

# 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)**

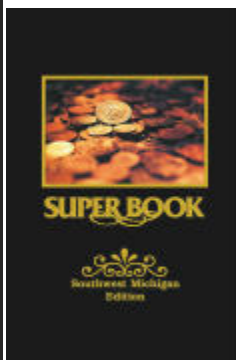
**HOURS: MONDAY THRU FRIDAY 8 AM TO 4 PM**



## JULY 2021

Many things have changed around here since our last newsletter and things are almost back to life before the pandemic. Social distancing has become a thing of the past, so it is not necessary to sign up for most of our activities here. Senior Nutrition is also back serving lunches, so check out the menu on page 5 and plan on meeting your friends for a hot meal. Or you could bring a sack lunch and enjoy the picnic area on the Walking Trail. We can now forget about the last 16 months and enjoy all that life has to offer. We look forward to seeing some new faces around here and we can't wait to see your smiles!

### **SUPER BOOKS ARE HERE!**



The Super Books have arrived and you can get yours right here at the Senior Center. Stop at the front desk and get one for yourself and that hard to buy for person you know who has everything. They make great gifts! Your purchase is helping our local merchants and also our Senior Center.

### **SUPER BOOK COUPON SWAP MEET**

**Monday, July 26th 9:00-11:00 am**



If you have purchased a Super Book and there are coupons in your book you know you won't use, join us for the Super Book Coupon Swap Meet. Bring in your unwanted coupons and swap for some that you will use. No need to sign up, just come in and start swapping!

### **LOAN CLOSET SALE**

**Friday, July 23rd, 9:00 am - 1:00 pm**



We will be having this sale for one day only so mark it on your calendar now. We have walkers, baskets for walkers, walkers with seats, bedside commodes, seat risers, shower stools, crutches, canes, wheelchairs and more. We also have some shelves and small desks to sell. If you or someone you know is in need of any of these items, now is the time to purchase them; our prices can't be beat!



## DEMENTIA EDUCATION AND UNDERSTANDING

Wednesday, August 18th, 10:00 am



This program is a training for family caregivers that provides education on the different forms and causes of dementia, gives insight into the progression of cognitive

decline, and offers tools to better understand how to provide care for the unique needs and challenges that individuals with dementia face. This training also focuses on the needs of the caregivers who selflessly give to their loved ones and offers tools for self-care to ensure that caregivers are also taking time to care for themselves. This training is provided by Stephanie Kostizen, LMSW, ACHP-SW who is a hospice social worker and veteran advocate for Caring Circle. Please sign up to attend.

## STAMPED GREETING CARD MAKING

Monday, August 23rd, 12:00-3:00 pm

\$12 per person, payable at sign up

Make checks payable to Peggy Hruska



Peggy Hruska will be teaching how to make homemade stamped greeting cards. For this first class, you will get to make 3 cards and envelopes. You will also receive a free stamp to take home. Other

stamps will also be available to purchase from the Center. All materials will be supplied, but it would be helpful if you could bring scissors and some type of adhesive. A glue stick or Elmer's glue would be fine.

## BOOK CLUB

Wednesday, July 14th, 10:00 am



For the month of July the Book Club will be discussing "The Giver of Stars" by Jojo Moyes. Shirley Miller will be the group leader. If you would like to join this monthly group please call and let us know.



## FOOT CLINICS

By Appointment Only

Friday, July 9th & Friday, July 16th



Jane Sherwin is continuing to do Foot Clinics, but there is an important change. **A permission form is available at the Center and needs 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.**

## PINOCHLE

Tuesdays 9:30-11:30 am



If you enjoy playing pinochle and would like to have some fun with a great group of people, come in on Tuesday mornings and join them. We currently only have 4 people and would like at least 4 other people to join the fun, so bring some friends with you.





