

GOLDEN Leaves

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HOLIDAY DONATIONS



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

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Board members are eligible to serve two, three-year terms. If you are interested in being a board member or if you have any questions please contact Maggi Monroe, Executive Director at (517) 437-2422. Board meetings are held at 3:00 p.m. on the 4th Tuesday of the month, excluding July and December when the board does not meet.



Dear Friends of the Center,

As we reflect on this past couple of months, I am filled with gratitude and pride for all that our organization has accomplished together. Thanks to the dedication of our staff, volunteers, partners, donors, and supporters, it has been a season full of meaningful connections, community collaboration, and joyful fundraising events that strengthen our mission and the people we serve.

We kicked off the month with a series of engaging fundraisers that not only raised vital support for our programs but also brought our community together in fun and creative ways. *Purse Bingo* was a tremendous success, combining friendly competition, fabulous prizes, and lots of laughter. In collaboration with the Sauk Theatre, our *Murder Mystery* event invited guests to step into an evening of intrigue and teamwork. We ended the month on a heartwarming note with *Breakfast with Santa*, where families gathered to share smiles, holiday cheer, and special moments that will be remembered long after the season ends. As I visited with guests during Breakfast with Santa, my heart was touched to hear, "Grandma and grandpa are babysitting, and this is her first visit to Santa!" These events remind us that fundraising can be both impactful and joyful. Lastly, we were honored to have the beloved local Centenarian, Ms. Betty Bisel, celebrate her birthday with us.

In addition to fundraising, collaboration remained at the heart of our work. We were proud to participate in the annual *Great Give* with other local nonprofits and *Project Connect*, where community organizations came together to provide essential resources, services, and support to individuals and families in need. Events like this demonstrate the power of partnership and our shared commitment to improving lives.

Health and wellness were also key focuses this month. We hosted our quarterly *American Red Cross Blood Drive*, giving community members the opportunity to make a lifesaving impact. I am excited to share that the November 2025 *Fresh Produce Initiative* reached a record high of **100** people! Our *Podiatry Clinic* provided much-needed care and support, helping individuals address health concerns that often go unmet. These services are critical to promoting dignity, health, and overall well-being in our community. We were also honored to welcome local *Representative Ms. Jennifer Wortz* to our Coffee Hour, which offered an opportunity for open dialogue, connection, and advocacy around the needs of our seniors and the strength of our community.

As we approached the holiday season, we launched our *Thanksgiving Appeal* and celebrated the holiday with the annual *Thanksgiving Dinner*, which brought **218** people together for a warm meal, fellowship, and gratitude. It was a beautiful reminder that community is built through shared experiences and compassion. With heartfelt thanks, thank you to all those who contributed to the Great Give and Thanksgiving Appeal. With your support, we have collectively raised **\$24,890**.

For the second consecutive year, Perennial Park partnered with *Meals on Wheels of America's* annual *Subaru Share the Love* event. Thank you to those who support this cause and contributed to our 2024-2025 revenue share of **\$2,319.91**.

I am honored to share that Perennial Park was awarded the *Michigan Association of Senior Centers (MASC) Community Partner of the Year* award! Voted on by senior centers throughout the United States, this national recognition is a true testament of working together to serve more.

None of this would be possible without the continued support of our donors, sponsors, volunteers, partners, community members, and staff. Your commitment fuels our mission, enabling us to create opportunities, provide services, and foster connections that truly make a difference. As we look ahead, we remain inspired and energized to continue this important work together. Thank you for being part of our journey and for helping us build a stronger, more caring community - one event, one initiative, one partnership, one celebration, and one moment at a time.

Warm Regards,

Maggi Monroe

Executive Director

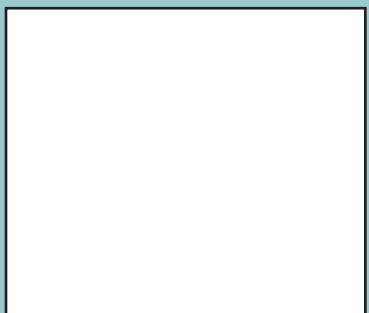


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Pictured on front cover: Pics from the Great Give 2025, Murder Mystery Dinner, Breakfast with Santa, HBA Light-Up Parade, Reading HS Choir, and Angel Tree gift pick-up.

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4 | JANUARY LUNCH MENU

MON	TUES	WED	THURS	FRI
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			1 CENTER CLOSED FOR THE HOLIDAY 	2 Beefy Mac N' Cheese Mixed Veggies Spinach Apple Milk
5 Polish Sausage Sauerkraut Creamed Corn WW HD Bun Strawberry Jello Milk	6 Cheeseburger Soup Slice of Sourdough Grapes Milk	7 Beef Enchiladas Rice Papaya & Mango Milk	8 Sloppy Joe Mixed Veggies French Fries WW HB Bun Milk	9 Country Fried Steak Mashed Potatoes Corn Applesauce Milk
12 Wiley Potato Broccoli Beets Banana Sour Cream Milk	13 Broccoli & Cheddar Soup Rye Bread 3 Bean Salad Pineapple Milk	14 Omelette Sausage Diced Potatoes Apples Milk SENIOR BREAKFAST 8:30am	15 Beef Stroganoff Green Beans Fruit Salad Milk	16 Turkey Burger Baked Beans Carrots Jello Milk
19 CLOSED FOR THE HOLIDAY 	20 Chicken Tortilla Soup Salsa Tortilla Chips Papaya & Mango Sour Cream Milk	21 Chicken Sandwich Green Beans Cauliflower Pineapple Milk	22 Ravioli Winter Blend Veggies Cali Blend Veggies WW Garlic Bread Peaches Milk	23 BBQ Beef Coleslaw Chips Jello Milk
26 Pork Loin Roasted Potatoes Carrots Tropical Fruit Milk	27 Pot Roast Pickled Beets String Cheese Pudding Milk	28 Pizza Cottage Cheese Carrots Juice Milk	29 Cheeseburger Tater Tots Spinach Pears WW HB Bun Milk	30 Fish Mac & Cheese Stewed Tomatoes Fruit Cocktail Milk Cake and Ice Cream HAPPY BIRTHDAY!



