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FACTS ON FOOD



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 2026 Board of Directors

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



PERENNIAL PARK
HILLSDALE COUNTY SENIOR SERVICES CENTER
320 W Bacon St • Hillsdale, MI 49242
(517) 437-2422 • (800) 479-3348
www.hillsdaleseniors.org

Dear Friends of the Center,

I'm happy to share that Perennial Park has implemented **My Senior Center**, a user-friendly system designed specifically for organizations serving older adults. Please visit the touchscreen kiosks located in the lobby or fitness center when visiting. This improvement allows us to track program participation, helping us see what's working, where needs are growing, and how we can improve, so we can continue building programs that truly make a difference.

At the heart of every thriving nonprofit is a simple but powerful idea: people helping people. As our community continues to grow and evolve, so do the needs of those we serve. We're proud to introduce **new programs** designed to bring care, connection, and critical support to individuals facing health and social challenges—and we're inviting you to be part of it!

- **Bingocize®** brings a fun and engaging twist to healthy living. This evidence-based program combines the excitement of bingo with gentle exercise and health education. It's designed to promote physical activity, reduce fall risk, and foster social connection—because wellness should be enjoyable at every age.
- We're also launching **Fueling Hope & Driving Compassion**, a vital resource for individuals navigating complex health care challenges. This program provides emergency financial assistance to ease the burden during some of life's most difficult moments and ensure no one faces hardship alone.

Thank you to the Hillsdale County Community Foundation for making these two programs possible!

- **Smiles on Wheels** is our newest outreach initiative, delivering more than just services—it delivers dignity, compassion, and human connection. Through mobile support, we're able to reach individuals who may face barriers to accessing care, ensuring they receive essential resources right where they are. Join us at the Center on June 26, 2026, at 10:30 am for free oral assessments and an afternoon of Smiles on Wheels Bingo with oral care prizes!

None of this would be possible without the dedication of our volunteers. They are the backbone of Perennial Park—bringing energy, empathy, and a sense of purpose that sustains and strengthens everything we do. Volunteers don't just support our programs; they shape, enrich, and help them reach those who need them most. HCSSC has 94 active volunteers, and, as in years past, it is an honor to celebrate with them annually during Volunteer Appreciation Week in April.

New Ways to Get Involved

Please join us at Perennial Park on May 29th from 11:00 am to 12:00 pm for a **community focus group**. The purpose of the focus group is to gain insight from community members to help guide Older Americans Act (OAA) funds to shape services such as meals, caregiving support, wellness programs, in-home services, and more.

As we expand our services, we're also creating new opportunities for volunteers to make a meaningful impact:

- **Senior Older Adult Technology Assistance (OATS) Program:** Help bridge the digital divide by supporting older adults in sharpening their digital skills. Your guidance can open doors to connection and independence. Free training is provided, and you do not need to be a technology expert to serve in this role.
- **Socialization Transportation:** Provide group rides and companionship to individuals who may otherwise face isolation. This role goes beyond transportation—it's about creating moments of connection, conversation, and community. Please call 517-437-2422 to learn more!

Kind Regards,

Maggi Monroe

Executive Director

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Pictured on front cover: Staff at Good Friday Senior Breakfast & Mayor Sessions and Bob Flynn participating in ride-a-longs for Community Champion's Week



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4 | MAY 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 Chicken Patty Tater Tots Veggie Blend HB Bun Pineapple Milk
4 Hot Dog Fries Stewed Tomatoes Hot Dog Bun Applesauce Milk	5 Pulled Pork Broccoli Sweet Potato Puffs HB Bun Sugar Free Pudding Milk	6 Spaghetti & Meatballs Capri Blend Veggies Garlic Bread Mixed Fruit Milk	7 Baked Chicken WW HB Bun Fries Green Beans Pears Milk	8 MOTHER'S DAY LUNCH Hashbrown Casserole Spring Blend Fruit Crisp Milk
11 Hamburger Curly Fries Carrots WW HB Bun Mixed Fruit Milk	12 Bratwurst Cauliflower Baked Beans WW HD Bun Orange Milk	13 Turkey Burger Sweet Potato Puffs Capri Blend Veggies Pears Milk	14 Sloppy Joe WW HB Bun Fries Green Beans Pears Milk	15 Salsbury Steak Mashed Potatoes Price Charles Blend Apple Milk
18 Chicken Cordon Bleu Scalloped Potatoes Italian Blend Veggies Sugar Free Jello Milk	19 Tuna Salad Sandwich Pickled Beets String Cheese Applesauce Milk	20 Reuben Casserole Spring Blend Veggies Carrots Tropical Fruit Milk	21 Meatloaf Mashed Potatoes Corn Juice Milk	22 Fish Rice Stewed Tomatoes Mandarin Oranges Milk
25 MEMORIAL DAY CLOSED FOR THE HOLIDAY	26 Chicken Tenders Tater Tots Green Beans Sugar Free Jello Milk	27 Pork Loin Mac & Cheese Carrots Craisins Milk	28 Omelet Sausage Links Diced Potatoes Peaches Milk	29 Pizza Mixed Veggies Spinach Applesauce Milk Cake & Ice Cream HAPPY BIRTHDAY!



320 W. Bacon Street
Hillsdale, Michigan 49242



(517) 437-2422 or
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Visit our website:
www.hillsdaleseniors.org

BUSINESS HOURS

Monday-Friday

8:30 a.m.—4:30 p.m.

FITNESS CENTER HOURS

Monday-Thursday

6:00 a.m.—7:00 p.m.

Friday: 6:00 a.m.—5:00 p.m.

Saturday: 8:00 a.m.—Noon



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Mother's Day LUNCH

FRIDAY | MAY 8 | NOON

Join us at the Center to enjoy a delicious meal while we celebrate the mothers in the community!

