

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**



FLAG POLE PROJECT

We have a very generous donor who has donated the funds for another beautiful addition to our Walking Trail. There will be a United States flag and a Michigan State flag flying high in this area and in the spring a bench for you to sit and relax. There is also an opportunity for you to celebrate the life of someone by purchasing a brick to be placed on the walk around this wonderful addition to our facility. Remember a loved one who brought light to your life, a friend or your grandchildren. The purchase of a brick will forever honor or memorialize your loved ones. The profits from this project will assist in maintaining the Priscilla Upton Byrns Walking Trail and Gardens. For more information, please contact the Center.

BAKELESS BAKE SALE



Last month you received an envelope in your newsletter to donate to our Bakeless Bake Sale. If you haven't mailed it in yet, please consider donating to assist us in purchasing some media equipment and help with program costs when we are able to reopen. We appreciate any amount you can donate to support our Senior Center!

MERRY CHRISTMAS AND HAPPY NEW YEAR!



The SJLSC Board of Directors and Staff wish all of you a very Merry Christmas and a Happy New Year! Though this year has been a challenging one, we are all figuring out a way to make the world move forward and know that we have to accept the present and stay positive. This Christmas remember to pray for those you aren't able to celebrate with while looking back and counting the blessings that you have been given. We miss all of you and look forward to seeing you in the New Year!



**Center will be closed
December 24th, 25th, & 31st**



NOTES FROM RICK

Merry Christmas! At the time of this writing we are planning on reopening our Senior Center on a very limited basis sometime in the near future, however with the cases presently rising in Berrien County, this date is unknown. Reopening during a Pandemic is probably the toughest decision your Board of Directors has ever had to make. As I'm sure you are all aware, those over 60 years of age are the most at risk population. No matter what your personal beliefs are, you can't argue with the 230 thousand that have died in the United States so far from this virus as of 11-3-20. So what are we doing to keep everyone safe? Cindi and the staff with some direction from the County Health Department, have set up a list of guidelines for everyone to follow. Please cooperate with the staff and volunteers by following all of these guidelines.

First and most important is wearing a face mask that covers your mouth and nose. I see a lot of people covering their mouth but leaving their nose open for ease of breathing. The growing evidence is that the virus is spread through small aerosolized particles which we all expel into the air as we breathe and talk. Your nose is the most likely receptor for these particles. Not covering your nose is like having an umbrella with a big hole right in the top. You cover your mouth to keep you from infecting others. You cover your nose to keep others from infecting you.

Social Distancing, or as it's now being called, Physically Distancing. Studies have shown that we need to be at least 6 feet or more apart. Exercise classes will be stationed 8 feet apart in our Gym and Activity Room. This is probably the toughest rule to follow. "Oh I've known you forever, you look ok, I'll just hug you." This is a very frustrating virus; you can't tell who has it. It might be you, or it might be the person right next to you in class. Some people have it and don't know they have it. Socialize from at least 6 feet away. Save the hugs for next year when we have a vaccine.

Touching surfaces and washing your hands. We just added touch free flushing toilets and touch free sink faucets in all of our bathrooms. This was a wonderful gift from Jerry Hanes. Touching

surfaces that have been exposed to the virus, then touching your face, nose or eyes is a quick way to infect yourself. Avoid touching things you don't need to. We have sanitizing wipes and hand sanitizer all over our Center. If you use a chair or any exercise equipment, please wipe it down after each class. If you need to use the handrail in the hallway, either grab a wipe and wipe it down as you go or wash your hands immediately after.

Stay home if you don't feel well. We all have days when it is a little harder to get going. That's understandable. One of the reasons we are trying to return to indoor exercise classes is to help with the depression of not being able to socialize or have interesting activities. That being said, most of us know when something isn't right with our bodies. If you are not sure, **JUST STAY HOME.**

Wear a face mask
Keep at least 6 feet apart
Sanitize anything you touch
Stay home if you feel sick

I am personally looking forward to returning to the Senior Center. But it is dependent on all of us. We all need to take that little extra step to be safe. Let's work with the staff to make this a safe and enjoyable experience for everyone. If for any reason you do not feel you can abide by these safety rules, please wait until there is a vaccine available to return to the Center. Hope to see you all here soon!

Rick Freridge
SJLSC Board of Director-President



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 whatever you need.

NEWSLETTER MAILING VOLUNTEERS

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

RECURRING SCHEDULE

This is the anticipated schedule once a reopening date has been determined. If you were taking any of these classes we will call you to sign up.

