



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

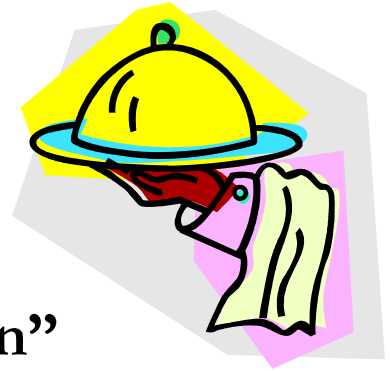
Exercise & Tai Chi
Instructors
Debbie Snell, Patra
Ryder, Ed Kehoe

Custodial Staff
VCC-Michael Chapman
SCC-Vivian Thompson

Lunch & Learn Series

A monthly program featuring topics of interest to adults. Third Wednesday, November 19, at noon. Our topic is:

“EYE ISSUES: Protecting Your Precious Vision”



Vicksburg optometrist **Dr. Maria L. Shoop-Davenport** will talk about preventing and treating vision problems, help for aging eyes, dealing with cataracts and other important issues. You only get one pair of eyes — protect them for life!

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, Nov. 18, for the Wednesday program. Call **649-2901, ext. 14, or tfranklin@sccs.us**. There is no charge to attend just Dr. Davenport’s program.

NOVEMBER TRIP CHANGED!! We’re going to Soaring Eagle Casino for the Veteran’s Day Special!

Tuesday, November 11, 2008 Reserve by Nov. 4 — 45 SEATS AVAILABLE!
Motor Coach Travel, Departing from Schoolcraft & Vicksburg, 7:00—7:30 AM
Arrive at Soaring Eagle in Mt. Pleasant by 11:00 AM. (Rest stop in route)
Departing Soaring Eagle 4:00—5:00 PM to arrive home 7:30—8:30 PM
\$40 travel fee — but you get \$20 back from the Casino in free premium play and a \$5 food voucher for all guests.

ALL VETERANS receive a FREE buffet meal, flag pin and souvenir hat. Proof of veteran’s status required: DD214, VA letter or Military ID.

The November trip to Medieval Times near Chicago has been cancelled.

South County Community Services will be closed Thursday and Friday, November 27 and 28, for the Thanksgiving Holiday. This includes all services & programs at both offices — Vicksburg and Schoolcraft.

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.

*“When humor
goes, there goes
civilization.”*

*—Erma
Bombeck*

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: Nov. 7, 9:00 AM. First Friday of every month.
Bucky's Café, 8675 Portage Rd., Portage.

Out to lunch: Nov. 21, Noon. Third Friday of every month.
Schnauzer's Bar & Grille, 201 N. Grand St., Schoolcraft.

Potlucks at Noon

Fulton Christian Church: Second Tuesday, November 11

Pavilion Township Hall: Third Wednesday, November 19

Schoolcraft Community Center: Last Friday, Nov. 28 -
CANCELLED due to Thanksgiving Holiday Weekend.

VOLUNTEERS NEEDED—For many tasks associated
with our annual Christmas Party for families in need. The
work starts NOW for this December 18 event. Call Emily at
649-2901 to volunteer..

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@scs.us

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

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

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

FROM THE DIRECTOR...

I'm finding it very hard to believe that we are rolling into another season. The old adage of "time flying when you're having fun" has really been the description of my life since becoming the director at SCCS. I have had the great pleasure of getting to know many of the community members. I have traveled through many different organizations and businesses introducing myself and discussing the new focus of the agency. I have also been working on collaborations with churches, schools and agencies to get the best direction toward providing vital services in South County.

Our backpack bonanza in Clark Park was a great success. We are happy that Generous Hands was able to collaborate with SCCS to provide this much-needed community event. We also thank our community businesses and supplies donors. Without you, this could not have happened.

As we continue to face difficult economic times, I'm amazed and humbled by the generosity and commitment that our residents continue to show. As word spread of the emptiness of our emergency food pantry, we received donations almost daily to restock our shelves. It is certainly a tribute to those of you who have made the South County area a place to be proud of.

Our busy, busy, busy time is upon us. Christmas is just around the corner! Emily, Jo Ann, Terri and I are trying to prepare ourselves as well as the holiday Elves who are so valuable to the organization. On December 18th, the Center will be bustling with children and parents, goodies and gifts and the big guy – Santa himself. We appreciate the patience and cooperation that is shown during this time. It's likely that there will be an increased need for the little ones (and their families) in regards to gifts and food.

The New Year is dedicated to new programming and researching community needs. Our goal is to have our nutrition and cooking class in place in the first quarter, and a parenting class will follow. We are also working with the Angel Food Ministry to provide a host site for food distribution. There will be more information as dates and times are confirmed.

