

# THE ANCHOR NEWS



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

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[WWW.SJLSC.ORG](http://WWW.SJLSC.ORG)**



## BAKELESS BAKE SALE



It's that time of year again when we ask that you make a donation to assist our Center in achieving a goal for a particular purpose. Due to COVID, our donations have been very few and far between. This year we are raising money to update our media needs and purchase some additional items to use for our programs. A Bakeless Bake Sale is an easy, painless way for you to donate to our Center without all the fuss and mess of baking. Please use the envelope provided in this newsletter and send a check for any amount you choose. We would like to thank you in advance for your support of our Senior Center, it is greatly appreciated!

## TENTATIVE REOPENING DATE

We are so happy to announce a tentative reopening date of November 2<sup>nd</sup>. Since this decision was made on the date the newsletter goes to print all of the information is not available now. We will be offering limited activities, that are yet to be determined. Important procedures will be that **everyone will have to wear a mask that covers their nose and mouth, even if they are exercising. No shields will be allowed. Physical distancing will be enforced. All activities will be by appointment only, no walk ins will be accepted and the doors will be locked between activities.** We are very excited in planning this reopening and are looking forward to seeing everyone.

## VETERANS DAY



Veterans Day is a time for us to pay respect to those who have served. Unfortunately, this year we cannot celebrate you the way we would like to, but please know that you have not been forgotten. Thank you for your service and sacrifices so that we can live in a free country!

## HAPPY THANKSGIVING



Although Thanksgiving Day will be different this year, we all have so much to be thankful for. We are appreciative for your patience through this ordeal. The Board and Staff are thankful for our members and wish all of you a very Happy Thanksgiving Day!

## NOTES FROM RICK

Another fiscal year has come and gone. With the shutdown from COVID-19 you might think nothing has happened here in the 2019-2020 year, however we have had another big year of improvements. If you haven't had a chance to check out the outside projects mentioned here, make it a point to stop by.

The Priscilla Byrns Walking Trail has seen many additions this last year, making it a relaxing place to be. Friendship Garden, with a donation from Mary Sundblad and under the direction of Art Wagner and crew has been transformed into a beautiful garden area. A donation by Dr. Jack Porritt for a fabric shade over the picnic area and an additional cemented area, now allows for more picnic tables. A flag pole project has just started, which is funded by a private gift, and should be completed by November. We will be selling paving bricks soon for this area. Watch for more details in the coming months on both of these projects.

The renovation of the men's bathroom at the south end of the main hall is ongoing. It is being converted into a fully handicapped facility. Last year's Bakeless Bake Sale assisted in funding this, along with our Endowment Fund.

A donation from Judy Felland for a new Ford Flex made it possible to keep our small transportation fleet up to date and ready to serve the community. We added 5 more cameras to our security system so we are now able to oversee most of our facility.

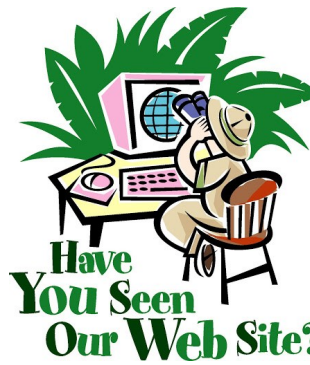
We have another major improvement that was made possible by Jerry Hanes which will convert all of our toilets to touchless flush and sinks with hands free water faucets. This is a great addition in conjunction with our safety concerns over the virus!

We have received two grants this year. One for \$5,000 from the State of Michigan for exercise equipment. This has helped us purchase more exercise stations for the Parkinson's class and additional equipment for other classes. We also received \$1,500 from the Berrien Community Foundation for Covid-19 sanitation supplies. Quite a year for being closed since March!

Rick Freridge  
SJLSC Board of Director-President



## NEW WEBSITE



We have a new website that we think is more user friendly and eye appealing. This website also gives you the ability to donate to our Center through PayPal. There is no need for you to have a PayPal account; a click of a few buttons does all the work. We encourage you to take a look at the website. We think you'll like what you see!

