



Buchanan Area Senior Chronicle

“Happy, Active, Living”

FRONT PAGE NEWS

COMMUNITY SHREDDING EVENT

We are happy to offer a free Integra shredding event to the Buchanan community, sponsored by our friends at United Federal Credit Union, on **Saturday, July 25, from 9:00 am to 1:00 pm**. Gather your information-sensitive paperwork that you no longer need and watch as it is safely destroyed and hauled away for recycling by experts in the field of document shredding. Shredded paper is 100% recycled. Protect your identity and clear out the clutter with peace of mind that your personal information is kept safe. Shred credit offers, credit card and bank statements, medical records, tax forms and receipts, pay stubs, insurance information, and more. No need to remove staples or paper clips. This is a free event, however, your donations are greatly appreciated.



COMMUNITY BLOOD DRIVE

The Bloodmobile from South Bend Medical Foundation will be here on **Saturday, July 25, from 9:00 am to 1:00 pm**, offering a community blood drive.

Did you know that one out of four people will need a blood transfusion in their lifetime? Donating up to one pint of whole blood can save up to three lives! About 700 whole blood donations are needed each week in our community to maintain an adequate supply for area hospitals and doctor offices.

The donors must be at least 16 years old, weigh a minimum of 110 pounds, and must wait 56 days after their last donation. Donating blood takes 45–60 minutes. We need at least 20 donors for the blood drive, so please call 695-7119 by Monday, July 20 to register.

Thank you for being a blood donor!



INDEPENDENCE DAY CLOSING

The BASC will be closed Friday, July 3, to recognize the 4th of July. We will resume normal business hours on Monday, July 6, at 9:00 am.

Have a safe and happy holiday!



If you do NOT want to receive our newsletter, please call 695-7119 to let us know.



INSIDE THIS ISSUE

Special Features	1
Programming	2-4
Community Events	3
Puzzles & Fun	5
Commodities & Programs	6
Senior Nutrition Menu	7
Recipe & Programs	8
Thank You & Follow-up	9
Extra Stuff	10
Calendar	11
Important Numbers & Staff...	12

SPECIAL POINTS OF INTEREST

Board Meetings:

**Thursday, July 9,
at 3:00 pm**

Potluck:

No Potluck in July

Travelling Euchre Tourn:

No Traveling Euchre



WEEKLY EVENTS

BLOOD PRESSURE: SMCAS checks blood pressures at the center on Tuesday's between 11:00 am and noon.

GLASSES ADJUSTED AND REPAIRED: The first and third Thursday of each month, get your eyeglasses repaired and adjusted at 9:30 am.

LINE DANCING: Line dance held outside every Monday at 9:00 am, and Tuesday at 9:30 am.

EXERCISE: Chair Exercise is postponed until further notice.

POWERBEATS: Thursdays at 10:00 am, online. Call for info.

CHAIR YOGA: Thursdays at 10:15 am, held outside.

QUILTING: Get help with your quilting projects and socialize with other quilters, every Tuesday at 1:00 pm. Bring your own tools.

FIBER FRIENDS: Gather with friends to crochet, knit, or work on other fiber crafts every Friday at 1:00 pm. Bring your own tools.



PLEASE NOTE:

Due to State guidelines, we are limited to the number of people in the building at any given time. Therefore, the following game schedule has been adapted.

MAH JONG: Mondays only, at 12:30 pm.

EUCHRE: Postponed until further notice.

PINOCHLE: Postponed until further notice.

HAND AND FOOT: Wednesdays, July 1, July 15 and July 29, at 12:30 pm.

CRIBBAGE: Thursdays at 1:00 pm.

MONTHLY PROGRAMS - BRING FACE MASK

As of newsletter printing date, we are limited to indoor gatherings of 10 people or less, so please call to reserve your space. Must have appointment, no walk-ins.

