YOUR CENTER CONNECTION

November 2026 Issue

The Meaningful Feast: Creating an Inclusive Thanksgiving for Older Adults

The Thanksgiving season is a cherished time for family gatherings, filled with warmth, tradition, and good food. For many older adults, however, this festive occasion can bring feelings of loneliness or exclusion due to physical or cognitive changes. This year, focus on celebrating with your senior loved ones by incorporating them into the festivities in thoughtful and caring ways.

We would like to cordially invite our Adult Day Care participants (and up to two guests each) to join us for a **"Grateful Gathering" Holiday Luncheon** that will be held here at the Center, on **Thursday, November 19th, at 11:30 a.m**. Please **RSVP** no later than **November 9th**. A Traditional Holiday Meal, Musical Entertainment, and Activity will be provided.

Happy Thanksgiving

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.

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

Assisting & Monitoring Your Loved One's Daily Care Needs

LEARN MORE!
ccmcf.com

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
Courtney Childs – cchilds@ccmcf.com
Keely Goff – kgoff@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 upmost 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

TONY B.
NOVEMBER 2

LUKE D.
NOVEMBER 6

JAMES C.
NOVEMBER 12

KRISTIN N.
NOVEMBER 17

JOE H.
NOVEMBER 23

THE CENTER WILL BE **CLOSED**:

THURSDAY, NOVEMBER 26TH

FRIDAY, NOVEMBER 27TH

MEET JEANETTE

Jeanette worked as a supervisor, for the Post Office, until 1991. She then worked as a medical assistant until she retired, in 2015. Jeanette married her high school sweetheart and was married for over 60 years. She has three sons. At home, Jeanette enjoys crossword puzzles and browsing Social Media. She used to enjoy gardening. While at the Center, Jeanette enjoys the golf cart rides, exercising, socializing with other participants, and the games.

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!

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!

"Thanks for being there for us! I wouldn't be able to work and care for my mom if it was not for your program and services."
"My husband is enthusiastic about getting up, riding the bus, and going to daycare. It's his happy place-home away-from home."
CARING
beyond limits!
l Care Facility
"The staff are wonderful, engaging, and caring. They eagerly reach out to make a welcoming, individualized experience."
"Since my dad has been attending, I've noticed a HUGE improvement in his mental state! He's so happy on the days he goes and really enjoys everyone there."
SCAN HERE
to donate!
Check out our volunteer opportunities!
facebook.com/CalhouncountyMCF

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

JOIN US FOR A

Grateful Gathering

FAMILY MEAL

NOV | 19 | 11:30AM

Marian E. Burch Adult Day Care Center

Traditional Thanksgiving Meal & Music

All are welcome to join us! If its not your scheduled day to attend you can come and enjoy the fun, but your family member must stay with you throughout the event to provide any care.

FREE up to 2 guest, per participant

Welcome & Blessing
(*Charmaine Burch Bogan*)

Thanksgiving Meal
(*Prepared by CCMCF Kitchen Staff*)

Musical Entertainment
(*Peggy Needham-Mrva*)

Interactive Activity/Tours
(*Following the Meal*)

RSVP by Nov 9th

Call (269) 962-1750

WE ARE OPEN

APC 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

VOLUNTEER CORNER

VOLUNTEERS NEEDED

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

Scott

Scott is one of our newer volunteers and has been volunteering at the Center for several months. He lives in the area and saw that we were recruiting volunteers. He thought it would be a great fit for him since there was day and time flexibility, and volunteer options. Scott assist our participants on our community outings. Scott said; “I enjoy interacting with the staff and participants, because everyone is so nice!” Scott has a variety of interests outside of volunteering. He is an auto enthusiast, he enjoys classic rock & roll, bluegrass music, and wooden console radios, from the 30's & 40's.

Benefits of Volunteering

- Sense of Purpose
- Reduces Stress
- Impacts Lives

GOT AN HOUR!

CONTACT US

Volunteer Coordinator
Terri Chapman
Phone (269) 962-5458 Ext 311
Email: tchapman@ccmcf.com

LEARN MORE!

ccmcf.com

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!

