

THE ANCHOR NEWS



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

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



OCTOBER 2020

As the fall leaves start falling and the nights get colder, we realize that the end of the year is approaching. It is an understatement to say that this year has been challenging for all of us. We continue to hope that soon we will be able to open our doors again for everyone to enjoy our services. We pray that you are all staying strong and remember that positivity is a choice and your happiness depends on the quality of your thoughts. Take pleasure in the colors of the autumn days ahead and some of the things you can only enjoy this time of year; apple picking, crisp air, fresh squash or carving a pumpkin. Enjoy the season!

IMPORTANT ELECTION DATES

Below are remaining dates for this year's election process:

Oct. 8th Board Election 9 am-4 pm

**DRIVE THROUGH IN THE
PARKING LOT OF OUR CENTER**

Oct. 15th Annual Board Meeting 10:00 am

Due to our Center not being open, we are having a drive through election. You will drive up to verify your residence; please have your ID available, you will be given a ballot, drive forward, make out the ballot, **please bring your own pen** and then put your ballot into a box. 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. Please see page 2 for information about the four candidates that are running for the four available seats on our Board of Directors this year. Unfortunately, we have had to cancel the Candidate Meet & Greet, absentee voting, and the Annual Breakfast this year.

FLU SHOT CLINIC

Thursday, October 29th, 9:00 am-1:00 pm



It's that time again! Due to the pandemic, **everyone will need to call for an appointment, come to the Center and get a registration form to fill out and bring back to your appointment. Registration forms will be available in the front lobby, Monday-Friday 8:00 am-noon.** Please wear a short sleeve shirt when you come in for your shot, bring your Medicare or insurance card with photo ID. Masks are required to enter the building. If you are sick, please stay home!

NOTES FROM RICK

We are very fortunate here at the Saint Joseph Lincoln Senior Service Center (SJLSC) to be funded primarily by a County wide millage. While we are extremely thankful for this millage, it currently only provides for approximately 82% of our annual budget. We have had many very successful fundraising events and generous donation from donors, which along with grants have assisted us in our yearly expenses, but how do we continue to grow and fund programs on a limited budget? Our Center had been growing pre "COVID 19" at almost 20% per year. We anticipate after the pandemic we will eventually return to those activity levels and continue to grow. It becomes apparent that we need to address long term sustainable income and that is why we are creating the **Forget-Me-Not-Society**.

The establishment of the **Forget-Me-Not-Society** will honor those who choose to make a legacy gift to the SJLSC Endowment Fund, which has been administered by the Berrien Community Foundation (BCF) for many years. Donations will be made directly to this fund, which is invested along with other endowment funds. Anyone can contribute to our endowment and gifts are fully deductible as charitable gifts. Our endowment provides essential stability and is a permanent source of unrestricted funding for our Center. This year we are using some of these monies to help fund the remodeling of the men's bathroom at the south end of the main hall into a ADA compliant restroom.

If you are looking for a way to make a lasting gift to SJLSC, what better vehicle could you use than our Endowment Fund? These gifts will assist us in making sure our Senior Center continues to be a valuable resource to our community for many generations to come. If you are interested in making a lasting gift to our Center and would like more information, please contact us and we will set up a private meeting to discuss this opportunity with you.

Rick Freridge
SJLSC Board of Director-President



CANDIDATES FOR 2020 ELECTION

All of these candidates wish to be part of our continued growth and feel they will serve as effective leadership for our Senior Center.

Len Casario

Len is a graduate of Ferris State University and has been a part of corporate America in many capacities along with being a business owner. He has been instrumental in developing our Circuit Training Room, Outdoor Fitness Zone, Pickelball Classes and the Walking Trail.

Tom Oatman, Incumbent

Tom is a graduate of Western Michigan University and has a long career in banking and investment. He has been very active during his prior terms serving on the Board of Directors as well as volunteering in the community at local organizations. He has especially enjoyed his time being a driver for the Center and serving on several committees.

Rocco Pavese

Rocco is a graduate of University of Indianapolis and is a Physical Therapy Assistant with Spectrum Health Lakeland. He has taught exercise classes at our Center for over 17 years and previously served on our Board. His knowledge of health and fitness and his connection with our members will be beneficial as a Board member.

Jerry Radenbaugh

Jerry is a graduate of Western Michigan University and Michigan State University. He had to take a year off because of term limits but wishes to continue on our Board. With his education and past business experience he has served as Treasurer for nine years and also on several committees.