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By: Grace Broesamle, Marketing and Communications Coordinator

During the past couple of months, there has been a whirlwind of events and activities around the Center! Let's take a look back at what we got up to.

We'll start with our **Murder Mystery Fundraiser** that took place on November 1st and 2nd. The show was **The Shootout Saloon** by Juanita Violini and since we extended it to be a 2-night showing, we had over 100 people attend and raised \$3,800 for the Center! We loved seeing people dress up, so they could really get into the show. Thank you so much to the **Sauk Theater** for helping with this show from directing to acting and more! It was wonderful to work with the show director, Josh Lightner, and all of the actors: John Kasper, Nate Nelson, Kaitlyn Lee, Tim Brayman, Jamie Lightner, and Hanna Ritchey. Also thank you to the people behind the scenes including Danielle Allore-Taylor and Savannah Burton who helped with costumes, Jennifer Yokell and Ben Springer who supplied props, and Bryan Spring for making the Wanted poster for the show. It was a rowdy and entertaining time at both showings and it was fun to bring joy to the community! Thank you to the sponsors of the event: **Barrett Insurance, Stewart's Water Well Service LLC, Coney Hut Drive Inn, County Pharmacy, and County National Bank**. Also thank you to those who donated raffle baskets for the event: **Hospice of Hillsdale County, Hillsdale Community Thrift, and Coney hut Drive Inn**.



Our 3rd Annual **Designer Purse Bingo** fundraiser was on Saturday, November 15th. This was a successful event and we had 150 people come and have some fun playing bingo to win prizes while supporting the Center! Our net profits for the event were \$7,100! Thank you to the sponsors of the

event: **Lorrie Miller Law, P.L.C., Belson Asphalt Paving, Knapp Chiropractic, Barrett Insurance, Century Bank & Trust, Lifeways, BBD Fabrication LLC, Michelle Houghtby, Shane Spahr, and Lisa Wheeler**. Also thank you to those who donated raffle baskets for the event: **Barrett Insurance, Shoe Sensation, Coney Hut Drive Inn, and CASA of Hillsdale!**

We held our annual **Thanksgiving Dinner** on Wednesday, November 26th and served turkey, stuffing, mashed potatoes, green bean casserole, rolls, milk, and pumpkin pie! This is one of our biggest events of the year, bringing in over 200 people to the Center to enjoy a delicious meal while connecting with others in the community for the holiday! Thank you to our sponsors of the event: **Eagle Funeral Homes, Becker & Scrivens, Hospice of Hillsdale County, Hillsdale Hospital, Ryan & Bradshaw, Precision Gage**, and a huge thank you to **Meijer** for donating \$500 to help us with food for the event!

We tried out a new fundraiser this year called **Breakfast with Santa** and it was a hit! Grandparents, parents, and children came to enjoy a tasty pancake breakfast, make crafts, and take pictures with Santa! We heard great feedback about the event and will be adding it to our event cycle going forward! Thank you to everyone who came and to the sponsors of the event: **Barrett Insurance, Knapp Chiropractic, Green Energy LP, Waldvogel Wealth Management (Edward Jones), Walmart of Jonesville, BBD Fabrication LLC, and Dr. White, D.P.M.**

By the time the newsletter comes out, we would

have had our **Christmas Dinner**. This is another event to spend time with friends and family while you enjoy a delicious meal and celebrate the holiday at the Center! Thank you to everyone who came and to the sponsors of the event: **Eagle Funeral Homes, Hospice of Hillsdale County, Hillsdale Hospital, and Ryan & Bradshaw!**

We will be slowing down a bit in January and February. During those months, we will be running our **Subs for Funds** campaign where you can buy a sub and the donations will go towards programs and services at the Center. We will also have our **Cash Bingo** events in January and February! This is a fun time where you can play bingo, win cash prizes, and spend time with the community all while supporting a local nonprofit! They will be held on Thursday, January 8th and Thursday, February 5th. These events occur every 1st Thursday of the month from 5-9pm. It will be the second Thursday in January since we will be closed on January 1st. You must be 18 years or older to play!

For more information about events like this and more, please call us at 517-437-2422, visit the Center located at 320 W. Bacon Street in Hillsdale, or go to our website at www.hillsdaleseniors.org!



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Ask the Nurse

Flu, RSV & Pneumonia: What Seniors Need to Know This Season

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

As the colder months settle in and we spend more time indoors, respiratory illnesses become more common, especially **Influenza (Flu)**, **RSV (Respiratory Syncytial Virus)**, and **Pneumonia**. For older adults, these infections can be more serious and can lead to complications, hospitalization, or even death. The good news is there are simple ways to reduce risk and stay healthy all winter long.

