

Community Circle

March/April 2022

Keeping the Lodi
Community in the Loop

Quote of the Month


"Spring is painted in daffodil yellows, robin egg blues, new grass green and the brightness of hope for a better life."

— Toni Sorenson



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 

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.



We at the Alzheimer's and Dementia Alliance of Wisconsin (ADAW) are so excited to announce a new Memory Café at Reach Out Lodi starting this March!

A Memory Café offers persons with memory loss, mild cognitive impairment, or dementia and their family care partner an opportunity for social engagement and discussion. The Memory Café is a safe and non-judgmental space where participants can relax, learn, be creative and socialize. It is a place to inspire new friendships and peer support, to provide a break from normal routines, and to enjoy music, art and other programming. Each Café offers a unique program or activity that's stimulating and fun. Activities are chosen based on participant interest. Anyone is welcome to join us, whether or not they have an official diagnosis.

We will start each Memory Café getting to know everyone who is attending while enjoying treats. After introductions there will be a facilitated discussion or activity based on the theme that month. March, April, and May are already full of exciting guests and activities featuring local artists and historians from Lodi. Rose Kearney, ADAW Dementia Outreach Specialist for Dane County, will be there to lead the Memory Café each month. Rose can answer any questions and support the participants who attend. If you have any questions or concerns don't hesitate to reach out to Rose. There is no cost to attend a Memory Café. To participate, contact us for more information or just attend!

If you would like to present on a topic or lead an activity at a Memory Café, please reach out to Rose Kearney at 608-232-3400.

Where: Reach Out Lodi, 601 Clark St, Lodi, WI 53555

When: 4th Friday of every month 1:00-2:30pm

—Rose Kearney, MSW

Dane County Dementia Outreach Specialist
Alzheimer's & Dementia Alliance of Wisconsin



What's Happening at Reach Out Lodi

March/April 2022 Calendar of Events

MASKS: Thank you for following the guidelines and wearing a mask at ROL. At this time we are NO LONGER REQUIRING MASKS, but if you feel more comfortable with a mask please continue to wear yours.

Dinner with... **The Radiant Beings**

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.



March 8th, 5:30pm

Reach Out Lodi will offer a meal followed with entertainment by the Radiant Beings.

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

Call: 608-592-4592 to make reservations.

Cost: \$10

Dinner with... **Patty & Craig Siemsen**

Described as an acoustically good marriage, this duo is known for gorgeous musicianship and harmonies. With guitars and piano, Patty and Craig Siemsen create "a sound that embraces all that is Americana."



April 12th, 5:30pm

Reach Out Lodi will offer a meal followed with entertainment by Patty & Craig Siemsen.

Please make reservations by **April 11th**.

Call: 608-592-4592 to make reservations.

Cost: \$10

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.

MARCH SESSION: Tuesdays March 1-22th

2:00-2:45 pm

Cost: \$10 for 4 weeks. NO CLASSES week of March 28th.

APRIL SESSION: Tuesdays April 5-26th

2:00-2:45 pm

Cost: \$10 for 4 weeks.

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.

MARCH SESSION: Wednesdays March 2-23rd

2:00-2:45 pm

Cost: \$10 for 4 weeks. NO CLASSES week of March 28th

APRIL SESSION: Wednesdays April 6-27th

2:00-2:45 pm

Cost: \$10 for 4 weeks.

Painting for Pleasure — with Gladys Grieger

Gladys will teach the wonderful art of painting with acrylics.

MARCH SCHEDULE:

Mondays, March 7-28

12:30-3:00pm

Fridays, March 4-25

10:00am-12:30pm

APRIL SCHEDULE:

Mondays, April 4-25

12:30-3:00pm

Fridays, April 1-22

10:00am-12:30pm

INFORMATION: Call Gladys at 608-445-0589

Cost: \$45.00 for 4 weeks.



Soup'r Supper

Community Meal

Tuesday, March 22nd

Tuesday, April 26th

5:00-6:30 pm

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

April 26th. This is the last Soup'r Supper until fall; we will begin again in October 2022. Thank you for supporting this healthy meal and social event.



What's Happening at Reach Out Lodi

March/April 2022 Calendar of Events

GAME NIGHT

For special needs people 14 & older

March 12 & 26, and April 9 & 23

March, 12, 5-7pm, BINGO night!
Feel lucky? Play BINGO and you may win a prize!