- ◆ **POTLUCK BINGO:** No Potluck Bingo until further notice.
- ◆ **PAMPER YOUR FEET:** Monthly foot clinic through Van's Medical, the second Thursday, July 9, beginning at 9:00 am. Initial appointment \$30; all subsequent appointments will cost \$25 (checks payable to Van's Medical). This is **not** covered under any insurance. Please call and schedule your appointment at 695-7119.
- ◆ **HEARING AID CHECKS:** Dr. Michelle Ridenour from West Michigan Hearing Specialists, will be here on **Tuesday, July 14, 2:00 to 3:30 pm**, to check ears for wax, clean hearing aids, and answer questions.
- ◆ **SHADOW STEPPERS:** No Shadow Steppers until further notice.
- ◆ **CLARK RETIREE CLUB:** Clark salaried retirees is postponed until further notice.
- ◆ **ROOT BEER FLOATS:** No Root Beer Floats until further notice.
- ◆ **BOOK CLUB:** The Book Club meets on the third Thursday of each month in our library. The July book club meeting is **Thursday, July 16, at 10:30 am**.
- ◆ **CASH BINGO:** No Cash Bingo until further notice.
- ◆ **BIRTHDAY BINGO:** No Birthday Bingo until further notice.
- ◆ **LUNCH BUNCH CLUB:** The Lunch Bunch Club meets on the fourth Friday of the month at a restaurant for lunch and socialization. Meet **Friday, July 24, at 11:30 am, at Cameron's or meet at 11:15 am at the senior center to carpool**. Sign up at the front desk so we know how many are attending.
- ◆ **ICE CREAM SOCIAL:** No Ice Cream Social until further notice.



It is the mission of Buchanan Area to promote physical, social, and mental well-being.

FOUR WINDS CASINO



No bus trip is scheduled in July; the next trip is tentatively scheduled for August 12. The bus leaves at 9:45 am from Buchanan and returns at 3:15 pm. Reservations must be made by August 3. The cost is \$20 and you will receive \$15 in slot play and a \$10 food voucher.

Board minutes & open items are available to be read at the center.

COFFEE CHAT: BETH DENTON, FRUITBELT SPARKLING FRUIT TONIC

Join us for our monthly Coffee Chat on **Wednesday, July 1, at 9:00 am.** This month we welcome Beth Denton of locally-owned Fruitbelt Soda. Listen as Beth tells us about the product and what makes it different from others, where it can be found, expansion and ideas for the future of the company. Limited to 10 people; please call to register.

As a reminder there will be no fasting blood sugar tests in July.



A WELCOME BACK FROM OUR EXECUTIVE DIRECTOR

On March 17, 2020, the Buchanan Area Senior Center (BASC) was required to close by the Michigan Governor's Stay Home, Stay Safe Executive Order to control the spread of the novel coronavirus that was devastating Michigan. The Executive Order was extended several times due to the rapidly escalating pandemic. Senior Citizens were identified as being among the most vulnerable to the virus. At the end of May, the Governor began loosening some of the stay at home restrictions and moved us to Phase 4 in the State of Michigan's Safe Start Plan. The plan requires that vulnerable populations, which includes Senior Citizens, continue sheltering in place until we reach Phase 6: Post-Pandemic.

We know this is a difficult time for everyone, and most particularly our Senior Citizens. We really miss seeing you all. BASC is just not the same without you here. As much as we miss seeing you, our number one priority is keeping you safe and healthy, and this means following the State requirements to stem the spread of the coronavirus. As a result, we are following a phased approach to reopening, as we explain below. If you ever have any questions or concerns, please feel free to call us at 269-695-7119. We look forward to welcoming you back to the BASC, even though it will be a bit differently than normal.

BASC Reopening Phase One Protocol:

You must call for an appointment and to sign up for programs. No appointment, no entry.

We are strictly limited to 10 patrons in the building at any given time.

If you don't feel well, don't come. We will be doing a wellness screening at the entrance.

You will need to sign a one-time waiver.

You must wear a face mask at all times. No face mask is required for outside programs but you must still practice social distancing.

Bring your own beverages or purchase beverages at reception desk. No shared food at this time.

No congregate meals will be served. However, you may call in for lunch by 10:00 am the day before for pick up at the kitchen door.

These guidelines are for the safety of our staff and patrons.

We appreciate your cooperation as we make resources and programs available to our seniors once more.

