

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**

**HOURS: MONDAY THRU FRIDAY 8 AM TO 4 PM
BY APPOINTMENT ONLY**

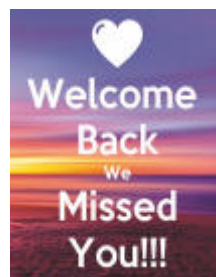


VOLUNTEER APPRECIATION DAY!

Friday, April 30th, 11:00 am

Last year we were not able to honor our **UNBELIEVABLE VOLUNTEERS** due to the pandemic. We could not let another year pass us by without recognizing **how important all of you are to our Center!** This year our event will be a drive through celebration. We will have sack lunches, drinks and a small token of our appreciation, which our staff will distribute as our volunteers drive through our parking lot. We are praying for warm, dry weather on this day so we can eat lunch by the Walking Trail and Outdoor Fitness Zone. Plan on bringing a lawn chair so you can chat with some friends and staff that you haven't seen in a while. If you volunteered in 2019 through the present, **please call to register for this event by April 15th.**

REOPENING!!



We are very excited about our reopening on March 29th and look forward to seeing so many faces that we haven't seen in over a year. Unfortunately, everywhere we go now things are being done a little different, and that will be the case here also. We have touchless hand sanitizers throughout the Center and we ask that you use them whenever you enter our Center and after you touch surfaces. We have touchless water coolers, touchless faucets in the bathrooms, along with self flushing toilets. We have done everything we can to keep you safe and now we need you to do your part. **First of all, please stay home if you aren't feeling well.** Even if you have had both of your vaccines you can still transmit COVID to others and everyone you come in contact with will not be vaccinated. **Wearing a mask, covering your mouth and nose at all times will be required and enforced, along with social distancing.** We ask that you respect others and the staff as they are working hard to keep our Center safe and clean for you. Unfortunately, for the time being there will be no cards or games, pickleball, bingo or trips. We will continue to consult with the Health Department about the safety of these activities and add them to our the schedule as soon as possible. We will also not be serving lunch when we initially reopen. **Please see page 3** for all of the activities and services we will be offering when we open the doors to welcome you back.

**CENTER WILL BE CLOSED ON APRIL 22ND FOR
VACCINE CLINIC & APRIL 30TH FOR VOLUNTEER
APPRECIATION CELEBRATION**

NOTES FROM RICK



Spring has sprung and with each spring brings hopes of a new beginning. This year in particular a new beginning is really needed. By the time you receive this newsletter our second round of vaccines here

at the Senior Center should be two weeks behind us and we will be starting to reopen the doors on a limited basis. While we have been closed, volunteers have been working endlessly inside the Center to beautify and get it ready for your return.

With spring our attention will shift to the outside of our property. It's hard to believe that just two short years ago we started work on the Priscilla Upton Byrns Walking Trail and Gardens. In these two years the Walking Trail and Fitness Zone area have been filled with additions and improvements. The major improvements this last year were made possible by generous donors like Dr. Jack Porritt and Erika Mauerman. When I look at our backyard it is hard to believe that all of this development was made possible with grants and donations. No funds were taken out of our general budget to provide this wonderful addition to our community.

Now we are at the point that we need to start maintaining the Trail and Gardens. Last year we had a small hard core group of volunteers who took on the responsibility of keeping everything watered and weeded. This year I would like to see us build the Late Blooming Landscapers into a real Garden Club. We are planning a kickoff meeting of the **Late Blooming Landscapers on Tuesday, April 13th at 1:00 pm.** This meeting is to plan the maintenance necessary to maintain our Walking Trail. If you love to garden or would like to learn from one of our Master Gardeners, this is the place for you. The more hands, the easier it will be. We also plan to schedule guest speakers on gardening topics and have meetings to share gardening information and techniques. So get your **Green Thumbs** ready and come join us. **Please call the Center for reservations** so we know how big of a room we will need. See you soon!

Rick Freridge

SJLSC Board of Directors President

LIBRARY HOURS BY APPOINTMENT



Just a friendly reminder that if you are in need of books or puzzles, please 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.

DRIVERS NEEDED



We are still in need of new volunteer drivers to help assist our homebound and non-driving members to doctor appointments and into the Senior Center for activities. If you have anyone in mind who you think would be a great volunteer for this position, please encourage them to call Jennifer Malone with any questions. This volunteer opportunity is very rewarding and a great resource for our community. This commitment would only require a person to drive just a couple days a month. It would be very helpful for us to have a few more drivers on board to call on, especially now that the weather is getting nice and the Center will once again be open for fun.

