



SCCS Staff

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Jan Neblock-VanStratt

Office & Finance Manager
Jo Ann Miller

Coordinator of Adult &
Family Programs
Lauren Ritter

Coordinator of
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Terri Franklin

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

Custodial Staff
VCC-Michael Chapman
SCC-Vivian Thompson



**A MATTER OF
BALANCE IS
COMING TO SCCS**

**1:30—3:30 PM on Thursdays,
August 6—September 24.**

Cost: \$10

Are you concerned about your bal-
ance, mobility or risk of falling?
SCCS will host **A Matter of Bal-**

ance information and exercise class each Thursday from August 6—
September 24, 1:30—3:30 PM.

The information will help you identify and eliminate falling risks in your home. The gentle, low-impact exercises will help strengthen your core muscles and improve your balance and mobility.

The cost is just \$10 for the entire 8-week class, which will be held at the Vicksburg Community Center, 101 S. Main St., Vicksburg. Participants should plan to attend all 8 classes to get the most benefit out of the program. Call Terri at 649-2901, ext. 14, to register.

SELF DEFENCE FOR MATURE ADULTS

6:30—7:30 PM on Thursdays, August 6, 13, 20 & 27

Cost: \$20, due at the start of the first class

Tai Chi instructor Ed Kehoe will lead this four-week class at the Vicksburg Community Center. Ed will provide instruction regarding common-sense ways to promote personal safety as well as demonstrate some basic self-defense techniques. Persons who take this class can expect to feel more confident about their ability to maintain their own safety in any situation. Call 649-2901 to register. Payment due to Ed Kehoe.

VCC
649-2901
Hours:
Mon. thru Fri.
8 AM to 4 PM
SCC
679-5563
Website:
www.sccs.us

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.

“Ah, Sovereign
LORD, you have
made the heavens and
the earth by your
great power and
outstretched arm.
Nothing is too hard
for you.”

Jeremiah 32:17 (NIV)

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 breakfast: First Friday, Aug. 7, 9:00 AM, Mar Jo's West, 325 N. Grand, Schoolcraft.

Out to lunch: Third Friday, Aug. 21, Noon. Olive Garden, 6700 S. Westnedge, Portage.

Potlucks at Noon bring a dish to pass & table service

Fulton Christian Church: Second Tuesday, August 11.

Pavilion Township Hall: Third Wednesday—CANCELLED in Aug.

Schoolcraft Community Center: CANCELLED until further notice.

Come Exercise With Us!

SCC: Classes suspended for the summer. See you in September!

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!

Beginning Line Dancing: Cancelled until September

Easy Intermediate Line Dancing: Cancelled until September.

Angel Food Ministries is Here

For \$30 you get \$60 worth of food!! If you eat, you qualify! **The last day to order for August is Monday, Aug. 17** The July distribution will be Saturday, August 29, from 9:00—11:00 Am.

Orders are taken in Vicksburg & Schoolcraft. Menus and order forms will no longer be printed in the monthly *Sampler*, but they are available in the SCCS offices in Vicksburg and Schoolcraft, and on-line at www.sccs.us. They also are available at Vicksburg United Methodist Church.

PREVENT HEAT INJURY!

It's been a cooler summer SO FAR... but if a Heat Wave Is Predicted or Happening...

- Slow down. Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4:00 a.m. and 7:00 a.m.
- Stay indoors as much as possible. If air conditioning is not available, stay on the lowest floor, out of the sunshine. Try to go to a public building with air conditioning each day for several hours. Electric fans do not cool the air, but they do help sweat evaporate, which cools your body.
- Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy.
- Drink plenty of water regularly and often. Your body needs water to keep cool.
- Drink plenty of fluids even if you do not feel thirsty.
- Water is the safest liquid to drink during heat emergencies. Avoid drinks with alcohol or caffeine in them. They can make you feel good briefly, but make the heat's effects on your body worse. This is especially true about beer, which dehydrates the body.
- Eat small meals and eat more often. Avoid foods that are high in protein, which increase metabolic heat.
- Avoid using salt tablets unless directed to do so by a physician.



