Buchanan Area Senior Center **February 2020**

Buchanan Area Senior Chronicle

"Happy, Active, Living"

FRONT PAGE NEWS

BAKELESS BAKE SALE

The annual Bakeless Bake Sale kicks off in February! No baking is required for this fundraising event. All you have to do is consider what amount you might have contributed in time, energy, resources, and/or purchasing items at a traditional bake sale, and place that amount in the envelope enclosed in the newsletter mailing. Drop the envelope in the mail or bring it to the center.

Proceeds from this, our biggest fundraiser of the year, go to our fund to purchase an additional vehicle for medical transportation. Thank you in advance for your generosity and support!

LAKE MICHIGAN ICE FORMATIONS

Have you ever seen the ice formations along the shores of Lake Michigan and marveled at their creation? Join us on **Thursday, February 27, at 2:00 pm**, as we welcome Pat Fisher, President of the Harbor Country Hikers, who will show us some of his enchanting photos and explain the origins of the many ice formations that can be found along the shores of Lake Michigan during the winter. Pat has hiked hundreds of miles of shoreline, even during the winter months, and has many tales to go along with his photos. Please join us.

FRIENDS BAND DANCE

Friends Band will be here on **Sunday, February 16, from 2:00 to 4:00 pm**. The band consists of Terry and Justin Lovelady, Budd Hopkins, and Randy Chain. They play all of your dance favorites—Rock and Roll, Country, Line Dancing, Polkas, and more. Bring your favorite snacks to share. There is no charge for the dance, but your donations are greatly appreciated.

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

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SPECIAL POINTS OF INTEREST

Board Meetings:
Thursday, February 13, 3:00 pm

Monthly Potluck:
Wednesday, February 12, at noon.
Please bring a dish to pass (10-12 servings).

Winter Closing Reminder:
Please remember this winter that if Buchanan Schools are closed due to bad weather, the Center is closed and there will be no meal delivery. Watch for closings on WNDU-16. If you are in doubt, please call us before you leave home.

BASC Buchanan Area Senior Center
Seniors Embracing Life

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 every Monday at 9:00 am, and Tuesday at 9:30 am.

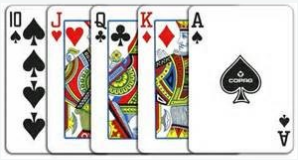
EXERCISE: Chair Exercise every Monday & Wednesday at 10:15 am, and Friday at 10:00 am.

CHAIR YOGA: Thursdays at 10:15 am. **NO CHAIR YOGA on February 20!**

POWERBEATS: Fridays at 9:00 am.

QUILTING: Get help with your quilting projects and socialize with other quilters, every Tuesday at 1:00 pm. NEW! Quilt block a month.

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



MAH JONG: Mondays and Thursdays at 12:30 pm.

EUCHRE: Every Monday at 1:00 pm.

PINOCHLE: Tuesdays at 1:00 pm and Wednesdays at 6:00 pm.

HAND AND FOOT: Every Wednesday at 12:30 pm.

CRIBBAGE: Thursdays at 1:00 pm.

Please join us!

