



## YOUR CENTER CONNECTION

March 2026 Issue

March is recognized as Women's History Month, celebrating the contributions and achievements of women throughout history. Let's take a moment to recognize and honor the woman on whom the Adult Day Care Center is named after ~ *Marian E. Burch*

Marian Burch was born Marian E. Bowser on March 10, 1925 in Kansas City, Kansas. As a child the family moved to Convis Township, Marshall Michigan. They lived on a farm and in the 30's they moved with her family to Battle Creek where she attended Washington School and Battle Creek Central H.S.



In 1940, Marian married Alfred (Buddy) Burch and lived in Albion where they bought their first house. The small family moved to Battle Creek in 1949. While her husband was away in WWII, Marian went to work at the old Oliver company where she wired and riveted reconnaissance planes. She went back to school in the late 60's and became an active member of the Battle Creek Urban League where she served on its police-community relations committee and education task force.

Marian was a longtime Democrat and in 1970 she ran and won a seat on the Calhoun County Board of Commissioners. She was the county board's only black member for years. She was named chairperson of the Calhoun board in 1985 and 1986. She was the first black woman to attain that position. She served on the county's Community Mental Health Board, the Public Health Board and the Mid-counties Employment Consortium. She also served on the Community Action Agency of South-Central Michigan.

For her work she was among recipients in 1990 of the Sojourner Truth Award which was presented by the Battle Creek Club of the National Association of Negro Business and Professional Woman's Clubs Inc. In 1985, the Michigan Legislature paid her a special tribute for her service to those with mental illness and developmental disabilities.

Marian E. Burch died in 1990 of complications stemming from an asthma attack.

## Our Mission:

To keep your loved ones in their own home environment for as long as possible with the highest quality of life for the loved one and you as the caregiver.



## Assisting & Monitoring Your Loved One's Daily Care Needs



MARIAN E. BURCH ADULT DAY CARE & REHABILITATION CENTER

1150 E. MICHIGAN AVE, BATTLE CREEK, MI 49014

269.962.1750 MAIN  
269.962-6008 FAX

 FACEBOOK.COM/CALHOUNCOUNTYMCF

# YOUR CENTER NEWS

## Center Closings, Inclement Weather, and Transportation

Listed below is some helpful information about Center Closings/No Transportation on Bad Weather Day(s).

- Remember to keep your driveway, sidewalks, and ramps salted and plowed. This will allow us to escort and transport the client safely.
- Bad Weather Days! Our policy is as follows...If schools are closed (primarily Battle Creek Public and Lakeview Schools), we will not be able to provide transportation to and from the Center. If the Center decides to remain open and not provide transportation, a staff person will call clients/caregivers to identify who will be self-transported to and from the Center. Note: If the above school districts were previously scheduled to be closed, then the Center will base our decision to not provide transportation and/or closings based on other community transportation/service providers.
- WWMT currently no longer sends Text notifications that our Center is Closed. However, you can still receive notifications regarding closings through the News Channel 3 app. Please see more information below.
- Cancellation Policy—Please call (269) 962-1750 to cancel at least 24 hrs in advance. We understand that uncontrollable circumstances do happen, so feel free to leave a message at any hour of the day. We check messages at 7:45am, M-F. Or email the following staff below. Note: If you choose to send an email notification, please include ALL of the email addresses below to ensure that a staff person receives the cancellation.

Alicia Davis – [adavis@ccmcf.com](mailto:adavis@ccmcf.com)

Courtney Childs – [cchilds@ccmcf.com](mailto:cchilds@ccmcf.com)

Keely Goff – [kgoff@ccmcf.com](mailto:kgoff@ccmcf.com)

Paul Fox - [pfox@ccmcf.com](mailto:pfox@ccmcf.com)

**West Michiganders to get closure alerts via News Channel 3 app** Some West Michiganders who have received text notifications regarding closings may notice a pause in service come end of March 2024. News Channel 3 wants to inform viewers that they are no longer using a program called Textcaster.

However, you can still receive notifications regarding closings through the News Channel 3 app. Follow these steps to ensure that you are still informed of closings in your area:

**Download the News Channel 3 App:** Google Play, Apple Store, or Scan the QR Codes Below



**Enable Push Notifications** After downloading the app, be sure to enable notifications to receive updates on all thing's news, weather, and sports - including closings.