SENIOR DAY AT THE KALAMAZOO COUNTY FAIR!

Adults ages 55 and older get free admission to the Kalamazoo County Fair from 8:00 AM—1:00 PM on **Wednesday, August 12**. It's a full day of activities, so put on your walking shoes and get ready for a grand time! All the indoor activities listed take place in Room A (Auditorium) of the Fairgrounds Expo Center Building.

8:00 AM—Free breakfast courtesy of Julianna's Restaurant.

8:00 AM—11:30 AM Information booths and senior-focused vendors available

11:30 AM—12:30 PM Primetime Players' Song & Dance Performance

1:00—1:45 PM Bob Rowe & the Green Valley Boys Performance

2:00—3:00 PM Bingo

3:00—3:45 PM Ice Cream Social

4:00—5:00 PM Primetime Players Big Band/Swing Performance

Remember — as long as you arrive before 1:00 PM, your admittance to the Fair is free for the whole day on August 12! Check out the hog barn, then enjoy a corn dog! And, be sure to visit the 4-H exhibits and see what the kids have been working so hard for all year!

Are You Missing Out on Benefits?

More than 7,000 Michigan citizens don't receive federal benefits they're eligible for, because they have not applied for them! For information on any of the four programs listed below, please call the Michigan Medicare/Medicaid Assistance Program at 1-800-803-7174. (Information from Aging Alert, Vol. 34, No. 5.)

Extra Help for Prescription Drugs — Pays for your Part D prescription premiums, deductibles & co-pays and could save you up to \$3,900 a year. Open to single persons with monthly income up to \$1,353, or couples with monthly income up to \$1,821. Asset restrictions apply.

Qualified Medicare Beneficiary—Pays your Medicare Part B premium so it would no longer be deducted from your Social Security check. Also pays for all of your Part A & B deductibles and co-pays. Will save you at least \$1,156 per year. Open to single persons with monthly income up to \$903, or couples with monthly income up to \$1,215. Asset restrictions apply.

Specified Limited Medicare Beneficiary—Pays your Medicare Part B premium so it would no longer be deducted from your Social Security check. Open to single persons with monthly income of \$904—\$1,083, or couples with monthly income up to \$1,216-\$1,457. Asset restrictions apply

Additional Low-Income Medicare Beneficiary—Pays your Medicare Part B premium so it would no longer be deducted from your Social Security check. Open to single persons with monthly income of \$1,084—\$1,219, or couples with monthly income up to \$1,458-\$1,640. Asset restrictions apply.

SCCS Hosts Job Transition Workshop — A Vital Program for the Newly Unemployed!

We can help you:

- ◆ Take stock of your situation
- ◆ Explain unemployment benefits
- ◆ Evaluate your financial situation
- ◆ Secure health insurance coverage
- ◆ Take personal inventory
- ◆ Develop a job search action plan
- ◆ Monthly budget organizer

Please share this information with any family members or friends who could benefit from this free program.

Vicksburg Community Center
101 S. Main Street Vicksburg, MI
Wednesday, August 19, 2009, at 4:30 PM
Please call ahead to register: 269-649-2901 or 269-321-5047



Do you know about all the programs available through South County Community Services?

If you, or someone you know could benefit from our programs, please call us! 269-649-2901. We're here to help!!

Emergency Food Assistance: A four-day supply of food for income-qualifying individuals and families. Toiletries, personal care items and cleaning products also are provided if we have supplies available.

Financial Assistance: Limited financial aid is available for assistance with shut-off notices, evictions, and prescriptions. SCCS works with other agencies, churches and organizations to provide relief to residents. You must qualify through proof of income and address.

Senior Programming: Trips, exercise, Tai Chi, social gatherings, Senior Services meal sites, foot clinics, flu shot clinics, education, and a variety of other programs for our community seniors.