MONTHLY PROGRAMS

- **COFFEE CHAT:** The first Wednesday of each month at 9:00 am, we offer a Coffee Chat with an interesting speaker, along with Fasting Blood Sugar and Brunch Social refreshments provided by Buchanan Meadows. Join us on **Wednesday, February 5, at 9:00 am**. See page 3 for details.
- **CASH BINGO:** Cash Bingo is held on the first and third Fridays of each month. Join us on **February 7 and 21, at 1:00 pm**.
- **SHADOW STEPPERS:** Monthly grief support group led by Caring Circle, on **Tuesday, February 11, from 2:30 to 4:00 pm**. This is an open-ended support group, so you may start and stop attending whenever you choose.
- **POTLUCK BINGO:** We share potluck on the second Wednesday of each month at noon, followed by Bingo at 1:00 pm. The potluck this month will be **Wednesday, February 12, at noon**.
- **PAMPER YOUR FEET:** Monthly foot clinic through Van's Medical, the **second Thursday, February 13,** 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.
- **CLARK RETIREE CLUB:** Clark salaried retirees meet at the Senior Center the **third Wednesday, February 19, at noon** for lunch, offered by Senior Nutrition Services. A speaker follows lunch and the public is welcome.
- **ROOT BEER FLOATS:** Enjoy a root beer float on the **third Wednesday, February 19, at 12:30 pm,** sponsored by All Needs Senior Services.
- **BOOK CLUB:** The Book Club meets on the third Thursday of each month. The February book club meeting is **Thursday, February 20, at 10:30 am**.
- **ICE CREAM SOCIAL:** Brentwood at Niles treats us to an Ice Cream Social on the last Thursday of each month. Join us for the February Ice Cream Social on **Monday, February 24, at 12:30 pm.**
- **BIRTHDAY BINGO:** We will celebrate the February birthdays on the fourth **Wednesday, February 26, at 1:00 pm**. We play Bingo at 1:00, followed by cake and ice cream provided by Riveridge in Niles.
- **HEARING AID CHECKS:** Dr. Michelle Ridenour from West Michigan Hearing Specialists will be here on **Thursday, February 27, from 12:30 to 1:30 pm,** to check your hearing aids and remove ear wax.
- **LUNCH BUNCH CLUB:** The Lunch Bunch Club meets on the fourth Friday of the month at a restaurant for lunch and socialization. Meet **Friday, February 28, at 11:30 am, at B & W in Buchanan**. Sign up at the front desk so we know how many are attending.

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

CYBER SENIORS

Do you have questions about technology such as laptops, tablets, cell phones, or other technology? Students from Russ Philip's tech class at Buchanan High School will be here to assist you on **Thursday, February 20, at 1:00 pm**. Bring your questions!

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

COFFEE CHAT/FASTING BLOOD SUGAR/BRUNCH SOCIAL: AREA AGENCY ON AGING

Join us for our monthly Coffee Chat/Fasting Blood Sugar/Brunch Social on **Wednesday, February 5, at 9:00 am.** This month we welcome Amy Nichols, Campus Coordinator at the Area Agency on Aging Campus for Creative Aging.

As the elder population continues to grow, a new vision has been emerging, one that promises rich opportunities for fulfillment. At the Campus for Creative Aging, the ultimate goal is to ensure that older adults of Berrien, Cass, and Van Buren counties are seen as vital resources in their communities and are recognized and respected for living purposeful, engaged, and personally rewarding lives. Come learn more about the Campus for Creative Aging!

Fasting blood sugar tests and refreshments are provided by Buchanan Meadows.

Buchanan Meadows

DESSERT WITH LINDA: SENIOR NUTRITION SERVICES

Meals on Wheels of SW Michigan
Senior Nutrition Services
Caring people providing food and friendship.

We welcome Linda Strohl from Senior Nutrition Services, dba Meals on Wheels of SW Michigan, on **Thursday, February 13, at 1:00 pm.** Linda will be here with dessert and will be discussing new ways of thinking about aging, health, and hunger, and new approaches Senior Nutrition Services is bringing to these important issues. Please join us.

GREAT COURSES: THE CELTIC WORLD

Do you have Irish or Scottish roots and want to know the story of the Celtic-speaking people and their art, language, and culture? Join us for the 8-part Great Courses series on The Celtic World, beginning on **Tuesday, February 18 and continuing every Tuesday through April 7.** Each week we explore three-1/2 hour lectures by Jennifer Paxton, Clinical Assistant Professor of History at the Catholic University of America. These enlightening lectures will broaden your idea of what Celtic really means. *NOTE: The February 18 and 25 sessions are at 10:30 am, and March and April sessions will be at 1:00 pm.*

STRATEGIES TO SLASH YOUR DEBT

FIFTH THIRD BANK

We want to help you get financially fit in 2020! Representatives from Fifth Third Bank will be here on **Tuesday, February 25, at 1:00 pm**, to present the second in our series of courses in their "Empower U" Financial Empowerment Program. In this program, you will learn how to slash your debt with four different approaches, as well as how to help prevent yourself from getting into debt in the future.

COMMUNITY EVENTS

BUCKTOWN TRIVIA NIGHT

Saturday, February 29
5:30—10:30 pm

at the
Buchanan Area
Senior Center

fernwood
BOTANICAL GARDEN AND NATURE PRESERVE

PLANT WOMEN PRESENTATION

Saturday, February 8
1:00 to 2:00 pm

Fernwood Botanical Garden
13988 Range Line Road
Niles, MI 49120

Fernwood's Executive Director, Carol Line, will kick off Fernwood's celebration of the United Nations International Day of Women and Girls in Science (February 11) with a lecture recognizing the women who have advanced the fields of plant science both historically and in the present. Also, educational drop-in activities will be available in the Sims Education Building from February 8-20.

