

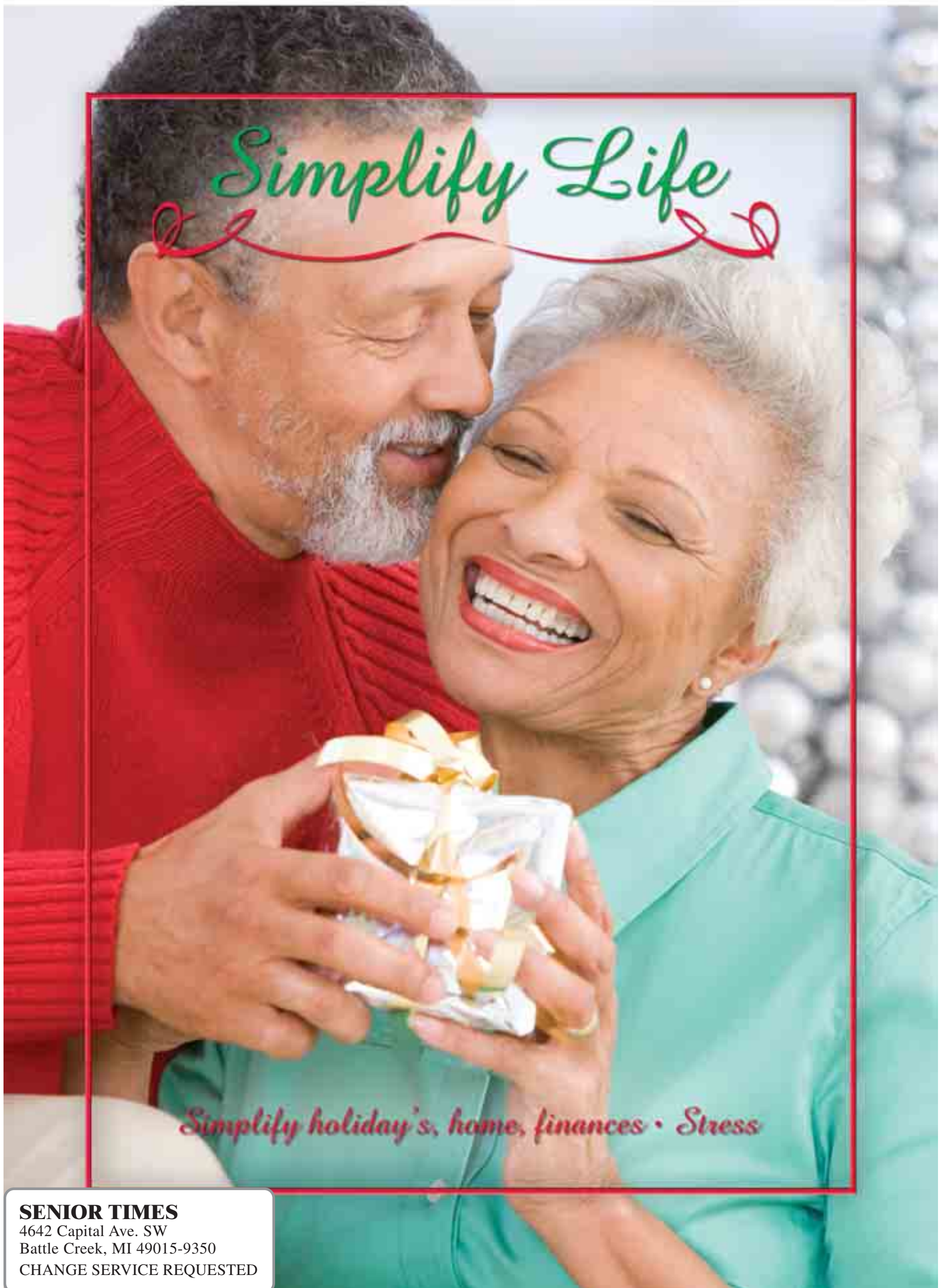
# Senior Times

SOUTH CENTRAL MICHIGAN

FREE

A Newspaper For And About Area Senior Adults

DECEMBER 2009 VOLUME 16 / NUMBER 12



*Simplify Life*

*Simplify holiday's, home, finances • Stress*

**SENIOR TIMES**

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Walling, Foster & Weissert - The Elder Law Center  
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Warm Holiday Wishes To All Of You And To The Senior Times Editorial Board.



*from the emeritus*  
**PUBLISHER**

**Richard DeRuiter, Special to Senior Times**

**IN THE END YOU WILL FIND A MIRACLE**

**Q: Rich: I'm curious. I noticed that you had a chance encounter with Rep. Mark Schauer and addressed some of your concerns about the pending National Health Care Legislation ... especially about the Medicare issues and how they might affect you and other Seniors. He seemed to understand your concerns and assured you that he would only support legislation that would not affect Seniors in a frightening and negative way. Are you satisfied that he voted the way you expected? The reason I ask this is because you mentioned in your column last month that it could very well influence your vote, which I'm sure he understood.**

A: Mark and I have been friends for a few years. He has been supportive and I just think he must not have heard me accurately. I'm sure he must have thought that giving us Federal money to improve the roads in our district was what most seniors preferred. And, as most older seniors would not live long enough to see any benefit from the improved roads, he must have concluded that we would want seniors in high school and illegal immigrants to have better health care because they, their children and grandchildren would be paying for those improved roads. I can't believe Mark would be swayed by a guarantee of a better committee assignment, re-election support and district road improvement for a yes vote on health care. I've got to believe he's working on having the taxes on gasoline reduced even as we speak ... you know the ones, the ones they use for road improvement.

**Q: Rich: Anything else you might want to add on the subject?**

A: I love my children and grandchildren, and I'm looking forward to the holidays. Did you know that somewhere around my column appears the word "emeritus?" Emeritus means that I have an honorary title that shows that at one time I held a position of significance. In my case, it means I used to be "Publisher." As Publisher I was allowed to set agendas and have a say in the content of *Senior Times*. My one rule was no politics because we have valuable information to give seniors of every political persuasion. I have broken this rule a couple of times recently, albeit subtly, but this Health Care Legislation directly affects many close friends, relatives and readers. If my comments have offended anyone, I apologize in advance.

My daughter Sherii Sherban now serves as Publisher and Executive Editor and I serve on her behest. She is respected and well thought of throughout the communities *Senior Times* serves. She believes in the original rule, and yet she has somewhat reluctantly let me address this subject. I think she said, "Dad, don't start crying. I know this is important to you, but I'm sure you must remember that the direction of this publication is to have seniors knowledgeable about all the information that concerns them without feeling threatened by political opinions."

**Q: Rich: I noticed you started your last answer one-way again**

**and wound up somewhere else.**

A: I know, I always do, but it's me. I have volunteered to stop writing anytime they would like me to. Bad news is this ... people seem to read my column, though I do fess up that I'm no accomplished writer. In fact, sometimes I get in a bit of a hurry, run a little late and change subjects in mid-sentence. Perfect example ... You want to hear something great, unbelievable, miraculous? I should have started the column with it ... maybe, maybe not ... this is the right time ... As I look back ... Who is speaking to us?

I have been on the antique hunt and pursuing the unusual for years and at the end of a very long searching day (it was the day before the health care bill passed in the House of Representatives) I found a treasure that I had never seen before.

While shopping in a store where I often stumble on something special, I found it. It was a wooden, hand carved pitcher. Was it a sign to stop all of our worries? I have had these premonitions before and they have come true. I was momentarily speechless. Written on the side in gold letters was the word Lourdes. Was God reminding all of us Who is in charge of our tomorrows?

I took it to one of the malls that I have booths in. I made out a tag that encouraged people to hold the pitcher, reminding them it was from Lourdes, adding "Not For Sale, but to be touched by them for whatever problem they might want help with." Adding to the miracle was when I proudly showed everyone at the front desk. Michelle immediately went to the backroom and brought out a bottle of Holy water ... you guessed it, from Lourdes. She readily added a few drops into the pitcher, and we wondered if at one time it had held the healing waters from Lourdes before. Somehow we knew it had.

It is that Magic time of year when Miracles still happen. May the Miracle of the Season touch you and all of those that have ever placed this "Sharing Seasons Magic" in your heart.

**Publisher's Note:**  
*My dad has been a wonderful inspiration to me throughout my life. He has encouraged me when I was wavering, challenged me when I was taking the easy way out and has given me a hug and an "I love you" whenever I needed it. His wisdom will always surpass mine and I am glad to say that it is he who taught me to stick to my principles. Who knew I would have the pleasure to challenge him in the same way some day. Dad, you're the best! I love you.*  
~ Sherii Sherban



**Senior Times**

**WHERE 50 IS A PLUS**

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Administration — (269) 979-1411  
Advertising — (269) 979-1479  
FAX — (269) 979-3474  
Email: sheriiis@wvthayne.com

**Publisher & Executive Editor** ..... Sherii Sherban  
**Managing Editor** ..... Shirley DeRuiter  
**Advertising Consultants** ..... Leslie Hewitt  
**Administrative Asst.** ..... Shelii Penny  
**Staff Photographer** ..... Nate Zanotti  
..... Keith Sherban  
**Artists** ..... David Sherban  
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..... Matthew Travis  
**Publisher Emeritus** ..... Richard DeRuiter  
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The annual fundraiser for the **Low Boyd Band**. Bring friends for a festive evening of swing dancing as you enjoy the **BIG band sound**.  
Friday, December 18th  
7:00 pm - 10:00 pm  
Refreshments will be served  
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\$6.00 - Members  
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*Senior Times*  
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**Albion**  
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Family Health Center  
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Brookside Medicare Facility  
Sweetwater Donuts  
Orchard Park Grocery  
Old Country Buffet  
Lakeview Square Mall  
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Lux Restaurant  
Pancake House  
Battle Creek Chamber of Commerce  
Shranks Cafeteria  
US Post Office  
The Family Health Center  
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Willard Library  
Clara's on the River  
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McDonald (W. State St.)  
Ponderosa  
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Commission on Aging  
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Felpausch  
Pennock Hospital  
Pennock Professional Building

**Jackson**  
TLC Eyecare  
Laundromat (Wisner Road)  
Heartland Health Center  
Chamber of Commerce

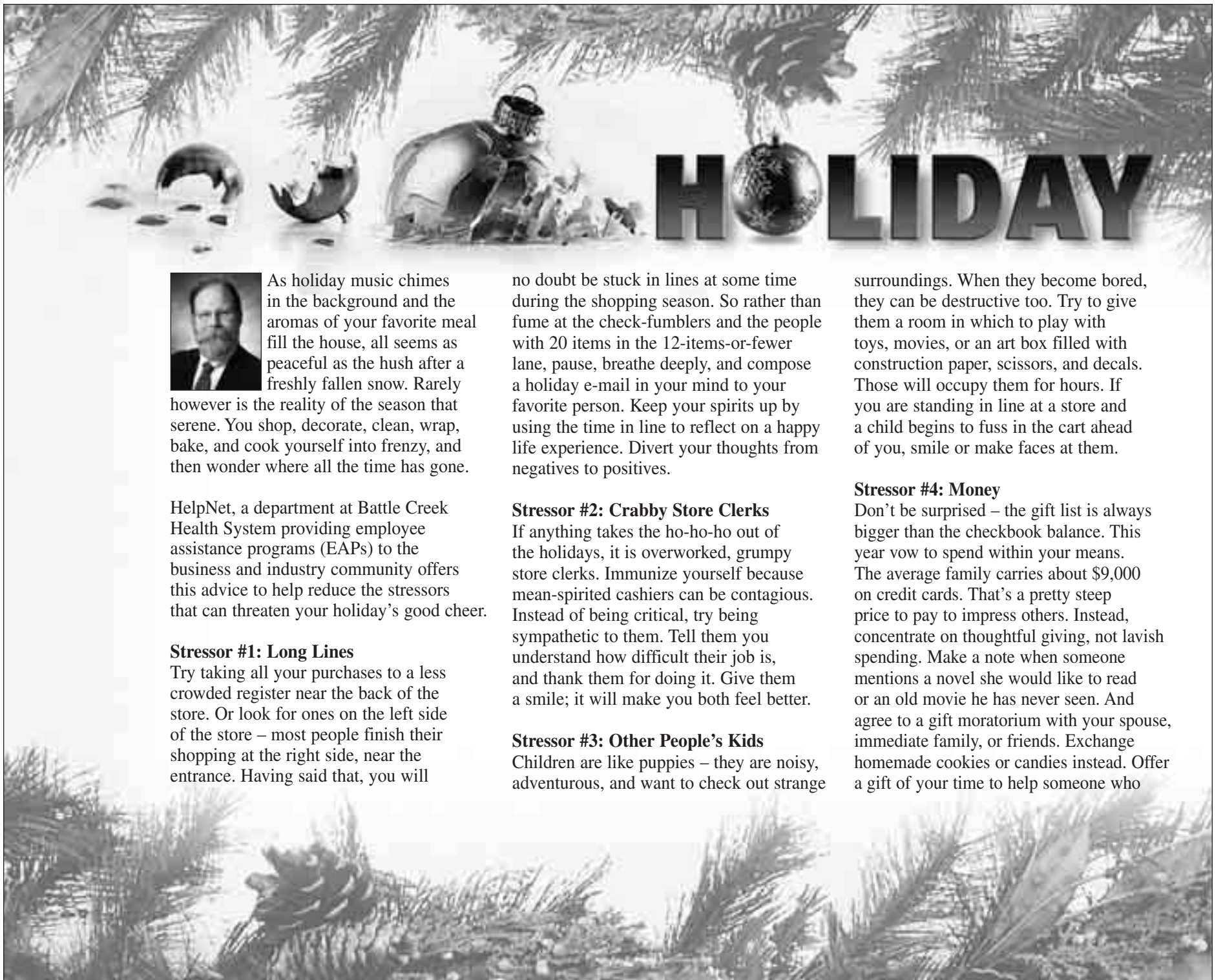
**Marshall**  
Mancino's Restaurant  
Chamber of Commerce  
Oaklawn Hospital  
Library  
County Building

**Union City**  
Village Library

**Coldwater**  
Goodie Shop (30 N. Monroe)  
Southern Michigan Bank  
Chamber of Commerce  
Community Health Center  
Monarch Bank  
Pines Behavioral Health

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As holiday music chimes in the background and the aromas of your favorite meal fill the house, all seems as peaceful as the hush after a freshly fallen snow. Rarely however is the reality of the season that serene. You shop, decorate, clean, wrap, bake, and cook yourself into frenzy, and then wonder where all the time has gone.

HelpNet, a department at Battle Creek Health System providing employee assistance programs (EAPs) to the business and industry community offers this advice to help reduce the stressors that can threaten your holiday's good cheer.

**Stressor #1: Long Lines**

Try taking all your purchases to a less crowded register near the back of the store. Or look for ones on the left side of the store – most people finish their shopping at the right side, near the entrance. Having said that, you will

no doubt be stuck in lines at some time during the shopping season. So rather than fume at the check-fumblers and the people with 20 items in the 12-items-or-fewer lane, pause, breathe deeply, and compose a holiday e-mail in your mind to your favorite person. Keep your spirits up by using the time in line to reflect on a happy life experience. Divert your thoughts from negatives to positives.

**Stressor #2: Crabby Store Clerks**

If anything takes the ho-ho-ho out of the holidays, it is overworked, grumpy store clerks. Immunize yourself because mean-spirited cashiers can be contagious. Instead of being critical, try being sympathetic to them. Tell them you understand how difficult their job is, and thank them for doing it. Give them a smile; it will make you both feel better.

**Stressor #3: Other People's Kids**

Children are like puppies – they are noisy, adventurous, and want to check out strange

surroundings. When they become bored, they can be destructive too. Try to give them a room in which to play with toys, movies, or an art box filled with construction paper, scissors, and decals. Those will occupy them for hours. If you are standing in line at a store and a child begins to fuss in the cart ahead of you, smile or make faces at them.

**Stressor #4: Money**

Don't be surprised – the gift list is always bigger than the checkbook balance. This year vow to spend within your means. The average family carries about \$9,000 on credit cards. That's a pretty steep price to pay to impress others. Instead, concentrate on thoughtful giving, not lavish spending. Make a note when someone mentions a novel she would like to read or an old movie he has never seen. And agree to a gift moratorium with your spouse, immediate family, or friends. Exchange homemade cookies or candies instead. Offer a gift of your time to help someone who

# NorthPointe Woods

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Open House*

*Sunday, December 6<sup>th</sup> 2009*

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*700 North Avenue, Battle Creek*

*Refreshments and tours will be provided.*



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# STRESS BUSTERS

By: Peter Phelps

might need a little break from family duties.

