



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,

As the leaves change and the holidays approach, our community is thriving with events that reflect the values we hold dear—wellness, gratitude, generosity, and togetherness. From our highly anticipated annual health fair to the cherished traditions of Thanksgiving and Christmas celebrations, this season brings comfort, familiarity, reflection, and anticipation of memories to come!

This year's **Health Fair** was a tremendous success, welcoming **93** people (**122**, including vendors) and **24** booths. It drew families, seniors, and young professionals alike to a day filled with education, resources, giveaways, and screening tests, including blood pressure, blood glucose, and body-weight-index measurement. Local providers and fitness experts offered free services and advice to help our neighbors take proactive steps toward better health. Additionally, attendees took advantage of a vaccine clinic and virtual dementia tour simulations. Interactive booths brought energy and fun to the event, reminding us that taking care of our health can be both informative and enjoyable. Thank you to everyone who made this event possible!

We were honored to be awarded in two categories at the **Hillsdale County Community Choice Awards**, where residents voted to recognize the outstanding organizations that make our neighborhood shine. Thank you for voting for us for "Best Nonprofit/Charity Organization" and "Best Fitness Center/Gym". Each award in the competition celebrated the tireless efforts that help build a stronger, more vibrant community. Thank you for your support and continued trust in Perennial Park! Congratulations to all the nominees, finalists, and winners—you are the heart of our town, and your dedication does not go unnoticed.

We are overjoyed to be selected to participate in the **Hillsdale County Community Foundation's (HCCF) Great Give** event on **Tuesday, December 2, 2025**, a day dedicated to doing good and making positive impacts. Beyond the funds raised, the community connection felt on this day is irreplaceable, and it is an honor to participate. Please stay connected for more information on Great Give 2025 and our annual Thanksgiving appeal!

Whether it's promoting wellness, celebrating achievements, supporting those in need, or simply sharing a meal, each event has been a testament to the power of unity, compassion, and shared purpose. With your support, these events are possible—thank you! Let's carry this spirit into the new year and continue building a stronger, healthier, and more connected community—together.

Warm Regards,

Maggi Monroe

Executive Director



FROM THE DIRECTOR2	RECOGNITIONS16
AROUND THE CENTER	SUPPORT GROUPS17
A Look Back at Center Activities.....6-7	
ASK THE NURSE	IN THE KITCHEN
Celebrating National Adult Day Services Week.....8-9	Seven Nutrition Myths to Stop Believing.....18
	Seasonal Sweets.....19
FINANCE	UPCOMING FUNDRAISERS22
SAFE+ Program.....10-11	
HEALTH & WELLNESS	MAINTENANCE MINUTES
Crowned Prince to King.....12	It's Fall Y'all.....24
ACTIVITY CALENDARS	IN SYMPATHY25
November Activities.....14	BIRTHDAYS AND DONATIONS26
December Activities.....15	

Pictured on front cover: Senior Picnic, Senior Day at the Fair, Fair Parade, Health Fair, and Chili Cook-Off Winners

 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.allaboardtravelhillsdale.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 | NOVEMBER LUNCH MENU

MON	TUES	WED	THURS	FRI
3 Spinach Tortellini with Kielbasa Carrots Apple Delight Breadstick Milk	4 Potato & Veg Soup Rye Bread Orange Milk	5 Tater Tot Casserole Green Beans Mixed Veggies Pears Milk	6 Sloppy Joe French Fries Wax Beans Banana HB Bun Milk	7 Fish Sweet Potatoes Cauliflower Peaches Tartar Sauce Milk
10 Chicken Nuggets Potato Wedges Veggies Applesauce Milk	11 Beef Stew Pickled Beets Mixed Fruit Wheat Bread Milk	12 Egg McMuffin Fuji Apples Sausage Patty Diced Potatoes Milk SENIOR BREAKFAST 8:30am	13 Turkey Burger Sweet Potato Fries Zucchini Pears HB Bun Milk	14 Fish Sticks Rice Carrots Juice Tartar Sauce Milk
17 Stuffed Peppers Mashed Potatoes Gravy Mandarin Oranges Milk	18 Peasant Soup Pineapple Oyster Crackers Milk	19 Chicken Cordon Bleu Scalloped Potatoes Peas Fruit Salad Milk	20 Pulled Pork Baked Beans Corn Tropical Fruit HB Bun Milk	21 Pizza Mixed Veggies Broccoli Milk Fruit Crisp and Ice Cream HAPPY BIRTHDAY!
24 Chicken over Biscuit Veggie Blend Banana Milk	25 Hobo Soup Side Salad WW Bread Peaches Milk	26 Thanksgiving Dinner Turkey & Stuffing Mashed Potatoes Green Bean Casserole Cranberry Sauce Rolls & Milk Pumpkin Pie	27 CLOSED FOR THE HOLIDAY 	28 CLOSED FOR THE HOLIDAY 

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



Follow us on Facebook:
[@HillsdaleSeniorCenter](https://www.facebook.com/HillsdaleSeniorCenter)



Follow us on Instagram:
[@hillsdaleseniorcenter](https://www.instagram.com/hillsdaleseniorcenter)



Follow us on Threads
[@hillsdaleseniorcenter](https://www.threads.net/@hillsdaleseniorcenter)

PERENNIAL PARK'S
THANKSGIVING



Wednesday, November 26th
Noon
320 W. Bacon Street,
Hillsdale, MI 49242

DINNER

Join us at the Center to enjoy a delicious meal, socialize with new and old friends, and celebrate the holiday with the community! Donations are appreciated, but not required. Need a ride? Call us at 517-437-2422

THANK YOU TO OUR SPONSORS!

eagle meijer Becker & Scrivens MTI
HILLSDALE HOSPITAL Hospice of Hillsdale County RYAN & BRADSHAW
320 W. Bacon Street, Hillsdale, MI 49242 | 517-437-2422 | www.hillsdaleseiors.org

Perennial Park's
CHRISTMAS DINNER

TUESDAY, DECEMBER 23RD | NOON

Come to the Center for some holiday cheer as host our annual Christmas dinner! Enjoy a delicious meal & spend time with new and old friends as we celebrate the holiday! All are welcome to attend and Christmas outfits encouraged!