**Open the News Channel 3 app** If displayed on top banner, click "Enable Push Notifications" If not displayed, click "Me" on the bottom right, select "App Settings," and toggle on Device Notifications

## Loading/Unloading Zone at the Center



Please remember to drive up slowly when arriving at the Main Entrance of the Center. If the buses are parked near the main entrance, please use the parking lot. The safety of the participants, guest, and staff is our utmost importance.



### Title VI Notice

Marian E. Burch Adult Day Care Center is committed to ensuring that no person is excluded from participation in, or denied the benefits of its transit services on the basis of race, color or national origin, as protected by Title VI of the Civil Rights Act of 1964 and Federal Transit Administration (FTA) Circular 4701.1B.

For additional information on Title VI or to file a complaint, contact:

Alicia Davis, Adult Day Care Director

1150 E. Michigan Avenue, Battle Creek, MI 49014

Phone: 269-962-1750

Fax: 269-962-6008

# YOUR CENTER NEWS

**HAPPY BIRTHDAY**

NADINE F.  
MARCH 22ND

LINDA H.  
MARCH 23RD

CHLOE R.  
MARCH 27TH



The Center will be **CLOSED**:

Friday, April 3<sup>rd</sup>  
Good Friday



Monday, May 25<sup>th</sup>  
Memorial Day



**MEET SYLVIA**

Sylvia Gareis was born in Battle Creek, Michigan. She and her two sisters were raised in Tennessee. Sylvia enjoys several hobbies including; crocheting, drawing, playing games, and making jewelry. She also enjoys going to church with her family and taking walks. Some fun facts about Sylvia is that she has a twin and makes outfits for her dolls. Sylvia enjoys meeting new people at the Center.

## Healthy Habits with Celebrations

If your loved one wants to Celebrate their 'special day' with us and you're considering on bringing a treat to the Center to be shared, please contact us one week prior so that we can address food allergies and medical conditions with those who will be in attendance.



This will ensure a celebration that's safe and inclusive for all!

Please consider Marian E. Burch Adult Day Care & Rehabilitation Center in your Memorial Contributions and Estate Planning. Or, ask us about how to purchase a Memorial/Dedication Brick.

*IN LOVING MEMORY*



***Donations of any kind are always appreciated!***

# YOUR CENTER NEWS

## Save Our Sign!



The Center is looking to raise \$4,200 to restore our original sign. This is a unique sign made out of Redwood and has a lot of history dating back to the early 1995.

*Any contribution towards the sign is appreciated!*

## Field Trips

Are you interested in participating in a Day Outing-Field Trip? If so, please consider setting up a 'Trust Fund' at the Adult Day Care Center, by depositing money. The **FUN** is waiting!



**Are you interested in joining our Advisory Board?  
Ask us how!!**

## Adult Day Care Advisory Board Members

Bev Kelley, Chair  
Pat Fosdick, Vice Chair  
Charmaine Burch Bogan, Secretary  
Jill Robins, Treasurer  
Dave Eddy, Member  
Stan Horn, Member  
Dr. Tino Smith, Member  
Joyce Spicer, Member  
Willie Tabb, Member

**Memorial/Dedication Garden - Located in the ADC Courtyard**

**Consider purchasing a Brick to honor someone special!**

**Ask Us How!!**



# MARCH 2026

## MONDAY

**9:45** Cardio Drumming **2**  
**10:00** B-I-N-G-O!  
**11:00** Washer Toss  
**12:00** Animal Trivia  
**1:00** Shamrock Blast!



## TUESDAY

**9:45** Morning Moves **3**  
**10:00** Dart Board  
**11:00** Slide Car Challenge  
**12:30** World Wildlife Day!  
**1:00** Toilet Plunge



## WEDNESDAY

**9:45** Sit and B-Fit Exercise **4**  
**10:00** Chuck -A-Duck  
**11:00** Slide Cup Challenge  
**12:30** Basketball Trivia  
**1:00** Shamrock Bowling



## THURSDAY

**9:45** Cardio Drumming **5**  
**10:00** Church with Karl  
**11:00** Noodle Ball  
**12:30** Dad Jokes  
**1:00** B-I-N-G-O!