STEELHEAD TRIATHLON VOLUNTEERS

Thursday, June 24th - Packing bags at SJLSC

Saturday, June 26th - Registration of athletes

Have fun packing goodie bags for the Triathlon athletes on Thursday here at the Center while staying socially distanced, and/or greet and register the athletes on Saturday at Jean Klock Beach. You can sign up for one day or both days if you wish. **Volunteers please call the Center to sign up.** Any questions, please see Jennifer.

COMPUTER LAB

Computer Lab will be open on Thursdays by appointment only. You must call the Center by Tuesday 4 pm for a Thursday appointment.



NEWSLETTER MAILING VOLUNTEERS

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

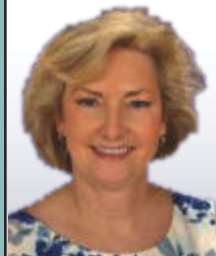


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15-0754

RECURRING SCHEDULE

MONDAYS

9:00 am - Resistive Exercise	STARTS 4/12
9:30 am - Quilting Group	STARTS 3/29
10:00 am - Calisthenics	STARTS 3/29
11:00 am - Balance Class	STARTS 3/29
12:00 pm - Tai Chi	STARTS 4/5

TUESDAYS

9:00 am - Resistive Exercise	STARTS 4/13
10:00 am - Range of Motion	STARTS 4/13
11:00 am - Chair Drumming	STARTS 4/13

WEDNESDAYS

9:00 am - Resistive Exercise	STARTS 4/14
10:00 am - Calisthenics	STARTS 3/31
11:00 am - Balance Class	STARTS 3/31
12:00 pm - Parkinson's Exercise	STARTS 4/14
1:00 pm - Stitch & Chat	STARTS 3/31

THURSDAYS

9:00 am - Computer Lab	BY APPT.
9:00 am - Resistive Exercise	STARTS 4/15
10:00 am - Range of Motion	STARTS 4/1
11:00 am - Tai Chi	STARTS 4/8

FRIDAYS

9:00 am - Chair Yoga (1 HR)	STARTS 4/9
10:15 am - Advanced Line Dancing	STARTS 4/9
11:15 am - Beginning Line Dancing	STARTS 4/9
11:45 am - Intermediate Line Dancing	STARTS 4/9
12:00 pm - Parkinson's Exercise	STARTS 4/16

**YOU MUST SIGN UP FOR EVERY ACTIVITY AT OUR CENTER TO ATTEND.
NO WALK-INS WILL BE PERMITTED.**

- You must **enter the Center through the front door**, where you will be screened.
- You **need to 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 class**.
- It is mandatory to wear a **mask covering your nose & mouth at all times**. Shields are not acceptable as face coverings.
- You **cannot enter the Center more than 10 minutes** before your class.
- You can only attend **Resistive Exercise** on either Monday/Wednesday or Tuesday/Thursday.
- There will be **no weights** provided, you must bring your own to class.
- For all classes in the Activity Room & Gym you will **exit through the back door** of the Gym.

THANK YOU FOR YOUR COOPERATION!

CIRCUIT TRAINING ROOM PROCEDURES

We are excited to be able to open our new expanded Circuit Training Room from 9:00 am-3:00 pm every day. However, just like all of our other activities, you will need an appointment to use this room.

- You must **enter the Center through the front door**, where you will be screened.
- You must **sign up for an appointment, which will be 45 minutes**. You will need to speak to a staff member to schedule your session.
- You will be **able to sign up for 2 sessions each week**. Once you are on the schedule that is your appointment time every week.
- If you cannot attend your appointment, please **call to cancel or you will be dropped from the schedule**.
- It is mandatory to wear a **mask covering your nose & mouth at all times**. Shields are not acceptable as face coverings.
- You **cannot enter the Center more than 10 minutes** before your appointment.
- You will be **required to wipe down** the equipment after using it.
- You will **exit through the back door** of our Center.
- **No walk ins will be permitted.**



Other services we are offering when we open our doors:

- Transportation for medical appointments and to the Center for an activity.
- Loan Closet by appointment
- Library/Puzzles by appointment
- Monthly commodities

DONATIONS

At this time we are only accepting monetary donations and loan equipment items. Thank you for your cooperation!

