. Pour over oatmeal and stir well.
5. Spoon teaspoon-sized drops of mixture onto parchment paper or a greased baking tray.
6. Let rest until they are firm and enjoy!



**SUPPORT THE
ADVERTISERS**
that Support our
Community!


WellWise Services
Area Agency on Aging

Connection Café

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

Upcoming Meetings:

Wednesday, May 21st | 1-2pm
Wednesday, June 18th | 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

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


PERENNIAL PARK
HILLSDALE COUNTY SENIOR SERVICES CENTER

To RSVP,
call 517-592-1974

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

**TECHNOLOGY
ASSISTANCE
CLINIC**

**THURSDAY, MAY 15TH
1-3 PM**

Need help troubleshooting technology issues?

Learn How To Manage:
Photo Library | Contacts
Social Media | Mobile Apps

Equipment Needed:
Smartphone | iPad | Laptop

Open to walk-ins, but...
Registration Preferred
Call: (517) 437-2422

PERENNIAL PARK
320 W. BACON STREET, HILLSDALE, MI 49242

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



STAY UP TO DATE AT
WWW.HILLSDALESENIORS.ORG


PERENNIAL PARK
HILLSDALE COUNTY SENIOR SERVICES CENTER

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Terry Sweeney

tsweeney@lpicommunities.com

(800) 477-4574 x6407

March for Meals

THANK YOU TO EVERYONE WHO DONATED
TOWARDS OUR MEALS ON WHEELS PROGRAM!

WE RAISED OVER \$1,300!

DONATIONS

RANDY & KIMBERLY BLYTHE

LINDA HAMISFAR

JOHN & KENETTE SPRATT

GERALD & BECKY MCCLELLAN

IN MEMORY OF GORDON DAVIS

JOY MCKIBBIN

FERN GRIMM

AND EVERYONE WHO
PURCHASED CARAMEL CORN!



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

TO LEARN MORE ABOUT MOW GO TO: WWW.MEALSONWHEELSAMERICA.ORG

320 W. BACON STREET, HILLSDALE, MI 49242 | 517-437-2422 | WWW.HILLSDALESENIORS.ORG



SPRING APPEAL 2025

PERENNIAL PARK IS RAISING FUNDS FOR OUR COMMUNITY GARDEN!

Elder-friendly sustainable gardens create community and intergenerational volunteer opportunities to share knowledge, socialize, and promote healthy aging through increased physical activity and increased access to healthy food choices. Innovative resources such as raised beds, ergonomic tools, and mobility aids support a rewarding experience. (Mangesh, 2025) and may address common aging issues including decreased stamina, joint pain, and mobility.

With your support, we can update and expand this underutilized resource and help it become a larger staple of the Center. Perennial Park's Community Garden is open to all community members or businesses, supporting our mission of "Growing to Serve".

IF YOU ARE INTERESTED IN DONATING:

1. Send a check to Perennial Park located at 320 W. Bacon Street, Hillsdale, MI 49242 and write "Spring Appeal" in the memo.
2. Scan the QR code to donate securely and directly online. If you have any questions, feel free to call us at 517-437-2422.

SCAN TO
DONATE





TAKE TEN



Associate Editor: Charles J. Fountaine, Ph.D., FACSM

10

SHAREABLE RESOURCE

by Charles J. Fountaine, Ph.D., FACSM

Ten Training Principles to Guide Exercise Prescription

1 LET'S TALK SPECIFICS. In its most basic iteration, the principle of specificity dictates that adaptations as a result of training are specific to the exercise stimulus applied, represented by the well-known acronym SAID — specific adaptations to imposed demands. General aspects of physical fitness can certainly be improved via a multitude of training plans, but the more specific the training goal, the more specific the training plan will need to be. Additional layers of specificity (muscle actions, velocity, ROM, metabolic pathways) are all potential areas to consider to maximize the desired transfer of training results.

2 I'M OVERLOADED HERE. The principle of overload states that to improve performance, the new training stimulus applied must be more challenging than what the individual was previously accustomed to in order to stimulate continued physiological adaptations. Without question, increasing the load in resistance training programs or increasing mileage in a cardiorespiratory fitness program are two of the more intuitive applications of overload. However, subtle increases in training frequency and volume or reductions in rest intervals are all additional strategies that can be employed.

3 YOU ARE WAY TOO ACCOMMODATING. The principle of accommodation in many ways is the antithesis of the overload principle. When the same monotonous training stimulus is used again and again over a long period of time, improvements in performance will decrease and the training effect will be reduced. In layman's terms, accommodation is the stagnation or staleness resulting from a lack of change in the training program.

