



**YOUR CENTER CONNECTION**  
May 2026 Issue

## May is Older Americans Month!

Did you know that Michigan is one of the fastest-aging states in the nation? Pending decisions about long-term care, caregiving supports, home and community-based services, health care access, housing, transportation, and consumer protections will have lasting impacts on individuals, families, and communities statewide. This is why Senior Action Week and Older Michiganians Day are so important.

Older Michiganians Day and Senior Action Week are about ensuring that the people most affected by aging policy are helping shape it. Older adults, caregivers, and people with disabilities bring expertise grounded in lived experience. Their voices are essential to building policies that work, not just on paper, but in real life.

**Join us for Older Michiganians Day!** Older Michiganians Day is an annual event organized by the Area Agencies on Aging where advocates gather at the **State Capitol** to speak up about critical issues for older adults in Michigan. This year, Older Michiganians Day will take place on **Wednesday, May 13**. This day is in the middle of Senior Action Week, a week designed to call attention to issues that are important to older adults and provide ways to take action.

## 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](https://www.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**

TIMOTHY S.  
MAY 4TH

JODI C.  
MAY 10TH

BEN M.  
MAY 14TH

PAULA A.  
MAY 19TH

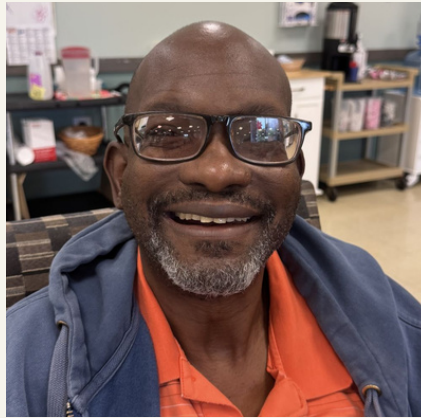
BENNIE G.  
MAY 24TH

MADILYN B.  
MAY 26TH

PHIL D.  
MAY 27TH

THE CENTER WILL BE  
CLOSED:

**MONDAY, MAY 25<sup>TH</sup>**  
**MEMORIAL DAY**



**MEET**  
**WORTHY**

Worthy Robbins Jr. worked in South Carolina as a Mental Health Counselor. He also worked at Meijer as a Greeter until he retired, in 2015. Worthy enjoys watching television, playing chess, video games, and taking nature walks. Worthy has two children, Matthew & Michael, who live in South Carolina. While at the Adult Day Care Center, Worthy enjoys playing games and visiting with the staff.

## 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!!**



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

# MAY 2026

CALHOUN COUNTY  
Est. 1977  
**MEDICAL CARE FACILITY**  
Marian E. Burch Adult Day Care

5/5 Outing: Cracker Barrel



5/6 Outing: Gilmore Concert

5/21 Outing: Senior Expo

**Wear Your Floppiest Derby Hat!**

9:45 Seated Stretching



10:00 Get Crafty with Juanita & Pat

11:00 Kentucky Derby History

12:30 Derby Trivia

1:00 Horse Races

9:45 Cardio **4**  
Drumming  
10:00 **B-I-N-G-O!**  
11:00 Cornhole  
12:30 Star Wars Day  
1:00 Noodle Ball  
**\*\*Golf Cart Rides\*\***

**Wear Fun Cinco De Mayo Colors!**

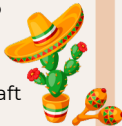
9:45 Morning Moves

10:00 **Cinco De Mayo B-I-N-G-O!**

11:00 History on Cinco De Mayo

12:30 Festive Word Search

1:00 Festive Craft



**National Nurses Day!**

9:45 Sit and B-Fit Exercise

10:00 Thank You Cards!

11:00 Balance Ball

12:30 Mystery Trivia

1:00 **Sing-Along with Elizabeth**

9:45 Cardio **7**  
Drumming  
10:00 Dart Board  
11:00 Comedy Movie  
12:30 Name 5 Things  
1:00 **B-I-N-G-O!**

9:45 Seated Stretching **8**  
10:00 Karaoke  
11:00 **Pet Therapy with Molly & Paul**  
12:30 World Red Cross Day  
1:00 Connect 4 on the Patio



**Wear Floral Attire!** **11**  
9:45 Cardio Drumming  
10:00 **B-I-N-G-O!**  
11:00 Yard Games & Mothers Day Reminiscing  
12:30 Reminiscing  
1:00 **Live Music with Shan**