Program for Adults with Disabilities (PAD): Disabled adults have weekly social gatherings which include lunch and activities. The group is facilitated by a staff person and local volunteers. Shopping and field trips are often a part of the fun.

Counseling Programs: SCCS and Family and Children Services have teamed to provide a therapist for South County residents. Call 344-0202 to schedule an appointment.

TRANSPORTATION ASSISTANCE

SCCS volunteer drivers are available to help area seniors get to medical appointments, grocery shopping and other necessary errands Monday through Friday!



For transportation assistance call SCCS at 649-2901 as much in advance of your appointment as possible so that we have time to make the arrangements. Please remember, this is not a medical care service and our volunteer drivers are not medical assistants. If you need "extra" assistance getting in and out of a regular vehicle, please have a caregiver accompany you.

Free Legal Assistance Available

Vicksburg attorneys Brett Grossman and Mitch Moldovan are partnering with South County Community Services (SCCS) to provide free legal clinics twice a month. They will answer questions and evaluate issues involving civil, criminal or family law. The free legal clinics are held on the first and third Wednesdays of the month, starting at 5:00 PM. **Appointments are required.** To make an appointment, call SCCS at 649-2901.

Let's Travel!



PLEASE call Terri Franklin at 649-2901, or email tfranklin@sccs.us with your reservations, comments, suggestions or questions about our travels in 2009.

NOTE DEADLINES AND RESERVATION MINIMUMS.

Trips that do not meet their minimums by the reservation deadline will be cancelled, so invite your friends and register early!

WEDNESDAY, AUGUST 26 – Casino Trip – There's no opening date set yet for the new Fire Keepers Casino in Battle Creek, so instead **we'll be going to Little River Casino in Manistee**. This day trip is open to adults of all ages. Persons age 55+ receive \$23 in free play and food vouchers from the casino. We will board the deluxe motor coach at **6:00 AM in Vicksburg** and **6:15 AM in Schoolcraft**. A third pick-up will be at **6:45 AM in the Meijer parking lot on Westnedge Ave. just north of I-94 in Portage**. **Cost: \$35**. Reservation & Payment Deadline: August 14.

FRIDAY, SEPTEMBER 25 — Crooner **Pat Boone** comes to the Blue Gate Theatre in Shipshewana. This trip is full — persons with paid reservations will receive their itinerary in the mail after Labor Day.

TUESDAY, OCTOBER 20 — A Great Excursion! A visit to Gerald R. Ford Museum and Burial Site in Grand Rapids, followed by a Color-Fall visit to Frederik Meijer Gardens. School bus transportation. We'll have lunch in the Gardens Café, then enjoy an outdoor tour on the motorized tram (weather permitting) and then the guided indoor gardens tour. **Cost: \$45 plus** the cost of your lunch. Reservation & Payment Deadline: October 9.

MONDAY, NOVEMBER 9 — A Holiday Season visit to Turkeyville! We'll enjoy the sights and sounds of Christmas throughout the Turkeyville shops, then feast on the lunch buffet. After lunch we'll laugh out loud during the matinee performance of "Grandma Cancels Christmas!" School bus transportation. **Only 30 seats available for this holiday trip, so call early! Cost: \$60.**

Due to Michigan's volatile winter weather, South County Community Services will not host any trips in December 2009, or January and February 2010.

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 & 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!

Our **FOOD PANTRY** always needs donations of non-perishable food, toiletries; baby food, formula and disposable diapers; and household cleaning products. Donations can be brought to the SCCS office inside the Vicksburg Community Center, 101 S. Main St., Vicksburg, **9:00 AM – 3:00 PM, Monday – Friday**.

CLOTHING DONATIONS should be taken directly to the clothing bank at Lakeland Reformed Church. A drop-box is located behind the Church for after-hours donations.



IT'S BEGINNING TO LOOK A LOT LIKE CHRISTMAS

— At least to the SCCS staff and volunteers who coordinate our Christmas assistance program for hundreds of South County area families in need. In 2008 more than 300 families were served. We expect more in 2009.

