

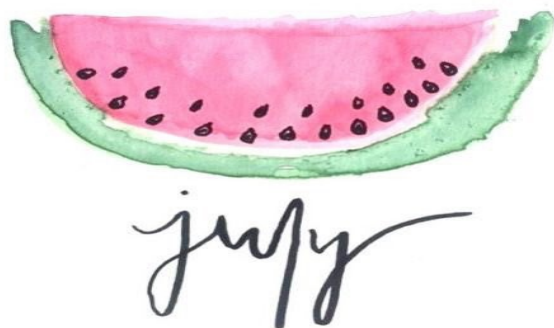
THE ANCHOR NEWS



**St. Joseph-Lincoln
Senior Service Center
3271 Lincoln Avenue
St. Joseph, MI 49085
(269) 429-7768**

**DIRECTORSJLSC@COMCAST.NET
WWW.SJLSC.ORG**

Hours: Monday thru Friday 8 am to 4 pm



2020

RENEWAL OF SENIOR CENTER PROPOSAL

Please remember to vote on August 4th for the Renewal of the Senior Center Proposal. It is vital to the future of the seven Senior Centers in Berrien County and for our community. Our Senior Centers have not been opened in recent months, but are all in the process of reopening so everyone can once again enjoy the many services that are provided. Mark your calendar for August 4th and help the Senior Centers continue to be a valuable resource in our County!



As of June 19th when this newsletter went to print, we have an anticipated reopening date of July 13th! **This date could change based on many factors, so it is best to check on our website or call the Center for the most up to date information.** The Board and Staff are so excited to welcome everyone back as we slowly return to our "new normal." We ask for your patience and cooperation as we all move forward in this new journey of our life.

Please read all of the new guidelines on pages 2 and 3. We ask that before you return to our Center that you strongly consider your personal health issues to make sure you can abide by all of the guidelines. You can only enter the Center by the front door and you will need to exit through another door depending on where your activity is at. We realize this could be difficult for some of our members. However, for the time being, this is a required procedure. Everyone will also be required to wear a mask or shield, which we know could be difficult for some.

Unfortunately, some of our members won't be able to return right away due to personal choices or health conditions. Just remember we will be happy to see you whenever you can come back.



SENIOR CENTER REOPENING GUIDELINES

THESE GUIDELINES WILL BE ENFORCED UNTIL RECOMMENDATIONS CHANGE FROM THE BERRIEN COUNTY HEALTH DEPARTMENT AND CDC. REMEMBER THAT THEY WILL NOT BE FOREVER AND THEY ARE FOR THE SAFETY OF OUR MEMBERS AND STAFF, WHICH IS OUR NUMBER ONE PRIORITY. EVERYONE NEEDS TO EVALUATE THEIR PERSONAL HEALTH ISSUES BEFORE RETURNING TO OUR CENTER AND MAKE SURE THEY WILL BE ABLE TO ABIDE BY OUR GUIDELINES. IF YOU DON'T FEEL COMFORTABLE OR CAN'T FOLLOW THESE GUIDELINES, YOU SHOULD CONSIDER WAITING TO RETURN TO OUR CENTER UNTIL RESTRICTIONS HAVE CHANGED.

More than ever, it is important to remember if you are not feeling well, please stay home. This is for your safety and of course is the considerate choice for everyone at our Center. If anyone comes to our Center and is then diagnosed with COVID-19, our Center will be closed for a minimum of 14 days and then return to Phase One of our reopening plan. All participants who were at our Center on the day an infected person was present will be notified to alert their health care provider. **We ask that if you or someone you know who has been to our Center becomes infected with COVID-19, to notify us immediately.**

It will be mandatory that everyone wear a mask or shield. **There will be no exceptions to this guideline.** Masks or shields can be removed when you start exercising and then replaced as soon as you are done exercising.

Everyone will enter through the front door where your temperature will be taken with a touchless thermometer and asked a series of questions. If someone has a temperature or answers yes to any question, they will not be permitted to enter our Center. This individual will be asked to go home and notify their health care professional. We will require that they don't return to our Center until their temperature is normal and/or they don't have any of their present symptoms for at least 72 hours without the use of fever-reducing medications. If they have been in contact with someone diagnosed with COVID-19, we require them to not return for at least 14 days.