Understanding the Illnesses

- **Influenza (Flu)** is a contagious respiratory virus that spreads through coughing, sneezing, or close contact. Symptoms often include fever, chills, body aches, fatigue, sore throat, and cough. Most people recover within 1-2 weeks, but in seniors, especially those with chronic conditions like heart disease, COPD, or diabetes, the flu can progress quickly and may lead to pneumonia.
- **RSV (Respiratory Syncytial Virus)** isn't just a childhood infection. Adults 60+ are increasingly recognized as high-risk. RSV can cause severe lung inflammation, wheezing, and shortness of breath. Those with weakened immune systems or underlying lung/heart disease may require medical care. A vaccine is now available for older adults, offering additional protection.
- **Pneumonia** is an infection of the lungs caused by bacteria, viruses, or fungi. It can develop on its own or as a complication of flu or RSV. Symptoms vary but often include cough with mucus, fever, chest pain, rapid breathing, and fatigue. Bacterial pneumonia can be especially dangerous for seniors.

Prevention: Your Best Defense

- **Get Vaccinated.** Flu vaccine yearly—ideally by late fall. • RSV vaccine for adults 60+ after discussing with your provider. Pneumonia vaccines (Pneumovax/ Prevnar)—recommended for adults 65+ or younger adults with certain conditions. Vaccines reduce the severity of illness, hospitalization risk, and complications.
- **Practice Good Hygiene.** Wash hands often, avoid touching your face, cover coughs/sneezes, and sanitize high-touch surfaces.
- **Stay Home When Sick.** Rest is important. Avoid visiting others if you have a fever, heavy cough, or respiratory symptoms.
- **Boost Immunity Naturally.** Stay active, eat well, hydrate, and get plenty of sleep. Fresh air, even in cold months, helps, too!

When to Seek Medical Attention

Don't wait for symptoms to get severe; early care can prevent complications. Contact your doctor or seek medical attention as soon as symptoms begin, especially if you are 60+, have COPD, asthma, heart disease, diabetes, or a weakened immune system.

Reach out to your provider right away if you experience:

- New cough, fever, sore throat, or worsening congestion
- Shortness of breath, wheezing, or chest tightness – even if mild
- Feeling unusually tired, weak, or unable to do normal activities
- A fever that lasts more than 24 hours or returns after improving
- Any change in breathing, confusion, or dizziness
- Mucus that becomes thicker, yellow/green, or bloody

If you feel like something isn't right, trust your instincts. It is better to be evaluated early than to wait. Prompt treatment can shorten illness, reduce spread, and prevent hospitalization.

A Healthy Season Starts With You

Respiratory viruses are part of winter, but severe illness doesn't have to be. Vaccination, simple

prevention habits, and early attention to symptoms can keep you and your loved ones safe. Let's protect one another and enjoy a warm, healthy season ahead.

Reference:

CDC (2025). *Respiratory illnesses*. <https://www.cdc.gov/respiratory-viruses/index.html>

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the  **GREAT GIVE** Giving Day 2025

Thank you to everyone who donated to our Thanksgiving Appeal and at the Great Give this year! Together, we raised \$24,890! These funds will go towards replacing the roof above our Nutrition Department in the spring.

We truly appreciate all of your support!

Perennial Park is also incredibly thankful to the Hillsdale County Community Foundation for having us at the Great Give again this year!

Check out our next fundraiser!



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

The Safe and Proper Use of Treadmills

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

Using a treadmill is an excellent way to achieve fitness goals, and treadmills remain one of the most popular exercise tools. In 2020 it was estimated that nearly 50 million Americans used treadmills, and it is a number that continues to grow (1). Their popularity stems from their convenience, adaptability, and ability to provide effective workouts for people of all fitness levels.

From a physiologic perspective, treadmill use results in greater caloric expenditures due to larger muscle mass used in comparison with upper body ergometry and stationary cycling (2). Treadmill walking mimics our activities of daily living (ADLs) and can be effective in maintaining and improving cardiorespiratory fitness, gait, balance, and muscular endurance.

Treadmills also account for thousands of injuries each year. Common causes include improper use, distractions, falls, and incorrect machine setting (3). Education and caution are essential to ensure safe usage and maximize benefits.

