

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

Happy Father's Day



**"Dad: He can play like a kid, give advice like a friend, and protect like a bodyguard."
- Unknown**

The Board of Directors and Staff of SJLSC would like to wish all of you a very Happy Father's Day. Although you may not be able to be with all of your loved ones this Father's Day, we hope that you can connect in other ways and have a great day!

SJLSC VOTED AS ONE OF THE TOP 20 PLACES TO WORK IN SW MICHIGAN!

Jennifer Malone, our Program Coordinator, nominated our Center a few months ago and we recently received recognition as one of the Top 20 Best Places To Work in Southwest Michigan! All of the employees feel blessed to be a part of such a great organization. We know that our Board of Directors, our volunteers and our members is what make this such a great place to work. Thank you Jennifer for taking the time to nominate our Center!

FLAG DAY

Did you know that the first celebration of the U.S. Flag's birthday was held in 1877 on the 100th anniversary of the Flag Resolution of 1777?



However, it is believed that the first annual recognition of the flag's birthday dates back to 1885 when school teacher, BJ Cigrand first organized a group of Wisconsin school children to observe June 14, which was the 108th anniversary of the official adoption of The Stars and Stripes as the flag's birthday. Because of his efforts, BJ Cigrand is now known as the "Father of Flag Day." Flag Day is a day for all Americans to celebrate and show respect for our flag.



NOTES FROM RICK

Well isn't this a fine mess? The Board met on May 14th and unfortunately decided to extend our closing indefinitely. Our nurse, Jan, attended our meeting and advised us on how hard this virus is effecting our senior population in Berrien County and how fast it can spread between these individuals. Since we are all seniors, and a good portion of us have underlying health issues, we are the highest at risk group and thus will be the last to have restrictions lifted. The Board at this time sees no clear avenue to reopening until there is a vaccine or a medical treatment that will stop the virus. Every day it seems like there is a new discovery in the medical search for a cure, so here's hoping it won't be that long.

Last month I talked about how we are funded, and what a great deal it is. On August 4th we will be voting on renewing our Senior Centers funding proposal with the County for the next 4 years. This renewal calls for a thirty hundredths of one mill, (\$.30 cents per each \$1,000 of Taxable Valuation). My example last month showed my home Taxable Value at \$102,000, so my tax bill for the seven Senior Centers in Berrien County will be \$30.60 annually. This is a great deal! Look at all of the services we provide here at the Saint Joseph Lincoln Senior Center. Before COVID-19 struck we were experiencing over 250 people per day attending activities here. We were adding between 60 to 90 new members each month.



I know of nowhere you can get such a value for your dollar. Soon we will be back in business, the virus will be defeated and we will be able to come enjoy the activities and events at the Center once again. But, I need your help. You need to get out and vote **YES** for the Senior Center Renewal proposal. Tell your neighbors, friends and relatives to vote **YES** for the Senior Center Renewal Proposal. The State of Michigan recently announced that they will be mailing absentee applications to all active voters. My wife and I have been voting this way for several years and find it much easier to vote by mail. I personally like having the time to research all these millage proposals and find out just what I am voting for. Look on page seven for more information about this proposal.

I am really looking forward to things getting back to normal. Even though I don't think that will happen for a while I am keeping busy with little projects that have been put off for way too long. If you are all caught up with your home projects I have some painting projects here at the Center I could use some help with. With no one but Cindi here at most times, I can keep you safely socially distanced and find you something to paint. The Late Bloomers Landscaping crew and Art Wagner could use help with the Walking Trail and Friendship Garden. Call and leave a message (429-7768) if you are willing to help with some projects around the Center.

Don't forget about the beautiful facility we have in our backyard, the Betty Kohn Outdoor Fitness Zone and Pricilla Byrns Walking Trail and Gardens. Just enjoying all the color and plants that they have planted so far will lift your spirits. If you come to use the exercise equipment, please bring your own disinfectant wipes and wear a mask when around others. Remember to maintain a safe social distance and remember to respect the rights and feelings of others.

We hope to see everyone soon. Stay happy and healthy!

Rick Freridge
SJLSC Board of Directors President

PRISCILLA UPTON BYRNS WALKING TRAIL & GARDENS AND FRIENDSHIP GARDEN

There have been many additions to the Walking Trail & Friendship Garden. Our volunteers have been hard at work making these areas even more beautiful! Even though SJLSC is closed right now, please come on out and take a walk on the trail and venture into the Friendship Garden. You will find new birdhouses and feeders, butterfly houses, and new flowers and bushes. There is so much to see, it is sure to lift your spirits.