## 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 - Hand & Foot Cards  
 1:15 pm - Beginning Line Dancing  
 1:45 pm - Intermediate Line Dancing



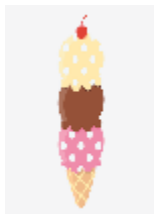
### TUESDAYS

9:00 am - Resistive Exercise  
 9:30 am - Pinochle  
 10:00 am - Range of Motion  
 10:30 am - Intermediate Bridge  
 11:00 am - Chair Drumming  
 12:30 pm - Bridge  
 12:30 pm - Pickleball



### WEDNESDAYS

9:00 am - Resistive Exercise  
 9:00 am - Computer Lab  
 9:00 am - Greeting Card Making  
 10:00 am - Calisthenics **No Class July 7th**  
 11:00 am - Balance Class **No Class July 7th**  
 12:00 pm - Mah Jong  
 12:00 pm - Parkinson's Exercise  
**REGISTRATION REQUIRED**  
 12:00 pm - Yoga **OUTSIDE No Class July 7th**  
 12:30 pm - Pickleball  
 1:00 pm - Stitch & Chat  
 1:15 pm - Dominoes



### THURSDAYS

9:00 am - Resistive Exercise  
 10:00 am - Range of Motion  
 11:00 am - Tai Chi  
 12:00 pm - Duplicate Bridge  
 12:30 pm - Beginner Pickleball **1st and 3rd week**  
 1:00 pm - BINGO **2nd, 4th, 5th week**  
 1:15 pm - Hand & Foot Cards

### FRIDAYS

9:00 am - Chair Yoga **No Class July 9th**  
 12:00 pm - Parkinson's Exercise  
**REGISTRATION REQUIRED**  
 1:00 pm - Euchre  
 1:00 pm - Sit & Share **July 30th**  
**LAST FRIDAY OF EACH MONTH**  
 1:15 pm - Golf Card Game/Aggravation

**CLASS DESCRIPTIONS ARE AVAILABLE AT THE  
 FRONT DESK AND ON OUR WEBSITE**

## BEGINNER PICKLEBALL

### **1st & 3rd Thursdays**



Pickleball is the fastest growing sport in America so now is a great time to learn something new! This trending game is a combination of tennis, badminton and ping pong. Pickleball was originally created for children yet today, the age range with the most players is 65 years and older. If you have never played Pickleball before or need a refresher class, **please register for this class.** The other 2 scheduled times for play are just for our more advanced players and with a little practice you will be able to play with them soon.



### **SIT & SHARE**

### **NEW CLASS FOR PARKINSONS**

**Last Friday of each month-July 30<sup>th</sup>, 1:00-2:00 pm**

Parkinson's  
Support Group

*Caregivers and family members are welcome!*

This is a new program that is being offered as an opportunity for Parkinsonians to share their stories with others afflicted with the same disease. **Caregivers and spouses are welcome.** We have learned that Parkinson's can be a complicated disorder and requires specialized treatment for some. What better way to learn than from those who experience the symptoms every day. We plan to discuss physicians, medications, treatment options, exercise and possibly how the disorder affects each individual. It is an open forum and we welcome any discussion regarding Parkinson's Disease. Rocco Pavese, who is the instructor of our Parkinson's Exercise Class, will be leading the group. **You do NOT have to participate in the Parkinson's Exercise Class in order to be part of this Sit and Share forum.**

**Thursday, July 8th, 1:00 pm \$1**

**Thursday, July 22nd, 1:00 pm FREE**

**Thursday, July 29th, 1:00 pm \$1**

**YOU CANNOT ENTER THE GYM UNTIL 12:45 PM**





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

**JULY 2021**

**CALL 269-921-0136**  
**2 DAYS IN ADVANCE TO MAKE OR**  
**CHANGE LUNCH RESERVATIONS**  
**TAKEOUTS AVAILABLE**

Meals are Funded in part by



Served in partnership with the Senior  
Center and Senior Nutrition Services,  
dba Meals on Wheels of SW Michigan

