

Community Circle

First Edition
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Keeping the Lodi
Community in the Loop

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Quote of the Month

**"Stay humble &
kind. Pass it on."**

—Anonymous



**Community Center and
Community Store**

601 Clark Street
Lodi, WI 53555
ReachOutLodi.org
608-592-4592

Find us on 

Soup'r Supper Community Meal

March 5th & 19th
April 9th & 23rd

Come for soup & a sandwich
Stay and get to know your
neighbors, play cards,
or just relax.

4–7 pm

Free-will offering

NEW Reach Out Lodi is now offering a new social event. Tuesday Soup'r Suppers combine a hot hearty homemade soup (two different soups to choose from) sandwich and dessert just in time to chase away those winter blues. Are you sometimes tired at the end of a long day, can't think of what to cook or don't want to cook? Looking for a little company to share a conversation, get to know your neighbors or maybe play a game of cards? If so, **YOU'RE INVITED**, please join us for a fun, relaxing evening. Bring the family knowing it's a safe inviting place to be. Free-will offerings are accepted and appreciated, please make a donation at the level you find affordable.

What's Happening at Reach Out Lodi

Winter 2019 Calendar of Events

Soup'r Supper

March 5th & 19th, April 9th & 23rd

Serving from 4-7 pm.

A Community meal for everyone, served twice a month beginning in January. Come for supper, stay to meet your neighbors, play cards or just relax. Serving soup and sandwiches. Free-will offering accepted.

Cards — Euchre

Every Thursday throughout the year.

1:00-3:00 pm

Make new friends, have fun and share a snack before you leave. Now offering Tuesday evenings immediately following Soup'r Supper. Check dates on cover of this newsletter.

Wellness on Wednesday (WOW)

Diabetes and Balanced Eating

March 6th

1:00-2:00 pm

Isaac Hoffmaster, Dietitian & Denise Krutchen, Diabetes Educator.

How Volunteering Can Enhance

Your Well-Being

April 3rd

1:00-2:00 pm

Curt Hossman

Lunch With...

David Drake

March 13th

11:30 am

Celebrate St. Patrick's Day. **Cost:** \$10. RSVP required.

Jessica Michna

April 17th

11:30 am

As Dolley Madison. **Cost:** \$10. RSVP required.

Beginning Tai Chi

Tues. & Thurs. starting March 19-April 23

10:00-10:30 am

Cost: \$35.00 for 6 weeks

Continuing Tai Chi

Tues. & Thurs. starting March 19-April 23

9:00-9:45 am

Cost: \$35.00 for 6 weeks.

Painting for Pleasure —

with Gladys Grieger

SCHEDULE: Monday, March 4, 11, 18 & 25, **1:00-2:30pm**

Gladys will teach the wonderful art of painting with acrylics.

Cost: \$45.00 for 4 weeks.

SCHEDULE: Monday, April 8, 15, 22 & 29, **1:00-2:30pm**

Cost: \$45.00 for 4 weeks.

INFORMATION: Call Gladys at 445-0589

Senior Yoga

Tues. & Thurs. starting March 19, 21, 26 & 28

April 2, 4, 9, 11, 16, 18, 23

1:30-2:15 pm

Senior yoga will help improve flexibility, strength, balance, and focus. **Cost:** \$35 for 6 weeks.

Mah Jongg

Every Friday throughout the year

9:30 am-12:30 pm

This interesting and challenging game is played with small tiles. Don't know how to play? We will teach you!

Game Night

March 2nd & 16th, April 6th & 20th

5:30-7:30 pm

Dinner, games and socializing designed for our special needs young people, high school through age 25. RSVP required.

Signs by Caitlin Fundraising Workshop

April 7th

2-4:30 pm

Join us for a fun DIY sign making afternoon. Signs by Caitlin will donate up to 25% of sales back to ROL! **Cost:** \$65.00.

Men's Group

Every Wednesday throughout the year.

7-8 am

Faith based bible study group. Light breakfast.

Garage Sale

April 25th & 26th

8:00 am-3:00 pm

Making room for spring/summer items, free-will offering, proceeds go to The Community Store.