THANK YOU TO OUR SPONSORS!

eagle RYAN & BRADSHAW HILLSDALE HOSPITAL Hospice of Hillsdale County
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

The past couple months were packed with fun events and activities! Let's take a look back at what we got up to at the Center.

Our annual **Senior Picnic** took place on Friday, September 5th from 10 a.m. to 2 p.m. We had hamburgers, hotdogs, and all the classic picnic fixings as well as games like bingo, cake walks, cornhole, billiards, and more! While people enjoyed their meals, there were performances from Pat Taylor, the Pure Energy Cloggers, and Pastor Mike Prince! Thank you to everyone who came and thank you to the sponsors of the event: *Hillsdale Hospital, Eagle Funeral Homes, Belson Asphalt Paving, Lorrie Miller Law PLC, County Pharmacy, Coldwell Banker Groves Real Estate, Farm Bureau Health Services of Hillsdale, and WellWise Area Agency on Aging!* Also thank you to those who donated raffle baskets: *Trinity Lutheran Church, Farm Bureau Health Services of Hillsdale, and Susie Britton!*



Hopefully, you stopped by our a booth at the **Hillsdale County Fair!** We hosted **Senior Day** at the Nichols Bandshell on Friday, September 26th from 10 a.m. to 2 p.m. There were a variety of performances, including Pat Taylor, our Cardio Drummers, Harmony4 (Men's Quartet), the Pure Energy Cloggers, and



the Singing DJ! We are so thankful for all the performers, everyone who came to watch, and for the fairgrounds for offering this space for us to bring some entertainment to the community while promoting the Center!

On Friday, October 10th from 10 a.m. to 1 p.m., we hosted our annual **Health Fair**. There were around 30 different organizations there to give out information and resources to help older adults improve and maintain their health! Thank you to all of the organizations who came to help educate the community as well as everyone who came to the event! Also a huge thank you to the sponsors of the event: *Barrett Insurance, Eagle Funeral Homes, Becker & Scrivens, Hospice of Hillsdale County, Hillsdale Hospital, Farm Bureau Services of Hillsdale, WellWise Area Agency on Aging, and Community Choice Credit Union!* We wouldn't be able to put on events that serve the public like this without your support!



This holiday season, we have a ton of fun events planned!

This event will have happened by the time our newsletter goes out, but right after Halloween, on November 1st and 2nd, we will be hosting another **Murder Mystery Fundraiser!** This year, we are doing *The Shootout Saloon* by Juanita Violini, and we are so grateful to have the **Sauk Theater** to help us out again this year!

Our 3rd Annual **Designer Purse Bingo** fundraiser will be held on Saturday, November 15th at 5 p.m. Doors open and dinner will be served at 5 p.m. and bingo will start at 6 p.m. This is a really fun event for not only the staff to put on, but for the community to enjoy! There will be 20 different designer purses that you could win as well as the mystery purse! There will be other prizes to win as well! Tickets are \$45 per person and you can purchase them by calling or visiting the Center.

The annual **Thanksgiving Dinner** will be on Wednesday, November 26th at noon. All are welcome to come. We will be serving turkey, stuffing, mashed potatoes, green bean casserole, rolls, milk, and pumpkin pie! This is a great event to get together with new and old friends to celebrate the holiday and give thanks to loved ones (and the Center)! If you need a ride to the Center for the dinner, please call the Center at 517-437-2422! Be sure to keep an eye out for our **Thanksgiving Appeal** and we will be at the **Great Give 2025** on Tuesday, December 2nd at the HUB Center!

We have added another fundraiser to the list this year! Our **Breakfast with Santa** event will be on Saturday, December 13th from 8:30-11:30 a.m. You can grab some breakfast then get some pictures with Santa for some holiday memories! Admission for adults is \$10 and children under 10 are \$5. We may also have some arts and crafts available for the kids to enjoy!

Lastly, our annual **Christmas Dinner** will be held on Tuesday, December 23rd at noon. This is another event to spend time with friends and family while you enjoy a delicious meal and celebrate the holiday at the Center! Again, all are welcome to attend and let us know if you need a ride! For more info, call us at 517-437-2422 or stop by the Center located at 320 W. Bacon Street in Hillsdale!



Voted #1 in Hillsdale County!



FREE DELIVERY
ASK US FOR MORE DETAILS

Annette Froesch
Pharmacist in Charge

OUR PHARMACY IS HERE TO HELP

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

Understanding Chronic Obstructive Pulmonary Disease (COPD)

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

Chronic Obstructive Pulmonary Disease, or COPD, is a long-term lung disease that makes it increasingly difficult to breathe. It is not a single illness, but rather a group of conditions, most commonly chronic bronchitis and emphysema, that cause airflow blockage and breathing-related problems. COPD develops gradually over time, often because of exposure to irritants that damage the lungs and airways. According to the Centers for Disease Control and Prevention (CDC), COPD is a leading cause of disability and the sixth leading cause of death in the United States.