GENERAL CONSIDERATIONS FOR TREADMILL USE

- 1. Understand and Respect the Equipment:** If you're using a treadmill at a gym, ask a qualified exercise professional for a brief tutorial. Each treadmill model varies slightly, and a short walkthrough can significantly enhance safety. Respecting the way the equipment is intended to be used is vital to your success (avoid backward walking, side stepping, dancing, bear crawling, and other unintended uses unless you are with a qualified exercise or allied health professional who is working with you on a specific goal). If you own a treadmill, read the manual or watch instructional videos before use.
- 2. The most important control:** Familiarize yourself with the treadmill's emergency stop button and practice using it. Many treadmills also have a safety tether that clips to your clothing; if you drift too far back, the tether activates an "emergency stop switch" resulting in immediate cessation of the treadmill belt. Using this feature can prevent serious injury.
- 3. Avoid Distractions:** Treadmill accidents often occur due to distractions, such as using technology (*i.e.*, checking phones or adjusting headphones). Focus on your workout and avoid multitasking to stay safe.
- 4. Start Slowly and Stop Gradually:** According to the American College of Sports Medicine (ACSM), warming-up and cooling-down at a slow pace helps stabilize heart rate and breathing, reducing dizziness or instability. When using a treadmill, try to incorporate warm-up techniques by walking at a slow speed to acclimate safely and reduce the risk of falls. Some treadmills offer a feature that allows the user to accelerate quickly to a run. If you inadvertently press this button, it could result in loss of control as the treadmill advances speed beyond your comfort zone. Be mindful of which controls you choose. New users and those who are hesitant about walking on a treadmill may prefer straddling the belt to begin their workout. This allows the user to get used to the belt movement and speed before stepping on it. Straddling the belt is also helpful if the user feels "out of control" and can't reach the control console quickly. This is also useful in the event of a mechanical issue (*e.g.*, treadmill is making odd noises or shaking). To employ a cool-down at the end of your workout gradually reduce speed, and then press the stop button. Wait for the belt to stop completely before stepping off the machine.
- 5. Light touch:** If you are uncomfortable with the feel of walking or running on a treadmill or need to regain balance, maintain a light finger touch on the front or side handrails of the machine. To start you can use one or both hands and as you become more comfortable with the treadmill, try not to hold on at all. Avoid holding the front rail tightly and locking your arms as this can reduce the workload intensity you are trying to achieve. Side handrails can be used when starting or stopping. Avoid dependency on side rails during your workout, as this can compromise posture and balance and can lead to muscular imbalances.
- 6. Ensure Proper Set-up and Maintenance:** Treadmills need at least 6 to 8 feet of space behind them to minimize injury in case of a fall (4). Regular maintenance, such as wiping sweat from the console after each use, is a best practice. Commercial operators should be maintaining the treadmill based on manufacturer's guidelines. If you have a treadmill at home, follow the manufacturer's maintenance recommendations or consult with a certified repair technician.

OPTIMIZING YOUR TREADMILL WORKOUT

1. **Incorporate Incline and Speed Variations:** Adjusting the incline mimics uphill walking and will engage different muscle groups, increase workload intensity, and expend more calories. Some models also provide a downhill option that should be used with caution as this will result in an eccentric load and may result in more severe muscle soreness versus flat or uphill walking. Gradual increases in incline build strength without excessive joint strain. Combine speed and incline for a comprehensive workout. Be sure you are able to maintain a light touch as speed and incline increases. If you are holding the front rail tightly, chances are the speed or incline should be reduced.
2. **Try Interval Training:** Interval training alternates between high and low intensity, maximizing caloric expenditure and improving cardiovascular fitness. It's also effective for increasing energy expenditure, even after your workout ends (5).
3. **Monitor Heart Rate and Breathing:** Many treadmills have heart rate monitors to gauge intensity. The National Institutes of Health (NIH) recommends maintaining your heart rate within 50% to 85% of your maximum heart rate for optimal cardiovascular benefits for continuous exercise. For interval or high-intensity interval training (HIIT), your heart rate can exceed 85% as you will be exercising for shorter durations and at higher intensities (6).

4. **Vary Your Routine:** Avoid repetitive stress or overuse injuries by alternating treadmill routines—try speed-focused runs, incline walks, or slower sessions. ACSM encourages cross-training with other activities, such as cycling or strength training, to balance muscle development and prevent overuse injuries (5).
5. **Cool-Down and Stretch:** End each session with a 5-minute cool-down walk and stretching to improve flexibility and aid muscle recovery. ACSM emphasizes the importance of proper cool-downs to prevent muscle tightness and support cardiovascular recovery (5).

Treadmills are valuable tools for fitness when used safely and effectively. By following these best practices, you can enjoy safe and successful workouts that contribute to your fitness goals.

