



H. & C.
BURNSIDE
CENTER

Burnside Buzz



Sept/Oct 2020

A Publication of the
H. & C. Burnside Center

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with us!

Facebook:

H. & C. Burnside Senior Center

Website:

BurnsideCenter.com

Hours:

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

*When we're able to re-open

65 Grahl Dr., Coldwater

Phone: 279-6565

Fax: 278-7281

Email: info@BurnsideCenter.com

Fight the Flu! Get Your Flu Shot!



**Ascension
Borgess**

*Drive Thru Flu Clinic
by Ascension Borgess
Monday, September 21st
11:00 a.m. - 1:00 p.m.
Burnside Center*

Vaccines Available

This year Ascension Borgess is recommending the quadrivalent high dose vaccine for those individual who are 65 years of age or older.

Flu	Pneumonia
High Dose Quadrivalent (65 years and up)	Pneumovax 23 (19 years and up)
Flu Quadrivalent (6 months and up)	Prevnar 13 (19 years and up)
FluMist Nasal Spray (2-17 years)	

No pre-registration will be required. Attendees to the clinic will drive up and stay in their car on a first come, first served basis. Face masks will be required to attend. Each patient will undergo screening (temperature and questionnaire screening). All Medicare Part B plans and most commercial insurances are accepted. We are not able to accept any Medicaid or Medicaid HMO insurances. Anyone with Medicaid or Medicaid HMO insurance should contact their primary care physician for an immunization. For anyone without insurance, we accept cash or check. They will not accept credit cards.

For additional information, call 269-324-8466 or visit
www.ascension.org/flushotkalamazoo.



Meet Our Board & Staff

Branch County Commission on Aging Board of Directors

James Webb – Chairman

Janis Olney – Vice Chairman

Betty Kurtz – Secretary/Treasurer

Gordon Gentry

David Smoker

Paul Meredith

Don Thrasher

Ted Gordon, Branch County Commissioner Liaison

The Board of Directors meets monthly on the third Tuesday at 3 p.m. at the Burnside Center.

The public is welcome. Call 279-6565 for teleconferencing information.

Staff

Amy Duff – Executive Director

Pat VanDyke – In-Home Services Director

Marlayna Drumm - In-Home Services Assistant

Freda Leupp – Programs Director

Sandy Tuckey – Bookkeeper

Sarah Wainscott – Staff Assistant

Debbie Ambrose – Programs Assistant/MMAP Coordinator

Tia Tobolske – Volunteer Trips Coordinator

Midge Rafferty - Assistant Volunteer Trips Coordinator

Mark Woodcox - Maintenance Assistant

A staff of 18 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.



The All American Ramp



****FREE ESTIMATES****

- All Aluminum Ramp Systems
- Wood/Aluminum Ramp Systems
- Portable/Folding Ramps
- Rubber Threshold Ramps
- Aluminum Threshold Ramps
- Handrails, Steps, and Gates



****NEW and USED OPTIONS****

338 Bidwell Rd. Coldwater, MI 49036

• www.rampitusa.com • Call: 517-278-9015

Daily Schedule

This schedule and those shown in this newsletter will resume once it has been deemed safe to do so.

Monday	Tuesday	Wednesday	Thursday	Friday
8 am – 4:30 pm Exercise Room	8 am – 4:30 pm Exercise Room	8 am – 4:30 pm Exercise Room	8 am – 4:30 pm Exercise Room	8 am – 4:30 pm Exercise Room
8 am – 4:30 pm Library	8 am – 4:30 pm Library	8 am – 4:30 pm Library	8 am – 4:30 pm Library	8 am – 4:30 pm Library
8 am – 4:30 pm Billiard Room	8 am – 4:30 pm Billiard Room	8 am – 4:30 pm Billiard Room	8 am – 4:30 pm Billiard Room	8 am – 4:30 pm Billiard Room
9 am – 1 pm Wood Shop	9 am Wood Carvers	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 Computer Club	9 am – 2 pm Therapeutic Massage	9 am – 12 pm Stained Glass Workshop	9 am – Quilling Craft Class
9 am Penny Bingo	9:30 am – 12 Noon Watercolor Class	10 am Game Day - Rollers & Shakers	9 am Penny Bingo	1 pm Game Day – Groundhog Rummy
10 am Step in Motion, Feel the Beat	11 am – 4 pm Wood Shop	10 am – 12:30 pm Mah-Jongg	9:30 am – 10:30 am Drop in Tai Chi	1 pm Pinochle
12:30 pm Bridge	1 pm Pinochle	1 pm Duplicate Bridge	9:30 am Crocheting Group	1:15 pm Euchre
1 pm Hand & Foot Canasta	1 pm China Painting	1 pm Hand & Foot Canasta	12 – 1:15 pm Couples Line Dance Lessons	5:30 pm Dance
1 pm “Chicks with Sticks” Knitting Group	1 pm Game Day – Social Security	1 pm Pinochle	12:30 pm Bridge	
1:15 pm Euchre	1:15 pm Euchre	1:15 pm Euchre	1 pm Rummikub	
1 pm – 4 pm Ladies in the Woodshop			1:15 pm Line Dance Lessons	
			1:30 pm Beginning Chord Guitar Lessons	
			2 pm Book Discussion Group	

