

Community Circle

January/February 2022

Keeping the Lodi
Community in the Loop

Quote of the Month

“A loving heart is the
truest wisdom.”
—Charles Dickens



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-3:30pm
Saturday 8:30am-11am
By appointment

Community Center Hours:

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

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



The graphic illustrated above is a composite of programs and services that are provided at Reach Out Lodi. In the six and a half years of our existence the number of programs and services, in response to the needs of individuals and families throughout our community, have increased. For example, Alzheimer's & Dementia Alliance of Wisconsin offers programs regarding brain health at the ROL Community Center that includes support group participation. Other programs include: Senior Yoga; Senior Movement;

(Continued on page 4)

What's Happening at Reach Out Lodi

January/February 2022 Calendar of Events

Dinner with... Tom Waselchuk



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.

January 25th, 5:30pm

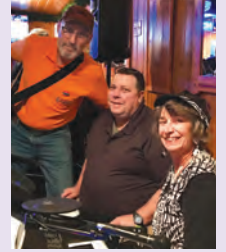
Reach Out Lodi will offer a meal followed with entertainment by Tom Waselchuk.

Please make reservations by **January 24th**.

Call: 592-4592 to make reservations.

Cost: \$10

Dinner with... Sou-Pare PLUS



Sou-Pare PLUS is a real Valentine treat for everyone. Their repertoire features rock, pop, country, oldies, blues, originals and jazz.

February 8th, 5:30pm

Reach Out Lodi will offer a meal followed with entertainment by Sou-Pare PLUS.

Please make reservations by **February 7th**.

Call: 592-4592 to make reservations.

Cost: \$10

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. Exercises are completed in standing and/or seated position. Move Well. Feel Well. Be Well.

JANUARY SESSION: Wednesdays January 12-26th

2:00-2:45 pm

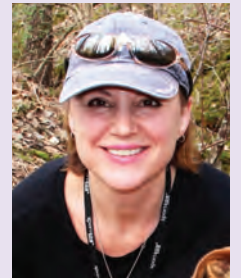
Cost: \$5 for 3 weeks.

FEBRUARY SESSION: Wednesdays February 2-23rd

2:00-2:45 pm

Cost: \$10 for 4 weeks.

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, come and give it a try.

JANUARY SESSION:

Tuesdays January 11-25th

2:00-2:45 pm

Cost: \$5 for 3 weeks.

FEBRUARY SESSION:

Tuesdays February 1-22nd

2:00-2:45 pm

Cost: \$10 for 4 weeks.

**NEW DAY
TUESDAY**

Soup'r Supper

Community Meal

Tuesday, January 11th

Tuesday, February 22nd

5:00-6:30 pm

Come for dinner. Stay to get to know your neighbors, play cards, or just relax.



Artist of the Month:

Pam Standard, Diamond Art Painting.



Saturday, February 19th

9:30 - 10:30 am

Practical advice on overcoming hardships and self-doubt.

Presented by: Jeff Joutras

Call: 592-4592 to make reservations.

FREE presentation.

What's Happening at Reach Out Lodi January/February 2022 Calendar of Events

Memory Café

Friday, January 28th 1:00 - 2:30 pm
Reach Out Lodi: 601 Clark Street, Lodi

Join us as we learn about the 2022

Winter Olympics

With snacks, music, poetry, trivia, jokes and more.



Memory Café

Friday, February 25th 1:00 - 2:30 pm
Reach Out Lodi: 601 Clark Street, Lodi

Patsy Cline & Elvis Presley

Join our punny and fun guest host Shelly for trivia and music.

Featuring music from the
Sou-Pare PLUS Band!

DEMENTIA JOURNEY SUPPORT GROUP

3rd Thursday of each Month 1:00 - 2:30 pm
January 20th, and February 17th

As our population grows older there are more cases of dementia in our community. Since Sept. 2021, ROL has been fortunate to partner with ADAW, Alzheimer's & Dementia Alliance of Wisconsin to offer "Dementia Journey Support." This is a support group for care givers of people with dementia. Participants learn new information, share with 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: Janet Wiegel, (608) 697-2838, for more information.

Memory cafe

4th Friday of each Month 1:00 - 2:30 pm

We are very excited to announce a second program starting in January. A Memory Café is a safe and social gathering place for families and individuals who live with memory loss, mild cognitive impairment, early Alzheimer's, or other dementias. As you can see in our fliers the Memory Café is not going to be too serious. This is a time to socialize, laugh, play and just enjoy life with each other.

Contact: Rose Kearney, (608) 232-3400, for more information.

Both groups will meet once a month throughout the year. Please share this information with anyone who might benefit from one or both of these programs.

Cards — Euchre

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

Make new friends, have fun and share a snack before you leave. If you don't know how to play, we'll show you.

Painting for Pleasure — with Gladys Grieger

Classes will resume in March. Call Gladys for more information, (608) 445-0589.