## WEBSITE EXERCISE VIDEOS



We are very excited to announce that on our website you can now view videos of Jean Green demonstrating how to properly use the **Outdoor Fitness Zone** equipment. There are 3 videos, each focusing on a particular part of the body, Strength & Cardio, Upper Body and Lower Body. We hope that you will take a look and that you find this information helpful!

## OPEN ENROLLMENT



Don't forget it's that time again when you can make changes to your Medicare coverage, which will take effect 2021. Medicare's Open Enrollment this year will only be done virtually. Call the Center and we will have a MMAP Counselor contact you to set up an appointment time.

## GIVE THANKS

We can all agree these have been trying times, but upon reflection we're sure you can all agree there is so much to be thankful for; family, friends, good health, a roof over your head, memories, laughter, peace of mind. Make your own list, it is sure to put a smile on your face!

## NEWSLETTER MAILING VOLUNTEERS

This month's mailing is Wednesday,  
November 18th at 8:00 am

## MEMORY LANE

Sometimes a short walk down memory lane is all it takes to make you appreciate where you are today...



### 1930's

This was the time of the Great Depression, FDR, the rise of Hitler and jazz. Television was just starting to gain momentum, but the high unemployment of 8.9% caused problems in every area of life. The Wall Street crash happens in late 1929 and by 1930, 1,350 banks fail in the United States. Unemployment in the United Kingdom hits one million, while it reaches 8.7% in the United States (over 3.2 million people, nearly double what it was in previous years). The Federal Reserve cuts interest rates to 4%, down from 6%. Consumers and businesses panic and pull their money out of banks after the stock market crash. The Worldwide economic decline reaches its worst point in 1933. The average cost of a new house was \$7,145.00, wages per year \$1,970.00, the cost of a gallon of gas was 10 cents, the price to rent a house was \$15.00 per month, a loaf of bread 9 cents, a pound of hamburger 13 cents, and a Pontiac Big Six Car \$745.00. Prohibition finally ended in 1933 and people could sell beer and liquor without fear. Wheaties was declared "The Breakfast of Champions", Volkswagen starts producing the Beetle in Germany in 1938, Commercial TV made its debut, Hostess Twinkies, Snickers and Wonder sliced bread were introduced. The Wizard of Oz and Gone With The Wind were two of the most important and amazing films of all time released in the 1930s and sports was exciting as ever with two extremely talented Joes: Joe Louis and Joe DiMaggio.

## FOOT CLINIC

By Appointment Only  
Friday, November 13th  
Wednesday, November 18th

Van's Medical Equipment provides this monthly service, which is also available to diabetics, **with a doctor's order**. The first visit is \$30, which includes a reusable foot care kit. Follow up visits are \$25. **Please call the Senior Center, 429-7768, to make an appointment.**



## DONATIONS

We are not accepting donations of cards, books, puzzles and loan equipment at this time. We also ask that you don't leave anything in the mailbox or outside that you wish to donate. We appreciate your cooperation and will update you when we once again are accepting these types of donations.

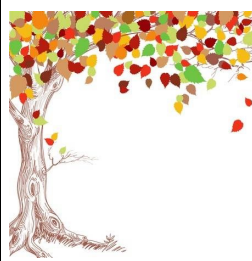
## LOAN CLOSET APPOINTMENTS

Our loan closet is open by appointment only. If you need to borrow something, please call and we will arrange a time for you to pick up what you need.



## THE FACTS OF FALL

Did you know that the leaves change colors because the shorter days and cooler temps force trees to stop producing chlorophyll? When the chlorophyll production stops, the always present carotenoids (yellow, orange, red, and brown hues) appear and in the summer months, the chlorophyll covers these carotenoids. The average tree has about 200,000 leaves!