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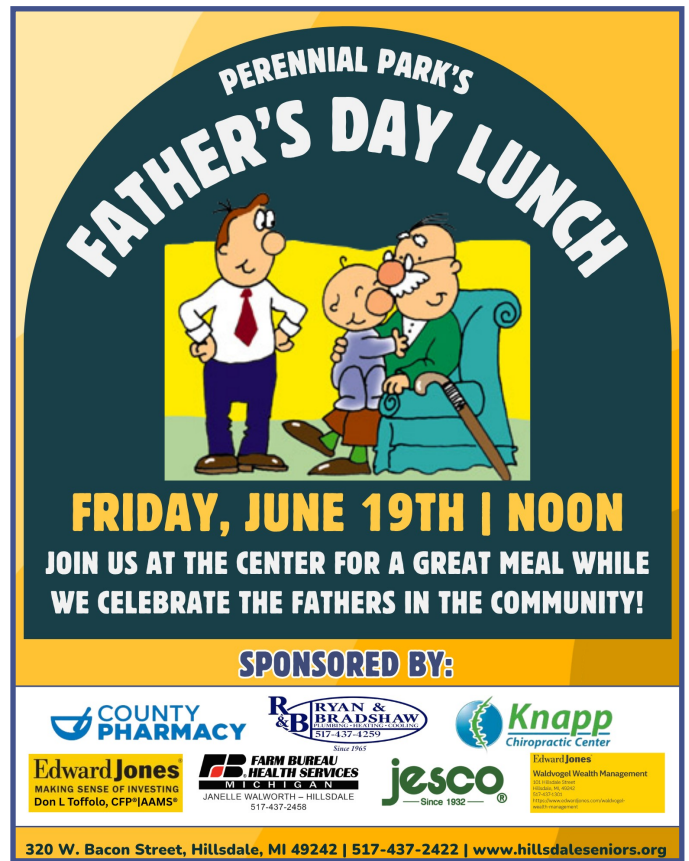


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PERENNIAL PARK'S FATHER'S DAY LUNCH

FRIDAY, JUNE 19TH | NOON

JOIN US AT THE CENTER FOR A GREAT MEAL WHILE WE CELEBRATE THE FATHERS IN THE COMMUNITY!

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By: Grace Broesamle, Marketing and Communications Coordinator

Spring is here! With the warmer weather, we have some fun events and activities planned for the older adults in the community. But first, let's take a look back at what we did at the Center over the past couple months.

Throughout March, we ran our **March for Meals** fundraising campaign where we raised awareness and funds for our Meals on Wheels program! We sold caramel corn and dog treats to raise funds for the Meals on Wheels program and the Pet Assistance Program. Together, we raised over \$1,300 for the programs! Meals on Wheels delivers hot, nutritious meals to older adults across Hillsdale County and the Pet Assistance Program allows us to help older adults with pet costs such as food, litter, and some vet appointments. Socialization and companionship are great tools for combating isolation and loneliness, so helping older adults keep that in their life through their pets is part of our mission! Also during this campaign, we had Community Champion's Week where influential leaders from around the community and state will do ride-a-longs with our Meals on Wheels drivers during Champion's Week to help bring attention and advocacy for the program. This year, we had Mayor Sessions and his wife, Bob Flynn, and a representative from Judge Lizsnyai's office, Chelsea Lambright, joined us for this event! Thank you to all of you for coming to see the impact that this vital program has on our community!

On Friday, April 3rd, we had our annual **Good Friday Senior Breakfast!** Thank you to everyone who came and we hope you had a great time with new and old friends as we enjoyed a delicious meal and celebrated the holiday at the Center! Also thank you to our sponsors of the event: *Ryan & Bradshaw,*

Knapp Chiropractic, Farm Bureau Health Services of Hillsdale, Lorrie Miller Law, P.L.C., Hospice of Hillsdale County, Jonesville Bakery, and Green Energy LP.

Our **Cash Bingo** events have been rising in popularity! We had record-breaking attendance in March with 95 people and 88 people came in April. Thank you to everyone who came and to the dedicated staff and volunteers who make it happen! A huge thank you to Dayton Lyons, one of our Fitness Specialists, for spreading the word and helping bring the community together. Cash Bingo occurs every 1st Thursday of the month from 5:45-9 p.m. (doors open at 5 p.m.). In May, it will be the 2nd Thursday of the month (May 14th) due to our Mother's Day Lunch being held the week prior. The next Cash Bingo event after that will be Thursday, June 4th. We hope to see you there!

What To Look Forward To

We will be hosting our **Mother's Day Lunch** on Friday, May 8th at noon. This is a fun event where we get to celebrate the mothers in the community with a tasty meal and mothers can enter a raffle to win some lovely prizes! All are welcome to come and enjoy the festivities!

After that, we will be hosting our **Palettes & Petals Art Show & Garden Tour** on Saturday, June 6th from 10 a.m.— 4 p.m. There will be a garden tour around public and private gardens in Hillsdale County as well as an art show at the Center! We will also be having the Ice Cream Social again this year, but we have also added Kid's Crafts for the younger generation to enjoy creating some fun, spring creations. Thank you to Meijer for sponsoring those

midday activities. To end the event, we will have two sessions of Paint & Sip, where you can enjoy a drink while an instructor guides you in making a creation that you can take home! This event is meant to highlight the beauty of spring through showcasing gardens around the county, art from local artists, and what you can bring to life as well! For more information, please see page 22.

On Friday, June 19th at noon, we will have our **Father's Day Lunch!** All dads are welcome to come and enjoy a delicious meal, enter to win some fun prizes, and be celebrated by the community.

Our **Fresh Produce Initiative** has started up again thanks to the Hillsdale County Community Foundation! This is a program to provide older adults in Litchfield with fresh fruits and veggies. Pick up is the 1st Wednesday of the month and you must order your bag of produce at least 1 week before pickup. The next distribution will be Wednesday, June 3rd at noon at the Litchfield District Library located at 115 W. St. Joe Street,

Litchfield, MI 49252. To order your bag, call 517-542-3887 by Wednesday, May 27th.

We also received grants that have allowed us to add new programs to the Center. We received a grant from Molina Health Care and the Michigan Association of Senior Centers to offer **Rendever**, a virtual reality experience for seniors that is designed to overcome social isolation through the power of positive, shared experience. The other grant is through the V.C. & Velma Knight Fund at HCCF and with those funds we will be starting our **Fueling Hope and Driving** Compassion program. This is for older adults who demonstrate a financial need for continuity of cancer care, dialysis treatment, and complex medical needs. More info about these are coming soon!

For more information about events and programs like these 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

Diabetic Foot Care

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

If you have diabetes, you've probably heard your doctor mention foot care at almost every visit. Maybe it seems like a small thing, but here's the truth: for people with diabetes, foot problems can sneak up quietly and become serious faster than most people expect. The good news is that a little attention each day goes a long, long way.

Why Diabetes and Feet Don't Always Get Along

Diabetes can affect your feet in two main ways. First, over time, high blood sugar can damage the nerves in your feet, a condition called peripheral neuropathy. This means you may not feel pain, heat, or cold in your feet the way you should. A small blister or a pebble in your shoe might go unnoticed for days. Second, diabetes can reduce blood flow to your feet, so even a tiny wound can take longer to heal. Put those two things together, and you can see why foot care matters so much.