The Community Circle is published by Reach Out Lodi
©2022, 601 Clark Street, Lodi WI 53555, 608-592-4592,
reachoutlodi@gmail.com
Graphic Designer, Maribeth Fleischmann. Contributing writers; Penny Schmiedlin, Events Coordinator, Jim Schmiedlin, President, and Mary Wilkes, Managing Director.

INCLEMENT WEATHER: Listen for Lodi school closings on inclement weather days. When the Lodi school district is closed, or has a late start, *morning* 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.

(Continued from cover.)

Wellness on Wednesday; Community Meals; Dinner with Entertainment; Euchre Players; Lodi Shares; Painting for Pleasure—with Gladys Grieger; and Game Night. The Community Center also rents out space for birthday parties, graduations, memorials, and a variety of other events.

The Community Store provides food, personal essentials, clothing, and school supplies to registered families experiencing financial hardship. ROL also redirects families to other services/agencies like: Energy Services, Inc.; Renewal Unlimited; Aging & Disability Resource Center; other Food Pantries; legal services; medical/dental services; and housing/shelter services, etc.

Under Opportunities on the graphic you will see Auxiliary Services. These are “help”

services which include but are not limited to auto repair, rental/utility assistance, gas cards, essential transportation, and home maintenance tasks.

In 2020 the Community Garden was moved to ROL. Ten of the 14 plots were occupied by avid gardeners during the last two growing seasons. An upgraded watering system was installed by Arlington Hardware in 2021. Gardeners have grown an abundance of nutritious fresh fruits and vegetables.

Sustainability of Reach Out Lodi's programs and services depend on volunteers, partners, and friends. You can learn more about supporting ROL by referring to Supporting Your Community on page 8 of this edition of the Community Circle. By supporting ROL you can make a lasting impact in your community.

GAME NIGHT

5-7 pm

January 8th — Pajama Party

Come all comfy in your PJ's or come as you are. We will have a surprise for you. Dinner and games as usual.

January 22nd

Dinner and games as usual.

Feb. 12th — The Great Cookie Bake Off

Come and bake cookies or play games or do both. Dinner as usual.

February 26th

Dinner and games as usual.

Call: 592-4592 to make reservations.

GAME NIGHT

For Special Needs Young People

Game Night was born in ROL 3 years ago. We meet together twice a month to have dinner, socialize and play board games or cards. We began with eight young adults and have now grown to 20. We represent Lodi, Dane, Poynette, Sauk City, Pardeeville and Portage. Our group is growing, bonding and becoming a real team that cares about and encourages one another. After three years we have decided it's time to increase our program by traveling off grounds and taking a few trips. This Dec. we boarded a bus and traveled to Madison to tour the capitol and see our state's Christmas tree. We then traveled on to see the 'Festival of Lights' at Olin Park. When we arrived home a holiday meal was waiting for us and a gift for everyone. A parent called to thank us and say her son has never had anything like Game Night before. ROL's goal has been to find a need and fill it. As we fill this need we are gaining wonderful friends, encouragement, lots of fun and love from some great young people. We have become a real team of good friends.



COMMUNITY STORE TOP 10 WISH LISTS

Top 10 Food

1. Cooking Oil
2. Cereal
3. Fresh Produce
4. Hamburger
5. Chicken
6. Pork
7. Dairy Products
8. Sugar
9. Ketchup & Mustard
10. Eggs

Top 10 Personal Essentials

1. Bleach
2. Household Cleaning Products
3. Personal Care Items
4. 13 & 30 Gallon Bags
5. Shampoo/ Conditioner
6. Toilet Bowl Cleaner
7. Laundry Detergent
8. Dish Detergent
9. Dental Supplies
10. Feminine Hygiene Products

Top 10 Clothing/Misc. Items

1. Winter Coats
2. Winter Boots
3. Snow Pants
4. Hats
5. Gloves/Mittens
6. Socks
7. Underwear
8. Bed Sheet sets
9. Blankets
10. Small Kitchen Appliances

Volunteer Corner

Roger has been helping out at Reach Out Lodi for a lot of years. Some of the volunteer activities he has participated in include: repairs to the roof; siding the building; and going to Second Harvest pick up sites in Madison and Sauk City weekly with Jim Schmiedlin for the ROL Community Store. Overall, he is always willing to help with whatever is needed.

Roger also started the Euchre Group. There are 16 to 24 card players each Thursday afternoon from 1-3 pm. We are always happy to welcome new players too. There is no cost to play, so come join us.

I (Vickie) joined Roger to coordinate the Euchre Group about 3 years ago. It is amazing that we have so much fun getting together to play cards!

I also help in the kitchen making meals for events with Thea Jesse, Len Hendricks, & Penny Schmiedlin. We both help make sure the tables are set up, serve the food, clean tables and take time to talk to those who want to chat and clean up after the events.

Even through COVID, we prepared meals for curbside pick up once it was safe to do.

