

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



The first day of spring is March 20th and we know that everyone is ready for the new season to begin. Spring is about rejuvenation and renewal. It's about opening windows, listening to the birds, smelling the flowers and being able to walk outside again. This year it will be even more special because we are getting closer to the end of this pandemic. Take advantage of the beauty of the season by enjoying life. Take your grandkids fishing or on a picnic, pick flowers and give them to someone who could use a bright spot in their day, start planning a garden and try new recipes made with fresh fruits, vegetables and herbs. Oh what a fun time spring can be, enjoy every day of it!



TAX APPOINTMENTS



We know that many of you are disappointed because you did not get a tax appointment due to the limited availability. We have a very long waiting list right now and if AARP opens up more appointments we will call you to see if you still need an appointment. We are not taking any more names for the waiting list at this time. We would advise everyone on the waiting list to look at other alternatives to get your taxes done this year. We have contacted H & R Block (429-8435) in St. Joseph and they have graciously offered a \$20 off coupon to our seniors. **Please call our Center for more details.** You can also call the IRS at 800-906-9887. If you are comfortable using the computer, they will assist you online with your tax preparation.

BRICK FUNDRAISER

With spring in the air we will all be returning outside soon and of course enjoying our Walking Trail and Fitness Zone behind our Center. If you didn't see it before the snow started to fall, please take a look at our newest outside addition. Thanks to Erika Mauerman, we have a beautiful new area that is paved with bricks and has 2 flags flying high. These bricks can be purchased in honor or memory of that special someone in your life and will live on forever at our Senior Center. Order forms are available in the front entrance way until we reopen. We can also email you an order form if you are interested in purchasing a brick. All proceeds from this fundraiser will be designated to maintain the Walking Trail & Gardens. Please call if you have any questions.

NOTES FROM RICK

Wow! That is the only word that expresses my response to the COVID-19 Vaccine Clinic put on by the Berrien County Health Department here on February 11th. They were beyond organized. Everyone understood what their job was and executed it to the maximum efficiency. Thank you BCHD for choosing SJLSC for one of your vaccine clinic locations.

I would like to bring to everyone's attention all the great projects going on here at the Center in anticipation of our reopening. With the help of many volunteers, we have been painting almost every surface that needs a new coat of paint. If you look at the details like doors and the door jams, almost all have been painted. Marilyn Mann, Erika Mauerman and Cindy Miller have been painting the trim. Pauline Fox, Marcia Hess, Bill Burrows, Art Wagner, Len Casario, Fay and Werner Pressnitz along with newcomers, Scott Vince and Tony Duffy, have been painting walls. We have painted the Activity Room and added a nice blue accent wall. The Computer Lab, new Circuit Training Room, Friendship Hall and the new Card Room are all looking fresh and clean. Four of the five rooms on the school side of the building have now also been painted. We have moved our Board Room to the school side of the building which is a bigger space that will accommodate more people and is more multimedia accessible.

As you remember, the Bakeless Bake Sale money was to be used for media and program needs. A special deal from Best Buy allowed us to purchase five TV sets and all the mounting brackets. We have now installed new 75 inch HD TVs in our Board Room, Activity Room and in the Gym. We have also installed two 42 inch HD TVs in the hallway to run messaging on. We are still in the process of getting them all hooked up, but look forward to movies, instructional videos and special messaging running on this new platform. We have reorganized the Computer Lab, which now has two cubicles that won't fall down if you touch them the wrong way, and they have power built into them. An open space is now available to have more of a classroom experience, a big improvement to make it a more efficient use of space.



The new Circuit Training Room will most likely be the change you will notice the most. Len Casario, Art Wagner, and Jim Cox have been organizing like crazy getting everything ready for when we reopen. If you are unfamiliar with this change, we have moved the Circuit Training Room across the hall to the old Card Room and the Board Room. A new opening has been cut and framed in between the two rooms to make one larger room. This will enable us to spread out the equipment and even add a few more pieces of equipment. The new Circuit Training Room overlooks the Betty Kohn Outdoor Fitness Zone and the Priscilla Upton Byrns Walking Trail and Gardens. With the new east entrance, we will have easy access to these facilities. The new Card Room will now look out over Friendship Garden.

The last project nearing completion is the remodeling of the men's ADA bathroom at the south end of the main hall. Women you will no longer have to share your restroom with the guys.

We have also added touchless flushing toilets and touchless faucets to most of our restrooms. A new air filtration system has been added to our HVAC system to keep our air as clean as possible. This will help with allergies, cold and flu bugs, as well as COVID-19.

All in all, despite not being open, it has been a very busy year. I want to thank Cindi McLaughlin and our wonderful staff for keeping everything organized and operating during this unprecedented time. A very special thanks goes to Art Wagner for organizing all the projects going on here at the Center. He has been the go to source for materials and projects. Hopefully, we will be reopening soon on a limited basis. I am really looking forward to seeing everyone again.