Artist of the Month: Linda Krinke, Cross stitch

GAME NIGHT

March 2 & 16
April 6 & 20

Since Game Night's beginning in September 2018 we have served 18 very special young people with dinner, games and laughter. They love to beat us at their own games. We were also in the Christmas Light Parade in

Lodi, thanks to Brian Eckler and the Kobussen Buses, we were toasty warm as we wished the crowd Merry Christmas and rang bells out the windows. After a break for the summer, Game Night will begin again mid September.

What do you like about Game Night?

"Community—hanging out and having fun."
—Derek

"Seeing everyone and doing activities."
—Noah

"Fun, games and a good dinner."
—Isaiah

"Meeting new people — hanging out and playing games." —Courtney

"Friends and games." —Josiah

Room Rentals

The ROL Community Center has three rooms available for use. These can be reserved for families, special occasions, educational opportunities, celebration of life luncheon, community groups and meetings. Call 592-4592 and ask for Mary or Jim to learn more.

YOUR INPUT on what we provide for the Community is important to us. Please let us know your thoughts regarding educational, recreational, cultural and spiritual activities for us to explore. Contact Mary Wilkes at 592-4592.

INCLEMENT WEATHER: Listen for Lodi school closings on inclement weather days. When the Lodi school district is closed, or has a late start, *all* classes at ROL are canceled too. For other activities or questions, just give us a call at (608) 592-4592. Your safety is our main concern. Please be careful out there.

Lunch with...



David Drake

Wish I Had a Troubadour — A Concert for St. Patrick's Day. David will supply us with Irish songs and Irish instruments to go with them.

Wednesday, March 13th

11:30 am luncheon

RSVP: Required

Call: (608) 592-4592



Jessica Michna

Wednesday, April 17th

11:30 am luncheon

Jessica will portray Dolly Madison, a First Lady to Remember.

Cost: \$10

RSVP: Required

Call: (608) 592-4592

WOW

Wellness on Wednesday

Diabetes & Balanced Eating

March 6th

1:00-2:00 pm

Denise Krutchen, Diabetes Educator and Isaac Hoffmaster, Registered Dietitian will explain why balanced eating is important in controlling diabetes, limiting your risk for developing diabetes, and improving your long-term health.

Volunteerism

April 3rd

1:00-2:00 pm

Curt Hossman will lead a discussion on how volunteering can enhance your outlook on life and impact your health. This interactive presentation will focus on audience participation and perspectives on volunteering from several community volunteers.

WHAT'S HAPPENING IN THE COMMUNITY STORE

Reach Out Lodi volunteered to be in a Pilot Produce Program through Second Harvest Food bank of Southern Wisconsin with the first pickup on August 24, 2018. This is funded by a one year grant from Feeding America and Morgan Stanley Foundation to "get healthy fresh food into the community." The produce is brought to Sauk Prairie and picked up by Reach Out Lodi volunteers. Every two weeks a variety of free produce (i.e. carrots, potatoes, apples, oranges, onions etc.) are available to be ordered and picked up multiple times in a two week time span.

In October 2018, our Community Store received a two door reach-in Arctic Air refrigerator from Feeding Wisconsin and UnitedHealthcare (a separate grant) with the similar vision "wanting to connect



communities to better health." The Arctic air refrigerator is a perfect place to keep and display our fresh fruits & vegetables.

The goal of having extra produce available at different times, than the regular pickup at Second Harvest in Madison, is to provide customers more opportunity for fresh produce any day of the week. Our Community Store offers regular store hours **Monday, Tuesday, and Thursday 8:30am-3:30pm and Saturday 8:30am-11:00am.** However, in

emergencies, the Community Store accommodates customers Wednesday, Friday and Sunday as well. Therefore, our customers are

able to find a day and time that goes over and above most food pantry hours.

If the Pilot Produce Program proves to be successful, the intention of Second Harvest is to continue indefinitely.

In 2018, Reach Out Lodi Community Store registered 59 new families (108 adults and 100 children). During the past 6 years the Community Store has helped a total of 1,206 people. This consists of 700 adults and 506 children (58% adults, 42% children). ROL Community Store sees 55-80 families a month.