9:45 Morning Moves **12**  
10:00 Flower Roll & Cover Dice Game  
11:00 Ladder Ball  
12:30 Name 5 Things  
1:00 Tabletop Bowling  
**\*\*Golf Cart Rides\*\***



9:45 Sit and B-Fit Exercise **13**  
10:00 **Church with Karl**  
11:00 Ring Toss  
12:30 Guess 10  
1:00 Flingin Birdies



9:45 Cardio Drumming **14**  
10:00 **Cooking Club: National Chocolate Chip Day!**  
11:00 Shuffleboard  
12:30 Name That Tune!  
1:00 **B-I-N-G-O!**

9:45 Seated Stretching **15**  
10:00 Get Crafty with Juanita & Pat  
11:00 Toilet Plunge  
12:30 Who Am I?  
1:00 Mini Basketball

9:45 Cardio Drumming **18**  
10:00 **B-I-N-G-O!**  
11:00 Mini Golf  
12:30 Trivia  
1:00 **Live Music with Singing Pals**

9:45 Morning Moves **19**  
10:00 **Entertainment Legends w/ Karl**  
11:00 **Whole Building Yard Games Outside (ADC)**  
12:30 Would You Rather?  
1:00 Bean Bag Slide



9:45 Sit and B-Fit Exercise **20**  
10:00 Bee Roll & Cover Dice Game  
11:00 Plate-It  
12:30 World Bee Day!  
1:00 **Live Music with Jerry Ball**



9:45 Cardio Drumming **21**  
10:00 **Travel with Karl**  
11:00 Skeeball  
12:30 National Day of Prayer  
1:00 **B-I-N-G-O!**

**Wear Neon Colors!** **22**  
9:45 Seated Stretching  
10:00 Floor Darts  
11:00 Giant Memory Game  
12:30 World Turtle Day!  
1:00 Washer Toss  
**\*\*Golf Cart Rides\*\***



**MEMORIAL DAY 25**  
**Closed for the Holiday!**



**Wear Red, White, and Blue!** **26**  
9:45 Morning Moves  
10:00 Karaoke  
10:30 **Bible Study with the Bogans**  
11:30 Memorial Day Thank You Sing-Along!  
12:30 History of Memorial Day  
1:00 **Live Music with Shan**



9:45 Sit and B-Fit Exercise **27**  
10:00 Slide Car Challenge  
11:00 Gone Fishing  
12:30 Name That Tune!  
1:00 Sunshine on the Patio!  
**\*\*Golf Cart Rides\*\***



9:45 Cardio Drumming **28**  
10:00 Basketball  
11:00 Frisbee Bucket Toss  
12:30 National Burger Day  
1:00 **B-I-N-G-O!**



9:45 Seated Stretching **29**  
10:00 Chuck -A-Duck  
11:00 Color Challenge  
12:30 Guess 10  
1:00 Spin-It to Win-It



# MAY DRESS-UP DAYS!



MAY 1ST

WEAR YOUR FLOPPIEST  
DERBY HAT!

MAY 5TH

WEAR FUN CINCO  
DE MAYO COLORS!



MAY 11TH



WEAR YOUR  
FLORAL ATTIRE!

MAY 22ND

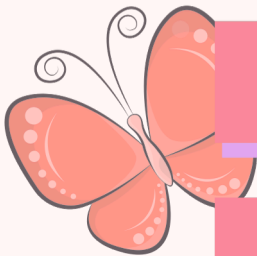
WEAR NEON  
COLORS



MAY 26TH



WEAR RED, WHITE,  
AND BLUE!



# VOLUNTEER CORNER

**VOLUNTEERS  
NEEDED**

**BINGO**

**Every Monday @ 10am**

**Every Thursday @ 1pm**



**COOKING CLUB  
THURSDAY, MAY 14<sup>TH</sup>  
@ 10AM**

**CHOCOLATE CHIP DAY!**



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



*Volunteer  
Spotlight*

## Katherine Fox



Katherine Fox has been volunteering with ADC, since October 2024. She chose to volunteer with us because “I value the impact it has on the community and the quality of care provided to its clients”. In her free time Katherine enjoys staying active and participating in Zumba. She also enjoys new places and experiences. Her first time to Gull Meadow Farms was volunteering on a community outing with the Adult Day Care Center! While at the Center, Katherine goes on outings and other community events; such as parades. Katherine says “volunteering here is an incredibly rewarding experience. It’s a place where you can make a genuine difference”.

