



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

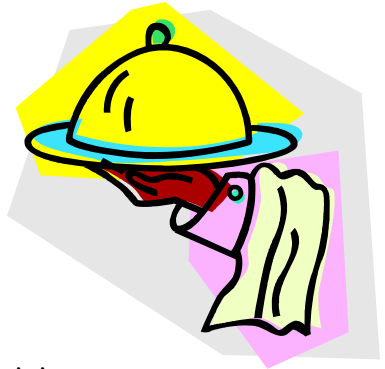
**New Lunch & Learn Series
Continues!**

A monthly program featuring topics of interest to seniors. Third Wednesday, October 15, at noon. Our topic will be:

**“Medication Interactions:
Dangerous Combinations.”**

This program will focus on the potential dangers of mixing some prescriptions with over-the-counter medicine and herbal supplements.

The program starts with lunch from Senior Services at noon, followed by the free program at 12:30 PM. A donation of \$2.50 for persons 60 and older for the lunch is recommended. Under age 60, \$4. Lunch reservations should be made by 11:00 AM on Tuesday, Oct. 14, for the Wednesday program. Call **649-2901, ext. 14**, or tfranklin@sccs.us.



South County Community Services Launches Website

South County residents in need of information or assistance from South County Community Services (SCCS) can now turn to the Internet for the answers to many of their questions. The agency’s new website is available at www.sccs.us.

“The website is further proof that the agency is energized and excited about reaching out to the public,” said Jan Neblock-VanStratt, SCCS Executive Director. “Research shows that websites are crucial to the success of agencies today. They allow us to provide current information about services and programs to people who might not otherwise know about all we have to offer or how to utilize our programs. And, our information can be updated frequently and inexpensively, which benefits everyone involved.”

Visitors to the website will find it very straightforward and user-friendly. The home page features a photo of the Vicksburg Community Center building at 101 S. Main St. in Vicksburg. SCCS’ offices are located within the Community Center and most of its programs and services are handled there. From the home page, website users can quickly move to key components of SCCS operations, including senior trips and other events.

The SCCS website is fully functional now, but also is a “work in progress.” New features will be added as information and user needs are identified. You are invited to check www.sccs.us often for new and updated information!

VCC
649-2901
SCC
679-5563

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.

Excursions and Activities

Out to Eat

Out to breakfast: Oct. 3, 9:00 AM. First Friday of every month.
Yogi's Restaurant, 2070 E. VW Ave., Vicksburg.

Out to lunch: Oct. 17, Noon. Third Friday of every month. **New Colonial Kitchen**, 7617 S. Westnedge in Portage. (Just north of the Portage Public Safety Dept., north of the intersection of Westnedge & Shaver Roads.

FLU CLINICS — see page 4 for the list of this year's Community Flu Shot Clinics.

Potlucks at Noon

Fulton Christian Church: Second Tuesday, October 14

Pavilion Township Hall: Third Wednesday, October 15

Schoolcraft Community Center: Last Friday, October 31

Come Exercise with Us

SCC: Mondays, 1:30-2:30 PM video class (no instructor) Free. Wednesdays with instructor Patra, 1:30-2:30 PM. \$3 per class.

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: Monday, 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

*“A man is not old
until regrets take
the place of
dreams.”*

*—John
Barrymore*

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!

2008 Senior Expo Set for October 7!



Mark 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! **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. Take your identification and income information with you if you want the IRS staff to help you file for the stimulus payment.**

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

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 **October 14.**

What are you doing
Thursday mornings?

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!

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.**



Community Flu Shot Clinics – 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, the charge is \$30. You will get a receipt that you can file with your own insurance company. No appointment necessary. First come, first served.

The Flu Shot Clinics will be held at the following sites:

- Climax United Methodist Church**, 133 E Maple St., Climax. Monday, Oct. 20, 10:00 AM – Noon.
- Pavilion Township Hall**, 7510 E. Q Ave., Vicksburg. Wednesday, Oct. 22, 9:00 AM – 11:00 AM.
- Schoolcraft Community Center**, 498 E. Cass St., Schoolcraft. Wed., Oct. 22, 1:00 – 3:00 PM.
- Vicksburg Community Center**, 101 S. Main St., Vicksburg. Thurs., Oct. 23, 9:00 AM – 1:00 PM.
- Fulton Christian Church**, 14108 E. W Ave., Fulton. Tuesday, Oct. 28, 9:00 – 11:00 AM.

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 FRIDAY this month-Oct. 3. By appointment only!
649-2901. \$25 fee. Be sure to bring your own towel.

SCC 1:00—4:00 p.m. Third Monday,

Oct. 20. By appointment only! 679-5563.

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





Do You Like to Drive? South County is looking for volunteer drivers who can help area residents get to doctors' appointments, necessary shopping and other errands on Mondays. You do not need a special driver's license. You do need a clean driving record and your own, reliable vehicle. South County does pay a mileage reimbursement to help cover your gasoline costs. Call 649-2901 for more information.

2nd Fresh Food Initiative A Rousing Success!

128 Families — more than 400 people — received free pantry staples and fresh produce during the 2nd annual Fresh Food Initiative on Aug. 22.



The program is a joint project of South County Community Services, Generous Hands, Inc., and the Vicksburg United Methodist Church. For most of the morning the line of people in need stretched from the church entrance to the sidewalk and beyond. The number of families served was a 43% increase over 2007. The hours were set for 10 AM—Noon, but folks were lining up at 9 AM so the distribution started early. All the food was gone by 11 AM.



BACK TO SCHOOL BONANZA SERVES KIDS IN NEED!

More than 200 children were treated to a fantastic Back to School Bonanza sponsored by South County Community Services and Generous Hands on Aug. 27. Free school supplies were distributed while families enjoyed a picnic and activities in Clark Park.

SCCS Board Member Bonnie Oswald and her husband Gordon (seated at the table) helped sort and pack the school supplies distributed at the Back to School Bonanza.

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, 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, is 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!!

Tuesday, October 21, 2008 Price: \$100 — 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. **Only a few spots left! Call today for availability.**



Tuesday, November 11, 2008 Price \$110 — 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. **It is vital that we "fill the bus" for this trip—the price is based on 40 people attending.** SO, if you have friends, children or grandchildren you'd like to bring along, PLEASE invite them and let Terri know about your guests! **Deadline: October 15.**

Tuesday, December 16, 2008 Price \$30 for Tour & Transportation. 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. **Deadline: November 15.**

Where shall we go in 2009? If you have suggestions or recommendations, please contact Terri Franklin at 649-2901, ext. 14, or email tfranklin@sccs.us.

Looking ahead: Tuesday, May 19, 2009 — "Church Basement Ladies" at Turkeyville!

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!

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, 8:00 AM – 4:00 PM, Monday – Friday.

Thank You for Helping South County!

**Memorial Donations From August 13—
September 15, 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.

By	In Memory Of
Chris & Sue Nielsen	Ivan Falconer
YWCA	Margaret Strome



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.

CRUCIAL PANTRY NEEDS FOR OCTOBER

Canned meats & tuna
Canned vegetables & fruits
**Ready Meals: Spaghetti O's,
Ravioli, Mac & Cheese**
Toilet Paper 100% Fruit Juice

Dear Friends:

The annual United Way Campaign is underway. Thank you for your past generosity to South County Community Services through your **Vicksburg** United Way contributions.

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 supports.

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,

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.

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

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