## Stressor #5: Cooking Company

Believe it or not, even Martha Stewart can become stressed and snippy. So why not buy prepared foods and dress them up before company arrives. Add cream cheese and a teaspoon of vanilla to a sugar cookie mix making it taste like 'made-from-scratch.' While you are at it, make five batches and freeze them separately. For that Norman Rockwellian moment, defrost and roll out the dough when guests arrive. Microwave mashed potatoes and add butter and sour cream. Convince your Aunt Hilma that your cranberry sauce is from scratch by combining canned and whole cranberries; heat in a saucepan, add fresh mint, pecans, and teaspoon of maple syrup. And go almost dishwasher free until New Year's by stocking up on festive disposable paper plates, cutlery, cups, and napkins. What is left can be used on Valentine's Day or the Fourth of July.

To reduce the amount of stress, remember

that holidays are times for reflection, recreation, and relaxation. Expect some minor glitches in your normal routines, that way, when they occur, you will not be too surprised. Planning to take things a little less serious will go a long way in making this holiday season better than you had ever hoped.

For more information about reducing your life's stress, call HelpNet at (269) 660-3900.

### Publisher's Note: Finding the Right Gift.

A win-win situation for both the giver and the recipient, gift cards come in various designs. They are easy to purchase and redeem, and offer the recipient a shopping trip full of possibilities. For those fearing that it may appear too general or ambiguous, here are some tips on how to personalize your gift card purchase this holiday season:

Look for a unique design or package, such as a gift card that comes with bath salts or a card that doubles as a tape measure for the carpenter.

Personalize the gift card with a handwritten note listing ways you envision your recipient using the card.

Bundle the gift card with other small, thoughtful items, such as a bath tote, toolbox or other item that fits with your theme.

Gift some extra cheer this year and purchase gift cards for your favorite retailer or restaurant at the Fountain Clinic in Marshall. Your purchase at the Clinic will help with future health services for someone in need. See page 12 for more details.



## SENIOR DINING CENTERS

CITY	LOCATION	FACILITATOR	PHONE	DAYS	TIME	
<b>BARRY COUNTY</b>						
Hastings	COA Building	Mary Cook	(269) 948-4856	M-F	10-2	
Nashville	Masonic Temple	Jenny Burlison	(269) 852-9182	M-F	10:30-1	
Woodland	Eagles Club	Joyce Dennie	(269) 367-4041	MWF	10:30-1	
Delton	Faith United Methodist	Elayne Nottingham	(269) 623-5400	MWT	10:30-1	
<i>Meals provided by Barry County Commission on Aging. A program sponsored by Barry County United Way.</i>						
<b>BRANCH COUNTY</b>						
Coldwater	Branch County CAA Office	Jan Anderson	(517) 278-8249	M-F	10-2	Lunch Served at Noon
Union City	Union City Fire Station	Rusty Hampton	(517) 741-7212	M,T,TH,F	10-12:20	Lunch served at 11:30am
<i>Meals provided by CAA Elder Services. Funding sources AAA 3C, Branch County United Way, USDA and private donations.</i>						
<b>CALHOUN COUNTY</b>						
Albion	Albion Senior Center	Essie Curtis	(517) 629-2555	M-F	9am-3pm	Lunch served at Noon
Battle Creek	Bedford Manor Dining Center	Marion Nash	(269) 962-1027	M-F	11am-1pm	Lunch served at 11:30am
Battle Creek	Cherryhill Manor Senior Center	Kathy Rogers	(269) 962-0859	M-F	9am-2pm	Lunch served at 11:30am
Albion	Clarence Dining Center	Troy Poe	(517) 857-2288	M,T,W	11am-1pm	Lunch served at Noon
Homer	Homer Senior Center	Judy Warin	(517) 568-4249	M-F	10am-1pm	Lunch served at Noon
Battle Creek	Lakeview Dining Center	Tammie Pollock	(269) 964-7375	M-F	11am-1pm	Lunch served at 11:30am
Battle Creek	Lakeview 900 Dining Center	Tabitha Jolie	(269) 579-4716	M-F	11am-1pm	Lunch served at 11:30am
Marshall	Marshall House Dining Center	Denise Crumrine	(269) 781-2391	M,W,F	11am-1pm	Lunch served at Noon
Albion	St. James Church Dining Center	Renee Powaga	(517) 629-8710	M,W,F	11am-1pm	Lunch served at Noon
Battle Creek	Springview Towers Dining Center	Caroline Oberline	(269) 963-5876	M-F	10am-2pm	Lunch served at 11:30am
Tekonsha	Tekonsha Dining Center	Rusty Hampton	(517) 767-4410	M,T,W	11am-1pm	Lunch served at Noon
Battle Creek	Westbrook Place Dining Center	Betty Butler	(269) 579-4676	M-F	10am-1pm	Lunch served at 11:30am
<i>All meals provided by CAASCM. Funding provided by AAAIIB, AAAIIC, Calhoun County Senior Millage, United Way, USDA and Private Donations. All Seniors age 60 years and above are invited to attend. The suggested donation is \$1.50 per lunch meal. Please reserve your lunch meals 24 hours in advance by dialing the numbers listed above.</i>						
<b>JACKSON COUNTY</b>						
Jackson	Ackerson Lake	Joyce Weber	(517) 764-0761	T & TH	10-2	Lunch served at Noon
Brooklyn	Columbia (Saints Episcopal Church)	Stephanie Stebleton	(517) 592-9060	MWF	10-2	Lunch served at Noon
Jackson	Crouch Senior Center	RoxAnn Jarrell	(517) 788-4364	MTWTF	8-5	Lunch served at Noon
Munith	Henrietta	Bonda Wetmore	(517) 596-3374	MWF	10-2	Lunch served at Noon
Michigan Center	St. Aidan's Episcopal Church	Betty Konopacki	(517) 764-2950	MWF	10-2	Lunch served at Noon
Norvell	Norvell/Township Hall	Cynthia Risinger	(517) 536-4370	MWF	10-2	Lunch served at Noon
Jackson	Park Forest	Dee Prue	(517) 787-9750	MTWTF	3-6	Dinner 5pm
Spring Arbor	Spring Arbor Senior Center	Bev Green	(517) 750-1010	MTWTF	8:30-2:30	Lunch served at Noon
Jackson	Word of Light	Cammy Nichol	(517) 782-7755	MTWTF	10-1:30	Lunch served at Noon

To have your senior dining center added, Call Leslie at (269) 979-1411 ext. 106 or Email: [leslieh@wwthayne.com](mailto:leslieh@wwthayne.com)



# SENIOR SUPPORT GROUPS

BACC . . . Branch Area Careers Center  
 BBC . . . Burnham Brook Center  
 BCHS . . . Battle Creek Health System  
 BCCA . . . Barry County Commission on Aging  
 BLH . . . Bronson Lakeview Hospital  
 CHC . . . Community Health Center-Branch County

COA . . . Commission on Aging  
 DN . . . Disability Network SW MI, Kalamazoo  
 HAL . . . Heritage Assisted Living  
 H&C . . . H&C Burnside Senior Center  
 HMO . . . Hospice of Michigan Office  
 ILC . . . Immanuel Lutheran Church

LatO . . . Legacy at the Oaks  
 LFR . . . Lux Restaurant  
 LS . . . Lifespan  
 MBAD . . . Marian Burch Adult Daycare  
 MPKZ . . . Milham Park, Kalamazoo  
 OCB . . . Old Country Buffet

PA . . . . Ponderosa  
 SR . . . . Southwest Rehab  
 WPC . . . Westlake Presbyterian Church

**To have your support group added,  
 Call Leslie at (269) 979-1411 ext. 106  
 or Email: [leslieh@wwthayne.com](mailto:leslieh@wwthayne.com)**

GROUP	FREQUENCY	DAY	TIME	LOCATION	FACILITATOR	PHONE
ALS of Michigan - Jackson	Monthly	2nd Wednesday	6:30-8pm	Jax Co Med Care Facility		1-800-882-5764
Alzheimer's	Monthly	3rd Wed	2:30pm	BBC	Karen Hibbard	(269) 441-6036
Alzheimer's	Monthly	Last Tues	4:30pm	LatO	Jane Chappell	(269) 441-0957
Alzheimer's	Monthly	1st Mon	3-4:30pm	H&C	Judy Hurley	(269) 279-8847
Alzheimer's - Jackson	Monthly	2nd Tuesday	6:30-8pm	Countryside Manor	Karen Hinkle	(517) 787-4150
Alzheimer's - Jackson	Monthly	1st Thursday	1pm-3pm	Crouch Senior Center	Amy Jehnzen	(517) 788-4364
Alzheimer's Assoc - Jackson	Monthly	4th Tuesday	7-8:30pm	ILC	Karen Findley	1-800-272-3900
Alzheimer's Caregiver Support	Monthly	4th Tues	7-9pm	BLH		(269) 657-1528
Amputee Support Group	Monthly	June 15th	4:30pm	MPKZ	Theresa Bonnema	(269) 963-9696
Arthritis	Monthly	3rd Tues	2-3pm	BBC	Jane Chappell	(269) 441-0957
Bereaved Parents - Jackson	Weekly	Tuesdays	6:30-8pm	ILC		(517) 841-6982 ext 3569
Bereavement Support Group	Monthly	3rd Mon	10:30am	LS	Judy Rarick	(269) 731-4363
-Luncheon-BC	Weekly	Alternate Thurs	1pm	OCB	Sherrill Ruch	(269) 660-3621
-Dinners	Weekly	Alternate Wed	5:30pm	LFR	Sherrill Ruch	(269) 660-3621
Bi-Polar Disorder	Monthly	Every Other Mon	6:30-8pm	BBC	Fred Morris	(269) 963-4588
Brain Injury	Monthly	Thurs	1:30-3:30pm	DN	Miranda Grunwell	(269) 288-0047
Cancer - Hastings	Monthly	3rd Thurs	1pm	BCCA	Ken Yates	(269) 795-3493
Cancer	Monthly	3rd Thurs	1-2:30pm	PA		(269) 279-5433
Caregivers	Monthly	2nd Tues	10-11:30am	MBAD	Jane Chappell	(269) 441-0957
Caregivers	Monthly	3rd Tues	6pm	COA	Diane Neeb	(269) 948-4856
Chronic Illness - Jackson	Monthly	1st and 3rd Monday	6:30-8:15pm	Center for Radiation Oncology	Catherine McAllister	788-4800 ext 4106
Chronic Lung Disease	Quarterly	June 23rd	2-4pm	BCHS	Deb Pierce	(877) 462-2247
Congestive Heart Failure	Monthly	1st Wed	1-3pm	BCHS	Mary Sue Avery	(877) 462-2247
Diabetes Albion	Monthly	1st Wed	1pm	Forks Senior Center		(517) 629-3842
Diabetes Battle Creek	Monthly	1st Mon	1-2pm	BBC	Jane Chappell	(269) 441-0957
Diabetes Coldwater	Monthly	2nd Mon	6:30-8pm	CHC	Kathy Knapp	(517) 279-5341
Divorce Recovery Workshop - Jackson	Weekly	Tuesdays		Bethel Baptist Church		(517) 787-8612
Fibromyalgia Support Group	Monthly	2nd Mon	1-2pm	BBC	Jane Chappell	(269) 441-0957
Grief Recovery	Varies	Spring, Summer, Fall	5:15-6:45pm	LS	Sherrill Ruch	(269) 660-3621
Grief Recovery	Spring/Fall	Alternate Tues	10-11:30am	H&C	Karin Kennedy	(517) 279-5420
Greif Recovery - Jackson	Weekly	Mondays	7-8:30pm	Craig K. Kempf Funeral home		(269) 781-9858
Grief - Jackson	Monthly	2nd Monday	7pm	Wetherby Funeral Home	Beverly Wilson	(517) 787-7511
Grief - Masculine Side of - Jackson	Weekly	Tuesdays	6:30-8pm	ILC		(517) 841-6982 ext 3569
Grief - Navigating the Storm - Jackson	Weekly	Mondays	6:30-8pm	ILC		(517) 841-6982 ext 3569
Grief - Understanding Your - Jackson	Weekly	Thursdays	7-8:30pm	Fed. Church of Grass Lake		(517) 522-4480
Kinship Care - Hastings	Monthly	4th Mon	6:30-8pm	BCCA	Therese Maupin-Moore	(269) 948-4856
Kinship Care Service KIDS	Monthly	1st, 3rd Tues	12:30-2pm	WPC	Pat Scheild	(269) 660-0448
Kinship Care Service Albion	Varies	TBA	TBA	TBA	Pat Scheild	(269) 660-0448
Kinship Care Speaker Series	Monthly	1st Tues	1:30-3pm	BCCA	Therese Maupin-Moore	(269) 948-4856
Jackson American Lung Association	Monthly	3rd Wednesday		ILC	Mike Snyder	(517) 788-4785
Journey into Healing and Self Care	Monthly	4th Tues	7-8pm	HMO		(616) 356-5258
Journey through Grief	Monthly	4th Tues	8-8:45	HMO		(616) 356-5258
Living with Grief - Jackson	Weekly	Tuesdays	6:30-8pm	ILC		(517) 841-6982 ext 3569
Living with Grief - Jackson	Monthly	1st and 3rd Monday	1-2:30pm	Allegance Hospital		(517) 841-6982 ext 3569
Living with Grief - Jackson	Monthly	2nd and 4th Monday	1-2:30pm	Vista Grand Villa Chapel		(517) 841-6982 ext 3569
Loss-of-a-Child	Monthly	4th Tues	7-8:30pm	HMO		(616) 356-5258
Low Vision	Monthly	3rd Mon	9:45-11:15am	BBC	Muriel Walters	(269) 209-9476
Low Vision	Monthly	2nd Mon	10:30am-12pm	BCCA	Rosemary Ramos	(800) 466-8084
Lupus	Monthly	3rd Wed	5-6pm	BBC	Dorothy Height	(269) 565-0881
Macular Degeneration - Jackson	Monthly	2nd Tuesday	1pm	East Branch JX Dist Lib		(517) 788-4074
Multiple Sclerosis	Monthly	4th Mon	6-8pm	BBC	Shawna Cooper	(269) 830-6849
Parkinson's	Monthly	3rd Tues	10am	BBC	Jane Chappell	(269) 441-0957
Persons with Disabilities - Jackson				DisAbility Connections		(517) 782-6054
Relatives as Parents - Jackson	Weekly	Wednesday	12-1:30pm	Crouch Senior Center	Jennifer Guthrie	(517) 788-4364
Spinal Cord Injury	Varies	TBA	TBA	TBA	Karen Halsted	(269) 345-1516
Spouse Loss	Monthly	2nd, 4th Tues	7-8pm	HMO		(616) 356-5258
Stroke	Monthly	2nd Tues	11:30am	SR	Samantha Rollins	(269) 441-4129
Stroke - Jackson	Monthly	4th Thursday	2-3:40pm	East Branch JX Dist Lib	John Sturtevant	788-4800 ext 4226
Survivors of Suicide - Jackson	Weekly	Tuesdays	6:30-8pm	ILC		(517) 841-6982 ext 3569
Whole Heart	Monthly	1st Tues	2:30-3:30pm	HAL	Jane Chappell	(269) 441-0957
Widowed Persons	Monthly	3rd Fri	12pm	Oaklawn	Shirley Coulter	(269) 781-1042
Widows/Widowers	Weekly	Wednesday	1:30-3pm	BBC	Jane Chappell	(269) 441-0957
Young Onset Parkinson's	Monthly	2nd Thurs	5-6pm	BBC	Jane Chappell	(269) 441-0957
You Are Not Alone	Monthly	2nd & 4th Mondays	6pm	Forks Senior Center		(517) 629-3842



from our nations  
**CAPITOL**

Mark Schauer, US Congress, Special to *Senior Times*

**WHAT HEALTH CARE REFORM MEANS FOR MEDICARE**

Throughout my career, I've cast votes on bills that were a close call for me. After talking to thousands of seniors, small business owners, consumers, and health care providers at dozens of local meetings, it became clear to me that our current health care system is broken and must be fixed.

That's why, after reading the Affordable Health Care for America Act cover to cover, my recent vote to pass this historic legislation wasn't a close call. Michigan simply can't afford to wait for health care reform.

For seniors, this bill strengthens Medicare by closing the Part D prescription drug donut hole, eliminating co-payments for preventive care, helping low-income seniors with a subsidy program to ensure Medicare remains affordable, and extending the length of the Medicare Trust Fund by eliminating waste, fraud and abuse in the system.

One of the myths I'm sure you've heard about the bill is that it will cut Medicare benefits by billions of dollars. I want to assure you that I would never vote for a bill that hurts Michigan seniors.

Studies show at least five percent of Medicare spending currently goes to waste, fraud and abuse. That five percent is all this bill would cut. Savings are achieved by reducing excessive profits that private insurance companies are making off Medicare Advantage; requiring hospitals,

doctors, and other providers to be more efficient; calling for more coordinated care; and cracking down on waste, fraud and abuse.

Currently, about 24% of America's seniors are in Medicare Advantage plans rather than traditional Medicare. Since 2003, these plans have cost U.S. taxpayers more than traditional Medicare – overpaying private insurance companies by an average of 14%, and in some regions of the country as much as 20%. Those profits cost all Medicare enrollees more.