## Benefits of Volunteering

- Sense of Purpose
- Reduces Stress
- Impacts Lives

**GOT AN  
HOUR!**

**LEARN MORE!**



**ccmcf.com**

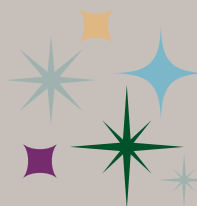
**CONTACT US**

**Volunteer Coordinator**

**Terri Chapman**

**Phone (269) 962-5458 Ext 311**

**Email: tchapman@ccmcf.com**





# ★ Rewind 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.**

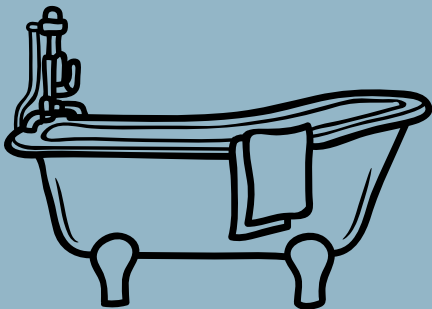
**We'd be happy to assist.**

# 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)!



## May is **Mental Health Awareness Month!**

Nearly one in five adults in the U.S. has a mental health condition. You might be surprised by the statistics:

- \* 48 million have an anxiety disorder
- \* 21 million have major depression
- \* 9 million have post-traumatic stress disorder
- \* 7 million have bipolar disorder
- \* 3.5 million have borderline personality disorder
- \* 3 million have obsessive compulsive disorder
- \* 1.5 million have schizophrenia



Stigma grows in silence. Healing begins in community. Mental Health Awareness Month provides a chance to stand with your community and show that no one struggles alone. By sharing our lived experiences and building strong community connections, we can challenge stigma and create spaces where people are supported, understood, and find healing.

It's OK to not be OK. May is a reminder to check in on your mental health and ask for help if you need it. If several of the following are occurring, it may helpful to follow up with a mental health professional.



Sleep or appetite changes  
Decline in personal care  
Mood changes  
Withdrawal  
Body pain  
Decline in functioning  
Problems thinking  
Increased sensitivity  
Apathy  
Feeling disconnected  
Illogical thinking  
Nervousness



One or two of these symptoms alone can't predict a mental illness but may indicate a need for further evaluation.

People with suicidal thoughts or intent, or thoughts of harming others, need immediate attention. Call/text 988 or visit [988lifeline.org](https://www.988lifeline.org) to access the Suicide and Crisis Lifeline, which is available 24/7.

## Mindful Hand Washing

Mindful hand washing transforms a routine hygiene task into a 20-second grounding exercise, using sensory awareness to reduce stress and increase presence. Focus entirely on the feel of the water, the scent of the soap, and the sensation of washing, treating it as a self-care ritual rather than a chore.

If your mind wanders, gently bring your focus back to the sensations of washing. This practice is effective for reducing anxiety during stressful times.



# WE ARE OPEN

*ADC Hair Salon*



WASH & STYLE



HAIR CUT

## HAIR SALON SERVICES

\$15 HAIR CUT

\$5 HAIR WASH

\$15 WASH & STYLE

Set-up a Trust Fund - Call us for details and to Schedule an Appointment

APPOINTMENTS  
AVAILABLE ON  
MONDAYS & TUESDAYS

# 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



**Marta Sanchez**  
.....

Certified  
Nurse Asst/Driver



**Melissa Mainstone**  
.....

Certified  
Nurse Asst/Driver



**Adam Berryhill**  
.....

Certified  
Nurse Asst/Driver



**Jodi Columbia**  
.....

Certified  
Nurse Asst/Driver



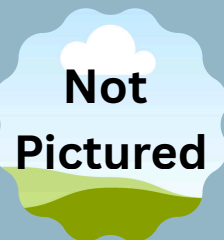
**Mary Zeller**  
.....

Certified  
Nurse Asst/Driver



**Gabriella Melges**  
.....

Certified  
Nurse Asst



**Mario Pena**  
.....

Driver



**Dan Hyatt**  
.....

Driver



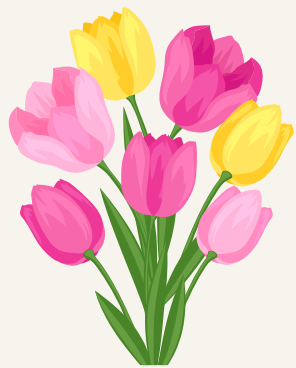
# MAY MENU

Menu Subject to Change



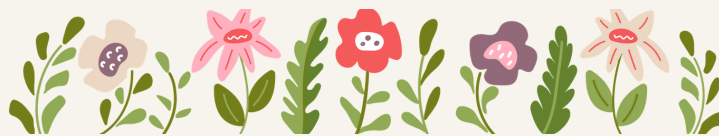
MEAL	FRI 1
BREAK FAST	Oatmeal Fruit
LUNCH	Beef Stoganoff Peas & Pearl Onions
SNACK	Whole Grain Chip Yogurt

