



June is National Safety Month. To enhance home safety for older adults, prioritize fall prevention by addressing hazards like loose rugs, cluttered walkways, and poor lighting. Ensure adequate lighting, install grab bars in bathrooms and near stairs, and consider medical alert systems. Other important measures include fire safety measures, security precautions, and addressing potential scams.

SAFETY FIRST



Fall Prevention:

- Clear Walkways:** Remove or secure loose rugs, eliminate clutter, and ensure clear paths for walking.
- Adequate Lighting:** Install or use additional lights, especially in hallways, bathrooms, and on stairs.
- Secure Flooring:** Check for worn or loose carpets and install non-slip flooring or treads on stairs.
- Grab Bars:** Install grab bars in bathrooms near toilets and in tubs/showers, and near stairs for support.
- Handrails:** Ensure handrails on staircases are secure and well-lit, especially at the top and bottom of steps.



Fire and Emergency Safety:

- Smoke Detectors:** Install and regularly test smoke detectors in all areas of the home.
- Carbon Monoxide Detectors:** Install and test carbon monoxide detectors.
- Emergency Plan:** Develop and practice an emergency plan, including emergency contacts and evacuation procedures.
- Emergency Exit:** Keep emergency exits clear of obstructions.
- First Aid Kit:** Maintain a well-stocked first aid kit within easy reach.

Security and Scams:

- Locks and Alarms:** Ensure doors and windows have sturdy locks and consider installing an alarm system.
- Peepholes and Security Cameras:** Use peepholes and security cameras to verify visitors.
- Scam Awareness:** Be cautious of scams targeting older adults and share personal information with trusted family or friends.

Other Important Measures:

- Medical Alert Systems:** Consider a medical alert system for quick access to help in emergencies.
- Home-Based Care:** Explore home-based care support services for assistance with daily tasks.
- Aging in Place Services:** Consider aging in place services to help maintain independence in the home.
- Safety Inspections:** Schedule a home safety inspection to identify and address potential hazards.

YOUR CENTER CONNECTION

June 2026 Issue

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

Courtney Childs – cchilds@ccmcf.com

Keely Goff – kgoff@ccmcf.com

Paul Fox - 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

GARY K.
JUNE 2ND

GLENN Q.
JUNE 11TH

MELISSA M.
JUNE 11TH

ROBERT Z.
JUNE 14TH

WORTHY R.
JUNE 15TH

KEELY G.
JUNE 18TH



MEET JOSE

Jose "Joe" Hernandez worked for General Motors as a supervisor until his retirement, in 1992. Jose served in the Army for 2 ½ years, reaching the E4 rank, before he returned to civilian life. Jose enjoys sports of all kinds. You can usually find him supporting MSU through his shirts! While at the Center Jose loves to socialize with the staff and clients.

Healthy Habits with Celebrations

If your loved one would like 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!



The Center will be **CLOSED**:

- **Friday, June 19th**
(Staff Training)



- **Friday, July 3rd**
(July 4th Holiday)

Happy Independence Day!



IN LOVING MEMORY

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.



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
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!!





JUNE 2026

MONDAY

9:45 Cardio Drumming **1**
10:00 B-I-N-G-O!
11:00 Nerf Blast
12:30 World Ocean Reef Day
1:00 Slide Car Challenge 

9:45 Cardio Drumming **8**
10:00 B-I-N-G-O!
11:00 Plate-It 
12:30 World Oceans Day
1:00 Tabletop Bowling 

Wear Stripes! **15**
9:45 Cardio Drumming
10:00 B-I-N-G-O!
11:00 Balance Ball
12:30 Guess 10
1:00 Surprise Activity 

Wear Your Favorite Hat! **22**
9:45 Cardio Drumming 
10:00 Father's Day B-I-N-G-O!
11:00 Gone Fishing
12:30 National Rainforest Day
1:00 Men's Group & Ladies Garden Club

9:45 Cardio Drumming **29**
10:00 B-I-N-G-O!
11:00 Ring Toss 
12:30 National Camera Day 
1:00 Mini Basketball
****Golf Cart Rides****

