Community in the Loop

July/August/September 2023

Reach Out Lodi, Inc. is committed to being diverse, equitable and inclusive.

Ouote of the Month

"Love has no age, no limit: and no death."

—John Galsworthy



Community Center and **Community Store**

601 Clark Street Lodi, WI 53555 Mailing address: P.O. Box 316 Lodi, WI 53555 reachoutlodi@gmail.com reachoutlodi.org 608-592-4592

Find us on f

Community Store Hours:

Monday - Friday 8:30am-3:30 pm Saturday 8:30 am-11:00 am By appointment

Community Center Hours:

Monday - Thursday 8:30am-3:30 pm Friday 8:30 am-3:00 pm Saturday 8:30 am-11:00 am

Reach Out Lodi Inc. is a 501(c) (3) nonprofit agency supported by donations and grants. We charge no fees to our Community Store customers.

CHALK STHE WALK







Calling all Sidewalk Artists!

each Out Lodi's Chalk the Walk event is back! We were all disappointed when last year's event was rained out. We are hoping for sunnier and dryer weather this year. Chalk the Walk will be held on Friday, August 11th from 4:00 pm-7:00 pm in beautiful Goeres Park. Chalk Artist, Peter Davidson, will be on hand at the enterance to the park creating another masterpiece that is sure to amaze.

Families and individuals can purchase a sidewalk square for \$5.00 (includes chalk) and create their own chalk art. Anyone, any age, can participate, whether you are artistic or just want to join in the fun. Once Peter has completed his own artwork he will judge the art on the sidewalk squares with 1st, 2nd & 3rd place ribbons awarded for family and individual categories.

There will be other family-friendly activites going on during the event. Dawn Ferengo from Pop Art will be making imaginative balloon figures, and there will be other games and activities. New this year, the FFA will be selling their famous grilled sandwiches. And, be sure to check out the Duck The Wall With Art event going on at Habermann park.

Sign up on our website: reachoutlodi.org or register at the event.

What's Happening at Reach Out Lodi July/August/September 2023 Calendar of Events

Dinner with... THE RADIANT BEINGS

Tuesday, July 11th, 5:00 pm

This trio plays Americana, classic rock, country-blues, pop, and folk. They offer a warm, joyful sound that makes listeners feel like they are in their own living room with friends.



Please make reservations by July 10th.

Call: 608-592-4592 to make reservations. Cost: \$10

Dinner With... entertainment is funded with a grant from the Community Foundation of South Central Wisconsin.

Dinner with... **Casey Olson**

September 12th 5:00 pm

Casey currently lives and works in Lodi and performs regularly as a solo musician or in groups around the Madison area. Casey will take us through familiar songs from the 50's, 60's and 70's. You will be tapping your toes as these tunes bring back memories.



Please make reservations by September 11th. Call: 608-592-4592 to make reservations. Cost: \$10

Dinner With... entertainment is funded with a grant from the Community Foundation of South Central Wisconsin.



Dinner with... Tom Waselchuk

Tuesday, August 8th, 5:00 pm

Tom's songs range from sing-a-longs and standards to humorous and off-beat numbers, all of which he delivers with a strong voice and guitar virtuosity.

Please make reservations by August 7th. Call: 608-592-4592 to make reservations. Cost: \$10

Dinner With... entertainment is funded with a grant from the Community Foundation of South Central Wisconsin.

Wellness on Wednesday (WOW)

Wednesday July 26th 12:30-1:30 pm

"Have you Been Here?" Join a Naturalist from the DNR to learn about all the wonderful wild places Sauk County has to offer. She'll take you on a photographic journey to parks, bike trails and state natural areas.



Presented by: Susan Johansen Mayoleth, Naturalist, DNR

Wednesday August 23rd 12:30-1:30 pm Functional Fitness.

Functional fitness is your ability to easily perform activities of daily living such as bending, twisting and squatting. In this presentation you will learn



exercises that can be done anywhere to assist with strength and balance.