Rick Freridge
SJLSC Board of Directors President



NEWSLETTER MAILING VOLUNTEERS

This month's mailing is Wednesday,
March 24th at 8:00 am

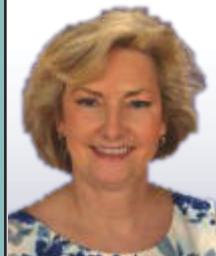


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THANK YOU DRIVERS



We would like to acknowledge our volunteer drivers. Your extra efforts have made it possible for us to continue to provide transportation to medical appointments. To our Senior Citizens who rely on this service, please remember to thank your driver.

DONATIONS

Due to the Center being closed since last March, our donations have decreased. If you are interested in making a donation, please see below the many ways to donate. If you have any questions, call the Center.

- **DONATIONS:** Contributions to our non-profit 501(c)3 corporation are tax deductible. There are many ways to donate and assist us in continuing to provide many services to our members.
- **MEMORIAL DONATIONS:** Made in memory of a friend or a loved one who has passed away.
- **HONORARY DONATIONS:** Made in honor of someone who has enriched your life.
- **BUILDING FUND DONATIONS:** Made to contribute to our direct building expense.
- **FUNDRAISERS:** Opportunities available throughout the year.
- **BERRIEN COMMUNITY FOUNDATION ENDOWMENT FUND:** Made to ensure long term sustainability of our organization.
- **BRICK FUNDRAISER:** Bricks can be purchased in honor or memory of that special someone in your life and will live on forever at our Senior Center.
- **FORGET-ME-NOT-SOCIETY:** This establishment will honor those who choose to make a legacy gift to the SJLSC Endowment Fund.
- **PAYPAL:** You can find the PayPal tab on our website.
- **INDIVIDUAL PROGRAMS:** Your donation can be designated for a specific program, Exercise Programs, Friendship Garden, Circuit Training Room, etc.



LIBRARY HOURS BY APPOINTMENT



Just a friendly reminder that if you are in need of books or puzzles, just give us a call and provide us with information about the books or puzzles you'd like, and we will make arrangements for you to pick them up.

Please contact the Center if you are interested.

HISTORY OF ST. PATRICK'S DAY



St. Paddy's Day started as a religious celebration in the 17th century to commemorate the life of St. Patrick and the arrival of Christianity in Ireland. This "Feast Day"

always took place on the anniversary of Patrick's death, which was believed to be March 17, 461 AD. Also, in case you are wondering, Leprechauns are actually one reason you are supposed to wear green on St. Patrick's Day, or risk getting pinched! The tradition is tied to folklore that says wearing green makes you invisible to leprechauns, which like to pinch anyone they can see.

NEW EXERCISE VIDEOS AVAILABLE



We hope that you are taking advantage of the exercise videos on our website (www.sjlsc.org) and that you are continuing with your exercise routine. We have added several new ones for your viewing. Hopefully, in the near future we will be able to offer them here at the Senior Center, but for now it's nice to know that you can do them in the comfort of your own home!

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



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When it comes to Veterans Benefits, many veterans and dependents don't know what they don't know. Nationwide, less than 10% of those eligible apply. Let us help to educate and navigate you thru the maze of what is available from discharge to death. Here are some of the many benefits:

★ Disability Compensation benefits for prior conditions, diseases or injuries that occurred in service or many years later as a result of service (e.g. Agent Orange Exposure, Camp Lejeune Contaminated Water, Post Traumatic Stress Disorder – combat or personal trauma) to name a few.

★ PTSD Counselors from the South Bend Vet Center who come to Berrien County twice a week.

★ Non-Service Connected Veterans Pension and Survivors Pension benefits (House Bound as well as Aid and Attendance) for low income veterans over age 65 or prior to age 65 that are disabled and have at least one day of wartime service (additional means tested restrictions apply).

★ Free transportation at designated stops for veterans enrolled in the VA Health Benefits Program to the VA Medical Center in Battle Creek and the VA Health Care Center in Mishawaka.

★ Financial assistance thru the Michigan Veterans Trust Fund for wartime veterans or peacetime veterans who earned an expeditionary medal (additional means tested restrictions apply).

★ Free financial coaching from an Accredited Financial Counselor and Financial Fitness Coach Counselor as well as ongoing Dave Ramsey's Financial Peace University Military Edition classes.



