



# Senior Sampler

## SCCS Staff

Executive Director  
Jan Neblock-VanStratt

Office & Finance Manager  
Jo Ann Miller

Coordinator of Adult &  
Family Programs  
Emily Greenman

Coordinator of  
Programs for Seniors  
Terri Franklin

Exercise & Tai Chi  
Instructors  
Debbie Snell, Patra  
Ryder, Ed Kehoe

Custodial Staff  
VCC-Michael Chapman  
SCC-Vivian Thompson



*Dr. Karl Kerchief & Margaret Kerchief*

**Karl Kerchief, MD**, the newest physician at **Family Doctors of Vicksburg**, will speak on the immunization needs of seniors, including flu, pneumonia and shingles vaccines, as well as boosters for other immunizations. This will be a very informative and timely talk as we head into the fall flu season.

The program starts with lunch prepared by the food service staff at Senior Services at noon, followed by the program at 12:30 PM. A donation of \$2.50 for persons 60 and older is suggested for the lunch. Under age 60, \$4. **Lunch reservations should be made by 11:00 AM on Tuesday, September 16, for the Wednesday program. Call 649-2901 to make your reservation.** There is no charge to attend just the program portion of the event, which will begin at 12:30 PM, but we hope you'll want to join us for the lunch as well as the learning!

Dr. Kerchief joins Family Doctors of Vicksburg on September 2. He and his wife Margaret have come to Vicksburg following his retirement from the U.S. Army Medical Corp after 30 years of service. He is Board Certified in Family Medicine and welcomes new patients of all ages. He joins Drs. David Schriemer, Eric Houchin and Ken Franklin at Family Doctors of Vicksburg. 269-649-2012. [www.vicksburg.familydoctors.net](http://www.vicksburg.familydoctors.net).

## SCCS Launches New Lunch & Learn Series – A monthly program featuring topics of interest to seniors

**S**outh County Community Services is excited to partner with the Friendship Meal Center program from Senior Services to present this terrific opportunity to feed both the body and the mind on the third Wednesday of each month, beginning in September. Our first program will be:

**“Did You Say Shots, Doc?”**

**Wednesday, September 17**

**Noon - 1:00 PM**

VCC  
649-2901  
SCC  
679-5563

South County Community Services will be closed  
Monday, September 1, for Labor Day.

## MiCafe

Michigan's  
Coordinated Access to  
Food for the Elderly

This program  
provides food  
assistance to  
Seniors  
age 60 and up  
who meet income  
requirements.

Call 649-2901  
for an  
appointment.

*“Well done is  
better than well  
said.”*

*—Benjamin  
Franklin*

Unless otherwise  
noted, classes are  
come and go on your  
own schedule.  
No need to call ahead.

If you wake up  
and decide  
today sounds good,  
come on out and  
start your day on a  
healthy note.

**Let's keep moving!**

# Excursions and Activities

## Out to Eat

**Out to breakfast: Sept. 5, 9:00 AM.** First Friday of every month.  
Kap's Kitchen, 10412 Portage Road.

**Out to lunch:** Third Friday of every month. **CANCELLED FOR SEPTEMBER DUE TO WINERY TOUR ON SEPT. 19.**

**\*\*\* Please Note:** RSVP is nice, but if not, just show up, we will be happy to request more seating if needed. Our reservation is under Seniors from South County Community Services. **\*\*\***

## Potlucks at Noon

Fulton Christian Church: Second Tuesday, September 9

Pavilion Township Hall: Third Wednesday, September 17

Schoolcraft Community Center: Last Friday, September 26

## Come Exercise with Us

**SCC:** Classes resume after Labor Day. Call 649-2901 for details.

**VCC:** Monday, Wednesday & Friday at 10:15-11:15 AM. Let Debbie help get you limber with a little movin' and shakin'! \$18/mo or \$2.50/class. Instructor Debbie Snell. 207-7421

### Tai Chi Class

**VCC:** Tuesdays at 10:15 AM. \$5.00 per class. Come and join us in learning how Tai Chi can help our physical balance and arthritis. Let Ed Kehoe, certified instructor, show us how!

### Line Dancing Returns! Every Monday, starting Sept. 8.

**9:00—10:00 AM.** Variable fee (\$3.50 - \$5 per session) Vicksburg Schools Administration Building. Beginners need to call Debbie Snell for an assessment appointment. 207-7421.