HEALTH NEWS

Tips for Beating Anxiety, Isolation and Loneliness

Staying at home and avoiding crowds is necessary to prevent the spread of coronavirus, but it can lead to feelings of anxiety, isolation and loneliness. Social distancing does not mean social isolation. Try these suggestions during these trying times and beyond.

1. Limit the time you spend watching the news.
2. Create a new routine; pick up the phone to check in with each other.
3. Include an exercise routine even if you do not feel like it. Exercise increases endorphins that trigger a positive feeling in the body.
4. Maintain regular sleep pattern and resist excessive daytime napping to fill the time.
5. Find meaningful activities like journaling about your life. Organize photos to coordinate with your journaling.
6. Use the speaker phone with a friend to watch a television program together, have coffee together, or even play a game together.
7. Stay active in the community from home. Many organizations like political parties, churches and nonprofit organizations rely on volunteers to make phone calls.
8. If you have a smartphone, learn to FaceTime, Skype (picture call) or Facebook with friends and family.
9. Explore the world through websites that provide activities, like webcam visits to zoos, museums, beach locations, concerts, and national parks in real time. You can actually take a walk through the streets of any location on earth through the magic of the internet on Google Earth. To access these sites, go to <https://www.agingcare.com/articles/lockdown-activities-for-an-elderly-loved-one-457557>. Call your doctor if stress gets in the way of your daily activities for several days in a row.

Jan Yelding, RN





-Pauline Fox made [Donations to the Friendship Garden in appreciation of Art Wagner and Rick Freridge for all of the work they have been doing around the Center.](#)

Melanie Allan made a [Donation in Memory of Arden Pridgeon.](#)

SPECIAL THANKS TO THESE VOLUNTEERS

Art Wagner, Marilyn Mann, Erika Moerman, Onalee Hartman, Harold Krull, and Len Casario who continue to plant flowers and bushes in Friendship Garden and the Walking Trail.

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

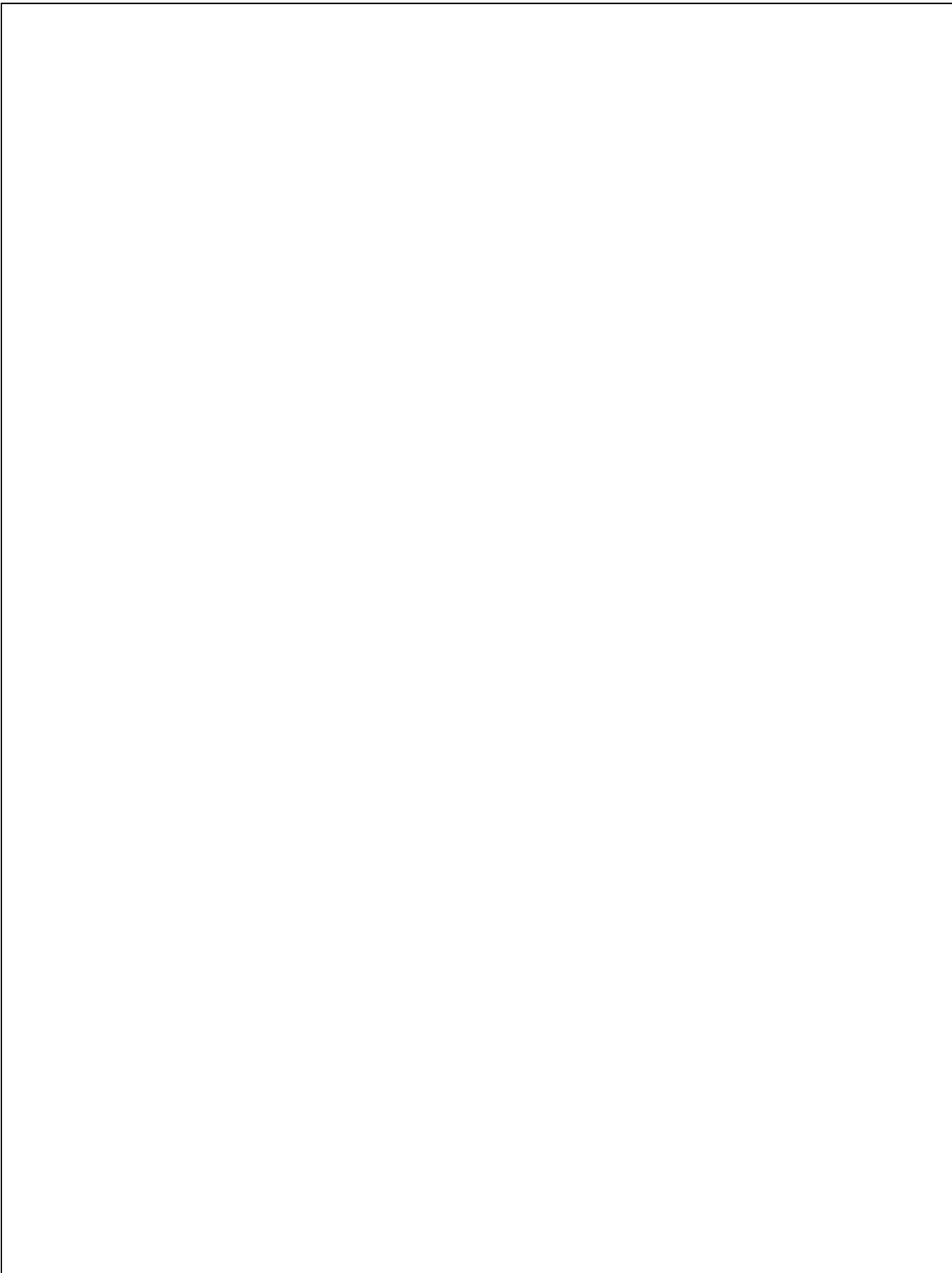
Phyllis Herod, Faye Pressnitz, Kay Cashner, Jo Ann Ingraham, Helen Flugrath, Marcia Hess, Diana Swartz, Becky Kietzerow, Sandy Irving, and Claudia Figlia for making masks.

