

THE ANCHOR NEWS



***St. Joseph-Lincoln
Senior Service Center
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HAPPY NEW YEAR!



The Board of Directors and Staff of the St. Joseph-Lincoln Senior Service Center would like to wish all of you a New Year rich with the blessings of love, joy, peace, warmth and laughter. We all know that saying goodbye to 2020 is something we are anxious to do. Look forward to the new year as a new chapter unfolding where you can start to make cherished memories and reasons to celebrate. We will be back together soon to continue those lasting relationships. We miss everyone and look forward to seeing you in 2021!

BRICK SALE



We hope that you have had the chance to drive out behind our Center to see our newest addition of a beautiful brick walkway with the United States and Michigan State flags blowing in the winter breeze. Erika Mauerman is the generous donor for this project, which gives you the opportunity to celebrate the life of someone by purchasing a brick. There are 3 sizes of bricks with prices ranging from \$100 to \$275, which you can purchase to honor a loved one, special friend or your grandchildren. The profits from this project will assist in maintaining the Priscilla Upton Byrns Walking Trail and Gardens for many years to come. For more information, please contact the Center.

EXPANSION OF WALKING TRAIL



Due to the expansion of the picnic table area and the addition of the Flag Pole Project, we have added an area for another picnic table and additional bench on the Walking Trail. If you are interested in making a donation to purchase either of these items, please contact the Center for more details.

EXERCISE VIDEOS ON THE WEBSITE



Check out our website for videos of some of our exercise classes with your favorite instructors from the Center. What a way to start the new year by getting in shape at home!

NOTES FROM RICK

COVID! It already seems like this has been going on forever! There is light at the end of the tunnel in the form of a vaccine. I will be the first in line when it becomes available to us.

One of the things psychologists are telling us is to stay in contact with one another. We are fortunate to live in the electronic age with so many different ways of keeping in touch with each other. This Christmas we are planning on a Zoom family Christmas. We can Face Time with all of our family or call them on the phone.

In the New Year plan to recommit to being sociable again. Call your neighbor who you haven't talked to in a while. Send a card to someone with a note just letting them know how much you appreciate them being in your life. My favorite, bake cookies for your friends and neighbors. Wrap them in a nice container with a note "Thinking of You" and leave them by their door. If you need someone to bake cookies for, just let me know. I would be happy to help you out, I love cookies!

Create a loving connection. Just doing something simple for others will make you feel better and make them feel better all at the same time. Be patient with others. I have been trying to pull myself out of the COVID frump by writing down all the things I am thankful for. Form a support group. Did you enjoy an activity here at the Senior Center? Contact the group and have a virtual meeting. Or just call them all and ask how they are doing.

Sometimes we just need a place to vent our frustrations with the world. Call a friend and just say I need to talk to someone. Don't forget to tell them how much you appreciate them as a friend. Exercise! Walk. What a blessing the Betty Kohn Outdoor Fitness Zone and the Priscilla Byrns Walking Trail has been. Even now on colder days people are out in the fresh air exercising. Think positive thoughts! Begin Each Day With A Grateful Heart! From the Harry Potter books, "Happiness can be found in the darkest of times, if one only remembers to turn on the light," attributed to Albus Dumbledore. I am really looking forward to reopening! Happy New Year!

Rick Freridge
SJLSC Board of Directors President



LOAN CLOSET APPOINTMENTS



Our loan closet is open by appointment only. If you need to borrow something or return an item you have borrowed, please call and we will schedule a time to accompany you.

WEATHER REMINDERS AND CLOSINGS

Please remember that in inclement weather:



- * If St. Joseph Public Schools are closed, the Center will be closed for transportation and the services we are currently offering.

- * If by chance St. Joseph Public Schools is on a 2-hour delay, all transportation prior to 10:00 a.m. WILL NOT HAPPEN. Rides will begin with the 10:00 a.m. pick-ups. We will not call to let you know.

- * 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, and make sure your driveway is clear of snow and ice so we are able to pick you up. Thank you for your cooperation.

SNOWBIRD REMINDER



Are you heading to warmer temperatures for the winter months? Just let us know and we will deactivate mailing of the newsletter to your home. When you return, please let us know and you'll start receiving it in the mail again.



