



SCCS Staff

Executive Director
Jan Neblock-VanStratt

Finance/Business Manager
Jo Ann Miller

Coordinator of Adult &
Family Programs
Lauren Ritter

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

YOU'RE INVITED TO KCASI MINI-EXPO

Kalamazoo County Advocates for Senior Issues (KCASI) is offering a mini-expo at its November 19 annual meeting, beginning at 1:30 PM at Senior Services, 918 Jasper Street, Kalamazoo.

Ten non-profit and business members will provide information about their services, and people attending will be eligible for a drawing of a gift certificate to local stores, compliments of each organization.

KCASI is a 501c(3) organization whose purpose is to advocate as a non-partisan group for the improvement of conditions affecting the lives of older adults and future generations. It is supported by membership dues and sponsorships. For more information, contact Janice at 373-5147.

FEELING LUCKY? THEN OUR DECEMBER TRIP IS FOR YOU!

TUESDAY, DECEMBER 15 — We'll visit the new **Fire Keepers Casino** in Battle Creek. Motor coach transportation from Schoolcraft & Vicksburg. **Your cost is just \$25**, and you'll get \$20 back from Fire Keepers in slot play plus a \$5 voucher for food, slot play or the gift shop! Open to all adults age 21 & over so invite your friends! Call Terri at 649-2901, ext. 14, to register.

Due to Michigan's volatile winter weather, we will not schedule any trips in January & February, 2010. Mark your calendar's now for **TUESDAY, APRIL 20, 2010**, when we return to Turkeyville for the next installment of the **Church Basement Ladies** saga — we'll see "Church Basement Ladies: A Second Helping." Cost: To be announced. Make your reservations early—this show is sure to sell out.

South County Community Services will be closed Thursday & Friday, November 26 & 27, for the Thanksgiving Holiday.

VCC: 649-2901
Hours:
Mon. thru Fri.
8 AM to 4 PM
Closed for lunch
11:30 AM—Noon
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.

**“I do not pray for
success. I ask for
faithfulness.”**

**—Mother
Theresa**

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, November 6, Mulligan's Grill, 9136 Shaver Rd., Portage.

Out to lunch: Third Friday, CANCELLED FOR NOVEMBER.

Potlucks at Noon bring a dish to pass & table service

Fulton Christian Church: Second Tuesday, November 10.

Come Exercise With Us!

SCC: Mon. & Wed. classes with Patra! Call 544-2273 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!

Beginning Line Dancing: Wednesdays, 9:00-10:00 AM

Easy Intermediate Line Dancing: Mondays, 9:00-10:00 AM. Call Debbie at 207-7421 for more information on Line Dancing.

Angel Food Ministries is Here

For \$30 you get \$60 worth of food!! If you eat, you qualify! **The last day to order for Oct. is Monday, Nov. 9.** The Nov. distribution will be Saturday, Nov. 21, from 9:00—11:00 AM. This is a week EARLY due to the Thanksgiving Holiday.

Orders are taken in Vicksburg & Schoolcraft. Menus and order forms are available in the SCCS offices in Vicksburg & Schoolcraft, and online at www.sccs.us. They also are available at Vicksburg United Methodist Church. **Note:** Schoolcraft orders are now taken from **10:00—11:30 AM** on the first two Thursdays of each month. But, due to the early order deadline in November, Schoolcraft orders will only be taken on Thursday, November 5.

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.

Free Transportation Assistance

Volunteer drivers are available to help area seniors get to medical appointments, grocery shopping and other necessary errands five days a week — Monday through Friday! If you need transportation assistance for medical appointments or other necessary errands, please call SCCS at 649-2901. Please call 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, a caregiver must accompany you.



Can We Reach You by Email? You can help SCCS stretch its resources (and save a tree or two) by getting your *Sampler* and other SCCS information via email. Just email us with your name, address and email address and we will put you on our electronic distribution list. You will get an email every month that lets you know that the new *Sampler* is available on our website. You can read it at your leisure and never worry about losing a copy

Please email your information to the *Sampler* editor, Terri Franklin, at: tfranklin@sccs.us. We will NOT share your email address with any outside parties.