Without health care reform, seniors enrolled in traditional Medicare will pay \$90 extra in premiums next year to help pay for profits to the Medicare Advantage private insurance companies. This legislation will end such overpayments over a period of three years.

But don't take my word for it. In their letter endorsing the House health care reform bill, AARP CEO Barry Rand said, "We've read the Affordable Health Care for America Act and we can say with confidence that it meets those goals with improved benefits for people in Medicare and needed health insurance market reforms to help ensure every American can purchase affordable health coverage."

For me it's not a close call – this is the plan we need to fix our broken health care system for all Americans and strengthen Medicare for Michigan seniors.

**Publisher's Note:** The entire bill can be read on Rep. Schauer's website at [www.Schauer.house.gov](http://www.Schauer.house.gov).

"The Chipmunk Song (Christmas Don't Be Late)" by Alvin and the Chipmunks

**SONG OF THE MONTH**

Topped the charts in 1958

All right you Chipmunks!  
Ready to sing your song?  
I'll say we are!  
Yeah!  
Let's sing it now!  
Okay, Simon?  
Okay!  
Okay, Theodore?  
Okay!  
Okay, Alvin? Alvin? ALVIN!  
OKAY!!!

Christmas, Christmas time is near,  
Time for toys and time for cheer,  
We've been good, but we can't last  
Hurry Christmas, hurry fast,  
Want a plane that loops the loop,  
Me, I want a hula hoop,  
We can hardly stand the wait,  
Please Christmas, don't be late.

Go to the *Senior Times* website to hear the lyrics and read the rest of the words at [www.scene.pub.com/seniortimes/index.html](http://www.scene.pub.com/seniortimes/index.html).

"The Chipmunk Song (Christmas Don't Be Late)" by Alvin and the Chipmunks reached number one in December 1958. The Chipmunks were a fictional animated band, which was created by Ross Bagdasarian, Sr. in 1958. He used David Seville as a stage name, and used editing techniques, the same that he used in "Witch Doctor" to make his voice high pitched, to sing the parts of the three chipmunks. The Chipmunks became so popular that they became the stars of several TV shows and movies, including recent live action films.



The members of the band include David Seville, Alvin, Simon, and Theodore. David Seville is the songwriter and manager for the chipmunks, as well as their adoptive father and confidant. He's known to yell "ALVIN!" when the troublesome chipmunk gets on his nerves. The response is usually a loud "OKAY!"

Alvin's signature color is red, and wears a big A on his shirt. He's the leader of the group, and he's impulsive, troublemaking and charming. He almost always has a crazy scheme, and tries to convince the other chipmunks to go along with it. Alvin is named after the president of the original record label, Alvin Bennett.

Simon is the brain of the group. His color is blue. He's named after Simon Waronker, the owner of the record label.

Theodore is the adorable younger chipmunk, who is a bit pudgy and is very sweet and cute. He's very naïve. His color is green. He was named after Theodore Keep, the chief engineer.

Fun fact: Plastic hula hoops were invented in 1957, because they became extremely popular and other hula hoop makers, who made them out of bamboo or other materials, could not keep up with demand. This is why Alvin pleads for a hula hoop – it was still a very hot toy in 1958.



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Bottom /Clockwise:  
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Raphael Addiego, M.D.,  
Surendar Purohit, M.D.,  
Kevin Lavery, M.D.

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# END OF LIFE PLANNING: PART II,



Okay, let's recap. Last month it was stated that "The End of Life" is the worst time to start end of life planning. But we know that most people wait until the end of life to start the planning process. Well, then, when is a good time to talk about these issues with our family members and close friends? How about the holidays?

"Whoa," you say...why the holidays...why spoil a good thing with talk about death and dying? "Our get-togethers are challenging enough without raising ire, bringing out ghosts of holidays past," you say.

**The point and the principle are that a good time to talk about these life planning issues are when people are in a good mood – to grab the moment to simply talk and move through difficult discussions when we are feeling warm and good about each other, even if only briefly.**

If we cannot lay our hearts and wishes open for viewing when we are feeling good, how much harder it is to be talking openly and earnestly when under duress and the stress of pending loss. Easy to do: of course not!. Easy to say, not easy to get started.

Again, I draw upon Jane Brody's book, "Guide to the Great Beyond," published earlier this year. She writes widely on a number of health issues for the **New York Times**. She directly states that end

of life planning affects the whole gamut of issues – medical, legal and emotional – in all of us. There is a fear among many that discussing end of life will hasten the end of life. But, no, it does not work that way. Often times, though, the resistance to the process and naturalness of aging and death reinforces a reverse of the old guide to denial: "out of mind, out of sight." If I don't want to think or talk about something uncomfortable, then I do not have to recognize its very existence.

Jane Brody quotes Dr. Richard Smith, editor of the British Medical Journal, who stated: "Death gives life meaning. Without death every birth would be a tragedy." It is he who asks, what can the story of Gulliver's Travels teach us about death or denying death?

*Gulliver was vastly excited when he traveled to Laputa and heard of the Strudbruggs, the immortals. He imagined them with their "minds free and disengaged, without the weight and depression of Spirits caused by the continual Apprehension of Death." In fact, they were the most miserable of people. One of their "prevailing passions" was envy of the deaths of the old.*

Okay, here we started talking about the holidays as a good time to talk about end of life issues, and already it sounds like we are at death's door. No, no, no, that's not what is intended. The point is that we never know when illness or death may occur in our lives or that of our family members. It is in the preparation of statements, both written and verbal, that express our personal needs and desires

before we get to that point that can help us through the hard times. These written statements are referred to as Advanced Directives. It is you making your desires known while you are of sound mind and living well that allows the most heartfelt wishes to be recognized by you and others. But it works best if others are party to and understanding of these desires in their preparation and not just finding out at the end of life itself. Share them with your loved ones; let them express themselves to you at the same time. Lend dignity to the process and yourselves.

Two important resources are provided here, readily available and free of charge. **(1) FORMS:**

The first is the website for the State Bar of Michigan, elder law section. The following website address takes you to sources of information and legally approved forms that can be used to make your wishes known: <http://www.michbar.org/elderlaw/adpamphlet.cfm#c>.

These "Questions and Answers About Advance Directives" are taken from that online document.

**What is an advance directive?**

An advance directive is a written document in which you specify what type of medical care you want in the future, or who you want to make decisions for you, should you lose the ability to make decisions for yourself.

**What is a durable power of attorney for health care?**

A durable power of attorney for health care, also known as a health care proxy or a patient advocate designation, is a

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# HOME FOR THE HOLIDAYS

By Carl A Gibson

document in which you appoint another individual to make medical treatment and related personal care decisions for you.

You can, in addition, choose to give your patient advocate power to make decisions concerning mental health care you may need.

**What is a living will?**

A living will is a written document in which you inform doctors, family members, and others what type of medical care you wish to receive should you become terminally ill or permanently unconscious.

**When will a living will take effect?**

A living will only take effect after a doctor diagnoses you as terminally ill or permanently unconscious and determines you are unable to make or communicate decisions about your care.

**How is a living will different from a durable power of attorney for health care?**

Although there can be overlap, the focus of a durable power is on who makes the decision; the focus of a living will is on what the decision should be.

**What is a do-not-resuscitate declaration?**

A do-not-resuscitate declaration (DNR declaration) is a written document in which you express your wish that if your breathing and heartbeat cease, you do not want anyone to attempt to resuscitate you.

**For whom might such a document be particularly useful?**

A hospice patient who is home to die as peacefully as possible might wish to

sign a DNR declaration.

**Must I be terminally ill before signing a DNR declaration?**

No. For example, you may be in good health but still not want to be resuscitated should your heart and lungs fail. A Michigan law provides that these documents are valid in settings other than hospitals or nursing homes.

**(2) CONVERSATION, NOT INTERROGATION:**

Okay, so we know where to find some readily acceptable forms for stating our wishes. But how do we get started? It is too hard to just say "I want this, and I want that ... I don't really know what I want." I've never really thought about being deceased before – that sounds kind of permanent. It's one thing to have your spouse say, "get out of the house" in frustration, but I'm usually allowed back in. It may mean talking softly and rebuilding trust in a relationship, but it is usually a temporary banishment.

**Talking softly and building trust are also important in this process of communicating desires for end of life decisions.**

Let's do it during a quiet moment in the holidays, not the time of opening gifts or in the middle of a big dinner. And not when the grandkids are likely to asking questions that leave us at a loss for words. An excellent place to start is with workbook entitled: "Caring Conversations: Making your wishes known for end-of-life care." As it states

on the cover, the "workbook includes a questionnaire to help you have 'caring conversations,' an advance directive document, and a list of the most frequently asked questions about advanced directives." It is a gentle way to talk about and not around one's real concerns and feelings.

This 16-page workbook (prepared by Center for Practical Bioethics in Kansas City, MO) is available from Senior Health Partners (SHP) at Burnham Brook Center in Battle Creek. SHP will send you one by calling their office at (269) 441.0920 or 1-866-721-8276. SHP is a treasure trove for wellness services and caregiver resources. You can also call the Calhoun County Office of Senior Services (Senior Millage) for a copy, at (269) 781-0846.

That's it for now folks. The holidays are meant to be enjoyed. Think of this period as one to share from your heart, particularly while it is still beating strong. Advance Directives are a form of natural insurance policy, stating what can and cannot be done to support you and your family members before something happens.


Live long, live well, and live fully the rest of your days.

Sr





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### RECREATION / HOBBIES

#### Billiards

Daily 6am-8pm, Tournaments  
Tues & Fri, 1pm, Members only

#### Woodshop

Mon-Fri, 8:30 - 4:30pm,  
Members Only

#### Tackle Crafter's Hobby Club

4th Tues of the Month, 6:30-8:30 pm,  
Free to members, \$5 non-members

#### BC Stamp Club

2nd Thurs of the Month, 5-8pm, Free

#### Burnham Brook Singers

Rehearsals Fridays, 9:30-11:15 am,  
Performances held within  
the community, Free

### CRAFT CLASSES

#### Knitting & Crocheting

Thursdays, 10am-12pm,  
\$5 member, \$7 non-members

#### Wood Burning

Beginning, Intermediate and  
Advanced, Tuesdays & Wednesdays,  
10am, \$5/Class + Supplies

#### Glass Etching

Beginning, Intermediate and  
Advanced, Tuesdays, 11am,  
\$5/Class + Supplies

### HEALTH / FITNESS

#### Fitness Room

Daily 6am-8:30pm

#### Fitness Room Assistance

Thursdays 8-10am to 4:30-6:30pm

#### Toning, Strength Training, and Stretching (TSS)

Mon-Wed-Fri, 9-10am, \$2/Class for  
members - \$3/Class for non-members

#### Stretch & Balance

Monday, 11:30am-12:15pm,  
\$3/Class for members -  
\$4/Class for non-members

#### Yoga Class

Thursdays, 10:30am-11:30am  
\$4/Class for members -  
\$6/Class for non-members

#### Evening Yoga

Wednesdays, 5:30-6:45pm  
\$4/Class for members -  
\$6/Class for non-members

#### Dance Aerobics

Tuesdays - Thursdays, 9-10am,  
\$4/Class for members -  
\$6/Class for non-members

#### Give Yourself The Gift of Health

1 hour educational fitness class  
Open to the public. Free to Members,  
\$5 non-members, Dec 12, 9-10am



### CARDS / GAMES

#### Bid Whist

Mon-Fri, 9-12pm

#### Duplicate Bridge Club

Mondays, 1-3pm

#### Men's Bridge Club

Mondays, 12-3pm

#### Pinochle

Tuesdays, 1-3pm

#### Evening Euchre

Tuesdays - 4 to 6:30pm

#### Bingo

Wednesday, 1-3pm

#### Game Night

Wednesday, 6:30-8:30pm

#### Euchre

Thursday, 12:30-3pm

#### Mah Jongg

Friday, 12:45-4pm

#### Contract Bridge

Friday, 1-3:30pm, Members only

### DANCE

#### Line Dancing

Mondays, 2-4pm, \$2/class for  
members - \$5/Class for non-members

#### Tap Dancing Class

Mondays, 10-11am. \$20/  
6 wk session for members -  
\$30/ 6 wk session for non-members

#### Low Boyd Swing Dance

3rd Fri of the Month, 7-10pm,  
\$6 members, \$ 8 non-members

#### Low Boyd rehearsals

Wednesdays, 7-9pm, Free

### FALL 2009 TRIPS / TOURS

#### Shop Till You Drop Day Trips

Open to the public. Call the Program  
Office at 965-0000 to sign up

#### Christmas Shopping at Brich Run / Bronners / Frankenmuth

Saturday, December 5, Includes  
transportation, breakfast snack &  
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#### Downtown Chicago Shopping!

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greatly appreciated to help finance these  
events. Call ahead for times and dates,  
as they may change. Then be sure to  
join Terry, Drew, Alison, Paula, Ginger  
and a host of others in an afternoon  
of fun and games!

Have a hobby that you would like to  
share with other adults, or a pastime  
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what you would like to see Community  
Unlimited do; we need your input to  
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### Commission On Aging Sites

**D** - Delton, **H** - Hastings  
**N** - Nashville, **W** - Woodland  
**GL** - Gun Lake Community Church

#### TUESDAY, 1

H - No Line Dancing  
H - Play Wii, 10:30am  
H - Kinship Info 1pm  
GL - Cards, 10:30am-12:30pm  
H - Kinship Series, 1pm

#### WEDNESDAY, 2

H - Music with Sam  
D - Reminiscence  
H - Nails  
H - Euchre, 12:30-2:30pm  
H - Tai Chi, 5:15pm

#### THURSDAY, 3

H - Line Dancing, 9:30am  
H - COA 35th Anniversary  
Open House, 4-6pm  
H - Music with the Lewis'  
D - Puzzles/Trivia  
N - TV Time

#### FRIDAY, 4

H - Exercise, 9am  
W - Nashville 5+, 11:30am  
N - Bingo  
H - Model Railroad, 10am  
H - Bingo, 10am

#### MONDAY, 7

H - December Birthday Party  
H - Nashville 5+, 10:30am  
D - BP Clinic, 11am

#### MONDAY, 7 (Cont)

H - December Craft, 10:30am  
H - Card Making, 12:30pm  
H,W,N - Reminiscence  
H - Painting With Bob, 1pm

#### TUESDAY, 8

H - Line Dancing, 9:30am  
H - Red Hat, 12pm  
H - Play Wii, 10:30am  
H - Tai Chi, 5:15pm  
GL - Potluck / Speaker, 12:45pm

#### WEDNESDAY, 9

H - Low Vision Support, 1:30pm  
H - Music with Sam  
N - Nashville 5+, 11:30am  
H - Nails

#### THURSDAY, 10

COA Annual Christmas Party, 10:30am  
All Sites Closed



#### FRIDAY, 11

H - Exercise, 9am  
H - Bingo, 10am  
N - Bingo  
W - Visiting  
H - Model Railroad, 10am

#### MONDAY, 14

H - December Craft, 10:30am  
H - Music With Sam, 10:30am  
D - Mini Massage, 11am  
H,W,N - Reminiscence  
H - Card Making, 12:30pm  
H - Painting With Bob, 1pm

#### TUESDAY, 15

H - Line Dancing, 9:30am  
H - Play Wii, 10:30am  
H - Mini Massage, 9am-12pm  
GL - Cards, 10:30am-12:30pm

#### WEDNESDAY, 16

D - Reminiscence  
N - Mini Massage, 11am  
H - No Lunch - Hastings Site Only  
H - Tai Chi, 5:15pm

#### THURSDAY, 17

H - No Line Dancing  
D - Puzzles/Trivia  
H - Music with the Lewis'  
N - TV Time  
H - Caregiver's Support, 3:30pm  
H - Cancer Support, 1pm

#### FRIDAY, 18

H - Exercise, 9am  
W - Mini Massage, 11am  
H - Bingo, 10am  
H - Model Railroad, 10am  
N - Bingo

#### MONDAY, 21

H - Music with Sam, 10:30am  
H - December Craft, 10:30am  
H,W,N - Reminiscence  
D - Nashville 5+, 11:30am  
H - Painting With Bob, 1pm  
H - Card Making, 12:30pm  
H - Kinship Care, 6:30pm

#### TUESDAY, 22

H - Line Dancing 9:30 am  
H - Red hat Christmas Tea, 2pm  
H - Play Wii, 10:30am  
GL - Cards, 10:30am-12:30pm

#### WEDNESDAY, 23

H - Music With Sam  
H - Tai Chi, 5:15pm  
D - Reminiscence  
H - Nails  
H - Euchre, 12:30-2:30pm  
H - Blood Drive, 9am-4pm

#### THURSDAY, 24

MERRY CHRISTMAS - COA CLOSED  
H - No Beading

#### FRIDAY, 25

MERRY CHRISTMAS - COA CLOSED

#### MONDAY, 28

H - Music With Sam, 10:30am  
H - December craft, 10:30am  
H,W,N - Reminiscence  
H - Card Making, 12:30pm  
H - Painting With Bob, 1pm

#### TUESDAY, 29

H - Line Dancing, 9:30am  
H - Play Wii, 10:30am  
GL - Cards, 10:30am-12:30pm

#### WEDNESDAY, 30

H - Music with Sam  
H - No Tai Chi  
D - Reminiscence  
H - Nails  
D - Birthday Party

#### THURSDAY, 31

H - "New Year's At Noon", 11am  
All Sites Closed

### NOTE

#### Christmas Stocking & Wreath Silent Auction

Now through Dec 10.  
Come make a bid.