How COPD Affects the Lungs

In a healthy respiratory system, air travels freely through the bronchial tubes into tiny air sacs called alveoli, where oxygen is exchanged for carbon dioxide. In COPD, the walls of these airways become inflamed and narrowed, and the alveoli lose their elasticity. This damage traps air in the lungs, making exhalation difficult and leading to symptoms such as shortness of breath, chronic cough, wheezing, and fatigue. Over time, these symptoms worsen and can interfere with even simple daily activities such as dressing, bathing, or walking short distances.

Causes and Risk Factors

The most common cause of COPD is long-term cigarette smoking, which is responsible for approximately 85–90% of cases. However, other factors can contribute, including prolonged exposure to air pollution, chemical fumes, or dust in the workplace. Some individuals develop COPD from a rare inherited disorder called alpha-1 antitrypsin deficiency, which affects the body's ability to protect lung tissue. Even nonsmokers can develop COPD, particularly if they have chronic respiratory infections or significant exposure to secondhand smoke.

Common Signs and Symptoms

COPD often develops slowly, and many people may not recognize the early signs. Common symptoms include:

- Persistent cough that produces mucus
- Shortness of breath, especially during physical activity
- Wheezing or chest tightness
- Frequent respiratory infections

Fatigue or low energy

As COPD progresses, these symptoms can worsen, and flare-ups (also called exacerbations) may occur more frequently. These episodes often require medical attention and can lead to hospitalization if untreated.

Diagnosis and Treatment

Diagnosis typically involves a combination of medical history, physical examination, and lung function tests.

Although COPD cannot be cured, it can be managed effectively with the right combination of treatments and lifestyle changes. Doctors may prescribe bronchodilators to relax the muscles around the airways, steroids to reduce inflammation, and oxygen therapy for those with low blood oxygen levels. Pulmonary rehabilitation programs, which combine education, exercise training, and nutritional counseling, have been shown to improve quality of life and functional ability significantly.

Living Well with COPD

Living with COPD requires careful self-management and daily attention to health habits. Quitting smoking is the most important step anyone can take to slow disease progression. Staying physically active helps strengthen the respiratory muscles and improve endurance. Light to moderate exercise, such as walking or chair-based stretching, can lead to

noticeable improvements over time.

People with COPD also benefit from a balanced diet, as maintaining a healthy weight reduces the strain on the lungs. Smaller, more frequent meals can prevent shortness of breath while eating. Adequate hydration helps keep mucus thin and easier to clear. Individuals should also stay current with influenza and pneumonia vaccinations, as respiratory infections can worsen symptoms and accelerate lung damage.

The Importance of Support

COPD affects not only the body but also emotional well-being. It is common for individuals to experience anxiety or depression as breathing becomes more difficult. Support groups, counseling, and educational programs can help people adjust and find effective coping strategies. Family members and caregivers also play a vital role by encouraging treatment adherence and providing assistance with daily tasks as needed.

In summary, COPD is a chronic condition that requires ongoing care and lifestyle adjustments, but with the right management plan, individuals can maintain independence and live fulfilling lives. Recognizing symptoms early, working closely with healthcare providers, and adopting positive daily habits can make a lasting difference in both comfort and longevity.

Resources for More Information

American Lung Association (ALA) – www.lung.org | 1-800-LUNGUSA (1-800-586-4872)

COPD Foundation – www.copdfoundation.org | 1-866-316-COPD (2673)

National Heart, Lung, and Blood Institute – www.nhlbi.nih.gov

Reference:

COPD Foundation (2025). *If you breathe, you should know about COPD*. <https://www.copdfoundation.org/What-is-COPD/Understanding-COPD/What-is-COPD.aspx>

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

Scam Alerts:

Financial Institution Imposters:

One of my clients recently informed me of this concerning scam. A caller stated that he was investigating Bank of America fraud. He told my client to cut his Bank of America charge card in half, being careful not to cut the magnetic strip, and mail it to him. He said that once received, he would mail him a new card!! The caller was very insistent and tried to convince him that it was the safe thing to do even offering to send someone to his home to “collect” the compromised card! My client realized that this was a scam so he immediately hung up. The caller ID did say “unknown,” but scammers can actually spoof numbers to make it appear as though the call is from a trusted organization or business. Please remember that banks will NEVER call you to ask you to do something like this. If you’re still concerned, call the official number on the back of your card or your bank statement and inquire about the concern.

Friendship Scam:

AARP’s September/ October 2025 Newsletter stated that this scam is rapidly increasing. Scammers lurk on social media sites and send messages and/or comment on your posts. They try to empathize or identify with you to establish a connection. These conversations eventually move to platforms like WhatsApp that are harder to trace. Once there, scammers

invent a personal crisis and ask for money via payment apps or gift cards. Artificial Intelligence is being used to translate foreign languages into perfect sounding English. Remember that scammers will eventually ask for money or payment methods that are untraceable.

Government Imposter Scam:

Michigan Attorney General, Dana Nessel recently issued a warning alerting Michigan residents to a surge in government imposter scams. The imposters reach out to victims via phone calls, emails, and texts. They pose as government officials and scare people into revealing their personal information for non-existent issues. Do not believe or engage these crooks. If you’re really concerned about something they mentioned, call the business or agency DIRECTLY.

