Volume 3
Published
Bimonthly

Community Circle

Keeping the Lodi Community in the Loop

July/August 2019

In this issue...

BINGO at the Fair
Events for July/Aug.
Mental Health First Aid
Volunteer Corner/ Customer Comments
What's Happening in the Community Store
Calendar of Events for July and August

Quote of the Month

"Wherever charity and love are—God is there."
—Author unknown

Community Center and Community Store

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

July 11th & 12th
At the Lodi Fair!!

Mark your calendars, we have some exciting news!

Reach Out Lodi

is providing BINGO at the Lodi Fair **Thursday, July 11th at 6:30 pm - 8:30 pm**, and **Friday, July 12th at 6:30 pm - 8:30 pm** under the tent near the main entrance, and across from concessions. So grab a friend, bring your spending money and find a seat. There are prizes for each game, with the grand prize awarded to the winner(s) of game **15**. Such a fun way to spend a summer evening. Don't miss it! See you there.

—Mary Wilkes, Managing Director

What's Happening at Reach Out Lodi
Summer 2019 Calendar of Events

Mah Jongg
Every Friday throughout the year
10:00 am-12:30 pm
This interesting and challenging game is played with small tiles. Don't know how to play? We will teach you!

Cards — Euchre
Every Thursday throughout the year
1:00-3:00 pm
See your friends, or make new ones. Have fun and share a snack before you leave.

Summer Children's Activities
We've already had 2 "fun-day-Friday"sessions of Summer Children's Activities this summer. We still have 2 to go! Each session is based on a theme and includes crafts, outdoor activities, snacks and something to take home. If your kids are in 2-5 grade, bring them by for the fun!

Butterflies / P.J.'s Pizza
July 19th, 10 am-12 pm
This session includes painting butterfly sun catcher wind chimes, decorating butterfly cookies and a ride (in a Kobussen van) to P.J.'s pizza to help make and bake their own pizzas!

High Tides, Good Vibes
August 9th, 10 am-12 pm
Bring your own beach towel. We will be making A large wand and bubbles, yoga on the front lawn, games, ice cream and more.
Don't miss these free fun events at Reach Out Lodi!
Led by: Lynn Lund and Mary Wilkes
Cost: FREE
Registration is required! Call: 592-4592

Wellness on Wednesday (WOW)
WOW takes a break over the summer months, but will return in September with "Immunization, Not Just for Kids Anymore," where pharmacist Mary Haney discusses the importance of immunizations as we age. Other topics include safe food handling, happiness and gratitude, and cooking for one or two. Watch for dates and times in up coming issues of Community Circle.

Tai Chi & Senior Yoga
These programs are taking a break over the summer. Please plan to join us again in the fall to improve your balance, strength and flexibility.

SNEAKPEEK...
Next Fall
As we begin each new season at Reach Out Lodi we look to see where there is a need in our community and fill that need with hope and support. We see Alzheimer's and dementia as an area that has not received a lot of attention. There are many families in our community looking for understanding, help and hope.

We are very excited to announce we are partnering with the Alzheimer's and Dementia Alliance of Wisconsin to bring you two ongoing enrichment programs. These programs will be brought to you by a dementia specialist at no cost to you.

Crossing Bridges
This is an educational discussion group for people with mild memory impairment and their families. This is a place to discover you are not alone. You will learn ways to stay healthy and active as well as receive practical tips for daily living and helpful resources to plan for the future.

Learning Among Friends
A memory enhancement program for people with mild memory impairment that helps maximize cognitive function and sustain quality of life. The purpose of **Learning Among Friends** is to maintain memory and cognitive function by harnessing the brains ability to learn and connect in new ways.

There will be more information in our next newsletter. Please be thinking of those who might benefit from these programs. It is our goal to Reach Out to as many families living with dementia as possible with hope for their future. Have a great summer and enjoy the sunshine.