COMMUNITY EVENTS

3rd ANNUAL KAYAK/CANOE POKER RUN

Saturday, July 18

9:00 am to 1:00 pm

Buchanan Public Boat Ramp
15437 N. Red Bud Trail

To

Camp Betz

\$25 per person entry to fee

Registration form on
Buchanan-Galien Lions
Facebook page



JOIN BIKE BUCHANAN

Are you a bicyclist, looking for
riding companions?

Come on out and join the
Bike Buchanan group on

Tuesday evenings at 6:30 pm

at River Saint Joe brewery
in Buchanan.



Photo from Leader Publications.

BASC CURRENT EXERCISE OPTIONS

We are happy to welcome back **Line Dancing** (held outside) every Monday at 9:00 am, and Tuesday at 9:30 am, as well as **Chair Yoga** (held outside) every Thursday at 10:15 am.

At this time, per State guidelines, we are unable to open the exercise room or welcome back chair exercise or Powerbeats.

Powerbeats are being offered on Missy Rodgers' Facebook page every Thursday at 10:00 am. We are loaning out our Powerbeats equipment for home use. Please call for information.

Remember you must call and register for all classes.



Many of our health and wellness programs are made possible through a wellness grant from the Michigan Department of Health & Human Services.

LEARN ABOUT COPING WITH DEPRESSION

The current situation around the coronavirus is worrying for many people and in particular for the elderly who are receiving messages that they find extremely alarming, primarily that they are at enhanced risk from the virus. During the COVID-19 pandemic, you may experience stress, anxiety, fear, sadness and loneliness. And mental health disorders, including anxiety and depression, can worsen.

Julie Weckel, LMSW from Geriatric Connections, LLC will discuss ways to manage the mental health impacts of self-isolation for yourself with key behaviors and activities including finding ways to be in the community and around other people. Learn self-care strategies and get the care you need to help you cope.



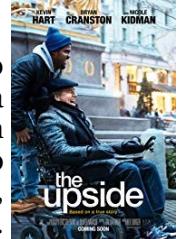
Join us to learn more
about
Coping with
Depression
on
Thursday,
July 30
at
11:00 am

NETFLIX MOVIE MATINEE

Our Friday Netflix Movie Matinees are temporarily moved to Wednesdays, July 8 and July 22, at 1:00 pm. Includes snack (beverage available for purchase).

July 8: *The Upside*

A comedic look at the relationship between a wealthy man with a quadriplegia and an unemployed man with a criminal record who's hired to help him. Starring Bryan Cranston, Kevin Hart, and Nicole Kidman. Rated PG-13



July 22: *Poms*

Poms is a comedy about a group of women who form a cheer leading squad at their retirement community, proving that you're never too old to 'bring it!' Starring Diane Keaton. PG-13



NEW PROGRAM COORDINATOR



We would like to introduce our new program coordinator, Diana Smuda. Diana joined our team in June. She is a native of Buchanan and currently lives in Niles. Diana is excited to meet our patrons and to work with the BASC programs as she enjoys encouraging others to live a happy and fulfilling life. Please stop by and say "Hi" to Diana the next time you visit the center.

MYSENIORCENTER CHECK-IN SYSTEM

We are in the process of installing a new touchscreen-based check-in system, *MySeniorCenter*. This is the same system that other senior centers use in Berrien County. Staff is currently being trained and entering our programs into the check-in station. You will be issued a key fob to scan once we have completely set up the *MySeniorCenter* system. Upon arrival you will be scanning your key fob to sign in for each program you are attending that day. This system will help us track what programs are being attended and with reporting to the county.



WORD SEARCH: THROUGH THE LOOKING GLASS

Find and circle all of the Through the Looking Glass words that are hidden in the grid.
The remaining letters spell a quote by Humpty Dumpty from the book.