Program free with paid admission.

EDIBLE HORTICULTURE

Saturday, February 22
9:30 am to 4:00 pm

Presentations on sustainable food systems, cooking and eating more roughage, kitchen container gardening, home wine-making, and the basics of canning. Lectures begin at 10:00 am. $60 (Members $48) Phone 695-6491

DANCE/EXERCISE CLASSES

We have plenty of exercise classes to help us get moving and get in shape. Work out on our exercise equipment or join one of our exercise or dance classes. Keep in shape and have fun with your friends at the Buchanan Area Senior Center.

- The **Exercise Room** is available from 9:00 am to 4:00 pm, Monday through Friday. Sign a waiver for our file and come whenever you can.
- **Line Dancing** on Monday at 9:00 am and Tuesday at 9:30 am.
- **Chair Exercise** on Monday & Wednesday at 10:15 am, and Friday at 10:00 am.
- **Tai Chi** is offered on Saturdays at 10:00 am at Redbud Fitness ($10 month).
- **Chair Yoga** on Thursdays at 10:15 am. No chair yoga on February 20.
- **Powerbeats** on Fridays at 9:00 am.

We gladly offer eight exercise classes each week for our patrons. These classes are free of charge but your donations are greatly appreciated.

WANTED: TAI CHI INSTRUCTOR

Are you or someone you know a Tai Chi instructor? We are looking to add Tai Chi to our great exercise line-up. Please contact Jan at 695-7119 if you know someone who may be interested.

QUILT BLOCK A MONTH

Make 2020 the year that you learn how to quilt! You can accomplish big things in small steps with a Block of the Month program, and our quilting instructor, Vi DePhillipe, will help you. Our quilt class meets every **Tuesday from 1:00 to 3:00 pm**, and the first Tuesday of each month Vi will introduce a new quilt pattern for you to make a square with the fabric of your choice. You will have the rest of the month in which to complete it, and learn a new quilt pattern the next month. It's not too late to get started on your quilt! Complete 9 squares of 9 different patterns in 9 months, and then learn how to put them together to complete a quilt. Here's your chance to socialize with other quilters and learn quilting tips.

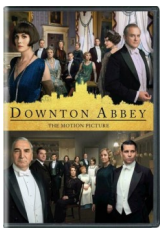
NETFLIX FRIDAY MOVIE MATINEE

Join us for the Netflix Friday Movie Matinee on **Fridays, February 14 and 28, at 1:00 pm**. Includes snack and beverage.

February 14: *Marshall*

The story of Thurgood Marshall, the crusading lawyer who would become the first African-American Supreme Court Justice, as he battles through one of his career-defining cases. PG13

February 28: *Downton Abbey*



The beloved Crawleys and their intrepid staff prepare for the most important moment of their lives. A royal visit from the king and queen of England soon unleashes scandal, romance, and intrigue—leaving the future of Downton hanging in the balance. PG

AARP TAX PREPARATION

The Buchanan Area Senior Center will once again this year offer free assistance in filing taxes (e-filing) for seniors through the AARP Foundation Tax-Aide Program. **Please call the senior center at 695-7119 to schedule an appointment.**

Start gathering your paperwork. You will need to bring:

~ Social security card and picture id's for both you and your spouse.

~ All monthly or annual income statements for you and your spouse (W-2s, 1099s, etc).

~ Social Security Benefit Statement(s), for SSA-1099, SSI Statement(s).

~ Pension(s) and information pertaining to the company you receive it from (1099-R).

~ All interest and dividend statements from your financial institution (1099-INT and 1099-DIV).

~ Property tax notices or amount you pay in rent.

~ Name and address of your landlord.

~ Total heat cost from the previous year.

~ Health insurance premiums you pay.

VERY IMPORTANT TO BRING:

Blank check and last year's tax return!

AARP® FOUNDATION

WORD SEARCH: GOLDEN GIRLS

Find and circle all of the words and names from *The Golden Girls* TV show.
The remaining letters spell the name of a spinoff of *The Golden Girls*.

