

GOLDEN Leaves



320

FALL FESTIVITIES

ADC APPRECIATION



FALL PREVENTION MONTH

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

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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,

At Perennial Park, our mission is rooted in advocacy, action, and compassion for the older adults we serve. I'm proud to share several recent developments that reflect our unwavering commitment to creating a safer, more supportive, and more inclusive community for seniors.

With the support of **WellWise Services Area Agency on Aging**, we've taken a bold step in **raising awareness about elder abuse with a new billboard campaign**. Elder abuse—whether financial, emotional, physical, or neglect—is too often overlooked or misunderstood. Our billboard's powerful message aims to break the silence, educate the public, and encourage individuals to speak up if they suspect abuse. Prevention starts with awareness, and we're honored to be leading that charge locally.

We're strategically working towards the **Perennial Park Vision** of attainable housing for older adults. Safe, affordable, and appropriate housing is foundational to healthy aging. That's why our team has taken steps to clear the 17 acres of land, purchased in August 2022, which connects the Hallett and Bacon Street properties for future housing projects. We are also exploring diverse grant funding opportunities, building relationships with stakeholders, networking, and actively collaborating with the Economic Development Program and other community leaders to commission a comprehensive housing study. Collectively, these efforts will strengthen future grant proposals and drive strategic development in our area, supporting dignity, independence, and the ability to age in place.

We are incredibly grateful to the **CNB Foundation** for their donation to Perennial Park. Their generosity directly contributed to the purchase of the newest Meals on Wheels delivery van, supporting essential programming that improves the quality of life for older adults throughout our county. We continue to be grateful to the Hillsdale County Community Foundation for their support of the Fresh Produce Initiative, which has served more people at every distribution. The most recent distribution provided **85 bags of fresh produce to Litchfield residents**. Community partnerships like these make our work possible and impactful! Thank you!



On behalf of those who visit Perennial Park and enjoy the flower garden, I would like to extend sincere thanks and appreciation to **our outstanding volunteer, Kathy Ackermann**, for her tireless work and dedication to the Perennial Park garden, which was recognized with the **Garden Beautification Award** presented by the Hillsdale Garden Club. Her dedication to horticulture is inspiring, and the time and care she invests make Perennial Park a more beautiful and vibrant place for everyone.

As we look ahead, our commitment remains firm: to listen, to lead, and to act on behalf of the older adults who rely on us. Thank you for walking alongside us.

With sincere gratitude,

Maggi Monroe

Executive Director



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Pictured on front cover: Perennial Park receiving a \$5,000 donation from the CNB Foundation towards a new Meals on Wheels vehicle.

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4 | SEPTEMBER LUNCH MENU

MON	TUES	WED	THURS	FRI
1 CENTER CLOSED FOR HOLIDAY HAPPY LABOR DAY!	2 Chicken Tenders Fries Green Beans Pear Milk	3 Swedish Meatballs Egg Noodles Broccoli Mixed Vegetables Orange Milk	4 Sloppy Joe Carrots French Fries WW HB Bun Apple Milk	5 SENIOR PICNIC 10AM-2PM NO MEALS ON WHEELS CALL 517-437-3385 FOR A RIDE!
8 Eggs Sausage Hashbrowns Mandarin Orange Milk	9 Chicken Wrap Carrots Chips Craisins Milk	10 Cheesy Chicken & Rice Casserole Broccoli Pineapple Milk SENIOR BREAKFAST	11 BBQ Beef French Fries Green Beans Watermelon Milk	12 Cheeseburger Potato Salad Broccoli Salad WW HB Bun Applesauce Milk
15 Wiley Potato Broccoli Carrots Pineapple Sour Cream Milk	16 White Chicken Chili Side Salad Corn Muffin Banana Milk	17 Meatloaf Sweet Potatoes Brussell Sprouts Apple Milk	18 Slice of Ham Redskin Potato Sugar Snap Peas Pears Milk	19 Herb Crusted Fish Rice Mixed Vegetables Orange Tartar Sauce Milk
22 Chicken (Spinach) Mac & Cheese Apple Cinn. Delight Milk	23 Turkey & Cheese Wrap Cottage Cheese Mixed Fruit Carrots Milk	24 Enchilada Casserole Refried Beans Spanish Rice Apple Sour Cream Milk	25 Cabbage Rolls Spinach Cauliflower Mandarin Oranges Milk	26 Chicken Cordon Bleu Potatoes Wax Beans Tropical Fruit Milk Cake & Ice Cream HAPPY BIRTHDAY!
29 Corn Dog Steak Fries Winter Blend Veggies Juice Milk	30 Pot Roast Potato Carrot Fruit Cup Milk	Lunch is served weekdays from 12-12:45 p.m. Suggested donation: \$5 for those 60 and older \$6 for those under 60 years old You can find the lunch menu, Center activities, and Special Events on our website: www.hillsdaleseniors.org		



320 W. Bacon Street
Hillsdale, Michigan 49242



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



Visit our website:
www.hillsdaleseniors.org

BUSINESS HOURS

Monday-Friday

8:30 a.m.—4:30 p.m.

FITNESS CENTER HOURS

Monday-Thursday

6:00 a.m.—7:00 p.m.