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Salmon patty Seasoned spinach Carrots Cantaloupe Roll	2 Hamburger w/fixings Potato salad Carrot/raisin salad Bun Fruit
5 <b>CENTER CLOSED</b>	6 Turkey meatloaf Mashed potatoes Coleslaw Roll Apricots	7 French toast Sausage links Breakfast potatoes Peppers and onions Orange juice	8 Pulled pork sand. Baked beans Spinach Applesauce Whole wheat bun	9 Tuna salad Mixed greens Tomatoes/cucumbers Corn salad Blueberries Crackers
12 BBQ roast beef sand. Potato salad Onions and peppers Fruit yogurt Grape juice	13 Bratwurst on bun Broccoli Harvest beets Melon Bun	14 BBQ chicken quarter Mac & cheese Mixed vegetables Mandarin oranges	15 Taco salad Mexican rice Tortilla chips Pudding w/bananas	16 Crispy fish Summer squash Zucchini 3 bean salad Roll Peaches
19 Chicken Ala King Carrots & peas Rice Tomatoes/cucumbers Fruited jello	20 Beef goulash Spinach Corn Citrus blend	21 Summer cobb salad Fresh fruit Crackers	22 Sloppy joes Carrot/raisin salad Side salad Cherry crumble Bun	23 Bratwurst Roasted potatoes Green beans Bun Fresh fruit in season
26 Summer pasta Breadstick Fruit salad	27 BBQ chicken Roasted sweet pots. Steamed greens Biscuit Pineapple	28 Fish w/tartar sauce Herbed rice Mixed vegetables Citrus mix	29 Salisbury steak/gravy Mashed potatoes Peach/spinach salad Strawberries	30 Loaded baked pot. Steamed broccoli Mixed lettuce Birthday cake Mixed fruit
			Meals provide (average per week) Carbs: 75 grams Calories: 800 avg. Sodium: 800 mg Protein: 19 grams Total fat: 30% 2% Milk	<b>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!</b>

THANK



YOU

### DONATIONS

- ♦ Elaine Manley made a Donation for Cup Dispensers on the Water Coolers.
- ♦ Doug Searles, Tina Schneider, Gerald Frick, Barb Cluff, Cindy Allen, Donna Strine, Karen Stevens, and Bob Starks Donated Equipment to the Loan Closet.
- ♦ Nicholas & Jessica Kormanik Donated 4 Beautiful Bouquets of Flowers.
- ♦ Jack & Margie Hardy Donated Bingo Prizes.
- ♦ Kay Cashner Donated Fabric and Quilting Materials.
- ♦ Jean Green Donated a Beautiful Flower Arrangement.
- ♦ Diana Hicks Donated Treats for the Front Desk.
- ♦ Elsa Elner Donated a Beautiful Flower Arrangement.
- ♦ Charlotte Wilkins Donated Wipes, Soap, and Candy.

### MONETARY DONATIONS

- ♦ All the anonymous transportation riders and Joan Stilwell, Carolyn Strzyzkowski and Carol Small for Donations to our Transportation Program.
- ♦ Helga Berzins and Dorothy Rue made a Donation to our General Building Fund.
- ♦ Cynthia Coffman and Martha Lange say Thank You for the Loan Closet.
- ♦ The Dreamers made a Donation to the Brick Fundraiser in Honor of Joan Nozicka Who Led The Dreamers and the Misfits for Many Years.
- ♦ Jim & Dawn Bentley, Judy Paruch, Phay & Hong Son, June Rollinger, Ted & Diana Post, Ray Lietz and Florencia Madden made a Donation to the Brick Fundraiser.
- ♦ Janet DeRubbo made a Donation to the Parkinson's Exercise Class.
- ♦ Nancy Moore made a Donation to the Exercise Programs.
- ♦ Martin & Margaret Barber made a Donation in Memory of Madeline Bentley.
- ♦ Harriett Reed made a Donation in Memory of Beth Reed & Sally Mettler.
- ♦ Larry & Norma Schmidt made a Donation in Memory of Duane Schmidt.
- ♦ Lillian Hasse and Sue Mayville made a Donation in Memory of Patricia Ludlam.
- ♦ Sonja Hendrix made a Donation in Memory of Melvin Krieger.
- ♦ Ray Hicks made a Donation in Memory of Mary Ellen Hicks.