Simple Daily Habits That Make a Real Difference

- **Check your feet every day.** Take a good look at the tops, bottoms, heels, and the space between each toe. Use a hand mirror if you need to, or ask someone you trust to help. You're looking for cuts, blisters, redness, swelling, or anything that looks new or different.
- **Wash and dry carefully.** Wash your feet in lukewarm water (test it with your elbow, not your foot; the water should feel comfortable, not

hot). Dry thoroughly, especially between the toes, where moisture can lead to fungal infections.

- **Moisturize — but not between the toes.** Dry, cracked skin on your heels and the bottom of your feet can lead to sores. A simple unscented lotion works well. Just skip the space between your toes.
- **Wear shoes and socks — even indoors.** Going barefoot is one of the biggest risks for people with diabetes. Socks without tight elastic bands are ideal, and well-fitting shoes without rough seams are a must. Ask your doctor about diabetic shoes. Medicare often covers them.
- **Trim toenails straight across.** Cut your nails carefully, straight across, and not too short. Rounding the corners can lead to ingrown toenails. If your nails are thick or hard to reach, a podiatrist can help.
- **Never try to fix foot problems yourself.** It's tempting to trim a callus or pop a blister at home, but for people with diabetes, that can open the door to infection. See your doctor or foot specialist instead.

When to Call Your Doctor Right Away

Don't wait for your next scheduled appointment if you notice any of these:

- A sore, blister, or cut that isn't healing after a day or two
- Redness, warmth, or swelling — especially around a wound

- A bad smell from your foot or between your toes
- A part of your foot that has changed color (pale, blue, or very dark)
- Pain, tingling, or numbness that is new or getting worse

See a Podiatrist

A podiatrist is a doctor who specializes in feet and ankles. If you have diabetes, seeing one regularly is one of the smartest things you can do, not just when something goes wrong. HCSSC hosts a Foot Clinic; please call the front desk to schedule an appointment.

Reference:

American Diabetes Association (2026). Diabetes foot care tips. <https://diabetes.org/health-wellness/diabetes-and-your-feet/foot-care-tips>



Foot Clinic

with Dr. White, DPM

Join us at the Center for Bi-Monthly Podiatry Clinics with Dr. White!

Next Clinic:

Friday, June 26th
8:30 a.m. - Noon

Bring:

- Insurance Card
- Driver's License/ID
- Medication List
- Allergy List

Clinic treatments include:

- Toenail Trimming
- Treating calluses, ingrown toenails, corns, bursitis, and painful joints

Note: If you have bunions or more complex foot care needs, please contact Dr. White's office at 517-788-8251

Schedule an appointment by calling 517-437-2422

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



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TAKE TEN

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

10

SHAREABLE RESOURCE

by Jose Antonio, Ph.D.

Ten Common Questions and Misconceptions About Creatine, Caffeine, and Protein

1 CREATINE IS NOT AN ANABOLIC STEROID. Creatine and anabolic steroids are about as similar as an apple to a steak. Creatine is converted to phosphocreatine in muscles, boosting adenosine triphosphate production and enhancing performance during anaerobic exercise. Anabolic steroids are controlled substances, whereas creatine is regulated as a dietary supplement under the Dietary Supplement Health and Education Act of 1994.

2 CREATINE SUPPLEMENTATION DOES NOT CAUSE DEHYDRATION OR MUSCLE CRAMPING. Speculation has suggested that creatine supplementation may cause dehydration and muscle cramping, based on the idea that creatine, being osmotically active, increases intracellular water retention, potentially disrupting whole-body fluid balance. Studies, such as one involving National Collegiate Athletic Association football players, found that creatine users had significantly fewer cases of cramping, dehydration, and other injuries compared to nonusers.

3 CREATINE SUPPLEMENTATION APPEARS TO BE GENERALLY SAFE AND POTENTIALLY BENEFICIAL FOR CHILDREN AND ADOLESCENTS. Data on teenage athletes show a benefit from creatine supplementation. Clinical trials also have shown benefits, such as improved outcomes in pediatric patients with systemic lupus erythematosus and Duchenne muscular dystrophy, without negatively impacting kidney function, inflammation, or liver health. The US Food and Drug Administration's 2020 classification of creatine as "generally recognized as safe" reinforces its safety for older children and adolescents.

4 CREATINE IS BENEFICIAL FOR OLDER ADULTS. Creatine supplementation can improve strength and daily functionality and delay fatigue in older adults, but it is unlikely to significantly increase muscle strength or performance without resistance training. Studies show that creatine alone, without exercise, has minimal impact on lean mass and muscle strength, although it may reduce muscle fatigue.

5 CAFFEINE DOES NOT DEHYDRATE YOU DURING EXERCISE. Factors such as sweat rate, fluid replacement, and genetics have a more significant impact on one's hydration level compared to moderate caffeine consumption alone. Recent studies that account for various influencing factors have shown that moderate daily caffeine intake (around $3 \text{ mg} \cdot \text{kg}^{-1}$ or 250–300 mg), which is above the US average, does not increase urine output in habitual drinkers.

6 WAITING AFTER WAKING TO CONSUME CAFFEINE DOES NOT HELP YOU AVOID THE AFTERNOON "CRASH." There has been a trend on social media recommending delaying coffee intake by 30 to 120 minutes after waking to avoid prolonging the cortisol peak,

preventing afternoon crashes, and allowing adenosine levels to drop. However, these claims are fabricated mainly because no randomized controlled trials indicate that this occurs. A significant flaw in the argument for delaying caffeine intake to avoid extending the cortisol peak is that high-intensity exercise performed soon after waking triggers the same cortisol response. Following this reasoning, one also would need to avoid morning exercise, which makes no sense.

7 DIETARY PROTEIN DOES NOT HARM YOUR KIDNEYS. Research shows athletes who consume high amounts of protein, often up to $1.9 \text{ g} \cdot \text{kg}^{-1} \cdot \text{day}^{-1}$, do not experience impaired kidney function. Studies also have demonstrated that even significantly higher protein intakes ($3.2\text{--}4.4 \text{ g} \cdot \text{kg}^{-1} \cdot \text{day}^{-1}$) are well tolerated, with no adverse effects on kidney markers or overall health. Body composition improvements are primarily the result of caloric restriction coupled with a higher protein intake.

8 CONSUMING "EXCESS" PROTEIN DOES NOT NECESSARILY INCREASE BODY FAT MASS. Research shows that higher protein intake promotes favorable body composition changes, especially by preserving lean mass and increasing fat loss during calorie restriction. Studies on resistance-trained individuals consuming high protein levels (up to $4.4 \text{ g} \cdot \text{kg}^{-1} \cdot \text{day}^{-1}$) indicate no significant fat mass increase despite higher energy intake.