Friday: 6:00 a.m.—5:00 p.m.

Saturday: 8:00 a.m.—Noon



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American Red Cross

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NEXT EVENT

WEDNESDAY, OCTOBER 15TH
9 A.M. - 2:45 P.M.

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Foot Clinic

with Dr. White, DPM

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

Next Clinic: Friday, October 24th
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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SUPPORT OUR ADVERTISERS!



By: Grace Broesamle, Marketing and Communications Coordinator

Summer has brought some warm weather and cool memories to look back on!

This year, we added new fundraisers with the first one being our **Oktoberfest in July!** We held the event on Saturday, July 19th from 2-6 p.m. This event was for those 21 and older to come to the Center to enjoy a selection of beer, German food, music, games, and more! Thank you to everyone that came and we hope you had fun! Also, thank you to *Century Bank & Trust* for sponsoring the event!



In early August, we partnered with Cottage Inn for a **Pizza Fundraiser** that **raised \$632** for the Center! These funds will go into our programs and services that help older adults in Hillsdale County! Thank you to everyone who ordered pizza that day and a HUGE thank you to *Cottage Inn Pizza* for offering this to help the community!

Another fundraiser that we added this year is the **Pancake Breakfast** that took place on Saturday, August 16th from 8:30-11:30 a.m. at the Center. Thank you to everyone who came and we hope you had a good time and a great meal! Thank you to our sponsors of the event: *Waldvogel Wealth Management, Walmart of Jonesville, Knapp Chiropractic, and Belson Asphalt Paving!*



What to look forward to this fall

Our **Cash Bingo Nights** have been going well! These occur every 1st Thursday of the month from 5-9 p.m. Around 50-60 people attend each event and we have added more specialty games! At the event, you play bingo to win cash prizes and there are also Charity Game Tickets available for purchase to win even more cash prizes! You must be 18 years or older to play. If you have questions or are interested in attending, contact the Center! The next scheduled Cash Bingo Nights are Thursday, September 11th (moved to the 2nd Thursday due to the Senior Picnic) and Thursday, October 2nd. We hope to see you there!

Senior Breakfasts are starting back up! The next event is on Wednesday, September 10th at 8:30 a.m. The guest speaker will be Leigh Hancock from 3D Physical Therapy talking about Fall Prevention Month. After that, the next one is on Wednesday, October 8th at 8:30 a.m. and the speaker will be Barrett Insurance to talk to you about Medicare since open enrollment will start around then. Thank you to *Barrett Insurance* for sponsoring both of these events! Senior Breakfasts are every 2nd Wednesday of the month at 8:30 a.m. from January-May and September-November.

Our annual **Senior Picnic** will take place on Friday, September 5th from 10 a.m. to 2 p.m. Come to the Center for hamburgers, hotdogs, and all the classic picnic fixings! We'll also have games like bingo and cake walks where you can win prizes as well as other activities like cornhole, billiards, and more! While you enjoy your meal, there will also be performances from local singers and dancers. As a reminder, there will be **no Meals on Wheels** that day, so if you need a ride to the Center, please call by Thursday, September 4th and we will add you to the pick-up list. If you live in the city of Hillsdale, please call Dial-A-Ride for a ride at 517-437-3385, and if you live outside of Hillsdale, please contact the Center for a ride at 517-437-2422.

At the end of September, we will have a booth at the **Hillsdale County Fair** in the Merchant's Building! We are also holding **Senior Day** at the Nichols Bandshell on Friday, September 26th from 10 a.m. to 2 p.m. There will be a variety of performances to enjoy including our Cardio Drumming group, Pure Energy Cloggers, and more!

On Friday, October 10th from 10 a.m. to 1 p.m., we will be hosting our annual **Health Fair** where you can meet with around 30 local organizations to learn how to improve and maintain your health! All are welcome to join and lunch will be provided!

Right after Halloween, on November 1st and 2nd, we will be hosting another **Murder Mystery Fundraiser**! This year, we are doing *The Shootout Saloon*, so be sure to wear your western attire to enjoy a delicious meal while trying to solve this wild murder mystery! We are so grateful to have the **Sauk Theater** to help us out again this year! More information about this and other events is on our Facebook page (@Hillsdale Senior Center) and our website (www.hillsdaleseniors.org)!



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Ask the Nurse

Celebrating National Adult Day Services Week

September 21st–September 27th

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

Every September, National Adult Day Services Week reminds us of the essential role Adult Day Centers play in our communities. This special week, established by former President Ronald Reagan in 1983, recognizes programs across the country that provide a lifeline of support, not only to older adults, but to the family members who care for them.

At Perennial Park, our Adult Day Care program exists to meet the needs of both groups. For the older adults who attend, it is a place to connect, engage, and thrive. For the caregivers, it is a much-needed source of respite, peace of mind, and community.

The Heart of Our Adult Day Care

Every day at Perennial Park's Adult Day Care is filled with activities designed to stimulate the mind, encourage socialization, and support physical health. From music therapy and art projects to light exercise, games, and group discussions, participants are given opportunities to stay active and engaged. Nutritious meals are served, health needs are monitored, and friendships are formed.

