



Serving the Community Since 1975

Executive Board Members: *President* – Priscilla Byrns
Vice President – Ann Benson
Secretary – Mary Sundblad
Treasurer – Jerry Radenbaugh
Directors: Louise Boelcke, Bill Burrows, Dolores Frantz, Rick Freridge, Bob Hopkins, Shirley Miller, Tom Oatman and Carol Small
Staff: *Executive Director* — Shirley Reichert, SDC
Program Coordinator — Cindi McLaughlin
Receptionist — Onalee Hartman
Staff Assistant — Jan Orlando
Nurse — Mary Ann Kuehl
Building Custodian — Ricky Johnson
Senior Nutrition Manager — Marilyn Hawkins 235-4103
AND ALL OUR OTHER EXTRAORDINARY VOLUNTEERS!

This newsletter was mailed from St Joseph Post Office on April 22, 2015

MONTH AT A GLANCE – MAY

- 7—Bunco 1 pm
- 7—Real Estate/Mortgage Seminar 12:30 pm
- 7—Blood Pressure Clinic 9 am-11 am
- 8—Mother’s Day Program 1 pm
- 8—Foot Clinic I
- 13—Ed & Ted Trip Info Meeting 1:30 pm
- 13—Book Club 10 am
- 14—Bingo 1 pm
- 14—West Michigan Pike 10 am
- 15—Foot Clinic II
- 15—19th Annual Senior Expo, sign up for transportation
- 18—PACE Info Meeting 11 am
- 19—Mayflower Trip Info Meeting 10:30 am
- 19—Veteran’s Q & A 10 am - 12 pm
- 19—Blood Pressure Clinic 9 am-11 am
- 20—Elder Law Primer 10 am
- 21—Monthly Board Meeting 10 am
- 22—Commodities-Monthly & Qtrly 9 am -12 pm
- 22—Friday Flick 1 pm
- 25—CENTER CLOSED for Memorial Day
- 27—Newsletter Mailing
- 28—Bingo 1 pm
- 28—Hearing Aid Program & Cleaning 10 am - 12:30 pm

Upcoming Dates of Interest

- Community Outreach Picnic, June 14th, 11 am - 12:30 pm
- AARP Smart Driver Program, June 16th, 9 am - 4 pm
- Father’s Day Program, June 19th, 9 am
- Euchre Tournament here at SJLSC, June 20th, 11 am - 2 pm
- Estate Attorney, June 25th, 10:30 am

Helpful Service Numbers

Area Agency on Aging	983-0177
Elder Abuse	(855) 444-3911
Health & Human Service	2-1-1
Medicaid Hotline	(800) 642-3195
Medicare Questions	(800) 633-4227
National Do-Not-Call	(888) 382-1222
Senior Help Line	(800) 654-2810
Senior Legal Hotline	(800) 347-5297
Social Security	(800) 772-1213
To Report a Scam	(877) 765-8388
Veterans Affairs Office	983-7111
Veterans Clinic	934-9123

It is the mission of the St. Joseph-Lincoln Senior Center to provide safe, friendly, and positive social, educational, and recreational services for the 60 + citizens of our community.



Pausing with Prill: Every spring we pay tribute to the volunteers who give their time and talents to make our facility a better place for our participants and staff. These volunteers make a huge impact on our organization. In fact, last year more than 254 volunteers donated a grand total of almost 7,983 hours of service. Many thanks to all of our Center volunteers—your dedication is truly inspiring. We had a wonderful volunteer celebration on April 17th where we were all treated like Hollywood Stars. We had so much fun and a great attendance. Please visit with us for all the volunteer opportunities available. Becoming part of this team helps us provide programs and activities you would like to see added or changed. All the sun bunnies are starting to come back and we are so glad to be welcoming them back!

ANNIVERSARY AND AWARENESS

Friday, June 12th, 10:30 am

Please sign up by June 5th at noon to join us. Wear purple as a reminder that there is Elder abuse and the more we make people aware, the sooner it will end. How wonderful that the Center has been here 40 years and has served as a place for seniors to be in a safe environment. The Center works with various agencies when assistance is needed to ensure someone’s safety.

SPECIAL NOTICE

All regular scheduled activities are cancelled:

FRIDAY, JUNE 12TH UNTIL 1:00 PM

TRIAD ceremony observing Worldwide Elder Abuse Awareness Day and celebrating the 40th Anniversary of the Center. Thank you for your cooperation.



“ALL DOLLED UP”

**Friday, May 8th, 1:00 pm
 Mother’s Day Program**

Lillian Faris is sharing her doll collection with us. Don your favorite earrings and necklaces and come to the center all dolled up. All ages are welcome. Please feel free to bring any dolls from your own childhood or from your children to share. Sign up to enjoy celebrating this special day by May 1st at noon.