TUESDAY

9:45 Morning Moves **2** 
10:00 Dart Board 
11:00 Giant Memory Game
12:30 Word Search
1:00 Volleyball


9:45 Morning Moves **9**
10:00 Chuck -A-Duck 
11:00 Shuffleboard
12:30 National Donald Duck Day
1:00 Noodle Ball
****Golf Cart Rides****


9:45 Morning Moves **16** 
10:00 Church with Karl
11:00 Cornhole
12:30 Reminiscing
1:00 Flingin Birdies
****Golf Cart Rides****

National Wear Pink Day! **23**
9:45 Morning Moves
10:00 Karaoke
10:30 Bible Study with the Bogans 
11:30 Frisbee Toss
12:30 National Typewriter Day
1:00 Sing-Along with Elizabeth 

9:45 Morning Moves **30** 
10:00 Color Challenge
11:00 Bucket Ball
12:30 Hangman
1:00 Fun on the Outside Patio

WEDNESDAY

9:45 Sit and B-Fit Exercise **3** 
10:00 Travel with Karl
11:00 Ladder Ball
12:30 World Bicycle Day
1:00 Parachute on the Patio



9:45 Sit and B-Fit Exercise **10**
10:30 Whole Building B-I-N-G-O! (CCMCF)
11:30 Mini Golf
12:30 Would You Rather?
1:00 National Iced Tea Day on the Patio 

9:45 Sit and B-Fit Exercise **17**
10:00 Washer Toss
11:00 Spin-It to Win-It 
12:30 National Fudge Day
1:00 Live Music with Jerry Ball 


9:45 Sit and B-Fit Exercise **24** 
10:00 Bean Bag Slide
11:00 Floor Darts
12:30 Word Search
1:00 Yard Games Outside
****Golf Cart Rides****

THURSDAY


9:45 Cardio Drumming **4**
10:00 B-I-N-G-O!
11:00 Bean Bag Toss
12:30 National Cheese Day
1:00 Target Crossbow
****Golf Cart Rides****

9:45 Cardio Drumming **11** 
10:00 B-I-N-G-O!
11:00 Entertainment Legends w/ Karl
12:30 Who Am I?
1:00 Music with Grace Fellowship 

9:45 Cardio Drumming **18**
10:00 B-I-N-G-O!
11:00 Name That Tune
12:30 Dad Jokes
1:00 Connect 4 on the Patio


9:45 Cardio Drumming **25**
10:30 B-I-N-G-O!
11:30 Toilet Plunge
12:30 Beatles Day
1:00 Live Music with Shan 

FRIDAY

Wacky Hair Day! **5**
9:45 Seated Stretching
10:00 Get Crafty with Juanita & Pat
11:00 Skee-ball
12:30 National Donut Day 
1:00 Donut Roll & Cover Dice Game

Wear Tie-Dye! **12** 
9:45 Seated Stretching
10:00 Karaoke
11:00 Pet Therapy with Molly & Paul
12:30 Hangman
1:00 Live Music with Shan 
****Golf Cart Rides****

19
SORRY WE'RE CLOSED
FOR STAFF TRAINING

9:45 Seated Stretching **26**
10:00 Ladybug Roll & Cover Dice Game
11:00 Multiple Board Cornhole
12:30 Helen Keller Day 
1:00 National B-I-N-G-O Day!

 6/8 Outing: Mooville
 6/11 Outing: Station 66

CALHOUN COUNTY
 EST. 1777

MEDICAL CARE FACILITY

Marian E. Burch Adult Day Care

JUNE DRESS-UP DAYS!

JUNE 5TH



**WACKY
HAIR DAY!**

JUNE 12TH



WEAR TIE-DYE!

JUNE 15TH



WEAR STRIPES!

