



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

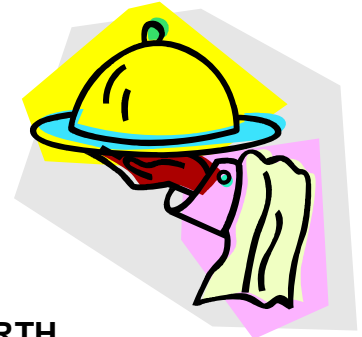
Exercise & Tai Chi
Instructors
Debbie Snell, Patra
Ryder, Ed Kehoe

Custodial Staff
VCC-Michael Chapman
SCC-Vivian Thompson

Lunch & Learn Series

A monthly program featuring topics of interest to adults. **FOURTH** Wednesday, **January 28, at noon.** Our topic is:

“OH My Aching Back”



The Lunch & Learn Series is moving to the **FOURTH** Wednesday of each month, starting with the **January 2009** program.

Dr. Ken Franklin from Family Doctors of Vicksburg will talk about the many causes of, and treatments available for, acute or chronic back pain.

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, January 27, for the Wednesday program. Call **649-2901, ext. 14, or tfranklin@sccs.us**. There is no charge to attend just Dr. Franklin’s program. Please arrive by 12:20 PM to attend just the program.

ANGEL FOOD MINISTRIES COMING TO SOUTH COUNTY COMMUNITY SERVICES IN JANUARY!!!

We are very excited to bring this wonderful, money-saving food program to the South County area!! SCCS is the coordinating agency, partnering with Vicksburg United Methodist Church (VUMC) as the monthly distribution site.

There are no income or age requirements to participate! Anyone who eats qualifies! This is a FABULOUS program for seniors, college students and any families that want to stretch their grocery budget.

For just \$30 you will get \$60 worth of food!! You must order in person AND PAY in advance (cash, money order or food stamps/Bridge Card accepted; no personal checks, no phone orders). Your Angel Food box will be delivered to the Vicksburg United Methodist Church. You must pick up your order on the designated Saturday during distribution hours. There are no refunds for unclaimed orders. See pages six, seven and eight for details, menus & forms.

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.

*“Keep your face
to the sunshine
and you cannot
see the shadow.”*

—Helen Keller

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: Jan. 2, 9:00 First Friday of every month.

CANCELLED DUE TO NEW YEAR'S HOLIDAY.

Out to lunch: Jan. 16, Noon. Third Friday of every month. **Summer Thyme Café**, 3928 Portage Rd., Portage. (Just north of I-94, on the west side of Portage Rd.)

Potlucks at Noon bring a dish to pass & table service

Fulton Christian Church: Second Tuesday, January 13

Pavilion Township Hall: Third Wednesday, January 21

Schoolcraft Community Center: Last Friday of the month,
CANCELLED FOR JANUARY.

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

South County Community Services will be closed Thursday, and Friday, January 1 and 2, for the New Year's Holiday. This includes all services & programs at both offices — Vicksburg and Schoolcraft.

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.

THE TAX MAN COMETH! April 15 will be here before you know it! **Free**, basic income tax assistance is available for individuals or families with income less than \$42,000 for the 2008 tax year. All returns are done by IRS-certified volunteers and are e-filed. Call the 2-1-1 Helpline or go online at www.gryphon.org and click on the tax calendar for the nearest Kalamazoo County locations, times and a list of what documents to bring. South County locations will be listed as soon as confirmed. Sponsored by: Kalamazoo County Tax Counseling Initiative.

CRUCIAL PANTRY NEEDS FOR JANUARY

**STAPLES: Cereal, rice, flour,
sugar, noodles, tuna, soup,
dried beans, canned fruits &
veggies, canned beans**

Toilet Paper 100% Fruit Juice

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 **January 13**.

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!



Ride Services Suspended South County Community Services volunteer drivers for our Monday excursions have recently retired from our volunteer corps. That means that rides will not be available until new volunteers are available.