## FRIDAY

**National Dress in Blue Day!** **6**  
**9:45** Seated Stretching  
**10:00** Get Crafty with Juanita & Pat  
**11:00** Karaoke  
**12:00** National Oreo Day!  
**1:00** Live Music with Shan



**9:45** Cardio Drumming **9**  
**10:00** B-I-N-G-O!  
**11:00** Shamrock Bucket Toss  
**12:00** National Barbie Day!  
**1:00** Mini Golf



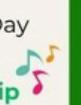
**9:45** Morning Moves **10**  
**10:00** Flingin Birdies  
**11:00** Name That Tune!  
**12:30** Shamrock Word Scramble  
**1:00** Sing-Along with Elizabeth



**9:45** Sit and B-Fit Exercise **11**  
**10:00** Entertainment Legends w/ Karl  
**11:00** Spring Time Price is Right!  
**12:30** Foodie Trivia  
**1:00** Coin Toss



**9:45** Cardio Drumming **12**  
**10:30** Whole Building Volleyball (CCMCF)  
**11:30** B-I-N-G-O!  
**12:30** National Plant a Flower Day  
**1:00** Music with Grace Fellowship



**National Wear White Day!** **13**  
**9:45** Seated Stretching  
**10:00** Giant Memory Game  
**11:00** Pet Therapy with Molly & Paul  
**12:00** Pi Day!  
**1:00** Nerf Blast!



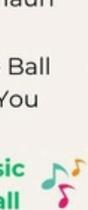
**9:45** Cardio Drumming **16**  
**10:00** B-I-N-G-O!  
**11:00** Shamrock Toss  
**12:30** National Potato Chip Day  
**1:00** Live Music with Singing Pals



**Wear Shamrock Green Day!** **17**  
**9:45** Morning Moves  
**10:00** St. Patrick's Day B-I-N-G-O!  
**11:00** Travel with Karl  
**12:30** Shamrock History and Trivia  
**1:00** Live Music with Shan



**9:45** Sit and B-Fit Exercise **18**  
**10:00** Leprechaun Race Game  
**11:00** Balance Ball  
**12:30** Would You Rather?  
**1:00** Live Music with Jerry Ball



**9:45** Cardio Drumming **19**  
**10:00** Star Basket Toss  
**11:00** Skee-ball  
**12:30** National Let's Laugh Day - Dad Jokes  
**1:00** B-I-N-G-O!



**Support Your Favorite Basketball Team!** **20**  
**9:45** Seated Stretching  
**10:00** Get Crafty with Juanita & Pat  
**11:00** Ring Toss  
**12:30** Spring Equinox Fun Facts  
**1:00** Cornhole



**9:45** Cardio Drumming **23**  
**10:00** B-I-N-G-O!  
**11:00** Ladder Ball  
**12:30** Word Search  
**1:00** Rainbow Roll and Cover Game



**9:45** Morning Moves **24**  
**10:00** Karaoke  
**10:30** Bible Study with the Bogans  
**11:30** Letter Connection  
**12:30** Who Am I?  
**1:00** Volleyball



**9:45** Sit and B-Fit Exercise **25**  
**10:00** Gone Fishing  
**11:00** Bean Bag Slide  
**12:30** National Waffle Day!  
**1:00** Floor Darts



**Wear Purple Day!** **26**  
**9:45** Cardio Drumming  
**10:00** Spin-It to Win-It  
**11:00** Color Challenge  
**12:30** This or That?  
**1:00** B-I-N-G-O!



**Wear Your Favorite Hat!** **27**  
**9:45** Seated Stretching  
**10:00** Basketball  
**11:00** Shuffleboard  
**12:30** World Theatre Day!  
**1:00** Penny Auction



**9:45** Cardio Drumming **30**  
**10:00** B-I-N-G-O!  
**11:00** Bean Bag Toss  
**12:30** Guess 10  
**1:00** Tabletop Bowling



**9:45** Morning Moves **31**  
**10:00** Mini Basketball  
**11:00** Parachute  
**12:30** National Crayola Day!  
**1:00** Frisbee Bucket Toss



3/3 Outing: Movies

# MARCH DRESS-UP DAYS!

MARCH 6TH



**NATIONAL DRESS  
IN BLUE DAY!**

MARCH 13TH

**NATIONAL WEAR  
WHITE DAY!**



MARCH 17TH



**WEAR SHAMROCK  
GREEN DAY!**

MARCH 20TH



**SUPPORT YOUR  
FAVORITE BASKETBALL  
TEAM!**



MARCH 26TH



**WEAR PURPLE  
DAY!**

MARCH 27TH

**WEAR YOUR  
FAVORITE HAT!**



*Lets Celebrate Together!*

# FUN, FRIENDS, FELLOWSHIP

RE  
THE  
FUN



If your loved one is interested in having their photo taken during an activity, program, or outing, please contact our office to update the consent form. We'd be happy to assist.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

- AWAKENING
- BASKETBALL
- BLOSSOM
- DAFFODIL
- DAYLIGHT SAVING
- EASTER.
- EQUINOX
- FLOWER
- FRESH
- GREEN
- GROWTH
- HOLI
- KITE
- LEPRECHAUN
- LUCK
- MADNESS
- MARCH
- PARADE
- POT OF GOLD
- RAIN
- REBIRTH
- RENEWAL
- SHAMROCK
- SHOWERS
- SPRING
- ST. PATRICK'S DAY
- WINDY



WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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

# VOLUNTEER CORNER

VOLUNTEERS  
NEEDED

BINGO

Every Monday @ 10am

Every Thursday  
@ 1pm



If you have a special talent or interested in leading an activities, craft, game, entertainment or special program, please contact our office!