I think it’s important to report these imposters to the Attorney General’s office or to the Federal Trade Commission. Did you know that some victims can get money back from convicted scammers through restitution or by joining a class action lawsuit for a company that exposed their personal information? One of my clients recently received a check after joining a class action lawsuit against a healthcare company that failed to safeguard his medical and financial information. The SAFE+ Program can assist you with this.

What We Can Do to Protect Ourselves

- Don't share so much on social media sites. Scammers are now using voice cloning to create realistic impersonations to try to persuade you to send money for a non-existent emergency.
- Never send money or a gift card to someone you meet online or who calls you.
- Be wary of UNSOLICITED calls, emails, and texts.
- Use strong passwords and update often.
- Monitor your finances and check your credit report yearly.

- Stay involved and connected with your family, friends, and community. Lonely, older people are more vulnerable to scams.
- COME JOIN US FOR SOCIAL CONNECTION ACTIVITIES AT PERENNIAL PARK!

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

Crowned Prince to King

Perennial Park Hillsdale Senior Center has played a significant role in my transformation, resulting in a loss of 154 pounds and a reduction in pant size from 70 to 46 inches. I am honored to have earned the titles of King of TOPS for Michigan and International King for the United States and Canada.

Reflecting on my journey, I acknowledge the challenges I faced, including past negative experiences and discouragement from various individuals. Despite trying numerous weight loss programs, success eluded me for many years. My family life was troubled, but positive change began when I met my supportive wife and established strong friendships within our TOPS (Take Off Pounds Sensibly) group, which meets weekly at our church. Through faith and support, I found renewed hope and motivation.

Perennial Park has been instrumental in supporting my health goals. My wife, Kris, and I regularly participate in fitness programs and exercise sessions offered at the Center. Influential individuals such as Maggi Monroe, Dayton Lyons, and Shane Spahr have provided exceptional encouragement throughout my journey.

Our TOPS group, comprising of 16 dedicated members, utilizes the gym two to three times per week. At the recent TOPS Convention, attended by nearly a thousand participants, I had the opportunity to recognize Perennial Park's impact while being crowned both State and International King in recognition of my total weight loss of over 154 pounds—surpassing all other members across the United States and Canada.

The staff and community at Perennial Park have greatly contributed to my improved health and wellbeing, as well as the lives of fellow participants in the center's wide array of senior programs. I express my gratitude for your ongoing support in helping me achieve a healthier lifestyle.

Sincerely,

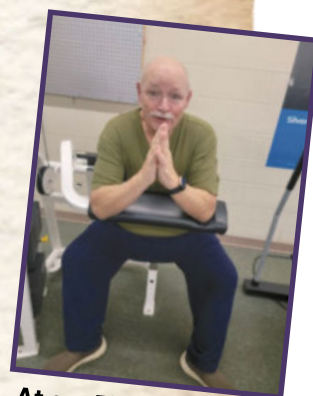
Pastor Mike Prince—or should I say – King!



Before



After



At our Fitness Center



**Interested in joining
our Fitness Center?
Check out our Guest Pass!**



New Fitness Class VINYASA YOGA

Wednesdays at 5:30 p.m.

You must have a membership at our Fitness Center to join the class.

To learn more, contact the Center!



Yogi Jenny Spahr will walk you through different yoga moves to enhance balance, flexibility, and overall well-being.

No experience is needed.

Mats are provided, but you are welcome to bring your own!

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 | NOVEMBER ACTIVITIES

MON	TUES	WED	THURS	FRI	SAT
3 9:30am: Cardio Drum 11:15am: SS Stability 1-3: Pedro (Cards)	4 10 am: SS Enerchi 10am-4pm:SAFE + 11:15am:SS Classic 1-2pm: Bingo 14:30pm:Cardio Drum	5 10am: SS Stability 11:15am: SS Yoga 1-2:30pm: Digital Literacy 1-3pm: Euchre 1-3pm: Handcrafting 1-3: Woodcarvers 4:30pm: Fit Camp 5:30pm: Vinyasa Yoga	6 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+)	7 9am: Coffee Hour 10am: SS EnerChi & Cornhole 11:15am: SS Yoga 1-3: Movie &Popcorn 4:00pm: Fit Camp	8 9:30am Cardio Drum 8am-12pm Fitness Center Open
10 9:30am: Cardio Drum 11:15am: SS Stability 1-3:Pedro (Cards)	11 10 am: SS Enerchi 10am-4pm:SAFE + 11:15am: SS Classic 1-2pm: Bingo 1-3pm: Mahjong 4:30pm: Cardio Drum	12 8:30am: Senior Breakfast 10am: SS Stability 11:15am: SS Yoga 1-2:30pm: Digital Literacy 1-3pm: Euchre 1-3pm: Handcrafting 1-3: Woodcarvers 4:30pm: Fit Camp 5:30pm: Vinyasa Yoga	13 9:30: Cardio Drum 11:15am:SS Classic 10am-4pm:SAFE + 1-2: Low Intensity Cardio Drumming 2-3:30pm Parkinson's SG	14 10am: SS EnerChi & Cornhole 11:15am: SS Yoga 1-3pm: Corn Hole 1-3: Movie &Popcorn 4:00pm: Fit Camp	15 8:30am & 9:30am Cardio Drum 8am-12pm Fitness Center Open 6pm (RSVP): Purse Bingo Fundraiser
17 9:30am: Cardio Drum 11:15am: SS Stability 1-3:Pedro (Cards)	18 10 am: SS Enerchi 10am-4pm:SAFE + 11:15am: SS Classic 1-2pm: Bingo 1-3pm: Mahjong 4:30pm: Cardio Drum	19 10am: SS Stability 11:15am: SS Yoga 1-2: Connection Café 1-2:30pm: Digital Literacy 1-3pm: Euchre, Woodcarvers, and Handcrafting 4:30pm: Fit Camp 5:30pm: Vinyasa Yoga	20 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	21 9am: Coffee Hour 10am: SS EnerChi & Cornhole 11:15am: SS Yoga 1-3: Movie &Popcorn 4:00pm: Fit Camp	22 9:30am Cardio Drum 8am-12pm Fitness Center Open
24 9:30am Cardio Drumming 11:15am: SS Stability 1-3:Pedro (Cards)	25 10 am: SS Enerchi 10am-4pm:SAFE + 11:15am:SS Classic 1-2pm: Bingo 1-3pm: Mahjong 3pm: Board Meeting (Open to the Public) 4:30pm:Cardio Drum	26 10am: SS Stability 11:15am: SS Yoga 12pm: Thanksgiving Dinner 1-3pm: Euchre, Woodcarvers, and Handcrafting 2-3:30: Alzheimer's SG 4:30pm: Fit Camp 5:30pm: Vinyasa Yoga	27 CLOSED FOR THE HOLIDAY 	28 CLOSED FOR THE HOLIDAY 	29 9:30am Cardio Drumming 8am-12pm Fitness Center Open

