

May/ June 2024

A Publication of the H. & C. Burnside Center

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H. & C. Burnside Senior Center **Website**:

BurnsideCenter.com

Hours:

Monday - Friday 8:00 a.m. - 4:30 p.m.

65 Grahl Dr., Coldwater Phone: 279-6565

Fax: 278-7281

Email: info@BurnsideCenter.com

SPRING MED TAKE BACK DAY

Spring cleaning? Take time to clean out all of your unused medication to ensure it doesn't end up in the wrong hands!

This is a great time to dispose of medication properly. Make plans to drop off your unused medication on Thursday, May 23rd at the Burnside Center from 10 a.m. to 1 p.m.







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Meet Our Board & Staff

Branch County Commission on Aging Board of Directors

Janis Olney, Chairman
Julie Hurley, Vice Chairman
Don Thrasher, Treasurer/Secretary
Gordon Gentry
John Petzko
John Hutchinson
Kimberly Lindsey
Tim Stoll, Branch County Commissioner Liaison

The Board of Directors meets monthly on the third Tuesday at 2:00 p.m. at the Burnside Center. The public is welcome.

Staff

Amy Duff – Executive Director
Pat VanDyke – In-Home Services Director
Marlayna Drumm - In-Home Services Assistant
Freda Leupp – Programs Director
Mike Searing - Nutrition Director
Bill Swallow - Nutrition Site Coordinator
Allen Underwood – Bookkeeper
Sarah Wainscott – Staff Assistant
Debbie Ambrose – Programs Assistant/MMAP Coordinator
Mark Woodcox - Maintenance Assistant
A staff of 14 In-Home Service Aides

The primary mission of the Branch County Commission on Aging is to establish and provide services for older adults by encouraging, promoting, and safeguarding the rights and abilities of our older adults so they may enjoy maximum health, well-being, and independence.

Daily Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
8 am – 4:30 pm	8 am – 4:30 pm			
Exercise Room	Exercise Room	Exercise Room	Exercise Room	Exercise Room
8 am – 4:30 pm	8 am – 4:30 pm			
Library	Library	Library	Library	Library
8 am – 4:30 pm	8 am – 4:30 pm			
Billiard Room	Billiard Room	Billiard Room	Billiard Room	Billiard Room
9 am – 4 pm Wood Shop	9 am Mah-Jongg Tile Game	9 am – 12 pm Stained Glass Workshop	8:30 am – 1 pm Pinochle	9 am – 4 pm Wood Shop
9 – 11:30 am Creative Quilters	9 am Cyber Seniors 101	10 am – 12:30 pm Mah-Jongg Tile Game	9 am – 12 pm Stained Glass Workshop	9:30 am – 12 pm Pastel Painting Class
9 am Penny Bingo	9 am Woodcarvers	12 pm – 4 pm Computer Lab open, tech on site	9 am Penny Bingo	10 am – Stayin' Alive with Weights
10 am Step in Motion, Feel the Beat	9:30 am – 12 pm Watercolor Class	1 pm Hand & Foot Canasta	9 – 11:30 am Creative Quilters	1 pm Game Day – Ground Hog Rummy
11:30 am – 12:30 pm Congregate Lunch	11 am – 4 pm Wood Shop	1 pm Euchre	9:30 am – 10:30 am Drop in Tai Chi	1 pm Pinochle
12 pm – 4 pm Computer Lab open, tech on site	11:30 am – 12:30 pm Congregate Lunch		11:30 am – 12:30 pm Congregate Lunch	1 pm Watercolor Painting
12:30 pm Bridge	12 pm – 4 pm Computer Lab open, tech on site		12 pm – 4 pm Computer Lab open, tech on site	1 pm Euchre
1 pm Hand & Foot Canasta	1 pm Pinochle		12:30 pm Bridge	
1 pm Euchre	1 pm China Painting		1pm Line Dance Lessons	
1 pm Yarnies (Knitting & Crocheting Group)	1 pm Game Day – Social Security		1:30 pm Beginning Chord Guitar Lessons	
			2 pm Book Discussion Group	
			3 pm Couples Line Dance Lessons	

Holiday Observance

The Branch County Commission on Aging observes the following holiday:

- Memorial Day Monday, May 27
- Juneteenth Wednesday, June 19

PROTECTING YOURSELF AGAINST FINANCIAL ABUSE AND SCAMS

Financial exploitation of seniors is a growing concern, with scammers employing increasingly sophisticated methods to deceive and defraud some of the most vulnerable members of our society.