Presented by: Sandra Drury, Wellness Supervisor, Sauk Prairie Healthcare.

What's Happening at Reach Out Lodi July/August/September 2023 Calendar of Events



DEMENTIA JOURNEY SUPPORT GROUP

3rd Thursday of each month 1:00 - 2:30 pm July 20th, August 17th, and September 21st

This is a support group for caregivers of people with dementia. Participants learn new information, share their experience and support each other. We learn from each other while caring for our loved one and taking care of ourselves to stay healthy through the journey.

Contact: Nellie Mueller, 608-742-9726, for more information.

Memory Café
Friday, July 28th
1:00-2:30 pm
Gifts of the
Garden

with Master Gardener, Bill Welch

Memory Cafés are a safe and comfortable space where someone living with memory loss and their care partner can socialize, listen to music, play games, and enjoy other activities.



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While we strive to include all events in our newsletter, we constantly add new ones to better serve you. To access our calendar and explore the latest happenings, visit https://reachoutlodi.org/events or simply scan the QR code.



What's Happening at Reach Out Lodi July/August/September 2023 Calendar of Events

Senior Yoga with Tess Carr

Tess has a gentle, peaceful nature as she helps you with range of motion, balance and strength. This class is for EVERYONE. We invite you to come and give it a try.



Tuesdays July 11th-25th

2:00-2:45 pm

AUGUST SESSION:

Tuesdays August 15th-29th

2:00-2:45 pm

SEPTEMBER SESSION:

Tuesdays September 12th-26th

2:00-2:45 pm

Senior Yoga is funded with a grant from the Community Foundation of South Central Wisconsin and Sauk Prairie Healthcare Foundation.





Senior Movement with Stephanie Caves

Stephanie will guide you through movement, strength, balance and posture exercises. She provides individualized modifications as needed and ensures success for EVERYONE.

JULY SESSION: Wednesday July 19th 2:00-2:45 pm

NO CLASS ON July 5th, 12th, and 26th

AUGUST SESSION: Wednesdays August 9th, 16th & 30th 2:00-2:45 pm

FREE

NO CLASS ON August 2nd and 23rd

SEPTEMBER SESSION:

Wednesdays September 6th-27th

2:00-2:45 pm

Senior Movement is funded with a grant from the Community Foundation of South Central Wisconsin and Sauk Prairie Healthcare Foundation.



For people needs 14 & older

July 1st & 15th, September 9th & 23rd

Saturday July 1st, 5:00-7:00pm

Tie Dye T-shirts.

Dinner at 5:00 followed by board games.

Saturday July 15th, 5:00-7:00pm

Dinner at 5:00 followed by board games.

No Game Night in August

Enjoy!!

Saturday September 9th, 5:00-7:00pm Stone painting.

Dinner at 5:00 followed by board games.

Saturday September 23rd,

5:00-7:00 pm

Dinner at 5:00 followed by board games.

Call: 608-592-4592 to make

reservations.



Painting for Pleasure with Gladys Grieger

Gladys will teach the wonderful art of painting with acrylics.

IULY SCHEDULE:

Mondays July 17th-August 7th

12:30 am-3:00 pm

Fridays July 21st-August 11th

10:00 am-12:30 pm

SEPTEMBER SCHEDULE: Mondays September 11th-October 6th

12:30-3:00 pm

Fridays September 15th-October 6th

10:00 am-12:30 pm

FOR INFORMATION: Call Gladys at 608-445-0589

Cost: \$45.00 for 4 weeks.

Soup'r **Supper**

Community Meal

Tuesday, September 26th

5:00-6:30 pm

This is the first meal of the season. Come for dinner. Stay to get to know your neighbors, play cards, or just relax.







What's Happening at Reach Out Lodi July/August/September 2023 Calendar of Events



Mind Over Matter (MOM)

A 3 week class.

Wednesdays Sept. 6th & 20th, and Oct. 4th 10:00-12:00 pm

Healthy Bowels, Healthy Bladder.