JUNE 22ND

**WEAR YOUR
FAVORITE HAT!**



JUNE 23RD



**NATIONAL WEAR
PINK DAY!**

VOLUNTEER CORNER

VOLUNTEERS NEEDED

BINGO

Every Monday @ 10am

Every Thursday @ 1pm



WHOLE BUILDING BINGO
WEDNESDAY, JUNE 10TH &
THURSDAY, JUNE 25TH
@ 10:30AM



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



Volunteer Spotlight

Ellen Loftus



Ellen Loftus is newer to our volunteer program. We are so happy that she found our Adult Day Care Center as a place to volunteer. When Ellen retired as a nurse she chose to volunteer at the Center, because she enjoys helping people. While at the Center, Ellen volunteers with our weekly bingo; helping participants mark their cards. A little tidbit about Ellen is that she likes to be cheerful, tell a good joke, and surprise people with some gifts that she has crocheted. Ellen said she likes volunteering at the Center because everyone is nice, friendly, and helpful. Thank you Ellen for your contribution in impacting the lives of others.

Benefits of Volunteering

- Sense of Purpose
- Reduces Stress
- Impacts Lives

GOT AN HOUR!

LEARN MORE!



ccmcf.com

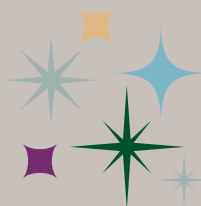
CONTACT US

Volunteer Coordinator

Terri Chapman

Phone (269) 962-5458 Ext 311

Email: tchapman@ccmcf.com

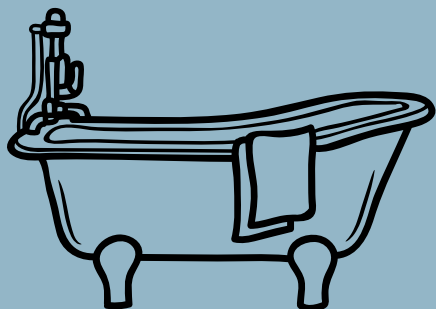


HEALTHY HABITS

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)!



Summer Strides



Whether you're stepping out to exercise, run errands, or get some sunshine, make sure you maintain your safety while enjoying the health benefits of walking this summer.

Walking Safety Practices

Be Visible: Wear bright or reflective clothing, especially at dawn, dusk, or night.

Plan Routes: Choose well-lit, familiar areas with flat surfaces. Avoid cracked pavement.

Watch for Traffic: Always face oncoming traffic if there is no sidewalk.

Cross Safely: Use marked crosswalks, wait for the signal, and make eye contact with drivers.

Proper Footwear: Wear comfortable, supportive sneakers with good traction.

Check Surroundings: Watch for uneven, slippery, or wet surfaces.

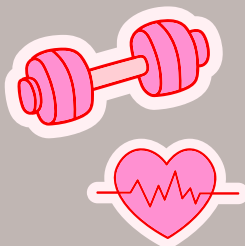
Avoid Turning Quickly: When turning, keep feet apart rather than crossing one leg over the other to prevent falls.

Hydrate: Bring water to stay hydrated, especially in warm weather.

Inform Others: Let someone know your route and expected return time.

Start Slow: Begin with a slow pace to warm up, particularly if you experience stiffness.

Check Health: Discuss any pain or walking issues with your doctor.



Regular exercise for older adults (aged 65+) provides critical, often immediate health benefits, including enhanced mobility, improved cognitive function, chronic disease prevention (heart disease, diabetes, certain cancers), and reduced fall risks. Even moderate, consistent activity boosts mental health, independence, and strengthens muscles and bones, making it a crucial component of healthy aging.



In the Spotlight





★ 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.

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 THE 2ND
MONDAY & TUESDAY
EACH MONTH



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



ALEXANDRITE

GARDEN

LEMONADE

SOLSTICE

BARBECUE

GEMINI

LONGEST DAY

STRAWBERRY

D-DAY

GRADUATION

OUTDOORS

SUMMER

DIPLOMA

HONEYSUCKLE

PEARL

THIRTY DAYS

FATHER'S DAY

JUNE

PICNIC

VACATION

FLAG DAY

JUNETEENTH

ROSE

WEDDING

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



**Marian
Fueri**
.....
Office Support
Intern



**Shallon
King**
.....
Dining Room
Coordinator

Meet the ADC TEAM

Caring Beyond Limits



Marta Sanchez
.....

Certified
Nurse Asst/Driver



Melissa Mainstone
.....

Certified
Nurse Asst/Driver



Melissa Young
.....