Special thanks to Maureen Olofsson for videoing Jean Green on our outside exercise equipment.

Many thanks to UFCU for sponsoring our Shredding Day in June, we greatly appreciated it!

Big thank you to County Line Nursery for donating a tree for the Walking Trail and to Caretel for delivering some Father's Day gift bags for our Dads!



We would like to express a heartfelt appreciation to the Friendship Garden and Late Blooming Landscapers volunteers. We cannot thank you enough for the beautiful environment you continue to maintain for our members and community.

### WISH LIST

Candy for the front desk, coffee-regular and decaf, and wipes for the Circuit Training Room.



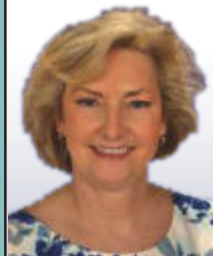


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15-0754

## NOTES FROM RICK

A little over three years ago I visited the Holland Senior Center, Evergreen Commons. Several of their programs really stood out to me. For instance, they have a very active Parkinson's program. Upon my return, I found out that Rocco Pavese was really interested in getting a program going here, so with a grant from the Berrien Community Foundation for the needed equipment we were able to add this class. Today the class is full and Rocco is looking for ways to expand the program.

Another program that really stood out was their very impressive Wood Shop. Since visiting, it has been my dream to have one here at our Center. I admit my first thought was this would be something for the men here at the Senior Center to do. Further investigation at the Holland Senior Center showed that almost as many women used their shop as men. Up until now we did not have a space large enough to dedicate to a single use program such as this, but with the St. Joseph Schools moving out of the front of the building, we now have enough space. Now we just need the funding to build in the infrastructure and equip the room with the tools and equipment to make this a working Wood Shop/Craft Room.

I believe this would be a great addition to our programs here. We could have toy making classes in the fall, bird house building in the winter, and maybe in the spring, raised planters and garden containers. There are so many different projects we could build, my mind just goes crazy thinking of the possibilities.

We have started looking at grants to fund this proposal, but you can't always count on grants covering everything, so we will also be looking for donors, large and small. Donations of tools in good condition would be considered. If you are interested in helping out on this project, please contact me here at the Center, I would love to hear from you.

My third idea was to update our Computer Lab. Our old lab had tower computers that were hand me downs from old staff computers. They were really slow and required wires all over the place making it easy to trip and fall. We would like to purchase laptop computers to use in the Computer Lab (no power wires and with wireless internet connection). We would also use a large screen TV for an instructor to use for teaching. We have had a few requests for classes on some of the basic uses of computers and things like Zoom, FaceTime, Facebook, and picture editing. Also classes on cell phones as there are so many things you can do with

a cell phone today. A class teaching us how to use these things would be really helpful. Our little cell phones are more powerful than the computers that took the Apollo 11 crew to the moon back in July of 1969.

If you are interested in any of these programs, I need you to call in or stop at the front desk and ask them to add you to the list with interest in that program. We need to be able to show the Board that there are a sufficient number of people interested in having a program in order to obtain support and funding.

If you have a good idea for programming you would like us to consider, come see Cindi or myself with your idea.

As much as your Board of Directors like to keep everything here at the Center as free as possible, we all know it is not really free. Yes, a good portion of our budget comes from our County Millage; however, if it was not for the personal donations we receive, we would have to charge for a lot of our activities or cut back on programs. So if you are able and interested, please consider a contribution to your Senior Center.

Rick Freridge

SJLSC Board of Directors President

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## FOURTH OF JULY



The Fourth of July - also known as Independence Day or July 4th - has been a federal holiday in the U.S. since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues. Finally, this year's celebrations for the 4th of July can be with family and friends! The Board of Directors and Staff at SJLSC are wishing all of you a safe and Happy 4th of July!