9 DIETARY PROTEIN IS NOT HARMFUL TO YOUR BONES. There is a misconception that high protein intakes negatively affect bone health, largely based on the acid-ash hypothesis. This theory suggests that a protein-rich diet leads to an acidic dietary load, increasing calcium excretion and potentially contributing to bone loss and osteoporosis. On the contrary, research shows that high-protein diets can benefit bone health by stimulating bone formation, improving muscle mass, and promoting stronger bones.

10 PEANUT BUTTER IS NOT A GOOD PROTEIN SOURCE. Many energy-dense foods, like cheese and peanut butter, are marketed incorrectly as good protein sources. Peanut butter is primarily comprised of fat calories. Peanut butter provides 7 g of protein per two-tablespoon serving, which may help your pet hamster, but not a human.

Jose Antonio, Ph.D., earned his Ph.D. and completed a post-doc at the University of Texas Southwestern Medical Center in Dallas, Texas. He has more than 150 publications and is a professor of Exercise Science at Nova Southeastern University in Davie, Florida. He is also the cofounder of the Society of Sports Neuroscience and the International Society of Sports Nutrition.

The Perennial Park Fitness Center is open to persons age 13 and older.

Memberships are available for individuals, companions, and additional people in your family. Rates depend on age and whether you are in county or out of county.

Additional membership options such as **SilverSneakers®**, **Silver&Fit®**, **One Pass Select™**, **Renew Active®**, and **Aaptiv®** may be available depending on your insurance. Our staff can help determine eligibility.



Classes

A variety of fitness classes are available for those who also enjoy the social benefits of exercise. Some classes are offered on an ongoing basis while others may be offered "on-demand."



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Wednesdays at 5:30 p.m.



Fit Camp with Dayton Lyons & Tina Siler

Wednesdays at 4:30 p.m.
Fridays at 4 p.m.

SilverSneakers® classes and Cardio Drumming may be included in your Fitness Center membership - otherwise, there are no class fees for members. Please feel free to consult the Fitness Center staff with any questions and check the Activities Calendar on our website and at the front desk for our latest offerings.

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April 2026

Dear Friend of the Center,

Thank you for your continued support and unwavering dedication. Through the generosity of our community, Perennial Park served **3,031** unduplicated clients in fiscal year (FY) 2025, or **32%** of Hillsdale County's older adult population 50 and older.

Every day, members of our community walk through our doors seeking a place to grow stronger, healthier, and more connected. Our facility has long been a hub for wellness and support, welcoming hundreds of people daily, but like many well-loved spaces, upkeep is essential. The Board of Directors has approved the 2026 Spring Appeal contributions to support Perennial Park facility improvements.

Our current water fountain is outdated and no longer meets the needs of those who rely on it. By installing a modern, accessible hydration station with bottle-filling capability, we can promote healthier habits, reduce waste, and ensure guests have easy access to clean drinking water. Equally important is our fitness stairwell. What could be a bright, inviting space that encourages physical activity has become worn. With your support, we plan to transform it into a safe, motivating space —complete with improved lighting, fresh finishes, and visual elements that inspire movement and wellness.

With your support, I am pleased to share recent facility improvements, including the nutrition department roof repair, and, with the support of WellWise Services Area Agency on Aging, the installation of updated automated electronic defibrillators (AEDs) in the lobby, fitness center, and adult day care. Supporting an inclusive environment, and made possible by the Hillsdale County Community Foundation, an American with Disabilities Act (ADA) compliant picnic table was added to the front entrance seating area.

As we welcome the renewal that spring brings, we are reminded that growth and hope are only possible through the care and commitment of people like you. Your support today helps ensure that the individuals and families we serve continue to have access to the resources, opportunities, and encouragement in a safe, welcoming, and pleasant environment. Thank you for standing with us and being an essential part of our work. Together, we make a lasting impact.

Warm Regards,

Maggi Monroe
Executive Director

Kristina Dewey
Board President



DONATE HERE

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



Fundraising Updates

Thank you to everyone who donated to our Thanksgiving Appeal and the Great Give in 2025! Together, we raised \$28,046 to cover the costs of the roof replacement. In April, Braman Roofing came to replace the roofing above our Nutrition Department and it looks amazing!



With the remaining funds from Subs for Funds, we purchased a ski machine and rowing machine! Thank you again to everyone who purchased subs and donated to the campaign!

