

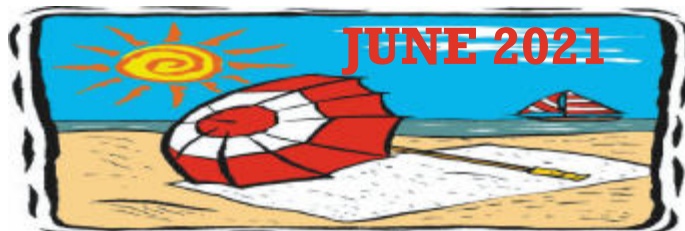
# THE ANCHOR NEWS



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

**[DIRECTORSJLSC@COMCAST.NET](mailto:DIRECTORSJLSC@COMCAST.NET)  
[WWW.SJLSC.ORG](http://WWW.SJLSC.ORG)**

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



As our activities increase we will continue to find it necessary to change some of our procedures. **If you haven't been to our Center** since we reopened, please call so we can inform you of the details for your activity. Please enter the front door of the Center 10 minutes before your class and have your **key tag ready to check in** on the monitor. Once you are finished with your activity **you will need to exit the Center**. If you are a volunteer you can also enter your volunteer hours in on the monitor. These procedures will not be necessary forever, so please be patient with us. If you have any questions just give us a call. We thank you for your continued cooperation!

## **APPRECIATION CELEBRATION**

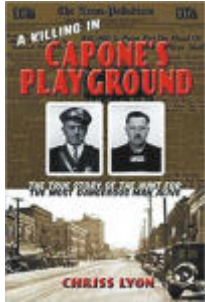
**Friday, July 9th, 10:00 am**

We are planning a celebration to express our appreciation to the organizations and individuals who made it possible to transform our backyard into a beautiful area for us to exercise, relax, walk, and meet with friends to enjoy the outdoors. Starting back in 2018 we were awarded grants from Spectrum Lakeland Health Foundation and the Frederick S. Upton Foundation along with significant contributions from Priscilla Upton Byrns' children, which started the development of the Priscilla Upton Byrns Walking Trail and Gardens. The Betty Kohn Outdoor Fitness Zone was funded by Bob & Betty Kohn and completed in the fall of 2018. In 2020 the expansion of our picnic table area along with a canopy for shade was funded by Dr. Jack Porritt. Erika Mauerman funded the serene area with flag poles and brick pavers. These generous donations along with the numerous contributions made by our members have made this dream a reality. Without all of our hard working volunteers who have put in countless hours designing, planting and maintaining these additions to our Center, none of this would have happened. We are so grateful to everyone who contributed to this venture which will continue to be enjoyed by our community for many years. Please come and celebrate with us as we show our appreciation to all of the people involved in making a vision come true. **Please sign up by June 30<sup>th</sup> to attend.**



## KILLING IN AL CAPONE'S PLAYGROUND

Friday, June 4th, 10:00 am



Chriss Lyon has for more than 20 years been a public safety professional and historian. Chriss has been able to uncover little known facts about the people and events surrounding the St. Valentine's Day Massacre using techniques of forensic genealogy combined with investigative research. Remember to sign up to attend!

## COVID-19 SEMINAR

Thursday, June 10th, 11:00 am



Charlie Olszewski, a retired associate professor and formally with the Attorney General's Office will be here to provide information on COVID-19. He will inform you of ways that it is contracted, transmission, variants, and immunity. If you'd like to attend this program, please remember to sign up!

## SENIOR SURVIVAL TIPS

Wednesday, June 16th, 10:00 am



In his presentation, attorney Bill Westerbeke, the host of YouTube channel "ElderTipZone", will discuss tips and provide demonstrations for seniors as they face "life" challenges associated with aging. He will start with the latest technology tips and then move to lifestyle tips covering healthcare, medical devices, organization, safety, and fitness. He finishes up with tax and financial, estate planning, and elder law tips. If you'd like to attend, please sign up.



## NEWSLETTER MAILING VOLUNTEERS

This month's mailing is Wednesday, June 30th.

Please call the Center by June 28th to sign up to attend.