SCCS wants to utilize ANGEL FOOD MINISTRIES Food Boxes for our Christmas food baskets this year.

This will allow us to serve even more families very efficiently and very economically.

But to do that we need your help! We need your financial donations to the Christmas Food Fund so that we can order Angel Food boxes for each family.

Please consider donating money directly to the Christmas Food fund. **We are taking your designated donations now, and through December 4, for the Christmas Food fund.** Your financial donation is 100% tax-deductible. (And no grocery bags for you to carry!)

All Christmas Angel Food boxes must be ordered on December 7 so that they can be shipped and distributed on December 19. This is a **FIRM** deadline, so please make your Christmas Food fund donation early!

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PANTRY NEEDS FOR AUG.

Staples: Cereal, oatmeal, peanut butter, jelly, pancake mix, syrup, pasta, pasta sauce, canned tuna & chicken, flour, sugar, 100% fruit juice

Meat in 1 lb. packs (frozen)

Disposable BABY Diapers & wipes (No adult products)

Personal care items—soap, shampoo, toothpaste

Thursday mornings

Coffee and Donuts

at the

Schoolcraft Community Center

498 E. Cass St. 9:00 AM

Fun & Fellowship for just \$1!

South County Community Services
provides support for
Caregivers

On the **Second Tuesday afternoons** of each month, Colleen Simpson, from 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 for **August 11**.

August Meal Site Menu from Senior Services.

Served Monday—Thursday at the Schoolcraft Community Center.

Call 679-5563 by 11 AM the day before to order a meal.

\$2.50 suggested donation.

<p>3 BARBEQUE CHICKEN SWEET POTATOES MUSTARD GREENS PEARS WHEAT BREAD</p>	<p>4 CHEESEBURGER ON A BUN ROASTED RED SKINS BRUSSEL SPROUTS</p>	<p>5 PORK ROAST WITH GRAVY CORN MASHED POTATOES BANANA WHEAT BREAD</p>	<p>6 TUNA NOODLE CASSEROLE CALIFORNIA BLEND GREEN BEANS CRUSHED PINEAPPLE CRACKERS</p>
<p>10 PHILLY STEAK & SWISS ON A HOT DOG BUN GREEN PEPPERS/ONIONS BROCCOLI PEARS</p>	<p>11 ROASTED CHICKEN W/GRAVY MASHED POTATOES GREEN BEANS FRUIT COCKTAIL WHITE BREAD</p>	<p>12 CHEESE AND BROCCOLI QUICHE SPINACH CARROTS CHUNKY APPLESAUCE</p>	<p>13 VEAL PATTY WITH GRAVY ROASTED REDSKINS PEAS AND CARROTS BANANA WHEAT BREAD</p>
<p>17 TURKEY CHEESE QUICHE SPINACH CORN CINNAMON APPLESAUCE WHEAT BREAD</p>	<p>18 CHICKEN & SWISS SAND. ON A BUN ROASTED RED SKINS STEWED TOMATOES BANANA</p>	<p>19 GOULASH SWEET & SOUR CABBAGE PEAS MANDARIN ORANGES WHEAT BREAD</p>	<p>20 MEAT LASAGNA CALIFORNIA BLEND GREEN BEANS BANANA HERB GARLIC ROLL</p>
<p>24 BEEF STROGANOFF CARROTS SPINACH PEARS WHEAT BREAD</p>	<p>25 BAKED CHICKEN ROASTED REDSKINS BRUSSEL SPROUTS CRUSHED PINEAPPLE WHEAT BREAD</p>	<p>26 MEAT CHILI BROCCOLI WAX BEANS & BELL PEPPERS CRACKERS</p>	<p>27 SWEET & SOUR PORK ON BROWN RICE ORIENTAL VEGETABLES CARROTS FRUIT COCKTAIL</p>
<p>31 SPAGHETTI W/MEAT SC. CORN CAULIFLOWER APPLE CRISP</p>	<p>Menus Subject to Change. If you would like next month's menu, please call 382-0515 or visit www.seniorservices1.org.</p> <p>All meals contain 80-100 grams of carbohydrates, approximately 5-6 carb "servings". All menus are trans fat free.</p>		