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

Adult Day Care Advisory Board Members

Beverly Kelley
Board Chair

Pat Fosdick
Vice Chair

Charmaine Burch Bogan
Secretary

Jill Robins
Treasurer

Maya Williams
Member

Stanley Horn
Member

Joyce Spicer
Member

Dave Eddy
Member

Kristina Smith
Member

Wille Tabb
Member

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!

Memorial/Dedication Garden - Located in the ADC Courtyard

Consider purchasing a Brick to honor someone special!

Ask Us How!!

NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **9:45** Cardio Drumming **10:00** B-I-N-G-O! **11:00** Axe Throwing **12:30** Independent Leisure **1:00** Shuffleboard	**3** **9:45** Morning Moves **10:00** Skeeball **11:00** Hoops **12:30** Name 5 Things **1:00** Sing-Along with Elizabeth	**4** **9:45** Sit and B-Fit Exercise **10:00** Noodle Ball **10:30** Whole Building B-I-N-G-O! (CCMCF) **11:00** Tabletop Bowling **12:30** Who Am I? **1:00** Pupmkin Ring Toss	**5** **9:45** Cardio Drumming **10:00** Horseshoes **11:00** Slide Car Challenge **12:30** Mystery Trivia **1:00** B-I-N-G-O	Camo Day! **6** **9:45** Seated Stretching **10:00** Spin-It to Win-It **11:00** Karaoke **12:30** Independent Leisure **1:00** B-I-N-G-O for FUN!
9 **9:45** Cardio Drumming **10:00** B-I-N-G-O! **11:00** Pumpkin Bean Bag Toss **12:30** Independent Leisure **1:00** Live Music with Shan	**10** **9:45** Morning Moves **10:00** Turkey Dice Game **11:00** Floor Darts **12:30** Guess 10 **1:00** Ladder Ball	Veterans Day! Wear Red, White, and Blue! **11** **9:45** Sit and B-Fit Exercise **10:00** Patriotic B-I-N-G-O! **11:00** Patriotic Sing-Along **12:00** Veterans Day Celebration Lunch! **1:00** Popcorn and Hot Chocolate	**12** **9:45** Cardio Drumming **10:00** Giant Fall Memory Game **11:00** Noodle Soccer **12:30** Would You Rather? **1:00** B-I-N-G-O! **2:00** CCMCF Veterans Day Service	**13** **9:45** Seated Stretching **10:00** Get Crafty with Juanita & Pat **11:00** Basketball **12:30** Independent Leisure **1:00** Dart Board
16 **9:45** Cardio Drumming **10:00** B-I-N-G-O! **11:00** Karaoke **12:30** Independent Leisure **1:00** Bucket Pumpkin Toss	**17** **9:45** Morning Moves **10:00** Cooking Club: Banana Bread **11:00** Cornhole **12:30** Who Am I? **1:00** Balance Ball with **Popcorn and Hot Chocolate**	**18** **9:45** Sit and B-Fit Exercise **10:00** Turkey Bowling **11:00** Mini Golf **12:30** Would You Rather? **1:00** Live Music with Jerry Ball	**19** **9:45** Cardio Drumming **10:00** Candy Corn Toss **10:45** Granny Pants **11:30** Family Grateful Gathering Luncheon **12:30** Mystery Trivia **1:00** Family Fun B-I-N-G-O!	Wear Your Favorite Flannel! **20** **9:45** Seated Stretching **10:00** Get Crafty with Juanita & Pat **11:00** Pumpkin Throw **12:30** Independent Leisure **1:00** B-I-N-G-O for FUN!
23 **9:45** Cardio Drumming **10:00** B-I-N-G-O! **11:00** Washer Toss **12:30** Independent Leisure **1:00** Thanksgiving Movie with **Popcorn and Hot Chocolate**	**24** **9:45** Morning Moves **10:00** Karaoke **10:30** Bible Study with the Bogans **11:30** Thanksgiving Pictionary **12:30** Name 5 Things **1:00** B-I-N-G-O for FUN!	Wear Your Favorite Thanksgiving Shirt! **25** **9:45** Sit and B-Fit Exercise **10:00** Thanksgiving B-I-N-G-O! **11:00** Turkey Blast **12:30** Thanksgiving Trivia Fun! **1:00** Live Music with Shan	Thanksgiving! **26** Closed for the Holiday!	Black Friday! **27** Closed for the Holiday!
30 **9:45** Cardio Drumming **10:00** B-I-N-G-O! **11:00** Bullseye **12:30** Independent Leisure **1:00** Toilet Plunge				