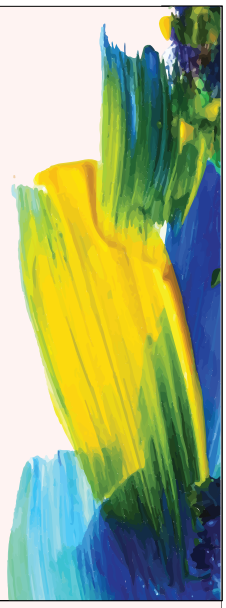
—Penny Schmiedlin, Events Coordinator

July 18th
4-7 PM

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 will start the afternoon with outdoor games (weather permitting) followed by a cookout around 5:30 pm, and then more games! Come and enjoy a special cookout, games, and socializing with friends. **NEW DAY & TIME.**

Artists of the Month
This summer we are featuring several local artists in one amazing show. Come check out the works of Kathleen Rubesch, Gary N'ski, Marie Vaness, Howard Vaness, Kernie Kvam, Ray Tegner, Helen Karls and Linda Krinke.

Painting for Pleasure — with Gladys Grieger



Session One 12:30-3:00pm
Mondays, July 8, 15, 22 & 29
Looking to find your artistic side, to have some fun to work and socialize with other budding artists? Gladys is offering another summer workshop in Painting for Pleasure
Cost: $45.00 for 4 weeks.

Session Two 12:30-3:00pm
Mondays, August 5, 12, 19 & 26

Cost: $45.00 for 4 weeks.
INFO: Call Gladys at 445-0589

School Supplies

School's out for the summer!... But before you know it, Back-to-School ads for school supplies will be circulating and families will begin shopping to prepare for a new school year.

Class supply lists can be long and budgets are often tight. Reach Out Lodi provides school supplies FREE OF CHARGE for those in need. Volunteers use grade level supply lists from the Lodi School District (as well as other nearby districts) to pack backpacks for needy children.

How does it work?

Just **call Reach Out Lodi at 592-4592** to let us know the grades that your children attend.

Supplies will be packed, then you will be contacted when they are available for pickup at the Lodi Community Store, 601 Clark Street.

Don't need supplies, but would like to help those who do?

Financial gifts are always welcome. Volunteers shop the sales at a variety of stores to get the best deals on supplies. Contact Reach Out Lodi at the number above, drop off your gift at the Community Store or mail your donation to:
Reach Out Lodi, P.O. Box 316, Lodi, WI 53555.

Mental Health First Aid Course

Mental Health First Aid is an 8-hour course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. This two-part training helps you identify, understand, and respond to signs of addictions and mental illnesses. This course is taught by a certified instructor and follows a national curriculum and teaching standards, while emphasizing hope for recovery.

Date: Saturdays, September 7 & 14, 2019
(You must attend both class sessions)
Time: 8:00 a.m. - 12:00 p.m.
Location: Reach Out Lodi
601 Clark Street
Lodi WI 53555
Cost: FREE
Register: SaukPrairieHealthcare.org/mhfa
Space is limited.
Preregistration required.
Questions: call 608-643-7648

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.

The Community Circle is published by Reach Out Lodi ©2019
601 Clark Street, Lodi WI 53555, 608-592-4592
Managing Editor, Maribeth Fleischmann.
Contributing writers; Penny Schmiedlin, Events Coordinator, Jim Schmiedlin, President, and Mary Wilkes, Managing Director.

What's Happening in the Community Store

freepik.com

The annual Stamp Out Hunger food drive sponsored by the U.S. Postal Service mail carriers provided a boost to our food supply. ROL really appreciates the work our local mail carriers do each year in collecting food from families living in the Lodi School District and delivering to the Community Store. We also wish to thank our local Piggly Wiggly, Lodi Public Schools, churches, businesses, individual families, civic organizations, and youth groups for helping us provide the food and personal essential items of families in need. In addition to donated food and personal essentials $28,000 are budgeted annually to stock items that we run out of most frequently, i.e., baking supplies, dairy products, bread, canned meats, fresh meats, produce, cleaning products, dental supplies, laundry detergent, socks, undergarments, and personal care items. That's when we rely on the generosity of the friends of ROL to provide financial assistance to carry out our mission. It's all of us working in partnership, through the Power Of Community, that keeps us going. Unfortunately, hunger and the need for other basic living needs continues and the need for partnerships are even greater.