March 26, 5-7pm, Dinner and games as usual.



April, 9, 5-7pm, Hawaiian Luau night.
You're invited to wear Hawaiian shirts, grass skirts and shorts, or come as you are for lots of fun.

April, 23, 5-7pm, Dinner and games as usual.

Call: 608-592-4592 to make reservations.



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.



DEMENTIA JOURNEY SUPPORT GROUP

3rd Thursday of each Month 1:00 - 2:30 pm

March 17th, and April 21st

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 Café

Friday, March 25th 1:00 - 2:30 pm

Reach Out Lodi: 601 Clark Street, Lodi

St. Patrick's Day

Join us as we celebrate St. Patrick's Day with trivia, stories and music!

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

Contact: Rose Kearney, (608) 232-3400, for more information. No reservation needed.

Spring Artist of the Month

Sheri Birchler, photographer at Sheri Birchler Photography, LLC

I have been in business for 12 years (full time since July 2021) and specialize in high school senior photography.

I offer my clients unique, heirloom displays that are printed as large, beautiful wall art for future generations to enjoy.



Memory Café

Friday, April 22nd 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!

Contact: Rose Kearney, (608) 232-3400, for more information. No reservation needed.

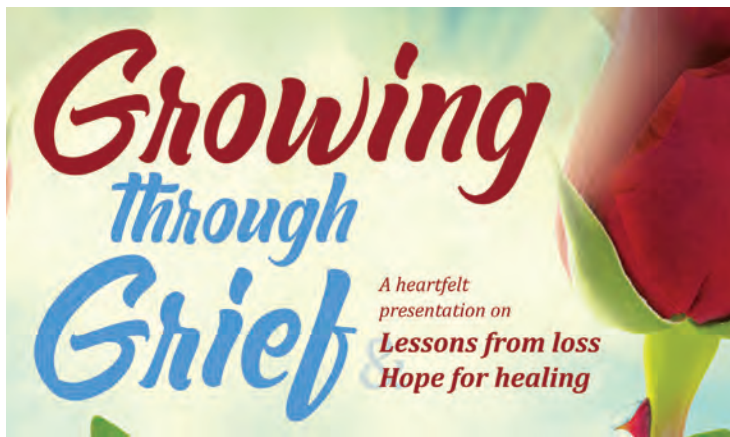
Mah Jongg

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.



Growing Through Grief

By Jeff Jourtras

Grief is defined as deep sorrow often attributed to the loss of a loved one. But grief is also related to other life experiences such as losing a job, divorce or separation, friendships gone bad, loss of trust or any other situation that causes stress and sadness. Experiencing grief is a natural part of living and we all experience events in our lives that will test us. Grief is unique to each individual and change in our lives is a constant.

Grief is an internal feeling of sadness, it's those things—thoughts and feelings—from the loss you've experienced. We often keep grief close to our heart, our broken heart. And yet, broken hearts can be healed. While your heart may never fully be restored to the original version, there is hope, hope for healing.

The first step is to be self-aware of the symptoms of grief which may include:

- ♦ Loss of motivation
- ♦ Decreased energy levels
- ♦ Increased anxiety
- ♦ Increased feelings of fear
- ♦ Loss of focus
- ♦ Increased isolation/withdrawal

Experts recommend and advise the following to help with the healing process:

- ♦ Acknowledge your grief-do not ignore it

- ♦ Give yourself time to process your grief
- ♦ Have hope!
- ♦ Focus on today and being present in the moment; tomorrow will take care of itself
- ♦ Actively mourn (mourning is grief expressed):
 - Crying/shedding tears
 - Talking to a trusted friend about your situation and feelings
 - Participating in a support group/sharing experience
 - Praying and meditating
 - Journaling
 - Being physically active/exercising
 - Volunteering your time to help others
- ♦ Practice self-compassion, give yourself grace and time to heal
- ♦ Seek professional help if you feel the need

Remember, there is always hope, hope for healing. To heal, we need to take active, intentional steps along the path. If you do that you'll make progress and be able to mourn and mend your broken heart and live again more fully. God bless you on your journey.



Room Rentals

The ROL Community Center has two rooms available for use. These can be reserved for families, special occasions, educational opportunities, celebration of life luncheons, community groups and meetings. Call 608-592-4592 and ask for Mary or Jim to learn more.