11/6 Outing: Turkeyville
11/16 Outing: M66 Bowl

THANKFUL

NOVEMBER DRESS-UP DAYS!

NOVEMBER 6TH — CAMO DAY!

NOVEMBER 11TH — WEAR RED, WHITE, AND BLUE!

NOVEMBER 20TH — WEAR YOUR FAVORITE FLANNEL!

NOVEMBER 25TH

WEAR YOUR FAVORITE THANKSGIVING SHIRT!

Rewind the Fun

FUN, FRIENDS, FELLOWSHIP

FUN, FRIENDS, FELLOWSHIP

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.

In the Spotlight

PAJAMA Day

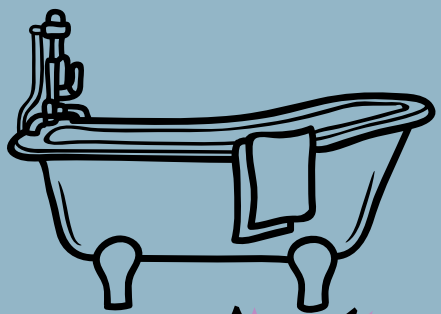
BURMA CENTER Senior Health Fair

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)!



Antibiotic Safety

Antibiotics are powerful, lifesaving medications that treat bacterial infections like strep throat and urinary tract infections. But, they're not for every sickness. Learning when you need antibiotics and how to take them properly can help you benefit from these medications with the least risk.

To ensure antibiotics work safely and effectively, health organizations like the CDC recommend the following rules:

- Bacterial only: Only take them for confirmed bacterial infections (like strep throat or UTIs). They do not work against viruses like the cold, flu, bronchitis, or COVID-19.
- Finish the course: Always complete the entire prescription exactly as directed, even if you feel better before it is done.
- Never share or save: Never take leftover antibiotics or use a prescription meant for someone else.
- Ask your pharmacist: Always confirm if your specific medication requires lifestyle adjustments, such as avoiding dairy products or staying out of direct sunlight.

It's tempting to stop taking an antibiotic as soon as you feel better, but you need to take the full treatment to kill the disease-causing bacteria. If you don't take an antibiotic as prescribed, you may need to start treatment again later.

For any questions about antibiotics and their use, chat with your Primary Care Provider.

Lightly loved pants wanted!

We are accepting gently used mens and women's pants (all sizes) with an elastic or drawstring waistband.

Feeling Grateful

Word Search

What are YOU thankful for on Thanksgiving Day and all the other days of the year? Here are a few ideas to get you started.

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

ANIMALS
BED
BIRTHDAY
BOOKS
CARS
CHALLENGES
DAD
EARTH
FAMILY
FLOWERS
GRANDPARENTS
HEALTH
HEARING
HEART
HOME
ICE CREAM
JOKES
LAUGHTER
LUNGS
MOM
MOON
MUSIC
NATURE
OXYGEN
POPCORN
RAIN
READING
SCHOOL
SHOES
SIGHT
SMELL
STARS
SUNSHINE
TASTE
TEACHER
TOUCH
VACATION