Support & Assistance

Blood Pressure Kiosk: Made possible by HCCF. Get your blood pressure checked and receive a printout for your records.

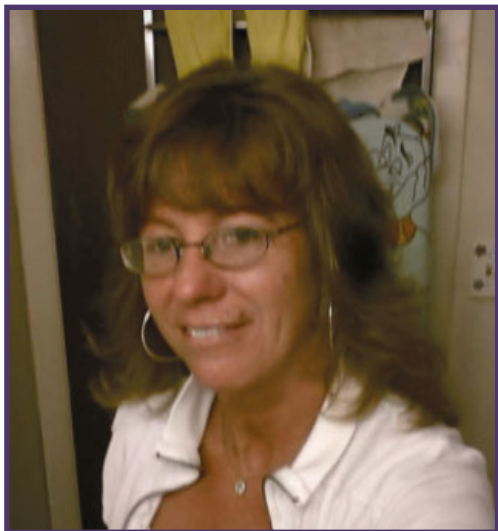
Notary Public Services: Perennial Park has registered Notary Publics on staff. Please call ahead before visiting.

Volunteer Non-Emergency Transportation: Please call Transportation Services to set up. 517-437-2422 ext. 117

DECEMBER ACTIVITIES | 15

MON	TUES	WED	THURS	FRI	SAT
1 9:30am Cardio Drumming 11:15am: SS Stability 1-3:Pedro (Cards)	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 1-2:30pm: Digital Literacy 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 5:45-9pm: Cash Bingo (18+)	5 10am: SS EnerChi & Cornhole 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 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 10am: SS Stability 11:15am: SS Yoga 1-2:30pm: Digital Literacy 1-3pm: Handcrafting & Euchre & Woodcarvers 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	12 9am: Coffee Hour 10am: SS EnerChi & Cornhole 11:15am: SS Yoga 1-3: Movie &Popcorn 4:00pm: Fit Camp	13 8:30-11:30am: Breakfast with Santa Fundraiser 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 1-2:30pm: Digital Literacy 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 1:30-3pm: 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)	23 10 am: SS Enerchi 10am-4pm:SAFE + 11:15am:SS Classic 12pm: Christmas Dinner 1-2pm: Bingo 1-3pm: Mahjong 4:30pm Cardio Drumming	24 CLOSED FOR THE HOLIDAY 	25 CLOSED FOR THE HOLIDAY 	26 CLOSED FOR THE HOLIDAY 	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	31 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	 To find information on our programs and services, daily activities, special events and fundraisers, and more, go to: www.hillsdaleseniors.org		

EMPLOYEE OF THE QUARTER: WENDY SAVAGE



Congratulations to Wendy Savage for being Perennial Park's Employee of the Quarter!

Wendy is a Food Specialist on our kitchen staff and she is always ready to help where it is needed. She goes above and beyond to help out in the kitchen and always stays busy to make sure everything is running smoothly and efficiently.

Wendy also offers creative insights for projects like the salad bar and more to make the dining experience more enjoyable for our clients. She is dependable, is punctual, and always has a smile on her face.

Thank you, Wendy, for all that you do for the Center, our clients, and the community!

VOLUNTEER OF THE QUARTER: ERIN ARNO



Congratulations to Erin Arno for being our Volunteer of the Quarter!

Erin is a new volunteer from County National Bank that joined us earlier this year. She has helped at several events including the Good Friday Senior Breakfast, Senior Prom, Pancake Breakfast, Senior Picnic, Health Fair, and at one of our monthly bingo events. She has also expressed interest in helping with our Meals on Wheels program!

She is a joy to work with and her love, appreciation, and support for the Center is felt each time she comes in to help. Erin is always ready to pitch in wherever she is needed and does it with a smile and a "can-do" attitude.

Thank you, Erin, for helping the Center and the community! We truly appreciate your dedication and care for others.

Adult Day Care

Accepting New Clients!

❁ Stimulating Activities & Socialization

❁ Companionship and Supervision

❁ Professional & Compassionate Staff

❁ Nutritious meals in a caring and welcoming "home-away-from-home" environment.

❁ Veterans Administration Authorized Service

❁ Temporary 24 hr. Care is available 7 days a week for a maximum of 13 nights.