For many participants, our program is more than a schedule; it's a safe and welcoming place where they feel valued and respected. For families, it's the reassurance that their loved one is not only safe but truly enjoying their day.

The Caregiver Connection

Caring for an aging parent, spouse, or family member can be a full-time job, often on top of another full-time job. The emotional, physical, and financial strain can be overwhelming. Caregivers may experience stress, exhaustion, and even burnout when they don't have consistent breaks. Over time, this can affect their own health, relationships, and ability to provide quality care.

Adult Day Care can be a game-changer. By providing professional care during the day, we allow caregivers to work, rest, attend appointments, or simply take a few hours for themselves. This time away helps them recharge and return to their role feeling renewed. Studies show that caregivers who have access to respite services like Adult Day Care report less stress, better health, and a greater ability to keep their loved one at home longer.

Why National Adult Day Services Week Matters

This week is more than a celebration; it's an opportunity to raise awareness. Too often, caregivers don't realize help is available, or they hesitate to reach out because they feel guilty asking for support. We want them to know that accepting help is not a sign of weakness; it's a way to sustain both themselves and their loved one for the long term. At Perennial Park, we see Adult Day Care as a partnership between our staff, the participant, and their family. When caregivers are supported, the entire circle of care becomes stronger.

This National Adult Day Services Week, we celebrate the love, strength, and dedication of caregivers, and we remain committed to walking alongside them every step of the way.

For more information about our Adult Day Care, please get in touch with us at 517-437-2242. We are here to help!

Reference:

National Adult Day Services Association (2025). *National Adult Day Services Week*. <https://www.nadsa.org/about/nationaladulthoodservicesweek/>

Thank you to our Adult Day Care staff!



Linda McClain—Respite Specialist, ADC Team Lead

Linda has been a valued member of the program for the past five years. In her role, she is dedicated to creating meaningful connections with clients, whether through one-on-one interactions or engaging group activities. She takes pride in keeping participants active and involved during their time at the ADC, fostering both enjoyment and well-being. Linda also recognizes the vital role Adult Day Care plays in supporting caregivers, helping to prevent burnout by offering them peace of mind and a trusted place for their loved ones to spend the day.

Megan Harwood—Direct Care Worker

Megan Harwood has been part of the Perennial Park family for a year and a half, working in the Home-Based Department before recently stepping into a part-time role with our Adult Day Care (ADC) program. "I couldn't have asked for a better company to work for," she shares. Megan believes ADC is a valuable resource for both clients and their caregivers—offering older adults the opportunity to connect and engage with others every day, while also giving caregivers a much-needed break from their routines. For Megan, the work is deeply rewarding: "I enjoy what I do because it makes me feel like I'm making a difference in our clients' lives."



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

Why So Many Scams??

Have you noticed how many new scams have surfaced recently? Sophisticated scammers are now using artificial intelligence to create more authentic sounding and convincing scams. These criminals use scare tactics and/or a sense of urgency causing victims to make quick decisions without regard to consequences. Let's discuss the most recent ones....

Genetic Test Kits: Several of my clients have received phone calls that appear to come from a medical center or hospital. The caller claims that Medicare is paying for free test kits that will enable you to determine your ancestry and predict and/or prevent serious diseases that might run in your family. The truth is that you must provide your personal information which is then used to fraudulently bill Medicare for a test that is not medically necessary. Unethical doctors and the scammers share the reimbursement. According to the Office of Inspector General, you may be held responsible for the costs if Medicare denies the claim. If a kit is sent to you, do not accept it or return it to the sender.

QVC Imposters: Beware of a fraudulent website that appears to be from a QVC discount store offering hugely discounted prices. These fake deals are heavily promoted on social media sites. You select the merchandise and pay for it with a credit or debit card. The crooks get your personal information, but you never get the merchandise. I called the real QVC for a client and discovered that there is no such thing as an online discount store. The QVC representative stated that many of their loyal customers are falling victim to this fraudulent website set up by imposters. When shopping online, check to make sure that you're on a company's official website. Remember: If it sounds too good to be true, then it probably isn't true.

Job Scam: With this scam, you may receive an official-looking job offer in your email even though you never requested it. However, the so-called employer needs your personal information (employment paperwork), before you even have an interview!

The iCloud Storage Scam: You may receive an email or text that appears to come from Apple or Google saying that you're out of storage. This phishing email tries to trick you

into clicking on a link to get your personal information or to install malware which is harmful software that can take over your computer system.

Senior Project Fresh Impersonators: Perennial Park recently received a scam alert from MDHHS notifying us about Project Fresh impersonators calling participants asking for their debit card number in order to activate their benefit card. Please know that Senior Project Fresh will NEVER ask for any personal information. If you are called, hang up immediately and notify Project Fresh or the MDHHS.

Student Loan Forgiveness: Warn your children and grandchildren about a text claiming that your outstanding student loans have been recently reviewed and that you are eligible for forgiveness if you contact them ASAP. This alarming text is being widely distributed, even to students who don't have loans!

Fake College Websites: Legitimate-looking websites are tricking prospective students into sending money or sharing personal information. Beware if you see a website that sounds too good to be true, such as offering a degree in a very short time. You may detect wrong or missing information, or grammar and spelling errors.