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

PUZZLES & FUN

ALICE
BEETLE
BOAT
BROOCH
CARPENTER
CHESS
DAISIES
DINAH
ELEPHANT
FAWN
FROG
GARDEN
GNAT
GOAT
GOLDEN CROWN
GUARD
HAIGHA
HATTA
HILL
HUMPTY DUMPTY
JABBERWOCKY
KITTY
LION
LOOKING GLASS
OYSTERS
PAWNS
POETRY
RATTLE
RED KING
RED KNIGHT
RED QUEEN
ROSE
SHAWL
SNOWDROP
SOLDIERS
SQUARES
TIGER-LILY
TRAIN
TWEEDLEDEE
TWEEDLEDUM
UMBRELLA
UNICORN
VIOLET
WALRUS
WHITE KING
WHITE KNIGHT
WHITE QUEEN

SUDOKU

2	1		3 5
9	5 7		4
4	9		6
1		8	9
	3 6		
2			
3 8	2	9	1
9 3	6	7	

		6		
8	5	7		6
2			1	7
4	2			
1	8			
		5		4
9		1		
4			8	6
	9	3	5	



**Buchanan Area Senior Center
Dollar Club**



**Won't you please consider
making a pledge?**

Gold Level—\$1.00 per day

Silver Level—\$1.00 per week

Bronze Level—\$1.00 per month

Patron Level—\$500.00 or more
per year

Thank you for your pledge!

**COMMODITY
PICK-UP DAYS**

Commodities are distributed
from the Senior Center garage.



MARK YOUR CALENDAR

**CSFP Monthly on
Thursday, July 16,
from 1:00 to 2:00 pm.**

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**PLEASE NOTE:**  
*It is very important that your trunk be cleaned out and opened for us to place your box. Please see all new instructions for pick-up in the tote out front of the center, and posted on our front door the week before distribution.*

*This institution is an equal opportunity provider.*

**SENIOR CENTER  
SERVICES**

At the Senior Center you can:

- Make copies for 10¢ each
- Send a FAX for \$1.00 per page
- Have paperwork notarized (Please call ahead to make sure notary is available.)
- Use our computer to go on the Internet.

**Senior Nutrition  
Monthly Income**

\$1,101 & up \$3.75 and up

\$801–\$1,100 \$3.25 per Meal

\$701–\$800 \$2.75 per Meal

\$551–\$700 \$2.25 per Meal

\$0–\$550 \$1.75 per Meal

**Senior Nutrition:**

**NO Congregate Meals  
at this time.**

- Please order your meal by calling Kerri at 695-7119 before 10:30 am the day before you would like lunch.
- Pick up your lunch at kitchen door.
- If you are on the list as a regular and cannot come and pick up your lunch on a day you are expected, please call by 10:30 am the day before and cancel your reservation.
- Home Delivery Service may also be available to home bound senior clients.

Meals are funded in part by  
Region IV Area Agency on Aging  
and Senior Nutrition Services

**FEEDING AMERICA MOBILE FOOD PANTRY**

*The distribution schedule below is provided as a courtesy. It is not guaranteed to be error free, and may be updated or changed at any time, so is used at your own risk. If you have questions about a specific Mobile Pantry distribution, please contact the host agency, or visit <https://www.feedwm.org/findfood/> and click on Mobile Food Pantry.*

**July 1**

4:00 pm—Woodland Shores Baptist Church  
3555 Shawnee Rd, Bridgman, MI

**July 2**

2:00 pm—The Bridge Academy  
499 W Main St, Benton Harbor, MI

**July 7**

3:30 pm—Chikaming Twp Hall  
13535 Red Arrow Hwy, Harbert, MI

**July 10**

4:00 pm—Eau Claire Seventh Day Adventist Church  
6562 Naomi Rd, Eau Claire, MI

**July 15**

4:00 pm—Stevensville United Methodist Church  
5506 Ridge Road, Stevensville, MI



Faith United Methodist Church, 728 N. Detroit St., Buchanan, distributes food from 9:00 to 11:00 am, on the second Saturday of each month, to people in the Buchanan School District.