Certified
Nurse Asst/Driver



Jodi Columbia
.....

Certified
Nurse Asst/Driver



Mary Zeller
.....

Certified
Nurse Asst/Driver



Gabriella Melges
.....

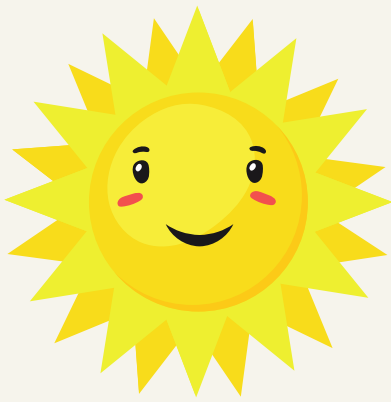
Certified
Nurse Asst



**Brad Rustermier
and
Dennis Upton**
.....
Driver



Dan Hyatt
.....
Driver



JUNE MENU

Menu Subject to Change



MEAL	MON 1	TUES 2	WED 3	THURS 4	FRI 5
BREAKFAST	Blueberry Muffin Yogurt	Bagel Hard Boiled Egg	Cereal Fruit	Toast Fruit	Oatmeal Fruit
LUNCH	Lasagna Garlic Bread Green Beans	Beef Goulash Scalloped Potatoes	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 Yogurt	Cottage Cheese Fruit	Whole Grain Chip Yogurt

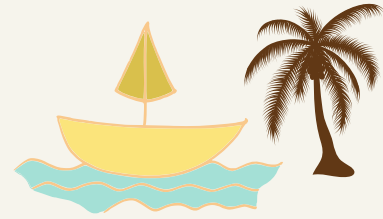


MEAL	MON 8	TUES 9	WED 10	THURS 11	FRI 12
BREAKFAST	Oatmeal Fruit	Cereal Fruit	Bagel Yogurt	Apple Cinnamon Muffin Fruit	Toast Hard Boiled Egg
LUNCH	Glazed Ham Loaf Cheesy Mashed Potatoes	Citrus Glazed Chicken Roasted Potatoes	Tater Tot Casserole Fruit	Turkey Pot Pie Green Beans & Mushrooms	Baked Spaghetti Caesar Salad Garlic Bread
SNACK	Shortbread Crackers Yogurt	Blueberry Muffin Fruit	Peanut Butter Shortbread Crackers	Whole Grain Chip Fruit	Veggie Cup Cottage Cheese



JUNE MENU

Menu Subject to Change



MEAL	MON 15	TUES 16	WED 17	THURS 18	FRI 19
BREAKFAST	Toast Fruit	Oatmeal Fruit	Blueberry Muffin Yogurt	Bagel Hard Boiled Egg	<i>Sorry we're</i> CLOSED
LUNCH	Turkey Cutlet Red Potatoes & Green Beans	Meatloaf Mashed Potatoes Peas	Breaded Pork Hashbrown Casserole	Chicken Tenders Macaroni & Cheese	STAFF TRAINING
SNACK	Peanut Butter Shortbread Crackers	Apple Cinnamon Muffin Cottage Cheese	Yogurt Fruit	Cottage Cheese Veggie Cup	

stay hydrated

MEAL	MON 22	TUES 23	WED 24	THURS 25	FRI 26
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 Roasted Potatoes	Sweet & Savory Meatballs Parsley Noodles	Baked Ham Scalloped Potatoes	Meatloaf Baked Potato
SNACK	Whole Grain Chip Fruit	Apple Cinnamon Muffin Fruit	Shortbread Crackers Yogurt	Cottage Cheese Fruit	Peanut Butter Shortbread Crackers



JUNE MENU

Menu Subject to Change



MEAL	MON 29	TUES 30
BREAKFAST	Bagel Fruit	Cereal Fruit
LUNCH	Beef Goulash Normandy Vegetables	Turkey Tetrazzini Yellow Squash & Red Peppers
SNACK	Shortbread Crackers Fruit	Whole Grain Chip Yogurt



JUNE 
 *vibes*

USDA Nondiscrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language) should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

This institution is an equal opportunity provider.



*thanks
for your
support*