Holidays



*Branch County
Commission on Aging Observes
Labor Day - September 7*

Looking for a way to stay active while stuck at home?

The Burnside Center invites you join our exercise classes via the teleconferencing app, Zoom. Our senior volunteer instructors will lead our usual classes, but do so safely from their homes. You can join them by using a computer, smartphone, or tablet to hear and see the movements.



"STEP IN MOTION" ON MONDAYS AT 10:00 A.M.

TAI CHI ON THURSDAYS AT 10:00 A.M.

"STAYIN' ALIVE WITH WEIGHTS" ON FRIDAYS AT 10:00 A.M.

These classes require prior registration. If you would like to sign up or need more information, contact our Programs Director, Freda at fleupp@BurnsideCenter.com

Thank You

FOR YOUR VOTE!

PASSAGE OF THE COMMISSION ON AGING BUILDING MILLAGE RENEWAL IS A GREAT AFFIRMATION THAT OUR COMMUNITY CARES ABOUT ITS OLDER RESIDENTS. BRANCH COUNTY IS NOT ONLY A GREAT PLACE TO GROW UP, BUT ALSO A GREAT PLACE TO GROW OLDER. THANK YOU TO BRANCH COUNTY VOTERS FOR YOUR SUPPORT. WE ARE EAGER TO RE-OPEN THE CENTER JUST AS SOON AS IT IS SAFE TO DO SO!

Did you know?

BRANCH COUNTY COMMISSION ON AGING ALSO PROVIDES SUPPORT SERVICES IN THE HOME INCLUDING:

HOMEMAKING/PERSONAL CARE:

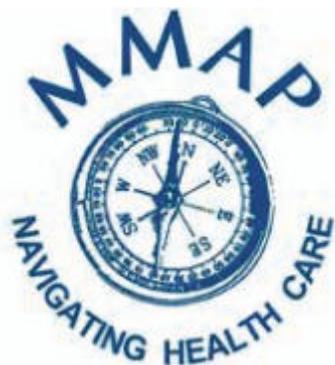
LIGHT HOUSEKEEPING, GROCERY SHOPPING, LAUNDRY, AND BATHING.

RESPIRE:

RESPIRE CARE CAN PROVIDE A CAREGIVER WITH A "BREAK" FOR A FEW HOURS FROM THE RESPONSIBILITIES OF CARING FOR SOMEONE WHO NEEDS CONTINUAL SUPERVISION.

CHORE:

THIS SERVICE HELPS SENIORS WITH OCCASIONAL HEAVY-DUTY JOBS IN THE HOME SUCH AS LEAF RAKING, WINDOW WASHING, AND OTHERS.



BURNSIDE MMAP PROGRAM IS AVAILABLE

ALTHOUGH THE BURNSIDE CENTER IS CLOSED, THE MMAP COUNSELORS ARE STILL AVAILABLE TO HELP YOU OVER THE PHONE! DO YOU NEED HELP WITH QUESTIONS ABOUT MEDICARE, MEDICAID, PRESCRIPTIONS PLANS, OR OTHER RELATED TOPICS? CALL THE BURNSIDE CENTER AND LEAVE A VOICEMAIL FOR THE MMAP DEPARTMENT. ONE OF THE COUNSELORS WILL CALL YOU BACK! 279-6565

EASY ROASTED VEGGIES

MSU is an affirmative-action, equal-opportunity employer. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status.