Designed to provide a safe and secure environment for individuals 18 years of age and older who cannot be left alone safely and need supervision.



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 <i>No Referral Needed</i> Servicing Hillsdale County Since 1993 (Across from McDonald's Restaurant)	   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		

Seven Nutrition Myths to Stop Believing

By: Sarah Pollack, RDN, CDCES

Healthy eating is more than just choosing more or less of certain foods. It's also about navigating nutrition myths and misinformation, which can negatively impact your relationship with food and even be harmful to your health. Here are some common nutrition myths, along with the truth about these fallacies.

Carbohydrates Are Unhealthy

Carbohydrates have gotten a bad rap thanks to diet culture and popular low carb diets like Atkins. Carbs are the body's main source of energy, particularly for the brain and organs. Not eating enough carbs can leave you feeling sluggish or experiencing brain fog. However, not all carbohydrates are equal. Refined carbs such as white bread, pastries and candy are low in fiber and high in added sugars. Complex carbohydrates like whole grains, vegetables, fruits, and legumes like beans and lentil offer more nutrients like fiber and antioxidants.

Eating Healthy Is Expensive

It is possible to choose healthier foods without breaking the bank. One approach is to buy produce in season. Canned and frozen fruits and vegetables tend to cost less, are shelf-stable and just as nutritious as their fresh counterparts. Planning nutritious meals around weekly sales can help. The costs associated with eating out and "junk foods" can also add up.

Seed Oils Are Bad for You

People believe that seed oils are inflammatory due to their content of omega-6 fatty acids, which *do* have proinflammatory properties. This has led people to believe that animal-based fats (butter, beef tallow, and lard) are superior, despite their high level of saturated fat. Seed oils also contain omega-3 fatty acids, which have anti-inflammatory properties. This balance of fatty acids is where the benefits of these oils lie. Seed oils are often more cost-effective than animal-based fats, provide essential fatty acids and are associated with better health outcomes.

Raw Milk Is Better Than Pasteurized

Pasteurization is a process that uses high heat to destroy harmful bacteria and pathogens in food (in this case, milk). According to fans of raw milk, the pasteurization process eliminates vitamins and

minerals from the milk. While a small amount of water-soluble vitamins may be lost during the process, the safety benefits of pasteurization outweigh the so-called "health benefits" of leaving it raw. Raw milk can contain harmful bacteria, such as *Salmonella*, *E. coli*, *Campylobacter*, and *Listeria*, which can lead to severe foodborne illnesses.

Skipping Meals Will Help You Lose Weight

If you want to lose weight, don't fall for the misconception that skipping meals will help. Skipping meals can leave you hungry, potentially leading to overeating later on. Skipping meals can also lower your metabolism, making it even harder to shed pounds. If you're trying to lose or manage weight, aim to eat consistent, nutritious meals rich in satiating fiber and protein.

Eating a Gluten-Free Diet Is Healthier

There's a misconception that gluten contributes to inflammation, weight gain, headaches, and fatigue, which simply isn't true for most people. This belief may stem from the benefits people notice when they eat less refined carbs, a natural part of omitting gluten, a protein found in wheat, rye and barley. It may also be related to the increasing awareness of celiac disease, a condition where gluten *can* trigger some of the symptoms mentioned above.

Following a gluten-free diet is only helpful if you have a medical need to avoid it, such as celiac disease or a gluten sensitivity or intolerance. Removing gluten from wheat products does not improve their nutritional quality, and gluten-free products are often more expensive.

All Calories Are Equal

If you're only counting units of energy, a calorie is a calorie. In this sense, they are technically equal. But when it comes to the nutrients they come from, all calories are not the same. Take avocado, chicken, and ice cream. One hundred calories from each item are not equal: The calories in avocado and chicken come from nutrients such as heart-healthy fats and protein, respectively, while the calories in ice cream mainly come from saturated fat. This distinction is worth noting, especially if you're trying to lose, manage, or gain weight in a healthy manner.

SEASONAL SWEETS

Submitted By: Grace Broesamle

Reindeer Pops



Prep: 30 min. | Freeze: 30-45 min. | Yield: 16

Ingredients

- 1/2 cup creamy peanut butter
 - 1/4 cup powdered sugar
- 32 round, buttery crackers (ex: Ritz)
 - 16 wooden popsicle sticks
 - 10-12 oz dark chocolate bars
- 16 red candy-coated chocolates (ex: M&Ms)
 - 32 small candy eyeballs
- 1 cup mini pretzel sticks, broken into 1/2 inch pieces
 - Flaky sea salt, optional

Recipe from www.pioneerwoman.com

1. Place the peanut butter in a medium bowl. Sift the powdered sugar through a fine mesh strainer over top of the peanut butter. Stir the peanut butter and sugar together to make a smooth, somewhat stiff mixture.
2. Spread about 1 tsp. of the peanut butter mixture on half of the crackers. Press the wooden sticks into the peanut butter mixture, then top each with one more cracker. Press the crackers to stick them together. Place in the freezer for 20 minutes.
3. Meanwhile, chop the chocolate bars and place them in a bowl set over a pot filled with about 1" of water. (Make sure that the bowl does not touch the water). Place the pot on the stove and bring the water to a simmer over medium-low heat. Stir the chocolate occasionally, until it is melted and fluid. Transfer to a tall measuring cup, for easier dipping.
4. Line a large baking sheet with parchment or waxed paper. Dip one pop into the melted chocolate to coat completely. Remove and let the excess chocolate drip off into the measuring cup. Place the pop on the sheet tray and immediately place four little pretzel pieces up top (the antlers), two candy eyes just below, then one red candy nose. Repeat with all of the other pops. When the chocolate is shiny and still somewhat soft, sprinkle the tops of the reindeer faces with a pinch of flaky sea salt, if you like.
5. Let firm up at room temperature for 30-45 minutes. Store in an air-tight container in a single layer, between layers of parchment paper, in a cool spot in your kitchen or in the refrigerator for up to 1 week.