CLOTHING SHOP TO CLOSE TEMPORARILY: Dec. 17—Feb. 4

Thanks to the dedicated volunteers at Lakeland Reformed Church, the SCCS Clothing Shop provides gently used clothing, shoes, boots, coats and linens to families in need. People needing clothing, coats, boots, etc., must pick up a voucher at the SCCS office, then take it to the Clothing Shop at Lakeland Reformed on Thursdays.

The Clothing Shop will be closed from December 17, 2009—February 4, 2010. Families that need clothes must be sure to get a voucher and visit the Clothing Shop by Thursday, December 10.

Clothing donations also will be suspended during that time. If you have good quality, clean, winter season clothing or boots to donate, please take your items directly to Lakeland Reformed Church **before December 17**. A drop-box is located behind the Church for after-hours donations. **Please do not bring clothing donations to the SCCS office.**

HAVE MEDICARE?

More Help for Seniors in 2010

As money gets tighter, it is more important than ever to know about services and programs that may help save you money. Here are two such programs:



“Extra Help” — Possible savings \$3,900 per year

This program, offered by Social Security, helps with the costs of Medicare Part D for prescription drugs.

“Extra help” can reduce or waive the premiums and co-pays and continues your plans coverage when you are in the donut hole. Income and assets determine eligibility, but don’t let that stop you from checking, since the levels are considerably higher than other programs.

MMAAP can help you. See details below.

Medicare Savings Programs (MSP) — Possible savings \$1,200 per year

This program of Medicare also uses income and assets for eligibility, but the amounts for 2010 are will increase. Benefits for MSP include the return of the Part B premium back to your Social Security check. Besides paying the premium, the highest benefit level covers Medicare deductibles and co-pays.

MMAAP is the Medicare Medicaid Assistance Program at Senior Services, Inc.

We can help you with eligibility and enrollment. Please ask us first before deciding it isn’t for you. The 2010 increases will benefit many people who thought they were not eligible in previous years. To reach MMAAP, please call 800-803-7174. A MMAAP representative is available at South County Community Services (SCCS) on the second Tuesday of every month, by appointment.

SCCS will host a Medicare Part D enrollment event on Tuesday, December 8, from 9:00 AM – Noon. Please call SCCS at 649-2901 to reserve your appointment time. Hours will be extended if needed. MMAAP counselors will be on site to help research plans, compare plans and complete enrollments, as well as talk to you about the savings opportunities mentioned above. Call for our 2010 Plan Finder Worksheets or you can pick one up at SCCS.

VOLUNTEERS ARE NEEDED!!! — Do you have a little free time? SCCS HAS A JOB FOR YOU!

There are many ways you can help your neighbors by helping South County Community Services. Call us or stop by for more information on any of these positions.

- ◆ Half Day Clerical Volunteers (answer phones, file, stuff envelopes, etc.)
- ◆ Volunteer Drivers (help seniors & the disabled get to medical appointments, etc.)
- ◆ Pantry Help (sort donated food, pack pantry baskets for families in need)
- ◆ Christmas “Elves”
- ◆ Shoppers, haulers

Call 649-2901 for more information.



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 site, 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.

Don't Eat Alone This Thanksgiving!

You're invited to the annual **Free Community Thanksgiving Dinner at Schoolcraft United Methodist Church.**

Enjoy a traditional holiday meal with all the trimmings, and enjoy the fellowship of sharing that meal with friends old and new. All are welcome for this free meal, provided by Schoolcraft area churches.



Thursday, November 26

11:00 AM—2:00 PM

Schoolcraft United Methodist Church
342 N. Grand St. (US-131), Schoolcraft, MI

Come as you are!

Seniors, singles, couples and families with children welcome!

Call Schoolcraft UMC, 679-4845 for more information.