Valerie Albright, Community Nutrition Instructor
517-279-4311

INGREDIENTS

1. 5 cups assorted vegetable pieces cut in chunks (potatoes, sweet potatoes, winter squash, turnips carrots, onions, mushrooms)
2. 1 tablespoon vegetable or olive oil
3. 2 teaspoons dried Italian seasoning
4. 1/8 teaspoon black pepper
5. 1/8 teaspoon salt

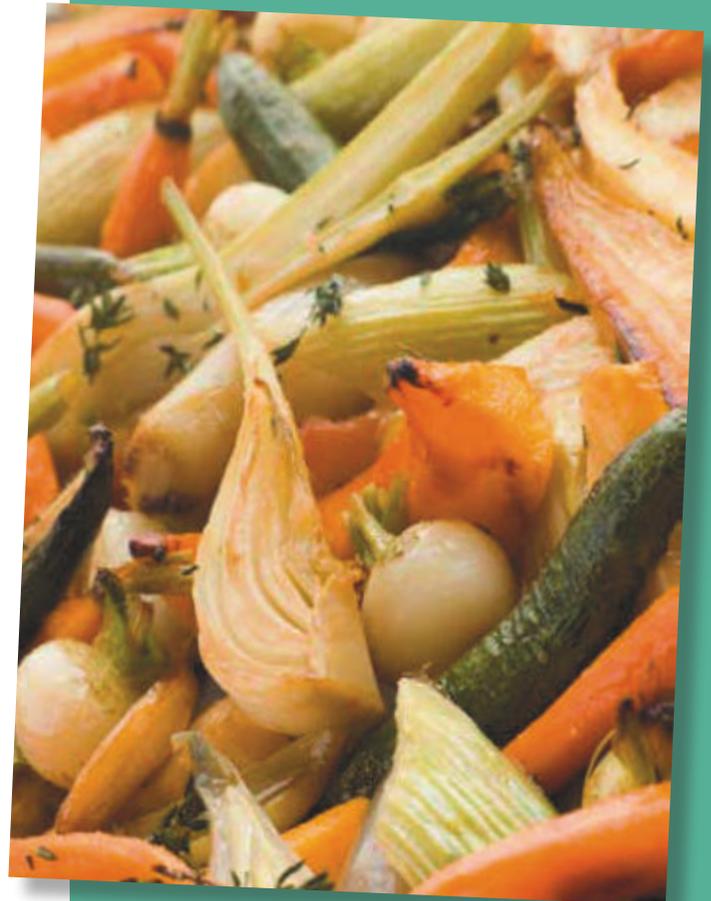
UTENSILS

1. Cutting board & knife
2. Measuring cups & spoons
3. 9 x 13 baking pan
5. Aluminum foil
6. Stirring spoon

DIRECTIONS

1. Wash your hands and clean your cooking area.
2. Wash vegetables before preparing.
3. Heat oven to 425 degrees.
4. Line a 9 x 13 pan with aluminum foil.
5. Spread vegetables in pan. Sprinkle oil on vegetables. Stir. Sprinkle with seasoning, pepper, and salt. Stir.
6. Bake uncovered for 45 minutes. Turn every 15 minutes.
7. Serve while hot.

PREP TIME: 60 MINUTES
MAKES: 8 SERVINGS
SERVING SIZE: 8 OZ



Four Things That Get Better As You Get Older



Getting older is not just about your age. It is also not about comparing your body, your bones, your skin, your health, and your ability to have fun. Getting older means maturing, growing wise, gaining more experiences, and many things you don't even think of as time goes by. People look at getting old as a bad thing, however, it really isn't when you are living your best life. Here is a list of four things that get better as you age.

1. WISDOM

As somebody considered a senior, you will have collected a lifetime worth of moments and knowledge that you can share with your grandchildren and younger generations. You can give them advice you wish you had been given when you were their age. You have seen situations in and out while being through all the ups and downs. Given this wisdom, you are able to understand things not everybody does which can give you an advantage. You have a lot of power that you haven't given yourself credit for. Wisdom is powerful.