We are excited to announce we have a new website that we think you will find more user friendly. We hope that you enjoy it!

NEWSLETTER MAILING VOLUNTEERS

**This month's mailing is Wednesday,
October 28th at 8:00 am**

OUTDOOR EXERCISE SCHEDULE

MONDAYS

9:00 am - Cardio Drumming

10:00 am - Calisthenics

TUESDAYS

8:30 am - Resistive Exercise

9:30 am - Range of Motion Exercise

WEDNESDAYS

9:00 am - Cardio Drumming

10:00 am - Calisthenics

THURSDAYS

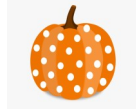
8:30 am - Resistive Exercise

9:30 am - Range of Motion Exercise

FRIDAYS

9:00 am - Chair Yoga

10:00 am - Resistive Exercise



Classes will continue until the weather doesn't cooperate. Here are some things to remember:

- ♦ You need to call & sign up
- ♦ If you sign up & then can't attend, call to cancel
- ♦ Class could be cancelled due to inclement weather. We will send out a robo call notifying you, but 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).



FOOT CLINIC

By Appointment Only

Friday, October 9th

Friday, October 16th



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.



OPEN ENROLLMENT



It is that time of the year again when you can make changes to your Medicare coverage, which will take effect in 2021.

Medicare's Open Enrollment this year will only be done virtually. Call the Center and we will have a MMAP Counselor contact you to set up an appointment time.



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, DJ Post, Harold Kraull and Onalee Hartman for continuing to weed, water, and maintain the Walking Trail and Friendship Garden.
- ♦ Ron Liggett & Ron Bonczkowski for distributing commodities.
- ♦ Bonnie Korican, Jeannette Jeske, Mary Sundblad, Jane Jeffery, Kay Gray, Lona Bumbulis, and Trudy Enders for preparing our September newsletter for mailing.

Donations

- ♦ Thank you to the Stevensville American Legion for their donation of an American flag that will fly proudly in our Walking Trail.
- ♦ Special thanks to Mark Durocher, from Sunset Coast DJ, for loaning us his sound equipment for outdoor exercise classes.
- ♦ Thank you to Erika Mauerman and Marilyn Mann for your donation of many plants and for installing them on the Walking Trail.

Monetary Donations

- ♦ Charles & Lorraine Jerpersen, Lee Wolford and Diane Fishburn all made a Donation to our Building Fund.
- ♦ Cherliene Mulbar made a Donation in Memory of Harmon Mulbar.
- ♦ Bill & Barbara Klein made a Donation to say Thank you for the Outdoor Exercise Classes.
- ♦ Martha Emlong says Thank You for the Loan Closet.



Pictured above are Art Wagner and Mary Sundblad in Friendship Garden. In the spring, Mary made a very generous donation to fund the expansion of Friendship Garden. Since most of you have not seen it since the Center is closed, we wanted you to see how beautiful this area has become. Art headed up the project and has spent countless hours transforming this area into another wonderful addition to our grounds. Art also had assistance from a small group of reliable volunteers throughout the year. We know that next year everyone will be able to enjoy all of the hard work and dedication of these volunteers. Thank you so much Mary and to all the volunteers who have made this project a reality!



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St. Joseph, MI 49085

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RETURN SERVICE REQUESTED

Newsletter was mailed @ St. Joseph Post Office on 9-30-20



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

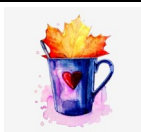
President Rick Freridge
Vice President Shirley Miller
Secretary Mary Sundblad
Treasurer Bob Hopkins

Board Directors

Celina Bevelhymer, 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
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



MONTH AT A GLANCE

8 Board Election 9:00 am-4:00 pm
9 Foot Clinic I - **BY APPOINTMENT ONLY**
15 Board Meeting 10 am
16 Commodities - Monthly - 9:00-11:00 am
16 Foot Clinic II - **BY APPOINTMENT ONLY**
28 Newsletter Mailing 8:00 am
29 Flu Shot Clinic 9:00 am-1:00 pm
31 HAPPY HALLOWEEN

RAKE A DIFFERENCE



On Thursday, November 12th, area volunteers will mobilize to help seniors by raking and bagging leaves and cleaning gutters. Served will be seniors, age 60 and older, who are physically unable to perform yard work and can't afford to pay for services. Seniors are helped on a first-come, first serve basis and the number of people served will depend on the amount of volunteers available. Call 269-932-3554 or register online at www.uwsm.org. Sign up soon if you need assistance!