NEWSLETTER MAILING VOLUNTEERS

This month's mailing is Wednesday,
January 27th at 8:00 am

STROLLING DOWN MEMORY LANE

~1940's~

The Forties were dominated by World War II and a long period of Economic Recession throughout the world. The world would be a different place after the 2nd World War ended.



In 1940, Franklin D. Roosevelt is elected for an unprecedented third term as the U.S. president. Mount Rushmore sculpture is completed in 1941. Unforgettably, Japan launched a surprise attack on the U.S. base in Pearl Harbor, Hawaii, bringing the United States into

the War. Italy and Germany also declare war on the United States. Did you know to aid the war effort few toys were sold because men were off fighting in Europe and Japan and anything that could be used to make toys, such as steel, rubber, etc., was also needed for producing tanks, ships, planes, and other weapons?

President Roosevelt signs the G.I. Bill in 1941, providing financial aid to World War II veterans. As we approach 1942, the draft age in the United States is lowered from 21 to 18. During the month of November 1942 the famous and well-regarded film "Casablanca" premieres in New York City. The Pentagon building is completed in 1943 and Mussolini resigns from his position of power and Italy surrenders during WWII. In 1944 President Roosevelt is elected to a 4th term in the United States, becoming the only person to ever do so. Unfortunately, his 4th term does not last long as he died during the next year in April of 1945. WWII ends and the United States drops 2 atomic bombs on Japan, bringing an end to the Pacific side of the war. Harry S. Truman becomes the United States President after FDR dies.

LIBRARY HOURS BY APPOINTMENT



We know that many of you have missed reading books or relaxing and putting a puzzle together during the last several months. So starting on January 12th, we will give you the opportunity to check out library books or puzzles. You will need to provide us with information about the books or puzzles you would like to get and we will make arrangements for you to pick them up. Please contact the Center if you are interested.

AARP TAX PROGRAM

Due to the many factors that need to be considered due to COVID-19, we are unable at this time to announce if we will be having an in-person income tax service here at our Center in 2021. We will keep you informed as the information becomes available to us.

COPING WITH THE WINTER BLUES & COVID-19



It all begins with self-care, aim for 90 minutes a day. The biggest thing you can do to beat the winter blues is schedule time outside during the day. Sunshine stimulates our brains to make serotonin - the happiness hormone! Get outside in nature and exercise and move your body. Make sure you stay on a sleep schedule getting 8-10 hours of sleep per night. Be a kid again! Watch cartoons or old comedy favorites. Nerd out on a new (or old) hobby. Be **you** with crazy abandon! Most of all, limit your time watching the news. Think positive - this too shall pass!

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.
- ♦ Erika Mauerman, Marilyn Mann, Art Wagner, Len Casario and Rick Freridge for continuing to maintain the Walking Trail.
- ♦ Len Casario and Art Wagner for distributing commodities.
- ♦ Jeannette Jeske, Jane Jeffery, Kay Gray, Lona Bumbulis, Fay & Werner Pressnitz, Sue Mayville, Trudy Enders and Bonnie Korican for preparing our December newsletter mailing.
- ♦ Dolores Frantz and Carol Small for helping with the Flu Shot Clinic.
- ♦ Barb Dorow, Pam Wheeler, Morelba Zimmerman, Ann Odden and Josephine Smith who came to assist with the exercise class video's and to Maureen Olofsson for videoing & editing the classes.
- ♦ Barb Dorow & Shirley Miller for helping with the Christmas cards.
- ♦ Bill Burrows, Len Casario, Rick Freridge, Marilyn Mann, Erika Mauerman and Art Wagner for putting a fresh coat of paint around the Center.

DONATIONS

- ♦ Thank you Vicky & Carl Hayes for the coffee cake and card.