Your Health is Important to Us. ❤️

If you are not feeling well or if someone in your home is not well please stay home and take care. Thank you for helping us in keeping all our ROL friends healthy.

The Community Circle is published by Reach Out Lodi ©2022, 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: Mary Wilkes.

COMMUNITY STORE TOP 10 WISH LISTS

Top 10 Food

1. Cereal
2. Cooking Oil
3. Sugar (white, brown, & powdered)
4. Pineapple (canned)
5. Fruit Cocktail (canned)
6. Applesauce (can or jar)
7. Sloppy Joe Sauce
8. Maseca (corn flour)
9. Ketchup
10. Mayonnaise

Top 10 Personal Essentials

1. Laundry Detergent
2. Dish Detergent
3. Paper Towels
4. Diapers 4, 5, 6
5. Toilet Bowl Cleaner
6. Household Cleaner
7. Dental Products
8. Garbage Bags (Size 13 & 30)
9. Feminine Supplies
10. Baby Products

Top 10 Clothing/Misc. Items

1. New Socks (all sizes)
2. New Underwear (all sizes)
3. Athletic Wear (all sizes)
4. Pots/Pans
5. Glasses/Cups
6. Bed Sheets (all sizes)
7. Soup Bowls
8. Bath Towels/Wash Cloths
9. Kitchen Towels/Dish Cloths
10. Small Kitchen Appliances

Volunteer Corner

Len has been volunteering at Reach Out Lodi for the past year. It started when he stopped in to drop off a donation and noticed the ladies slicing potatoes by hand. He said, "hold it right there," and returned with a food processor and asked if he could help out. He helps Thea Jesse, Vickie Henn, and Penny Schmiedlin prepare meals for carry out and social gatherings at Reach Out Lodi.

Len enjoys gardening and had a project in ROL's Community Garden last year, planting (4) 60-foot rows of potatoes. Despite the dry weather it still yielded 10 large boxes of potatoes that went to the Community Store for those in need.

Len has also assisted with food distributions during the pandemic. He helped Jim Schmiedlin pick up food and supplies from Second Harvest and other merchants. In addition, he helped acquire commercial baking trays and a used upright freezer through use of the freecycle network, located online at freecycle.org

Len enjoys volunteering his time to help out when needed. He said it is always amazing to see how generous people are and their willingness to help those in need. That makes this such a wonderful community in which we live!



Customer Comments

In August 2021, my Lady Love died. And, as a foreigner living in this great USA, I found myself jobless, homeless, and utterly alone. I moved to Lodi, into a cheap Air B&B, not even knowing of ROL's existence, and UMC (the Methodists) kindly pointed me in your direction. I had approached 20 or more of the biggest and most well-known social services programs in greater Madison and NONE of them were able to offer me anything close to what ROL has!

ROL's Community Store goes way beyond mere staples with frozen meats, and fresh vegetables and fruits, along with extras like condiments and toiletries — an array that is stunning to walk into. One does a double take, it's truly surreal. Plus, a mini

clothes store. Extraordinary, indeed!

Impossibly, ROL offers even more! That includes transporting me to an ER for CRITICAL treatment and transporting me to have multiple surgeries — life-saving HELP indeed!

PLUS — You are treated with Kindness, Cordiality, with Empathy and True Caring by ALL the staff, from ROL's Director on down.

Additionally — I recommend attending ROL's Thanksgiving Dinner — Where, even during my dark days of grief, I could not help but to be impressed by the array and quality of food that was served.

PLUS — ROL taught me that, even if I'm NOT able to repay their kindnesses, that I WILL Pay It Forward; Which I Pledge!

My Heartfelt Thanks,
To All At Reach Out Lodi!!

—Mr. Wolf M.K.