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

PUZZLES & FUN

BEA ARTHUR
BETTY WHITE
BIG DADDY
BLANCHE
CHARLEY
CHEESECAKE
CLAYTON
COCO
COMEDY
DOROTHY
ESTELLE GETTY
FRIENDSHIP
MIAMI
MILES
RELATIONSHIPS
ROSE
RUE MCCLANAHAN
RUSTY ANCHOR
SHADY PINES
SITCOM
SOPHIA
SOUTHERN BELLE
ST OLAF
STAN

SUDOKU

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

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

All you need is love. But a little chocolate now and then doesn't hurt.
~ Charles M. Schultz

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, February 13 1:00 to 2:00 pm

TEFAP Quarterly on Wednesday, February 19 1:00 to 2:30 pm

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This institution is an equal opportunity provider.

PLEASE NOTE:

Commodity home deliveries are reserved for the home-bound or people who do not have a proxy. All others must pick up commodities at the senior center or have a proxy pick them up on the scheduled date.

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:

Lunch is served at the Center, Monday–Friday, at noon.

- Please order your meal by calling Kerri at 695-7119 before 10:00 am the day before you would like lunch.
- If you are on the list as a regular and cannot come for lunch on a day you are expected, please call by 10:00 am the day before and cancel your reservation so your meal does not have to be thrown away.
- 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.

February 4
3:30 pm—Chikaming Twp Hall
13535 Red Arrow Hwy, Harbert, MI

February 5
4:00 pm—Woodland Shores Baptist Church
@ Bridgman Fire Dept.
9765 Maple St, Bridgman, MI

February 11
3:00 pm—The Bridge Academy @ Wolverine Metal Stamping
3600 Tennis Court, St. Joseph, MI

February 14
4:00 pm—Eau Claire Seventh Day Adventist Church
6562 Naomi Road, Eau Claire, MI

February 19
4:00 pm—Stevensville United Methodist Church @ Lincoln Twp. Fire Dept.
2130 W. John Beers Rd, 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
Congregate Menu

FEBRUARY 2020—Congregate

Menu Is Subject To Change Without Notice

Meals are Funded By

REGION IV
Area Agency on Aging, Inc.
SPECIALISTS IN AGING

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Turkey & rice casserole Sliced carrots Cauliflower Peaches	4 Polish sausage Potato salad Green beans Bun Mandarin oranges	5 Beef & noodles California blend Cucumber & onion salad Fruited jello	6 Lemon baked cod White rice Snap peas & carrots Banana pudding	7 Chicken lasagna Italian blend Side salad Italian bread Pears
10 Chicken teriyaki over rice Oriental blend Fruited yogurt	11 Liver & onions Mashed potatoes with gravy Baby peas Dinner roll Pineapple	12 **CENTER POTLUCK**	13 Goulash with noodles Prince Charles Rye bread Apricots	14 Valentine's Day Menu Family-Style Steak with mushrooms Baked potato Tossed salad with dressing Chocolate mousse + fresh fruit
17 Taco salad with black beans Sauteed zucchini & peppers Tortilla chips Fruited jello	18 BBQ chicken Hot potato salad Cucumber & tomato Baked apples with cinnamon	19 Meatball sandwich with cheese 3 bean salad Mixed lettuce with dressing Sub-bun Mixed fruit	20 Fish with tartar sauce Herbed rice Mixed vegetables Pears	21 Oven fried chicken Mashed potatoes with gravy Spring blend Cherry crumble
24 Turkey tetrazzini Roasted vegetables Peas & pearl onions Craisins	25 Cabbage roll with meat & tomato sauce Loaded mashed potatoes Carrots Roll Pineapple	26 Parmesan pork cutlet Marinated vegetable salad Green beans Roll Applesauce	27 Swiss steak with onions Mashed potatoes with gravy 5 bean salad Pears	28 Vegetable manicotti Steamed spinach Carrot coins Peach + birthday cake
Meals provide (average per week) Carbs: 75 grams Calories: 800 average Sodium: 800 mgs. average Protein: 19 grams Total Fat : 30% 2% milk	Your donation toward the cost of the meal helps to make sure that these meals can continue. Please be as generous as you can! We thank you!			