4 PROGRESS REPORT. The principle of progression is the logical vehicle to implement the overload principle and minimize accommodation. When training stressors are increased gradually, incrementally, and systematically over time, positive training adaptations will be observed. A word of caution, progress is rarely a perfectly linear line, and many fitness enthusiasts can become unnecessarily frustrated when they cannot progress at the same rate as when they were a novice. A much more realistic approach is progressing little by little and utilizing a variety of training strategies.

5 LET'S MIX THINGS UP. The principle of variation is the process of intentionally manipulating training variables over time so the training stimulus remains optimal, and accommodation is avoided. In order to avoid monotony and the stressors associated with a training program, variations in exercise selection, volume, intensity, and frequency are examples of the most commonly manipulated training variables. An even more formal approach to applying variation is through periodization in which training factors are integrated and sequenced to optimize physiological and performance outcomes.

6 FOCUS ON THE INDIVIDUAL. The principle of individualization simply states that all individuals respond differently to training. If two different individuals were assigned the exact same training program, elements such as genetic factors, nutrition, lifestyle stressors, and recoverability may play a large role in how each individual may respond to a given training program. Although not always practical when training large numbers of individuals at the same time, an individualized training program that can be tailored to the specific needs of each individual is optimal.

7 LESS BANG FOR YOUR BUCK. The principle of diminishing returns suggests that as an individual continues to train over time, as they approach their genetic ceiling for a given fitness component, it will become more and more difficult to improve. Whereas the largest improvement in fitness will undoubtedly occur in untrained individuals, the rate and magnitude of progression will decrease and eventually plateau with higher levels of conditioning. However, careful adherence to the five training principles discussed previously will certainly allow an individual to maximize their genetic potential.

8 USE IT OR LOSE IT. The principle of reversibility (aka detraining) occurs when the exercise stimulus is ceased, resulting in performance reductions and the physiological adaptations that had been previously achieved. If an individual's physical activity or exercise levels are either markedly reduced or completely stopped, detraining will occur. However, the magnitude of the detraining experience will be dependent on elements such as training status and history, the specific fitness component, and how long the exercise has been reduced or ceased.

9 I CAN BE ADAPTABLE. The principle of adaptation suggests that the ability of an individual to adapt to the demands of exercise is dependent on their ability to balance fatigue, fitness, and recovery. In this context, a biological system is exposed to stress via exercise to stimulate adaptation. Three mechanistic theories that have attempted to explain this phenomenon include 1) Selye's General Adaptation Syndrome consisting of alarm, resistance, and exhaustion phases; 2) Stimulus–Fatigue–Recovery–Adaptation theory from which the concept of super-compensation emerges; and 3) Fitness–Fatigue theory, which posits that only when fatigue has dissipated, do fitness gains become apparent.

10 1 + 1 = 3. The principle of synergy reflects that all training principles are interdependent. Rather than viewing training principles as dichotomous opposites, there is considerable overlap within that creates a collective fusion of ideas to implement. The ultimate goal of an exercise prescription is to integrate the aforementioned training principles to capitalize on their interactive and synergistic effects while minimizing problems of fatigue and incompatibility.

Charles J. Fountaine, Ph.D., FACSM, is a professor in the Department of Kinesiology at St. Olaf College in Northfield, MN.



ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?

To advertise here
visit [lpicommunities.com
/adcreator](https://lpicommunities.com/adcreator)

Place Your Ad Here and Support our Community!

Instantly create and
purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator

SUPPORT OUR ADVERTISERS!

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT [WWW.MYCOMMUNITYONLINE.COM](https://www.mycommunityonline.com)





Maintenance Minutes

By: Randy Blythe, Facilities Coordinator

Spring is finally here!

As the weather is starting to make up its mind on what its going to do, here is a few things to think about.

Spring is the best time to prep your lawn for summer. The first thing I would do is fertilize your lawn if you think it needs it. If you do not know what to use, then go to any home improvement store and ask what they recommend. After you fertilize, it will be a good time to roll your lawn to level any soil push ups or ground mole mounds. I would rake them first, so you get the best leveling results. If you have to fill your roller with water and it is a steel roller, then I would suggest adding some vegetable oil or any cooking oil in with the water. This helps with preventing rust inside your roller. Of course, if it is plastic, then you should not have to do this. Be sure to empty it after the season, just so it does not freeze and crack open. This also makes it easier to move around.