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

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14 | JANUARY ACTIVITIES

MON	TUES	WED	THURS	FRI	SAT
 To find information on our programs and services, daily activities, special events, fundraisers, and more, go to: www.hillsdaleseniors.org			1 CENTER CLOSED FOR THE HOLIDAY 	2 Subs for Funds starts 9am: Coffee Hour 10am: SS EnerChi & Cornhole 11:15am: SS Yoga 1-3: Movie & Popcorn 4:00pm: Fit Camp	3 9:30am Cardio Drum 8am-12pm Fitness Center Open
5 9:30am: Cardio Drum 11:15am: SS Stability 1-3: Pedro (Cards)	6 By Appointment: Life Line Screenings 10 am: SS Enerchi 11:15am: SS Classic 1-2pm: Bingo 4:30pm: Cardio Drum	7 9am-2:45pm ARC Blood Drive 10am: SS Stability 11:15am: SS Yoga 1-2:30pm: Dig. Literacy 1-3pm: Handcrafting, Euchre & Woodcarvers 4:30pm: Fit Camp 5:30pm: Vinyasa Yoga	8 9:30: Cardio Drum 11:15am: SS Classic 1-2: Low Intensity Cardio Drumming 2-3:30pm Parkinson's SG 5:45-9pm: Cash Bingo (18+)	9 10am: SS EnerChi & Cornhole 11:15am: SS Yoga 1-3pm: Corn Hole 1-3: Movie & Popcorn 4:00pm: Fit Camp	10 8:30am & 9:30am Cardio Drum 8am-12pm Fitness Center Open
12 9:30am: Cardio Drum 11:15am: SS Stability 1-3: Pedro (Cards)	13 10 am: SS Enerchi 11:15am: SS Classic 1-2pm: Bingo 1-3pm: Mahjong 4:30pm: Cardio Drum	14 8:30am: Senior Breakfast 10am: SS Stability 11:15am: SS Yoga 1-2:30pm: Digital Literacy 1-3pm: Euchre 1-3pm: Handcrafting 1-3: Woodcarvers 4:30pm: Fit Camp 5:30pm: Vinyasa Yoga	15 9:30: Cardio Drum 11:15am: SS Classic 1-2: Low Intensity Cardio Drumming 1-3pm: Technology Assistance Clinic 1:30-3pm: Kinship Care SG	16 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	17 9:30am Cardio Drum 8am-12pm Fitness Center Open
19 CENTER CLOSED FOR THE HOLIDAY 	20 10 am: SS Enerchi 11:15am: SS Classic 1-2pm: Bingo 1-3pm: Mahjong 4:30pm: Cardio Drum	21 10am: SS Stability 11:15am: SS Yoga 1-2: Connection Café 1-2:30pm: Dig. Literacy 1-3pm: Euchre, Woodcarvers, and Handcrafting 4:30pm: Fit Camp 5:30pm: Vinyasa Yoga	22 9:30: Cardio Drum 11:15am: SS Classic 1-2: Low Intensity Cardio Drumming	23 9am: Coffee Hour 10am: SS EnerChi & Cornhole 11:15am: SS Yoga 1-3: Movie & Popcorn 4:00pm: Fit Camp	24 9:30am Cardio Drumming 8am-12pm Fitness Center Open
26 9:30am Cardio Drumming 8am-12pm Fitness Center Open	27 10 am: SS Enerchi 11:15am: SS Classic 1-2pm: Bingo 1-3pm: Mahjong 3pm: Board Meeting (Open to the Public) 4:30pm: Cardio Drum Sub sales end	28 10am: SS Stability 11:15am: SS Yoga 1-3pm: Euchre, Woodcarvers, and Handcrafting 1-2:30pm: Digital Literacy 2-3:30: Alzheimer's SG 4:30pm: Fit Camp 5:30pm: Vinyasa Yoga	29 8:45am: Perennial Park Perspective on WCSR 9:30: Cardio Drum 11:15am: SS Classic 1-2: Low Intensity Cardio Drumming	30 9am: Coffee Hour 10am: SS EnerChi & Cornhole 11:15am: SS Yoga 1-3: Movie & Popcorn 4:00pm: Fit Camp	31 9:30am Cardio Drumming 8am-12pm Fitness Center Open

FEBRUARY ACTIVITIES | 15

MON	TUES	WED	THURS	FRI	SAT
2 9:30am Cardio Drumming 11:15am: SS Stability 1-3:Pedro (Cards)	3 10 am: SS Enerchi 11:15am:SS Classic 1-2pm: Bingo 4:30pm:Cardio Drum	4 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	5 8:45am: Perennial Park Perspective on WCSR 9:30: Cardio Drum 11:15am:SS Classic 1-2: Low Intensity Cardio Drumming 5:45-9pm: Cash Bingo (18+)	6 All Day Pick Up Sub Orders 10am: SS EnerChi & Cornhole 11:15am: SS Yoga 1-3: Movie &Popcorn 4:00pm: Fit Camp	7 8am-Noon Pick Up Sub Orders 9:30am Cardio Drumming 8am-12pm Fitness Center Open
9 9:30am Cardio Drumming 11:15am: SS Stability 1-3:Pedro (Cards)	10 10 am: SS Enerchi 11:15am:SS Classic 1-2pm: Bingo 1-3pm: Mahjong 4:30pm:Cardio Drum	11 8:30am: Senior Breakfast 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	12 9:30: Cardio Drum 11:15am:SS Classic 1-2: Low Intensity CD 2-3:30pm Parkinson's SG	13 9am: Coffee Hour 10am: SS EnerChi & Cornhole 11:15am: SS Yoga 1-3: Movie &Popcorn 4:00pm: Fit Camp	14 8:30am & 9:30am Cardio Drum 8am-12pm Fitness Center Open 
16 CENTER CLOSED FOR THE HOLIDAY 	17 10 am: SS Enerchi 11:15am:SS Classic 1-2pm: Bingo 1-3pm: Mahjong 4:30pm:Cardio Drum	18 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	19 9:30: Cardio Drum 11:15am:SS Classic 1-2: Low Intensity Cardio Drumming 1-3pm: Technology Assistance Clinic 1:30-3pm: Kinship Care SG	20 9am: Coffee Hour 10am: SS EnerChi & Cornhole 11:15am: SS Yoga 1-3: Movie &Popcorn 4:00pm: Fit Camp	21 9:30am Cardio Drum 8am-12pm Fitness Center
23 9:30am Cardio Drumming 11:15am: SS Stability 1-3:Pedro (Cards)	24 10 am: SS Enerchi 11:15am:SS Classic 1-2pm: Bingo 1-3pm: Mahjong 3pm: Board Meeting 4:30pm:Cardio Drumming	25 10am: SS Stability 11:15am: SS Yoga 1-3pm: Euchre, Woodcarvers, and Handcrafting 2-3:30:Alzheimer's SG 4:30pm: Fit Camp 5:30pm: Vinyasa Yoga	26 9:30: Cardio Drum 11:15am:SS Classic 1-2: Low Intensity Cardio Drumming	27 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	28 9:30am Cardio Drum 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

EMPLOYEE OF THE QUARTER: TERRI PICEK



Congratulations to Terri Picek for being Perennial Park's Employee of the Quarter!