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14 | MAY ACTIVITIES

MON	TUES	WED	THURS	FRI	SAT
Support & Assistance Blood Pressure Kiosk: Made possible by HCCF. Get your blood pressure checked and receive a printout for your records. Notary Public Services: Perennial Park has registered Notary Publics on staff. Please call ahead before visiting. Volunteer Non-Emergency Transportation: Please call Transportation Services to set up. 517-437-2422				1 9am: Coffee Hour 10am: SS EnerChi & Cornhole 11:15am: SS Yoga 1-3: Movie & Popcorn 4:00pm: Fit Camp	2 9:30am Cardio Drum 8am-12pm Fitness Center Open
4 9:30am: Cardio Drum 11am-Noon: TOPS Class 11:15am: SS Stability 1-3: Pedro & Spite & Malice	5 ALL DAY—By Appt Life Line Screening 10 am: SS Enerchi 10-11am: Safe as Prevention (RSVP) 11:15am: SS Classic 1-2pm: Bingo 1-3pm: Mahjong 4:30pm: Cardio Drum	6 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	7 8:45am: Perennial Park Perspective on WCSR 9:30: Cardio Drum 11:15am:SS Classic 1-2: Low Intensity Cardio Drumming	8 10am: SS EnerChi & Cornhole 11:15am: SS Yoga 12pm: MOTHER'S DAY LUNCH 1-3: Movie & Popcorn 4:00pm: Fit Camp	9 8:30am & 9:30am Cardio Drum 8am-12pm Fitness Center Open
11 9:30am: Cardio Drum 11am-Noon: TOPS Class 11:15am: SS Stability 1-3: Pedro & Spite & Malice	12 10 am: SS Enerchi 10-11am: Safe as Prevention (RSVP) 11:15am: SS Classic 1-2pm: Bingo 1-3pm: Mahjong 4:30pm: Cardio Drum	13 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	14 9:30: Cardio Drum 11:15am:SS Classic 1-2: Low Intensity Cardio Drumming 2-3:30pm Parkinson's SG 5-9pm Cash Bingo (18+)	15 9am: Coffee Hour 10am: SS EnerChi & Cornhole 11:15am: SS Yoga 1-3: Movie & Popcorn 4:00pm: Fit Camp	16 9:30am Cardio Drum 8am-12pm Fitness Center Open
18 9:30am: Cardio Drum 11:15am: SS Stability 1-3: Pedro & Spite & Malice	19 10 am: SS Enerchi 10-11am: Safe as Prevention (RSVP) 11:15am: SS Classic 1-2pm: Bingo 1-3pm: Mahjong 4:30pm: Cardio Drum	20 10am: SS Stability 11:15am: SS Yoga 1-2: Connection Café 1-2:30pm: Dig. Literacy 1-3pm: Euchre, Woodcarvers, and Handcrafting 4:30pm: Fit Camp	21 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	22 9am: Coffee Hour 10am: SS EnerChi & Cornhole 11:15am: SS Yoga 1-3: Movie & Popcorn 4:00pm: Fit Camp	23 9:30am Cardio Drumming 8am-12pm Fitness Center Open
25 CLOSED FOR THE HOLIDAY 	26 10 am: SS Enerchi 10-11am: Safe as Prevention (RSVP) 11:15am:SS Classic 1-2pm: Bingo 1-3pm: Mahjong 3pm: Board Meeting (Open to the Public) 4:30pm:Cardio Drum	27 10am: SS Stability 11:15am: SS Yoga 1-2:30pm: Digital Literacy 1-3pm: Euchre, Woodcarvers, and Handcrafting 2-3:30: Alzheimer's SG 4:30pm: Fit Camp 5:30pm: Vinyasa Yoga	28 9:30: Cardio Drum 11:15am:SS Classic 1-2: Low Intensity Cardio Drumming	29 9am: Coffee Hour 10am: SS EnerChi & Cornhole 11:15am: SS Yoga 1-3: Movie & Popcorn 4:00pm: Fit Camp	30 9:30am Cardio Drumming 8am-12pm Fitness Center Open

MON	TUES	WED	THURS	FRI	SAT
1 9:30am: Cardio Drum 11:15am: SS Stability 1-3: Pedro & Spite & Malice	2 10 am: SS Enerchi 11:15am: SS Classic 1-2pm: Bingo 1-3pm: Mahjong 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 11:15am: SS Classic 1-2: Low Intensity Cardio Drumming 5:45-9pm: Cash Bingo (18+)	5 9am: Coffee Hour 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 10AM-4PM PALETTES & PETALS
8 9:30am: Cardio Drum 11:15am: SS Stability 1-3: Pedro & Spite & Malice	9 10 am: SS Enerchi 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 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 8:30am & 9:30am Cardio Drum 8am-12pm Fitness Center Open
15 9:30am: Cardio Drum 11:15am: SS Stability 1-3: Pedro & Spite & Malice	16 10 am: SS Enerchi 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 1-2: Low Intensity Cardio Drumming 1-3pm: Technology Assistance Clinic 1:30-3pm: Kinship Care SG	19 9am: Coffee Hour 10am: SS EnerChi & Cornhole 11:15am: SS Yoga 12pm: FATHER'S DAY LUNCH 1-3: Movie & Popcorn 4:00pm: Fit Camp	20 9:30am Cardio Drum 8am-12pm Fitness Center
22 9:30am: Cardio Drum 11:15am: SS Stability 1-3: Pedro & Spite & Malice	23 10 am: SS Enerchi 11:15am: SS Classic 1-2pm: Bingo 1-3pm: Mahjong 4:30pm: Cardio Drumming	24 10am: SS Stability 11:15am: SS Yoga 1-2:30pm: Dig. Literacy 1-3pm: Euchre, Woodcarvers, and Handcrafting 2-3:30: Alzheimer's SG 4:30pm: Fit Camp 5:30pm: Vinyasa Yoga	25 9:30: Cardio Drum 11:15am: SS Classic 1-2: Low Intensity Cardio Drumming	26 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	27 9:30am Cardio Drum 8am-12pm Fitness Center Open
29 9:30am: Cardio Drum 11:15am: SS Stability 1-3: Pedro & Spite & Malice	30 10 am: SS Enerchi 11:15am: SS Classic 1-2pm: Bingo 1-3pm: Mahjong 3pm: Board Meeting 4:30pm: Cardio Drumming	 To find information on our programs and services, daily activities, special events, fundraisers, and more, go to: www.hillsdaleseniors.org		<u>Safe as Prevention</u> Meet with Cynthia Wednesdays from 10am-3pm Fight back against scams, fraud, abuse, and exploitation.	

EMPLOYEE OF THE QUARTER: CINDY FLYNN



Congratulations to Cindy Flynn for being Perennial Park's Employee of the Quarter!

Cindy is one of our front desk receptionists! She has worked at the Center for 5 years and is committed, not only, to her position as a front desk receptionist, but also to the Angel Tree Program where she organizes the program, gets gift ideas, and distributes the gifts for seniors in the community. She is also instrumental in helping with RSVPs for the Fresh Produce Initiative and setting up our speaking engagements where we spread information and updates about the Center at town and city halls throughout the county. Cindy is always in a good mood and makes people feel welcome at the Center when she greets them when they walk through the doors. Thank you for your contributions and love for the Center, Cindy! We are so grateful to have you on the team!

VOLUNTEER OF THE QUARTER: GEORGE HUMPHRIES



Congratulations to George Humphries for being our Volunteer of the Quarter!

George volunteers with our Meals on Wheels program and even helped out during Champion's Week in March when he took Mayor Sessions on a route to show him the impact of the program. He also has mechanical experience, so he is a great asset to have on the team whenever there are issues with the vans.

He has also filled in as janitor on numerous occasions which is a great help to our facility! George is reliable, kind, and always willing to step in when we need him.

Thank you for all of your hard work and self-less dedication to the Center, George! We truly appreciate having you as a volunteer!

LEGACY CLUB MEMBER OF THE QUARTER: HELEN 'RAMONA' SAWYER



Congratulations to Legacy Club Member of the Quarter, Ramona!

Ramona comes to the Adult Day Care Respite Center three days a week and continues to be a valuable part of the Legacy Club.

She always brings a great smile and positive energy with her and she loves to dance. Ramona was born in Mobile, Alabama and then moved to Detroit in the 60's where she raised 10 children.

In 1998, she moved to Hillsdale MI. When asked what she enjoys most about visiting the Center she replied, she likes that everyone gets along and has fun.