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Meet the ADC TEAM

Caring Beyond Limits

Alicia Davis

ADC Director

Keely Goff

Registered Nurse

Courtney Childs

Office Support Specialist

Chloe Rhoda

Activity Coordinator

Denise Petch

Activity Assistant

Madilyn Beach

Activity Assistant

Mary Zeller

Dining Room Coordinator

Marta Sanchez

Certified Nurse Asst/Driver

Meet the ADC TEAM

Caring Beyond Limits

Melissa Mainstone

Certified Nurse Asst/Driver

Jodi Columbia

Certified Nurse Asst/Driver

Amanda Edwards

Certified Nurse Asst/Driver

Melissa Young

Certified Nurse Asst/Driver

Gabriella Melges

Certified Nurse Asst

Dan Hyatt

Driver

Brad Rustermier

Driver

Anthony Baker

Driver

NOVEMBER MENU

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

Menu Subject to Change

MEAL	MON 2	TUES 3	WED 4	THURS 5	FRI 6
BREAK FAST	Bagel Fruit	Oatmeal Fruit	Toast Yogurt	Apple Cinnamon Muffin Hard Boiled Egg	Cereal Fruit
LUNCH	Chicken & Noodles Cauliflower	Turkey a la King Mashed Potatoes	Beef Pot Pie Tossed Salad	BBQ Pork Loin Baked Potato	Chicken Parmesan Garlic Bread
SNACK	Shortbread Crackers Fruit	Colby Jack Cheese Stick Fruit	Blueberry Muffin Fruit	Cottage Cheese Fruit	Tortilla Chips Salsa

Veterans DAY

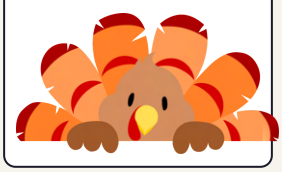
MEAL	MON 9	TUES 10	WED 11	THURS 12	FRI 13
BREAK FAST	Toast Fruit	Cereal Fruit	Pancakes Hard Boiled Egg	Bagel Fruit	Blueberry Muffin Yogurt
LUNCH	Swiss Steak Mashed Potatoes	Chicken Pot Pie Tossed Salad	Roast Beef Mushroom Gnocchi	Cranberry Glazed Turkey Roll	Spaghetti & Meatballs Caesar Salad
SNACK	Colby Jack Cheese Stick Fruit	Apple Cinnamon Muffin Yogurt	Shortbread Crackers Peanut Butter	Whole Grain Chip Fruit	Hard Boiled Egg Fruit

NOVEMBER MENU

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

Menu Subject to Change

MEAL	MON 16	TUES 17	WED 18	THURS 19	FRI 20
BREAK FAST	Cereal Fruit	Toast Hard Boiled Egg	Blueberry Muffin Fruit	Pancakes Yogurt	Bagel Fruit
LUNCH	Pork Loin with Citrus Apple Chutney	Turkey & Stuffing Casserole	Pot Roast Red Bliss Potatoes	**Grateful Gathering Meal**	Glazed Ham Macaroni & Cheese
SNACK	Whole Grain Chip Hard Boiled Egg	Colby Jack Cheese Stick Fruit	Yogurt Fruit	Shortbread Crackers Peanut Butter	Apple Cinnamon Muffin Fruit

MEAL	MON 23	TUES 24	WED 25	THURS 26	FRI 27
BREAK FAST	Apple Cinnamon Muffin Hard Boiled Egg	Bagel Fruit	Cereal Yogurt		
LUNCH	Hot Turkey Sandwich Veggies	Chicken Cornbread Bake Sweet Potato	Beef Stew Tossed Salad		
SNACK	Yogurt Fruit	Tortilla Chips Salsa	Whole Grain Chip Hard Boiled Egg		

NOVEMBER MENU

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

Menu Subject to Change

MEAL	MON 30
BREAK FAST	Pancakes Yogurt
LUNCH	Hot Roast Beef Sandwich Corn
SNACK	Apple Cinnamon Muffin Fruit

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, audiotape, 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.

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

REGION 3B AREA AGENCY ON AGING
CareWell services SOUTH WEST
PROMOTING HEALTH • INDEPENDENCE • CHOICE

MILESTONE
senior services

Calhoun County Senior Services

Michigan Department of Transportation

VA | U.S. Department of Veterans Affairs

Miles For Memories

thanks for your support

Department of Education