Again, thank you for your commitment to South County Community Services.

—*Jan*

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 **November 11**.

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.**



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.

VOLUNTEERS NEEDED—For many tasks associated with our annual Christmas Party for families in need. The work starts NOW for this December 18 event. Call Emily at 649-2901 to volunteer.

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 Monday—Nov. 3. By appointment only! 649-2901. \$25 fee. Be sure to bring your own towel.

SCC 1:00—4:00 p.m. Third Monday,

Nov. 17. By appointment only! 679-5563.

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



Happy Holidays? *Not Necessarily...*



The holiday season can be a time full of joy, cheer, parties and family gatherings. But for many people, it is a time of self-evaluation, loneliness, reflection on past failures and anxiety about an uncertain future.

What Causes Holiday Blues?

Many factors can cause the “holiday blues”: stress, fatigue, unrealistic expectations, over-commercialization, financial constraints, and the inability to be with one’s family and friends. People may also develop other stress responses such as headaches, excessive drinking, over-eating and difficulty sleeping. Even more people experience post-holiday let down after January 1. This can result from disappointments during the preceding months compounded by the excess fatigue and stress.

Coping with Stress & Depression During the Holidays

- Keep expectations for the holiday season manageable. Try to set realistic goals for yourself. Pace yourself. Organize your time. Make a list and prioritize the important activities.
- Remember the holiday season does not banish reasons for feeling sad or lonely; there is room for these feelings to be present, even if the person chooses not to express them.
- Leave “yesteryear” in the past and look toward the future. Life brings changes. Each season is different and can be enjoyed in its own way. Don’t compare today with the “good ol’ days.”
- Do something for someone else. Try volunteering some of your time to help others.
- Enjoy activities that are free, such as community meals, church activities, holiday home tours, library programs, public school choir & band concerts, etc.
- Be aware that excessive drinking will only increase any feelings of depression.
- Try something new. Celebrate the holidays in a new way.
- Spend time with supportive and caring people. Reach out and make new friends, or contact someone you haven’t heard from in a while.

For More Information:

For help finding treatment, support groups, medication information, your local Mental Health America affiliate, and other related services in your community, contact the **Gryphon Place Help Line at 381– HELP (381-4357)**. You also can **call 2-1-1** for the Help Line. Help Line staff are available 24-hours-a-day, 7-days-a-week. **If you or someone you know is in crisis now, seek help immediately. Call 2-1-1, or 381-4357, or 1-800-273-TALK (8255) to reach a 24 hour crisis center, or dial 9-1-1 for immediate assistance.**

YOU’RE INVITED! To Thanksgiving Dinner at Schoolcraft United Methodist Church, 342 N. Grand St. (US-131) in downtown Schoolcraft. Don’t be alone on Thanksgiving — share a FREE Thanksgiving Dinner with old and new friends. Food, fun & fellowship! Thursday, Nov. 27, from 11:00 AM—2:00 PM. Call 679-4845 for more information. Everyone Welcome!!!

Let's Travel!

Adults 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 cost 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, November 11, 2008 Price \$40 — Soaring Eagle Casino in Mt. Pleasant, MI — Veteran's Day Special. MOTOR COACH TRANSPORTATION. See the Cover Page of this *Sampler* for Details.

The November 11 trip to Medieval Times near Chicago has been cancelled.

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 & 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.

CRUCIAL PANTRY NEEDS FOR NOVEMBER

Meat in 1 pound packages
Canned vegetables & fruits
Canned chicken & tuna
Pasta & Pasta Sauce

Toilet Paper 100% Fruit Juice

SENIOR DAY AT THE KIA

Kalamazoo Institute of Arts

Treat yourself to fine food & fine art!

**Thursday, Nov. 13, 2:00—4:00 PM \$8
for adults age 62+**

Check-in & refreshments 1:30—2:00 PM;
Program starts at 2:00 PM

Featured Exhibition: *Spared from the Storm—Masterworks from the New Orleans Museum of Art (NOMA)*.

Spanning the years 1620 -1960, the exhibition features 70 artists including Picasso, Degas, Monet, O'Keeffe, Pollock and more. Organized by the NOMA to benefit its Hurricane Katrina recovery efforts.

Program: Ralph Hume (also known as R Stanley) will talk about New Orleans cuisine, and guests will sample New Orleans delicacies. Docent-guided tours of the exhibition are included in the \$8 fee. **Call the KIA to register—349-7775.**

Registration Deadline: Mon., Nov. 10.

KIA Address: 314 S. Park St., Kalamazoo.

Dear Friends:

The annual United Way Campaign is nearly over. As this *Sampler* goes to press, we are at nearly 75% of our \$35,000 Vicksburg goal.

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
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, 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.