If You Like to Drive, South County Community Services needs you! We need 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 information.

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

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

Vicksburg Community Center: 1:00 - 4:00 p.m. First Monday—Jan. 5

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

Schoolcraft Community Center. Third Monday—Jan. 19. 12:45- 3:00 p.m.

By appointment only! 649-2901. \$25 fee. Be sure to bring your own towel. (Call the VCC at 649-2901 for appointments.)





**IF YOU EAT,
YOU QUALIFY!!**

HOW TO ORDER

Angel Food Ministries is a non-profit, non-denominational organization dedicated to providing food assistance to individuals and families. What started in 1994 with one church and 34 families in Monroe, Georgia, has grown to serve hundreds of thousands of families in 35 states.

South County Community Services (SCCS) and **Vicksburg United Methodist Church (VUMC)** are proud to be partners in bringing this awesome program to the south county area.

A BOX FULL OF BLESSINGS!

The once-a-month Angel Food is available in a quantity that fits into a medium-sized box. **The cost is \$30 for approximately \$60 worth of fresh, frozen and boxed or canned food items. You can order as many monthly boxes as you can use. Each regular box is \$30. The senior box is \$28.**

The food is all the same high quality that you would find in the grocery store. There are no second-hand items, no damaged or outdated goods, no dented or label-less cans, no day-old bread and no produce that is almost too ripe.

In addition to the regular monthly food box, there are special, bonus boxes containing meats, produce and/or holiday meal options. The bonus boxes can only be ordered along with a regular monthly box. Bonus boxes are an additional cost and prices vary.

PARTICIPATION IS EASY

There are no applications to complete. There are no age or household income limits. **Everyone who eats qualifies!** However, there are some "rules" regarding the ordering, payment and pick-up of the monthly food boxes.

The January 2009 order menu can be picked up at the SCCS office (101 S. Main St., Vicksburg) or the Schoolcraft Community Center (498 Cass St. in Schoolcraft) or at VUMC (217 S. Main St., Vicksburg).

ORDERS MUST BE PLACED IN PERSON AT THE SCCS OFFICE OR AT VUMC. YOU MUST PAY WHEN YOUR ORDER IS PLACED.

You can pay by cash or by money order made out to SCCS. You also can pay with food stamps/Bridge Cards. NO CHECKS. NO PHONE ORDERS.

ORDERING DATES & HOURS

You do not need an appointment to come in to place an Angel Food order, but you do need to come in on the designated ordering dates.

January orders will be taken at SCCS on:

Mon. & Tues., Jan. 5 & 6 9:00 AM -3:00 PM
Mon. & Tues., Jan. 12 & 13 9:00 AM - 3:00 PM

January orders will be taken at VUMC on:

Wednesday, Jan. 7, from 6:00 - 7:00 PM

The January order distribution will be on Saturday, January 24, 10 AM—Noon, at Vicksburg United Methodist Church. 217 S. Main St.

All ordered boxes **MUST** be picked up during the regular distribution time. Any orders not picked up will be forfeited. There are **NO REFUNDS** for forfeited orders.

If you can bring your own container(s), that will be helpful. Volunteers will be on hand to help carry your order to your car.

TRAVEL PLANS FOR 2009

PLEASE call Terri Franklin at 649-2901, or email tfranklin@sccs.us with your comments, suggestions or questions about our travel plans in 2009. By popular demand all trips planned thus far are day trips — no overnight stays. **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!