Thank you to all the Volunteers who help make every event at ROL a huge success. It takes a lot of volunteers giving their time and talents to make ROL work, and it works amazingly well with everyone's help. —Roger & Vickie Henn



Giving Back

On a sunny Saturday morning a mother and her son drove up to ROL's drop off site looking nothing like Santa and his sleigh. But as she opened the back of her van it began to look very much like something only Santa would send. The van was filled with toys from top to bottom. As we helped them unload they put us in the holiday mood even before we trimmed our tree. She explained that her family was helped by Reach Out Lodi years ago with food, clothing, personal essentials and school supplies. Since that time of need she had started her own business and now it was her time to 'pay back' for all the help they were given. Her story and her pride in being able to give back were the best gift we could receive. She and her son will always remember the day they gave, and so will we. This is not an isolated tale of success and giving back to the program that has helped them and their families. We are so proud of all of you.



January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			† = NEW SESSION			1 Closed New Years Day
2	3	4	5	6 CARDS 1-3 pm Mah Jongg 9:30 am-12:00 pm	7	8 Game Night 5:00-7:00 pm
9	10 Soup'r Supper 5:00-6:30 pm † Senior Yoga 2:00-2:45 pm	11	12 † Senior Movement 2:00-2:45 pm	13 CARDS 1-3 pm Mah Jongg 9:30 am-12:00 pm	14	15
16	17 Senior Yoga 2:00-2:45 pm	18	19 Senior Movement 2:00-2:45 pm	20 CARDS 1-3 pm Dementia Journey Support Group 1-2:30 pm Mah Jongg 9:30 am-12:00 pm	21	22 Game Night 5:00-7:00 pm
23	24 Dinner With... Tom Waselchuk 5:30 pm Senior Yoga 2:00-2:45 pm	25	26 Senior Movement 2:00-2:45 pm	27 CARDS 1-3 pm Mah Jongg 9:30 am-12:00 pm	28 Memory Cafe 1:00-2:30 pm	29
30	31					

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>† = NEW SESSION</p>	<p>1</p> <p>† Senior Yoga 2:00-2:45 pm</p>	<p>2</p> <p>† Senior Movement 2:00-2:45 pm</p>	<p>3</p> <p>CARDS 1-3 pm Mah Jongg 9:30 am-12:00 pm</p>	<p>4</p>	<p>5</p>
6	<p>7</p> <p>Dinner With... Sou-Pare PLUS 5:30 pm Senior Yoga 2:00-2:45 pm</p>	<p>8</p>	<p>9</p> <p>Senior Movement 2:00-2:45 pm</p>	<p>10</p> <p>CARDS 1-3 pm Mah Jongg 9:30 am-12:00 pm</p>	<p>11</p>	<p>12</p> <p>Game Night 5:00-7:00 pm</p>
13	<p>14</p> <p>Valentine's Day</p>	<p>15</p> <p>Senior Yoga 2:00-2:45 pm</p>	<p>16</p> <p>Senior Movement 2:00-2:45 pm</p>	<p>17</p> <p>CARDS 1-3 pm Dementia Journey Support Group 1-2:30 pm Mah Jongg 9:30 am-12:00 pm</p>	<p>18</p>	<p>19</p> <p>Growing Through Grief 9:30-10:30 am</p>
20	<p>21</p> <p>Soup'r Supper 5:00-6:30 pm Senior Yoga 2:00-2:45 pm</p>	<p>22</p>	<p>23</p> <p>Senior Movement 2:00-2:45 pm</p>	<p>24</p> <p>CARDS 1-3 pm Mah Jongg 9:30 am-12:00 pm</p>	<p>25</p> <p>Memory Cafe 1:00-2:30 pm</p>	<p>26</p> <p>Game Night 5:00-7:00 pm</p>
27	<p>28</p>					

Thank You For Your Generosity!

Reach Out Lodi's Board of Directors & Staff are very humbled and grateful for the outpouring of generosity throughout the year. During the holiday season, the Lodi Community has stepped up even more in countless ways. Some examples are: valued volunteers offering their time for many tasks; groups holding personal essential drives; people fulfilling clothing requests; generous gifts of food and money; and donating presents for Adopt A Families or to be placed under the ROL tree. All of these ways, you have made a difference.

We extend a heartfelt thank you to all who have shown their kindness and by doing so, touched someone's life. You are greatly appreciated!

Merry Christmas & Happy New Year!



Thanksgiving Day Community Meal

A time to gather with family and friends, reflect on the year and be grateful. It is when we enjoy a deliciously prepared meal, think of others and appreciate our blessings.

That is what the Community Thanksgiving Day Meal at Reach Out Lodi accomplished, with the help of many wonderful volunteers. There were delivery, pick up and dine in options, with 150 people sharing in the traditional meal and staying to visit afterwards.

The volunteers prepared the food, worked in the kitchen, served and cleaned up. An abundance of food and volunteers wanting to participate, is a testimony to the giving community we live in. We are happy to see this special event continue to grow and very grateful to all who shared their day at Reach Out Lodi.



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 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 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 Mary Wilkes or Jim Schmiedlin at 608-592-4592, or stop at the Community Center and discuss how you would like to help support Reach Out Lodi.