## LAUGHING YOGA

Wednesday, June 30th, 9:00 am



Cheryl Weise will be here teaching laughter yoga, which is a concept in mind-body exercise. There are many mental, physical and emotional benefits attributed to the practice of Laughter Yoga. Don't forget to sign up if you'd like to attend this class!

## THINKING OF DOWNSIZING

Thursday, July 1st, 10:00 am

Kim Webb with Realty Executives Pro Brokers will answer all your questions.

- ⇒ Should I sell my home or buy a new home first?
- ⇒ What services are available to help with garage or estate sales?
- ⇒ Should I be concerned with capital gains tax?
- ⇒ The timeline needed to make it all happen?
- ⇒ How do I get started?



Come learn how to easily accomplish your dreams for the next phase of your life. Remember to sign up to attend.

## BEGINNING GENEALOGY

Thursday, July 8th, 10:30 am



Do you want to find out more about your ancestors, but don't know where to start? Attend our Beginning Genealogy class, given by Patsy Miller from Berrien County Genealogical Society and learn the basics: How and where to start, how to record your information, what to record, and where to find information. This class is intended for those just starting out, but will also provide information for those that have begun their research. Remember you will need to sign up to attend this class.



## REGISTER OF DEEDS

Monday, July 12th, 11:00 am



Lora Freehling from Berrien County Register of Deeds will be here to discuss land records in general and property deeds. She will discuss searching and reviewing deeds and the importance of properly drafting the conveyance of property in a deed. Local real estate attorney, Stephen Smith, will also be on hand to address general legal questions. Please sign up to attend.

## BOOK CLUB

Wednesday, June 9th, 10:00 am



This month the Book Club will be discussing "The Loon Feather" by Iola Fuller. Barb Dorow will be the group leader. Please sign up by June 7th.

## OUTDOOR YOGA

Wednesdays, 12:00 pm



Enjoy the softer side of yoga! Stretch the torso, back, hips, legs, and shoulders. Restorative postures promote safe stretching of deep soft tissue and will increase mobility. This class will be held **outdoors**. **Bring your own yoga mat and blanket.** No equipment will be provided. All levels of yoga welcome! Remember to sign up! **Activity Requirement: You must be able to get onto the ground once and return to standing.**

## OUTDOOR CARDIO DRUMMING

Mondays, 9:00 am



Join us outside for cardio drumming. You will be standing while you drum along to the beat of music. This is a great cardiovascular exercise that challenges your arms and legs as well as your brain by following patterns, rhythm and balance. Equipment will be provided by request. Remember to sign up! **Active Activity.**

## SENIOR SOFTBALL LEAGUE

Thursdays, 1:00 pm

(Old) Jefferson School, 2214 S. State Street, St. Joseph



If you're looking for a fun group of people to play softball with, you need to look no further. Come on out and join in the fun. The Senior Center Softball League is sure to be a hit! If you are interested in joining, please call the Center. **Please note the location has changed.** If softball is cancelled, a robo call will be sent to everyone that signed up.

## FOOT CLINICS

By Appointment Only



Friday, June 11th

Friday, June 18th

Jane Sherwin has started up our Foot Clinics again but there is an important change. **A permission form is available at the Center that will need to be signed by your doctor to receive this service at our Center.** Once you have this form from your doctor, please call the Center and we will make you an appointment. There will be no exceptions; if you don't have this document from your doctor, you will not be able to get your feet done. Your first visit is \$30, which includes a reusable foot care kit. Follow up visits are \$25.