In her role as a front desk receptionist, Terri plays a vital part in shaping every guest's first impression of our organization. She embodies exceptional service and a genuine commitment to helping others, and she consistently goes above and beyond her daily responsibilities, taking on additional tasks without hesitation and doing so with a level of professionalism and enthusiasm that inspires the entire team. From checking in on coworkers to offering support to those struggling to taking time to ensure no one feels overlooked, these small unseen acts of kindness ripple through our workplace, strengthening team morale and creating an environment where people feel cared for and valued. We are so grateful to have you on our team, Terri!

VOLUNTEER OF THE QUARTER: GARY WILSON

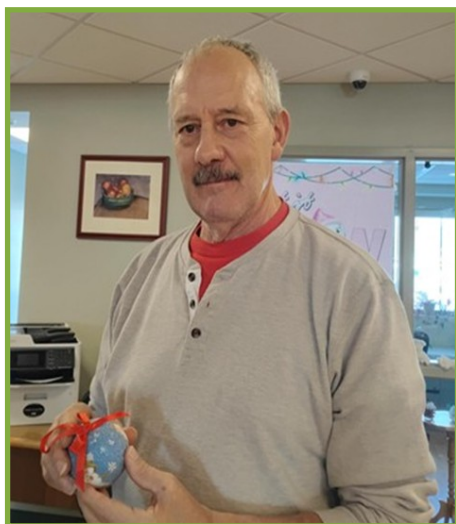


Congratulations to Gary Wilson for being our Volunteer of the Quarter!

Gary is always willing to accept transport requests and has already driven over 2,500 miles since October 2024. He has a cheerful attitude no matter what and he doesn't mind taking early morning transports even if they are some distance away. He will often take more than one transport in the same day! He is diligent in both his transportation duties and in filing his paperwork. Gary communicates with the Transportation Department very well and he is a shining star on the team! He has already volunteer over 100 hours since October 1st, 2025 (start of fiscal year 2026).

Thank you for your time and dedication to the Center, Gary! We truly appreciate all of your efforts in helping the community!

LEGACY CLUB MEMBER OF THE QUARTER: TODD CAULKINS



Congratulations to Todd Caulkins for being our Legacy Club Member of the Quarter!

Todd lives in Hillsdale with his wife, Sheri, and proudly calls it home. He attends the Respite Center three days a week and is always quick to share his upbeat attitude, infectious energy, and friendly smile. Family means a great deal to Todd, and he especially enjoys time spent with his children and grandchildren.

Todd spent his career in tool and dye making and has many fond memories from his years farming and beekeeping. He loves being outdoors and particularly enjoys riding around in the golf cart with Sheri. At the Center, Todd looks forward to Cardio Drumming on Thursdays and staying active with others. When asked what he enjoys most about the Legacy Club, Todd summed it up perfectly: "Nice place to be and good food."

We're grateful to have Todd as such a positive and valued member of the Legacy Club.

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

Parkinson's Disease (PD) is a chronic, progressive, neurological disorder resulting from the loss of brain cells that control motor functions. Through educational programs, guest speakers and discussion, the group members learn practical strategies for living with PD. All information shared in the group is confidential and privacy is maintained.

Kinship Care Support Group: Third Thursday of every month | 1:30–3:00p.m.

Designed to give those raising a child, of a family member: support and guidance for difficult situations they may encounter. It is a valuable resource for many caregivers and includes a comprehensive library on issues related to raising children. The services provided by Kinship Care are peer group meetings, guest speakers on specific topics, assistance with financial and legal issues, counseling, and tutoring resources.

Alzheimer's Support Group: Fourth Wednesday of every month | 2:00–3:30 p.m.

Alzheimer's is a type of dementia that causes problems with memory, thinking, and behavior. The Alzheimer's support group is available to caregivers, family, or friends of someone with any type of dementia or short-term memory loss. Through discussion, the group members learn practical strategies for providing care to their loved ones, while also caring for their own physical, emotional, and social well-being. All information shared in the group is confidential and privacy is maintained.

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Spotlight on Caffeine

By: Sarah Pollack, RDN, CDCES

Many people can't imagine starting their day without a cup of coffee or tea. Caffeine has become the silent hero fueling the days of millions of people and helping them get through an afternoon slump. While caffeine can have positive effects on alertness, cognitive function and athletic function, excessive consumption can bring concerns and potential health risks.

What Is Caffeine?

Caffeine is a natural stimulant that is found naturally in coffee beans, tea leaves, cacao beans, guarana berries and yerba mate leaves. It can also be made synthetically and added to drinks, food, tablets and supplements.