FRIENDSHIP GARDEN

Work has started in Friendship Garden and it’s already a true team effort! The two additional veggie planter boxes have been stained and set out. We’re shooting for the week of May 18th to have volunteers help with planting. Meanwhile, the overgrown bushes will be pruned back along with other projects. Please check out the Wish List on the Friendship Garden bulletin board if you’re interested in helping out. Also the board contains all the people donating the items and volunteering their time. Please stop by to see who they are. Thank you to each and everyone of them . This all would only still be an idea on paper without them!

VETERAN’S Q & A

Tuesday, May 19th, 10:00 am—Noon

Lee Lull will be here to answer all your questions about benefits and services.

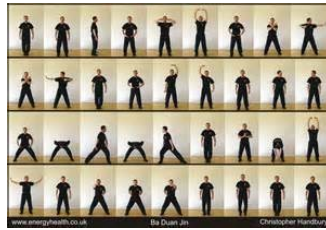


SEVERE WEATHER

We would like to make sure everyone is aware that the Center does have emergency procedures. While at the Center and under a severe weather watch or warning, please cooperate with the direction of the staff if the need arises.

**COMMODITIES: 9am –12 pm
 Monthly & Quarterly will be Friday, May 22nd
 Monthly will be Tuesday, June 23rd**

2 *NEW* EXERCISE OPPORTUNITIES



***NEW* TAI CHI**

Starting May 18th, 1:00 pm

Mon, Wed, & Friday

If you are looking for a low-impact, relaxing form of exercise, Tai Chi is for you. It is an internal Chinese martial

art in the sense that it focuses on mental and spiritual aspects integrated into movement. This meditative form of exercise consists of a series of movements and a pose. No special equipment. Just good shoes.



***NEW* CARDIO FITNESS DRUMMING**

Starting Friday, May 1st, 8:45 am

This exercise combines movement with the powerful beats & rhythms of “cardio” drumming, for an amazing brain and total body workout. For men & women. Step out of your comfort zone and enter a new dimension of fitness. No special equipment. Just good shoes.

TECH MONDAYS

9:00 am - 12 noon

Mondays in Computer Lab, Ralph is here to assist you. There is some informational reading he prepares from time to time. Stop in the lab and see “Is Security Necessary?” and/or “A Never Never Never List.”

MARCH CONTEST

Erna Felgner was the winner of March’s crossword puzzle contest. Congratulations, Erna!

MARTIN’S SHUTTLE TO ST JOSEPH STORE

1st & 3rd Wednesday of Every Month

Phone: 927-2268 for information

Available for Lake View Terrace, Lakecrest Ravine and The Vineyards. Call for Benton Harbor pick up areas.

NEWSLETTER MAILING VOLUNTEERS

This month meeting on Wednesday, May 27th, 8:00

REAL ESTATE/MORTGAGE

Thursday, May 7th, 12:30 pm

Sign up to find out about types of loans available to seniors. There will be a drawing.

WEST MICHIGAN PIKE

Thursday, May 14th, 10:00 am

The West Michigan Pike was the first continuous paved road built in West Michigan for the purpose of bringing automobile tourists here from Chicago. John Geisler will be here to present a slide show with current pictures of ethnic resorts, sites, buildings, museums, and much more related to the original 1911-1922 road from New Buffalo to the Mackinaw Straits. The successor roads and highways will also be discussed including M11, Red Arrow Hwy., Blue Star Hwy, M63, US 31, I-94 and more. Please sign up to attend.

ELDER LAW PRIMER

Wednesday, May 20th, 10:00 am

What if you or a loved one suddenly needs to be cared for in a nursing home? How will you pay for nursing home costs which can approach \$8,000 per month? Please sign up to attend.

HEARING AID PROGRAM

Thursday, May 28th, 10:00 am

Please sign up to learn how untreated hearing loss can impair your general overall health. Do you hear but not understand when others are talking? Discussion will cover how to overcome hearing loss and available treatment options. After the program, you may get your hearing aids cleaned.

MARITIME MUSEUM

Monday, June 8th, 10:00 am

A Captain of their replica electric powered river launch, the Lindy Lou will be here to share a few of the museum’s offerings. We will get a chance to recapture the days from the late 1890’s through the 1930’s when launches plied the Black River, delivering guests to resorts and generally help fill the lazy hours of summer with relaxing diversions. Please sign up to attend.

ESTATE ATTORNEY

Thursday, June 25th, 10:30 pm

Sign up to attend and to take advantage of any legal questions you may have. There will be a drawing.



To all who bring goodies for the Coffee Table and Front Desk:

Golden Brown Bakery, Elaine & Ray Taylor, Bob & Betty Mousseau, John Hubbard, Rick Freridge, Joyce Wood, Elaine Thomopoulos, Dorothy Thar, Vera Kunst, Doris Schultz, Charlotte Wilkins, Evelyn Reitz, Dolores Frantz, Bea Starke, Barb Dorow, Zenobia Paeschke, Rich Ellis, Elaine Tiefenbach, Adele Thornton, Margaret O’Neill, Dolores Frantz, Lorraine Ziebart, Sallie Coldren, Dorothy Frank, Marilyn and Chuck Groat, Marilyn Klann, Charlie & Celina Bevelhymmer and Jan & Norm Ferguson.