RECIPE: SWEET AND SOUR SUPPER

Ingredients:

1 pound ground beef
1-1/2 t. chili powder
1-1/2 t. dried oregano
1-1/2 t. salt
Pepper to taste
3 c. cooked long grain rice
1 can (7 oz) mushroom stems and pieces, drained
1 medium green pepper, sliced

Sauce:

1 c. plus 2 T. sugar
1/3 c. corn starch
2-1/2 c. cold water
1/3 c. white vinegar
1/3 c. ketchup
1-1/2 t. salt
Pepper to taste

In a large skillet, cook beef over medium heat until meat is no longer pink; drain. Stir in the chili powder, oregano, salt and pepper. In a greased 3-qt. baking dish, layer the rice, beef mixture, mushrooms, and green pepper; set aside. In a large saucepan, combine sugar and corn starch; stir in the remaining sauce ingredients until smooth. Bring to a boil; cook and stir for 2 minutes or until thickened. Pour over layered ingredients. Bake, uncovered, at 350 degrees for 30 minutes or until heated through.

CARD GAME WINNERS

Euchre

12/30/19	1/6/20	1/13/20	1/20/20
1st Bob Marsh	1st Elaine Marsh	1st Terry Walsh	1st
2nd Joyce Surch	2nd Mary Speckine	2nd Sue Rose, Eldon Meschke, Herb Boyersmith, and Mary Speckine	2nd GAME DAY
HM Herb Boyersmith	HM Betty Syson	HM Donna Hoger	HM NO SCORES

Tuesday Pinochle

1/7/20	1/14/20	1/21/20
1st C J Leiter	1st Kay Schadler	1st Marilyn Holden
2nd Pat Peterek	2nd Marilyn Holden	2nd Chuck Underly

Wednesday Evening Pinochle

1/8/20	1/15/20	1/22/20
1st C J Leiter	1st Marsha Ruby	1st Gail Moad
2nd Pat Peterek	2nd Pat Peterek	2nd Dave Lange

Hand & Foot

1/8/20	1/15/20	1/22/20
Linda Fisk	Janis Sexton	Rosalie Holloway

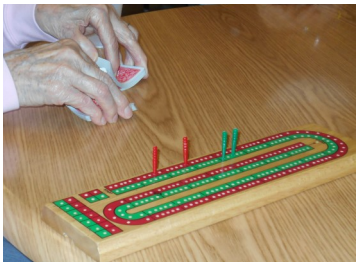
Cribbage—Best Hand

12/26/19 Herb Boyersmith

1/2/20 Herb Boyersmith

1/9/20 Sue Rose and John March

1/16/20 Janis Sexton and Herb Boyersmith



Mah Jongg—Most Wins for the Week

No scores to report.

THANK YOU!

Our Great Volunteers: *Josetta Bibbs, *Deb Hendrix, *Jeanne Harris, *Monroe Lemay, *Richard Martin, *Jess Minks, *Terri Sisk, *Sabine Wheetley, *Leona Wonacott, Linda Abair, Bobbie Benak, Mary Blake, Herb Boyersmith, Francis Brown, Dawnita Burgoyne, Julie Deeds, Vi DePhillipe, Marilyn Holden, Nicole Jones, Linda Luhrsen, John Marsh, Tracy Mast, Joan McGuire, Keston McGuire, Pat Peterek, Dan Riley, Gill Robbins, Sue Rose, Kay Schadler, Pam and Charlie Serene, Janis Sexton, Yvonne Shaw, Mary Speckine, Wendie Stephenson, Judy Vergon, Carol Walters, Lisa Weed, Mary Williams, and Rose Marie Yaw.

**Indicates Board Member*

General Fund Donation: Janis Sexton.

Dollar Club: Nancy Hain, Don Holmes, Chuck Underly, and Julie Deeds.

Program Donations: Janis Sexton, Mamasan Papasan, Pat Bateman, Mary Scroggins, Karen Jackson, Carole Schlutt, Grace Batchelor, and Pat Casto.

New Vehicle Donation: Lee Ann and Jerry Flenar (In Memory of Ken Smith), Betty Letcher, Raymond Lietz, Donna Hoger, Patricia Lorance, Loren Krueger, Anonymous Members, and Don and Norma Metzger.

Gifts-in-Kind: Jim Farrell, Jerry Price, Terry and Margie Walsh, Jackie Ward, Elaine Cole, Linda Abair, Michelle Phillips, Dawnita Burgoyne, Pat McIntyre, Randy Chain, and Deanne Benak.