## COMMODITIES CERTIFICATION

If you would like to receive monthly food commodities, it is time to apply. The Commodity Supplemental Food Program in Michigan guidelines state that you will qualify if your household size is 1 person and your income is less than \$1,383 per month, or a household size of two, less than \$1,868. **If you are currently receiving commodities you do not need to recertify.** To apply you need to bring: Proof of total household income for ALL people living in the home and proof of identification and address. Falsification of any information that you provide can/will result in denial of services and/or prosecution. **If you would like to apply for commodities, call and make an appointment with Jennifer.**



## RECURRING SCHEDULE

### MONDAYS

9:00 am - Resistive Exercise  
9:00 am - Cardio Drumming **OUTSIDE**  
9:30 am - Quilting Group  
10:00 am - Calisthenics  
11:00 am - Balance Class  
12:00 pm - Tai Chi  
1:15 pm - Beginning Line Dancing  
1:45 pm - Intermediate Line Dancing

### TUESDAYS

9:00 am - Resistive Exercise **NO CLASS 6/2**  
10:00 am - Range of Motion  
11:00 am - Chair Drumming  
12:30-3:30 pm - Pickleball

### WEDNESDAYS

9:00 am - Resistive Exercise  
10:00 am - Calisthenics  
11:00 am - Balance Class  
12:00 pm - Parkinson's Exercise  
12:00 pm - Yoga **OUTSIDE**  
1:00 pm - Stitch & Chat  
12:30-3:30 pm - Pickleball

### THURSDAYS

9:00 am - Computer Lab **BY APPOINTMENT**  
9:00 am - Resistive Exercise  
10:00 am - Range of Motion  
11:00 am - Tai Chi  
12:30-3:30 pm - Pickleball  
1:00 pm - Softball **WEATHER PERMITTING**  
1:00 pm - BINGO **2nd & 4th THURSDAYS**

### FRIDAYS

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

**CLASS DESCRIPTIONS ARE AVAILABLE AT THE FRONT DESK, ON OUR WEBSITE OR CALL TO SPEAK WITH A STAFF MEMBER**

\*\*\*\*\*

### PICKLEBALL IS BACK!

For all of you that relish pickleball, we know it's a big dill! You can now sign up for a 1-1/2 hour time slot. If you have people you want to play with, one person can call and sign everyone up within the same time slot. **Refer to the Recurring Schedule above for the times available.** Only 12 people are allowed in the gym at one time and no walk-ins will be allowed. Once you have a time slot, it will be the same time slot every week. If the number of people participating increases, the amount of time you play will decrease. **If you have never played Pickleball before or need a refresher class, please don't sign up for the times on the schedule. We will take your name and set up a time for an instructional class.**

## CIRCUIT TRAINING ROOM PROCEDURES

This room opens at 9:00 am and the last session starts at 2:00 pm. We are limited to 12 people in the room at one time and are offering 45 minute workout sessions. You need to **start your workout session at the top of each hour** so the room can be cleaned between sessions.

- Please **don't arrive more than 10 minutes** before the hour and **enter through the front door**. Have your **key tag** ready to check in on the monitor. Your workout session will be **45 minutes**. If you are late your time will be reduced.
- If you have **never used our equipment**, please call to talk to a staff member because you will need to have an orientation before you can use the Circuit Training Room equipment.
- It is mandatory to wear a **mask covering your nose & mouth at all times**. Shields are not acceptable as face coverings.
- You will be **required to wipe down** the equipment after using it.
- You need to **exit through the back door** of our Center.

\*\*\*\*\*

### **BINGO IS BACK!**

**Thursday, June 10th, 1:00 pm \$1**

**Thursday, June 24th, 1:00 pm FREE**



BINGO is back, and like many things, it will be done a bit differently. Please **don't enter the building before 12:45 pm** because you will not be able to come into the gym. You will have an individual table with 2 bingo cards and a cup of chips waiting for you. You can check out the prizes when you arrive, but no touching please. **You will need to sign up to play BINGO every time and you can only sign up 1 month at a time.** Please bring **\$1 in correct change**, as we will not be making change. **Space is limited, so call to reserve your spot soon.** We will take a waiting list for this activity, so please be considerate of others by canceling if you signed up and then cannot attend.