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

By: Sarah Pollack, RDN, CDCES

Nutrition plays an important role in maintaining healthy skin. The nutrients of particular importance can be found in several food sources including:

Vitamin A & carotenoids help prevent sun damage, reduces infections, and helps with wound healing. Sources: Carrots, sweet potatoes, spinach.

Vitamin C is needed for collagen production, skin repair, and protecting against UV damage. Sources: Citrus fruits, peppers, broccoli, strawberries.

Vitamin E is a powerful antioxidant that protects skin from inflammation and oxidative damage. Sources: Almonds, sunflower seeds, avocados.

Omega-3 fatty acids help maintain skin hydration, improve elasticity, and reduce inflammation. Sources: Fatty fish (salmon), flaxseeds, walnuts and chia seeds.

Zinc & selenium support skin repair, reduce acne, and regulate skin cell metabolism. Sources: Nuts, legumes, lean meats, whole grains.

Polyphenols & antioxidants fight free radical damage, preventing premature aging. Sources: Berries, dark chocolate, green tea.

Water is essential to maintain skin hydration and suppleness. Aim for at least 8 glasses of water a day to maintain skin turgor and elasticity.

Dietary Habits to Avoid

Some foods accelerate skin damage and cause inflammation. Foods high in sugar and refined carbohydrates can increase acne and accelerate aging. Highly processed foods often contain trans fats that cause inflammation. Excessive alcohol can lead to dehydration and skin damage.

Other Anti-Aging Skin Care Tips

Here are some key healthy skin care habits from

the American Academy of Dermatology Association.

1. **Protect your skin from the sun.** The sun's rays make our skin age more quickly. To protect skin from the sun and other harmful UV rays:
 - o **Seek shade** between 10 a.m. and 2 p.m. and whenever your shadow looks shorter than you are.
 - o **Cover up** whenever possible. Wear a wide-brimmed hat, pants, and long sleeves. Gloves help to minimize common signs of aging on hands such as age spots. Sunglasses help reduce fine lines around the eyes.
 - o **Use sunscreen daily before going outdoors.** Choose a sunscreen that offers broad-spectrum protection, SPF 30 (or higher), and water resistance.
2. **Avoid indoor tanning.** The sun, tanning beds, and sun lamps expose you to harmful ultraviolet (UV) rays.
3. **Moisturize daily.** Skin becomes drier and fine lines and wrinkles appear with age. Moisturizer traps water in the skin, giving it a more youthful appearance. For best results, use a facial moisturizer, body moisturizer, and lip balm.
4. **Wash away dirt and grime twice a day.** Wash with warm water and a mild cleanser rather than soap. Avoid scrubbing your skin clean.
5. **Stop smoking.** Tobacco smoke contains toxins that cause dull and dry complexion, loss of skin's firmness, premature lines and wrinkles, and leathery skin.
6. **Eat healthy foods.** Eat plenty of fruits and vegetables, lean proteins, and healthy fats and drink plenty of water.
7. **Get enough sleep.** Sleep gives your body time to refresh and renew itself. It's called beauty rest for good reason!

Spring Chicken Strawberry Salad

By: Kelly Cook, Nutrition Director

Salad

- 4 cups shredded chicken
- 1 ½ cup diced strawberries
- 1 cup diced red onion
- ¾ cup chopped walnuts
- 1 cup diced celery

Ingredients

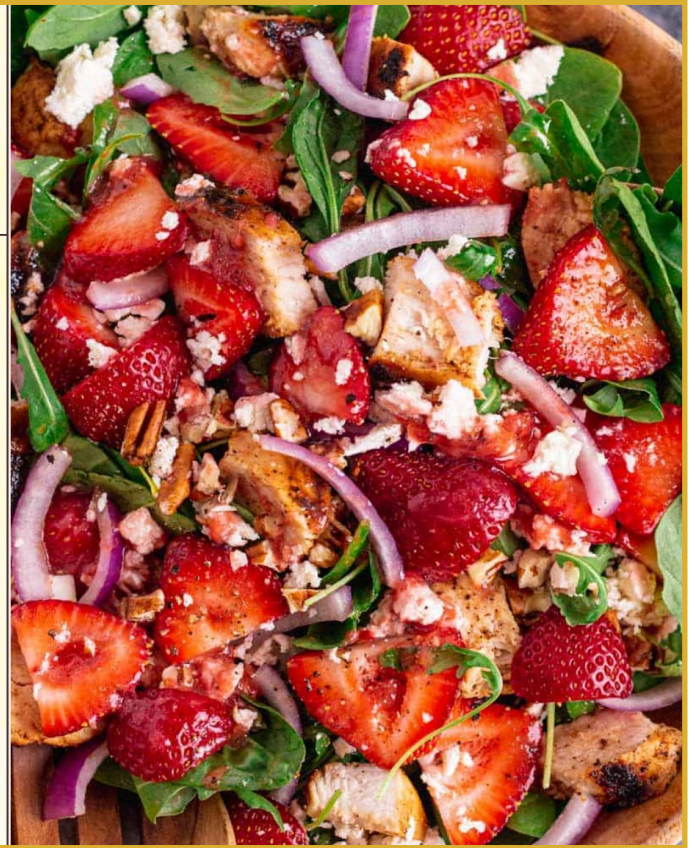
Dressing

- ¾ cup mayonnaise
- 1 Tbsp minced fresh basil
- 1 Tbsp white vinegar
- 1 tsp salt
- 1 tsp black pepper
- 1 Tbsp balsamic glaze

Directions

1. Gather ingredients, mince basil, dice strawberries, celery, and chopped walnuts.
2. Add chicken, strawberries, onions, walnuts, and celery to a large mixing bowl. Set aside.
3. Make dressing - In a smaller mixing bowl, add the mayonnaise, basil, white vinegar, salt and pepper. Whisk to combine.
4. Pour dressing ingredients over the salad ingredients. Toss all ingredients together until evenly coated.
5. Drizzle with balsamic reduction and enjoy on a sandwich or on top of lettuce greens for a filling salad.