Social distancing of 6 feet will be required at all times with the exception of exercising, where 8 feet is the requirement. Social distancing markers will be displayed throughout the Center; please always remember to abide by this guideline. Unfortunately, there will also be limited socializing at the Center. Everyone will be asked to go to your activity and then leave the Center. We ask that you don't enter staff offices. If you need to talk with them, please come to their doorway to have a conversation or call on the phone when you get home. Also there will be no "hanging out" at the front desk. Unfortunately, there will be no hugging at this time. Air hugs will have to do for the time being. We need to stay positive and remember that we are all back together.

We will not be accepting any donations for the Art Room/ Stitch & Chat Group, books for the library or any other items until further notice. Any monetary donations will be accepted and very much appreciated. If you would like to make a monetary donation, we would prefer a check instead of cash.

Due to social distancing, space will be limited in our gym to approximately 30 people. We anticipate this could be an issue with a few of our classes. We will start out on a first come, first serve basis. However, this procedure may need to change if at any time the participation exceeds the available space. Please be aware that you could be told at the door that your class is already full. We ask that you don't enter the building more than 15 minutes before your activity to allow for the previous members to exit and necessary time to disinfect the room.

Until restrictions are changed there will be no water, coffee, or snacks provided.

We will not be selling greeting cards or craft items until restrictions on common touch areas are lifted.



EXERCISE CLASSES: There will be no weights, resistive bands, drumming balls/buckets or water provided. If you want to participate in classes that require this equipment you will need to purchase it and bring these materials to class. Drumming sticks will be provided on a first come, first serve basis but it is recommended that you provide your own. There will also be no tables, coat racks or a place to put your personal belongs. We recommend that you limit the items you bring into the Center because you will need to keep them by your chair or on your person. If your class is in the gym you will need to exit through the back of the gym. If your class is in the Activity Room or Friendship Hall, you will need to exit through our back entrance.

TRANSPORTATION: We will begin with limited destinations. Medical appointments will take first priority and rides to our Center for activities will be our second priority. As time goes on the destination options will increase. We feel that when we begin this service these are the immediate needs. Riders will be called the day before their appointment and asked a series of questions to determine if at that time they are able to take transportation the next day. The same procedure will apply when they are picked up as it will determine if they come to the Center. The driver will take their temperature with a touchless thermometer and ask them a series of questions. If they answer yes to any of the questions they will not be able to use our transportation. All riders and drivers will wear masks or shields and only one rider will be permitted in the vehicle at one time unless the riders are from the same household. All riders will sit in the back seating area of the vehicle. Plexiglass barriers will be between the driver and the riders. All vehicles will be disinfected between riders by the driver. Due to the increased cleaning/screening time and limit of riders in a vehicle at one time, transportation volume will be decreased.

CONGREGATE MEALS: Senior Nutrition will not be serving meals at our Center until they have established a way to provide this service safely to our members.

COMMODITIES: We will continue to distribute commodities and ask that you stay in your car and have room in your trunk for our volunteers to place your box.

OUTDOOR FITNESS ZONE & WALKING TRAIL: These facilities will continue to be open for your pleasure. Please remember to bring disinfecting wipes to clean off the equipment before you use it and always keep 6 feet social distance from other people.

We plan on reopening our Center in Three Phases. Right now we don't know how long each phase will last due to member participation needs and increased duties of the staff implementing new procedures.

PHASE ONE

Transportation, Art Class/Greeting Card Making, All exercise classes except Contra Dance, Quilting/Stitch & Chat, Limited Educational Programs, Commodities, Loan Equipment by Appointment, Foot Clinic by Appointment and Computer Lab by Appointment

PHASE TWO

Book Club, More Educational Programs, Library with Restrictions and Individual Craft Classes

PHASE THREE

Cards/Games/Bingo, Pickleball, Circuit Training Room, Contra Dance, Congregate Meals, Social Events

Greeting Card Purchasing and Additional Craft Classes

We understand that our procedures will be frustrating for our members, however everyone's health will always be our first priority since our entire membership is in the high risk population for this virus. We need everyone who comes to our Center to abide by our guidelines and be patient as we implement our new operating procedures, so we can move forward to make our Center a safe and happy environment for everyone. In the words of Michael J. Fox, "Look at the choices you have, not the choices that have been taken away from you. In them, there are whole worlds of strength and new ways to look at things."