Memorials: *In Memory of Don Bumstead* from Anna Bumstead; *In Memory of Mary Louise Hess* from Pat Bateman and Kathleen Teunis.

You don't love someone because they're perfect, you love them in spite of the fact that they're not.

~ Jody Picoult

VEHICLE DONATIONS

As you may have heard by now, we have identified the purchase of a new vehicle for our medical transportation program as our new fundraising focus for 2020. We have only one vehicle and this limits our ability to serve the medical transportation needs of our seniors. Please pitch in to help purchase a second vehicle. We have made it easy to donate. You can mail a check to our office, 810 Rynearson Street, Buchanan, MI, 49107, or stop by the office to pay with cash, check or credit card. Follow our progress on the "speedometer" gauge posted in our center. Thank you for your generosity!

NOTICE ABOUT DONATIONS

As always, we thank you for thinking of us by donating items that you think our seniors can use. If you have items that you would like to donate, please call us at 695-7119 before bringing them in, just to be sure it is something we can use. We also ask that you not leave items outside near our front door in the evenings and on weekends. We appreciate your consideration and donations.

NEW INTERN, KAYLA GRAY

Please welcome our new intern, Kayla Gray. Kayla hails from Angwin, California, in Napa County. She has her Bachelors of Social Work from Pacific Union College and is currently working toward her Masters degree at Andrews University. Kayla wants to pursue a career as a social worker in a hospital or as a girl's dean in a Seventh-Day Adventist University. Kayla's grandmother worked in an assisted living facility and Kayla used to go to work with her, engaging with the residents. So she enjoys being around seniors and interacting with them. She will be helping with our Compassionate Callers Club, organizing the emergency information cards, and helping with some special projects.

Kayla enjoys reading historical fiction, fantasy, and supernatural books, watching criminal TV shows, murder mysteries, and Hallmark and Disney movies. She also enjoys cooking and baking. Please welcome Kayla to the Senior Center.

SENIOR CENTER PHOTOS

New Year's Dance

Making Valentines

Pajama Party Game Day

WHAT IS SAD?

Seasonal Affective Disorder (SAD) is a specific type of depression that occurs at the same time every year. Most people experience SAD during the fall and winter. Symptoms may start out mild and worsen as the season progresses. Experts believe that SAD is due primarily to lack of exposure to regular amounts of sunlight. To make matters worse for us, Michigan ranks as the seventh cloudiest state in the nation, with only 65 to 75 clear days a year!

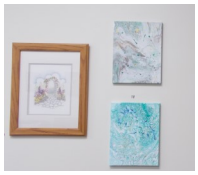
SAD appears more frequently in women, with females making up 60 to 90 percent of SAD sufferers. Seniors may also suffer with symptoms SAD. In America, more than 10 million people are affected by SAD.

Here are some ways to overcome SAD:

1. **Light therapy** (also known as phototherapy) is most helpful in treating SAD. Get a light box made especially for SAD which generates 10,000 lux of white or blue, not yellow. light.
2. **Eat well.** Keep away from carbohydrate-rich foods, especially sweets and starchy foods, to feel more energized. Eat foods high in Vitamin D or add a supplement to your diet. Start your day with a good breakfast.
3. **Stay active** to boost your energy and improve your mood.
4. **Get out!** Don't give in to reclusiveness by staying inside and hiding from the weather.
5. **Talk to your doctor.** If you have feelings of deep depression during the gloomy days of late winter, your doctor may have more suggestions that can help. He or she can determine if you need medication.

ON EXHIBIT IN OUR LIBRARY

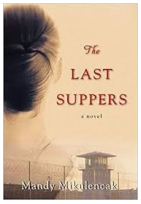
Currently on exhibit in our library is a compilation of artwork from 13 area seniors, entitled *Artistic Seniors*. The collection includes fabric art, photographs, oil paintings, and much more.



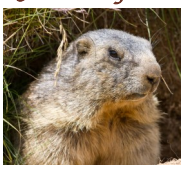
The exhibit will remain through the end of February, 2020. Stop in this winter and check it out!