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

20 | UPCOMING ACTIVITIES



WellWise Services
Area Agency on Aging



Connection Café

COME MEET PEOPLE
AND ENJOY FOOD, TOPICS, AND FUN

Upcoming Meetings:

Wednesday, November 19th | 1-2pm
Wednesday, December 17th | 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

Walk-ins welcome
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



FRESH PRODUCE INITIATIVE



RESERVE YOUR ORDER!
CALL 517-542-3887
Provided by Hillsdale County Senior Services Center

Holiday Schedule

WE HAVE ADDED SOME HOLIDAY GOODIES AND GIFTS TO OUR BAGS FOR THANKSGIVING AND CHRISTMAS! THIS IS A FREE, ONCE-A-MONTH INITIATIVE TO PROVIDE FRESH FRUITS AND VEGETABLES TO LITCHFIELD SENIORS.

NOVEMBER DATES:
ORDER BY: NOVEMBER 19TH
PICK UP: NOVEMBER 21ST



DECEMBER DATES:
ORDER BY: DECEMBER 17TH
PICK UP: DECEMBER 19TH



PICK-UP LOCATION:
LITCHFIELD DISTRICT LIBRARY
115 W. ST. JOE STREET, LITCHFIELD, MI 49252

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Terry Sweeney

tsweeney@lpicommunities.com

(800) 477-4574 x6407

All About Autumn

T U R K E Y U M C S N I K P M U P I
 U T S E V R A H W O B O U N T Y F S
 E S I N R I S D M O O H A Y R I D E
 A O O P Z S R A E P R L T S A E F L
 V R S E L P P A E E G C G H O S T S
 E F A G N I F F U T S O E N W R G H
 T T I S S T U N T S E H C R K A A T
 E C P N S C S P F H S I B Y A L E P
 R O O S L R A E S O B E N R L C A I
 A S C N N U S R I H O O V O I N S E
 N T U B P O O U F R V T W A M S R R
 S U N N E L I O B E R E B U E G K E
 E M R L O W L T M M E E T A O L T B
 K E O C L I B B C N U U B U L J R O
 A S C N A A E O I E A L R N V L E T
 R R U G C R F S C A L D O B A L E C
 R T E S W E A T E R S E F C X R S O
 S T H A N K S G I V I N G E Z Q C O

Word List:

APPLES
 CHESTNUTS
 COOL
 ELECTIONS
 FOOTBALL
 HALLOWEEN
 MAIZE
 PEARS
 SCARECROW
 THANKSGIVING

AUTUMN
 COBWEB
 CORNUCOPIA
 FALL
 FROST
 HARVEST
 NOVEMBER
 PIE
 SCARF
 TREES

BOUNTY
 COLORS
 COSTUMES
 FEAST
 GHOSTS
 HAYRIDE
 NUTS
 PUMPKINS
 STUFFING
 TURKEY

BRISK
 COLUMBUS
 CRANBERRIES
 FOLIAGE
 GOURDS
 LEAVES
 OCTOBER
 RAKE
 SWEATERS
 VETERANS



AT PERENNIAL PARK

UPCOMING BINGO EVENTS

THURSDAY, NOVEMBER 6TH & **THURSDAY, DECEMBER 4TH**
5 - 9 P.M.

Doors open at 5:00 p.m. | Bingo starts at 5:45 p.m.

CONCESSIONS &
DAUBERS AVAILABLE

WIN
CASH PRIZES!

CHARITY GAME
TICKETS

You must be 18 years or older to play!

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

Perennial Park's

Designer Purse

B I N G O

SATURDAY, NOVEMBER 15TH | 5 P.M.

Join us for a night of delicious food, bingo, prizes, and fun with the community!

20 Designer Purses and 1 Mystery Purse!

TICKETS: \$45
(Limit: 5 Tickets Per Person)
Call or visit the Center to purchase tickets

Raffle Prizes

THANK YOU TO OUR SPONSORS!

Bacon Asphalt Paving, Inc. **Barrett Insurance** **BBD** **CENTURY** **Lorrie Miller**
LifeWays **Knapp Chiropractic Center**

LISA WHEELER • SHANE SPAHR • MICHELLE HOUGHBY

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

COMING SOON

Thanksgiving Appeal

PERENNIAL PARK WILL BE SENDING OUT OUR THANKSGIVING APPEAL AT THE BEGINNING OF NOVEMBER!

FOR MORE INFORMATION, CHECK OUT THE DONATE PAGE ON OUR WEBSITE:
WWW.HILLSDALESENIORS.ORG

ALSO CHECK OUR FACEBOOK AND INSTAGRAM OR JOIN OUR APPEAL MAILING LIST!



Scan this QR Code

Visit us at the Great Give!

THANK YOU TO THE HILLSDALE COUNTY COMMUNITY FOUNDATION FOR ALLOWING US TO PARTICIPATE IN THIS YEAR'S GREAT GIVE EVENT!

SEE US AT THE COMMUNITY FOUNDATION ON GIVING DAY - TUESDAY, DECEMBER 2ND!