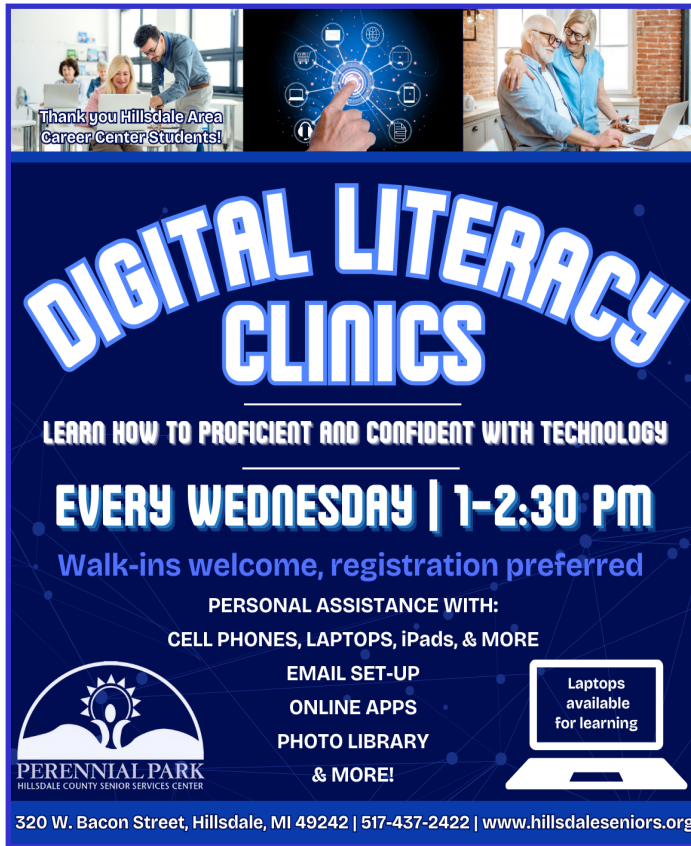
Enjoy!



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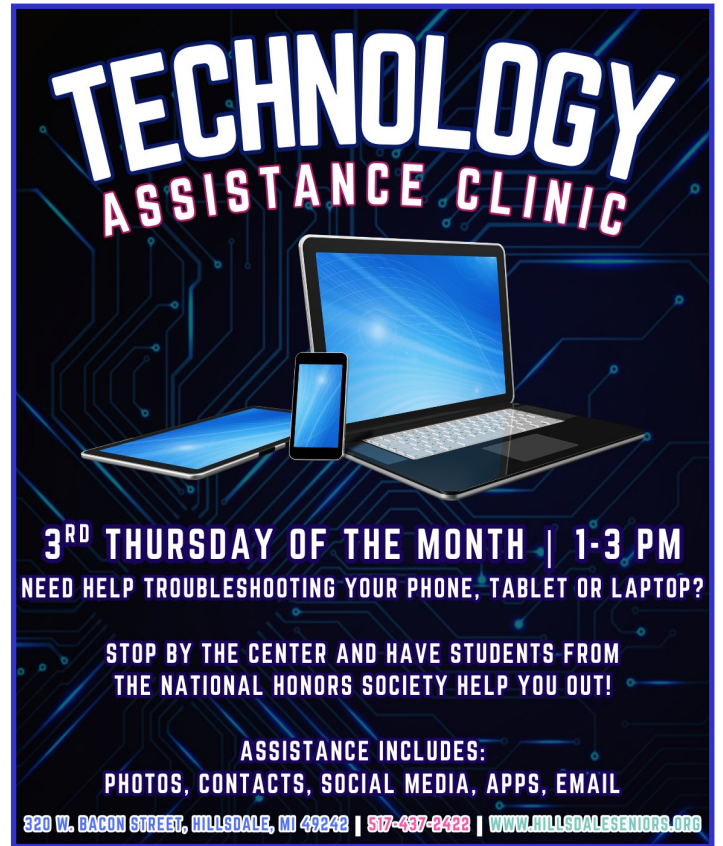
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Connection Café

COME MEET PEOPLE
AND ENJOY FOOD, TOPICS, AND FUN

Upcoming Meetings:

Wednesday, May 20th | 1-2pm

Wednesday, June 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!



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



Somewhere Over the Rainbow Grief Support & Education

Presented by Walter Shiffler

Tuesdays | 1-3 p.m. | June 2nd - July 21st, 2026

During the class, you will explore the
bereavement process and ways of
coping. Pamphlets, guest speakers,
and most importantly, weekly
support and fellowship of group
members will be used to help guide
you in the process.

You will proceed at your own pace,
and as you are ready, participate in
the group.

This group is open to anyone who is
experiencing loss, grief, or separation.



Walter Shiffler

"Grief never ends...but it changes.
It's a passage, not a place to stay.
Grief is not a sign of weakness, nor a lack of faith...
It is the price of love."



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

Community Voices Needed

Join Our Focus Groups!

Help us guide how **Older Americans Act** (OAA) funding supports our
community. Your feedback directly influences important services such as:

- Nutritious meals
- Caregiver support
- Wellness and prevention programs
- In-home services
- Transportation
- And more

Your voice matters—please join us for a friendly group discussion!

Choose the Session that works Best for You

All sessions cover the same topics. Attend the location and time most convenient for you.



Tuesday, May 20 | 10:30 AM
Adrian Senior Center
327 Erie St, Adrian, MI

Thursday, May 28 | 11:00 AM
Crouch Senior Center
1715 Lansing Ave, Suite 672, Jackson

Friday, May 29 | 11:00 AM
Hillsdale County Senior Services Center
320 W Bacon St, Hillsdale

Questions?

Lori Janiga
Community Planning Manager
(517) 740-2260 Call or Text



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Four one-hour group sessions
An intake and follow-up assessment
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Perennial Park
320 Bacon St. W., Hillsdale,
MI 49242

May 5th 10 – 11 am
May 12th 10 – 11 am
May 19th 10 – 11 am
May 26th 10 – 11 am

If you have questions or would like to
participate in this very important program,
please use the QR code or call
(517) 437-2422 or (800) 479-3348



Our goal is to provide a convenient program that can empower older adults against
financial exploitation and scams. All the information you give us remains private. Your
information is never shared outside our SAFE team.



Join our Group Program on Financial Exploitation Prevention

Are you over 55 and want to learn more
about understanding finances and
protecting yourself from exploitation?

If so, the **SAFE as Prevention** group
program could be a good fit for you.

During the program, you will:

- Learn the scammers' tactics
- Learn why adults decide to send
scammers money
- Learn about financial abuse by a
family member or friend
- Learn how to protect yourself from
all forms of financial exploitation





Perennial Park's **PALETTES & PETALS** **ART SHOW & GARDEN TOUR**

Saturday, June 6th | 10am-4pm

GARDEN TOUR: 10AM - 1PM: \$5

Go on a self-guided tour to private and public gardens around Hillsdale County!

ART SHOW: 10AM - 2PM: FREE

Stop by the Center to see artwork from talented local artisans!

ICE CREAM SOCIAL & KID'S CRAFTS: 11AM-1:30PM: FREE

Free ice cream at the Center while you make crafts! Feel free to explore our garden and walking path! This segment of the event was sponsored by Meijer!