Typical Caffeine Amounts in Common Food and Drinks

Coffee (8 oz): ~80–100 mg
 Tea (8 oz): ~20–60 mg
 Energy drink (8 oz): ~70–150 mg
 Soda (12 oz): ~20–50 mg
 Dark chocolate (1 oz): ~20–30 mg

Possible Health Benefits

1. **Increased alertness and concentration.** Caffeine blocks adenosine (a neurotransmitter in the brain that signals fatigue), helping you feel more awake and focused.
2. **Improved physical performance.** It can enhance endurance, reaction time, and perceived effort.
3. **Mood elevation.** Moderate caffeine intake is associated with better mood and reduced risk of mild depression for some people.
4. **Possible long-term protective effects.** Studies suggest people who regularly drink caffeinated coffee may have lower risks of Parkinson's disease, Alzheimer's disease, type 2 diabetes and some liver diseases. These effects appear to come not just from caffeine but also from the antioxidants in coffee.

Possible Negative Effects

1. **Anxiety and jitteriness.** Higher doses can increase anxiety, restlessness, or even trigger

panic in sensitive individuals.

2. **Sleep disruption.** Caffeine has a half-life of 5–6 hours, so drinking it late in the day can lead to trouble falling asleep, shorter sleep time and worse sleep quality.
3. **Increased heart rate or palpitations.** Sensitive individuals may notice faster heartbeat or fluttering sensations.
4. **Dependence and withdrawal.** People who regularly use caffeine may experience withdrawal symptoms, such as headache, fatigue, irritability, trouble concentrating if they stop suddenly. Symptoms usually start 12–24 hours after stopping and last 1–3 days. Gradually reduce caffeine to lessen symptoms.
5. **Digestive issues.** Caffeine stimulates acid production, which can worsen acid reflux or stomach irritation.
6. **Effects on blood pressure.** Caffeine can cause short-term increases in blood pressure, though this effect is usually mild in habitual users.

How Much Is Generally Considered "Safe"?

For most healthy adults, up to ~400 mg/day is typically considered a moderate amount.

Who May Need to Limit or Avoid Caffeine? People with anxiety disorders, uncontrolled high blood pressure (uncontrolled), certain heart rhythm issues, gastroesophageal reflux, pregnancy, and caffeine sensitivity should limit or avoid caffeine.

Tips to Cut Back on Caffeine

- **Cut back little by little.** Drink one fewer can of soda or a smaller cup of coffee each day. Avoid drinking beverages with caffeine late in the day.
- **Try decaf.** Having less caffeine in a drink doesn't affect the taste. Keep in mind that decaf still has some caffeine.
- **Brew tea for less time or use herbal tea.** Brewing tea for less time cuts down on caffeine. Look for herbal teas that don't have caffeine.
- **Check labels.** Over the counter pain relievers, energy bars and bottled drinks contain caffeine. Look for caffeine-free options.

SNOW DAY SNACKS

From: Kelly Cook, Nutrition Director



Candied Cranberries

Prep: 5 min. | Chill: 24 hours | Bake: 5 min.

Ingredients

- 1 12-oz bag of fresh cranberries (NOT FROZEN)
 - 2 cups of 7-UP soda
- 1 cup of orange juice (or pineapple juice)
 - 1 cup of powdered sugar

Directions

1. Combine the cranberries, 7Up and orange juice in a large bowl. Cover and place it in the refrigerator for 24 hours. It is important to wait the full 24 hours so that the juices penetrate through the cranberry skin and fully absorb.
2. After the cranberries have soaked, preheat your oven to 200°F.
3. Drain the cranberries and place them in a large Ziplock bag. Add the powdered sugar and shake until the cranberries are all fully coated in sugar.
4. Transfer the coated cranberries to a parchment paper-lined baking sheet and spread them out.
5. Bake for just 5 minutes. If you bake them for too long, or the temperature of the oven is too high, the cranberries can dry out. Use an oven thermometer to ensure the temperature of your oven is not above 200°F. Allow to cool, then place the cranberries into a serving dish or use as desired.

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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, January 21st | 1-2pm
Wednesday, February 18th | 1-2pm

Every 3rd Wednesday of the month, WellWise Area Agency on Aging will be at Perennial Park from 1-2 p.m. to offer Connection Café, where you can meet new people, discuss various interesting topics, and have fun!

Location:
320 W. Bacon Street
Hillsdale, MI 49242

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\$5 for those 60 and older


Foot Clinic
with Dr. White, DPM

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- 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

Clinic Dates:

Friday, January 16th, 2026	Friday, August 14th, 2026
Friday, February 27th, 2026	Friday, October 16th, 2026
Friday, April 10th, 2026	Friday, December 4th, 2026
Friday, June 26th, 2026	Friday, January 22nd, 2027

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

Time of Clinics: Each Clinic is from 8:30 am - Noon | Limited Spots Available

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


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Word Twist Winter Words

The letters in these words are all twisted up. To play, unscramble the letters to reveal the correct words.

Hint: Each puzzle has a common theme!



wsno _____

decolr _____

zbliardz _____

ierntw _____

tosyfr _____

fscar _____

eic _____

ehslig _____

aylhoid _____

masnonw _____

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Angel Tree

Thank you to Dr. Potocki's office & Reading United Methodist Church for the Angel Tree gifts! Together, we were able to bring some holiday cheer into the lives of over 100 seniors in our community.

Thank you to the family of Mary Handy who contributed to the Angel Tree program in honor of Mary.



LEGACY CLUB 4TH ANNUAL

MITTEN TREE

**TOGETHER, WE COLLECTED
59 ITEMS!**

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GLOVES & MITTENS
26 HATS

6 SETS OF HATS AND GLOVES

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Maintenance Minutes

By: Randy Blythe, Facilities Coordinator

Winter is here!