MEAL	MON 4	TUES 5	WED 6	THURS 7	FRI 8
BREAK FAST	Oatmeal Fruit	Cereal Fruit	Bagel Yogurt	Apple Cinnamon Muffin Fruit	Toast Hard Boiled Egg
LUNCH	Glazed Ham Loaf Cheesy Mashed Potatoes	Citrus Glazed Chicken Roasted Potatoes	Tater Tot Casserole Cauliflower	Turkey Pot Pie Green Beans & Mushrooms	Baked Spaghetti Caesar Salad
SNACK	Shortbread Yogurt	Blueberry Muffin Fruit	Shortbread Crackers Peanut Butter	Whole Grain Chip Fruit	Cottage Cheese Veggie Cup



# MAY MENU

Menu Subject to Change



MEAL	MON 11	TUES 12	WED 13	THURS 14	FRI 15
BREAKFAST	Toast Fruit	Oatmeal Fruit	Blueberry Muffin Yogurt	Bagel Hard Boiled Egg	Cereal Yogurt
LUNCH	Turkey Cutlet Red Potatoes & Green Beans	Meatloaf Mashed Potatoes	Breaded Pork Hashbrown Casserole	Chicken Tenders Macaroni & Cheese	Salisbury Steak Brussels Sprouts
SNACK	Peanut Butter Shortbread Crackers	Apple Cinnamon Muffin Cottage Cheese	Yogurt Fruit	Cottage Cheese Veggie Cup	Yogurt Whole Grain Chip

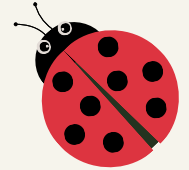





MEAL	MON 18	TUES 19	WED 20	THURS 21	FRI 22
BREAKFAST	Cereal Hard Boiled Egg	Toast Fruit	Oatmeal Fruit	Blueberry Muffin Yogurt	Bagel Fruit
LUNCH	Sweet Chili Pork Tenderloin Stir Fry Veggies	Chicken Thigh Supreme Roast Potatoes	Sweet & Savory Meatballs Peas	Glazed Ham Scalloped Potatoes	Meatloaf Baked Potato Green Beans
SNACK	Whole Grain Chip Fruit	Apple Cinnamon Muffin Fruit	Shortbread Crackers Yogurt	Cottage Cheese Fruit	Shortbread Crackers Peanut Butter

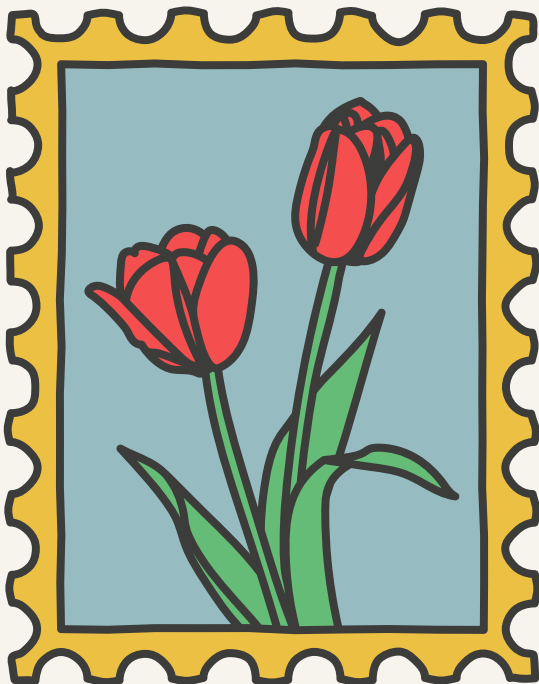


# MAY MENU

Menu Subject to Change



MEAL	MON 25	TUES 26	WED 27	THURS 28	FRI 29
BREAK FAST		Cereal Fruit	Toast Hard Boiled Egg	Oatmeal Fruit	Apple Cinnamon Muffin Yogurt
LUNCH		Turkey Tetrazzini Yellow Squash & Red Peppers	Pepper Steak Stir Fry Vegetables	Macaroni & Cheese w/Ham Roasted Zucchini	Lemon Chicken Thigh Mashed Potatoes
SNACK		Whole Grain Chip Yogurt	Shortbread Crackers Peanut Butter	Blueberry Muffin Cottage Cheese	Yogurt Fruit