### Who's Who at South County Community Services 269-649-2901

Jan VanStratt, Executive Director — jvanstratt@sccs.us

Emily Greenman, Coordinator of Adult & Family Programs —  
egreenman@sccs.us

Terri Franklin, Coordinator of Senior Programs — tfranklin@sccs.us

Jo Ann Miller, Office & Finance Manger — Joann@sccs.us

# 2008 Senior Expo Set for October 7!

**M**ark your calendars now and make plans to arrive early for the 12th Annual Kalamazoo County Senior Expo! **This terrific, free event is set for Tuesday, October 7, 9:00 AM—3:00 PM at the Kalamazoo County Fairgrounds.**

Borgess and Bronson Hospitals will provide free health screenings throughout the day. More than 100 exhibitors will be on hand to provide information on products and services designed for older adults and their caregivers.

Bring one of your cloth shopping or tote bags to collect the free samples, pens and other goodies. Bring your self-stick, return-address labels to sign up for door prize drawings or other give-aways from the vendors. Using those labels is **MUCH EASIER** than writing out your name and address on those tiny forms!

A special feature this year will be the participation of the Internal Revenue Service. IRS personnel will be on hand to help seniors who have not yet applied for their economic stimulus check to do so. It's your money — don't let it get away!

The Senior Expo is sponsored by the Area Agency on Aging, Region III A, Borgess Health Systems, Bronson Methodist Hospital and the *Kalamazoo Gazette*.



## Not Too Late for Tax Stimulus Checks!



**A**s the IRS staff at the Senior Expo will tell you — it is **NOT** too late to file for the 2008 Economic Stimulus Refund Check. Those who missed the April 15 tax day deadline can still file the IRS form necessary to get a \$300 economic stimulus payment. The check is \$600 for couples.

**But — it soon WILL be too late to file for this one-time-only payment. The final deadline to file is October 15. The stimulus payment is NOT scheduled to be repeated in 2009.**

Persons receiving Social Security retirement or disability income often do not pay income taxes due to low income. However, if you have at least \$3,000 in earned income, which can include wages, Social Security, Veterans' benefits or railroad retirement, you can send in form 1040 or 1040A to get the stimulus payment. **Take your identification and income information with you to the Senior Expo if you want the IRS staff to help you file for the stimulus payment.**

## TRAVEL WITH COMSTOCK COMMUNITY CENTER (CCC)!

Our friends at the CCC invite you to join in their trips! This is a great way to meet new people. Call Lorie Peterson at 345-8556 for reservations & information.

**Wednesday, September 24 Day trip to Four Winds Casino in New Buffalo. \$25 (includes \$15 from the casino.)** You will have to catch the bus at CCC for this trip—no Vicksburg stop available. Call 345-8556 as soon as possible.

**Need a Ride?** South County Community Services offers transportation **On Mondays** for dental & medical appointments, grocery shopping and other errands. **Call by Thursday** to schedule your ride for the following Monday. **649-2901**

**Home Delivered Meals** are available through Senior Services. Call **382-0515**.

**Flu Clinics Are Coming!** Watch for details in the *Vicksburg Commercial Express* and in the *October Senior Sampler*.

## Unleash Your Inner Artist with One- Stroke & Decorative Painting Classes in Vicksburg or Schoolcraft!



Create pictures, gifts, and household decorations! You don't need to be an artist OR know how to draw to "create" with this unique and enjoyable method taught by Ruth Dorrance, Certified One-Stroke Teacher. **Classes are on-going, you can start at any time, but PLEASE register in advance to ensure that the class is meeting.** (*Ruth doesn't want to be alone at either center!*)

**Call Ruth to register and get the supplies list! 649-1118.**

**Vicksburg Community Center**

Mondays, 1:00 - 2:30 pm

\$10 each class or \$50 for six weeks

**Schoolcraft Community Center**

Wednesdays, 9:00 - 10:30 am

\$10 for each class or \$50 for 6 weeks

## FOOT CLINICS

VCC 1:00 - 4:00 p.m. First TUESDAY, due to Labor Day. Sept. 2. By appointment only! 649-2901. \$25 fee. Be sure to bring your own towel.

SCC 1:00—4:00 p.m. Third Monday,

Sept. 15. By appointment only! 679-5563.

\$25 fee. Be sure to bring your own towel.