MONETARY DONATIONS

- ♦ All the anonymous transportation riders along with Mary Bartels and Carol Welton for Donations to our Transportation Program.
- ♦ Dolly Voss and Karen Cashner made a Donation to the General Building Fund.
- ♦ Ron & Mary Griffin made a Donation to the Brick Fundraiser.
- ♦ Mary Sundblad, Linda Zielke, Roger & Jennifer Rosenthal, Jean Keehn, Harriett Reed, James Thompson, Len & Marty Casario, Terry Enders, Barbara Carlson, Martha Wilder, David & Claire Rutlin, Joyce Vance, Sharon Foxworthy, Robert & Patricia Hauch, Darlene Adler, John & Jonelen Faher, Joseph & Patricia Harding, Orvid Harju, Ed & Marcia Koehler, Jill Post, Roger & Madelyn Huelsberg, Caren Hillberg, Onalee Hartman, Clementine Brueck, Jean Bower, Mary Burke, Bonnie Szygielski, John & Susan Braun, Polly Hardin, Janet DeRubbo, Jean Fannin, Kathleen Cowall, Dan Streick, Caryl Meister, Karen Schiltz, Lorraine Ziebart, Connie Lind, Lawrence & Joyce Effa, Pat Nordberg, Marilyn Fetzters, Linda Doyle, Darwin Davis, Ray Leitz, Bernice Tretheway, Winifred Zimmerman, Michael & Debra Mattson, Ann Lannert, Gloria Muth, May Sisson, Irene Hudson, Donna Suloff, Colette Metzger, Dorothy Rue, James & Shirley Pittman, Claudia Mierau, John Hubbard, Tom & Bonnie Parrish, Mildred Crum, Frank & Peggy Alsup, Dr. Jack Porritt, Sally Reschke, John & Helma Schlaman, Roberta Abbott, Joan Kugel, Sharon Baker, Michael & Susan Desmet, Mary Bartels, Lillian Haase, Carol Ackerman, Lesten Alston, Judith Thompson, Gayla Kerby, Jane Jeffery, Tony & Bonnie Korican, Lona Bumbulis, Trudy Enders, Celina Bevelhymmer, Maria Schultz, Margaret Slavicek, Dennis & Sharon Kniola, Wilma Bean, Merrily Mahon, Nadine LaBounty, Cathy Eppard, Dennis & Elizabeth Sexton, Susan Stancroff, Diana Sturcz, Jean Shersmith, Jan Fisher, Nancy Moore, Lydia Groth, Cynthia Herzog, Pamela Olson, Dolly Voss, Joyce Prillwitz, Patricia Breyen, Bradley Johnson, Harriet Gotsch, Ruth Johnson Franks, Lee Wolford, Sandra Graf, Shirley Little, Carolyn Corteville, Patricia Ludlam, Sue Hand, Bonita Velthouse, Janice Hicks, Pauline Fox, Helen Lacelle, Lucy Ann DeVries, Jo Ann Paul, H. Milbrandt, and John Schmidtman all made a Donation to the Bakeless Bake Sale.
- ♦ Sue Plummer made a Donation to the Bakeless Bake Sale in Honor of Rick Freridge and Bill Burrows.
- ♦ Harriett Reed made a Donation in Memory of Beth Reed.
- ♦ Jayne Wagner made a Donation to our Exercise Programs.
- ♦ Onalee Hartman, Shirley Miller, Sarah Rodgers and Cindi McLaughlin for their Donation from Harding's Community Rewards.
- ♦ Karen Hodge, Norman & Janice Ferguson, Gary Strunk and Donald Oberlin say Thank you for the Loan Closet.
- ♦ Ruth Kremer, Ollie Jane Rosenthal, Pauline Fox, John & Karen Harner and Mary Ann Schultz made a Donation in Memory of Robert Diehl.

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Newsletter was mailed @ St. Joseph Post Office on 12-30-20



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 Pauline Fox
Secretary Mary Sundblad
Treasurer Bob Hopkins

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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



1 NEW YEAR'S DAY - CENTER CLOSED

27 Newsletter Mailing 8:00 am

2020 - WHAT A YEAR!

- ♦ The silliest thing I ever bought was a 2020 planner!
- ♦ I was so bored I called Jake from State Farm just to talk to someone. He asked me what I was wearing.
- ♦ 2019: Stay away from negative people. 2020: Stay away from positive people.
- ♦ The world has flipped upside down. Old folks are sneaking out of the house & their kids are yelling at them to stay indoors!
- ♦ Every few days try your jeans on just to make sure they fit. Pajamas will have you believe all is well.
- ♦ Does anyone know if we can take showers yet or should we just keep washing our hands?
- ♦ The virus has done what no woman has been able to do - cancel sports, close all the bars, and keep men at home.
- ♦ I never thought the comment, "I wouldn't touch him/her with a 6-foot pole" would become a national policy, but here we are!