In today's fast-paced and increasingly digital world, staying vigilant about our financial security is more important than ever, especially for seniors who are often targeted by unscrupulous individuals. To help protect yourself from potential scams and financial abuse, here are what you can watch out for:

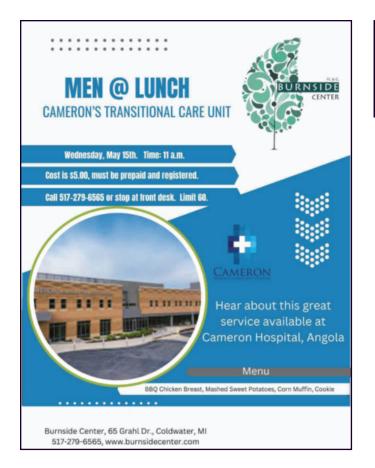
- Suspicious Phone Calls and Emails: Be cautious of unsolicited phone calls or emails asking for personal information, such as your Social Security number, bank account details, or credit card numbers. Scammers often pose as representatives from reputable organizations to gain your trust.
- Too-Good-To-Be-True Offers: If an offer sounds too good to be true, it probably is. This includes unexpected prize notifications, investment opportunities promising high returns with no risk, and requests for money to claim a prize or inheritance.
- Pressure Tactics: Scammers often create a sense of urgency to push you into making decisions without giving you time to think or consult with someone you trust. They might say you need to act now to secure an offer or protect your account.
- Requests for Money Transfers: Be wary of any requests to send money, especially through wire transfers, gift cards, or other untraceable methods. Once the money is sent, it's nearly impossible to recover.
- New Acquaintances Expressing Interest in Your Finances: While it's wonderful to make new friends, be cautious of individuals who show an unusual interest in your financial affairs, especially if they suggest new investment opportunities or express a desire to manage your finances.

HOW TO PROTECT YOURSELF:

- *Verify Contacts*: Always verify the identity of anyone contacting you claiming to be from a bank, government agency, or other organization. Use contact information you find through official websites or your own records.
- *Use Direct Deposit:* Opt for direct deposit for regular payments such as Social Security benefits or pension payments to reduce the risk of theft.
- Consult with Trusted Family or Friends: Before making any financial decisions or investments, talk to someone you trust. A second opinion can provide valuable perspective.
- Secure Personal Information: Keep your personal and financial documents in a safe place. Shred any old documents that contain sensitive information before disposing of them.
- Stay Informed: Keep abreast of the latest scams targeting seniors. Awareness is your first line of defense.

It is okay to say no to any requests for information or money, especially if you feel unsure or pressured. Trust your instincts. If something feels off, it likely is. Your financial security is paramount. If you ever suspect you've been targeted by a scam or are facing financial abuse, please don't hesitate to reach out to trusted family members, friends, or authorities for help.





ATTENTION!

When entering the building, please sign in at the touchscreens with your key tag and touch the activities you are participating in for the day. These statistics are very important for future programming of events.

Register early to avoid class cancellations.

To provide a safe and enjoyable environment for all patrons, we appreciate your adherence to the Personal Conduct Policy, posted in the Atrium.