South County Community Services  
provides support for  
**Caregivers**

On the **Second Tuesday afternoons**  
of each month, Colleen Simpson,  
from Caregiver Resource Center  
(Senior Services, Inc.) will be available at the  
Vicksburg Community Center for:

**On-site caregiver support  
Education & Training**

Please call **269-382-0515 ext. 200**  
to schedule an appointment with Colleen  
for **September 9.**

What are you doing  
Thursday morning?

Join us for  
**Coffee and Donuts!**

Enjoy great conversation, fun &  
friends at the

**Schoolcraft Community  
Center, 498 E Cass St.**

**Thursdays, 9:00 - 10:00 am**

All this fun for **only \$1.00.**

Ladies and gentlemen welcome!

*2008 United Way Campaign Kicks Off in September*

## LIVE UNITED

Dear Friends:

It is that time again! The annual United Way Campaign is about to begin. It is my privilege to thank you for your past generosity to South County Community Services through your United Way contributions, and to urge you to give as generously as you can in 2008. This year's campaign theme is "**Live United**" which stresses the importance of the connections between us all: those in need and those able to help meet those needs.

When you contribute to the Vicksburg United Way, your money helps SCCS provide vital services for your neighbors in need. **Food pantries, clothing assistance, transportation help, emergency financial assistance, Christmas baskets, health clinics, programs for disabled adults, and senior outreach activities** are just some of the programs your Vicksburg United Way contribution helps support.

**SCCS provides these services to residents in 38% of Kalamazoo County's geographic area**, including the villages of Climax, Fulton, Schoolcraft, Scotts and Vicksburg, along with the unincorporated areas of Brady, Climax, Prairie Ronde, Pavilion, Schoolcraft and Wakeshma Townships. That's a big percentage of the county, indeed!

Please join me in keeping help available locally by contributing to the 2008 Vicksburg United Way Campaign. Your donations are tax-deductible.

**Make checks payable to Vicksburg United Way and mail them to: SCCS, 101 S. Main St., Vicksburg, MI 49097.**

*With Sincere Thanks,*

# Let's Travel!

Senior Citizens throughout the South County area are invited to sign up for fun with South County Community Services' (SCCS) trip program, offering monthly excursions. Bring a friend, too!

To register for trips, call Terri Franklin, 649-2901, ext. 14, or email [tfranklin@sccs.us](mailto:tfranklin@sccs.us), or stop by the SCCS office, 101 S. Main St., Vicksburg. Payment in full must be received at SCCS by the reservation deadline date to hold your spot. Payment by check, payable to SCCS, preferred.

**Please note: Due to the rising costs of transportation, it is VITAL that you make your reservation for a trip by the deadline listed.** If we do not meet our participation goal by the reservation deadline, trips will be cancelled. SCCS trips are NOT fundraisers or "profit centers" for the agency, but they do need to pay-their-own-way (break even). The bus companies and attractions we visit often have a long advance time required for any cancellations to ensure a full refund of our deposits.

SO — if you plan to travel with us, please make your reservation & payment promptly. THANKS!!

## **Friday, September 19 – West Michigan Wine Country — MINIMAL WALKING**

We'll ride a luxury limousine coach into the heart of West Michigan wine country. This day trip will include tours and tastings at four wineries, lunch and a stop at The Chocolate Garden, home of the most amazing, hand-made chocolate truffles this side of Heaven. **Price: \$70 plus your lunch selection.** Call 649-2901 for last-minute availabilities.

## **Tuesday, October 21, 2008 — Bear Creek Farms in Bryant, IN, Luncheon Theatre — MODERATE WALKING. MOTOR COACH TRANSPORTATION**

We'll take a three-hour ride to Bear Creek Farms and visit its shops & attractions. Then we'll enjoy a hearty lunch, served family style. Our 2:00 PM matinee will feature **comedian Carl Hurley** in concert. Get ready to laugh out loud at his hilarious tales—always funny and always clean. **Price: \$100.**

**ONLY 24 spots available! Reservation deadline: September 15. NOTE: This is the same location, but is a change in date & show from our original 2008 schedule announcement.**



## **Tuesday, November 11, 2008 Price TBA — Medieval Times Luncheon**

**Show in Chicago. SIGNIFICANT WALKING. MOTOR COACH TRANSPORTATION** This is a real adventure! You'll enjoy a hearty, four-course banquet, medieval style (no silverware!) while watching the glory, chivalry and valor of brave knights competing in a thrilling, authentic jousting tournament. We'll make a day of it with two hours of holiday shopping at the famous Woodfield Mall after the show. **APROX** departure time: 9:00 AM. **APROX** return time: 10:00 PM.