Jury Duty Scam: This scary scam may start with a phone call from an imposter pretending to be a police officer claiming that you have missed jury duty and now you owe a fine. The caller ID may even show a local police department phone number! If you fall for this scam, the scammers will direct you to a fake website that looks quite official. They will instruct you to enter your birthdate and social security number to determine the amount "owed" and will tell you how to pay, often with a gift card which is like cash.

Outstanding Traffic Violations Scam: Imposters claiming to be from the Michigan Department of Transportation (MDOT), are circulating text messages stating that your vehicle registration and driving privileges will be revoked in 30 days and a 35% law enforcement fee will be charged if you don't take immediate action. Clicking on the link will take you to the fraudulent website demanding payment. Remember that official notices are sent via mail, not through text messages.

Amazon or Walmart Scam: You may receive a message asking you to authorize a payment for a new computer or gaming system before it is shipped. This is meant to alarm you so that you will follow the instructions to "press #1" and speak to a customer support representative to discuss the purchase. Amazon imposters are also sending alarming safety recall texts regarding a recent purchase and an offer to send an updated, safer version of the product. The product is never mentioned! All you have to do is click on the link to begin the process. You will then have to supply personal information to the imposters. If you are really concerned, go to your official Amazon order page and check for any recalls.

The Distant Relative Scam: I heard a report recently presented by the Michigan State Police warning residents not to allow strangers into your home who claim to be a distant relative or an old family friend. These criminals may ask to use your restroom after engaging you in a conversation to befriend and distract you. Once inside, they have opportunity to steal anything in your home. Please report any such experiences to law enforcement.

How the SAFE+ Program Can Help You

If you fell for one of the above scams, please contact me so that I can advise you what to do. If it's not too late, we can try to contact your financial institution or credit card company for reimbursement or stop a payment. If you gave up your social security information, we can generate a credit report, place a fraud alert, notify the Social Security Administration Office, and the IRS. We may also report the incident to the Police and the Federal Trade Commission.

Socialization Events

Thanks to all those who have been participating in our memoir writing sessions, diamond dot art, tile painting classes, and the jewelry making classes. Staying connected in community events make us less vulnerable to scammers by reducing isolation and loneliness and improving our mental well-being.

Meet with Maribeth
Tuesdays & Thursdays
10am-4pm



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12 | SEPTEMBER ACTIVITIES

MON	TUES	WED	THURS	FRI	SAT
1 CLOSED FOR THE HOLIDAY 	2 10 am: SS Enerchi 10am-4pm:SAFE + 11:15am:SS Classic 1-2pm: Bingo 4:30pm:Cardio Drum	3 10am: SS Stability 11:15am: SS Yoga 1-3pm: Handcrafting & Euchre & Woodcarvers 4:30pm: Fit Camp 5:30pm: Vinyasa Yoga	4 8:45am: Perennial Park Perspective on WCSR 9:30: Cardio Drum 10am-4pm:SAFE + 11:15am:SS Classic 1-2: Low Intensity Cardio Drumming	5 10am: SS EnerChi & Cornhole 10am-2pm: Senior Picnic NO MOW 11:15am: SS Yoga 1-3: Movie &Popcorn 4:00pm: Fit Camp	6 9:30am Cardio Drumming 8am-12pm Fitness Center Open
8 9:30am Cardio Drumming 11:15am: SS Stability 1pm: Tech Time with Miro 1-3:Pedro (Cards)	9 10 am: SS Enerchi 10am-4pm:SAFE + 11:15am:SS Classic 1-2pm: Bingo 1-3pm: Mahjong 4:30pm:Cardio Drum	10 8:30am: Senior Breakfast 10am: SS Stability 11:15am: SS Yoga 1-3pm: Handcrafting & Euchre & Woodcarvers 1-3: SAFE+ (RSVP) Bracelet Making 4:30pm: Fit Camp 5:30pm: Vinyasa Yoga	11 9:30: Cardio Drum 10am-4pm:SAFE + 11:15am:SS Classic 1-2: Low Intensity CD 2-3:30pm Parkinson's SG 5:45-9pm: Cash Bingo (18+)	12 9am: Coffee Hour 10am: SS EnerChi & Cornhole 11:15am: SS Yoga 1-3: Movie &Popcorn 4:00pm: Fit Camp	13 8:30am & 9:30am Cardio Drum 8am-12pm Fitness Center Open
15 9:30am Cardio Drumming 11:15am: SS Stability 1-3:Pedro (Cards)	16 10 am: SS Enerchi 10am-4pm:SAFE + 11:15am:SS Classic 1-2pm: Bingo 1-3pm: Mahjong 4:30pm:Cardio Drum	17 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	18 9:30: Cardio Drum 11:15am:SS Classic 10am-4pm:SAFE + 1-2: Low Intensity Cardio Drumming 1-3pm: Technology Assistance Clinic 1:30-3pm: Kinship Care SG	19 9am: Coffee Hour 10am: SS EnerChi & Cornhole 11:15am: SS Yoga 1-3: Movie &Popcorn 4:00pm: Fit Camp	20 9:30am Cardio Drum 8am-12pm Fitness Center
22 9:30am Cardio Drumming 11:15am: SS Stability 1-3:Pedro (Cards) VISIT US AT THE HILLSDALE COUNTY FAIR SEPT 21-27!	23 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	24 10am: SS Stability 10am-4pm: SAFE+ 11:15am: SS Yoga 1-3pm: Handcrafting & Euchre & Woodcarvers 4:30pm: Fit Camp 2-3:30:Alzheimer's SG 5:30pm: Vinyasa Yoga	25 9:30: Cardio Drum 10am-4pm:SAFE + 11:15am:SS Classic 1-2pm: Low Intensity Cardio Drumming	26 9am: Coffee Hour 10am: SS EnerChi & Cornhole 10am-2pm: Senior Day at the Hillsdale County Fair 11:15am: SS Yoga 1-3: Movie &Popcorn 4:00pm: Fit Camp	27 9:30am Cardio Drum 8am-12pm Fitness Center Open
29 9:30am Cardio Drumming 11:15am: SS Stability 1-3:Pedro (Cards)	30 10 am: SS Enerchi 10am-4pm:SAFE + 11:15am:SS Classic 1-2pm: Bingo 4:30pm:Cardio Drum	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			