If you have any questions please speak with a staff member, volunteer or email our Director at directorsjlsc@comcast.net.

NOTES FROM RICK

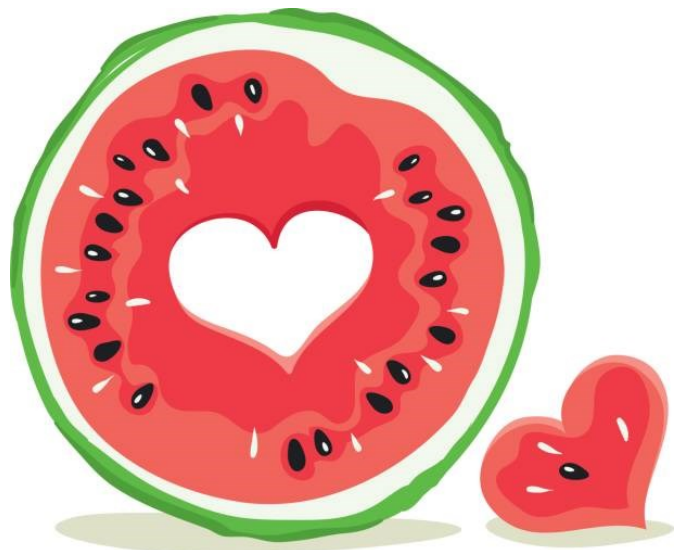
We are so happy to be able to have an anticipated reopening date, but remember just because we are going to open up our Center on a limited basis, does not mean the Coronavirus has gone away. Our Center is in a very unique position because our entire membership is in the high risk population and we want to keep everyone safe. The Board of Directors met on June 11th and looked at all the data on the Coronavirus spread. Michigan's numbers are decreasing and Berrien County's numbers are even better. Based on this data, we agreed upon reopening on Monday, July 13th, but on a very limited basis. By limited we mean that we can only have a maximum of 30 people in the gym. The Activity Room and Friendship Hall are limited at 16 people each. Participation will start as a first come, first serve type of basis. This has the potential to cause issues in some activities. Since it is impossible to know how many people will return to our Center, we will resolve issues as they come up. If you are number 31 in the door for a gym class, unfortunately you will be turned away. We will be watching the participation numbers and will consider adding more classes if needed to accommodate as many members as possible. We will do our best to make every procedure fair to everyone and keep you up to date if procedures change.

Carefully read the Senior Center Reopening Guidelines on pages 2 and 3 for the many changes in our day to day operations. There are several items that are sure to draw some comments. One in particular will be the use of a face mask or shield. The CDC and Berrien County Health Department have both detailed information that masks and shields help reduce the spread of the virus. Your Board of Directors are putting in place a guideline that everyone will wear a mask or face shield when not exercising. There will be no exceptions to this guideline. Our wonderful sewing ladies have been making cloth masks and they will be available for \$3 each. Please pay by check or cash in the exact amount. We will not be making change. Face shields can be found online if you feel that is a better option for you.

If you are one of the people who cannot wear a mask or shield because of health or breathing problems, I'm asking you to continue staying safe at home until we have a vaccine for this virus and we can reopen all of our activities and not have this restriction. I have a few friends who don't wear masks and they laugh at me for wearing mine. I tell them that it is because I love them that I am wearing it. My thoughts are, I might have the virus and if I do, I don't wish to spread it on to them. To me this is a simple decision. If you are against wearing a mask or shield please respect and show love to those of us that do by wearing a mask or shield, or simply stay home until it is safe for everyone.

I miss our members, it has been a rough couple of months staying away from everyone. Your Board of Directors think we can safely reopen if we all follow the guidelines. Failure to not follow them will needlessly endanger yourself, your friends, our staff and associates. It could also cause our Center to close down again and I know none of us want that to happen. So once again, read through the guidelines for reopening. Remember not everyone feels the same way about all of these safety precautions, however to be on the safe side we all need to respect and show love and understanding for each other and follow the rules.