Meals on Wheels of SW Michigan/  
Senior Nutrition Services  
Home Delivered Meals Menu



— OF SOUTHWEST MICHIGAN —

Senior Nutrition Services Program II

JULY 2020

**Menu Is Subject To Change Without Notice**

Meals are Funded By



**Area Agency on Aging, Inc.**  
**S P E C I A L I S T S I N A G I N G**

Along with Participant Contributions,  
United Way Partners, Grant Awards and  
Donations

| Monday                                                                                                                                                             | Tuesday                                                                                                                                           | Wednesday                                                                                                                        | Thursday                                                                                                    | Friday                                                                                                                       |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
| <b>Meals provide (average per week)</b><br>Carbs: 75 grams<br>Calories: 800 average<br>Sodium: 800 mgs. average<br>Protein: 19 grams<br>Total Fat : 30%<br>2% milk | Your donation toward the cost of the meal helps to make sure that these meals can continue.<br>Please be as generous as you can!<br>We thank you! | 1<br>Baked chicken thighs<br>Mixed salad with dressing<br>Roasted summer squash with onion<br>Mixed fresh berries<br>WW bread    | 2<br>Lemon pollock over rice<br>Green beans<br>Sliced carrot<br>Cantaloupe<br>Roll                          | 3—Independence Day Special Meal<br>Hamburger<br>Potato salad<br>Pickle, lettuce & tomato<br>Watermelon<br>WW bun             |
| 6<br>Chicken Chow Mein<br>Brown rice<br>Oriental blend<br>Plums<br>WW bread                                                                                        | 7<br>Ground beef taco salad with cheese<br>Srn lettuce and diced tomato<br>Mexican corn<br>Pears<br>Tortilla chips                                | 8<br>Turkey meatloaf<br>Green beans<br>Coleslaw<br>Cherry pineapple crumble<br>Wheat                                             | 9<br>Pulled pork sandwich<br>Baked beans<br>Spinach<br>Applesauce<br>WW bun                                 | 10<br>Chicken marsala over pasta<br>Stewed tomatoes<br>Broccoli florets<br>Mandarin oranges<br>Breadstick                    |
| 13<br>BBQ roast beef<br>Potato salad<br>Wax beans<br>Fresh apple                                                                                                   | 14<br>Bratwurst on bun<br>Broccolini<br>Harvest beets<br>Melon<br>Bun                                                                             | 15<br>Roasted chicken<br>Mac & cheese<br>Italian blend<br>Pineapple<br>Mini breadstick                                           | 16<br>Beef sandwich with lettuce & tomato<br>Cucumber & onion salad<br>Potato wedges<br>Strawberries<br>Bun | 17<br>Crispy fish<br>Creamy corn<br>3 bean salad<br>Peaches<br>Wheat                                                         |
| 20<br>Chicken Ala King over rice<br>Green beans<br>Summer salad with cucumber & cherry tomato<br>Fruited yogurt                                                    | 21<br>Beef stew with celery, onions, potato & carrots<br>Steamed spinach<br>Berry crisp<br>Bread                                                  | 22<br>Turkey salad with cheese<br>Mixed salad: lettuce, tomato, melon, onion<br>Creamy corn salad<br>Watermelon<br>Herb crackers | 23<br>Sloppy Joes<br>Baked beans<br>Side salad<br>Mandarin oranges<br>Bun                                   | 24<br>Garlic & herb pork loin<br>Roasted potatoes and carrots<br>Creamy cucumber salad<br>Plums<br>Rye                       |
| 27<br>Beef tortellini with marinara sauce<br>Zucchini & peppers<br>Broccoli and grape salad<br>Peaches                                                             | 28<br>BBQ chicken<br>Summer pasta salad<br>3 bean salad<br>Pineapple<br>Roll                                                                      | 29<br>Fish with tartar sauce<br>Herbed rice<br>Mixed vegetables                                                                  | 30<br>Salisbury steak with gravy<br>Mashed potatoes<br>Summer peach spinach salad<br>Strawberries           | 31<br>Loaded baked potato with chicken & cheese<br>Baked potato<br>Mixed lettuce with carrots<br>Birthday cake + Mixed fruit |

## RECIPE: EASY BLUEBERRY CRISP

Blueberries are abundant in our area right now. Blueberry Crisp makes a quick and easy dessert that never disappoints! This recipe has a little extra zing by adding a bit of lemon. Recipe from Spend with Pennies by Holly.