A special thanks to our Board of Directors who have been handed the extreme responsibility of keeping our members safe and making decisions that have everyone's best interest at heart.



VOTE FOR RENEWAL OF SENIOR CENTERS PROPOSAL

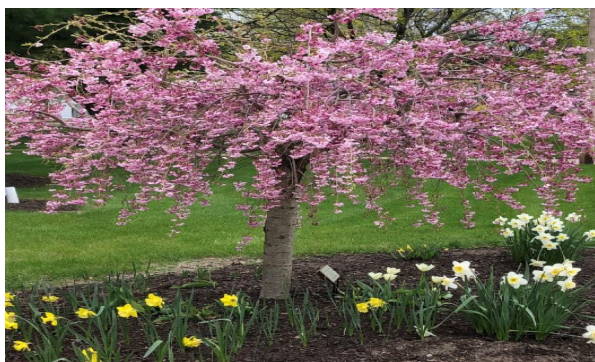
On August 4th the renewal of the Senior Center Proposal will be on the ballot. The seven Senior Centers in Berrien County are largely funded by this millage, which is based on your property tax value. This proposal renewal will be for four years, 2021-2024. If your home has a property assessment of \$100,000, your contribution for the seven Senior Centers is approximately \$30 a year. It is truly remarkable that our Centers can make the services available to our community on this very small amount per household, **however we can't do it without your vote!** Absentee ballot applications will be mailed to you or you can fill the application out online by going to the website of the municipality you live in. Once you receive the ballot please fill it out and return it with a **YES** vote to support our Senior Centers so when we reopen we can continue to provide you with services like transportation, health and wellness classes, cards and games, daily lunches, educational programs, social events, loan closet and so much more. Our future lies in your hands! If you need more information, please give us a call and we will assist you.



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3271 Lincoln Ave.
St. Joseph, MI 49085

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**DATED MATERIAL DO NOT DELAY
RETURN SERVICE REQUESTED**



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

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

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Executive Director Cindi McLaughlin
Program Coordinator Jennifer Malone
Support Associate Sharyl Freehling
Staff Assistant Sarah Rodgers
Receptionist Onalee Hartman
Building Custodian Tai Huynh
Nurse Jan Yelding
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
Lakeshore Legal Aid	(888) 783-8190
Medicaid Hotline	(800) 642-3195
Medicare Questions	(800) 633-4227
Michigan OMBUDSMAN	(866) 485-9393
National Do-Not-Call	(888) 382-1222
Senior Help Line	(800) 654-2810
Social Security	(800) 772-1213
To Report a Scam-Treasury Dept.	(800) 366-4484
Veterans Affairs Office	983-7111



TRIP CANCELLATIONS

We regret having to report to you that we have cancelled all of our trips 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 near future, we don't see how putting 36-50 people on a bus and traveling to a destination where there are many other people is a wise decision to make. We know that many of you will be disappointed but as with all decisions our Senior Center makes, we feel the extreme responsibility to protect you from this virus. 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. When we can safely schedule trips in the future we plan on having some of the same trips we were going to take this year.