May Events

Monday	Tuesday	Wednesday	Thursday	Friday
All events subject to change		1	2	3
		1 pm Low Vision Group		1 pm Craft Class, Mother's Day Floral, Limit 24. cost \$30. Call to register, 517-279- 6565
6	7	8	9	10
10 am Alzheimer's Support Group - Call for more information		11 am Meet, Greet, and Eat "18th Century Women's Fashion by Carol Bolton"". Maximum 60, call to sign up, 279-6565, cost \$5.00 prepay.	10 am Foot Clinic, call Deb for appointment, 269-999-0169	1 pm Matter of Balance Class (week 6 of 8)
			11:30 am Music by	
			Duane Clemens	
13	14	15	16	17
10 am - 12 noon Hopco Hearing Service - tech on site	9am—11:45 am Legal Services - first come, first served	9 - 11:30 am Windows 11 Beginners Class, Cost \$15, Limit 15. Call to sign up 279-6565.	10 am Foot Clinic, call Deb for appointment, 269-999-0169	1 pm Matter of Balance Class (week 7 of 8)
11:30 am Music by Kathy Cary	1pm Movie & Popcorn "Lost City" , Genre: Drama. Run time: 101 minutes. Sponsored by Lakehouse Assisted Living.	11 am Men @ Lunch "Cameron's Transitional Care Unit". Limit 60, call to sign up, 517-279- 6565, Cost \$5.00 prepay.		1 pm Craft Class, Picture Frame Holder,cost \$5.00, Limit 5. Sign up 279-6565.
20	21	22	23	24
1:30 pm Ice Cream Sundae Bar, Sponsored by The Laurels	10 am Foot Clinic, call Lisa for appointment, 269-625-4650	9 - 11:30 am Windows 11 Beginners Class (week 2 of 7)	10 am Foot Clinic, call Deb for appointment, 269-999-0169	1 pm Matter of Balance Class (week 8 of 8)
			10 am - 1 pm Drive-Up Med Take Back Day	
27	28	29	30	31
Closed for Holiday			11 am—12:30 pm Blood Pressure Testing by Northern Lakes Nursing	



Instructor: Deb, American Floral Trends

Join us for a fun time making this arrangement

Friday May 3rd - 1 pm

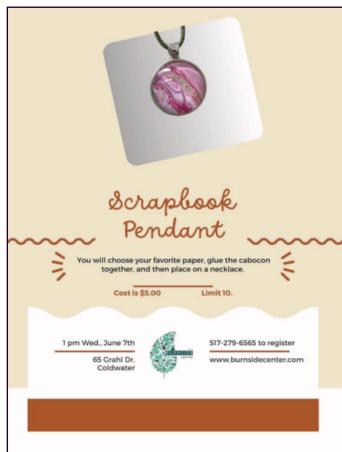
Cost: \$30.00 Limit 24

Call to sign up, 517-279-6565 or stop at front desk

Burnside Center, 65 Grahl Dr, Coldwater, MI 517-279-6565, www.burnsidecenter.com











The Home Delivered Meals Program provides five meals per week. These meals are delivered on three days per week: Mondays, Tuesdays, and Thursdays, with three ready-to-eat meals provided as well as two frozen meals per week.

Eligibility: Branch County seniors age 60+ who are **home-bound** qualify for this program. An initial assessment at the client's home must be scheduled and completed before participation in this program can begin.



Congregate meals are offered in the dining room at the Burnside Center on **Mondays**, **Tuesdays**, **and Thursdays from 11:30 a.m.** – **12:30 p.m.** This program offers the opportunity for seniors to enjoy a nutritious meal together. Menus can be found online or picked up in the building.

Eligibility: Branch County seniors age 60+ qualify for this program. Completing a brief form on demographic information is required once per year. This can be done at the same time you come to eat your meal.

Both of these services are funded by state and federal grants as well as senior millage. There is a \$3 suggested donation per meal; however, a donation is not required.

June Events

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10 am Alzheimer's Support Group - Call for more information		9 - 11:30 am Windows 11 Beginners Class (week 3 of 7)	10 am Foot Clinic, call Deb for appointment, 269-999-0169	1:30 pm Ice Cream Sundae Bar, Sponsored by The Laurels
		1 pm Low Vision Group		
		1 pm Craft Class, Scrapbook Pendant, Limit 7, cost \$5. Call to register, 517-279-6565		
10	11	12	13	14
10 am - 12 noon Hopco Hearing Service - tech on site	9am—11:45 am Legal Services - first come, first served	9 - 11:30 am Windows 11 Beginners Class (week4 of 7)	10 am Foot Clinic, call Deb for appointment, 269-999-0169	
11:30 am Music by Kathy Cary	1pm Movie & Popcorn "Singin' in the Rain" 1952, Genre: Musical. Run time; 103 minutes. Sponsored by Lakehouse Assisted Living.	10 am Foot Clinic, call Lisa for appointment, 269-625-4650	11:30 am Music by Duane Clemens	
		11 am Meet, Greet, and Eat "Tri State Optical". Maximum 60, call to sign up, 279-6565, cost \$5.00 prepay.		
17	18	19	20	21
	10 am Foot Clinic, call Lisa for appointment, 269-625-4650	Closed for Holiday	10 am Foot Clinic, call Deb for appointment, 269-999-0169	
24	25	26	27	28
	1:30 pm Ice Cream Sundae Bar Sponsored by The Laurels	9 - 11:30 am Windows 11 Beginners Class (week 5 of 7)	11 am—12:30 pm Blood Pressure Testing by Northern Lakes Nursing	
		11 am Men @ Lunch "Pastor Harold Jewel, Navy Sub Stories". Limit 60, call to sign up, 517-		
10		279-6565, Cost \$5.00 prepay.		

