



**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

**Snowbirds! Michigan Needs you**

**to be Counted as a Michigander in the 2010 Census**

The Area Agency on Aging IIIA is concerned that many of Michigan's estimated 130,000 snowbirds may get missed in the upcoming 2010 census—costing the state millions in federal dollars that are allocated based on census numbers. The problem lies in the timing of the census.

In March, the 2010 Census forms will be mailed to every residence. Residents will be instructed to complete the form and return it by April 1<sup>st</sup>. However, many Michigan snowbirds may complete and return their census form at their southern residence, and not be counted as a Michigan resident!

**If retirees reside in Michigan for more than six months out of the year they should be counted as a Michigan resident**, so that Michigan receives the federal benefits for them. Each person who is counted in Michigan brings more than \$1,000 to Michigan each year in federal funding. The 2010 census count determines funding to state and local governments, money for roads, schools, businesses, and services for the elderly.

To be sure snowbirds who live in Michigan six months or more are properly counted, this is what you need to do:

When you receive a Census Questionnaire at your winter address, **do not fill it out** if you live there for less than six months out of the year.

If you return to Michigan **before April 15**, fill out the Census Questionnaire that will be delivered to your Michigan address.

**After April 15**, or if you do not find a questionnaire when you return, wait until the Census sends a census taker to your door to get a form completed.

Michigan needs all snowbirds who live here most of the time to be counted here, to help our state, our cities, and our neighbors receive a fair share of federal resources.

**South County Community Services will close at noon on Thursdays, Dec. 24 and Dec. 31. SCCS will be closed all day on Fridays, Dec. 25 & Jan. 1, for the Christmas & New Year's Holidays.**

**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.

“God Bless Us,  
Everyone.”

—*Tiny Tim*

(*from A  
Christmas Carol*

*by Charles  
Dickens*)

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, Dec. 4,** Bucky's Cafe, 8675 Portage Rd., Portage.

**Out to lunch: Third Friday, Dec. 18, noon,** Long Branch Saloon & Eatery, 606 Spruce St., Vicksburg (near the Brady Township Hall, next door to the Curves fitness center). Bring a wrapped, new or white elephant gift for the “Round-Robin” gift exchange. **Max value: \$15, please.**

**OUT TO EATS ARE CANCELLED IN JAN. & FEB.**

**Potlucks at Noon bring a dish to pass & table service**

Fulton Christian Church: Second Tuesday, December 8

Pavilion Township Hall: Third Wednesday, December 16

### 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

NO CLASSES ON FRIDAYS, DEC. 25 & JAN. 1

**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:** Last class in Dec.—Mon., Dec. 7

**Line Dancing resumes THURSDAYS, JAN. 14—9:15-10:15.** Call Debbie Snell, 207-7421 for details.

### Angel Food Ministries is Here

For \$30 you get \$60 worth of food!! If you eat, you qualify! **The last day to order for Dec. is Monday, Dec. 7.** The Dec. distribution will be Saturday, Dec. 19, from 9:00—11:00 AM. This is a week EARLY due to the Christmas Holiday.

Orders are taken in Vicksburg & Schoolcraft. Menus and order forms are available in the SCCS offices in Vicksburg & Schoolcraft, on-line at [www.sccs.us](http://www.sccs.us) and at Vicksburg United Methodist Church. **Note:** due to the early order deadline in Dec., Schoolcraft orders will only be taken on Thurs., Dec. 3, 10—11:30 AM

## 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! Call 649-2901 as much in advance of your appointment as possible. Please remember, this is not a medical care service and our volunteer drivers are not medical assistants.



**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](mailto:tfranklin@sccs.us). We will NOT share your email address with any outside parties.

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

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

## 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 \$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 adults age 21 & over so invite your friends! Call Terri at 649-2901, ext. 14. Due to the volatile winter weather, we will not schedule any trips in Jan. or Feb. See you in March!

# 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.**





## 2009 Christmas Help for SCCS Clients

**Monday, December 14 & Tuesday, December 15** – Adopted 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 have pre-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**

This year South County Community Services will purchase of Angel Food boxes as our Christmas food for families in need. We hope 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.

***Right now we are about \$3,000 short of what we need to cover Angel Food expenses. Please donate to the Angel Food Christmas Fund.*** You can donate the full cost of a box (\$36) or any amount that you can afford. Every dollar helps! We expect to purchase some 300 boxes this year.

Relying on community food drives for so many Christmas baskets requires far too much time, energy and money for the collecting, shopping, storing, sorting, packing and delivering. Using Angel Food will be far more efficient and equitable, and will allow us to serve more families. **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.