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SPECIAL THANKS TO THESE VOLUNTEERS

- ♦ All of our drivers who are transporting our members to medical appointments.
- ♦ Ron Bonczkowski and Ron & Debbie Liggett for distributing commodities.
- ♦ Jeannette Jeske, Jane Jeffery, Mary Sundblad, Nancy Kodis, Kathy Myrick, Fay & Werner Pressnitz, Sue Mayville, Kay Gray, Trudy Enders, and Bonnie Korican for preparing our February newsletter mailing.
- ♦ Maureen Olofsson for videoing exercise classes.
- ♦ Scott Vince, Pauline Fox, Marcia Hess, Len Casario, Art Wagner, Rick Freridge, Bill Burrows, Fay & Werner Pressnitz, Tony Duffy, Marilyn Mann, Erika Mauerman, and Cindy Miller for the painting and many projects they have taken on in the last month.
- ♦ Many thanks to Nancy Kodis, Fay Pressnitz, Sue Mayville, Kathy Grootendorst, Bob Hopkins, Ron Liggett, Jerry Radenbaugh, Rick Freridge, Ted Post, Len Casario, Art Wagner, Carol Small, Pam Wheeler, Dolores Frantz, Erna Felgner, Dorothy Thar, Barb Dorow, Pauline Fox, Mary Sundblad, Marcia Koehler and Marcia Hess for all your assistance with the Vaccine Clinic.
- ♦ Thank you to Bob Rechner, who is our Local Site Coordinator for our AARP Tax Program this year, for all his efforts to make this service available to our members.

DONATIONS

Pauline Fox Donated a Laminator.

Anonymous Donation of a Clock for our Board Room in Recognition of the Staff Who Have Been Working Behind the Scenes During our Closure.

MONETARY DONATIONS

- ♦ All the anonymous transportation riders and Joan Stilwell for Donations to our Transportation Program.
- ♦ James & Christine Vida, Clover Lee Wolford, and Karen Schiltz made a Donation to our General Building Fund.
- ♦ Helen Schlitter and Mark & Sally Matzke made a Donation to the Bakeless Bake Sale.
- ♦ Tim & Linda Kragt, Onalee Hartman, Peggy DeVries, and Karen Brown made a Donation to Brick Fundraiser.
- ♦ Susan Pagen made a Donation to the Circuit Training Room.
- ♦ Mary Sundblad made a Donation in Memory of Berry Kohn.
- ♦ Harriett Reed made a Donation in Memory of Cleo Ruppel.
- ♦ Barb Dorow made a Donation in Memory of Joann Gould.

SPECIAL THANKS TO THE BERRIEN COUNTY HEALTH DEPARTMENT!

If you were here for our Vaccine Clinic, you know what an organized event it was. The BCHD did a fantastic job of organizing and administering the COVID-19 vaccination to 420 people that day. Their organization is working very hard to get their limited supply of vaccines to our community as quickly as possible, so please be patient if you have not been able to receive yours. If you are interested in getting a vaccine, you can go to the:

-County website - <https://www.surveymonkey.com/r/vaccinewaitlist>

-Lakeland MyChart located under "questionnaires" in the My Record section:

<https://www.spectrumhealthlakeland.org/patient-visitor-guide/my-chart>

-You can call the County Health Department hotline at 800-815-5485.





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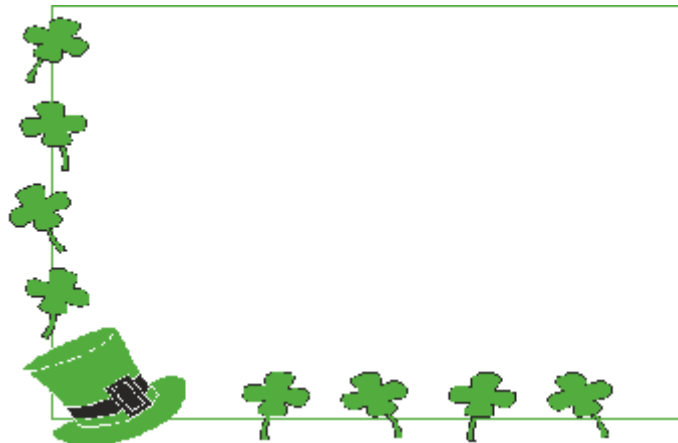
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Medicaid Hotline	(800) 642-3195
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Michigan OMBUDSMAN	(866) 485-9393
National Do-Not-Call	(888) 382-1222
PACE of SW Michigan	(855) 243-8876
Senior Help Line	(800) 654-2810
Social Security	(800) 772-1213
To Report a Scam-Treasury Dept.	(800) 366-4484
Veterans Affairs Office	983-7111



MONTH AT A GLANCE

18 Board Meeting 10:00 am
19 Commodities - Monthly - 9:00-11:00 am
24 Newsletter Mailing 8:00 am



**WE NEED
YOUR HELP!**

It is that time of year again when we ask for your help:

- ⇒ We need **all** members to update their contact information with us **if it has changed**. If you aren't sure if we have the correct information, please call and ask a staff member to check. This includes addresses, phone numbers, and name and phone number of your emergency contact. Please take a few minutes and do this.
- ⇒ In addition, if you are receiving the **newsletter in the mail** but would like to start viewing it online, please email assistantsjlsc@comcast.net and we will deactivate your mailing. This will save us mailing charges, so we would really appreciate it.

We thank you in advance for your assistance!