**Tuesday, December 16, 2008 APROX Price \$25 for Tour & Transportation (Bus charge is pending.)** Your lunch cost will be an additional charge as you order from the fabulous menu. — **Lunch at the Tippecanoe Place Restaurant (former Studebaker Mansion), followed by a tour of the Oliver Mansion in South Bend, IN. SIGNIFICANT WALKING, INCLUDING FLIGHTS OF STAIRS (no elevator or resting/sitting areas on the tour). SCHOOL BUS TRANSPORTATION.** Built in 1895 by J. D. Oliver, this 38-room mansion will be "dressed for the best" in holiday decorations. Tippecanoe Place features 40 rooms, 20 fireplaces and exquisite dining. We **MAY** be able to arrange a pickup in Three Rivers, as well as Vicksburg and Schoolcraft, due to the destination.

# Emergency Assistance Appointment Schedule

Emergency assistance and food pantries are available by appointment only. Appointments are available on Mondays, Wednesdays and Fridays between 9:00 AM and 3:00 PM.

Persons needing emergency assistance or food pantries should call SCCS at 649-2901 as much in advance as possible to schedule an appointment. You can call any day to request a Monday, Wednesday or Friday appointment.

## Help South County Help Others!

Individuals, families, businesses and organizations can help their south county neighbors in need by making a tax-deductible monetary donation to South County Community Services (SCCS) for its emergency assistance program.

The food pantry always needs donations of non-perishable food, toiletries; baby food, formula and disposable diapers; and household items. Donations can be brought to the SCCS office inside the Vicksburg Community Center, 101 S. Main St., Vicksburg, 8:00 AM – 4:00 PM, Monday – Friday.

**CRUCIAL PANTRY NEEDS  
FOR SEPTEMBER  
Toilet Paper, full-size personal  
care items & toiletries  
Pancake Mix 100% Fruit Juice**

## Thank You for Helping South County! Memorial Donations From July 1—August 12, 2008

We sincerely thank the following persons who have made monetary donations to South County Community Services in memory of friends and loved ones. These donations help SCCS meet emergency needs year round, and are a fitting legacy to the generosity of the person being memorialized.

<b>By</b>	<b><i>In Memory Of</i></b>	<b>By</b>	<b><i>In Memory Of</i></b>
Bruce Beckman	Dorothy Austin	Elaine Adams	Rita Porter
Kay Wunderlin	Evelyn Schippers	Carol Adams	
Kaye Bennett	Margaret Strome	Schari Bartholomew	
Mary Conlan		James K Bell Real Estate	
Betty McLaughlin		Janet L. Brinkert	
Chris & Sue Neilson		Larry & Patricia Emmert	
Bill & Pat Oswald		B. June Kline	
Vic & Naomi Schroeder		Susan McGoff	
Lois Strome		Beverly J. Michielsen	
Polly Youngs		Don & Patricia Paradine	
		Richard & Mary Porter	
		Robert & Doris Porter	
		William & Nancy-Ann Rafferty	
		Patricia A. Rothhaar	
		Schoolcraft Lions Club	
		Nancy Strong	
		Dale & Jana Van Antwerp	
		Richard & Carol Van Antwerp	



If we have accidentally omitted any memorial donors who contributed during this time period, we apologize. Please call us at 649-2901 so that we can correct our records.

South County Community Services  
101 South Main Street  
Vicksburg, MI 49097

Non-Profit  
U.S. Postage Paid  
Vicksburg, MI 49097  
Permit NO 6



*Funded in part by KCHCS / AAA and local United Way*

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## **Senior Sampler Donation Form**

Use this form to change your address, subscribe to the *Sampler*, or have one sent to a friend.

**Please check all that apply**

- I am enclosing a \$6.50 annual subscription donation
- I am a new subscriber
- I would like to make a donation of: \$ \_\_\_\_\_
- I am unable to donate at this time, however I would like to continue receiving the *Sampler*
- Please send to a friend
- I have a change of information:

Name \_\_\_\_\_ Phone \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ Township \_\_\_\_\_

Zip Code \_\_\_\_\_ Spouse's Name \_\_\_\_\_

Birthday: Yours \_\_\_\_\_ Spouse's \_\_\_\_\_ Anniversary \_\_\_\_\_

**Please make checks payable to:**

South County Community Services OR **SCCS**  
Attn: Newsletter Donations  
101 South Main St. Vicksburg, MI 49097