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FALL PREVENTION EVENTS


 WellWise Services
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WEDNESDAY, SEPT. 10TH, 12-1PM

WellWise Services
 107 Chicago St., Brooklyn, MI


 JACKSON COUNTY
 Department on Aging

MONDAY, SEPT. 15TH, 1-2PM

Jackson Co. Department on Aging
 1715 Lansing Ave., Jackson, MI



TUESDAY, SEPT. 16TH, 10-11AM

Clinton Senior Center - UCC Church
 300 Tecumseh Rd., Clinton, MI



WEDNESDAY, SEPT. 17TH, 1-2 PM

Hillsdale County Senior Services Ctr.
 320 W. Bacon St., Hillsdale, MI



MONDAY, SEPT. 22ND, 1-2 PM

Adrian First United Methodist Church
 1245 W. Maple Ave., Adrian, MI

FALL PREVENTION

*Are you concerned about Falling?
 Let us help your balance!*

- ✓ Learn how to get up from a fall & how to fall with as little injury possible.
- ✓ Learn how to assist someone else who has balance challenges.
- ✓ See demonstrations by Physical Therapists on appropriately sizing and using your walker and cane
- ✓ Learn how to reduce fall risk through medication management and home safety measures you can take
- ✓ Free resources and consultations with Options Counselors for home safety recommendations, assistive technology, and other services to help you manage.

Receive
 recommendations
 to make adjustments
 to your cane
 or walker by a
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HENRY FORD HEALTH

Falls among older adults (65+) are:

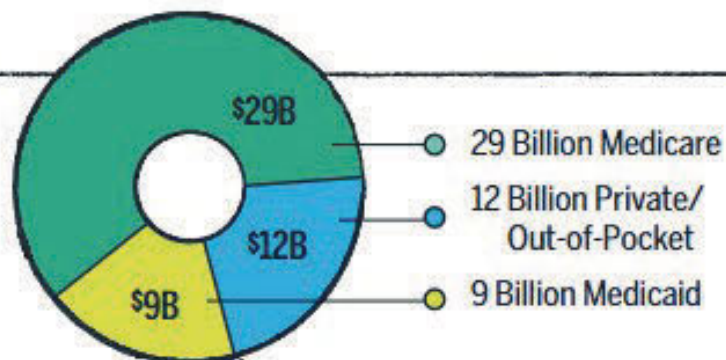


Common

- 1 in 4 older adults falls each year.
- Falls are the leading cause of hip fractures and brain injuries.
- Falls threaten independence and quality of life.

Costly

75% of the total cost of falls are paid by Medicare and Medicaid.



Preventable

CDC's STEADI initiative provides resources for healthcare providers, older adults, and caregivers on how to reduce fall risk.

Reducing falls improves health, fosters independence, and reduces healthcare spending.