### Ingredients:

5 c. fresh or frozen blueberries  
2 T. sugar  
3 T. flour  
1 lemon

### Topping:

1/4 c. butter, softened  
1/2 c. brown sugar  
1/4 c. flour  
3/4 c. oats, regular or quick  
1/2 c. almonds chopped (optional)  
1/4 t. cinnamon

Preheat oven to 375° F. Grate the rind of the lemon and squeeze the juice of half the lemon. Toss blueberries with sugar, lemon rind, 1 T. lemon juice, and 3 T. flour. Place in 2 Qt. baking dish. With a fork, combine the butter, brown sugar, oats, flour, nuts (optional), and cinnamon until crumbled. Sprinkle over blueberries. Bake 35–40 minutes or until the top is golden brown and the fruit is bubbly. Cool slightly and serve warm.



### BEWARE OF PHONE SCAMS



The Berrien and Cass County Department of Health and Human Services wants you all to know of a scam that occurred locally.

A woman received a call from 734-219-0726, under the name of National Solutions. The caller said that this woman was delinquent on paying a bill for blood work back in April, which happened to be around the same time that she had a surgery. The caller said her bill was over \$300.00, and gave a number for physician, which they said was license number (?). The woman gave them her credit card number and said she would pay \$100.00. They wanted to set up payments for the rest of the bill. She had hung up and was questioning this. So she called her doctors office in South Bend, who said she didn't owe anything. Thankfully, right away she called her bank. They stopped payment and are issuing her a new credit card. But this is how smooth they are. So please be aware of this new scam. She said they also called again by another number, which was 805-280-2887, and said it was National ADMIN Solutions. She didn't call them back, which is what you should do!

### VOTING BY MAIL

Recently the news and social media have been flooded with information – not always accurate – and plenty of opinions about voting by absentee ballot. It can be hard to know who or what to believe sometimes. To help you sort out fact from fiction, Barbara Pitcher, City Clerk for the City of Buchanan will give a presentation entitled

#### **“What You Need to Know About Voting by Mail”**

Wednesday, July 8  
at 9:00 am

Topics covered include:

- ◆ Proposal 3 (2018)
- ◆ Absentee Ballot Application
- ◆ Absentee Ballots
- ◆ Security Checks
- ◆ Your Vote Counts

She will wrap up the session with a question and answer period and provide guidance to those needing clarification on completing their absentee ballot application or absentee ballot.



# THANK YOU!

**Our Great Volunteers:** \*Josetta Bibbs, \*Jeanne Harris, \*Deborah Hendrix, \*Monroe Lemay, \*Richard Martin, \*Jess Minks, \*Terri Sisk, \*Sabine Wheetley, \*Leona Wonacott, Helen Buggie, Jeannine Davie, Vi DePhillipe, Judi Jason, Kay Schadler.

\*Indicates Board Member

**General Fund Donation:** Janis Sexton.

**Dollar Club:** Chuck Underly, Howard Jackson, Julie Deeds, Don Holmes, Pat Casto.

**Program Donations:** Janis Sexton, Carole Schlutt, Judy Vergon, Tina Clark, Pat Casto, Margaret Hayden.

**Donation for Face Mask:** Cindy Clothier.

**Memorials:** In Memory of Kenny Smith from Kathy & Geneva Swem; In Memory of Sonny Metzger from Kathy & Geneva Swem.

**Bakeless Bake Sale:** Margaret Hayden, Elmer & Linda Doyle.

*"Gratitude can transform common days into thanksgiving, turn routine jobs into joy, and change ordinary opportunities into blessings." ~ William Arthur Ward*

## THANK YOU, FLOWERS BY ANNA

Thank you Flowers by Anna and Josh for labor and materials to install at our reception desk and kitchen serving windows. These will help keep our staff and seniors safe during this time of reopening our center.



## THANK YOU, VOLUNTEERS

Many thanks to the seamstresses who made face masks for Senior Nutrition food delivery volunteers and for passing out to our seniors in need. We would also like to thank members of our board for volunteering to call those seniors who requested a social well-being check during quarantine.

We may not be aware of all of the volunteers who helped serve in their own special way during the pandemic, but we appreciate each and every one of you! It truly does take a village.