Rick Freridge
SJLSC Board of Directors President



SJLSC NURSE – JAN YELDING



It is with a heavy heart we have to relay to you that Spectrum Lakeland cut their Senior Center/Parish Nursing Program, so unfortunately Jan will no longer be our Center nurse. Jan is taking this opportunity to spend

time with her twin great granddaughters, who were born on June 2nd, and she is also hoping to write that book she has always wanted to. If you would like to send a card to Jan, please let us know. We will miss you, Jan!

SENIOR SHREDDING DAY

Friday, July 24th, 9:00 am-12:00 pm
\$5.00 per person

This is our semi-annual event that will allow you to shred your personal documents. Please remember you can have a **maximum of 4 boxes of PAPER ONLY.** Boxes



should not be larger than a standard paper ream box, which is 11.5 inches wide, 17.5 inches long and 9 inches deep.

NO FAULT REFORM

Wednesday, July 29th, 10:00 am

Brian Barton of Pioneer Mutual will discuss the changes in Michigan No Fault Insurance. Based on your eligibility and individual needs you could select options or waive your PIP coverage. These options are intended to save you money, so plan on joining us for all the details. Don't forget to sign up, as space is limited.

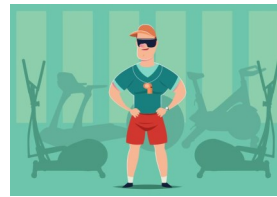


NEWSLETTER MAILING VOLUNTEERS

This month's mailing is
Wednesday, July 29th at 9:00 am

OUTDOOR FITNESS ZONE TRAINING

Friday, July 31st, 9:00 am-12:00 pm



Please join us for an outdoor fitness training demonstration. If you have any questions or if you just need instructions, our exercise monitors will be on hand to walk you through each exercise station. There is no need to sign up for this, just show up. **Please remember to practice social distancing & bring disinfecting wipes.**

TRIP CANCELLATIONS

Just a reminder that all trips have been cancelled for 2020 due to the many recommendations about high risk populations and the social distancing that will more than likely be a part of our lives for the foreseeable future. We will mail refund checks to everyone as soon as possible. In some cases, this will take place right away because the Center has not incurred any expenses yet, but with other trips we will have to wait until we receive a refund from the venue. We thank you in advance for your patience and understanding.

BERRIEN COUNTY YOUTH FAIR - SENIOR DAY

After much thought and consideration, it has been decided that SJLSC along with all other Senior Centers will not be participating in Senior Day at the BCYF this year. We understand your disappointment in this decision, but it is our number one concern to keep all of you safe and healthy. You can use this time to get ready for next year!

the
computer
lab

Our Computer Lab will be available by appointment only. Please call the Center for details.

COVID-19- HOW DO DIFFERENT TYPES OF MASKS WORK?

- ♦ **SURGICAL MASKS:** Also called a medical mask, a surgical mask is a loose-fitting disposable mask that protects the wearer's nose and mouth from contact with droplets, splashes and sprays that may contain germs. A surgical mask also filters out larger particles in the air.
- ♦ **N95 MASKS:** Actually a type of respirator, an N95 mask offers more protection than a surgical mask does because it can filter out both large and small particles.
- ♦ **CLOTH MASKS:** While surgical and N95 masks are in short supply, cloth masks are more accessible and reusable. Although cloth masks and N95 masks have different purposes, both are intended to slow the spread of COVID-19. A cloth mask is worn to help protect others in case the wearer has the virus.

HOW TO WEAR A CLOTH FACE MASK

- ♦ Cloth face masks should be worn in public settings where social distancing measures are difficult to maintain, such as in grocery stores, especially in areas of significant community based transmission.
- ♦ Place your mask over your mouth and nose.
- ♦ Tie it behind your head or use ear loops and make sure it's snug.
- ♦ Don't touch your mask while wearing it.
- ♦ If you accidentally touch your mask, wash or sanitize your hands.
- ♦ Remove the mask by untying it or lifting off the ear loops without touching the front of the mask or your face.
- ♦ Wash your hands immediately after removing your mask.
- ♦ Regularly wash your mask with soap and water in the washing machine. It's fine to launder it with other clothes.