JOIN OUR BOOK CLUB

Did you know that a family of blue-skinned people lived in Kentucky in the 1800s? And that librarians delivered reading material by horseback to Kentucky hill people between 1935 and 1943? Have you ever thought about who prepares the last meals for prisoners on death row? And did you know that during World War I, hundreds of young women worked in clock factories, painting watch dials with luminous radium paint, before they knew the consequences to their bodies? The Buchanan Area Senior Center book club has read books about these subjects and much more over the years. Always informative and fun, the book group reads and discusses all genres of books, from mysteries, to historical fiction, to stories of love and loss. You are invited to join us on the third Thursday of each month at 10:30 am, as we review another interesting read. We order books from MelCat to make it easier for readers. **The February Book Club meeting is Thursday, February 20, at 10:30 am**.



Buchanan Area Senior Center - February 2020 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00 Line Dancing 10:15 Exercise/Linda 12:30 Mah Jongg 1:00 Euchre	4 9:30 Line Dancing 11:00 Blood Press. Check 1:00 Pinochle 1:00 Quilting	5 9:00 Coffee Chat/Fasting Blood Sugar/Brunch 10:15 Exercise/Cecil 12:30 Hand & Foot Cards 6:00 Pinochle	6 9:30 Eyeglass Repair 10:15 Chair Yoga 12:30 Mah Jongg 1:00 Cribbage	7 9:00 Powerbeats 10:00 Exercise/Liz 1:00 Cash Bingo 1:00 Fiber Friends
10 9:00 Line Dancing 10:15 Exercise/Linda 12:30 Mah Jongg 1:00 Euchre	11 9:30 Line Dancing 11:00 Blood Press. Check 1:00 Pinochle 1:00 Quilting 2:30 Shadow Steppers	12 10:15 Exercise/Cecil 12:00 Potluck/Bingo 12:30 Hand & Foot Cards 6:00 Pinochle	13 9:00 Foot Clinic 10:15 Chair Yoga 12:30 Mah Jongg 1:00 Cribbage 1:00 Mo. Commodities 1:00 Dessert with Linda 3:00 Board Meeting	14 9:00 Powerbeats 10:00 Exercise/Liz 1:00 Fiber Friends 1:00 Friday Matinee
17 9:00 Line Dancing 10:15 Exercise/Linda 12:30 Mah Jongg 1:00 Euchre	18 9:30 Line Dancing 10:30 Great Courses: The Celtic World 11:00 Blood Press. Check 1:00 Pinochle 1:00 Quilting	19 10:15 Exercise/Cecil 12:00 Clark Retirees 12:30 Root Beer Floats 12:30 Hand & Foot Cards 1:00 Qtrly Commodities 6:00 Pinochle	20 9:30 Eyeglass Repair 10:30 Book Club 12:30 Mah Jongg 1:00 Cribbage 1:00 Cyber Seniors	21 9:00 Powerbeats 10:00 Exercise/Liz 1:00 Cash Bingo 1:00 Fiber Friends
24 9:00 Line Dancing 10:15 Exercise/Linda 12:30 Mah Jongg 12:30 Ice Cream Social 1:00 Euchre	25 9:30 Line Dancing 10:30 Great Courses: The Celtic World 11:00 Blood Press. Check 1:00 Pinochle 1:00 Quilting 1:00 Strategies to Slash Your Debt	26 10:15 Exercise/Cecil 12:30 Hand & Foot Cards 1:00 Birthday Bingo 6:00 Pinochle	27 10:15 Chair Yoga 12:30 Mah Jongg 12:30 Hearing Aid Checks 1:00 Cribbage 2:00 Lake Michigan Ice Formation Program	28 9:00 Powerbeats 10:00 Exercise/Liz 11:30 Lunch Bunch 1:00 Fiber Friends 1:00 Friday Matinee
Groundhog Day *February 2* 		*Friends Band Dance* *February 16, 2-4 pm* 		

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

Love isn't something you find. Love is something that finds you.
~ Loretta Young

Electronic Service Requested

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Buchanan, MI 49107
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Fax: 269-695-2901
E-mail: adam@thebasc.org
www.buchananareaseniorcenter.com

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Buchanan Area Senior Center
Seniors Embracing Life

F E B R U A R Y

2020

MEET OUR STAFF:

Executive Director:
Adam Burck

Office Manager:
Joann Dodson

Program Coordinator:
Jan Ferris

Social Services Intern:
Kayla Gray

Elder Care and Facilities Coordinator:
Danielle Martell

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
Lakeshore Legal Aid: 1-888-783-8190
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.