2. FAMILY TIME

People in younger generations are rushing to grow up all while trying to figure out what path to adventure on. You on the other hand, have already done so many things that you don't have to worry about that. You now have more time to surround yourself with those things/people who are most important to you.

3. CONFIDENCE

As you grow as a person, you tend to develop more security within yourself. Now that you have grown out of those phases on finding yourself, you don't have to care what anybody thinks. You can do whatever you like while holding your head high. Confidence is something that comes with time and now it's time to own it!

4. DISCOUNTS

We can't forget about those senior discounts. Those are something to be thankful for. Everybody respects their elders and feel it is a kind gesture to give you these rewards that can allow you to not have to pay full prices for. Take advantage of this!

Medical Transportation Services

FREE TRANSPORTATION

To medical appointments both within
the county and outside the county



Eligibility:

- Resident of Branch County
- 60 years of age or older

Clients are offered the opportunity to donate toward the cost of their service; however, a donation is not required.

For more information on this service or to schedule an appointment for a medical trip, call Burnside Center at (517) 279-6565.



CRISPY BAKED CHICKEN

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Valerie Albright, Community Nutrition Instructor
517-279-4311

INGREDIENTS

1. 1 teaspoon oil or cooking spray
2. 1 cup low fat or fat free milk
3. 1 cup cornflakes, crushed
4. 1 frying chicken (2 1/2 to 3 lbs), remove skin and cut into serving pieces

UTENSILS

1. Baking dish
2. Bowl
3. Plastic bag
4. Measuring cups & spoons
5. Rolling pin or glass
6. Tongs or forks

DIRECTIONS

1. Wash your hands and clean your cooking area.
2. Preheat oven to 400 degrees and grease baking pan with oil or cooking spray.
3. Pour the skim milk into a bowl.
4. Put cornflake crumbs in plastic bag.
5. Dip each chicken piece into milk and shake in plastic bag of cornflake crumbs.
6. Let stand briefly, until coating sticks.
7. Place coated chicken pieces in pan. Pieces should not touch each other.
8. Bake at 400 for 45 minutes or until golden brown.
9. Cool for 5 minutes and serve.

PREP TIME: 60 MINUTES
MAKES: 6 SERVINGS
SERVING SIZE: 6 TO 8 OZ



Things to Do In These Challenging Times



It is understandable why the Covid-19 pandemic has created a rift in the mental health of many Americans. Being stuck in quarantine without friends or family can be challenging for anyone, but it is most important to remain diligent in finding new ways to stay connected, involved and motivated. Fortunately, experts have suggested many activities that can help maintain the wellbeing of those feeling isolated and overwhelmed during these times, such as:

• **VIRTUAL FIELD TRIPS**

There are endless possibilities when it comes to what we can do with the internet. On Google Arts & Culture, you can explore hundreds of museums from across the world while in the comfort of your room!

• **CREATE A PLAYLIST TOGETHER**

Music platforms such as Spotify are a great way to become connected with your friends, family and neighbors while staying safe.

• **LISTEN TO MUSIC**

If sharing music with others isn't your cup of tea, try tuning to your favorite internet platform or radio station. Music is good for the soul!

• **GET OUTSIDE**

There's nothing that a little Vitamin D can't fix. Sitting, walking, or biking outside at a social distance from others can help better your mood in minutes.

• **VIDEO CALL WITH LOVED ONES**

Technology is able to help us in ways we could've never imagined. Take advantage FaceTime, Zoom or private messenger to video chatting with your friends and family. It always helps to see a friendly face, mask free.

• **TEND TO PLANTS**

Do you have a green thumb? Or have you always wanted one? Start small by tending to a potted plant of your own.

• **ARTS AND CRAFTS**

Painting, drawing or any other form of creative expression gets the brain moving!

• **KEEP ACTIVE**

Low-impact work outs can help you stay in shape and in the right state of mind. Remember, getting moving never hurt anyone! This is also a good time to take advantage of the Burnside Center's virtual exercise classes. featured on page 4.

• **START A JOURNAL, BLOG OR VIDEO DIARY**

Any form of journaling is a healthy place to channel unwanted and confusing emotions. Ask your tech saavy friends or family members for more information on how to create a video diary!

• **GAMES, PUZZLES AND CROSSWORDS**

Board Game or on-line you have great options that can now be put to great use! Try a new game or challenge yourself to a puzzle.