On Friday, June 7, 2019 ROL reached another milestone when we registered our 400th family into our program since opening the Community Store on October 29th of 2015. The total number of people helped since that date is 1,279 (748 adults and 531 children). We share these statistics to let you know the impact our community has in making this a stronger, more vibrant, and caring community. We are grateful and thankful for those of you who have chosen to generously support ROL in the past and we encourage others to join our team of stakeholders or consider joining our team of volunteers.

—Jim Schmiedlin,
President, ROL

Planning for Future Building Addition

At our May 20, 2019 Board of Directors meeting the motion was made, seconded, and approved to begin preliminary planning for a future building addition to the Community Store. There is an obvious need to consider expanding floor space for clothing, personal essentials, groceries, storage, as well as removing, relocating, and replacing two inefficient ceiling furnaces. ROL is working in partnership with General Engineering Co. in Portage to develop a suitable plan and determine costs and funding needs before moving forward with an expansion project. If anyone is interested in learning more about the planning process/costs, etc. stop by and talk to Jim. Input from the community is encouraged and welcome.

—Jim Schmiedlin,
President, ROL

Community Store Top 10 Wish Lists

Top 10 Food Items

1. Flour
2. Cooking Oil
3. Sugar
4. Cereal
5. Canned Meats
6. Canned Sloppy Joes
7. Ramen Noodles
8. Jello Mix/ Jello Snack pack
9. Ketchup/Mustard
10. Hamburger Helper

Top 10 Personal Essentials

1. Garbage Bags Size #13, #30/ #35
2. Baby Products
3. Laundry Detergent
4. Bleach
5. Spic & Span
6. Plastic Wrap
7. Aluminum Foil
8. Paper Towels
9. Shampoo/Conditioner
10. Toilet Bowl Cleaner

Volunteer Corner

Once a week I go to ROL for at least 3 hours, to answer telephones. Sometimes, I work at home on my computer, helping to develop forms and lists to facilitate record-keeping and it helps volunteers for calling participants regarding the many weekly events held there.

When I am there to answer phones, I usually help with other things that need to be done, ie: vacuuming, setting up tables and chairs for events happening later or the next day. I have helped, pack meat into 1 lb. packages, assisted shoppers in the store, sterilized tables, made phone calls to participants of a planned event, washed dishes, etc.

I wanted to help at ROL when I retired because I needed to be involved and doing something productive, in addition to filling some time. ROL is easy to get to, even in winter (no running to Madison) but mostly, I wanted to work there because it helps people here in our community.

I supported the food pantry and personal essentials from the beginning, when it operated out of the local churches because of the need. And now I find it very rewarding to be a part of this organization.

Volunteering at ROL makes me feel like I am contributing to the greater good. Often, I meet new people from Lodi, even though I have lived here for over 45 years. And, volunteering with friends allows us to see each other in a new light!

Working on the Superhero project was super fun! It was great to see the many people from this community contribute fantastic ideas, as well as their time and talents. But, the best part was seeing the kids participate and contribute too. And this project, just keeps growing!!!! (Look for it this fall.)

I feel that everyone needs help at some time in their life. Most don't like to ask for help. This is a place that a person in need can come to, anonymously get help, (without judgment), until they get back on their feet. —Marge Walstad

Customer Comments

Dear Friends of Lodi,

I have struggled to keep my household going in every way. Asking for help and finding reliable resources that can be consistent and easy to get to without the fine print on the pages of paperwork to go through are rare. Reach Out Lodi has made the whole process much less stressful. The atmosphere itself is inviting and supportive. I feel like I am able to open up and ask for what I need without judgment or feeling less than a single mom with an autistic teenager and very chronically medically complexed 9 year old plus the daily care of the rest of the kids leaves me unable to work due to many unplanned hospital stays and illnesses and appointments. Getting gas and keeping my car maintained is its own struggle. Having enough food to eat and clean clothes available when I am gone at the emergency room sometimes 2 days a week with my sick child does not seem like to much but add that to the rest of the weeks planned schedule and it quickly becomes more than one person can keep up on. With that said, worrying about food and making ends meet keeps me up many nights eventually it made me physically sick, needing a major stomach surgery and laid up for weeks getting more behind. Through it all I have found comfort and help above and beyond, through Reach Out Lodi. I have went in there ready to fall apart and shut down and came out with what I needed to get back up and carry on. I have felt cared about and a sense of value to people I hadn't known until the hardest times of my life. A small town community resource that has open doors and big hearts. I am so grateful. —Stacy Ripp