IMPORTANT -- 2009 Christmas Assistance Timeline for SCCS Clients

Please read the following, and share this information with persons you know who may need help with Christmas this year. Individuals and families that are not already SCCS clients can stop by the SCCS office and pick up a Christmas Assistance Request Form. Residency and income requirements apply.

Keep in mind these deadlines are firm and there **will be no exceptions.**

Friday, November 13 – The **ABSOLUTE DEADLINE** to turn in a Christmas Assistance Request. **NO REQUESTS ACCEPTED AFTER CLOSE OF BUSINESS ON 11/13/09.** This includes access to the Children's party. Persons seeking Christmas help after 11/13 will be referred to the Salvation Army, and will be allowed to contact us **AFTER** December 21 to see if we have anything available. **NO EXCEPTIONS.**

Monday, December 14 & Tuesday, December 15 – Adoptee families can pick up their gifts at the SCCS office.

Saturday, December 19 – Angel Food Distribution – Holiday & Regular. Our 2009 Christmas Food "Basket" will be an Angel Food Box. One box per household.

Monday, December 21, 11:00 AM – Children's Christmas Party. For children ages 10 and under. Children must be registered by November 13 to attend the party.

Do you want to help your community at Christmas? Here's How!

Adopt a family or a senior

Church "Angel" gift trees

Tree of Lights Memorials

Toys-for-Tots (no stuffed animals, please)

Donate to Angel Food Christmas fund for families

Make a general monetary donation for Christmas Assistance

Call South County

Community Services for more

information at 649-2901!

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.**

Dear Friends:

The annual Greater Kalamazoo United Way Campaign is underway. Thank you for your past generosity through your **Vicksburg** United Way contributions. (The Vicksburg campaign is part of the Greater Kalamazoo campaign.)

When you contribute to the Vicksburg United Way, 25% of your gift helps Vicksburg-area United Way agencies provide vital services. A portion of your gift helps SCCS provide **food pantries, clothing assistance, transportation help, emergency financial assistance, Christmas baskets, health clinics, programs for disabled adults, and senior outreach activities.**

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 keep help available locally by contributing to the 2009 Vicksburg United Way Campaign. Your donations are tax-deductible.

Make checks payable to Vicksburg United Way and mail them to 101 S. Main St., Vicksburg, MI 49097. Thank You!

Sampler–Nov. 2009—page 7

PANTRY NEEDS FOR NOV.

Toilet Paper Paper Towels

Frozen meat in 1 or 2 lb. packages (**NO home-processed wild game**); Cereal, peanut butter, 100% juice, soup, mac & cheese, pasta & sauce, canned fruit & veggies.

Personal care items—soap, shampoo, toothpaste

Laundry Soap & Dryer Sheets

Thursday mornings

Coffee and Donuts

at the

Schoolcraft Community Center

498 E. Cass St. 9:00 AM

Fun & Fellowship for just \$!

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 **Nov. 10.**

NOV. 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.