**SENIOR TIMES NOTE:** *Senior Times* is not responsible for changes in schedules.  
To confirm times and dates of activities, please contact the agencies directly.

## H&C BURNSIDE SENIOR CENTER

(517) 279-6565

65 Grahl Drive,  
Coldwater, MI 49036  
www.orgsites.com/mi/hcburnside

### TUESDAY, 1

- Foot Clinic, 10-3pm,  
Call for appointment (269) 432-3063

### WEDNESDAY, 2

- Free Blood Pressure Checks by  
Southern Care Hospice, 10am-12pm

### THURSDAY, 3

- Medicare Part D Open  
Enrollment, 9-3pm
- Volunteer Reception Desk  
Meeting, 9:30pm
- Volunteer Christmas Party  
Meeting, 10 am

### FRIDAY, 4

- Open Enrollment MMAP, 9-3pm
- Free Blood Sugar Testing  
by Laurels, 10am-12pm
- Holiday Centerpiece Workshop by A  
Perfect Petal, 10am - Sign up Required
- Dance, 6-10pm

### MONDAY, 7

- Wii Game Day Event.  
Fun & Prizes, 9:30am
- Hopco Hearing Service, 10am-12pm
- Evening Star Quilt Group, 1pm
- Alzheimer Support Group, 3-4:30pm

### TUESDAY, 8

- Blood Pressure by Arcadia,  
10am-12pm
- Gabmores for Ladies - "Special Holiday  
Show" by Sweet Adelines, 1:30pm

### WEDNESDAY, 9

- Burnside Holiday Bazaar And Christmas  
Wreath fundraiser. Wreaths on display  
and tickets to be sold today! Some join  
us!, 9am-3pm
- Blood Sugar Testing, 10am-12pm
- Music by Kathy Cary, 12pm

## FORKS SENIOR CENTER

(517) 629-3842

1418 Cooper Street, Albion, MI 49224

### DAILY EVENTS

#### Bridge

2nd & 4th Thursdays, 1pm

#### Bunco (Alternating w/Penny Bingo)

Fridays, 9:30am

#### Chair Exercises

Every Tuesday, 3pm

#### Euchre

Mondays, 6pm and Tuesdays, 1pm

#### Foot Care

Tuesdays by Appointment

#### Grocery Bingo

Every Wednesday, 9:30am

#### Monthly Pot-Luck & Birthday Party

2nd Thursday of the month,  
2pm (Birthday party).

3rd Thursday of the month,  
5:30pm (Potluck)

#### Ping Pong

Every Tuesday & Thursday, 10am

#### Silver Sneakers Cardio Circuit

Every Tuesday & Thursday, 9am

#### Silver Sneakers Muscular

#### Strength & Range of Movement

Every Monday, Wednesday  
& Friday, 10am

#### Whole Person Wellness

#### Exercises & BP/BS

Every Thursday, 10:30am

### THURSDAY, 10

- Legal Aid, 10am
- Daisy Rubley Piano Music, 11:45 am

### FRIDAY, 11

- Oil Painting Class, 9am-1pm - Winter  
Sunset \$35 - Sign up Or, Workshop
- Free Dessert with your meal  
purchase - Sponsored by Tendercare  
of Marshall, 11:30am-1pm
- Dance, 6-10pm

### TUESDAY, 15

- Foot Clinic, 10am-3pm,  
Call for Appt. (269) 432-3063
- Annual Trivia Challenge,  
Sign Up Required, 10-11am
- Sing a Long with Ernie, 12pm
- Movie & Popcorn, 3pm

### WEDNESDAY, 16

- Christmas Lunch & Raffle -  
Music by Donna Green, 11:30am-1pm

### THURSDAY, 17

- Men's Free Breakfast, 7:30 am

### FRIDAY, 18

- Free Blood Pressure Test  
by The Laurels, 10am-12pm
- AARP Meeting & Lunch
- Dance, 6-10pm

### TUESDAY, 22

- Blood Pressure  
by Arcadia, 10am-12pm

### WEDNESDAY, 23

- Paul White Music Concert, 12pm

### THURSDAY, 24

- CLOSED

### FRIDAY, 25

- CLOSED

### MONDAY, 28

- Blood Pressure Checks  
by Lifespan, 11am-12pm

### TUESDAY, 29

- Activities in The Spotlight, 10-11am

### THURSDAY, 31

- CLOSED

## LIFELONG LEARNING CLASSES

(269) 965-4134

KCC's Regional Manufacturing  
Technology Center  
405 Hill-Brady Road, Battle Creek  
www.kellogg.edu/lifelong

### CLASSES

**Personality Plus! Discover  
Your Type (NEW)**, Tuesday,  
December 1, 6-8:30pm, \$19

**The Energy of Color (NEW)**  
Wednesday, December 2, 6-8pm, \$29

**Travel Light: Packing Guidelines  
That Work**, Saturday, December 5,  
9-11:30am, \$25

**Introduction to Qigong:  
Sounds of the Season (NEW)**  
Monday, December 7, 6-8pm, \$19

**Create the Most Unique Gift Box Ever!**  
Thursday, December 3, 6-8pm,  
The gift box is part puzzle,  
part collage, and part note card.  
\$39 and includes materials

**Debt Free Living!**  
December 5, 2009, 9am-12:30pm  
Course fee is \$39 per person  
or \$59 per couple.

**Credit Fix 101 (NEW)**  
Wednesday, December 2, 6-8pm, \$25

**Estate Planning & Trusts:  
What You Need to Know**, Saturday,  
December 5, 9am-12pm, \$25

**Windows 7 Workshop: It's Here!  
(NEW)**, Wednesday, December 2, \$15

## DECEMBER EVENTS

**Through Dec 2: "The Figure in  
Watercolor" art exhibition**, Olivet College  
Art Gallery, Mott Academic Center, Open  
Mon-Fri, 8am-6pm, (269) 749-7627.

**Through Dec 22: Christmas Visions  
Dinner Theatre**, Turkeyville USA  
Dinner Theatre, Tuesday's - Saturday's,  
800-228-4315, www.turkeyville.com.

**Through Dec 23: Holly Mart, Art Center  
of Battle Creek**, Art work by Michigan  
Artists, 10am-5pm, (269) 962-9511,  
www.artcenterofbattlecreek.org.

**Through Dec 24, Scott Smith playing the  
Barton Theater Organ at the Mole Hole**,  
(269) 781-5163, 1-800-877-5163,  
www.marshallmi.org.

**Through Dec 31: Grandma  
Cancels Christmas - Dinner Theatre**,  
Cornwell's Turkeyville USA, Marshall, \$,  
(269) 781-4293, www.turkeyville.com.

**1: Battle Creek Boy Choir**, Choir  
Performances at Schuler's, 7pm,  
115 S. Eagle Street, Marshall,  
(269) 781-0600, 1-877-724-8537,  
www.schulersrestaurant.com.

**1, 6, 8, 13, 15: Holiday Teas**, W.K.  
Kellogg Manor House, 2pm, \$ (269) 671-  
2400, www.kbs.msu.edu/visit/manor-house.

**1-19: Grandma Cancels Christmas**,  
Cornwell's Turkeyville USA Dinner Theatre,  
(269)781-4293, www.turkeyville.com.

**2-3, 8-10, 15-17, 22-24, 28-31:  
Live Music**, Barista Blues Café,  
(269) 968-8430.

**2, 9, 16, 23, 30: Live Music**, Griffen  
Grill & Pub, 8pm, www.griffinbc.com.

**2: Shop with hor d'ourves and wine with  
Junior League of Battle Creek (JLBC)**,  
www.jlbconline.org.

**3: Open House at the Barry County  
COA**, Hastings, 6pm, (269) 948-4856,  
www.barrycounty.org.

**4: Polar Express PJ Party**, Barnes &  
Noble, Lakeview Square Mall, 4-7pm,  
(269) 979-8060.

**4: Retail Christmas Open House**,  
Downtown Marshall, (269) 781-5163,  
www.marshallmi.org.

**4-5, 11-12, 26-27: Mystery of the  
Christmas Star**, Kingman Museum, (269)  
965-5117, www.kingmanmuseum.org.

**4-5: Dramatic Action Theatre  
Company presents "A Madrigal Dinner"**,  
(269) 781-5163, 1-800-877-5163,  
www.marshallmi.org.

**4, 10, 17, 18: Holiday Dinners**,  
W.K. Kellogg Manor House, 6:30pm,  
(269) 671-2400, www.kbs.msu.edu/visit/  
manor-house/events/special-dinners.

**5: Christmasfest**, Downtown  
Coldwater, 10am-2pm, (517) 279-9375,  
www.coldwaterdda.org.

**5: Holiday Home Tour**, Wing House  
Museum, Coldwater, (517) 278-2871.

**5: Sounds of the Season**, St. Marks  
Episcopal Church, Coldwater, 7:30pm.

**5: Brass Band of Battle Creek Holiday  
Concert**, WK Kellogg Auditorium,  
8pm, (269) 963-5900, www.bbbc.net.

**5-6: Governor House Museum Christmas  
Open House**, Jonesville.

**6: Holiday Images**, Binda Performing  
Arts Center, 3pm.

**7: Dickens Carolers**, Choir Performances  
at Schuler's, 7pm, 115 S. Eagle Street,  
Marshall, (269) 781-0600, 1-877-724-  
8537, www.schulersrestaurant.com.

**8: Battle Creek Community Chorus**,  
Choir Performances at Schuler's,  
7pm, 115 S. Eagle Street, Marshall,  
(269) 781-0600, 1-877-724-8537,  
www.schulersrestaurant.com.

**10: Girls Chorus Amiable & Octavia**,  
Choir Performances at Schuler's,  
7pm, 115 S. Eagle Street, Marshall,  
(269) 781-0600, 1-877-724-8537,  
www.schulersrestaurant.com.

**12: Winter Birds and Holiday Tweets**,  
Kellogg Bird Sanctuary, 1-2:30pm,  
12685 East C Avenue, (269) 671-2510,  
www.kbs.msu.edu.

**12: Holiday Concert**, First Presbyterian  
Church, 7:30pm,  
www.musiccenterscmi.com.

**12: Holiday Concert by Cereal  
City Concert Band**, First United  
Methodist Church, 6pm,  
www.cerealcityconcertband.org.

**12-13: 30th Annual Candle Light  
Christmas Walk**, Downtown  
Marshall, www.marshallmi.org.

**13: Christmas Tea**, Governor's Mansion,  
Marshall, 2pm, (269) 781-5163,  
1-800-877-5163, www.marshallmi.org.

**13: Tuba Christmas Concert**,  
Masonic Temple, 3-4pm, Coldwater,  
(517) 279-9038.

**14: Ars Voce**, Choir Performances at  
Schuler's, 7pm, 115 S. Eagle Street,  
Marshall, (269) 781-0600, 1-877-  
724-8537, www.schulersrestaurant.com.

**15: Dickens Carolers**, Choir Performances  
at Schuler's, 7pm, 115 S. Eagle Street,  
Marshall, (269) 781-0600, 1-877-  
724-8537, www.schulersrestaurant.com.

**15: Christmas Reception**, Marshall  
Historical Society, 7pm, (269) 781-5163,  
1-800-877-5163, www.marshallmi.org.

**17: Dickens Alumni**, Choir Performances  
at Schuler's, 7pm, 115 S. Eagle Street,  
Marshall, (269) 781-0600, 1-877-  
724-8537, www.schulersrestaurant.com.

**17: Battle Creek Talent Show**,  
Burnham Brook, 7pm,  
www.downtownbattlecreek.com.

**18: Home for the Holidays Open House**,  
Humane Society, Battle Creek, 5-7pm,  
(269) 963-1796, www.hs-scm.org.

**18: Dance with the Lew Boyd Big Band**,  
Burnham Brook, (269) 965-0000,  
www.burnhambrook.org.

**18-19: Mystery of the Christmas Star**,  
Kingman Museum, (269) 965-5117,  
www.kingmanmuseum.org.

**18-23: Holiday Nights at the Zoo**,  
Binder Park Zoo, 5-8pm, (269) 979-1351,  
www.binderparkzoo.org.

**19: Sounds of the Season**, Mark's  
Episcopal Church, Coldwater, 7:30-9pm,  
(269) 965-3931, www.bcvarts.org/BCCC.

**19: Beautiful Ice Sculptures**,  
Mill Race Park, Battle Creek, 12-4pm,  
www.downtownbattlecreek.com.

**19: Nutcracker Ballet**, Presented by  
Battle Creek Symphony, WK Kellogg  
Auditorium, 7:30pm, (269) 565-2199,  
www.musiccenterscmi.com.

**19-20: The Holiday Express**, Round  
Trip From Coldwater to Quincy, 2pm,  
Approx. 1-1/2 hour train ride, (517)  
279-7687, www.littleriverrailroad.com.

**20, 21, 22, 23: Holiday Walks**,  
W.K. Kellogg Manor House, 12-5pm,  
\$, (269) 671-2416.

**21-23, 28-30: Out of This World Space  
Adventure**, Kingman Museum, (269)  
965-5117, www.kingmanmuseum.org.

**22: Owl Prowl**, Kellogg Bird Sanctuary,  
12685 East C Avenue, (269) 671-2510,  
www.kbs.msu.edu.

**22: Classic Singers**, Choir Performances  
at Schuler's, 7pm, 115 S. Eagle Street,  
Marshall, (269) 781-0600, 1-877-724-  
8537, www.schulersrestaurant.com.

**22: Last Day of the Season at  
Cornwell's Turkeyville**, (269)  
781-4293, www.turkeyville.com.

**31: New Year's Celebration**,  
Barry County COA, Hastings, 11am,  
(269) 948-4856, www.barrycounty.org.

**31-Jan 1: New Year's Celebration Ball**,  
Tibbits Opera House, Coldwater, 7pm-  
1am, \$ (517) 278-6029, www.tibbits.org.

**HAVE AN ACTIVITY TO INCLUDE?** If you have an event you would like us to include in our activities pages, please contact Sherii Sherban at (269) 979-1411 ext 102 or email: sheriiis@wwthayne.com.



# Worship With Us

**CHAPEL HILL UNITED METHODIST CHURCH**  
 157 Chapel Hill Drive  
 (269) 963-0231  
 Rev. Jim Gysel, Pastor

- Church School:
  - 9am and 10:45am
  - Traditional Service, 9am
  - Praise Service, 10:45am
- Breakfast served all morning, \$3 minimum donation, \$10 per family
- Barrier Free (Nursery provided all morning)

**ST. PHILIP CATHOLIC CHURCH**  
 126 Capital Ave. NE  
 Battle Creek, MI 49017  
 Fr. Charles H. Fischer

- Mass Schedule: Sat. 4:30pm; Sun. 9am, 11:30am

If you're homebound and would like the weekly bulletin mailed to you, please call the Parish Office @ 968-6645



## ask GUARDIAN

Pat Fosdick, Special to *Senior Times*

### CHRISTMAS ELEPHANTS AND PERSONAL CHANGE

*Dear Readers,*  
 Christmas can help change people's lives. Here is another story from our files that will help with the Christmas spirit.

"Jeanie" is a beautiful young woman, who has a developmental disability.

As a child she was mistreated and abused by her family, who also had mental health issues. The Probate Court placed her in foster care.

A few years ago, the court assigned us as her guardian. She was under criminal probation and we placed her in an AFC to keep her safe - or so we thought. She was a handful for us.

Someone on the staff suggested that we introduce her to a youth counselor at a church. She took to him right away and she became very involved in their young adult group. We learned that she loved to sing and had a beautiful voice. She enjoyed the gospel music and the jams with the youth band. She ended up singing a solo at the Christmas Eve service.

Many of our staff attended the service for encouragement, which she did not need. Even better, her mother and sister also attended the service.

She was wonderful. She positively glowed from her achievement. The Christmas experience was the highlight of her life and totally convinced Jeanie that she was on the right path.

Shortly afterwards, an aunt in another city invited her to come to live with her, where Jeanie completed her GED. She now has a job and is still involved in church and their contemporary musical group. Marvelously, she is now a happy and productive adult.

*Dear Pat,*  
 At Christmas we have an "elephant in the living room" that no one in our family wants to mention.

Mainly, it is about our brother "Jerry" who has Down's syndrome and lives with our parents. Someday someone else will have to care for him. But who? Likewise, our parents are aging and we need to think about how we will respond to medical crises.