Healthcare providers use
CDC's STEADI initiative

Reduce older adult falls

Lessen burden on U.S.
healthcare system

Reduce costs

16 | OCTOBER ACTIVITIES

MON	TUES	WED	THURS	FRI	SAT
 Have You Seen Our Web Site? www.hillsdaleseniors.org		1 10am: SS Stability 11:15am: SS Yoga 1-3pm: Euchre 1-3pm: Handcrafting 1-3: Woodcarvers 4:30pm: Fit Camp 5:30pm: Vinyasa Yoga	2 8:45am: Perennial Park Perspective on WCSR 9:30: Cardio Drum 10am-4pm:SAFE + 11:15am:SS Classic 1-2: Low Intensity Cardio Drumming 5:45-9pm: Cash Bingo (18+)	3 9am: Coffee Hour 10am: SS EnerChi & Cornhole 11:15am: SS Yoga 1-3: Movie &Popcorn 4:00pm: Fit Camp	4 9:30am Cardio Drumming 8am-12pm Fitness Center Open
6 9:30am: Cardio Drum 11:15am: SS Stability 1pm: Tech Time with Miro 1-3:Pedro (Cards)	7 10 am: SS Enerchi 10am-4pm:SAFE + 11:15am:SS Classic 1-2pm: Bingo 4:30pm:Cardio Drum	8 8:30am: Senior Breakfast 10am: SS Stability 11:15am: SS Yoga 1-3pm: Euchre 1-3pm: Handcrafting 1-3: Woodcarvers 4:30pm: Fit Camp 5:30pm: Vinyasa Yoga	9 9:30: Cardio Drum 11:15am:SS Classic 10am-4pm:SAFE + 1-2: Low Intensity Cardio Drumming 2-3:30pm Parkinson's SG	10 10am: SS EnerChi & Cornhole 10am-1pm: Health Fair 11:15am: SS Yoga 1-3pm: Corn Hole 1-3: Movie &Popcorn 4:00pm: Fit Camp	11 8:30am & 9:30am Cardio Drum 8am-12pm Fitness Center Open
13 9:30am: Cardio Drum 11:15am: SS Stability 1-3:Pedro (Cards)	14 10 am: SS Enerchi 10am-4pm:SAFE + 11:15am: SS Classic 1-2pm: Bingo 1-3pm: Mahjong 4:30pm: Cardio Drum	15 9am-2:45pm ARC Blood Drive (RSVP) 10am: SS Stability 11:15am: SS Yoga 1-2: Connection Café 1-3pm: Euchre, Woodcarvers, and Handcrafting 4:30pm: Fit Camp 5:30pm: Vinyasa Yoga	16 9:30: Cardio Drum 11:15am:SS Classic 10am-4pm:SAFE + 1-2: Low Intensity Cardio Drumming 1-3pm: Technology Assistance Clinic 1:30-3pm: Kinship Care SG	17 9am: Coffee Hour 10am: SS EnerChi & Cornhole 11:15am: SS Yoga 1-3: Movie &Popcorn 4:00pm: Fit Camp	18 9:30am Cardio Drum 8am-12pm Fitness Center Open
20 9:30am Cardio Drumming 11:15am: SS Stability 1-3:Pedro (Cards)	21 10 am: SS Enerchi 10am-4pm:SAFE + 11:15am:SS Classic 1-2pm: Bingo 1-3pm: Mahjong 4:30pm:Cardio Drum	22 10am: SS Stability 11:15am: SS Yoga 1-3pm: Euchre 1-3pm: Handcrafting 1-3pm: Woodcarvers 2-3:30: Alzheimer's SG 4:30pm: Fit Camp 5:30pm: Vinyasa Yoga	23 9:30: Cardio Drum 11:15am:SS Classic 10am-4pm:SAFE + 1-2: Low Intensity Cardio Drumming	24 8:30am-Noon Foot Clinic (RSVP) 9am: Coffee Hour 10am: SS EnerChi & Cornhole 11:15am: SS Yoga 1-3: Movie &Popcorn 4:00pm: Fit Camp	25 9:30am Cardio Drumming 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 1-3pm: Mahjong 3pm: Board Meeting (Open to the Public) 4:30pm:Cardio Drum	29 10am: SS Stability 11:15am: SS Yoga 1-3pm: Euchre 1-3pm: Handcrafting 1-3pm: Woodcarvers 4:30pm: Fit Camp 5:30pm: Vinyasa Yoga	30 8:45am: Perennial Park Perspective on WCSR 9:30: Cardio Drum 11:15am:SS Classic 10am-4pm:SAFE + 1-2pm: Low Intensity Cardio Drumming	31 HAPPY HALLOWEEN! 9am: Coffee Hour 10am: SS EnerChi & Cornhole 11:15am: SS Yoga 1-3: Movie &Popcorn 4:00pm: Fit Camp	

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: Fats

By: Sarah Pollack, RDN, CDCES

Dietary fats often get a bad rap, but they are actually essential for our health. What are the different types of fats? What are their roles in the body? What is the best way to include them in a healthy diet? Read on to get a better understand of this important nutrient.

Types of Dietary Fats

- **Unsaturated Fats:** These are often considered "good" fats. They help reduce LDL (bad) cholesterol levels and can lower the risk of heart disease. They are typically liquid at room temperature.
 - There are two types of unsaturated fats:
 - Monounsaturated fats:** Found in olive oil, avocados, and nuts.
 - Polyunsaturated fats:** Found in fatty fish (like salmon), flaxseeds, walnuts, and sunflower oil. Polyunsaturated fats are broadly categorized into omega-3 and omega-6 fatty acids.
- **Saturated Fats:** These fats are typically solid at room temperature and are found in animal products like meat, butter, and cheese, as well as tropical oils like coconut and palm oil. Moderation is key. Getting too much saturated fat can raise levels, which increases the risk of heart disease.
- **Trans Fats:** There are two broad types of trans fats found in foods: naturally-occurring and artificial trans fats.
 - Naturally-occurring trans fats:** Produced in the gut of some animals and foods made from these animals (e.g., milk and meat products) may contain small quantities of these fats.
 - Artificial trans fats:** Created in an industrial process that adds hydrogen to liquid vegetable oils to make them more solid. They are found in processed foods, baked goods, and some margarines. Avoid artificial trans fats can increase LDL cholesterol and decrease HDL (good) cholesterol, which can significantly increase the risk of heart disease.