- By Mayo Clinic Staff

CAMPUS FOR CREATIVE AGING CLASSES ARE BACK!

Area Agency on Aging's Campus for Creative Aging class offerings are back. They are online, live, and ready to enjoy some time with you. If you need instructions on how to use Zoom, no problem. They can help!

Here is a list of the classes they are offering:

- ♦ Fridays at 11:00 am the Sounds Good Choir Coffee Chat.
- ♦ Wednesday June 17th and June 24th at 2 pm Healthy Cooking with Chris.
- ♦ Fridays starting June 26th at 1 pm 'Eat Smart, Live Strong' Nutrition and Physical Activity 4 week series.
- ♦ Thursday July 30th at 1:30 pm Cyber Security and Election Scam series First session topic - Voting by mail.
- ♦ Thursday August 6th at 1:30 pm - How to Recognize Covid-19 scams.

Reserve your spot at:
www.campusforcreativeaging.org, or call Amy Nichols at (269) 982-7748



AREA AGENCY ON AGING LAUNCHES FRIENDLY CALLER PROGRAM FOR ISOLATED SENIORS

Area Agency on Aging has launched the Friendly Caller Program. This program is open to any senior who would like to connect with a friendly person to talk to while sheltering in place during the COVID-19 pandemic.

During these calls they can provide reassurance, help connect seniors to information regarding services they may need, and mostly, make sure they are not feeling lonely or isolated.

Seniors are encouraged to call (269) 408-4332 to speak to an Area Agency on Aging staff member. You can also visit <https://areaagencyonaging.org/information-assistance> or call 1-800-654-2810 for more information.

SPECIAL THANKS TO THESE VOLUNTEERS



Art Wagner, Marilyn Mann, Erika Mauerman, Onalee Hartman, Harold Krull, Sarah Rodgers and Len Casario for their many hours keeping the Walking Trail and Friendship Garden maintained.

Ron and Debbie Liggett who came in to distribute commodities in June.

Phyllis Herod, Fay Pressnitz, Kay Cashner, Jo Ann Ingraham, Helen Flugrath, Becky Kietzerow, Sandy Irving, Claudia Figlia and Kim Kimmerly for making masks.

Mary Sundblad, Jane Jeffrey, Fay & Werner Pressnitz and Bonnie Korican who came in to get our newsletter ready to be mailed.

Rick Freridge for his many hours in getting our Center ready to reopen.

Len Casario, Art Wagner, Ted Post and Rick Fredrige for installing a fence in Friendship Garden.

Art Wagner for his countless hours pitching in around the Center.

Ann Stedman for cleaning up the library and assisting the staff with other projects around the Center.

Monetary Donations

James & Christine Vida made a [Donation to the General Building Fund.](#)

-Art Wagner made a [Donation of Postage Stamps to help with our additional mailing expense.](#)



HAPPY 4TH OF JULY

"May we think of freedom, not as the right to do what we please, but as the opportunity to do what is right." ~ Peter Marshall

We celebrate the 4th of July as marking the birth of the United States of America. In reference to Independence Day, let's also celebrate the return of our independence in light of the coronavirus. The Board of Directors and Staff of St. Joseph-Lincoln Senior Service Center wish all of you a **Happy 4th of July**. We'll see you soon!



RECURRING SCHEDULE

MONDAYS

9:00 am - Resistive Exercise
9:30 am - Quilting Group
10:30 am - Range of Motion Exercise
11:45 am - Moving with Melodie
12:00 pm - Tai Chi
12:30 pm - Bridge
1:15 pm - Chair Drumming

TUESDAYS

9:00 am - Resistive Exercise
10:15 am - Calisthenics
1:00 pm - Art Class
1:00 pm - Advanced Line Dancing
2:00 pm - Beginning Line Dancing

WEDNESDAYS

8:45 am - Resistive Exercise
9:00 am - Greeting Card Making
10:00 am - Moving with Melodie
11:15 am - Cardio Drumming
12:15 pm - Parkinson's Exercise
*Registration Required
1:00 pm - Stitch & Chat

THURSDAYS

9:00 am - Resistive Exercise
10:00 am - Board Meeting-3rd Thursday of month
10:15 am - Range of Motion Exercise

FRIDAYS

9:30 am - Chair Yoga
10:00 am - Line Dancing
12:15 pm - Parkinson's Exercise
*Registration Required
12:00 pm - Tai Chi

Please don't enter the Center more than 15 minutes before your activity. Also remember there will be no water available in the Center and you will need to bring your own exercise equipment. Please exit the building through the back of the gym or the back entrance.