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

Tired? Tri Tai Chi! Let Ed Kehoe, certified Tai Chi instructor, show you how to improve balance, endurance and flexibility while relieving stress, fatigue and arthritis pain. Ed teaches Tai Chi at the Vicksburg Community Center on Tuesdays at 10:15 AM. \$5.00 per class.

FOOT CLINICS

Vicksburg Community Center: First Monday, Aug. 3. By appointment only! 649-2901. \$25 fee. Be sure to bring your own towel.

Schoolcraft Community Center. Third Monday, August 17. By appointment only! 649-2901. \$25 fee. Be sure to bring your own towel.





Fall Flu Shot Clinics – This year's Clinics are planned for **October**. The clinics are provided by Bronson Visiting Nurses. Open to all members of the community. For persons with Medicare Part B, or Medicare plus Blue Cross coverage, the shots are free. For all others, there is a fee. You will get a receipt that you can file with your own insurance company. No appointment necessary. First come, first served.

Mark Your Calendar! The Flu Shot Clinics are currently planned for the following sites:

Climax United Methodist Church, 133 E Maple St., Climax. Monday, Oct. 19, 10:00 AM – Noon.

Pavilion Township Hall, 7510 E. Q Ave., Vicksburg. Thurs, Oct. 22, 9:00 AM – 11:00 AM.

Schoolcraft Community Center, 498 E. Cass St., Schoolcraft. Thurs., Oct. 22, 1:00 – 3:00 PM.

Fulton Christian Church, 14108 E. W Ave., Fulton. Monday, Oct. 26, 9:00 – 11:00 AM.

Vicksburg Community Center, 101 S. Main St., Vicksburg. Thurs., Oct. 29, 9:00 AM – 1:00 PM.

NOTE: Schedule subject to change! Watch for updates or call 649-2901.

BEWARE SCAMS TARGETING MICAFE CLIENTS!!

Recently some older adults who receive MICAFE benefits have gotten a phone call asking what amount they receive on their MICAFE Bridge Card (Food Stamp benefits card). The caller informs them that they are eligible for \$100 more each month. **THIS IS A SCAM!!**

This caller sets up an appointment to meet the client in their home and starts to gather their personal information. Part of this visit is getting the older adult's Bridge Card Personal Identification Number (PIN). The next step is resetting their PIN and informing the individual that a new Bridge Card will be arriving in the mail, so they can cut up their current Bridge Card.

During the visit, the scammer tries to get bank account information, including their ATM card and PIN number. If the scammer gains access to the individual's ATM card and PIN, bank accounts can be accessed and emptied. It is very hard to recover funds stolen in this way.

There have also been rumors of scam artists posing as census takers in order to access individuals' homes and sensitive information.

Please be aware that MICAFE will **never** collect ATM cards or PIN numbers – we do **not** need that information. MICAFE will never call clients unless the client has called us first for information. MICAFE does not re-set Bridge Card PIN numbers.

If you get a call from anyone claiming to be from MICAFE, and you did not call MICAFE first, **DO NOT** give them any personal information. Instead, ask for their name and phone number. Then, call Terri at South County Community Services, 269-649-2901, ext. 14.

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

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

ADDRESS SERVICE REQUESTED



Funded in part by KCHCS / AAA and local United Way

***South County Sampler* Donation Form**

The *Sampler* is a FREE publication, but your financial donations are appreciated! Use this form to change your address, donate to SCCS, or have a *Sampler* sent to a friend.

Please check all that apply

I would like to make a donation of: \$_____

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

South County Community Services programs, activities and materials are open to all without regard to race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, marital status or family status.