

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**

SEPTEMBER 2020



Many of our members are excited to be able to start participating in our outdoor fitness classes under the tent near the Walking Trail and it is so nice to see faces that we haven't seen for many months. As you can see by the schedule on page 4 we currently have 2 classes a day, early in the morning to keep our members as cool as possible. When the heat of summer changes to fall breezes we would like to offer additional classes later in the day. We will announce any new classes through a robocall to the members who attended that class in the past. If you would like to sign up for a class please call the Center, if you get our answering machine please leave your name, phone number and the class you would like to attend and we will call you back to verify that you are registered for the class.

IMPORTANT ELECTION DATES

Below are the dates for the election process:

Sep. 17th	Presentation of Nominees to Board
Sep. 28th	Candidate Interviews
Oct. 1st	Candidate Meet & Greet 11:15 am
Oct. 2nd	Absentee Voting 8 am-4 pm
5th & 6th	
Oct. 8th	Board Election 9 am-4 pm
Oct. 15th	Board Meeting with Election of Officers 10:00 am
Oct. 16th	Annual Breakfast 9:00 am

If our Center is closed as we approach the printing of our October newsletter, we will have information about how we will run the absentee voting and the election. The Candidate Meet and Greet may not be able to take place. Areas that qualify for voting are the City of St. Joseph, the Townships of St. Joseph, Lincoln and the north section of Royalton (Marquette Woods Rd. and north), as well as the villages of Stevensville and Shoreham.

NATIONAL SENIOR CENTER MONTH

Seniors are the most wonderful source for inspiration. They are the ones who can give us hope even in situations when it seems we have lost everything. Happy National Senior Center Month. Due to the Covid-19 pandemic, we cannot celebrate our awesome seniors the way we'd like. We cannot express how much you enrich our lives and how much we miss interacting with you all! So please know how much you mean to us, how much we miss you, and without you, this Senior Center would not be what it is.

NOTES FROM RICK

Thank you to everyone for your support of the mileage renewal! This insures another 4 years of funding for our wonderful Center. Art Wagner and the team of Late Blooming Landscapers have been doing a great job on the Friendship Garden and the Priscilla Upton Byrns Walking Trail. If you have not been out to inspect it lately you should really put it on your to do list. The butterfly bushes are in full bloom and there are butterflies all over them.

This week we started several outdoor exercise classes. I observed the Cardio Drumming class and everyone looked excited to be back doing something fun. The Betty Kohn Outdoor Fitness Zone is seeing increased traffic. Remember you can always come to our backyard to exercise!

The renovation of the bathroom at the south end of the building has started and we have been assured that we will be finished this fall. Our website will be getting a new look. With a donation of time for labor we are in the process of upgrading our website. We look forward to a September 30th switch over.

Our donations are one of the things that have been affected since we closed in March. Obviously we have decreased many costs since being closed but due to the safety regulations associated with COVID-19 we have acquired many costs that will continue for long time. If you are so inclined, please consider our Center in your planned giving. Checks can always be mailed and would be greatly appreciated!

The last item I would like to address is safety. Yes, we are trying some outdoor exercise classes. Continuing them and expanding them will depend on YOU. So we all need to do our part if we want to continue with exercise opportunities here at the Senior Center. First and foremost, **wear a face mask. Stay socially distanced.** I have wanted to hug people, even more now that we are not supposed to. **Wash your hands. Disinfect common touch areas** like door knobs and handles. **Be kind to everyone.** This is the most trying time I can remember. A kind word goes a long way. **Be safe!**

Rick Freridge
SJLSC Board of Director-President

FOOT CLINIC

By Appointment Only

Friday, September 11th

Friday, September 18th



Van's Medical Equipment provides this monthly service, which is also available to diabetics, **with a doctor's order.** The first visit is \$30, which includes a reusable foot care kit. Follow up visits are \$25.

DONATIONS

We are not accepting donations of cards, books, puzzles and loan equipment at this time. We also ask that you don't leave anything in the mailbox or outside that you wish to donate. We appreciate your cooperation and will update you when we once again are accepting these types of donations.

LOAN CLOSET APPOINTMENTS

Our loan closet is open by appointment only. If you need to borrow something please call and we will arrange a time for you to pick up what you need.



SENIORS MOVING!

Did you know you can sign up for outdoor fitness classes? Our instructors are here and anxious to see all of you. Please call the Center for details to sign up!

CARDIO DRUMMING WITH JEAN!