## THANK YOU FOR USING HARDINGS COMMUNITY REWARDS

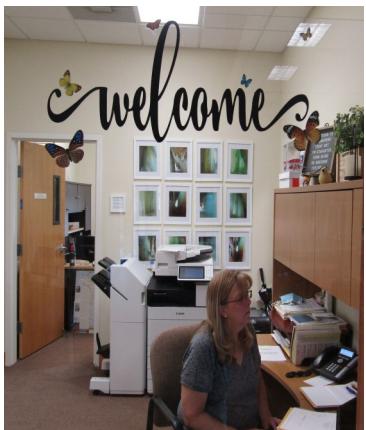
Did you know you can earn money for the BASC every time you shop at Harding's Friendly Market? Every quarter the BASC receives dividends from Harding's based on your shopping dollars. Sign up for Harding's Community Rewards today to raise money for our programs. It's easy and takes only a couple of minutes. Visit [www.hardings.com](http://www.hardings.com),

We would like to thank the following people who helped us earn \$42.43 last quarter:

Karol Behrle, Adam Burck, Bill Catalano, Alan Chambers, Barb Chandler, Tami Cox, Danielle Lindsley, Ruth Olmstead, Kerri Pettie, Cheryl Pettke, Jodi Phillips, Michele Phillips, Kay Schadler, Janet Seals, Kim Sears, Janis Sexton, Kathleen Shearer, Kimberlee Thurston, Rhineholt Tillman, Laura Upton.



## WELCOME BACK PHOTOS



We have new sneeze guards (plexiglass shields) at our reception area and kitchen serving window.

JoAnn is pictured at her desk behind the plexiglass with a welcome sign she created.

Patrons and staff are taking time to social distance on the patio Mondays, Wednesdays, and Fridays from 12:00 to 12:30 pm.



## FRESH NEW PAINT!



Just in time to welcome back our patrons, Joe's Painting has repainted our walls for a fresh new start.

Looking Good!

## OUR GARDEN IS GROWING!

The senior center community garden is all planted and doing great! We have already harvested radishes, and the lettuce has been very abundant. Snap peas are producing, and the shell peas are filling out. By the looks of the blossoms, we will soon have lots of tomatoes and cucumbers. Terry has stained the wood on the raised beds and the donation plaques have been placed on the outside of each bed. Our volunteers are busy weeding and watering, keeping everything looking healthy.

If you are interested in helping in the garden and sharing the harvest, contact Diana or Adam. Pictured below is volunteer Jeannine Davie watering.



## LIBRARY EXHIBIT AND CALL-OUT



The ongoing exhibit in our library is *The Fiber Art of Nancy Skopec*. Nancy's artwork includes cross-stitch, ribbon embroidery, and needlepoint. The exhibit will continue through the end of July.

What kinds of arts and crafts did you work on during the stay-at-home order? We want to see your art work for consideration in our next exhibit in the library, *Creations from COVID-19*. Don't be shy.

## BRING A SWEATER

It's heating up outside, which means we may have the air conditioning turned on in the center. Please remember to bring along a sweater or wear an extra layer just in case it is too cool for you.



## SAVE ENERGY & MONEY WITH LED LIGHT BULBS



Want to save energy and lower your electric bill? One of the easiest ways to save energy is by replacing traditional bulbs with LEDs. Indiana Michigan Power has donated 4-packs of 9W LED bulbs to distribute among our seniors. If you would like a 4-pack, stop in and see us. Replacing just five traditional bulbs with LEDs can save \$75 a year. Since the average home has about 30 light bulbs, the savings are huge!

# Buchanan Area Senior Center - July 2020 Calendar

Call prior to any program to register/schedule an appointment, and face mask is required.  
Bring your own beverages, as we are not able to serve coffee. Bottle water is available to purchase.