MONDAYS

9:00 am - Resistive Exercise
10:15 am - Calisthenics
11:30 am - Balance Class ****NEW****

TUESDAYS

9:00 am - Resistive Exercise
10:15 am - Advanced Line Dancing
11:30 am - Beginning Line Dancing

WEDNESDAYS

9:00 am - Resistive Exercise
10:15 am - Calisthenics
11:30 am - Balance Class ****NEW****
12:00 pm - Parkinson's Exercise

THURSDAYS

9:00 am - Resistive Exercise
10:15 am - Range of Motion

FRIDAYS

9:00 am - Chair Yoga
12:00 pm - Parkinson's Exercise

- ♦ You must **enter the Center through the front door**, where you will be screened.
- ♦ You **must sign up for a class to attend**, no walk-ins will be permitted.
- ♦ If you cannot attend a class you have signed up for, please **call to cancel or you will be dropped from the list**.
- ♦ It will be mandatory to wear a **mask covering your nose & mouth at all times**. Shields will not be acceptable as face coverings.
- ♦ Remember to **bring water**, it will not be available in the building.
- ♦ You **cannot enter the Center more than 15 minutes** before your class.
- ♦ You can only attend Resistive Exercise on either Monday/Wednesday or Tuesday/Thursday.
- ♦ You will **exit through the back door of the gym** after your class.
- ♦ **Center doors will be locked** between classes and after the last class for the day has started.

THANK YOU FOR YOUR COOPERATION!

BALANCE CLASS



We are happy to announce we have a new class that we will be offering when we reopen. This is a structured exercise class designed to practice balance for enhanced safety in activities of daily living. Exercises are

progressive and comprehensive, which provide experiences that build and reinforce balance skills. This will be a 30-minute class led by Jean Green. If you interested in this class, please give us a call. We hope that you will come and join in on this new class!

FOOT CLINIC

By Appointment Only
Friday, December 11th
Wednesday, December 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. **Please call the Senior Center to make an appointment.**

SNOWBIRD REMINDER

Just a reminder that if you are heading to warmer temperatures for the winter months, please let us know. We will deactivate mailing your newsletter and reactivate the mailing upon your return.



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 and Rick Freridge for all the work you have done on the Flag Pole Project.
- Ron Liggett & Ron Bonczkowski for distributing commodities.
- Jeannette Jeske, Mary Sundblad, Jane Jeffery, Kay Gray, Lona Bumbulis, Sue Mayville, Fay and Werner Pressnitz, and Trudy Enders for preparing our November newsletter for mailing.
- Pauline Fox, Mary Sundblad and Susan Meadows for working the Foot Clinic.
- Fay Pressnitz for helping with the Flu Shot Clinic.



DONATIONS

Art Wagner for donating landscaping materials for the Walking Trail.

Rick Freridge for donating materials for the Flag Pole Project.

MONETARY DONATIONS

- ♦ All the anonymous transportation riders along with Mary Bartels for Donations to our Transportation Program.
- ♦ Rick & Barb Freridge, Mary Sundblad, Len Casario, and Art Wagner all made Donation to the Brick Fundraiser.
- ♦ Therese McGrath and Dr. Tara Scharich made a Donation to the Parkinson's Class.

SPECIAL THANKS TO JEAN GREEN, CAROLYN MARGOL, ROCCO PAVESE & RON ROBB,

our outside exercise instructors who braved the heat and cold the last few months while assisting with the added sanitizing procedures to keep everyone safe. Our Center is very lucky to have these individuals because they don't just teach, they truly care about our members.



WEATHER REMINDERS AND CLOSINGS

Please remember that in inclement weather:

- *If St. Joseph Public Schools are closed, the Center will also be closed.
- *If by chance St. Joseph Public Schools is on a 2-hour delay, we WILL NOT open until 10:00 am. All transportation prior to 10:00 am WILL NOT HAPPEN. Rides will begin with the 10:00 am pick-ups. We will not call to let you know.
- *If you reach the answering machine during normal business hours, the Center is closed.
- *Check local TV stations, WNDU and WSBT and local radio stations for closings.
- * When in doubt, please call first.

If you use our transportation, please be patient. Please make sure your driveway is clear of snow so we can pick you up. Thank you for your cooperation!

HAPPY HOLIDAYS!!



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DATED MATERIAL DO NOT DELAY

RETURN SERVICE REQUESTED

Newsletter was mailed @ St. Joseph Post Office on 11-18-20



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 Pauline Fox
Secretary Mary Sundblad
Treasurer Bob Hopkins

Board Directors

Celina Bevelhymmer, Len Casario, Tim Kragt, Shirley Miller, Tom Oatman, Rocco Pavese, Jerry Radenbaugh, 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

11 Foot Clinic I - **BY APPOINTMENT ONLY**
16 Foot Clinic II - **BY APPOINTMENT ONLY**
17 Board Meeting 10:00 am
18 Commodities - Monthly - 9:00-11:00 am
24 **CHRISTMAS EVE - CENTER CLOSED**
25 **CHRISTMAS - CENTER CLOSED**
30 Newsletter Mailing 8:00 am
31 **NEW YEAR'S EVE - CENTER CLOSED**



When our newsletter went to print last month we were in hopes of reopening. Due to the raise in COVID-19 cases in Berrien County we had to delay that date until further notice. On page 4 you will find an anticipated schedule when we are able to reopen. If you had been taking any of these classes we will call you when a new reopening date has been determined. Please call us with any questions. We hope to see everyone soon!