**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](mailto:assistantsjlsc@comcast.net)**

## SPECIAL THANKS TO THESE VOLUNTEERS



- All of our drivers who are transporting our members to medical appointments.
- Art Wagner, Jack Porritt, Len Casario, Marilyn Mann, Erika Mauerman, Rick Freridge, Kristi Peterson, Merry Foelich, and Onalee Hartman for continuing to maintain the Walking Trail and Friendship Garden.
- Ron Liggett & Art Wagner for distributing commodities.
- Bonnie Korican, Jeannette Jeske, Mary Sundblad, Jane Jeffery, Kay Gray, Lona Bumbulis, Sue Mayville, and Trudy Enders for preparing our newsletter for mailing.
- Pauline Fox, Mary Sundblad and Susan Meadows for working the Foot Clinic.
- Mary Sundblad and Pauline Fox for working the Flu Shot Clinic.
- Len Casario, Jim Cox, Pauline Fox, Susan Meadows, Jean & Tom Oatman and Jerry Radenbaugh for their assistance at the Outdoor Fitness Demo.
- Maureen Olofsson for videoing Jean Green on how to properly use the Outdoor Fitness equipment.
- Rob Freridge for designing our new website and working with the staff to implement it.
- A big thank you to all the volunteers who helped with the Board Election: Louise Boelcke, Bill Burrows, Hilda Doyle, Pauline Fox, Dolores Frantz, Rick Freridge, Bob Hopkins, Marcia Koehler, Bonnie Korican, Carol Small and Dorothy Thar.
- We would also like to express our thanks to Phil McDonald and Andy Menchinger for once again counting the ballots this year from our Board Election.

## DONATIONS

**Robyn, Manager of Walgreens/Stevensville on John Beers Road, for your donation of 5 cases of water.**

## MONETARY DONATIONS

- ♦ **All the anonymous transportation riders along with Mary Bartels for Donations to our Transportation Program.**
- ♦ **Dr. Jack Porritt made a Donation to Expand the Picnic Table Area.**
- ♦ **Onalee Hartman made a Donation to Friendship Garden.**
- ♦ **Charity Burke, Duane Mitchell and Linda Lieberg say Thank you for the Foot Clinic.**
- ♦ **Mary Sundblad made a Donation in Memory of Polly Judd.**
- ♦ **Jerry Hanes made a Donation to Fund the Project to Convert all of the Toilets and Faucets to Touchless Units.**
- ♦ **Gayle Coon made a Donation to the Walking Trail.**
- ♦ **Erika Mauerman and Linda Lieberg made a Donation to our General Building Fund.**
- ♦ **Marie Volpe made a Donation for Goodies at the Front Desk.**



**DAYLIGHT SAVINGS TIME ENDS** - Don't forget on Sunday, November 1, 2020, 2:00 a.m. to turn your clocks back 1 hour.

## **ELECTION RESULTS**



Our Board of Directors is the foundation of our Senior Center and we are very lucky to have such extremely great leadership over the years. We are fortunate now to welcome two new Board members, Len Casario and Rocco Pavese. Both Len and Rocco have been very active participants in our Center for several years. Also reelected are Tom Oatman and Jerry Radenbaugh, both of whom have served on the Board for several years and will continue to be great assets to our Center.

St. Joseph – Lincoln  
 Senior Service Center  
 3271 Lincoln Avenue  
 St. Joseph, MI 49085

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**DATED MATERIAL DO NOT DELAY  
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Newsletter was mailed @ St. Joseph Post Office on 10-28-20



**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

**Board Directors**

Celina Bevelhymmer, Len Casario, Bob Hopkins, Tim Kragt, Shirley Miller, Tom Oatman, Rocco Pavese, Jerry Radenbaugh, and Carol Small

**Staff**

**Executive Director** Cindi McLaughlin  
**Program Coordinator** Jennifer Malone  
**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 Daylight Savings Time Ends
- 13 Foot Clinic I - **BY APPOINTMENT ONLY**
- 18 Foot Clinic II - **BY APPOINTMENT ONLY**
- 18 Newsletter Mailing 8:00 am
- 19 Board Meeting 10 am
- 20 Commodities - Monthly - 9:00-11:00 am
- 26 **HAPPY THANKSGIVING - CENTER CLOSED**
- 27 **CENTER CLOSED**

**When this is over, may we never again take for granted a handshake with a stranger, full shelves at the store, conversations with neighbors, a crowded theatre, Friday night out, the taste of communion, a routine checkup, the school rush each morning, coffee with a friend, the stadium roaring, each deep breath, a boring Tuesday, life itself.**

**When this ends, may we find that we have become more like the people we wanted to be, we were called to be, we hoped to be, and may we stay that way — better for each other because of the worst.**

*~ Laura Kelly Fanucci ~*