| <u>Monday</u>                                                                                                                                                                | <u>Tuesday</u>                                                                                                                                                           | <u>Wednesday</u>                                 | <u>Thursday</u>                                                                                            | <u>Friday</u>                                                                                                                            |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------|------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|
| <b>SHREDDING EVENT</b><br><br><b>Saturday, July 25</b><br><b>9:00 am to 1:00 pm</b><br><br> | <b>BLOOD DRIVE</b><br><br><b>Saturday, July 25</b><br><b>9:00 am to 1:00 pm</b><br><br> | 1<br>9:00 Coffee Chat<br>12:30 Hand & Foot Cards | 2<br>9:30 Eyeglass Repair<br>10:15 Chair Yoga<br>1:00 Cribbage                                             | 3<br><b>CLOSED</b><br><b>INDEPENDENCE DAY</b><br><br> |
| 6<br>9:00 Line Dancing<br>12:30 Mah Jongg                                                                                                                                    | 7<br>9:30 Line Dancing<br>11:00 Blood Press. Check<br>1:00 Quilting                                                                                                      | 8<br>9:00 Voting by Mail<br>1:00 Movie Matinee   | 9<br>9:00 Foot Clinic<br>10:15 Chair Yoga<br>1:00 Cribbage<br>3:00 Board Meeting                           | 10<br>1:00 Fiber Friends                                                                                                                 |
| 13<br>9:00 Line Dancing<br>12:30 Mah Jongg                                                                                                                                   | 14<br>9:30 Line Dancing<br>11:00 Blood Press. Check<br>1:00 Quilting<br>2:00 Hearing Aid Checks                                                                          | 15<br>12:30 Hand & Foot Cards                    | 16<br>9:30 Eyeglass Repair<br>10:15 Chair Yoga<br>10:30 Book Club<br>1:00 Cribbage<br>1:00 Mo. Commodities | 17<br>1:00 Fiber Friends                                                                                                                 |
| 20<br>9:00 Line Dancing<br>12:30 Mah Jongg                                                                                                                                   | 21<br>9:30 Line Dancing<br>11:00 Blood Press. Check<br>1:00 Quilting                                                                                                     | 22<br>1:00 Movie Matinee                         | 23<br>10:15 Chair Yoga<br>1:00 Cribbage                                                                    | 24<br>11:30 Lunch Bunch<br>1:00 Fiber Friends                                                                                            |
| 27<br>9:00 Line Dancing<br>12:30 Mah Jongg                                                                                                                                   | 28<br>9:30 Line Dancing<br>11:00 Blood Press. Check<br>1:00 Quilting                                                                                                     | 29<br>12:30 Hand & Foot Cards                    | 30<br>10:15 Chair Yoga<br>11:00 Coping with Depression<br>1:00 Cribbage                                    | 31<br>1:00 Fiber Friends                                                                                                                 |

Please Note: Some programs require advance registration. Programs are subject to change—please call ahead to confirm.

## Buchanan Area Senior Center

810 Rynearson St.  
Buchanan, MI 49107  
Phone: 269-695-7119  
Fax: 269-695-2901  
E-mail: adam@thebasc.org  
[www.buchananareaseniorcenter.com](http://www.buchananareaseniorcenter.com)

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### **MEET OUR STAFF:**

**Executive Director:**

Adam Burck

**Office Manager:**

Joann Dodson

**Program Coordinator:**

Diana Smuda

**Staff Assistant:**

Terry Perkins

**Senior Nutrition Site Manager:**

Kerri Pettie

### **IMPORTANT SERVICE NUMBERS:**

**United Way:** 1-800-310-5454

**Social Security:** 1-800-772-1213

**Legal Hotline For Seniors:** 1-800-347-5297

**Medicare Questions:** 1-800-633-4227

**Medicaid Hotline:** 1-800-642-3195

**Area Agency On Aging:** 1-800-654-2810

**Senior Law Center:** 1-888-418-1311

**Berrien Co. Veteran's Services:** 1-269-983-7111  
Ext 8224

**Benton Harbor VA Office:** 1-269-934-9123

**MI OMBUDSMAN:** 1-866-485-9393

**To Report A Scam:** 1-877-765-8388

**MI DHS Elder Abuse:** 1-855-444-3911

For any assistance call 911 or 269-983-7141 x 4900

### **Hours of Operation**

Monday–Friday  
9:00 am–4:00 pm

Buchanan Area Senior Center is funded by:  
County Millage, Region IV Area Agency on Aging, Public and Private Groups, Individual Donations, Fund Raising Activities, Area Grants, and very dedicated Volunteers.