EXERCISE CLASS SUMMARY

Beginning and Advanced Line Dancing -Teaches dancing either for the new or experienced (active activity).

Calisthenics-Full body workout, improves general health and motor control by engaging muscular chains rather than individual muscles (moderate activity).

Cardio Drumming-Standing while you drum along to the beat of music (active activity).

Chair Drumming-Seated while you drum along to the beat of music (moderate activity).

Chair Yoga-Mindful approach to practicing balance, strength, flexibility, and breath work. Experience stress reduction, improve blood pressure and pain management (moderate activity).

Contra Dance-Social, energetic, accessible, and fun. No fancy footwork. Come try this American classic form of dance (moderate activity).

Moving with Melodie-Exercising, stretching, and a variety of dance numbers to all forms of music. No dancing experience required (active activity).

Parkinson's Exercise-Specifically designed for those diagnosed with Parkinson's.
Registration is required.

Range of Motion-Maintain and/or increase strength, flexibility, and joint health with stretching and body movements (moderate activity).

Resistive Exercise-Uses exercise bands, dumbbells, and body weight to improve muscular strength and endurance throughout the body. Seated and standing positions (moderate activity).

Tai Chi-The gentle martial art with slow focused movements. A wonderful way to relax, keep flexible, find balance, and improve overall health and well-being (moderate activity).



If you would like an email reminder when the newsletter is online, please email us at assistantsjlsc@comcast.net

St. Joseph – Lincoln
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This newsletter mailed @ St. Joseph Post Office on 6-24-20



Serving the Community Since 1975

It is the mission of the St. Joseph-Lincoln Senior Service Center to provide safe, friendly, and positive social, educational, and recreational services for the 60 + citizens of our community.

Executive Board Members

President Rick Freridge
Vice President Shirley Miller
Secretary Mary Sundblad
Treasurer Bob Hopkins

Board Directors

Celina Bevelhymmer, Louise Boelcke, Bill Burrows,
Pauline Fox, Dolores Frantz, Tim Kragt, Tom Oatman and
Carol Small

Staff

Executive Director Cindi McLaughlin
Program Coordinator Jennifer Malone
Support Associate Sharyl Freehling
Staff Assistant Sarah Rodgers
Receptionist Onalee Hartman
Building Custodian Tai Huynh
Senior Nutrition Manager Marilyn Hawkins 235-4103
AND ALL OUR WONDERFUL VOLUNTEERS!

Helpful Service Numbers

Area Agency on Aging	(800) 654-2810
Elder Abuse	(855) 444-3911
Health & Human Service	2-1-1
Medicaid Hotline	(800) 642-3195
Medicare Questions	(800) 633-4227
National Do-Not-Call	(888) 382-1222
Senior Help Line	(800) 654-2810
Senior Legal Hotline	(800) 347-5297
Michigan OMBUDSMAN	(866) 485-6393
Social Security	(800) 772-1213
To Report a Scam-Treasury Dept.	(800) 366-4484
Veterans Affairs Office	983-7111



MONTH AT A GLANCE

9 Board Meeting 10:00 am
13 **CENTER REOPENS!!**
17 Commodities - Monthly - 9:00-11:00 am
17 Foot Clinic I-**BY APPOINTMENT ONLY**
24 Shredding 9:00 am-12:00 pm
29 Newsletter Mailing 9:00 am
29 No Fault Reform 10:00 am
31 Outdoor Demo Training 9:00 am-12:00 pm
31 Foot Clinic II-**BY APPOINTMENT ONLY**

YAY, IT'S GREAT TO BE BACK!