6-WEEK CAREGIVER WORKSHOP | REGISTER BY APRIL 29



## Powerful Tools FOR Caregivers

🕒 Wednesdays, 10:00 am - 11:30 am  
May 6 - June 10, 2026

📍 **Kool Family Community Center**  
200 W. Michigan Ave, Second Floor  
Battle Creek, MI 49017

*For caregivers of adults aged 60+ or adults with disabilities 18+. Please inquire for respite care.*

Powerful Tools for Caregivers is a workshop that empowers caregivers to care for themselves while caring for their loved one.

### Learn ways to:

- Reduce stress
- Communicate effectively
- Make tough decisions
- Handle the challenges that come with being a caregiver



# Dementia Research Update



**Tuesday  
May 12  
5:30 pm**

**Kool Family Community Center • 200 W. Michigan, Battle Creek**  
This event is **FREE** with light refreshments. Seating is limited.



**Scott E. Counts, PhD  
and Graham Atkin, PhD**

## **Presenters from Michigan State University:**

### **Scott E. Counts, PhD.**

Associate Professor, Department  
Translational Neuroscience, Depart-  
ment Family Medicine, College of  
Human Medicine

### **Graham Atkin, PhD.**

Associate Professor, Departments  
of Radiology, Neurology & Ophthal-  
mology, and Medical Education

## Learn About:

Calhoun County partnership  
with Michigan State University  
in research and education.

What's new in the diagnosis and  
treatment of dementia.

Community Resources for people  
on the dementia journey.

**Register by leaving a message  
at (269) 979-1412**

THIS PROGRAM BROUGHT TO YOU BY:

*Miles For Memories*™ 

# MERRY MONTH OF MAY

## Word Search

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

BASEBALL

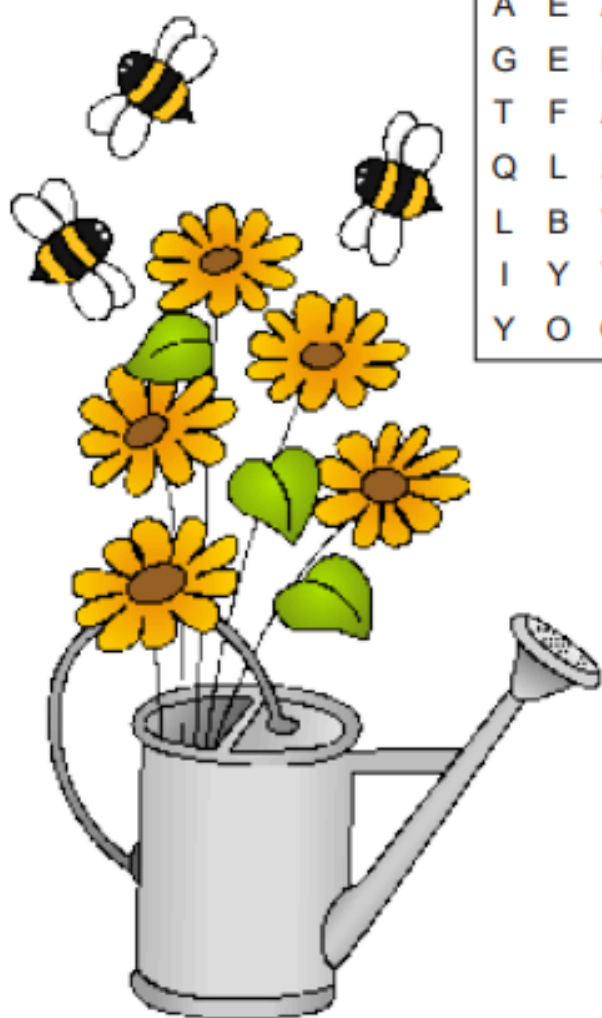
BLOSSOM

BUMBLEBEE

BUTTERFLY

CINCO DE MAYO

FLOWERS



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

GARDEN

GEMINI

GREEN

LADYBUG

LAWNMOWER

MAYPOLE

MEMORIAL DAY

MOM

MOTHER'S DAY

PIÑATA

PLANT

SEEDS

SPRING

SUNSHINE

TAURUS

TEACHER