The Role of Fats

Fats are essential in the diet and play crucial roles in the body. Fats are needed to:

- Give energy: Fat is a dense energy source, providing 9 calories per gram, compared to protein and carbohydrates, which each provide 4 calories per gram.
- Absorb some vitamins: Fat-soluble vitamins (A, D, E, K) need fat to be absorbed by the body.
- Create cell structure: Fats are key components of cell membranes.
- Make hormones: Many hormones, including steroid hormones, are made from fat.
- Promote brain health: The brain is composed of about 60% fat, and omega-3 fatty acids are critical for cognitive function and reducing inflammation.

Including Fats in a Healthy Diet

A balanced diet should contain a healthy ratio of fats, proteins, and carbohydrates. The general recommendation is:

- 25-35% of your total daily calories should come from fat (preferably unsaturated types).
- Limit saturated fats to less than 10% of total calories.

Focus on unsaturated fats from whole food sources like nuts, seeds, avocados, and fatty fish. Limit saturated fats from processed and fried foods, and try to replace them with healthier options. Avoid artificial trans fats at all costs. Check labels for "partially hydrogenated oils" to spot them.

Tips to Choose Healthier Fats

- Use olive oil or avocado oil instead of butter or margarine.
- Snack on nuts, seeds, or olives instead of chips or candy.
- Include fatty fish (like salmon, mackerel, or sardines) in your meals a couple of times a week.
- Choose plant-based fats (like those from nuts, seeds, and avocados) over animal fats when possible.

NOT-SO-TRICKY TREATS

Submitted By: Grace Broesamle

Hot Dog Mummies

Prep: 15 min. | Bake: 15 min. | Yield: 8

Ingredients

- One 8 oz. tube of crescent dough
 - 8 bun-length hot dogs
 - 1 slice white American cheese
 - Ketchup and/or mustard

Recipe from www.foodnetwork.com



Directions

1. Preheat the oven to 375 degrees F. Line a rimmed baking sheet with parchment paper or a silicone mat.
2. Open the crescent dough tube and unroll the dough onto a work surface. Pinch together the seams to create a rectangle. Cut the dough lengthwise into 8 long strips.
3. Take 1 hot dog and 1 strip of the dough and wind the dough around the hot dog while pulling gently to stretch the dough. Crisscross the dough every so often so it looks like mummy wrappings. Near the end of the hot dog, leave a narrow strip of hot dog exposed so you can add eyes after baking. Place the wrapped dog on the prepared baking sheet and repeat with remaining dough and hot dogs. Bake until golden brown, about 15 minutes.
4. While hot dogs bake, use the narrow end of a wide piping tip to punch out 16 small rounds of cheese for the mummies' eyes.
5. Remove the hot dogs from oven. Using a toothpick, smear some ketchup on one side of each cheese round and "glue" it to the open area of the hot dog to create 2 eyes. Using the same toothpick, put a dab of ketchup or mustard in the center of each eye to create a pupil.

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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, Sept. 17th | 1-2pm
Wednesday, October 15th | 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**,
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OCTOBER LUNCH MENU | 21

MON	TUES	WED	THURS	FRI
You can find the lunch menu, Center activities, and Special Events on our website: www.hillsdaleseniors.org		1 Pork Loin Sweet Potato Vegetable Blend Applesauce Milk	2 BBQ Chicken Nuggets French Fries Cauliflower Pears HB Bun Milk	3 Beef N' Noodles Broccoli Capri Blend Veggies Orange Milk
6 Polish Sausage Sauerkraut Diced Potatoes WW HD Bun Juice Milk	7 Chicken Tortilla Soup Side Salad Tortilla Chips Pears Milk	8 Sloppy Joe Steak Fries Green Beans Mixed Fruit Milk SENIOR BREAKFAST	9 Pizza Mixed Veggies Carrots Banana Milk	10 Chicken Wrap Potato Chips Carrots Apple Milk HEALTH FAIR 10AM-1PM
13 Salisbury Steak Mashed Potatoes Corn Orange Milk	14 Chicken w/ Spinach Mac & Cheese Stewed Tomatoes Applesauce Milk	15 Baked Ziti Italian Beans Garlic Bread Pears Milk	16 Shepherds Pie Potatoes Gravy Pineapple Milk	17 Meatloaf Scalloped Potatoes Prince Edward Veggies Mandarin Oranges Milk
20 Turkey Burger French Fries Baked Beans WW HB Bun Apple Milk NATIONAL APPLE DAY!	21 Chili Side Salad Peanut Butter Bread Juice Milk	22 Ham Slice Sweet Potatoes Mixed Veggies Fruit Cup Milk	23 Chicken Cordon Bleu Carrots Green Beans Peaches Milk	24 Fish Rice Pilaf Broccoli Pears Tartar Sauce Milk
27 Cheeseburger Tater Tots Italian Green Beans WW HB Bun Tropical Fruit Milk	28 Bone-In Chicken Mashed Potatoes Winter Blend Veggies Grapes Milk	29 Omelet Sausage Links Diced Potatoes Apple Cinn. Delight Milk	30 Chicken Fried Steak Mashed Potatoes Corn Country Style Gravy Orange Milk	31 HAPPY HALLOWEEN! "Ghoulash" Carrots Green Beans Cheese Stick Milk Cake & Ice Cream HAPPY BIRTHDAY!