**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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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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15-0754

### SPREAD THE W-O-R-D

We are hoping you are enjoying this monthly addition. If you would like to share a word, please let us know.

**Mellifluous:** (Mel-lif-lu-ous) Of a voice or words, sweet or musical, pleasant to hear.

**Used in a sentence:** She has a rich, mellifluous voice that gets her a lot of work in radio and TV commercials.

### CUBS VS. ROCKIES

Wednesday, August 25th

\$81 per person

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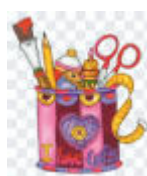
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**Active Activity: \*\*NEW TRIP\*\***

### LOOKING FOR CRAFTERS!



Do you love to craft and would like to do more of it? Do you have a project or idea you would like to share? We are looking for more craft ideas and we need your help! If you would like to host a class and share your favorite craft, stop by and see Jennifer.

### APPRECIATION CELEBRATION

Friday, July 9th, 10:00 am

If you signed up for this event, don't forget to come and join us so that we can express our appreciation to the many people involved in transforming our Center into a great facility for our community. We look forward to seeing all of you there!

### LIBRARY DONATIONS

The library is in **need of magazines**, but no issues older than 4 months. Your donations would be very much appreciated. Thank you in advance.



### GREETING CARDS

At this time we are **not accepting** greeting card donations. Thank you!



### CHAIR DRUMMING & TAI CHI

Don't forget we offer Chair Drumming classes and Tai Chi. Chair Drumming is taught by Ron Robb on Tuesdays at 11:00 am. In this class you will experience improved strength and coordination in a fun and social environment. Tai Chi is taught by Janet Snelgrove on Mondays at 12:00 pm and Tuesdays at 11:00 am. Tai Chi is a low impact exercise and will improve muscle tone and strength. It also helps with flexibility, relaxation, balance and overall mental and physical health. It can also help prevent falls. No need to sign up, just come on in and join the fun!

### BOARD ELECTIONS



In our August newsletter we will have the schedule for our Board Election process. We are looking for Board Members who have a passion for our Senior Center, are open minded and have an expertise that would be advantageous to our future sustainability. Our Board adopts sound, ethical and financial management policies to insure our nonprofit has adequate resources to advance our mission. If you are interested in being a part of our future development, please consider attending our Board Meetings held on the third Thursday of each month at 10 am to see if you would be interested in running for our Board of Directors.

### NEW OUTDOOR EQUIPMENT VIDEOS

We have new instructional videos on our website of the Betty Kohn Outdoor Fitness equipment. Jean Green explains how to properly use all the equipment at each station to prevent injury to yourself. Take a look!

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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**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**

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**Receptionist** Onalee Hartman  
**Staff Assistant** Sandy Draper  
**Building Custodian** Tai Huynh  
**Senior Nutrition Manager** Suzi Polega 269-921-0136

**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



**JULY'S ACTIVITIES**

1 Thinking of Downsizing 10:00 am  
5 **CENTER CLOSED**  
8 BINGO 1:00 pm  
8 Beginning Genealogy 10:30 am  
9 Foot Clinic I - **BY APPOINTMENT ONLY**  
9 Appreciation Celebration 10:00 am  
12 Register of Deeds 11:00 am  
14 Book Club 10:00 am  
15 Board Meeting 10:00 am  
16 Commodities - Monthly - 9-11:00 am  
16 Foot Clinic II - **BY APPOINTMENT ONLY**  
16 Cookies & Canvas 12:00 pm  
20 Arthritis - Is It Normal? 10:00 am  
22 BINGO 1:00 pm  
23 Loan Closet Sale 9:00 am-1:00 pm  
26 Super Book Coupon Swap Meet 9-11:00 am  
27 Focus on Fun 10:30 am  
28 Newsletter Mailing 8:00 am  
29 BINGO 1:00 pm

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**"Take me out to  
the ball game!"**

**See page 10 for  
more details!**