**Menu Is Subject To Change  
Without Notice**  
**Lunch is served at 11:45 a.m.**  
**Arrive 10 minutes early**

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Monday	Tuesday	Wednesday	Thursday	Friday
14 Mongolian beef & rice Oriental vegetables Steamed spinach Mandarin oranges	15 Pollack/rice Side salad Roasted broccoli Melon	16 Meatloaf Mashed potatoes Spinach salad Mandarin oranges Roll	17 Oven fried chicken Mac & cheese Mixed vegetables Peaches Cornbread	18 <b>FATHER'S DAY MEAL</b> Salisbury steak w/gravy Mashed potatoes Mixed vegetables Fruit pie Roll
21 Chicken mashed pot. bowl with diced carrots Wax beans & peppers Steamed zucchini Pineapple	22 Lasagna casserole Italian vegetables Salad w/shredded carrots & broccoli Fruit yogurt Breadstick	23 French toast Sausage links Breakfast potatoes Strawberries	24 Fish sandwich Carrots Summer corn salad w/red peppers Fruited jello	25 Hamburger Roasted potatoes Lettuce/toms/pickles Birthday cake Seasonal fruit Bun
28 Pulled pork sandwich Baked beans Kale salad w/dressing Bun Peach	29 Orange chicken/rice Oriental vogs. w/ carrots, peppers, & peas Ambrosia fruit salad	30 Bratwurst German pot. salad Carrots Mandarin oranges Bun	Meals provide (average per week) Carbs: 75 grams Calories: 800 avg. Sodium: 800 mg Protein: 19 grams Total Fat: 30% 2% Milk	Your donation toward the cost of the meal helps to make sure that these meals can continue. Please be as generous as you can. We thank you!

## MACKINAC ISLAND GRAND EXPERIENCE

**September 28 - October 1st**

**\$1,190 single occupancy**

**\$920 double or triple occupancy**

**50% deposit at sign up**

**Trip balance due: August 10th**

**Trip meeting: September 14th**

This trip is full, but we are taking a waiting list.  
Please call the Center for more details.



## INTEREST LISTS



We would like to plan some new activities and need to know if any of the ideas below would interest you. Please call and speak with a staff member to express what you would like to participate in below or to give us some other ideas, and remember it's important to let us know if you are interested so we can plan accordingly.

- ⇒ Computer Class
- ⇒ Art Class
- ⇒ Crafts Class
- ⇒ Woodworking Class
- ⇒ Photography



## **DONATIONS**

- ♦ Ann Lannert made a Donation of Lysol.
- ♦ Lyra Krall & Bob & Bonnie Gruss made a Donation to the Loan Closet.
- ♦ Lynsay Taylor made a Donation for Colleen Evans to the Loan Closet.
- ♦ Erika Mauerman made a Donation of a Beautiful Flower Arrangement.
- ♦ Don & Fredonna Kempf made a Donation of Exercise Balls for our Classes.
- ♦ Wanda & Darrell Scates made a Donation of Disinfectant Wipes.
- ♦ Rich Wiet made a Donation to the Loan Closet.

## **MONETARY DONATIONS**

- ♦ All the anonymous transportation riders and Alyse Biuver, Carolyn Strzyskowski and Barb Findley for Donations to our Transportation Program.
- ♦ Polly Hardin, Robert & Nancy Tonske, Joyce Howell, Karen Schiltz and Sharon Deja made a Donation to our General Building Fund.
- ♦ Kathie Kieras, Janice Hicks, John Churchill, Patricia Karsen, Jaquaba Brenneke made a Donation to the Building Fund Program.
- ♦ June Rollinger made a Donation in Memory of the North Lincoln Teachers Who Taught Our Children.
- ♦ A.J. Jaeger-Heiden made a Donation in Memory of Orvid Harju and Peggy McAllister.
- ♦ Phyllis Herod made a Donation in Memory of Peggy McAllister.
- ♦ Faye Brockmiller and Bill Vescolani say Thank You for the Loan Closet.
- ♦ Jim & Claudia Figila, Dorothy Rue, Diane Rau and Faith Smith made a Donation to the Brick Fundraiser.
- ♦ Cathy Eppard made a Donation to the Exercise Programs.