MOM is a program designed to help older women build the skills and confidence they need to prevent or imporve incontinence symptoms. These workshops are short, comfortable, interactive, fun and effective! Presented by: ADRC of Columbia County.

Call to register, space is limited. ADRC of Columbia County. 608-742-9233 or 888-742-9233



Mah Jongg

Every Thursday throughout the year. 9:30-12:00 pm

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

No reservation needed.

NO games on September 7th

Cards — Euchre

Every Thursday throughout the year. 1:00-3:00 pm

Make new friends, have fun and share a snack before you leave.

No reservation needed.

NO games on September 7th



Artist of the season

Deloris Madigan will share her watercolor, acrylics and poured paint art.



Rise Up for Recovery Harbor Recovery Center

August 20th, 1:00-4:00 pm

A celebration with picnic and games for those who are recovering from alcohol, substance use and/or mental health and their families.

Making Good Impressions

ROL would like to thank 4Imprint for the generous grant that allowed us to get these great shirts printed for our volunteers. They are bright, comfortable and very stylish. Now it is easy for people to recognize our volunteers at an event or in our Community Store and Center. Our volunteers love them!





The Community Circle is published by Reach Out Lodi ©2023, 601 Clark Street, Lodi WI 53555, 608-592-4592, reachoutlodi@gmail.com Editor Patti Herman; Graphic Designer Maribeth Fleischmann; Contributing Writers include Events Coordinator Penny Schmiedlin, President Jim Schmiedlin and Managing Director Jane Maier.

2023 ROL Scholarship Winners

ongratulations to our scholarship recipients Owen Breunig, Emma Cahalane, Colton Mefford, and Brody Roessler! The Reach Out Lodi scholarship is available to youth entering a vocational apprenticeship program, technical college, or a four-year college. The recipients must have a good work ethic and an interest in continued education and serving their community. This year's scholarship recipients each received \$1,000. Best wishes to Owen, Emma, Colton and Brody!



Owen Breunig: Owen has been active by both playing sports and helping with youth sports. He plans to continue his education by attending MATC and UW-Madison.





Mefford: Colton will attend Business School at UW-Madison. He has been active in creating artwork, supporting his church and working.

Colton



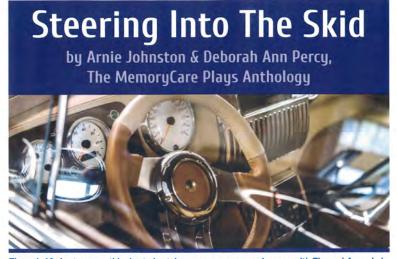


Many Thanks!

Ve do our best to thank everyone that donates to ROL by recognizing them in our newsletter and on our Facebook page.

Please join ROL in recognizing the businesses and individuals below for their big hearts and selfless charitable giving.

- Lodi High School Rotary Interact Club held a week-long food drive for ROL. Thank you!
- Vollrath Company in Dane held a sock drive, collecting 887 pairs of new socks for men, women and children. Thank you!
- Thank you Torn Ministries Parish in Portage for donating 40 lbs. of chicken when our freezers were empty!
- 4H Challengers held a food and personal essentials drive in April at Piggly Wiggly. Along with the items collected, they also raised and donated \$385. Thank you!
- Thank you Nick and Mary Cable of Vern's Appliance, who donated urgently needed food items by ordering from Amazon!
- We are blessed to announce our new partnership with the Village Diaper Bank where we can order diapers and wipes monthly. Thank you!
- Thanks to all who patronized our garage sale and bake sale this past spring. It was a huge success!



Through 12 short scenes, this short play takes you on a one-year journey with Tim and Amanda in their car, bearing witness to the early progression of dementia. This event includes the performance and facilitated conversation to help you learn more and increase awareness, as well as provide valuable resources for you, your family or friends who are experiencing the effects of memory loss.

JOIN US! FREE LIVE EVENT!