*How can I get my family to talk about these crucial matters and start making plans?*

Good for you! Families usually need some stimulus to get the discussion rolling. Waiting for a crisis, when everyone is emotional and stressed out, can result in poor decisions.

Expert Dr. Brian D. Carpenter provides excellent suggestions.

#### How to Eat an Elephant

- Take small bites, it doesn't have to be done all at once. Maybe get it started at Christmas then continue via email or telephone during the next year.

- Start with the big picture, and then you can work into the specifics.

- Schedule some time with the family, allowing everyone to think about it first.

- Forgive and be flexible - "Be willing to think about ways you can forgive one another for things that may have happened in the past that may be getting in the way of having good family relationships in the future."

- Consider an objective mediator, such as a social worker, lawyer, physician or psychologist, to help sort out these issues.

*Have a question for Guardian?*  
 Contact Pat Fosdick at 18 W. Michigan Ave. #300, Battle Creek MI, 49017. Or, call her at (269) 963-3253, ext. 434.



## CHRISTMAS SHOPPING MADE SIMPLE

By: Mary Jo Byrne, Executive Director, Fountain Clinic

The Fountain Clinic is a free clinic located in Marshall. The mission of the Clinic is to provide free medical and dental services to the uninsured who are below 200% of the poverty level. The Clinic was founded over 17 years ago by Dr. James Maher who is still the Medical Director. Today the Clinic has over 25 medical professionals that volunteer.

One of the ways the Clinic pays for medical expenses such as medical supplies and prescriptions is with fundraisers such as the Scrip Program. You can purchase gift cards for most of your favorite restaurants, gas stations and stores from the Clinic and help others with medical services at the same time. The gift card does not cost you any more than it's face value . . . a \$50 gift card from Macy's costs you \$50.

For a list of all the participating stores call or visit our web site at fountainclinic.org. Place an order by calling the Clinic at (269) 789-0410 and charging to your credit card weekdays from 8am-4pm.



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Specials!

Monday - Friday - 8:30am - 5:00pm  
 907-B Capital Ave., SW • Battle Creek, MI 49015  
**269-963-2365**

### When The Gray Needs More Than Just A Touch Up ...

If you're like most seniors, a few gray hairs aren't your only signs that you're getting older. When your overall health presents some gray areas too, there's a place you can go to get answers... The Senior Diagnostic Center of SouthCentral Michigan.

The skilled professionals at The Senior Diagnostic Center consider all areas of your health... physical, social and behavioral. They are experts at developing practical treatment plans that can help you enjoy life to its fullest. What's more, in addition to your personal care plan being shared with your family doctor, it's also shared with you and any loved ones you choose. This means no more gray areas when it comes to your health.

So, if you're a senior over 50 or better, consider giving your healthcare plan a complete checkup. Make an appointment with The Senior Diagnostic Center today. We're right in your own backyard... and as far as you have to go for answers.

Call 269/441-1136

SENIOR DIAGNOSTIC CENTER OF SOUTH CENTRAL MICHIGAN

Located in the Cedar Glen Centre • 3630 Capital Avenue, SW • South of Beckley Road in the Brickyard Creek Medical Office Park



*from our state*  
**CAPITOL**

**Kate Segal, State Rep. 62nd District, Special to Senior Times**

**REMOVING CLUTTER FROM YOUR HOME – AND YOUR LIFE**

As we move into the holiday season and the colder winter months, you will probably be spending a lot more time inside your home with family and friends. Now is the time to eliminate clutter from your house, simplifying your surroundings, and eliminating unnecessary stress from your life.

It's amazing how quickly clutter builds up. A single object may become several. Several objects become a stack. Stacks become piles and, before you know it, clutter has filled every nook, all of your counters and is threatening to take over your home. This can be especially true for those who may have accumulated decades worth of belongings and treasures.

**Clutter can be hazardous to your health.**

Sometimes clutter can also cause stress and anxiety, leaving you feeling drained mentally and emotionally. Eliminating clutter and keeping an organized living environment may help ease this problem.

Clutter can also be dangerous to your physical health. Each and every time you add to the clutter in your home, it increases the possibility that you may trip and fall or injure yourself. An injury can too often force seniors to give up their independence at a time when they are still experiencing a free and independent lifestyle.

So, it's important to take steps to reclaim your home from clutter and make your living space safe. Additionally, you can make some extra money by selling unused or unwanted items at a garage or yard sale or even take advantage of online auction sites, like eBay. You can also use this opportunity to help others and save money on your taxes. Donations to charitable organizations, such as the Salvation Army or Purple Heart, are tax deductible.

First of all, don't underestimate the job and think you can clean the entire house all at once. Start with one room at a time.

As you work through your home, separate items into four groups:

- Items for the garbage or recycling bin.
- Items to be donated to charitable organizations. Box these items up and deliver them on your next trip into town. Get receipts and remember to deduct the donations from your taxes.

- Items that you can sell in your next yard sale or online. Make sure you box these items up as well and properly label them so that you can keep them organized until you are ready to sell them.
- Items that you keep.

To help decide what is clutter and what is a keepsake, try asking these questions:

**For clothing:**

- Does it fit?
- Have I worn it in the last 12 months?
- Is there a strong sentimental value to the article of clothing?
- Would someone else benefit from owning this more than I would?

**For other items:**

- Have I used this in the last 12 months?
- Will I use this in the next 6 months?
- If I hadn't just discovered this item, would I miss it?
- Can I imagine myself or a family member needing this anytime soon?
- Is there a strong sentimental value to the object?

You can apply this system to every room in the house – even the kitchen and bathroom. It is especially important that you check expiration dates regularly on medicines, vitamins, supplements, and cosmetics and throw away all expired and unused items.

It can be hard to decide what to keep and what to throw away because of the sentimental value attached to some items. Inviting a friend, or a group of friends, over for a cleaning party can make decisions easier and more fun.

If friends aren't available, consider having your grandchildren over to help. Some of my best memories growing up were ones spent with my grandparents as they leafed through photo albums and shuffled through vinyl records, newspapers and magazines reminiscing about the great times and experiences of their lives. As you use the occasion to connect with your grandkids, take the time to toss out the unwanted and unneeded items as you go through them.

**The most important thing to remember is: if you don't use it, then you probably don't need it.**

I hope these suggestions are helpful in simplifying your life and making your home a safe and enjoyable place to live for years to come.

State Representative Kate Segal can be reached at (888) DIST-062 or via e-mail at [katesegal@house.mi.gov](mailto:katesegal@house.mi.gov).



The Calhoun County Elder Abuse Prevention Coalition, Region 3B Area Agency on Aging and the Senior Brigade Initiative

invites you to a

**Protect Yourself - Protect Your Future**

**Lunch-n-Learn Presentation/Discussion**

(FREE and open to the public!)

**December 10, 2009**

**11:00 am - 1:00 pm**

*RSVP to 269-966-2450 by December 8*

*A free boxed lunch will be provided!*

Held at Burnham Brook Community Center

Lew Boyd Room

200 W. Michigan Avenue

Battle Creek, MI 49017

3 Workshop Topics will be presented:

- > Homeowner Repair and Equity Scams
- > Investment Fraud
- > Phone and Mail Scams

The Senior Brigade initiative is designed to assist seniors with financial and health care decisions and protect them against scam artists and other predators.



[miseniorbrigade@gmail.com](mailto:miseniorbrigade@gmail.com)



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**Cancer Care**  
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[www.bchealth.com](http://www.bchealth.com)

## My Medicare Matters

### Are You Getting the Most Out of Medicare?

It's that time of year again! Open enrollment for Medicare begins on November 15 and goes through the end of December. To make sure you are getting the most out of your Medicare, use this checklist:

- Have you reviewed if your current coverage will change and compared it to other coverage options for next year to see if there's a better choice for you? Many plans have increased costs for next year!
- Have you looked at how your private health insurance coordinates with Medicare? Have you lost your private health insurance?
- Have you called your Medicare/Medicaid Assistance Program (MMAP) for free help with your Medicare questions and to do an "annual check-up" on your coverages?
- Did you ask your doctor or other health care provider which preventive services (like screenings, shots, and tests) you should get?
- Have you asked if you qualify for help paying your Medicare health and prescription drug costs? Have you asked about "special help" that will pay for part or all of your premiums, co-pays, or deductibles?

Volunteers are available at the Area Agency on Aging in Battle Creek (1-800-803-7174), Calhoun County Office of Senior Services in Marshall (269-781-0846), Forks Senior Center in Albion at (517-629-3842) or Barry County Commission on Aging in Hastings (269-948-4856).



## When it comes to caregiving – Keep it S-I-M-P-L-E!

By Karla Fales



I often get an opportunity to talk to folks that are new to caregiving. I really can't recall the number of times

that I have had to gently admonish and encourage these newbies to

**"Keep it S-I-M-P-L-E."**

Let me explain – Caregiving is a rewarding endeavor, but it is also often emotionally and physically demanding. One of the most common experiences shared by caregivers is the frequency of burnout. Unfortunately, caregiver burnout isn't like a cold. You don't always notice it when you are in its clutches. It is also not always possible to plan for the role of caregiver through training and trial runs. The onset of health conditions like Alzheimer's can develop slowly, but other conditions like stroke or a heart attack often strike suddenly – cutting short the time to prepare and really settle in to the idea of being a full-time caregiver.

One thing I do know – Caregivers want to do well and be effective – and this is especially true of new caregivers. They have high expectations of themselves and fully anticipate doing well – even if they are not fully prepared for all the ramifications of their new role. So what does it mean to keep it **S-I-M-P-L-E** as a caregiver?

First, redefine **SUCCESS** – Caregiving is a process, not a series of goals, strategies and action plans to be achieved. Keep your expectations reasonable and remember caregiving, even under the best of circumstances, is a day-at-a-time, long-term effort characterized by twists and turns. The goal of caregiving is to help individuals remain at home for as long as possible – with those that love them and want to care for them until such time that they pass away at home or need more intensive end-of-life care.

**INVITE** support – Don't try to go it alone. Let others in your circle of support know what help you need and where they can be most helpful. Ask for help – don't wait for offers. Look for community-based

options like adult day services and home health services – professionals who share your goal for maintaining your loved one at home.

**MONITOR** your own health and state of mind – You can't do a good job if you aren't healthy. Depression is very common in caregivers, especially if they are feeling overwhelmed. Use respite care and informal support to give consistent attention to your own health care needs. In many cases, it is a decline in the health of the caregiver that results in out-of-home placement. This is especially true if in-home care is expected to be long term.

**PLAN** ahead - Don't wait! Talk about the now and the tomorrows that lay ahead. There is no need to struggle in the dark. Talk to organizations that provide care management and in-home services. Their help can be invaluable. It isn't always easy to talk about estate planning, end-of-life choices, long-term care settings – but these conversations are much easier when not handled in a time of crisis.

**EXPECT** the un-expected and know that there is no such thing as a perfect caregiver. We think we have a plan, and then everything changes: a fall, a no-show paid caregiver, an irate sister or brother, a placement option that doesn't work. We do the best we can each day. We should strive for good, sufficient, satisfactory, helpful, and healthy, or okay – never perfect. Caregiving for an older adult has been compared to raising children – it challenges yet rewards us all at the same time. But unlike raising our kids, it is often complicated by the intensity and struggles of deteriorating health and difficult to manage behaviors associated with conditions like Alzheimer's and dementia. And aging, unlike childhood, isn't a phase that is outgrown or that passes with time.

So remember, although caregiving isn't easy, you can keep it **S-I-M-P-L-E** by seeking support, planning ahead while knowing that challenges may come. And always remember to take care of the caregiver!

## KINSHIP KORNER

**Pat Scheid,**  
*Kinship Coordinator*  
**Family Enrichment Center**  
**WEB:** www.foster-adoptive-kinship.org  
**PH:** (269) 660-0448  
**FX:** (269) 963-0160  
**ADDRESS:**  
415 S. 28th Street  
Battle Creek, MI 49015

Calhoun County Kinship Care Services advocates for and provides supportive services to families raising related children. If you are raising a related child, you may be eligible for Kinship Care Services through the Family Enrichment Center, located within the Foster Adoptive Family Resource & Support Center. Kinship Care Services offers support groups, helpful classes and specialized training sessions. Call the Family Enrichment Center at (269) 660-0448 for more information about Kinship Care Services or any of the activities listed below.

### THE KINSHIP PROVIDER IS A PROTECTOR, PROVIDER & GUIDE!

During this time of tinsel and tension let's be sure to thank those who are caring for kinship, foster and adopted children. As Fred Rogers said, "Resource Parents are like shuttles on a loom. They join the threads of the past with threads of the future and leave their own bright patterns as they go."

Parenting can be challenging at this time of year, especially for kinship providers who may have had to "choose" between their child and grandchild. Often they are left to explain to their grandchild why a biological parent can't be seen during the holidays.

Children do the best they can, but when they have experienced trauma caused by adults who should have been caring for and protecting them, they often exhibit behavioral and emotional survival skills that are brilliant and creative, but none-the-less personally costly. Kinship providers need to help kin children overcome any trauma experienced so they can ultimately gain a sense of personal safety, learn to trust others, and learn to navigate and adjust to life's changes.

Kinship providers recognize the impact trauma can have on the child's behavior, development, and relationships, and they work to help children understand and control overwhelming emotions. Providers continually promote and support trauma-focused comprehensive assessment and treatment for children as needed; advocating for children with service providers, teachers and others who can help.

Often kinship Providers need to be reminded that they must take care of themselves first, in order to be able to take care of someone else! Attending a support group meeting during this hectic holiday season is one way for kinship providers to receive support and encouragement! Call (269) 660-0448 to learn when support groups meet.

**Kinship Providers "gift" the children in their care all year long! They display the ultimate in**

**UNCONDITIONAL COMMITMENT! THANK YOU & HAPPY HOLIDAYS!**

# Senior Health Partners

A community partnership of Battle Creek Health System, CentraCare, Region 3B The Area Agency on Aging & Summit Pointe

For More Information Call (269) 441-0948

## AGING WELL SERIES

Aging Well educational programs are free and open to the public. They are held at Burnham Brook Community Center. A light luncheon is provided at 11:30am followed by the presentation at noon. To register, call toll free 1-877-GO2-BCHS (877-462-2247).

### How To Avoid Holiday Depression Wednesday, December 2

The upcoming holiday season for most people is a time filled with parties, celebrations, and social gatherings with family and friends. But for some the pressures of planning the events, purchasing gifts, and living up to the 'expectations' of the season can bring on stress. For them it can be a time filled with sadness, self-reflection, loneliness, and even anxiety, sometimes referred to as the 'holiday blues.'

What causes this unhappiness? Sadness is a truly personal feeling, which can result

from stress, fatigue, unrealistic expectations, finances, and the challenge of being with one's family and friends. If we are not careful, all of those demands have the potential of overwhelming us.

Dr. Marjaneh Rouhani, chair of the Battle Creek Health System behavioral health department will talk about how to deal with holiday stressors and factors that lead to depression so they will not detract from the enjoyment of the holidays on Wednesday, December 2 at Burnham Brook. The program will also cover ten tips for coping over the holidays.

Marjaneh Rouhani, MD

received her doctor of medicine degree from the University College of the West Indies. She completed her residencies in general and geriatric psychiatry from Beth Israel Medical Center, New York, NY and psychiatry-oncology from the Memorial Sloan-Kettering Medical Center, New York, NY.

Dr. Rouhani is chair of the Battle Creek Health System medical staff - department of neuro-psychology and is in the private practice of Behavioral Health Care, PC in Battle Creek, MI.



Marjaneh Rouhani, M.D.

## DO YOU HAVE CONCERNS ABOUT FALLING?



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- Exercise to increase strength and balance

### WHO SHOULD ATTEND?

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility and strength
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling concerns

### UPCOMING CLASSES

- **Forks Senior Center Albion**  
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October 5 - November 23  
**Call to sign up for upcoming classes (269) 441-0948.**



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### Clinic Screenings Around the Community

**Burnham Brook Community Center**  
Mon & Fri 10:30-11:30am  
Wednesdays 9:30-11:30am  
**Lakeview Square Mall**  
Tuesdays; 8-9am  
**Battle Creek Health System Atrium**  
Wednesdays; 8:30am-10am

An SHP nurse provides free blood pressure, blood sugar and pulse-ox screenings, at the above sites around our community.

## Personal Action Towards Health (PATH) Workshop

PATH is a six week workshop that teaches practical skills for living a healthy life with an ongoing health problem. It is designed to complement your current medical treatment.



**Who:** Participants include people with various chronic conditions and may include their family or friends.

**Where:** Burnham Brook Center, 200 W. Michigan Ave., Battle Creek

**When:** Wednesdays – 1-3:30pm, January 13 – February 17, 2010

**Cost:** Class is FREE

To register, call Mary at Senior Health Partners (269) 441-0948

## Whole Person Wellness Schedule



Whole Person Wellness is a one-hour, weekly program that includes medical and behavioral health screenings, limited mobility exercises, and health education. The program is funded, in part, by Calhoun County Senior Millage. It is free and open to anyone 60 years of age and older who resides in Calhoun County. For more information, call Senior Health Partners at (269) 441-0948.