Monday	Tuesday	Wednesday	Thursday
2 PHILLY STEAK & SWISS ON A HOT DOG BUN GREEN & RED PEPPERS/ONIONS ROASTED RED SKINS	3 ROASTED CHICKEN W/GRAVY WHIPPED POTATOES SWEET WHOLE KERNEL CORN FRUIT COCKTAIL HOMEMADE CORNBREAD	4 TURKEY & CHEESE QUICHE BROCCOLI DILLED CARROTS CHUNKY APPLESAUCE FRESH WHEAT ROLL	5 VEAL PATTY WITH GRAVY WHIPPED IDAHO POTATOES STEWED TOMATOES BANANA WHEAT BREAD
9 BEEF POT PIE W/VEGETABLES BUTTERMILK BISCUIT SUCCOTASH CINNAMON APPLESAUCE	10 CHICKEN PASTA W/MUSHROOMS HARVARD BEETS CARROTS PEARS FRESH WHEAT ROLL	11 HUNGARIAN GOULASH SWEET & SOUR CABBAGE SWEET PEAS MANDARIN ORANGES WHEAT BREAD	12 MEAT LASAGNA CALIFORNIA BLEND GREEN BEANS BANANA HERB GARLIC ROLL
16 BEEF STROGANOFF DILLED CARROTS SAUTEED SPINACH PEARS WHEAT BREAD	17 Thanksgiving Luncheon ROAST TURKEY W/GRAVY SAGE DRESSING BAKED SQUASH GREEN BEAN CASSEROLE PUMPKIN CUSTARD	18 MEAT CHILI BROCCOLI WAX BEANS & BELL PEPPERS CRACKERS	19 SWEET & SOUR PORK ON BROWN RICE ORIENTAL VEGETABLES GINGER CARROTS FRUIT COCKTAIL
23 SPAGHETTI W/ MEAT SAUCE SWEET WHOLE KERNEL CORN LEMON PEPPER CAULIFLOWER APPLE CRISP	24 WHITE CHICKEN CHILI DILLED CARROTS SWEET PEAS APPLE RINGS HOMEMADE CORNBREAD	25 SLOPPY JOE MASHED BUTTERNUT SQUASH ROASTED REDSKIN POTATOES FRUIT COCKTAIL WHEAT BUN	26 Thanksgiving Day AGENCY CLOSED
30 SPICED BRATWURST BAKED BEANS WITH ONIONS AND GREEN PEPPERS CREAMY MACARONI SALAD WARM CINNAMON PEARS			

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

Tired? Try 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: 1:00 - 4:00 p.m. First Monday, November 2. By appointment only! 649-2901. \$25 fee. Be sure to bring your own towel.

Schoolcraft Community Center. Third Monday, November 16. By appointment only! 649-2901. \$25 fee. Be sure to bring your own towel.





*You Are Invited to Celebrate the 40 year
Anniversary of*

South County Community Services~

*December 5, 2009
101 S. Main Street
Vicksburg, MI. 49097*

*Please join us from 4:00 pm to 7:00 pm for refreshment and celebration
of being a part of the South County Community.*

*Enjoy the lighting of the "Tree of Lights"
Entertainment, Recognition and Merriment.*

*Please rsvp by November 30th
269-649-2901*

**SAVE THE
DATE!!**

The staff at South County Community Services invites you to join us for our 40th anniversary celebration on Dec. 5 from 4:00 to 7:00 PM. We will be lighting our annual "Tree of Lights" at 6:30 PM. The tree will be inside the building this year and our fundraiser will include a Christmas ornament with the

memorialized individual's name. We hope that you can take time out of your busy holiday schedule to relive memories from the 40 year past and say hello to people that you may not have seen for awhile.

Also: If you have information that is pertinent to South County Community Services and its history, we would like to talk to you!!!! Any past staff and board members are asked to contact us so that we have your information.

FOUR THOUSAND AND COUNTING!

This year the South County Community Services Board of Directors approved the purchase of Angel Food boxes to be used as our Christmas food for families in need. So far we have collected slightly over \$4,000 for Christmas Angel Food. Our goal is to raise enough money to purchase the boxes without using money from our tight general operating budget. We will use all collected food (from community food drives, etc.) for the busy food pantry for families throughout the year. We continue to see more families needing assistance during this serious economy.

Please consider donating to the Angel Food Christmas program. All monies designated for this go into a fund that will be spent on the Christmas food alone. You can donate the full cost of a box (\$36) or any amount that you can afford. Every dollar helps! We expect to purchase at least 300 boxes this year.

Trying to rely on community food drives for this many Christmas baskets requires far too much time, energy and money for the collecting, shopping, storing, sorting, packing and delivering. Using Angel Food for our Christmas baskets will be far more efficient and equitable, and will allow us to serve more families in need. Please mail in or drop off your donation today! 101 S. Main St., Vicksburg, MI 49097. Please note "Christmas Food Fund" on your check. Your donation is tax-deductible.

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 PRINT CLEARLY!!**

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 _____

My email: _____

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.