Wednesday, August 16, 2023

Lodi Area Middle School 900 Sauk St, Lodi

Doors Open & Dinner at 5:00 pm

Reserve tickets and get additional details call ADRC of Columbia County (608) 742-9726 Play & Community Conversation 6-7:30 pm online https://Columbia-Skid2023.eventbrite.com Reservations required, attendance is limited













COMMUNITY STORE TOP 10 WISH LISTS

Top 10 Food

- I. Sugar; regular, brown and powdered
- 2. Flour
- 3. Cooking Oil
- 4. Salt & Pepper
- 5. Mayonnaise
- 6. Mustard
- 7. Peas (canned)
- 8. Large juice
- 9. Black beans (canned)
- 10. Spaghetti Pasta

Top 10 Personal Essentials

- 1. Laundry Detergent
- 2. Facial Tissue
- 3. Shampoo/Conditioner
- 4. Deodorant (M & W)
- 5. Toilet Bowl Cleaner
- 6. Dish Soap
- 7. Paper Towels
- 8. Dryer Sheets
- 9. Body Wash
- 10. Toothpaste (large)

Top 5 Clothing Items

- 1. New Socks (adult & children)
- 2. New Underwear Girls' 2, 12, 14, 16 Boys' 2, 14, 16, 18 Women's S, M, Lg Men's S, M, Lg
- 3. Shoes, all sizes Girls & Boys
- 4. Shorts, Boys' & Men's
- 5. Sheets and Towels

Volunteer Corner

am a new resident of Lodi. I moved from Sussex a little over two years ago, a small town of approximately 10,000. After I retired (my husband passed earlier) I wanted to be closer to relatives and friends. I was raised on a farm near Poynette and was active in church and 4-H. After college I was involved in my neighborhood organization and

volunteered for the Art Fair on the Square.

In Sussex my late husband took over the Hunters Safety program and we both dedicated our time to the Boy Scouts. In summary, volunteering and being part of a community has been and is an important part of my life. In my opinion, having a sense of community enriches

the soul and Reach Out Lodi provides numerous opportunities for just that. The monthly dinners, game night, mental health as well as exercise programs and so much more bring our citizens here to "belong." If anyone feels our world is not kind or respectful, they have not spent any time at ROL. Activities include the free Thanksgiving

meals and the giving tree at Christmas. Or just come in and be greeted by any one of our volunteers, they are the best. It is like a warm hug surrounds you. I am involved in the Community Center, answering phones, and doing whatever needs arrise. I am honored to be included in this group.

—Shirley Smith-Tighe

What a Fine Group we Have

Volunteer Appreciation Day was a success! ROL volunteers gathered on April 26th for food, conversation and, of course, appreciation for all they do. Volunteers help ROL support our community members experiencing financial or food insecurities, as well as provide an array of programming for people of all ages and abilities. Thank you to the best volunteers on Earth!













pread the word! Gather up your family and friends, bring your spending money and get ready for a fun night! Reach Out Lodi is providing BINGO at the Lodi Agricultural Fair on Thursday, July 6th and Friday, July 7th starting at 6:00 pm each night. You can find us under the big tent, near gate #2 and across from the concessions.

50/50 Raffle tickets will be sold throughout the evening and a drawing will take place after the 14th Bingo game. There will be monetary prizes at the end of each Bingo game with a grand prize awarded to the winner(s) of the 15th game.

This is a family-friendly event and a great way to enjoy a summer night. We look forward to seeing you at the Lodi Agricultural Fair!









Don't miss out on the fun of Bingo at the Fair!