It seems the snow and cold air decided to come early this year, but it is not too late to get your home ready for winter. Here are a few tips to help you in the upcoming months.

You will want to make sure that your furnace filters are changed. A dirty filter may contain pollen or other contaminants and will cause your furnace to run longer because of the restrictions on the air flow. Some newer furnaces will not run if the filter gets too dirty, so make sure you get those filters changed. It will also save on heating costs.

Check your windows for drafts and air leaks. You can either put plastic over your windows, or you can caulk around the windows to stop any drafts.

When it comes to the outside of your house, make sure your outside water faucets are turned off to prevent them from freezing. That is a costly and unwelcome issue for everyone. If you can, go to your local hardware store to get covers for your faucets. They are fairly cheap and easy to install. These can be used year after year if

they are properly stored in the off months.

Make sure your sidewalks are clean after shoveling and salt them after clearing the snow. Try to use calcium chloride instead of normal rock salt. This works better in colder temperatures. Rock salt is only good when the temperature is above 20 degrees whereas calcium chloride will work at -5 or -10 degrees below zero. Also, calcium chloride will not corrode your concrete walks and driveway.

If you have a frozen lock in your house or car and you do not have a lock deicer. All you need is a hand sanitizer - just dip your key in the sanitizer and try it in the lock. The main ingredient in hand sanitizer is alcohol and will help dry up any moisture in your lock.

I hope these tips make things easier for you during the cold winter months. Remember if you are unable to shovel your snow, I am sure you have a neighbor kid that could use a few dollars. Or you can simply search online for snow removal services in Hillsdale. There are plenty of resources out there.

Enjoy the winter beauty that Michigan is ready to offer and stay warm!



October 2025

Robert Burchfield
 Ruby Cramer
 Deanna Bellman
 Lila Rubel
 Frances Wells
 Danielle Partee
 Bonnie Bowers
 Martha Brown
 Shirley Sauber

Marion Bortell
 Margaret Graves
 Gina Wilbur
 Patricia Terrill
 Orpha Turner
 Nancy Weber
 Richard Curtis
 David Warfield
 Donna Bevard

November 2025

Margaret Bires
 James Moore
 Natalie Miller
 Todd Landon
 Shirley Cummings

Sharon Reasoner
 Glenna Morton
 Rosemary Russell
 George Carpenter
 Jude McCormick



Contact Me

517-398-2996

sherri@cbgroves.com

268 W Carleton Rd
 Hillsdale MI 49242

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

Sherri Groves
 Associate Broker
 Senior Real Estate Specialist

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 Financial Advisor

101 Hillsdale Street
 Hillsdale, MI 49242
 517-437-1301

MKT-58940-A-A1 AECSPAD 24083119

26 | BIRTHDAYS & DONATIONS



to our volunteers

January

Sandra Hepker
Mara MacKay
Greg Schira
Drew Wheeler
Elena Gerren
Rene Spahr
Nancy Burns
Elesha Gittings
Gracie Bump
Stephanie Irwin
Deborah Layman
Bobbi Byrd
Maggi Monroe
Reley Morse
Nancy Veenstra
Brenda Frank
Dave Sell
Lenore Spahr
George Humphries
Tina Siler
Brenda Burlew

February

Melinda Robison
Karen Watt
JC Morris
Jessica Dehn
Cindy Flynn
Kathy Humphries
Maribel Knight
Susan Buelow
Randy Blythe
Zachary Wilson

GENERAL DONATIONS 10/01/25-11/30/25

Shirley Burge
Richard & Judy Buzo
Sharon Cox
James Eppel
William Lohness
Joy McKibbin
Dolly Powell
Glenna Spahr
Order of the Eastern Star #162
Christine Olson

IN-KIND DONATIONS

Megan Harwood
Hillsdale County Veteran's Affairs
Judy Ross
Penny Myers—Share the Warmth

IN HONOR OR MEMORY

In Memory of Donna Miller
Cheryl Ester

RAFFLE BASKETS

Barrett Insurance
Hillsdale Community Thrift
Shoe Sensation
CASA of Hillsdale
Coney Hut Drive Inn
Hospice of Hillsdale County

NOV—DEC 2025 SPONSORS

Murder Mystery

Barrett Insurance
County National Bank
Coney Hut Drive Inn
Stewart's Water Well Services, LLC
County Pharmacy 2

Designer Purse Bingo

Barrett Insurance
Century Bank & Trust
Lorrie Miller Law, P.L.C.
Belson Asphalt Paving, Inc.
Knapp Chiropractic
Lifeways
BBD Fabrication, LLC
Michelle Houghtby
Lisa Wheeler
Shane Spahr

Thanksgiving Dinner

Meijer
Eagle Funeral Homes
Becker & Scrivens
Hospice of Hillsdale County
Hillsdale Hospital
Ryan & Bradshaw
Precision Gage

Breakfast with Santa

Knapp Chiropractic
Green Energy LP
Barrett Insurance
Waldvogel Wealth Management
Dr. White, D.P.M.
BBD Fabrication, LLC.

Christmas Dinner

Eagle Funeral Homes
Hospice of Hillsdale County
Hillsdale Hospital
Ryan & Bradshaw



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
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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.

Growing to Serve