**Thank you to Caretel Inns of Lakeland for providing us with flowers to give to our ladies for Mother's Day!**



**Thankfully that time of year has finally arrived which allows us to enjoy ourselves outside. We hope that you are taking advantage of the beautiful facility that is behind our Center. We do ask that if you are a member and participate in the outdoor activities that you check "Outdoor Fitness Center" on the touchscreen monitor when you check in so we can track the participation use.**



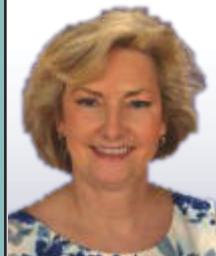


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15-0754

## NOTES FROM RICK

**There is going to be a Celebration!** You are probably thinking this would be to celebrate the end of the Covid-19 virus, not yet. This is finally the celebration for the Priscilla Upton Byrns Walking Trail and Gardens and the Betty Kohn Outdoor Fitness Zone. This was originally planned for two years ago. At that time weather caused the construction of the trail and parking lot to fall behind, so we postponed it until 2020. We all know what happened to 2020.

This year is starting to look great. We are making progress against the virus, the gardens are filling in, the trees have all taken root and we are about to celebrate. So much more has been added since we initially broke ground on our backyard.

Dr. Jack Porritt supported the fabric shade over the picnic table area and expanded the area to provide us with additional picnic tables. Erika Mauerman funded the flag poles project with the brick pavers and a bench. These individual efforts along with many donations from our members changed a field into a very special place.

The Late Blooming Landscapers group have been busy at work planting and tending to the gardens this year and they have been extremely instrumental in the overall development of this area. So many people have had a hand in the creation of this wonderful facility there is not room to thank all of them in a note from Rick.

It is only fitting that we have a Celebration where everyone involved can be recognized. Come join the fun and thank everyone that's had a hand in creating this fabulous community facility. The Celebration on July 9<sup>th</sup> will be at 10 am. Please sign up if you plan to attend.

Rick Freridge  
SJLSC Board of Directors President



## ELIMINATE YOUR JUNK MAIL



Bring your junk mail into the Center to put an end to it! If you are tired of receiving certain mailings, remember that you can bring them here for Ken Schneider to contact the organization that is sending you these publications. We also have information here at the Center if you would like to do this yourself. Remember it can take several months before you could see a reduction in your junk mail. Please deposit your mail in the box in the front entrance if you want to start this process.

## IMPORTANT REMINDERS



- ♦ We are only open for scheduled activities at this time.
- ♦ Please call and set up an appointment to check books or movies out of the library.
- ♦ Please call to schedule a time to pick up loan equipment when needed.
- ♦ We are still only providing transportation for medical appointments and activities at our Center.

## SUMMERTIME



Now that it's summertime and the warmer temperatures have arrived, it's time to get outside and enjoy nature! Take that walk along the beach and dip your toes in the warmer water, plant that vegetable garden and show off what you harvest from your hard work. Take that nap in the hammock in your beautiful back yard under that huge shade tree that thankfully someone planted years ago, plant your beautiful flowers for the bees to pollinate, mow that green yard, take that evening stroll through your gardens, or someone else's or read that book in that comfy outdoor chair. Just get outside and soak up the sun and have some fun!

**If you would like an email reminder when the newsletter is online, please email us at [assistantsjlsc@comcast.net](mailto:assistantsjlsc@comcast.net)**





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[veterans@berriencounty.org](mailto:veterans@berriencounty.org)



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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## SPREAD THE W-O-R-D

It's never too late to learn! We will be introducing to you new words and their definitions on a monthly basis.

**Bibliognost:** (BIB-lee-uh-nost), noun:  
A well-read individual; a person who possesses an encyclopedic knowledge of books and bibliography.

**Used in a sentence:** "Gerald quickly discovered that being a bibliognost was going to come in handy in his new job at the library."

## SENIOR SHREDDING DAY

Saturday, June 5th, 9:00 am-12:00 pm



This will be our only shredding event this year where you can get your personal documents shredded. This year

United Federal Credit Union is sponsoring the event, so there is no charge for this service. However, if you would like to make a donation to the Center, it would be greatly appreciated. Please remember you can have a **maximum of 4 boxes of PAPER ONLY**. Boxes should not be larger than a standard paper ream box, which is 11.5 inches wide, 17.5 inches long, and 9 inches deep.