Hopefully this list serves as a reminder that you are not alone during this troubling time. No matter how hard it may seem, make sure to take advantage of our new reality by dedicating this time to yourself and your well-being.

MEDICAL EQUIPMENT LOAN CLOSET



THE BRANCH COUNTY COMMISSION ON AGING MAINTAINS AN INVENTORY OF GENTLY USED AND CLEAN DURABLE MEDICAL EQUIPMENT WHICH IS AVAILABLE ON A LONG-TERM LOAN BASIS TO BRANCH COUNTY RESIDENTS WHO HAVE A NEED FOR IT. TYPES OF ITEMS COMMONLY AVAILABLE ARE WALKERS, WHEELCHAIRS, SHOWER CHAIRS, COMMODES, TOILET RISERS, AND CANES.

ELIGIBILITY:

RESIDENT OF BRANCH COUNTY
50 YEARS OF AGE OR OLDER

FUNDING: THIS SERVICE IS FUNDED BY DONATIONS.

DONATIONS OF GENTLY USED MEDICAL EQUIPMENT ARE ACCEPTED. PLEASE CALL FIRST TO MAKE SURE WE CAN TAKE THE ITEM OR TO SCHEDULE A NO CONTACT DROP OFF.

**FOR MORE INFORMATION ON THIS SERVICE,
DONATIONS OR PRODUCT AVAILABILITY,
CALL BURNSIDE CENTER AT
(517) 279-6565.**

CROSSWORD PUZZLE

ACROSS

- 1 Sheep's cry
- 4 Certified Public Accountant (abbr.)
- 7 Wolframite
- 10 School residence
- 11 Own (Scot.)
- 12 Trolley
- 14 Poop (2 words)
- 16 7th incarnation of Vishnu
- 17 Limited (abbr.)
- 18 Agave fiber
- 20 Television channel
- 21 Pointed (pref.)
- 22 You (Ger.)
- 24 Elastic
- 28 One of the Beatles
- 31 Indian carpet
- 32 Bronze (Lat.)
- 34 River into the Yellow Sea
- 35 Dismay
- 37 Birthstone

- 39 Killer of Abel
- 41 Amer. Medical Assn. (abbr.)
- 42 Miles per hour (abbr.)
- 44 Last Imam
- 46 Barely get by
- 49 Oz books author
- 51 White wine
- 53 Hillside shelter
- 54 Military assistant
- 55 Knotted fibers
- 56 Rom. bronze
- 57 Bird's display area
- 58 Shak. contraction

DOWN

- 1 Disputable
- 2 Jack-in-the-pulpit
- 3 Danish county
- 4 Pause in poetry



- 5 Ancient Britain
- 6 Tarsus
- 7 Center (abbr.)
- 8 Mite
- 9 Young sheep
- 10 Double (abbr.)
- 13 But (Sp.)
- 15 Gaming cubes
- 19 Europe (abbr.)

- 21 Cordage fiber
- 23 Eyelashes
- 24 Eth. title
- 25 Exclamation
- 26 Booklet
- 27 Affirmative
- 29 General Accounting Office (abbr.)
- 30 Out (Scot.)
- 33 Eider (2 words)
- 36 Kipling hero
- 38 Exude
- 40 Skull bone
- 42 Master of Business Administration (abbr.)
- 43 Para-aminobenzoic acid
- 45 Geological vein angle
- 46 Winged god
- 47 Unite
- 48 Conger
- 50 Badly (pref.)
- 52 Alfonso's queen





PHONE PALS HELPS SENIOR CITIZENS THROUGH PANDEMIC

A new collaborative project has been developed by the Branch County Commission on Aging, Area Agency on Aging 3C, and Pines Behavioral Health to ensure senior citizens who live in Branch County have a listening ear when it comes to being stuck at home during the pandemic. Phone Pals is a way for older adults to connect with a friendly person who will listen sincerely and offer support on a regular basis. The person on the other end of the line is a Pines Behavioral Health employee.

PHONE PALS IS A FREE SERVICE AND ANY BRANCH COUNTY SENIOR CAN CALL IT AT 517-227-4933.

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Sheri Hopkins
Certified Audiologist
Coldwater, MI
(517) 278-2814

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