Breakfast with Santa

SATURDAY, DECEMBER 13TH | 8:30 - 11:30 A.M.

Come on over to Perennial Park to enjoy a delicious breakfast and take pictures with Santa!

All ages are welcome to come, so feel free to bring friends and family!

Adults \$10
Children under 10 \$5

Sponsored By:

Barrett Insurance **Walmart** **Knapp Chiropractic Center**
Green Energy LP **Dr. Louis White, D.P.M.**

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

LEGACY CLUB 5TH ANNUAL MITTEN TREE

NOVEMBER 21ST - DECEMBER 12TH

PLEASE HELP DECORATE OUR TREE WITH MITTENS AND HATS FOR THE WINTER!

THESE ITEMS WILL BE DONATED TO A LOCAL ELEMENTARY SCHOOL!

PERENNIAL PARK
HILLSDALE COUNTY SENIORS SERVICE CENTER

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



ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?

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





By: Randy Blythe, Facilities Coordinator

It's Fall Y'all

Well, here we are, and it's fall already. As always, it seems like summer is here for a short time. As we go into the fall season, here are a few things you might want to check. The very hot summer could have taken its toll on your vehicle, and you don't even know it.

For example, this is a good time to **check your coolant level** and or possibly change it. Your car worked extra hard to keep you cool and get you to where you were going, so just be prepared for the cold weather and not take a chance of getting stranded. Keeping your coolant levels topped off will ensure good heat when you need it.

Your tires are another thing to check. They may need to be rotated or replaced. While you're at it, **check your wiper blades**. To me, there is never a bad time to replace them. If you can't replace them, just simply put some rubbing alcohol on a cotton swab and clean your blades. This will extend the life of the blades and get off any bugs or road grime. When it comes to your home, if you have a hose outside, now is a good time to **drain**

your garden hose and put it away. There is nothing worse than trying to roll up a cold or frozen garden hose. Then **check your gutter guards** and make sure they are intact and doing their job. You may also want to think about **getting a chimney inspection** done to look for nest or other small animals cohabitating in there.

Change your furnace filter and have your furnace inspected by a service technician. This should be done every year to prevent a malfunction. If you use this as a routine and can schedule it in, it is a lot cheaper than calling in a technician on a weekend since that gets very costly.

And lastly, **check your windows for leaks** around the seal. When the weather decides to stay cold, make sure your windows are locked to prevent cold air from entering your home.

These are just a few tips to help you transition into the next season. I hope they are helpful, so all you have to do is sit back and enjoy the colors of fall and the winter season to come.



August 2025

September 2025

Mary Heard
Mark Sutton
Ester Poling
Aileen Tamblyn
Donald Gauger
John Meredith

Carol Spalding
Phillip Wilson
Roy Head
Carl Lewis
Donna Miller

Charlotte Fowler
Joseph Levack
Ramona Bell
Karla Pfau
Ruth Gittings
Ronald Butcher
Shirley Griffis

Colleen Campbell
Margaret Jones
Larry Davidson
Naomi Cortright
Craig Playford
Eve Welshans
Kathryn Clark

COLDWELL BANKER
GROVES REAL ESTATE

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

26 | BIRTHDAYS & DONATIONS



to our volunteers

November

Treesa Weaver-Rich
Dayton Lyons
Terry Keinath
Kris Dewey
Chris Lyon
Bella Macy
Colleen Armey
Daniel LaRue
Lori Jackson
Lukis Tucker
Elaina Latta
Thayen Welch
Shane Spahr
Donald Germann
Kelly Cook

December

Dhara Patel
Alicia Gorbitt
Nora Lawrence
Aiden Monroe
Russell Picek
Jaxxon Pauze
Rhonda Piper
Kelly Funk
Gail Robillard

GENERAL DONATIONS 08/01/25-09/30/25

Shelley Ellis
James 'Jim' Eppel
Susan Foulke
Vicki Goethals
Dolly Powell
Jeanette Russell
Edward Swanson
Deborah Thompson
Terry Trammel

IN-KIND DONATIONS

Bonnie Norris

IN HONOR OR MEMORY

In Memory of Donald Gauger

Janean Hansen
Gayneil Lefevra

In Memory of Phil Wilson

Patsy 'Pat' Bowditch

In Memory of Robert Batterson

Inge Batterson

Message from Batterson Family:
Gravely missed by his family.
From his wife— Inge, his daughter
and son-in-law— Arleen & Chris
Sattler, and his great grandson—
Jayden



SEPT–OCT 2025 SPONSORSHIPS

Senior Picnic

Eagle Funeral Homes
Lorrie Miller Law, P.L.C.
Belson Asphalt Paving
Hillsdale Hospital
County Pharmacy
Coldwell Bank Groves Real Estate
Farm Bureau Health Services—Hillsdale
WellWise Services Area Agency on Aging

Health Fair

Barrett Insurance
Eagle Funeral Homes
Becker & Scrivens
Hospice of Hillsdale County
Hillsdale Hospital
Farm Bureau Health Services-Hillsdale
WellWise Services Area Agency on Aging
Community Choice Credit Union

RAFFLE BASKETS

Trinity Lutheran Church
Farm Bureau Health Services
Susie Britton

FOOD DONATIONS

Kusters Dairy Products
Conargra Brands
Here's To You Pub & Grub
Maggi Monroe

CORRECTIONS

In-Kind donation from Tim Frosch
(not In Memory of Tim Frosch)

If anyone was missed, a mistake was made,
or you would like to be added/removed from our
mailing list, 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

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.