Spring is also a good time to change your oil and sharpen your blades. Now as the warm weather approaches, so do the bugs. Check your screens for holes. To repair these you can either take them to your local hardware and they can replace the screen or you can simply repair them yourself by using a needle and thread. I would use light fishing line, as it will last longer and is also stronger. If the bugs and flies seem to cling around your windows, a simple trick is to spray a light coat of WD-40 around your frame. This will repel the bugs away from your windows and doors.

Spring also brings heavy rains and it is a good idea to check your drain in front of your house to see if there is any leaves or twigs holding the water evacuate. If you live in town, then call you public utilities and let them know. They usually keep up on these, but some could be easily missed. **Check your sump pump** and make sure it is working as it should. This will save you a lot of grief and money if it is working. No one wants a flooded basement.

Well, these are just a few tips and tricks that I hope will work for you. Enjoy the warmer weather and if you haven't **changed your batteries in your smoke or carbon monoxide detectors**, please do so. This should be done when the time changes. **Happy Spring!**



February 2025

Patricia O'Haver
Anne Burchardt
Margaret Vallad
James Demkowski
Mary Shields
Cheryl Foulk
Willard Johnston
Balboa Sawyer
Barbara Parsons
Thomas Chapp

Myron Heller
Sandra Kehn
Arlea Norton
Gordon Davis
Roy Rodd
John Laden
Alice Hartley
Helen Parker
Betty Ghesquiere
William Clum

March 2025

Gary Shearman
Jeanette Treadwell
Blanche West
Portia Hephner
Anthony Asaro
Jerry Gier
James Keller
Gerald Diegel
Jiletta Slocum

Winifred Fish
Jana Dunn
Claude Reed
Christine Cole
Patricia Collins
Audrey Fields
Patric Foust




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


> edwardjones.com | Member SIPC



You're retired. Your money isn't.
Let's prepare for your future together.

Samuel J Waldvogel, AAMS™, CRPS™
Financial Advisor
101 Hillsdale Street
Hillsdale, MI 49242
517-437-1301

MKT-58940-A-A1 AECSPAD 2408319



BIRTHDAYS

May

- Grace Broesamle
- Davon Wilson
- Marie LaRue
- Gary Wilson
- Xander LaRue
- Julie Spence
- Jenilee Griffiths
- Trixie Hale
- Melissa Broughman

June

- Grant Penney
- Cinda Dennison
- Jessica Scott
- Nick Miller
- John Blackwood
- Madison Stewart
- Leah Luderman

GENERAL DONATIONS
02/02/25-03/31/25

- Brenda Lee Buckner
- James Eppel
- Sarah ‘Sally’ Glazier
- Mark Nussbaum
- Dolly Powell
- Terry Ricketts
- Tom Simon

IN HONOR OR MEMORY

In Memory of Margaret Vallad

- Linda Jarvis
- Dean & Sharon Munk
- Nancy Munk
- Brenda Sheffer-Meachum

In Memory of John Laden

- Jacolyn Easterday
- Stan & Debra Miller

In Memory of Barb Riley

- Andy Paulsen



MARCH–APRIL 2025
SPONSORSHIPS

Senior Breakfasts

- Ryan & Bradshaw
- Coldwell Banker Groves Real Estate

Good Friday Senior Breakfast

- Hillsdale Hospital
- Jesco Industries, Inc.
- Hospice of Hillsdale County
- Belson Asphalt Paving, Inc.
- Green Energy LP
- Becker & Scrivens
- Ryan & Bradshaw
- Hillsdale County Farm Bureau

Raffle Basket Donations

- Trinity Lutheran Church
- Auto Image Paint & Body
- Lorrie Miller Law, PLC

IN-KIND DONATIONS

- WellWise Services
- Linda McClain
- Melissa Broughman

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.

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

www.hillsdaleseniors.org

Answers to St. Patrick’s Day Word Twist from March 2025 issue.

	Shamrock Leprechaun Ireland	Green Rainbow Clover	Lucky Parade Festive	Celebration
				©LPI



**For the
care
you
need.**

HILLSDALE STRONG.
Hillsdale First.



**HILLSDALE
HOSPITAL**

hillsdalehospital.com

**Primary Care Clinics
Emergency Room
Outpatient Services
Specialty Surgeons & Physicians**

HILLSDALE COUNTY SENIOR SERVICES CENTER

320 W. Bacon Street

Hillsdale, MI 49242

Non Profit
US Postage
PAID
Permit No. 188
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.