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 **Men's Group** 7-8 am	4	5 **Mah Jongg** 10:00 am-12:30 pm	6 **Brat & Hot dog Fund raiser** 10:00 am-1:00 pm Lodi Sausage Co.
7	8 **Painting for Pleasure** 12:30-3:00 pm	9	10 **Men's Group** 7-8 am	11 BINGO at Lodi Fair 6:30-8:30 pm **CARDS** 1-3 pm	12 **Mah Jongg** 10:00 am-12:30 pm	13
14	15 **Painting for Pleasure** 12:30-3:00 pm	16	17 **Men's Group** 7-8 am	18 **CARDS** 1-3:00 pm **Game Night** 4-7 pm	19 **Mah Jongg** 10:00 am-12:30 pm **Children's Activities** 10 am-12 pm	20
21	22 **Painting for Pleasure** 12:30-3:00 pm	23	24 **Men's Group** 7-8 am	25 **CARDS** 1-3 pm	26 **Mah Jongg** 10:00 am-12:30 pm	27
28	29 **Painting for Pleasure** 12:30-3:00 pm	30	31 **Men's Group** 7-8 am	**CARDS** 1-3 pm	**Mah Jongg** 10:00 am-12:30 pm	

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 **CARDS** 1-3 pm	2 **Mah Jongg** 10:00 am-12:30 pm	3
4	5 **Painting for Pleasure** 12:30-3:00 pm	6	7 **Men's Group** 7-8 am	8 **CARDS** 1-3 pm	9 **Mah Jongg** 10:00 am-12:30 pm **Children's Activities** 10 am-12 pm	10
11	12 **Painting for Pleasure** 12:30-3:00 pm	13	14 **Men's Group** 7-8 am	15 **CARDS** 1-3:00 pm	16 **Mah Jongg** 10:00 am-12:30 pm	17
18	19 **Painting for Pleasure** 12:30-3:00 pm	20	21 **Men's Group** 7-8 am	22 **CARDS** 1-3 pm	23 **Mah Jongg** 10:00 am-12:30 pm	24
25	26 **Painting for Pleasure** 12:30-3:00 pm	27	28 **Men's Group** 7-8 am	29 **CARDS** 1-3 pm	30 **Mah Jongg** 10:00 am-12:30 pm	31

AED Defibrillator at ROL

freepik.com

This very generous group of present and former EMS members joined together to purchase an AED Defibrillator for Reach Out Lodi!

We have placed it in the Welcome room (front) Community Center room. The twelve donors represent three hundred "plus" years of cumulative service for EMS!! We are fortunate to say, they continue to give to the Lodi Community. Thank you all so much! Our appreciation is heartfelt.

—Mary Wilkes,
Managing Director

Pictured: (Front row) Linda Brimmer, Dorothy Miskulin, Diane Eberdt, and Monica Hellenbrand Brereton. (Back row) Eugene Brown, Lexine Weber, Rod Hanson, Al Bilse and Rog Severson. (Missing) Melissa Waller, John Karls and Bill Brimmer.

We are Growing at Reach Out Lodi...

We are very happy to announce our summer LTE (Limited Term Employee), Maribeth Fleischmann, as our assistant to the managing director. Maribeth has already been a valuable volunteer at ROL helping in the Community Store and using her excellent graphic design skills in many areas, most recently creating our amazing Newsletter.

She will continue with the Newsletter, and help Mary with administrative tasks.

When you stop by ROL, please join us in welcoming Maribeth. We are thrilled to have her on board this summer.

—Mary Wilkes,
Managing Director

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:

freepik.com

- 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.
- 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.