To those who donate other items that benefit the Center and Participants:

Jan Jackson, Ursula Seifert, Ronna Wyhle, David & Louann Pennington, John Dehnke, Hermine Grunwald, Jean Owen, Becky Klemm, Dolores Frantz, Arnold Malin, Doris Schultz, Jeanne Merkel, Al Levin, Barb Dorow, Jan & Norm Ferguson, Juanita Doyle, Charlie Bevelhymmer and Sara Duris.

Monetary Donations:

Thank you to everyone who feeds the Little Piggy Bank along with the following donations from, Melinda Sommers, Cindi Pietruszka, Fred Wesner, Robert VanArkel, Juanita Doyle, Kenneth & Carolyn Hanners, Gertrude Rea, John & Elizabeth Robinson, Vladimir Cherniak, Colleen Evans, Jeanne Goodwin, Eileen Lauer, Janet Pudell, Joyce Bliss, Fred Summerfelt, Edward Baginske, Henryk Goch, Calvin Brown, Mary Ann Schultz, Brenda Shirley, Anonymous, Shirley Gustafson, Joyce Green, Joyce Abrams, Dee Sempert, Carlene Carlson, Ann Schroeder, Richard Nichols, Janet Snelgrove, Sylvia Toth, Dorothy Jackson, Katherine Britenfeld, Patricia Karsen, G.M. & J.K. Boyle, Ron & Carol Bonczkowski, Sally Ann Mettler, Sandee Marks, Bud Tylar, Lida Leonarduzzi, Doris Beezley, Alice Mann, Jack Dorgelo, Margaret O’Neill, Mary Lou Ziemke, Don Rice, Hildegard Milbrandt, Alma Arent, Dorothy Snyder, Erna Felgner, Helen Metzger, Joan Nozicka, Joyce Stockman, Ernest Rhodes, Joan Zuppke, Florence Kimp, Clarence Eichler, Frank Graziano, Margaret Weed, Olga Mazeika, Betty Latislaw, Rose Marie Elliott, Samuel Sukupchak, Barb Dorow, Dot Kramer, Mary Sanders, James Berg, Ida Burge, Margaret Ludwig, Lynn Rivette, Halina Biel, Nancy Tonske, Nicholas John State, Delmer Kirksey, Katherine Stanley, Rick Davis, Ed Stadelmayer, Anna Pesko, Marilyn Jennings, Lee DePriest, Zenobia Paeschke, Joan Ziebarth, Martha Wilder, Helen Steinke, Julieanne Little, Marian Liggett, Al Levin, Eleanor Larsen, Charles & Jessie Leiser, Darlene Gaul, Pamela Eichler, Marion Case, Dave Kitchell, Arthur & Dorothy Frank, Marilyn Hettig, Betty Hunt, Joyce Balka, Bethany Boyer, Debora Stouffer, Lois Parent, Sarah Nelson, V. Maxine Willmeng, Fritz & Glen Flowers, Judy Shearer, Jean Herndon, Ida Brister, Barbara Pullins, Virginia Martin, Rosemary Johnson, George Katsulos, Elsie Harke, Kathryn Clark, Lloyd Sanders, Cindy Rohm, Margie Milhauser, Karol Roundy, and Joyce Kretchman that went into The General Building Fund.

Anonymous participant riders, along with Nona Schneider, Edna Volkers, Mary Bartels, & Joanne Phillips, all Donating to help defray expenses of the vehicles

-Bea Kimball made a Donation in Memory of Bob Spicer

-Shirley Miller made a Donation in Memory of Onalee Hartman’s brother, Rodney Leonard and Dorothy Hawks

-Dee Sempert and Freyda Badt made a Donation for the newsletter

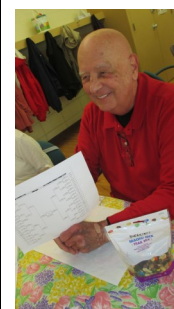
-Alma Bettig made a Donation in Memory of her beloved husband, John

-Bob & Lucy Ann DeVries, and Mary Sundblad, made a Donation in Memory of Nan Butcher

-Carlene Carlson made a Donation in Memory of her Mom, Blanche Eklund

-Arthur Gast says Thank You for the Loan Closet

-The Art Class made a Donation in Memory of Naomi Nowlin



Here is Lou Wilusz holding his completed 2015 NCAA Tournament Bracket-March Madness resulting in the Center being 1st place winner of the Herald-Palladium Bracket Contest. Thank you to Rogers Foodland for donating a \$300.00 gift certificate to us. We presented Lou with a package of NICE! Trail Mix appropriately named “Magic Mix.” Thank you Lou!