	>	-	∞	15		22	29	
	Saturday	Game Night 5:00-7:00 pm			Game Night 5:00-7:00 pm			
	Friday		7 at Lodi Fair 6:00 pm start	41		21 ‡ Painting for Pleasure 10:00 am-12:30 pm	28	Painting for Pleasure 10:00 am-12:30 pm Memory Café 1:00-2:30 pm
	Thursday		Mah Jongg 9:30-12:00 pm 6 Euchre 1:00-3:00 pm Kitchen Rented 5 pm Girl Scouts 5:00-6:30 pm	13	Mah Jongg 9:30-12:00 pm Euchre 1:00-3:00 pm Kitchen Rented 5 pm	Mah Jongg/Euchre 20 Regular times 20 Dementia Journey Support Group 1:00-2:30 pm Kitchen Rented 5 pm Girl Scouts 5:00-6:30 pm Ice Age Trail 7:00 pm	Mah Jongg	Euchre 1:00-3:00 pm Kitchen Rented 5 pm
July	Wednesday		5 Optimists 12:00 pm No Senior Movement	12	No Senior Movement	Optimists 12:00 pm Senior Movement 2:00-2:45 pm	26	WOW 12:30-1:30 pm No Senior Movement
	Tuesday		4 CLOSED in observance of the Fourth of July	11	‡ Senior Yoga 2:00-2:45 pm Dinner With Radiant Beings 5:00 pm	18 Senior Yoga 2:00-2:45 pm	25 St. Olaf's Youth Service	Day 1:00-3:30 pm Senior Yoga 2:00-2:45 pm
	Monday	T = NEW ■ ROL Event ■ Other	3	10		† Painting for Pleasure	24 Painting for Pleasure 12:30-3:00 pm	31 Painting for Pleasure 12:30-3:00 pm
www.roach	Sunday		Common Ground Church 9:00-11:00 am	6	Common Ground Church 9:00-11:00 am	C.G. Church 16 9:00-11:00 am Sing Along & Ice Cream Social Casey Olson 1:00-3:00 pm Boy & Girl Scouts 5:00-8:00 pm	C. G. Church 23 9:00-11:00 am ROL Rented 12:00 pm	Common Ground Church

			August			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<pre></pre>	1 No Senior Yoga	Optimists 12:00 pm No Senior Movement	Mah Jongg 9:30-12:00 pm Euchre 1:00-3:00 pm Kitchen Rented 5 pm	Painting for Pleasure	2
6 Common Ground Church 9:00-11:00 am	7 Painting for Pleasure 12:30-3:00 pm	8 Dinner With Tom Waselchuk 5:00 pm No Senior Yoga	\$\frac{1}{2}\$ Senior Movement 2:00-2:45 pm	Mah Jongg 9:30-12:00 pm Euchre 1:00-3:00 pm Girl Scouts 5:00-6:30 pm Kitchen Rented 5 pm	CHALK 11 STHENS 4-7 pm Goeres Park Painting for Pleasure 10:00 am-12:30 pm	12
G. G. Church 13 9:00-11:00 am Sing Along & Ice Gream Social Shekinah King 1:00-3:00 pm Boy & Girl Scouts 5:00-8:00 pm	4 †	† Senior Yoga 2:00-2:45 pm	Optimists 12:00 pm Senior Movement 2:00-2:45 pm ADRC Memory Play Lodi Middle School 5:00 pm	Mah Jongg 9:30-12:00 pm Euchre 1:00-3:00 pm Dementia Journey 1:00-2:30 pm Kitchen Rented 5 pm Ice Age Trail 7:00 pm	18	19
Rise Up for Recovery Harbor Recovery Center 1:00-4:00pm Common Ground Church 9:00-11:00 am	21	22 Senior Yoga 2:00-2:45 pm	23 wow 12:30-1:30 pm No Senior Movement	Mah Jongg 24 9:30-12:00 pm Euchre 1:00-3:00 pm Girl Scouts 5:00-6:30 pm Kitchen Rented 5 pm	25 Memory Café 1:00-2:30 pm	26
Common Ground Church	28	29 Senior Yoga 2:00-2:45 pm	Senior Movement 2:00-2:45 pm	Mah Jongg 9:30-12:00 pm Euchre 1:00-3:00 pm Kitchen Rented 5 pm		