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BY: JUANITA ROSE VIOLETT

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Maintenance Minutes

By: Randy Blythe, Facilities Coordinator

It's been a hot one.

It seems like we went from winter to summer with no relief in between. It has been a very hot and humid summer so far and the cooler weather is on its way. Here are a few things you might want to check.

- Inspect your air conditioning unit to see if you have debris in your coils. A good way to clean these is to lightly spray from the top of your unit and clean the coils from the inside out. Make sure the unit is off first (of course). This is the best way to keep the air flow going across your coils. A good way to tell is to hold your hand over the top of the unit as it is running to see if you're getting a good discharge of air around the whole fan. If you are not, then that means it is not getting ample air going in the unit. Focus on the area where there is little to no air and clean the coils under that spot. Be careful you don't spray too hard as you can bend or damage the fins of the coils. After that is done, then it is a good time to change your furnace filter. Once this is all done, you should get good clean air through the system.
- When it comes to your car, if you are getting a musty smell as you run, you're a/c. it might be time to change your cabin air filter. This job is best left to your mechanic. So, the next time you get your car serviced, have them look at the cabin filter to see if it is time for a change.

Generally, this filter should be changed every 15,000 to 30,000 miles. This will give you a fresher smelling car.

- Seeing how we are talking about cars, it is also a good time to rotate those tires as the hot pavement will also take a toll on tires. This will ensure better wear and longer life of your tires. Another thing to check is your windshield wipers. Wipers are exposed to the hot sun most of the time. This will cause them to get brittle and crack. So, while your car is getting serviced, have them take a look at the wipers as well. You do not want to get caught in heavy rain at night and not being able to see.
- Now, if you have hummingbird feeders outside, you might think about how often you should change the nectar in this hot weather. The answer to that is everyday or every other day. Once it gets hot, it will cause mold to grow inside the feeder. Of course, when changing the food, you should also wash the feeder thoroughly. Doing this will ensure giving your outside friends to stay healthy. Cleaning it daily will also get rid of ants and other insects that might feed from this too. Keep the water in your bird bath clean and fresh as well. This will prevent E. coli from getting in the bath along with mosquitoes from forming.

These are just a few tips to help you have a fresh and healthy home for the remainder of summer!



June 2025

Diane Carr
Valdron Sauber
Priscilla Foust
Pamela Schultz
Christine Rubin
Ellen Wetzel
Dorcas Stegelmann
Bobby Simon
David Skiver
Roger Lambright
Mary Reynolds

July 2025

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Gerald Kreza
Bert 'Tom' Russell
Connie Peppers
Diane Osbourne
Cleo Swan
Eric Kas
Gerald Magda

Alan French
Gerald Austin
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Sarah Calderwood
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26 | BIRTHDAYS & DONATIONS



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Lisa Wheeler
James Hilliker
Lori DuBois
Jeramy Monroe
Mary Rogers
Herman 'Doug' Sanford

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Linda Fogarty
Kathy Knight
Patrick Good
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Katelynn Aube
Kathy Leyman
Wanda Ervans
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Erin Arno
Reed Irwin

GENERAL DONATIONS 06/01/25-07/31/25

Jesse Lipson
Dolly Powell
Tom Simon
Glenna Spahr
Carolyn Spencer

IN HONOR OR MEMORY

In Memory of Tim Frosch
The Frosch Family

In Memory of Elizbeth Hammond
Harry Phillip

In Memory of Dwaine Heath
Linda Calbetzer

In Memory of Chris Hoyt
Gary Hoyt

In Memory of John Laden
Beverly Taylor

In Memory of Tom Russell
John, Nancy, & Jay II Bumpus
Bob & Cathy Galloway
Rich Galloway
Eric Klingler
Thomas & Sandra Mullaly
John & Kenette Spratt
Alicia & Brad Yeagley
Yeagley Family

In Memory of Sandra Stratton
Lyle Stratton

JULY -AUGUST 2025 SPONSORSHIPS

Oktoberfest in July
Century Bank & Trust

Pancake Breakfast
Waldvogel Wealth Management
Walmart of Jonesville
Knapp Chiropractic
Belson Asphalt Paving

IN-KIND DONATIONS

Donald Germann
Diane Trachsel
Teresa 'Terry' Vear

MORE SPRING APPEAL & CORRECTIONS

Kris Dewey
Sarah 'Sally' Glazier
Ann Zinser

In Memory of Martha Spicuzza
Paul Spicuzza

In Memory of Sharon Strumbaugh
Shirley Burge



**Thank you to the
CNB Foundation for their donation
of \$5,000 for a new Meals on
Wheels vehicle!**

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.

**For skilled
nursing care
you can trust.**



Rural Health
STRONG



hillsdalehospital.com/snf

HILLSDALE COUNTY SENIOR SERVICES CENTER

320 W. Bacon Street

Hillsdale, MI 49242

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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.