When folks come for their first visit, we sit down in a private office and discuss their situation, we register the customer and after assessing their needs, explain what we can do to help. It is of utmost

(Continued from Community Store.)

importance that we make them feel comfortable and welcome. Taking those first steps through the door is the hardest part for most of our customers, however, once they accomplish that, they find our volunteers helpful, are non-judgmental, confidential and always with a smile to lighten their load.

We offer personal essentials (such as shampoo, conditioner, cleaning products, diapers etc), a large variety of food items in the food aisle (including milk, eggs, fruit and vegetables and meat) and new or gently used clothing of all sizes for men, women and children (including shoes, coats, casual clothing and clothing to wear to obtain a job, etc.). There are other important items available, for example, school supplies, towels and bedding.

The Community Store has exceptional volunteers that enjoy coming every week to pitch in and do whatever needs to be done. This is a place they feel is very rewarding. They look forward to helping customers in need and make lasting friendships.

Community Store Wish List

Canned meats
Canned fruits
Baking supplies
Fruit juice
Peanut butter/jelly
Personal Care items
Diapers size 4/5/6
Diaper wipes
Garbage bags #13, #30
or #33 gallon
Cleaning Supplies

Volunteer Corner

ROL includes a number of programs: Food Pantry, Clothes Closet, Personal Essentials and School Supplies to offer those in need of these services, the convenience of them in one place. This program, combined with a Community Center creates a multitude of volunteer opportunities.

We, like many of the volunteers, have participated in a wide variety of volunteer activities. We volunteer for two programs on a regular basis. Blessings in a Backpack is a program which provides food over the weekend for children who may be at risk of not having enough to eat.

Wellness on Wednesday (WOW) is an educational program that promotes a healthy lifestyle. It is offered the first Wednesday of the month. We are also an "on-call" for Jim and Mary.

We are grateful for the opportunity to be a part of ROL. It has enhanced our lives in a number of ways. The other volunteers at ROL share a vision of a community that encompasses ideals that we embrace. This community reaches out to others who may need assistance, comes together to learn, engages in social activities, and allows us to do meaningful work while creating a positive relationship with each other. —Curt & Bette Hossman

Customer Comments

I never thought that I would be in a position where I needed to ask for help with basic needs, such as food and navigating resources. Then, while dealing with significant medical issues that left me unable to work, my husband died. It's quite difficult to ask for aid and it can be a very daunting experience.

I'm so grateful to have found Reach Out Lodi. The kindness and comfort I've received cannot be measured. They have provided assistance with locating programs to help me in several ways. I've shopped at their facility quite a bit and it's a really positive experience. I've selected clothing and household goods, as well as a wide variety of food



items. Overall, they have greatly helped in normalizing my life and stabilizing my situation. I'm beyond grateful for the people who work there and everything that they and those who donate provide.

Thank you so much, Reach Out Lodi! —Anonymous

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Mah Jongg 9:30 am-12:30 pm	2 Game Night 5:30-7:30 pm
3	4 Painting for Pleasure 1:00-2:30 pm	5 Soup'r Supper 4-7 pm Cards to follow Senior Yoga 1:30-2:15 Beginning Tai Chi 10-10:30 am Cont. Tai Chi 9-9:45 am	6 WOW Diabetes 1-2 pm Men's Group 7-8 am	7 CARDS 1-3 pm Senior Yoga 1:30-2:15 Begin Tai Chi 10-10:30 am Cont. Tai Chi 9-9:45 am	8	9
10	11 Painting for Pleasure 1:00-2:30 pm	12	13 Lunch With... David Drake 11:30 am Men's Group 7-8 am	14	15	16
17	18 Painting for Pleasure 1:00-2:30 pm	19 Soup'r Supper 4-7 pm Cards to follow Senior Yoga 1:30-2:15 Beginning Tai Chi 10-10:30 am Cont. Tai Chi 9-9:45 am <i>NEW SESSIONS</i>	20	21	22	23
24	25 Painting for Pleasure 1:00-2:30 pm	26 Senior Yoga 1:30-2:15 Beginning Tai Chi 10-10:30 am Cont. Tai Chi 9-9:45 am	27	28	29	30
31			Men's Group 7-8 am	Cont. Tai Chi 9-9:45 am	Mah Jongg 9:30 am-12:30 pm	