			September				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
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ĸ	4	9	6 Mind Over Matter 10:00-12:00 pm	7 No Mah Jongg No Euchre	8		6
Common Ground Church 9:00-11:00 am		No Yoga	Optimists 12:00 pm ‡ Senior Movement 2:00-2:45 pm	Girl Scouts 5:00-6:30 pm Kitchen Rented 5 pm	GARAGE SALE 8-3 pm	Game Night 5:00-7:00 pm	
10	11	12	13	41	15		16
Common Ground Church 9:00-11:00 am ROL Rented 12:00 -4:00pm	‡ Painting for Pleasure 12:30-3:00 pm	‡ Senior Yoga 2:00-2:45 pm Dinner With Casey Olson 5:00 pm	Senior Movement 2:00-2:45 pm	Mah Jongg 9:30-12:00 pm Euchre 1:00-3:00 pm Kitchen Rented 5 pm	‡ Painting for Pleasure 10:00 am-12:30 pm		
17	18	19	20 Mind Over Matter 10:00-12:00 pm Optimists	Mah Jongg/Euchre 21 Regular times Dementia Joumey Support Group 1:00-2:30 pm	Day of Service		23
Common Ground Church 9:00-11:00 am	Painting for Pleasure 12:30-3:00 pm	Senior Yoga 2:00-2:45 pm	Senior Movement 2:00-2:45 pm	Kitchen Rented 5 pm Ice Age Trail 7:00 pm	Painting for Pleasure 10:00 am-12:30 pm	Game Night 5:00-7:00 pm	
24	25	26	27	28	29		30
Common Ground Church 9:00-11:00 am	Painting for Pleasure 12:30-3:00 pm	Senior Yoga 2:00-2:45 pm Soup'r Supper 5:00-6:30 pm	Senior Movement 2:00-2:45 pm	Mah Jongg 9:30-12:00 pm Euchre 1:00-3:00 pm Kitchen Rented 5 pm	Painting for Pleasure 10:00 am-12:30 pm Memory Café 1:00-2:30 pm		

Free School Supplies For Those in Need

"Children are the world's most valuable resource and its best hope for the future."

—John F. Kennedy

As such, parents and community have the sacred responsibility to provide the best opportunities for our children to grow and thrive. When parents struggle to be able to meet all the needs of their children the community is called on to help. At Reach Out Lodi we take that responsibility very seriously. One way we have tried to come alongside families in need is by establishing a School Supplies program to provide items that children need to succeed in school.

Using the grade level supply lists provided by classroom teachers, volunteers purchase items to fill brand new backpacks. All families need to do is call Reach Out Lodi (608-592-4592) to put in a request for a backpack. Volunteers take basic contact information such as gender (to help in picking a backpack) and grade level of the child(ren). Families are then contacted when the order has been fulfilled.

The program provides an average of 100-105 filled backpacks per school year. We begin taking requests during the week of July 15th and filling orders before school starts. We will provide supplies throughout the year as needs arise.

The response of families who have participated in the program has been very positive. Parents are grateful and children have been delighted with having new backpacks and supplies to begin the school year.

Interested in donating to the program? There are a couple of ways you can help:

- Monetary donations (preferred). Volunteers shop the summer sales and end-of-summer sales to make the best use of funds so we can keep shelves stocked with high-quality required items.
- Supplies donations. If you would like to donate
 actual school supply items please use classroom
 lists to pick out your purchases. Teachers often
 request specific brands so we try to provide what
 they ask for whenever possible. Some families
 have bought duplicates of what they have
 purchased for their own children to help teach
 them about generosity and giving.

Many thanks to all who have helped in the past or will help in the future!

—Terry Myers
School Supplies Program Coordinator

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 are experiencing difficulties provide for their basic living needs. What we do collectively 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, including:



- Consider giving on a consistent, ongoing basis, i.e., monthly, quarterly, semiannually or annually
- Purchase an 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
- Donate stocks or bonds
- Utilize ROL website for credit card donations, reachoutlodi.org
- Apply to become a volunteer

For more information contact Jim Schmiedlin at 608-592-4592, or stop in at the Community Center to discuss how you can help support Reach Out Lodi.