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

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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, Fay & Werner Pressnitz, Trudy Enders, Sue Mayville, and Jo Ann Ingraham for preparing our March newsletter mailing.
- ♦ Maureen Olofsson for videoing exercise classes.
- ♦ Scott Vince, Pauline Fox, Len Casario, Art Wagner, Rick Freridge, Bill Burrows, Fay & Werner Pressnitz, Marilyn Mann, Erika Mauerman, and Cindy Miller for their many hours at the Center performing various projects.
- ♦ Many thanks to Nancy Kodis, Fay Pressnitz, Sue Mayville, Bob Hopkins, Ron Liggett, Jerry Radenbaugh, Ed & Marcia Koehler, Ted Post, Len Casario, Art Wagner, Pam Wheeler, Dolores Frantz, Erna Felgner, Dorothy Thar, Barb Dorow, Pauline Fox, Marcia Hess, and Carol Small for your assistance with the Vaccine Clinic.
- ♦ Thank you to Bob & Mary Rechner, Vance Senecal, Carol Purdy, Rich Subrin, Lynn Vince, Peter Elliott, Pauline Fox, Duane Ostenson, Sue Meadows, Celina Bevelhymer, and Ann Stedman for assisting with the AARP Tax Program this year.

DONATIONS

- ♦ Cindy Miller made a Donation of Door Handles.
- ♦ An Anonymous Donor Donated a Shop Vac.
- ♦ Celina Bevelhymer made a Donation of a Intercom System for the Front Desk and a Beautiful Flower Arrangement.
- ♦ Jim Bentley made a Donation to the Loan Closet.
- ♦ Pat Burnett for the Transportation Donation Bags.

MONETARY DONATIONS

- ♦ All the anonymous transportation riders for Donations to our Transportation Program.
- ♦ Michael Peterson and Joanne Parrish made a Donation to our General Building Fund.
- ♦ Sandee Marks and Barb Dorow made a Donation to the Bakeless Bake Sale.
- ♦ Phyllis Herod, Lydia Groth, Dolores Pepperl, Sandee Marks, Michaelyn Fillwock, and Jane Jeffrey made a Donation to the Building Fund Program.
- ♦ Pat Underwood and Bruce & Priscilla Banghart say Thank You for the Loan Close.
- ♦ Jane Jeffery made a Donation to say Thank You for the Vaccine Clinic.
- ♦ Carl Dollar, Barb Dorow, Jerry Radenbaugh and Joanne Parrish made a Donation to Brick Fundraiser.
- ♦ Barbara Klein made a Donation in Appreciation for the Online Exercise Classes.

- ♦ Thank you to Onalee Hartman, Cindi McLaughlin, Shirley Miller and Sarah Rodgers for participating in Hardings Community Rewards.
- ♦ Thank you again to Berrien County Health Department for another efficient Vaccine Clinic in March and for all your hard work within our community.

VACCINE INFORMATION

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>
- ♦ -Riteaid.com/Covid-19
- ♦ -clinic.meijer.com
- ♦ -Call the County Health Department hotline at 800-815-5485





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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.

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Vice President Pauline Fox
Secretary Mary Sundblad
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Staff

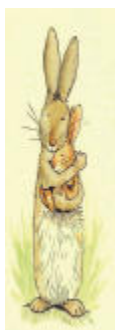
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Receptionist Onalee Hartman
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Medicaid Hotline	(800) 642-3195
Medicare Questions	(800) 633-4227
Michigan OMBUDSMAN	(866) 485-9393
National Do-Not-Call	(888) 382-1222
PACE of SW Michigan	(855) 243-8876
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



APRIL'S ACTIVITIES

2 GOOD FRIDAY - CENTER CLOSED

13 Late Blooming Landscapers-1:00 pm

15 Board Meeting 10:00 am

16 Commodities - Monthly - 9:00-11:00 am

22 Vaccine Clinic

28 Newsletter Mailing 8:00 am

30 Volunteer Appreciation 11:00 am



Berrien County Health Department will be conducting a COVID-19 Vaccination Clinic for people **60 and older** at our Center on **April 22nd and May 20th**. Both are a 2-shot combination. The Health Department will schedule your 2nd appointment when you come for the first shot. Please follow the instructions below:

The Vaccination Clinic will be **BY APPOINTMENT ONLY**. Please follow the instructions below:

1. Call for your appointment time.
2. After you make your appointment if you get your vaccine at another location, please cancel your appointment at our Center.
3. Arrive on vaccination day no more than 10 minutes before your scheduled time.
4. Masks will be mandatory and must be worn correctly.
5. Wear loose clothing or a short sleeve shirt.
6. After your vaccination, you will have a 15-30 minute waiting period.