Volunteer  
Spotlight

## KCC Dental Students



Kellogg Community College Dental Students have been volunteering at the Center, since 2014. First year dental students volunteer from January to April, while second year students volunteer from September to November. This group is led by instructor, Stacy Schramm. Since 2014, KCC Dental Students have volunteered 3,100+ hours. The student volunteers assist with various tasks, from socializing with the participants, to helping with an activity.

## Benefits of Volunteering

- Sense of Purpose
- Reduces Stress
- Impacts Lives

GOT AN  
HOUR!

LEARN MORE!



ccmcf.com

Volunteer Coordinator

Terri Chapman

Phone (269) 962-5458 Ext 311

Email: tchapman@ccmcf.com



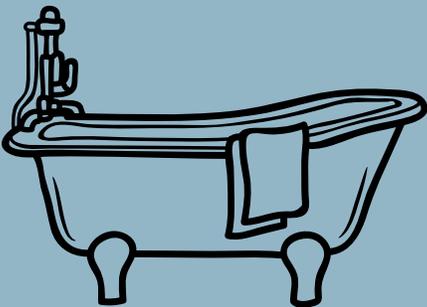
CONTACT US

# HEALTHY HABITS

## DID YOU KNOW?

The Center offers supplemental health services such as bathing, podiatry, and restorative therapy.

Contact us today to get your loved one added to the schedule(s)!



## Mental Health Moment: Self-Love



Self-love is a fundamental aspect of fostering a healthy and resilient mind. At its core, self-love involves cultivating a positive and compassionate relationship with oneself, knowing your value, embracing your strengths, and accepting your imperfections without criticism.

### How Does Self-Love Impact Mental Health?

- **Boosts Self-Esteem:** Taking good care of yourself and embracing self-love can improve your self-esteem and self-worth, fostering a positive self-image and acceptance just as you are.
- **Lowers Tension and Worry:** Allocating time for self-care activities can notably decrease levels of stress and anxiety. It allows you to disconnect from the chaos of daily life and focus on your own needs.
- **Boosts Resilience:** Loving yourself sets you up to bounce back stronger when life throws curveballs. When you love and care for yourself, you develop the strength and tools to help you recover from setbacks and approach difficulties with a more positive mindset.
- **Improves Relationships:** A good relationship with yourself can improve your connection with others. When you're comfortable in your own skin, you can authentically connect with those around you.
- **Encourages Positive Habits:** Engaging in self-love challenges promotes positive habits. Looking after yourself, setting boundaries, and staying present can improve your mental well-being.

Make self-love a priority in life. Set aside time for yourself each day, whether it's 5 minutes of solitude in the car for a breathing routine or a couple of hours to enjoy an activity you love. Regularly invest time in nurturing your relationship with yourself. You'll discover the profound impact it can have on your mental health and overall well-being.



## Springtime Allergy Tips

**With the season changing, allergies can act up! Keep windows closed on high pollen days, wash your hands after being outside, and talk to a doctor if allergies are bothering you. Do not assume cold/flu symptoms are just allergies; stay home if you are experiencing cough, congestion, fever, headache, runny nose, sore throat, body aches, diarrhea, or nausea.**