PAINT & SIP: \$20 FOR 1 SESSION AND \$30 FOR BOTH: 2-4PM

Participate in a fun and engaging activity where you paint to create your own craft while sipping on some refreshments and spending time with the community!

Purchase tickets for Garden Tour and Paint & Sip at the Center!

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

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Maintenance Minutes

By: Randy Blythe, Facilities Coordinator

Spring is here!

Spring is here; well, the calendar says so. Here are a few things you can do to prepare for a new season.

Now that the snow has all melted and if you had your driveway plowed over the winter, you might notice clumps of rolled up sod and stones that may have been plowed into your yard. You are going to want to get all of that cleaned up so you don't mow over them and cause damage to your mower, your property, or even yourself.

Spring is also a good time to roll your yard. If your yard is anything like mine, it is very rough. In the spring the ground is very soft, and you can usually roll it and make it smooth again. If you have a roller that has to be filled with water, make sure to put a bottle of cooking oil or even mineral oil in with the water to prevent the roller from rusting on the inside. Usually, one bottle of oil is plenty. Do not use motor oil for this as it is harmful to drain it back into your yard. Always make sure you empty the roller when you are done for the season as it might freeze and crack the lining of your roller. If you have a plastic or poly roller, you will still want to empty it since it could freeze and break. Plastic or poly rollers will not need added oil. As you know, plastic will not rust.

Make sure your mower is in good running condition. It is a good time to change the oil and grease the greaseable parts and sharpen your blades. This will also help with fuel consumption. If the blades are

sharp, then the mower does not work as hard.

When it comes to your heating and cooling, you should have that service. Make sure to clean the coils around your air conditioning (a/c) unit. This alone will improve the performance of your a/c in the hot summer months.

Don't forget about your dryer vent. This is something a lot of people forget about. This will reduce the chances of a house fire by simply cleaning the lint that is caught or stuck in the vent system. When it is cold, the warm air from your vent meets the cold air and causes condensation. This makes it easier for the lint to adhere to the inside of your vent and start to back up. This could result in a possible house fire.

Spring is a great time to pull your refrigerator out and clean the coils in the back of the unit. If you notice things inside your refrigerator will sometimes freeze, this may be caused by dirty coils. Just simply use a soft brush and gently clean the dust off the coils.

As always, if you are not able to do these cleaning tips there are professionals that will gladly come to your home and do this for you. The best thing to do is look at references and/or ask a friend. You could also check your local agencies for reliable contractors.

Well, I hope these tips help you to get your home ready for summer, so you can enjoy the beauty that summer brings.



In Sympathy

February 2026

March 2026

Kim Longoria
Dorothy Roger
Jacquelyn Boothe
Michael Penn
Paul Tucker
Linda Hoard
Fern Lewis

Carol Yearling
William Pfaff
Debbie Myers-Lockwood
Robert Jefferson
Brett Patterson



Donald Kobash
Shelly Brower
Benjamin Bowers
Harriet James
Charles Sharp
Alfred Rhoades
Jim Bailey
Kenneth Broxholm
William Hayward

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

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26 | BIRTHDAYS & DONATIONS



to our volunteers

May

Grace Broesamle
Davon Wilson
Marie LaRue
Gary Wilson
Taelyn Caldwell
Xander LaRue
Jenilee Griffiths
Melissa Broughman
Rozanne Pauze
Carrie Gable

June

Jessica Scott
Jennifer Short

Come Volunteer at Perennial Park!

There are a variety of opportunities to help out at Hillsdale County Senior Services Center!



Adult Day Care/Legacy Club
Life Long Learning
Meals on Wheels Drivers
Maintenance
Special Events Assistance

Nutrition
Transportation
Non-Emergency Medical & Social Transportation
Perennial Park Pals
Grant Research

Interested in volunteering?
Call: (517) 437-2422 or (800) 479-3348
Email: ehilliker@hillsdaleseniors.org
320 Bacon Street, Hillsdale, MI 49242



GENERAL DONATIONS 2/01/2026–3/31/2026

Kat Church
James Eppel
Karen K Wykes LLC
Diane Langan
Marie-Claire Morellec
Will Morrissey
Amy Nevins
Debra Penney
Jenna Piriczky
Dolly Powell
Dennis & Brenda Reed
Charley Sanders
Linda Sigman
Tom Simon
Joseph Sloan
Christopher Sumnar

IN-KIND DONATIONS

Diane Hayward
Shelly Ross
Bill & Doris Whorley

CORRECTIONS

In Honor of Mark & Leonce Havens
Jeanette Russell

THANK YOU

SPONSORSHIPS MARCH-APRIL 2026

Good Friday Senior Breakfast

Ryan & Bradshaw
Knapp Chiropractic Center
Hospice of Hillsdale County
Lorrie Miller Law, P.L.C.
Farm Bureau Health Services
Green Energy LP
Jonesville Bakery

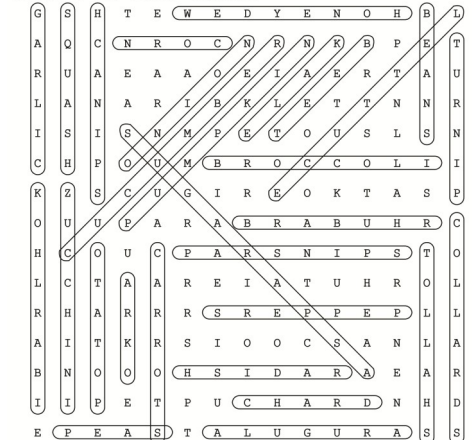
If anyone was missed, a mistake was made, or you would like to be added/ removed from our mailing list, contact Grace Broesamle at (517) 437-2422 ext. 108 or email her at gbroesamle@hillsdaleseniors.org.

Sign up to receive our newsletter using this QR code!



Answers from What's In Your Garden Crossword Puzzle in the March 2026 Issue of Golden Leaves

What's In Your Garden



Word List:

CARROTS
PEPPERS
CUCUMBER
TURNIP
ONION
POTATO
OKRA
LETTUCE

PARSNIPS
ZUCCHINI
RADISH
ARUGULA
GARLIC
RHUBARB
SQUASH

PEAS
BONEYARD
PUMPKIN
KALE
SHALLOT
CORN
COLLARDS

BEANS
BROCCOLI
SPINACH
BEET
ROHLRABI
CHARD
ASPARAGUS

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RESPITE STAYS



Centers for Medicare
& Medicaid Services



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.