## ANCHOR NEWS



If you normally receive your newsletter in the mail, but you've returned to the Center for activities, please consider picking it up while you are here. This will help us to keep mailing costs down. Please email [assistantsjlsc@comcast.net](mailto:assistantsjlsc@comcast.net) or give us a call so we can stop your newsletter mailing. Thank you!



## FRIENDSHIP GARDENS



Our volunteers and members of the Board are hard at work in the Friendship Garden getting it ready for more beautiful flowers and vegetable plants. We do ask that you be respectful of what is grown in the Friendship Garden and not help yourself. Our Friendship Garden volunteers will harvest the produce and it will be shared with anyone who attends the Senior Center. The volunteers will pick and bag the vegetables and inform you of where you may pick it up.

## BABY IT'S COLD INSIDE



It's about to get cold in here or hot, depending on you. We all know that everyone's body temperature is different so we try to keep the temperature about 70 degrees in the rooms where people are not exercising and a bit cooler in the exercise rooms. If you think you will be cold, please bring a sweater. If you are going to be warm, dress in short sleeves and shorts. Everyone please be considerate of others and remember that if the majority of the room participants are comfortable, that is what the temperature will be set at. Thank you for your cooperation.

## DRIVERS NEEDED



We are still in need of volunteer drivers to help assist our homebound and non-driving members to doctor appointments and into the Senior Center for activities. If interested, please call Jennifer Malone at the Senior Center with any questions you might have. Thank you!

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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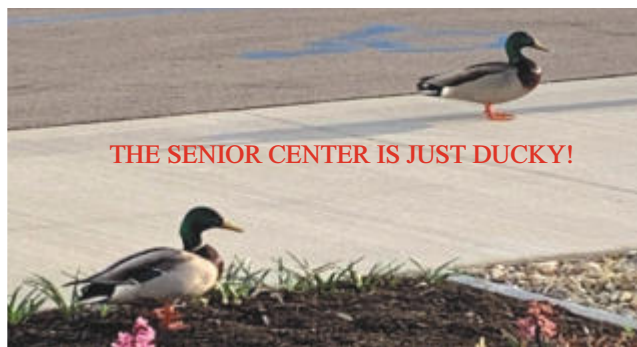


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## Serving the Community Since 1975

**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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<b>Secretary</b>	Mary Sundblad
<b>Treasurer</b>	Bob Hopkins

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Carol Small

## Staff

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<b>Staff Assistant</b>	Sarah Rodgers
<b>Receptionist</b>	Onalee Hartman
<b>Building Custodian</b>	Tai Huynh
<b>Senior Nutrition Manager</b>	Susan Polega 269-925-0137

**AND ALL OUR WONDERFUL VOLUNTEERS!**

## Helpful Service Numbers

<b><u>HEALTH SERVICES RESOURCE</u></b>	
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



## JUNE'S ACTIVITIES

4 A Killing in Capone's Playground 10:00 am  
5 Senior Shredding Day 9:00 am-12:00 pm  
9 Book Club 10:00 am  
10 COVID-19 Talks 11:00 am  
10 BINGO 1:00 pm  
11 Foot Clinic I - **BY APPOINTMENT ONLY**  
16 Senior Survival Tips 10:00 am  
17 Board Meeting 10:00 am  
18 Commodities - Monthly - 9:00-11:00 am  
18 Foot Clinic II - **BY APPOINTMENT ONLY**  
24 Pack Bags at Center for Triathlon 9:00 am  
24 BINGO 1:00 pm  
30 Newsletter Mailing 8:00 a.m.  
30 Laughing Yoga 9:00 am



## HAPPY FATHER'S DAY

**“F” aithful**  
**“A” lways there**  
**“T” rustworthy**  
**“H” onoring**  
**“E” ver-loving**  
**“R” ighteous**  
**“S” upportive**

The SJLSC Board of Directors and Staff would like to wish all of you a Happy Father's Day. May your day be as special as you are!