**The SCCS Endowment Fund needs your support! To make the Fund part of your estate plan, please contact SCCS at 649-2901. Watch the next issue of the *Sampler* for more information.**

# 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**.

## CHANGES COMING FOR THE SOUTH COUNTY SAMPLER!

To better serve our seniors, assistance clients, volunteers and financial donors with news and information about South County Community Services, the agency newsletter will undergo some significant changes in 2010. This December issue you're holding will be the last monthly issue.

**Beginning in 2010 the *Sampler* will become a quarterly publication.** We expect to publish four times per year, on the following schedule:

Spring: February, March, April

Summer: May, June, July

Fall: August, September, October

Winter: November, December, January

This schedule will allow us to publicize and highlight our regular events & activities as well as provide more extensive agency news for ALL of our audiences — seniors, clients, volunteers and donors. The plan is to dedicate sections of the *Sampler* to each audience, and include a three-month calendar of events in the "center spread" that we hope you will save so you can keep up with our programs, events, activities and opportunities.

To meet this new goal, there will be NO *Sampler* in January 2010. Look for your new, expanded, quarterly *Sampler* in February.

### PANTRY NEEDS FOR DEC.

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 morning **Coffee and Donuts** at the **Schoolcraft Community Center**

**498 E. Cass St. 9:00 AM**

We will meet Dec. 3 & 10, then we will suspend Coffee Hour until March 4, 2010, due to the Holidays, and weather concerns.

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 **Dec. 8.**

**DEC. 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
	<b>1</b> HUNGARIAN GOULASH SWEE SWEET PEAS PINEAPPLE TIDBITS GARLIC HERB ROLL	<b>2</b> CHICKEN & RICE CASSEROLE HONEY GLAZED CARROTS SUCCOTASH BANANA WHEAT BREAD	<b>3</b> MEATLOAF WITH GRAVY WHIPPED IDAHO POTATOES STEWED TOMATOES PEACH CRISP FRESH BAKED ROLL
<b>7</b> BARBEQUE CHICKEN ROASTED SWEET POTATOES TENDER MUSTARD GREENS PEARS HOMEMADE BISCUIT	<b>8</b> CHEESEBURGER REDSKIN POTATOES BAKED BEANS W/ON./PEP. HAMBURGER BUN	<b>9</b> PORK ROAST WITH ONION GF SWEET WHOLE KERNEL CORN WHIPPED POTATOES BANANA WHEAT BREAD	<b>10</b> CHICKEN & BROCCOLI ALFRE BRUSSEL SPROUTS WAX BEANS & PEPPERS MANDARIN ORANGES
<b>14</b> PHILLY STEAK & SWISS ON A HOT DOG BUN GREEN & RED PEPPERS/ONIONS ROASTED RED SKINS	<b>15</b> Christmas Luncheon BAKED HAM W/GLAZE CANDIED YAMS GREEN BEAN CASSEROLE STRAWBERRY JELLO CHEESE CAKE	<b>16</b> TURKEY & CHEESE QUICHE BROCCOLI DILLED CARROTS CHUNKY APPLESAUCE FRESH WHEAT ROLL	<b>17</b> VEAL PATTY WITH GRAVY WHIPPED IDAHO POTATOES STEWED TOMATOES BANANA WHEAT BREAD
<b>21</b> BEEF POT PIE W/VEGETABLES BUTTERMILK BISCUIT SUCCOTASH CINNAMON APPLESAUCE	<b>22</b> CHICKEN PASTA W/MUSHROOMS HARVARD BEETS CARROTS PEARS FRESH WHEAT ROLL	<b>23</b> HUNGARIAN GOULASH SWEET & SOUR CABBAGE SWEET PEAS MANDARIN ORANGES WHEAT BREAD	<b>24</b> Christmas Eve  <b>AGENCY CLOSED</b>
<b>28</b> BEEF STROGANOFF DILLED CARROTS SAUTEED SPINACH PEARS WHEAT BREAD	<b>29</b> BAKED CHICKEN ROASTED REDSKIN POTATOES BRUSSEL SPROUTS CRUSHED PINEAPPLE HOMEMADE BISCUIT	<b>30</b> MEAT CHILI BROCCOLI WAX BEANS & BELL PEPPERS CRACKERS	<b>31</b> New Year's Eve  <b>AGENCY CLOSED</b>

**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, December 7. By appointment only! 649-2901. \$25 fee. Be sure to bring your own towel.

**Schoolcraft Community Center.** Third Monday, December 21. 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.*

**SAVE THE  
DATE!!**

The staff at South County Community Services invites you to join us for our 40<sup>th</sup> anniversary celebration on **Sat., 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.

**South County Community Services Programs—40 Years of Helping our Neighbors in Need! Call 649-2901 for information on any of our services.**

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

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*

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## **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.