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Senior Yoga 1:30-2:15 Beginning Tai Chi 10-10:30 am Cont. Tai Chi 9-9:45 am	3 WOW Volunteering 1-2 pm Men's Group 7-8 am	4 CARDS 1-3 pm Senior Yoga 1:30-2:15 Begin Tai Chi 10-10:30 am Cont. Tai Chi 9-9:45 am	5 Mah Jongg 9:30 am-12:30 pm	6 Game Night 5:30-7:30 pm
7 Signs by Caitlin Workshop 2-4:30 pm	8 Painting for Pleasure 1:00-2:30 pm	9 Soup'r Supper 4-7 pm Cards to follow Senior Yoga 1:30-2:15 Beginning Tai Chi 10-10:30 am Cont. Tai Chi 9-9:45 am	10 Men's Group 7-8 am	11 CARDS 1-3:00 pm Senior Yoga 1:30-2:15 Begin Tai Chi 10-10:30 am Cont. Tai Chi 9-9:45 am	12 Mah Jongg 9:30 am-12:30 pm	13
14	15 Painting for Pleasure 1:00-2:30 pm	16 Senior Yoga 1:30-2:15 Beginning Tai Chi 10-10:30 am Cont. Tai Chi 9-9:45 am	17 Lunch With... Jessica Michna 11:30 am Men's Group 7-8 am	18 CARDS 1-3 pm Senior Yoga 1:30-2:15 Begin Tai Chi 10-10:30 am Cont. Tai Chi 9-9:45 am	19 Mah Jongg 9:30 am-12:30 pm	20 Game Night 5:30-7:30 pm
21	22 Painting for Pleasure 1:00-2:30 pm	23 Soup'r Supper 4-7 pm Cards to follow Senior Yoga 1:30-2:15 Beginning Tai Chi 10-10:30 am Cont. Tai Chi 9-9:45 am	24 Men's Group 7-8 am	25	26 Mah Jongg 9:30 am-12:30 pm	27
28	29 Painting for Pleasure 1:00-2:30 pm	30		GARAGE SALE 25&26 8-3pm		

Signs by Caitlin Fundraising Workshop

Mark your calendar! Reach Out Lodi will be hosting our first Signs by Caitlin fund raiser workshop on Sunday, April 7th from 2-4:30 p.m.! Join us for a fun and unique DIY sign making afternoon! Signs by Caitlin workshops begin with prepared pre-stained wood boards customized to your selection. Instruction is given step by step on stencil application and painting to create a wall worthy piece for your home or to give as a gift! Choose from over 200 designs including their **new pet portrait** option. Signs by Caitlin will donate up to 25% of sales back to Reach Out Lodi! Watch our website and Facebook page for the order link! **Cost:** \$65.00.



Supporting Your Community

Reach Out Lodi (ROL) has been blessed with generous support from all corners of our community. Gifts from people like you allow us to provide a safe and welcoming Community Center where youth and adults gather for a variety of special events and activities. The Community Store helps families and individuals who experience difficulties provide for their basic living needs. What we do collectively, as ROL supporters, is very important in sustaining our overall community "quality of life."

There are several ways that you can help sustain programs and services at ROL, they include:

- Consider giving on a consistent ongoing basis, i.e., monthly, quarterly, semi-annually, or annually.
- Purchase a (8" x 8") or (4" x 8") engraved tile to be placed on our Wall of Honor with your name, name of a loved one, family or business.
- Join our Electronic giving Program.
- Include ROL in your estate planning.
- Donating stocks or bonds.
- Apply to become a volunteer.

For more information contact Mary Wilkes, Managing Director, or Jim Schmiedlin, Board President at 592-4592, or stop at the Community Center and discuss how you would like to help support ROL.