SITES	TIME	DAYS
Cherry Hill Manor	9-10am	Monday
Huron Reservation	10:30-11:30am	Monday
Lakeview Meadows Upper	8:30-9:30am	Tuesday
Homer /Barneyville	8:30-9:15am	Tuesday
Tekonsha	9:30-10:15am	Tuesday
Marshall House Apartments	9:00-10:00am	Thursday
Forks Senior Center	10:30-11:30am	Thursday
Village Mill Creek	10:30-11:30am	Wednesday



## National Family Caregiver Support Program

Are you providing care for a parent, spouse, relative, or disabled adult? Are you or your care recipient 60 or over? If you answered yes to both of these, you may be eligible for the following services at reduced or no charges: Respite, Counseling, Caregiver Training Programs, supplemental services and more . . . Call Senior Health Partners at (269) 441-0920 for more information.

The Caregiver library is a community resource for those who are providing care for parents, spouses, relatives, disabled adults, and kinship caregivers. Topics include caring for the caregiver, dealing with caregiver issues and disease specific information as well.

Materials can be checked out and taken home. You do not have to be a member of Burnham Brook to use this exciting resource.

# IN FOCUS PHOTO CLUB

By: Gail Heeter

In Focus photographers had two recent photo shoots, first at the Kellogg Bird Sanctuary and later at Langley Covered Bridge. In addition, they attended the Area Agency on Aging Annual Meeting, where they enjoyed a reunion with the young photographers with whom they partnered during the intergenerational photo project. That project was sponsored by the Agency and evolved into the In Focus group.

At the sanctuary, ducks, geese, and swans on the lake all hoped for a handout of corn. The photographers, not wanting corn dust on their camera lenses, had to disappoint them. Some posed anyhow, and the Australian black swans and the American trumpeter swans were favorites. The caged owls, hawks, and a bald eagle were also big attractions. All of the caged birds are too badly injured to be able to survive in the wild.

At Langley Covered Bridge, the group arrived in time to get shots of the bridge and the fall colors, and stayed to photograph the sunset reflected in the St. Joseph River. Club member Bill Soleski, who has photographed many times at the site, was a helpful guide to the area and to the angles for the best shots.

At the Area Agency on Aging meeting, framed enlargements of photos taken by both the young and the mature photographers during the intergenerational project were displayed around the room, and all the photographers enjoyed seeing each other's work and meeting other participants at the meeting.

Anyone wanting information about joining the In Focus group can contact Gail or Steve Heeter at (269) 964-9205.



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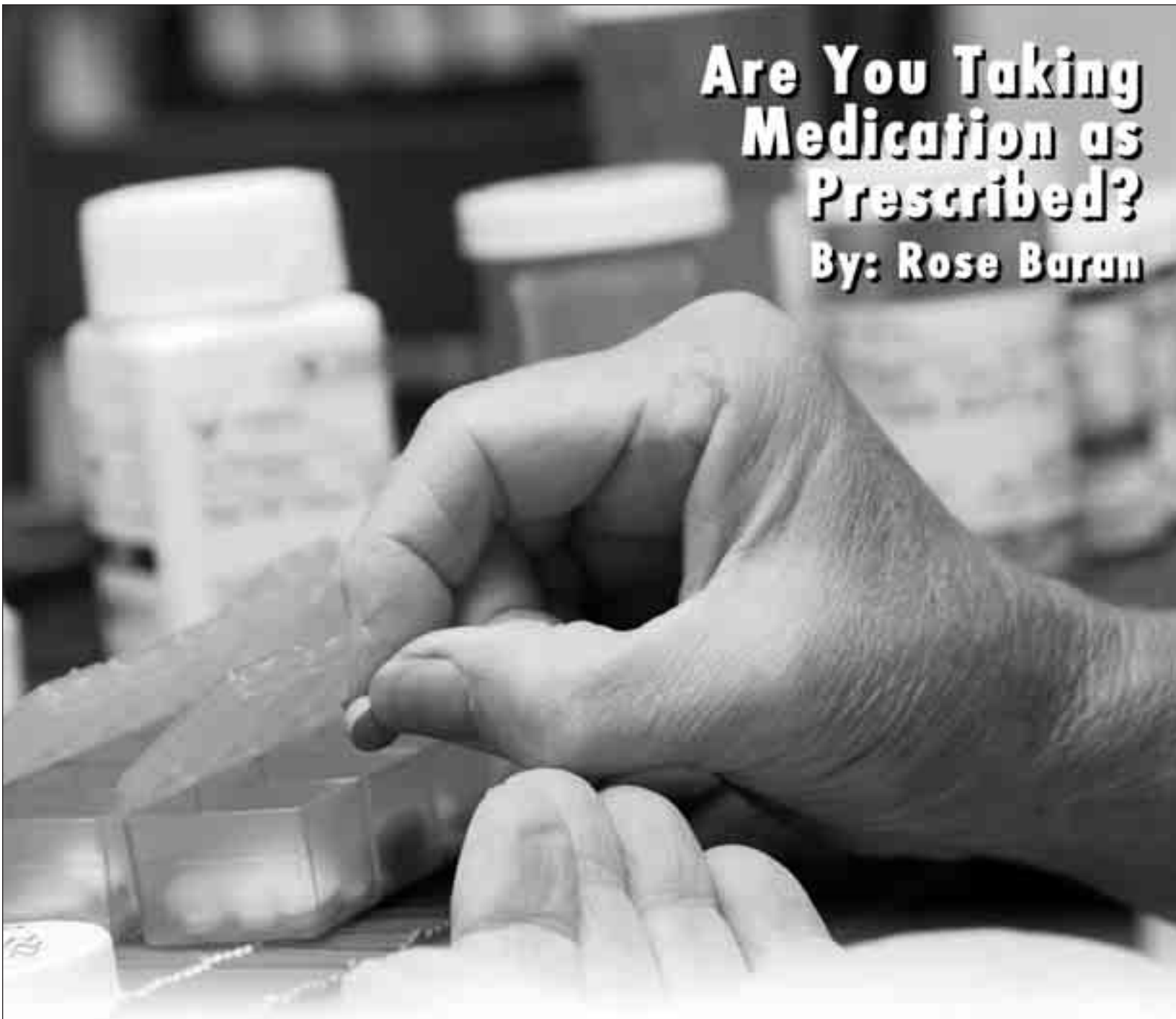
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# Are You Taking Medication as Prescribed?

By: Rose Baran



Medication adherence, or taking medications correctly, is generally defined as the extent to which patients take medication as prescribed by their doctors. This involves factors such as getting prescriptions filled, remembering to take medication on time, and understanding the directions.

#### Common barriers to medication adherence include:

- Inability to pay for medications
- Disbelief that the treatment is necessary or helping
- Difficulty keeping up with multiple medications and complex dosing schedules
- Confusion about how and when to take the medication

Poor adherence can interfere with the ability to treat many diseases, leading to greater complications from the illness and a lower quality of life for patients. Here are some examples of areas in which medication adherence can pose challenges, along with tips for taking medications correctly and talking with health care professionals about your questions and concerns.

When taking antibiotics, if you feel better and no longer have symptoms, you may think your illness is cured. But if you have a bacterial infection, this can be a dangerous assumption.

If the full course of antibiotics is not taken, a small number of bacteria are likely to still be alive. These surviving germs are likely to have some natural resistance to the antibiotic. As they multiply and spread, a new strain of resistant germs may begin to develop. This may be one way that Methicillin-Resistant Staphylococcus Aureus (MRSA) infections occur. MRSA is a type of bacteria that's resistant to certain antibiotics.

#### It's important to use antibiotics appropriately and to take the medication exactly as directed.

- Take all doses of the antibiotic, even if the infection is getting better.
- Don't stop taking the antibiotic unless your doctor tells you to stop.
- Don't share antibiotics with others.
- Don't save unfinished antibiotics for another time.

**Communicate with your health care professional.** If medication side effects are bothering you, talk with your doctor or pharmacist about what you can do to lessen the problem. You might be able to switch to a different medication or your doctor may be able to adjust the timing of your dose.

Make sure you understand how long to take the medication. Some questions to ask when you're prescribed a new medication are:

- Is it necessary to empty the bottle, or can I stop taking this medication once I feel better?
- Will I need to get a refill, or can I stop treatment when the bottle is empty?

#### Tell your doctor if paying for prescription drugs is a problem.

Your doctor may be able to prescribe a generic medication. Generic drugs use the same active ingredients and are shown to work the same way in the body, but they can cost 30 percent to 80 percent less. Generics also have the same risks and benefits as their brand-name counterparts. Your pharmacist or doctor may have other suggestions to offset the cost of a drug.

You can also check to see whether you are eligible for drug assistance programs in your state and also check with the pharmaceutical companies that manufacture your medicines to find out whether you qualify for assistance.

#### Set daily routines to take medication.

It can be helpful to connect taking the medication with normal, daily activities such as eating meals or going to bed. You can also keep backup supplies of your medication at your workplace or in your briefcase or purse.

**Keep medications where you'll notice them.** For a medication that should be taken with food, place that medication on the dinner table or TV tray, or wherever you eat on a regular basis. If there are medications you need to take in the morning, put those medications in your bathroom, next to your toothbrush or your deodorant, or something else that you use as part of your morning routine.

**Use daily dosing containers.** These are available at most pharmacies and allow you to keep medications in compartments that are labeled with the days of the week and various dosage frequencies. Keep a written or computerized schedule. This can cover the medications you take, how often you take them, and any special directions.

Thanks to modern technology, there are a number of devices that have been designed to help patients adhere to a prescribed medication schedule. These include medication reminder pagers and wristwatches, automatic pill dispensers, and even voice-command medication managers. Ask your pharmacist for suggestions as to which particular devices may be helpful for you. FDA offers a form that can be printed out and used for listing all of your medications: [www.fda.gov/Drugs/ResourcesForYou/ucm079489.htm](http://www.fda.gov/Drugs/ResourcesForYou/ucm079489.htm)

FDA's Consumer Updates page is the source for this article with the full article and the latest updates on FDA regulated products available at <http://www.fda.gov/ForConsumers/default.htm>.

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*questions and answers*  
**MEDICAL CARE**

Peter Phelps, Special to *Senior Times*

**MAY YOUR HOLIDAY SNACKS BE HEALTHY**

Midway through the afternoon, with the aromas of a holiday dinner filling the house, the tradition at many homes is to open a bottle of sparkling wine and bring out an appetizer.

Some people designate the day after a holiday feast as 'leftover and snack' day. At mealtime, they spread the leftovers on the dining table, and guests are invited to contribute their favorite snacks.

Whether it be a gourmet breakfast shortly after midnight or an early evening gathering, you can put on your holiday invitation one simple instruction: bring your favorite appetizer for the table.

The first requirement of this request should be that it taste good, but don't forget to make it healthy too. 'Healthy' most would agree means food that is dense in nutrition but low in saturated fat and calories. That generally means fruits, vegetables, and whole grains, but you can also add some nuts, seeds, fish, lean meat, and low-fat dairy products to the mix.

A platter of raw carrots, celery, cauliflower, and other vegetables is about as healthy as you can get, but a bit boring if everyone does it, especially without a tasty dip. Dips, salsas, spreads, casseroles, and other creative combinations form the backbone of any good appetizer table. Here are a few to consider.

**Fruit Kabobs with Lemon-Lime Dip:** Fresh fruit – pineapple, melon, strawberries, banana, grapes, and other fruit on skewers, 4 ounces of low-fat, sugar-free lemon yogurt, 1 lime, 1 tea-

spoon lime zest.

In a small bowl, whisk together the yogurt, lime juice and zest. Then cover and refrigerate until ready to serve. Thread fruit on skewers and serve with the lemon lime dip.

**Cranberry Cream Cheese:** Two-thirds cup of light cream cheese and one-third cup of your home-style cranberry sauce, a raspberry cranberry sauce, or an orange cranberry sauce – you choose. Combine ingredients and spread on crackers or fruit.

**Beans and Cheese:** 1 can of non-fat refried beans. A few ounces of shredded cheese (Monterey Jack or four-cheese Mexican. If you really want to make it special, shred some Gouda too. Ummm, that's Gouda!)

Stir the refried beans in a heavy skillet until warm and beginning to bubble. Pour into a casserole dish, sprinkle the cheese on top and broil in the oven until cheese is brown and bubbly. Serve on wholegrain crackers, bread rounds, or corn chips.

It might be argued that the easy availability of tasty snacks is one major reason for the weight gain that most Americans experience over the holidays. The answer is to exercise some restraint at both the appetizer and dinner table, to think in terms of nutrition when you fill your plate. A good snack will fill that hole in your stomach, but it should also meet some needs in your daily diet too.

Try this ... instead of standing next to the appetizer table, take a few samples, put them on a plate, and move away so others can indulge too. Enjoy your appetizers and your guests' good company.

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**FALL PREVENTION DURING WINTER WEATHER**

By: Cathie O'Neill RN,MSN, Quality Assurance Manager, Centracare

As the holiday season approaches, so does the bad weather. No matter how much we plan ahead the holidays bring about a certain amount of hustle and bustle and need to be outside. Seniors are at a high risk for falls, no matter what the weather. The risk for falls increases in the winter months, when the temperature is below freezing and the wind is blowing. Falls are more widespread when snow and ice is present. Below are a few tips for walking safely on snow and ice. The best tip of all is to stay indoors until snow and ice have been cleared from walkways. As we all know, that is oftentimes not possible. If you must go out, dress warmly in layers and follow the tips outlines below:

**How do I walk safely on snow and ice?**

- Walking on snow or ice is especially treacherous and wearing proper footwear is essential. A pair of well-insulated boots with good rubber treads is a must for walking during or after a winter storm. Keeping a pair of rubber over-shoes with good treads, which fit over your street shoes, is a good idea during the win-

ter months.

- When walking on an icy or snow-covered walkway, take short steps and walk at a slower pace so you can react quickly to a change in traction.
- If at all possible hold onto railings.
- When walking on a sidewalk that has not been cleared and you must walk in the street, walk against the traffic and as close to the curb as you can.
- At night, wear bright clothing or reflective gear, so it is easier for you to be seen.
- During the daytime, wear sunglasses to help you see better and avoid hazards.

**Did you know?**

- In the U.S. one of every three adults over age 65 fall each year.
- Falls are a leading cause of injury deaths among people over 65 years.
- About 3% of falls cause a fracture. The most common fracture is a hip fracture.
- The emotional effect of falling can be devastating. An activity once enjoyed, often stops because of fear of falling.

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# Healthcare SOLUTIONS

Dr. Mary Ellen Benzik, Special to *Senior Times*

## DR. KELLOGG WOULD BE PROUD

Last month, Dr Kellogg smiled as Battle Creek quietly moved closer to its health care tradition. Our heritage is rooted in wellness and innovation. Recently thirteen practice teams from Calhoun County participated in the Learning Collaborative Outcomes Congress at the Kellogg Arena. These practices have worked as a team to redesign the way they deliver care for their patients. Over the last year, they have worked tirelessly to evolve to a more patient-centered care delivery. It has been baby steps – small, incremental changes – which have led to significant improvements in the diabetic care and outcomes for their patients. To paraphrase a much-used quote, “one small step for practices, one giant leap for health care in our community.” Dr Paul Grundy, IBM Director of Health Care, Technology and Strategic Initiatives, who was present for the presentations, stated, “what’s happening here is really cool”. These small steps, in partnering with their patients, have led to dramatic improvement in outcomes related to diabetes.

In these physician teams:

- Diabetic eye exams increased by 37.6 %,
- Ideal blood pressure increased by 27.4 %
- Diabetic control increased by 9.2%

The physician teams worked to empower and engage patients in their care by setting “self management” goals. In the past, physicians told patients what to do and expected it to

be done when they returned for their follow up visit in three months. In the new way, the care provider works with the patient to help them set goals for their health that are important to the patient. In these physician groups, self-management goals increased almost 400%.

**While the improvement in outcomes is impressive, the real transformation is related to the involvement of the patient as a self-manager of their health.**

While this number shows the marked improvement, the impact on patient’s lives is what is most powerful. One team had a video from a patient involved in this new model of care delivery. A middle aged African American male, with voice shaking stated, “I am no longer a victim of my diabetes. I am in control.”

But this new experience impacted the practices as well. An office nurse related her experience in delivering care in this new model. She stops speaking, fighting back her emotional tears of joy over really changing a patient’s life, and received a standing ovation from the crowd of 250 gathered to celebrate this work.

While we all look toward Washington for the future of health care, we celebrate the work of our community. Only with the collaboration of care providers and patients will this work offer long-term improvement in the health care of our community. I think we would make Dr Kellogg proud.