# Meet the ADC TEAM

## Caring Beyond Limits



**Alicia  
Davis**  
.....  
ADC Director



**Keely  
Goff**  
.....  
Registered  
Nurse



**Courtney  
Childs**  
.....  
Office Support  
Specialist



**Chloe  
Rhoda**  
.....  
Activity  
Coordinator



**Karl  
Tracy**  
.....  
Activity  
Assistant



**Madilyn  
Beach**  
.....  
Activity  
Assistant



**Paul  
Fox**  
.....  
Driver  
Coordinator



**Kathryn  
Rodriguez**  
.....  
Dining Room  
Coordinator

# Meet the ADC TEAM

## Caring Beyond Limits



**Gabriella Melges**  
.....  
Certified  
Nurse Asst



**Marta Sanchez**  
.....  
Certified  
Nurse Asst/Driver



**Melissa Mainstone**  
.....  
Certified  
Nurse Asst/Driver



**Adam Berryhill**  
.....  
Certified  
Nurse Asst/Driver



**Jodi Columbia**  
.....  
Certified  
Nurse Asst/Driver



**Mary Zeller**  
.....  
Certified  
Nurse Asst/Driver



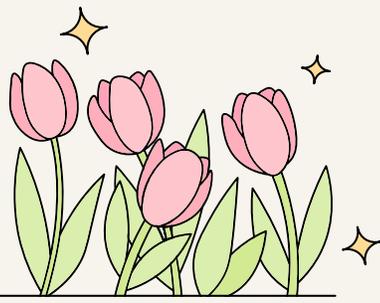
**Dan Hyatt**  
.....  
Driver



**Michael Glew**  
.....  
Driver



**Anthony Clark**  
.....  
Driver



# MARCH MENU

Menu Subject to Change



MEAL	MON 2	TUES 3	WED 4	THURS 5	FRI 6
BREAKFAST	Cereal Hard Boiled Egg	Toast Fruit	Bagel Strawberry Yogurt	Oatmeal Fruit	Toast Blueberry Yogurt
LUNCH	Ham Cheesy Mashed Potatoes	Chicken & Dumplings Peas	Beef Stew Tossed Salad	Chicken a La King California Vegetable Blend	Meatloaf Macaroni & Cheese
SNACK	Colby Jack Cheese Stick Fruit	Whole Grain Chip Peach Yogurt	Peanut Butter Shortbread Crackers	Blueberry Muffin Fruit	Cottage Cheese Fruit



MEAL	MON 9	TUES 10	WED 11	THURS 12	FRI 13
BREAKFAST	Cereal Fruit	Toast Fruit	Oatmeal Fruit	Blueberry Muffin Peach Yogurt	Bagel Fruit
LUNCH	Sweet Chili Pork Tenderloin Stir Fry Veggies	Chicken Thigh Supreme Roasted Potatoes	Sweet & Savory Meatballs Peas	Glazed Ham Scalloped Potatoes	Meatloaf Baked Potato
SNACK	Whole Grain Chip Fruit	Apple Cinnamon Muffin Fruit	Blueberry Yogurt Shortbread Crackers	Cottage Cheese Fruit	Peanut Butter Shortbread Crackers



# MARCH MENU

Menu Subject to Change



*St. Patrick's Day*

MEAL	MON 16	TUES 17	WED 18	THURS 19	FRI 20
BREAKFAST	Bagel Fruit	Cereal Fruit	Toast Hard Boiled Egg	Oatmeal Fruit	Apple Muffin Strawberry Yogurt
LUNCH	Beef Goulash Normandy Veggies	Bangers & Mash Ranch Green Beans	Pepper Steak Stir Fry Vegetables	Macaroni & Cheese w/Ham Zucchini	Lemon Chicken Thigh Mashed Potatoes
SNACK	Shortbread Crackers Fruit	Whole Grain Chip Peach Yogurt	Peanut Butter Shortbread Crackers	Blueberry Muffin Cottage Cheese	Strawberry Yogurt Fruit



MEAL	MON 23	TUES 24	WED 25	THURS 26	FRI 27
BREAKFAST	Blueberry Muffin Peach Yogurt	Bagel Hard Boiled Egg	Cereal Fruit	Toast Fruit	Oatmeal Fruit
LUNCH	Lasagna Italian Green Beans	Beef Goulash Capri Vegetables	Swedish Meatballs Mashed Potatoes	Broccoli & Cheese Stuffed Chicken	Beef Stroganoff Peas & Pearl Onions
SNACK	Whole Grain Chip Veggie Cup	Shortbread Crackers Fruit	Apple Cinnamon Muffin Blueberry Yogurt	Cottage Cheese Fruit	Whole Grain Chip Peach Yogurt



# MARCH MENU

Menu Subject to Change



MEAL	MON 30	TUES 31
BREAKFAST	Oatmeal Fruit	Cereal Fruit
LUNCH	Glazed Ham Cheesy Potatoes	Chicken Alfredo Italian Vegetables
SNACK	Peach Yogurt Shortbread Crackers	Cottage Cheese Fruit



**TIPS & TRICKS**

March is nutrition month. Aim to fill half of your plate with fruits and vegetables.

As the weather gets nicer try to get out for a short walk each day.