NEWSLETTER MAILING VOLUNTEERS

**This month's mailing is Wednesday,
September 30th at 8:00 am**

OUTDOOR EXERCISE SCHEDULE

MONDAYS

9:00 am - Cardio Drumming
10:00 am - Calisthenics - **NO CLASS 9/14**

TUESDAYS

8:30 am - Resistive Exercise - **NO CLASS 9/1**
9:30 am - Range of Motion Exercise

WEDNESDAYS

9:00 am - Cardio Drumming
10:00 am - Calisthenics

THURSDAYS

8:30 am - Resistive Exercise - **NO CLASS 9/3**
9:30 am - Range of Motion Exercise

FRIDAYS

9:00 am - Chair Yoga - **NO CLASS 9/11**
10:00 am - Resistive Exercise - **NO CLASS 9/4**

We are so excited to be offering some outdoor fitness classes. Here are some things to remember:

- ♦ You need to call & sign up for each class
- ♦ If you sign up & then can't attend, call to cancel
- ♦ Class could be cancelled due to high heat index or inclement weather, call if in doubt
- ♦ Remember to wear a mask except when exercising and social distance at all times
- ♦ Bring water & a sweat towel

EXERCISE CLASS SUMMARY

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

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).

SENIOR SHREDDING DAY

Friday, September 25th, 9 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.

OUTDOOR FITNESS DEMOS

Tuesday, September 8th, 9 am-12:00 pm
Tuesday, September 22nd, 9 am-12:00 pm

Please join us on the above dates for instruction on how to use the outdoor exercise equipment. This will be a great time to ask any questions that you may have. Again, please recognize the social distancing requirements. Mother Nature and her moodiness may not provide us with too many more nice days to be able to work out outside, so come out and learn how to use these great machines and take advantage of the nice weather while we have it!

FLU SHOT CLINIC

We will be having a flu shot clinic in October, so please check the October newsletter for information about signing up!



NOTE: "All advertising content is not endorsed by the Saint Joseph-Lincoln Senior Service Center but it is the view of the presenting organization."



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

SPECIAL THANKS TO THESE VOLUNTEERS



All of our drivers who are transporting our members to medical appointments.

Art Wagner, Len Casario, Marilyn Mann, Erika Mauerman and Onalee Hartman for continuing to weed, water, and harvest the Walking Trail and Friendship Garden.

Ron & Debbie Liggett for distributing commodities in August.

Bonnie Korican, Sue Mayville, Fay & Werner Pressnitz, Jeannette Jeske, Mary Sundblad and Jane Jeffery for preparing our August newsletter for mailing.

A huge thank you to Boy Scout Troop #623 for providing us with a tent to have outside exercise classes and to Russ Zick, Jim Dancefield, Rick Freridge, Pauline Fox, Art Wagner and Len Casario for putting up the tent that so many people will appreciate.

Donations

-Rick Freridge for **Donating the materials and installing the new lightening in the garage.**

-Amanda Marie's Bakery for **Donating cookies.**

Monetary Donations

-Dr. Jack Porritt made a **Donation to Fund the Installation of a Fabric Shade over the Picnic Tables on the Walking Trail.**

-Faith Penley, Cynthia Holden, Rose Ellen McCourt say **Thank You for the Loan Closet.**

-Barb & Bill Klein made a **Donation in Appreciation of the Walking Trail.**

Sometimes a short walk down memory lane is all it takes to make you appreciate where you are today...

1920's



In the aftermath of World War I, the 1920s roared with change and excitement. The Industrial Age was booming! Prohibition, jazz, the Shimmy, the Charleston, the car craze, talkies, speakeasies, flappers, gangsters, bubble gum, traffic lights, electrification, the Scopes Monkey Trial, the Red Scare, the Teapot Dome Scandal, Mickey Mouse, the Harlem Renaissance; it was an exciting new era. World War I was over so factories no longer needed to produce supplies for the War. Factories began producing consumer goods - things for people to buy. There were new inventions,

like refrigerators and cheeseburgers. A new type of music, jazz, was invented in New Orleans and rapidly spread. Silent movies were no longer silent, with the first talkie -*The Jazz Singer*. Prohibition, a new law, made it illegal to transport or sell alcohol. As a result, speakeasies, illegal bars where people could drink, dance, and listen to jazz, sprang up everywhere. Flappers, young girls in the 1920s, wore their hair short, their dresses loose, rode in cars, and worked outside the home. Women got the vote! Gangsters got the speakeasies! We hope that you enjoyed taking a walk down Memory Lane and hopefully it made you smile and forget about today's troubles!



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RETURN SERVICE REQUESTED

This newsletter mailed @ St. Joseph Post Office on 8-26-20



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!



MONTH AT A GLANCE

7 CENTER CLOSED-NO EXERCISE CLASSES

8 Outdoor Fitness Demo 9 am-12:00 pm
11 Foot Clinic I - **BY APPOINTMENTS ONLY**
17 Board Meeting 10:00 am
18 Commodities - Monthly - 9:00-11:00 am
18 Foot Clinic II - **BY APPOINTMENT ONLY**
22 Outdoor Fitness Demo 9 am-12:00 pm
25 Senior Shredding 9 am-12:00 pm
30 Newsletter Mailing 8:00 am

Resistive Exercise Class with Rocco!



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
PACE of SW Michigan	(855) 243-8876
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