## FOR THIS HOLIDAY SEASON I GIVE YOU THE GIFT OF STRESS.

By: Jane Johnson

Amidst all the hustle and bustle where is the peace, the joy and the happiness. These are the gifts of the holidays that we wish for, are they not? Instead we try to cram 30 hours into 24 and the manifestation of which is exhaustion. Through our exhaustion we try to say yes to everything and everyone (we wouldn’t want to miss anything or offend anyone) and yes there are those family obligations and those monstrous holiday traditions. Wow the holiday sure has grown.

So you ask, “How do I get through this? I have to do it all; there is nothing I can cut. Furthermore, there is nothing I would want to cut.”

Let me remind you of the many traditional holiday stresses: Panic begins to set in; writer’s cramp from finishing the holiday cards at 2am; the big party requires searching for a gift, the right dress and a special holiday dish so no sleep again; aching feet as you shop ‘til you drop; plaster on the smile to keep the holiday joy alive while you mark the 10th gathering off your list; the morning isn’t going as planned and you kick

the dog; you drop a plate of cookies and the family scatters; wrap, wrap, wrap and you run out of tape; no time to eat, drink, and be

merry because there are three more gatherings tonight; more baking, burned fingers, tears on the cup cakes; you forget a gift and make a mad dash to the store on Christmas Eve wishing everyone would get out of the way; the big day is finally here but your social skills however are not.

So if you are glad when the holidays are over and plan to sleep for days. And you gasp as the credit card bills come knowing that you won’t be financially flush again until September it might be time to consider a few changes before you dig in this season.

As a Life Coach I want to tell you it is okay to simplify. These holidays are for you too. Let me suggest that you take a few moments and write down what you want from the holidays. What are the top five things on your list of wants? Forget about the “should do’s” and focus on the “wants.” It is important to take care of yourself.

**Happiness is contagious, when you are happy you have a positive influence on those around you and you give the true gifts of this holiday season.**

*Wishing you the gifts of peace, joy and happiness, Jane Johnson, RN, Life Coach. For further discussion on this or another topic please call (269) 209-9562.*



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**SUBSTANCE ABUSE CATALYST**

Did you know that substance abuse has been identified as the most frequently cited risk factor associated with elder abuse and neglect? Substance abuse is believed to be a factor in all types of elder abuse, including physical mistreatment, emotional abuse, financial exploitation, and neglect. It is also a significant factor in self-neglect.

Alcoholic or substance abusing older persons are at risk for several reasons. They may have substance abuse related impairments, such as cognitive loss, that reduces their ability to resist or detect coercion or fraud. Physical disabilities associated with substance abuse increase risk by rendering the older person dependant on others for assistance or care, and giving caregivers physical access to the older person and their home. Caregivers are also likely to have access to an older person's financial resources and to wield significant influence. Seniors may be encouraged to take drugs or drink excessively, or even forced to do so to make the older person easier to exploit financially or, in the case of illegal drug use, less likely to report. Abusive caregivers may encourage older people

to drink excessively or use drugs to make them more compliant or easier to care for.

Persons with alcohol or substance abuse problems may view older family members, acquaintances, or strangers as easy targets for financial exploitation. The perpetrator may be seeking money to support a drug habit or because they are unable to hold a job and have no source of income.

**In some cases, caregivers who are having difficulty coping with the demands of providing care may use drugs as a misguided coping mechanism while some victims use drugs or alcohol as a coping mechanism to relieve their anxiety and fear.**

So as you can see, substance abuse and elder abuse are associated – abuse can become more extreme and the consequences even more egregious when drugs or alcohol are involved. If you or someone who cares for you has a drug or alcohol problem, seek help. If you are in an abusive situation, report the abuse and insure you are safe. There is NO EXCUSE FOR ELDER ABUSE!

Report abuse by calling 1-800-996-6228, all calls are confidential and will be responded to within 24 hours.

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**VOLUNTEER OPPORTUNITIES**

By: Martin Austin

**VA MEDICAL CENTER**

**Host/Hostess** - You may have viewed the commercials on major television networks highlighting getting involved in volunteering or helping out in your community. In support of the "iParticipate" initiative the VA Medical Center would like to invite you to become a regularly scheduled volunteer at the Battle Creek VA Medical Center. The VA Medical Center has many assignments available that may meet your needs as well as the needs of the Medical Center. One assignment that may interest you is becoming a Host/Hostess in our Community Living Center. This assignment involves greeting and acting as host/hostess for residents entering dining areas; assist in seating arrangements and passing out trays; engage with The VA Medical Center Veteran residents and assist them during meal time. Interaction and providing social opportunities for Veterans during mealtime will allow for a relaxed, pleasurable dining experience for the residents. Volunteers must be 14 years or older and attend a mandatory volunteer orientation.

**Contact:** Dawn Craig, Volunteer Coordinator, (269) 223-5497 or dawn.craig@va.gov.

**THE SALVATION ARMY**

**Christmas Toy Shop Volunteers** - Volunteers are needed to shop for toys in the Toy Shop at The Salvation Army. Toys chosen will be for specific children who will be receiving a Christmas Basket from The Salvation Army. This is a great opportunity for families, groups and churches. The Salvation Army has been providing gifts and holiday food baskets to the Battle Creek community continuously since 1905. This year more than ever your help is needed. More and more families are turning to The Salvation Army for hope and help. Last year over 600 families received Christmas Baskets from The Salvation Army. Please consider joining us and making Christmas Merry for families in our community

**Contact:** Marcie Gothard, Volunteer Coordinator, (269) 963-3640 ext. 17 or marcie\_gothard@salvationarmy.org.

**NORTHPOINTE WOODS SENIOR LIVING COMMUNITY**

**General Store Worker** - The NorthPointe Woods Senior Living Community is looking for volunteers to help run their General Store. They would like someone who would be able to commit to a couple of hours each week. They are willing to be flexible by having the General Store open at times that work best for the potential volunteers. You would handle the money at the General Store and sell the items in the store to the residents and guests at NorthPointe Woods.

It is the policy of NorthPointe Woods to consider applicants for volunteer services based on qualifications for the job and fitness for resident service. This will be done without regard to race, religion, national origin, sex, age, or disabilities. All volunteers will be required to take a TB test. A criminal records background check may be required.

**Contact:** Jaime McManus, Volunteer Coordinator, (269) 966-2502 or volunteer@habitatbc.org.

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# CROSSWORD PUZZLE

**ACROSS**

- 1 Vacationing
- 4 Told a tale
- 8 React in pain
- 12 Romanian money
- 13 Between jobs
- 14 Competent
- 15 Stevenson's personification of good
- 17 Leave at the altar
- 18 Whine
- 19 E.T.'s carrier?
- 21 Under the weather
- 22 "Sex for Dummies" writer
- 26 Eccentric
- 29 Attention getter
- 30 Vast expanse
- 31 Libertine's feeling
- 32 Foundation
- 33 Minus
- 34 Mound stat
- 35 Monkey suit
- 36 Circumference
- 37 Oprah adviser
- 39 Warmbaugh or Wapner (Abbr.)
- 40 Moray, for one
- 41 Dermatologist's case
- 45 Sail support

48 "A Study in Scarlet" narrator

- 50 Head light?
- 51 - and terminer
- 52 Expert
- 53 Unimprovable place
- 54 Money
- 55 Longing

**DOWN**

- 1 Automaker Ransom Eli -
- 2 Spore producer
- 3 Honshu mountain
- 4 Probable
- 5 Pastoral opus
- 6 Blueprint addition
- 7 Tricked
- 8 Collegian's choice
- 9 Sapporo sash
- 10 The whole enchilada
- 11 Bottom line
- 16 Oust
- 20 Saute
- 23 Addict
- 24 Criterion
- 25 Scrambled eggs side dish
- 26 Coaster
- 27 Kitten's sound
- 28 Now, on a memo

1	2	3		4	5	6	7		8	9	10	11	
12				13					14				
15				16					17				
18								19	20				
			21					22			23	24	25
26	27	28				29				30			
31						32				33			
34				35					36				
37			38					39					
			40					41			42	43	44
45	46	47				48	49						
50						51				52			
53						54				55			

- 29 Whammy
- 32 Edition sold the night before
- 33 "Hungaria" composer
- 35 Dead heat
- 36 Kid's racer
- 38 Egret's cousin
- 39 "You Were Meant For Me" singer
- 42 Catch sight of
- 43 Additional
- 44 Any time now
- 45 That girl
- 46 Cushion
- 47 Ginger -
- 49 Reuben holder

## SENIOR CREATIONS

### A Thankful Thanksgiving

By: James B. Flook

It is Christmas morning,  
Mother was at the tree.  
The children came rushing in,  
What did Santa bring me?

Excitement filled the air.  
All the facing were beaming,  
As they stared at the tree,  
Ending their days of dreaming.

They looked at the packages  
Guessing what they could be.  
Father passed out the gifts  
What a joy for mother to see.

The children were taught to share,  
And this practice was well in hand.  
Father was finished being Santa,  
Everything went off as planned.

There were gifts of all kinds,  
From toys to a pair of socks.  
When looking at the youngest child  
She was playing with an empty box.

Sr

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ANSWERS

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

# Where did the time go?

By: Troy Huggett



The number one reason why people don't exercise is that they don't have time.

At least that's what they tell themselves.

I know we are all busy. Between getting to and from work, balancing responsibilities and having time for yourself, there's little left over for workouts.

With the holiday season fast approaching your busy schedule is sure to get even busier. There will be parties, shopping, decorating, cooking and family gatherings. It's no wonder that exercise quickly takes a backseat to holiday activities.

You don't have to succumb to weight gain this holiday season. Escape the time crunch excuse in three easy steps:

#### Step One: Schedule Your

**Workouts:** You've heard this before, and it makes so much sense. If you treat your exercise time with the importance of a work meeting then you'd never skip a workout and you'd be in amazing shape.

While the scheduling concept is brilliant in its simplicity, you have to put it into practice to reap the benefits. Pull out your calendar and a pen. Don't laugh, I'm serious! Just do it. If you want to get into shape it starts with committing to a revised schedule with a set exercise time.

Identify three 40-minute time slots and mark them on your calendar. That is when you'll exercise.

**Remember this: if the thought that you should exercise this week is floating around in your head, but you haven't anchored it down to a specific time and date, then it will quickly disappear.**

**Step Two: Get the Most from Each Minute:** The days of endless,

mind numbing cardio are over. A great workout can take place in under an hour, when done correctly. The idea is to burn more calories each minute. This is done through short, intense bursts of exercise.

Use the following three tips to bring your routine up to the next level:

**1. Be Unstable:** Use your entire body, and target your core, by performing exercises that engage stabilizing muscles. To do this use an exercise ball, a balance board, a balance disk, or you could simply stand on one leg.

**2. Add Resistance:** The more resistance that you incorporate with your routine translates into higher intensity and more calories burned. Some ideas for adding resistance include: carrying dumbbells while doing lunges, wearing a weighted vest while walking or jogging, or putting a weight between your feet while doing leg raises.

**3. Use Intervals:** Interval training is an amazing tool for creating short yet effective workouts. Don't worry, it's not complicated. Interval training is simply alternating between different short bursts of activity.

Here's an example: Let's say you want to focus on your legs and abs and to also get an effective cardiovascular workout. This would be a great interval routine for your goals:

- Lunge while curling dumbbells, 15-20 repetitions
- 30 seconds of intense cardio: sprint, jump rope, or jumping jacks
- Squat while pressing dumbbells overhead, 15-20 repetitions
- 30 seconds of intense cardio: sprint, jump rope, or jumping jacks
- Crunches on an exercise ball, 15-20 repetitions
- 30 seconds of intense cardio: sprint, jump rope, or jumping jacks
- Leg raises off the end of an exercise bench, 15-20 repetitions.

**Step Three: Twice the Results in Half the Time:** What if I told you that


I have a proven way to deliver twice the fitness results in half the time? It's simple really...

When you attempt to lose weight or meet a fitness goal on your own, the odds are stacked against you. Sure, you could do it over time – but it's a long and lonely road. A road lined with detours that threaten to undermine your progress.



#### Give thanks, get fit.

The year's most calorie-dense day is almost here – are you ready? Use this game plan on Christmas to avoid gaining extra weight:

- Start your day of thanks with a fiber-filled breakfast.
- Take 30-60 minutes for a brisk walk or jog before the big meal.
- At the table, fill most of your plate with lean cuts of meat and vegetables. When you've filled up on the healthy stuff then simply taste the heavier dishes, rather than eating a large serving.
- Wait at least 20 minutes before you get a second helping. This is very important since it takes at least this long for your body to register how full it actually is. You may realize after 20 minutes that you don't want seconds after all.
- Enjoy a warm serving of Grilled Fruit for dessert instead of pie. 



# antiques and COLLECTIBLES

Shirley DeRuiter, Special to *Senior Times*

FEATURING RICH AND SHIRLEY DERUITER, DEALERS AT THE ALLEN ANTIQUE MALL

It's been awhile since you heard about our booths at the Allen Antique Mall, at least in this column. Rich, who has a column of his own each month in *Senior Times* fills our readers in each month with some of his "finds".

Rich and I have been dealers since the year 2000. We often visited the Allen Antique Mall for a fun-filled antiques weekend but never dreamed we would have a booth of our own. As our interest grew in antiques, we eventually found ourselves at auctions throughout the area. Not understanding the auctioneer garble, we actually walked out of the first one we attended because we couldn't follow him. It was a doll auction too (I'm a collector) so it was hard to leave.

Our story is similar to most antique dealers in that one auction lead to another and we soon had more items than storage places to hold them. We bought faster than we sold and have since learned not to bid on "table tops" because you end up with numerous items when all you wanted was one.

When our dilemma was expressed to a friend, she confessed she had a booth but laughingly said she didn't really know what she was doing. She just had a lot of fun learning. So we jumped in with both feet starting out with just one double. A very good friend, Mike Masters, offered to help us set it up and determine the prices. Soon, we had two doubles and eventually a third, and that's just in the Allen Antique Mall. We also have four doubles and a single in other buildings in the area.

Rich and I have been having a ball with this antique thing, especially the learning part. I am surprised at just how much we've learned over the last nine years, enough to do a small presentation for Kellogg Community College. I have to give most of the

credit to Rich who goes out every day and finds items he feels are unique enough to sell in our booths. It doesn't stop there, however. Rich has taught himself how to fix up anything he buys because he wants it just right for the booths. Furniture, glassware, pottery, or whatever, he tackles almost anything. He says a crack in glassware is beyond his abilities however. The fact that he can fix up items he buys gives him the opportunity to expand our inventory. One thing I like about it is that Rich is retired and has more time to work on his finds. Since I still work, I never have to worry that he's home and totally bored. In fact, when I do have a day off, he seems lost because his normal routine has been invaded.

I'm the record keeper. I keep track of all the items that go into our booths with a special book and give each item a number. I also make out the tags and handle the bookkeeping. So we make a pretty good team.

I would like to invite everyone to check out our booths at the Allen Antique Mall. All three doubles at the Allen Antique Mall are in what is known as the "New Mall" located right next to the dirt road. The helpful person at the front desk will be happy to direct you. I hope you find something you really like because that's the best compliment you could pay Rich for his choice of finds. There's a story behind every item, which he would be happy to share with you if you had a couple of weeks to listen. As you can tell by his column each month in *Senior Times*, he's passionate about what he does and gets a big kick out of finding items unique only to our booths.

Happy antiquing!

From Battle Creek, take I-69 south to the Coldwater exit 13, then travel 10 miles east on US 12. You can't miss it. They're open seven days a week from 10am to 5pm. Take a break to have lunch at the Outpost Grille, right on the grounds and tell Bonny Shirley sent you.

SR

## LEGAL ADVICE FOR SENIORS

By: Susan Hartman, Managing Attorney

The Legal Services of South Central Michigan will conduct interviews for legal advice and possible representation, without charge, to interested seniors on Thursday, December 10, 10am to 12pm, Burnside Senior Center, 65 Grahl Drive, Coldwater, MI 49036.

SR

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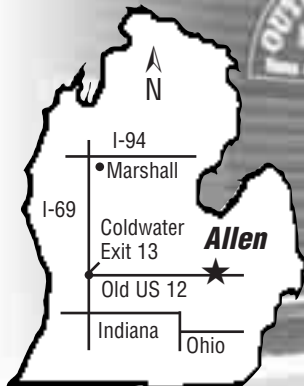
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chc health

**HAPPENINGS**

Julie Stratos, Special to Senior Times

**HAPPY HOLIDAY HEALTH FROM CHC**

Ahhh, the holidays. It's time for gathering with family and friends, feasting on homemade goodies and awaiting the arrival of Old Man Winter. Although these are the things people think of during the holidays, CHC staff and physicians want to remind all of us to be conscious of potential holiday health hazards.

CHC is the last place any of us want to end up this holiday season, but you can rest assured that we'll help make your experience as easy and stress-free as possible. You can help as well. Follow these tips to help stay healthy this holiday season:

- Be sure to exercise everyday; this can include counting your time walking while shopping.
- Make sure to take your medication and pack your insurance cards and doctor's phone number if you're traveling.
- Get a flu shot since you'll be in close contact with lots of family and friends.
- Get a good night's sleep and try to keep your sleep schedule the same each night.
- Watch for icy walk ways and roads.