SUNDAY, JANUARY 25, 2:00 PM — We'll see *Deathtrap* at the Civic Theatre in Kalamazoo. We'll carpool downtown for the 2:00 PM matinee of this wonderful comedic mystery! (If you don't mind driving, that will be greatly appreciated!) After the show we'll have dinner at Pasta Pasta in downtown Kalamazoo. **Cost: \$17 for the Civic ticket.** Your dinner is an additional charge. **RESERVATIONS BY JANUARY 16.**

TUESDAY, FEBRUARY 17 — Motor coach trip to **Four Winds Casino** in New Buffalo, MI. Depart Vicksburg 8:30 AM. Depart Schoolcraft 8:45 AM. Depart Casino 4:30 PM. Return to Schoolcraft & Vicksburg by 6:00 PM **Cost: \$35. 40-person minimum** so invite your friends! Guests receive \$5 in free play and a free lunch buffet (\$15 value). **RESERVATIONS BY FEBRUARY 6.**

WEDNESDAY, MARCH 18 — Motor coach trip to Munster, IN, for the luncheon, and matinee performance of *Leading Ladies* at the Theatre at the Center. This new comedy by the author of *Lend Me A Tenor* offers a blend of dreaming, scheming and mistaken identities as two down-and-out actors try to impersonate English lasses to inherit a woman's fortune. Romantic antics abound! **Cost: \$95 all inclusive. 30-person minimum. RESERVATIONS BY MARCH 2.**

WEDNESDAY, APRIL 22 — Motor coach trip to Chicago to see *Mary Poppins* the live stage musical at the Cadillac Palace Theater. We'll have lunch at one of Chicago's great restaurants then go to the 2:00 PM show. **Cost: \$110 PLUS your lunch expense. 30-person minimum.** Bring your kids or grandkids for this fabulous Disney production! These shows are always amazing! **RESERVATIONS BY MARCH 30.**

TUESDAY, MAY 19 — School bus trip to see *Church Basement Ladies* at Turkeyville! We'll enjoy the buffet lunch, then see the 2:00 PM matinee of this comedy, back by popular demand. **40 seats available. Cost: \$50. RESERVATIONS BY APRIL 13.**

JUNE —Mystery Trip

JULY — Christmas in July! Motor coach trip to Frankenmuth, MI, including shopping at Bronner's Christmas Wonderland. Details TBA.



JANUARY 2009
ORDER FORM
PLEASE PRINT!

Name: _____

Street Address: _____

City & Zip Code: _____ Township: _____

Home Phone: _____ Cell Phone: _____

REQUIRED PURCHASE (Any One, or Combination. You may order multiples.)

Regular Box _____ X \$30 each = _____

Senior Box _____ X \$28 each = _____

OPTIONAL PURCHASE (You must order at least one of the regular or senior boxes above to add the optional boxes.)

Special # 1 6 lb. Assorted Meat Combo _____ X \$22 each = _____

Special # 2 4.5 lb. Bacon-Wrapped Combo _____ X \$21 each = _____

Special # 3 3.75 lb. T-Bone Steak Special _____ X \$21 each = _____

Special # 4 10 lb. Chicken Special _____ X \$20 each = _____

Special # 5 Fresh Fruit & Veggies Box _____ X \$21 each = _____

ORDERS MUST BE PLACED IN PERSON AT THE SCCS OFFICE OR AT VUMC. YOU MUST PAY WHEN YOUR ORDER IS PLACED. You can pay by cash or by money order made out to SCCS. You also can pay with food stamps/Bridge Cards. NO CHECKS. NO PHONE ORDERS.

ORDERING DATES & HOURS. You do not need an appointment to come in to place an Angel Food order, but you do need to come in on the designated ordering dates.

January orders will be taken at South County Community Services (SCCS) on: Mondays & Tuesdays, Jan. 5, 6, 12, 13, from 9:00 AM -3:00 PM

January orders will be taken at VUMC on: Wednesdays, Jan. 7, 6:00 - 7:00 PM

The January order distribution will be on Saturday, January 24, 10 AM—Noon, at Vicksburg United Methodist Church (VUMC). 217 S. Main St., Vicksburg.

All ordered boxes **MUST** be picked up during the regular distribution time. Any orders not picked up will be forfeited. There are **NO REFUNDS** for forfeited orders. If you can bring your own container(s), that will be helpful. Volunteers will be on hand to help carry your order to your car.

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

South County 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.