Thank you to our Taxes Volunteers who served over 450 Branch County clients this year!



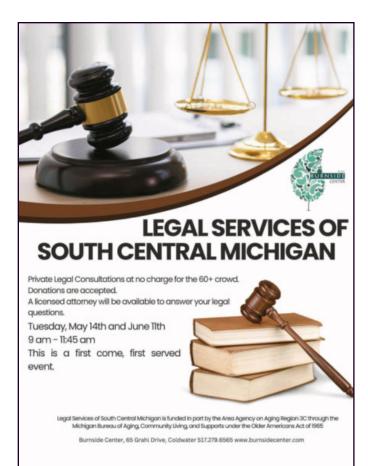
Tax Preparers:

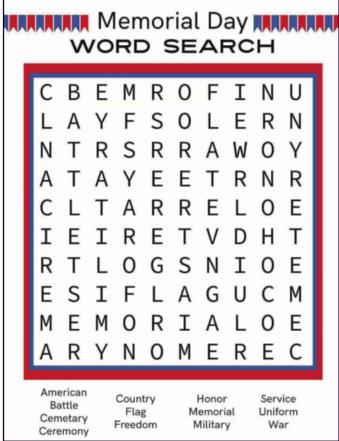
- Mary Camp
- Sheryl Watson
- Ashley Littlejohn
- Nancy Sprow
- Suzi Fitzpatrick



Tax Greeters:

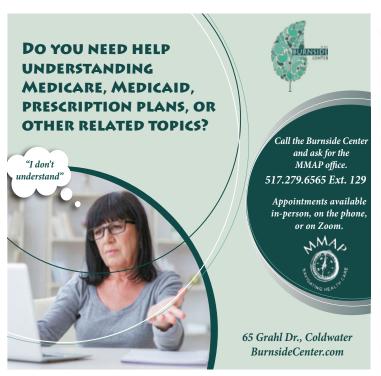
- Carol Edwards
- Sylvia Johns
- JoAnn Lloyd
- Carol Mercer











Senior Snickers by Jonny Hawkins



Find the Burnside Buzz at these locations!

MULTIPLE LOCATIONS THROUGHOUT THE COUNTY

ProMedica Coldwater Regional Hospitaloutpatient clinics and the hospital **Branch District Library (all branches)**

COLDWATER

Grand Vista Assisted Living Country Knoll Apartments The Laurels **Drews Place Vcare Pharmacy** Fresenius Dialysis Center Maple Lawn Tibbits Opera House (business office) **Englewood Apartments Coldwater Crossing Apartments Bucklin Law Office** Hope Café **Century Bank and Trust** The Goodie Shop Law Office of Bird, Scheske, Reed, & Beemer Farm Bureau (Scott Fair) Meraki Studio Jeannie's Diner St. Charles Catholic Church The LakeHouse (Masonville Place)

Meadowview Senior Apartments

Holicki Eye Center Girard United Methodist Church Rampit Northview Christian Church **Branch County Veteran's Affairs Office** Lincare **Seven Oaks Apartments** First Baptist Church Robert W. Browne Aquatic Center St. Paul's Lutheran Church Oaklawn Primary Care St. Mark's Episcopal Church **Branch County Courthouse**

QUINCY

Union Church

Karim Healthcare

BRONSON

Karim Healthcare **Bronson Senior Apartments** Barone's Hardware

UNION CITY

Miller's Pharmacy Mel's Diner First Congregational Church

The COA is supported by funds from: The Michigan Department of Health and Human Services, Bureau of Aging, Community Living and Supports; the Branch - St. Joseph Area Agency on Aging Region 3C; Branch County Senior Millage; Older American's Act; Older Michiganian's Act; and Donations.



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Benefits of Being a Senior Volunteer

- Hourly tax exempt stipend
- Travel provisions/reimbursement
- One nutritious meal per day
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Coldwater Office

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