- Dress properly. Chilly temperatures and brisk winds make a dangerous cocktail when you're poorly covered. Even a short stint outside can result in frostbite if the air is cold and the wind is strong, or if your body or clothes are wet.
- Don't overexert yourself; cold weather puts added stress on your heart. Strenuous activities such as shoveling snow, pushing a car or any other aerobic exercise can trigger a heart attack, back injuries or make other health conditions worse, especially if you aren't physically fit.

Health and safety during the holidays often gets overlooked in the rush to get things done. Everyone enjoys the decorations, the lights, and the presents, but too many of us have too much to do, get too little sleep, spend too much money, and generally end up wondering where the holidays went. Let's make this holiday season one in which we take the time to reduce and defuse stress, and enjoy this wonderful season!

*Wishing you all a happy, healthy holiday season from Community Health Center of Branch County!*

**HOLIDAY ACTIVITIES AT THE BURNSIDE SENIOR CENTER**

By: Diana Johnston

The Burnside Senior Center becomes a Holiday Wonderland with all its lovely decorations and festivities. The month begins with a Holiday party for all the volunteers on Thursday December 3. This includes games and gifts for all!

On Friday December 4, a Holiday Centerpiece Workshop class is offered by floral business, 'A Perfect Petal'.

Our ladies group, the Gabmores, will be entertained by the Sweet Adeline's quartet on Tuesday December 8 at 1:30pm.

The monthly highlight is the annual Holiday Bazaar, which will be from 9am - 3pm on Wednesday December 9.

Baked goods and craft items are available to help get your shopping done.

Our Holiday lunch and Basket raffle takes places on Wednesday December 16. A delicious lunch will be served and tickets can be purchased for the festive Holiday Basket containing food and decorative items to complete your holidays.

To wrap it all up, musician Paul White will be in concert in the dining room on Wednesday December 23. You will really enjoy his selection of music.

Put the Burnside Senior Center on your holiday list!

**"LIFE'S JOURNEY" ART EXHIBIT**

By: Julie Hurley, Program Director, Pines Senior Respite Services

Art's Alive is accepting entries for its next themed art exhibit, "Life's Journey," which will be displayed in the gallery of the Tibbits Opera House through January 8. Featured with the exhibit will be a special display of artwork created through the Pines Senior Respite program.


Arts Alive schedules the exhibits to give the community an opportunity to see the talent of artists throughout the region. The themes often tie in with performances at the opera house or events in the community. Any artist may enter their work.

"Life's Journey" ties in with the special exhibit from Pines Senior Respite, which has become an annual show in the Tibbits gallery. The theme parallels the journey of our clients. We start out traveling through life as a baby, a child, and forever as an adult. Some roads can become a crossroad. Which way do I turn? Which path should I take? Each decision will lead to a journey, life's journey. The road may be rough or smooth sailing. Your


health can determine how long your journey will be. The emotional strength can build or tear down your travels. How do we explore what is ahead of us? Follow the road.

In following the road of life, Pines Senior Respite Services gives caregivers a respite or break from their daily schedule of caring for someone with memory loss. Days at the respite program are filled with activities; laughter, music, exercise and art. The Pines exhibit includes some of that art created on a daily basis. The artwork includes biographies of each artist and displays different levels of artistic ability. For more information, contact Art's Alive at (517) 278-6029. For information about Pines Senior Respite contact, Julie Hurley (517) 279-8847.





**EARN EXTRA MONEY AS A DEALER AT THE ALLEN ANTIQUE BARN**



It's both fun and rewarding when you become a dealer at the Allen Antique Barn. Now all the garage sale hunting, collecting over the years and results of the antique auctions you've attended can turn into extra cash for you.

**Here are some benefits to consider:**

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From Battle Creek, Coldwater exit off I-69, then 10 miles east on US 12 to the Big Red Barn



**There's  
Excitement  
at the COA**

**Holiday events kick off with the Christmas stocking and wreath fundraiser.**

The Barry County Commission on Aging is excited to announce this year's Christmas stocking and wreath fundraiser. They are inviting members of the community to bid on a 24-inch wreath or fill a Christmas stocking to be offered for silent auction. This is a chance to see the creativity of fellow friends and neighbors and to raise money for senior programs.

Stocking and wreaths can follow a theme, such as baking, sports, gardening, etc. Or they can just follow a general Christmas or other holiday theme. Some are serious and some are lighthearted, but all are in good taste! They are so much fun to see and even more fun to bid on. Buy one for yourself, a loved one, friend, or co-worker. You can stop in on your lunch break or even after work.

**Bids for the silent auction will be accepted:  
Monday - Friday 8am - 5pm  
November 23 through Noon December 10  
Barry County Commission on Aging  
320 W. Woodlawn Ave  
Hastings, Michigan**

Hurry in to see and bid on all the beautiful stockings and wreaths decorated and filled by Barry County businesses, groups and citizens! *Senior Times* will have a special stocking on the silent auction as well. "It was so much

fun to watch last year that we wanted to share a stocking for the auction this year," said Sherii Sherban, Publisher of *Senior Times*. "I'm really looking forward to the annual Christmas Party to see what I've won as well."

Stockings and wreaths for the silent auction will be on display at the COA through December 10, when the silent auction will conclude at their annual Christmas Party. Proceeds from the auction will benefit COA services for senior citizens.

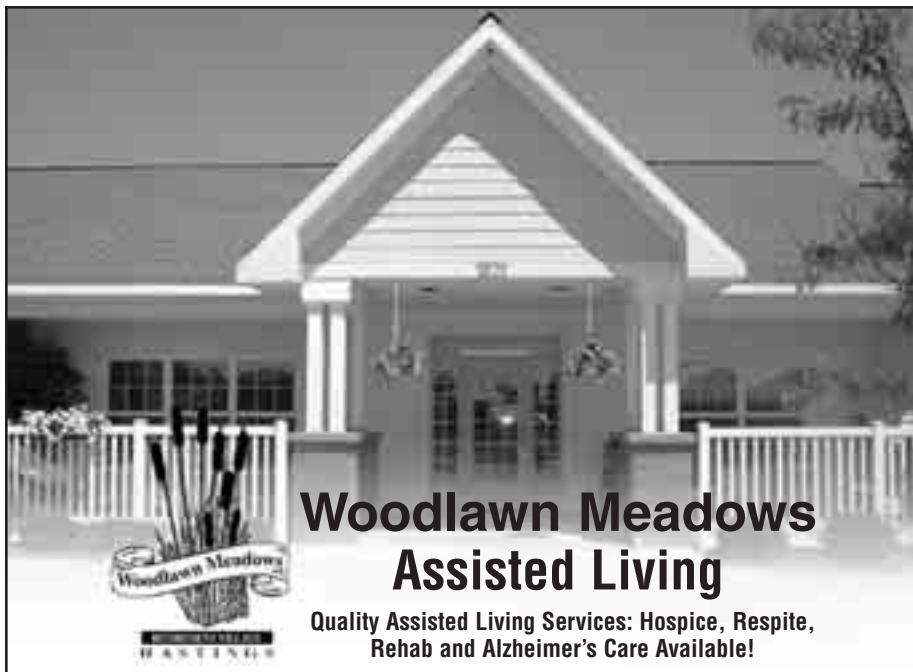
The COA will be celebrating 35 years this December as well. The public is invited to an open house at the Barry County Commission on Aging, from 4-6pm on Thursday, December 3. The event is being held to celebrate the 35th Anniversary of the Commission on Aging.

"The Commission on Aging was established in 1974 by action of the Barry County Board of Commissioners," said Tammy Pennington, Executive Director. "For the past 35 years, the mission has remained the same: to promote independence, dignity, and quality of life to the aging population and their families. We're committed to helping mature adults remain in their own homes for as long as possible."

The Commission on Aging has touched the lives of thousands of Barry County families over its lifetime. This will be great opportunity to view photographs from 35 years of happy times and to visit with the current board of directors and staff. Refreshments will be served.

The holidays would not be complete without a visit to the Barry County COA. Be sure to stop in.





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*caregiver's*  
**CORNER**

**Anne Clark, Special to Senior Times**

**KEEPING IT SIMPLE**

WOW – the end of the year is already here, can you believe it? Now it's time to think about the rush of the holiday season. Sometimes it's hard for caregivers to keep things simple, as you don't want to make changes because you're not the only ones involved.

But you can't be a good caregiver if you're tired and over-worked so as the holidays approach we suggest you change what needs to be changed! Keeping things simple will just help to take away some stress. Caregivers have a full-time job just caring for their loved ones so anytime you can find a simpler solution take advantage of it.

Following are a few suggestions to see if by making a few changes you can make this season more simple and enjoyable for everyone.

Think about the "best time of the day" for the event. Planning what fits best with your schedules make a much more enjoyable time for all involved. If your loved one takes a nap in the middle of the afternoon, you wouldn't want an event at that time of day (if you can help it) because they will be tired, possibly cranky and you will be stressed out.

Never try to do too much – this is a problem for many caregivers because you want to be able to do as much as you've done in the past but you must

remember – your "workload" is more than what you've had in the past. Even if you've been a caregiver for years, situations change, level of care changes so allow for these changes. You'll want to save your energy for things you enjoy the most and don't be afraid to turn offers down. Keeping gatherings smaller will also help in keeping the stress level down.

Always invite others to help especially if you're in charge of planning or hosting an event.

**We advise caregivers all the time to ASK FOR HELP and truly can't say it enough as it's something very hard for most to do. By allowing others to help, you're letting them be a part of your event as well as be a guest.**

I like to think of it as a way to share in the wealth of special times by allowing everyone a chance to give. Be sure to plan ahead and talk about the special event before it occurs so you won't have to worry as the day draws closer.

Educating others about your situation provides an opportunity to help everyone understand the road you're traveling and it truly doesn't have to be one you walk alone.

Have a safe and wonderful holiday season and Bless You All!



*cooking*  
**FOR TWO**

**Joanna Stelloh Phelps, Special to Senior Times**

Holiday celebrations don't always mean a large crowd. Why not put on some Christmas music, make a few appetizers for the two of you, and enjoy the beauty of the lights, the tree, and count your blessings. Merry Christmas!

**STUFFED MUSHROOMS**

- Ingredients:**
- 8-10 medium mushrooms, cleaned with stems removed (set stems aside for stuffing the caps.)
  - 1 tablespoon butter
  - 1 tablespoon minced onion
  - 1/4 teaspoon Worcestershire sauce
  - 1/2 teaspoon garlic powder
  - 1/4 cup seasoned Italian bread crumbs, lightly packed
  - 1/4 cup sharp Cheddar cheese plus about 3-4 tablespoons extra for topping
  - 2 tablespoons water
  - Salt and pepper to taste

Preheat oven to 350 degrees. Chopped the mushroom stems; melt butter and add mushrooms and onions and sauté until tender. Stir in Worcestershire sauce, garlic powder, bread crumbs, 1/4 cup cheese, salt, and

pepper. Remove from heat and stuff mushroom caps. Put 2 tablespoons water in a shallow baking dish and arrange the stuffed mushrooms in dish. Sprinkle top with extra cheese and bake for about 20 minutes.

**BLEU CHEESE CRISPS**

- Ingredients:**
- 1/2 cup butter, brought to room temperature
  - 1 4-oz. package crumbled bleu cheese, brought to room temperature
  - 1 pinch of salt
  - 1/2 teaspoon garlic powder
  - 1/2 cup finely chopped pecans
  - 2 individual hard rolls

In a small bowl, mix butter, cheese, salt, and garlic powder until well blended; stir in chopped pecans. Cut rolls in 1/2" slices and spread with cheese mixture. Broil cheese side up until bubbly. This recipe makes about 1 1/2 cups bleu cheese spread so you can store the left-over portion in a tight container in the refrigerator for up to a week. You can also use spread on baked potatoes.



**BARRY COUNTY COMMISSION ON AGING**

The following services are available through the Barry County Commission on Aging for persons 60 years and older. Services are funded through the Federal Older Americans Act, the Barry County Board of Commissioner's, Region IIIB Area Agency on Aging, the Older Michiganians' Act, Barry County Senior Millage, Barry County United Way, memorials and donations. The Commission on Aging is a non-profit agency eligible to receive tax-deductible financial gifts, memorials and endowments.

**• Friendship Center Locations:**

*Hastings COA Building:* Delton Faith United (269) 948-4856; Open Mon. thru Fri./ 10 am-2pm  
 Methodist Church Phone: (269) 623-5400 / Mon, Wed, Th: 10:30am-1pm

*Nashville Masonic Temple:* (517) 852-9182; Open Mon. thru Fri./ 10:30am-1pm  
 Woodland Eagles Club: (269) 367-4041; Open Mon, Wed & Fri: 10:30am-1pm

**• Home Delivered Meals:**

If you or someone you know is homebound and unable to prepare meals, we can deliver delicious meals to the home. Call 948-4856 for more information. Special Diets and Liquid Meal Supplements are available.

**• Senior Center Activities** including line dancing, card making, beading, cards, bingo, and many others. Call for details.

**• Senior Meal Choice Dining.** Phone to see if you qualify for our restaurant-based senior dining program.

**• Chore Service** provides minor home repair for seniors. Call us to fix your broken railing or to trim your bushes!

There are many more activities and opportunities to volunteer your time and talents!

Just Call Barry County Commission on Aging for more information.

**Barry County Commission on Aging**

320 West Woodlawn Avenue  
 Hastings, Michigan 49058  
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Fax: (269) 948-3336

E-Mail: [bcco@barrycounty.org](mailto:bcco@barrycounty.org)

Visit our website link from: [www.barrycounty.org](http://www.barrycounty.org)

**HAPPY BIRTHDAY TO YOU ALL!**

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Pam Elliott . . . . .	1	James Destramp . . . . .	15
Donald Smith . . . . .	1	Asta Gilbert . . . . .	15
Arlene Berry . . . . .	2	Betty Komark . . . . .	15
Mickey Hales . . . . .	2	Woodrow Knowles . . . . .	16
Laura Gabriel . . . . .	2	Douglas Kain . . . . .	18
Ginger Jacobson . . . . .	2	James Wright . . . . .	18
Christine Payne . . . . .	2	Gary King . . . . .	19
Wanda Priest . . . . .	2	Fred Moore . . . . .	19
Laurence Chakur . . . . .	3	Norene Fox . . . . .	20
Amy South . . . . .	3	Helen Keenan . . . . .	20
Barbara Tibbs . . . . .	3	Martha Livingston . . . . .	21
Carl Proch . . . . .	4	Iris Huysentruyt . . . . .	22
Patricia Bulko . . . . .	5	Judy Masters . . . . .	22
Fern Jones . . . . .	5	Marvin Sain . . . . .	22
Brittney Morris . . . . .	5	Vera Hazel . . . . .	23
Patricia O'Brien . . . . .	6	Barbara Morris . . . . .	23
Ruth Smith . . . . .	6	Crystal Rucker . . . . .	23
Virginia Doubleday . . . . .	7	Janet Shanks . . . . .	23
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Theresa Moore . . . . .	7	Barbara Gillespie . . . . .	24
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Allan White . . . . .	7	Janet Peterson . . . . .	25
Virginia Laurinec . . . . .	8	David Shearer . . . . .	25
Chris Lefils . . . . .	8	William Beal . . . . .	26
Sophie Beadle . . . . .	9	Reda Coone . . . . .	26
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Maria Chapin . . . . .	10	Audra Camera . . . . .	27
Juanita Long . . . . .	11	Mary Ellen Connelly . . . . .	27
Tammy Welker . . . . .	11	John Marken . . . . .	27
Harriette Winters . . . . .	11	Patricia Robbins . . . . .	27
Virginia Aumaugher . . . . .	12	Gordon Maxson . . . . .	28
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Bill Fox . . . . .	13	Ken Thornton . . . . .	30
Ruth Horn . . . . .	13	Glen Babbitt . . . . .	31
Maxine Johnson . . . . .	13	Helen Cleaver . . . . .	31
Theodore Neicko . . . . .	13		
David Sauder . . . . .	14		

From your friends at *Senior Times*.

If you would like to have us wish a special Happy Birthday to someone, send the name and birthday details to [sheriis@vvhayne.com](mailto:sheriis@vvhayne.com) or by mail to *Senior Times*, 4642 Capital Ave, SW, Battle Creek, MI, 49015.

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Please make your tax deductible donation to the Pennock Foundation and consider the Pennock Foundation in your estate plans.

For additional information, please contact Janine Dalman, Pennock Foundation Executive Director, at (269) 945-3651 or via email, [jdalman@pennockhealth.com](mailto:jdalman@pennockhealth.com).

All inquiries are confidential.



[www.pennockhealth.com/pennock\\_foundation](http://www.pennockhealth.com/pennock_foundation)  
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