March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>NEW † = SESSION ● = ROL Event ● = Other</p>	<p>1 † Senior Yoga 2:00-2:45 pm</p>	<p>2 Common Ground Church 5 pm † Senior Movement 2:00-2:45 pm Optimists 12 pm</p>	<p>3 18-21 yr old Transition Program CARDS—Euchre 1-3 pm Mah Jongg 9:30 am-12:00 pm</p>	<p>4 † Painting for Pleasure 10:00 am-12:30 pm</p>	<p>5 Private Birthday Party</p>
<p>6 Boy & Girl Scouts 5-8 pm Common Ground Church 9-11 am</p>	<p>7 Rotary 6:15 pm † Painting for Pleasure 12:30-3:00 pm</p>	<p>8 Dinner With... The Radiant Beings 5:30 pm Senior Yoga 2:00-2:45 pm</p>	<p>9 Art Club 7 pm Lift Lodi 6:30 pm Senior Movement 2:00-2:45 pm</p>	<p>10 18-21 yr old Transition Program CARDS—Euchre 1-3 pm Mah Jongg 9:30 am-12:00 pm</p>	<p>11 Painting for Pleasure 10:00 am-12:30 pm</p>	<p>12 Game Night 5:00-7:00 pm Dekorrra Lutheran Church Service Day 2:30 pm</p>
<p>13 Common Ground Church 9-11 am</p>	<p>14 Painting for Pleasure 12:30-3:00 pm</p>	<p>15 Senior Yoga 2:00-2:45 pm</p>	<p>16 Senior Movement 2:00-2:45 pm Optimists 12 pm</p>	<p>17 Transition Program CARDS—Euchre 1-3 pm Dementia Journey Support Group 1:00-2:30 pm Mah Jongg 9:30 am-12:00 pm</p>	<p>18 Painting for Pleasure 10:00 am-12:30 pm</p>	<p>19 Private Birthday Party</p>
<p>20 Boy & Girl Scouts 2:30-8 pm Common Ground Church 9-11 am</p>	<p>21 Lodi Area Radio Control Club 7 pm Rotary 6:15 pm Painting for Pleasure 12:30-3:00 pm</p>	<p>22 Soup'r Supper 5:00-6:30 pm Senior Yoga 2:00-2:45 pm</p>	<p>23 Senior Movement 2:00-2:45 pm</p>	<p>24 18-21 yr old Transition Program CARDS—Euchre 1-3 pm Mah Jongg 9:30 am-12:00 pm</p>	<p>25 Memory Café 1:00-2:30 pm Painting for Pleasure 10:00 am-12:30 pm</p>	<p>26 Game Night 5:00-7:00 pm</p>
<p>27 Common Ground Church 9-11 am</p>	<p>28 Painting for Pleasure 12:30-3:00 pm</p>	<p>29 NO CLASSES</p>	<p>30 NO CLASSES</p>	<p>31 18-21 yr old Transition Program CARDS—Euchre 1-3 pm Mah Jongg 9:30 am-12:00 pm</p>		

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>NEW † = SESSION</p> <p>● = ROL Event</p> <p>● = Other</p>				1	2
3 Common Ground Church 9-11 am	4 <p>Rotary 6:15 pm</p> <p>† Painting for Pleasure 12:30-3:00 pm</p>	5 <p>† Senior Yoga 2:00-2:45 pm</p>	6 <p>† Senior Movement 2:00-2:45 pm</p> <p>Optimists 12 pm</p>	7 <p>18-21 yr old Transition Program</p> <p>CARDS—Euchre 1-3 pm</p> <p>Mah Jongg 9:30 am-12:00 pm</p>	8 <p>Painting for Pleasure 10:00 am-12:30 pm</p>	9 <p>Game Night 5:00-7:00 pm</p>
10 <p>Boy & Girl Scouts 5-8 pm</p> <p>Common Ground Church 9-11 am</p>	11 <p>Painting for Pleasure 12:30-3:00 pm</p>	12 <p>Dinner With... Patty & Craig Siemsen 5:30 pm</p> <p>Senior Yoga 2:00-2:45 pm</p>	13 <p>Art Club 7 pm</p> <p>Senior Movement 2:00-2:45 pm</p>	14 <p>18-21 yr old Transition Program</p> <p>CARDS—Euchre 1-3 pm</p> <p>Mah Jongg 9:30 am-12:00 pm</p>	15 <p>Painting for Pleasure 10:00 am-12:30 pm</p>	16
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24 <p>Boy & Girl Scouts 5-8 pm</p> <p>Common Ground Church 9-11 am</p>	25 <p>Painting for Pleasure 12:30-3:00 pm</p>	26 <p>Soup'r Supper 5:00-6:30 pm</p> <p>Senior Yoga 2:00-2:45 pm</p>	27 <p>Senior Movement 2:00-2:45 pm</p>	28 <p>18-21 yr old Transition Program</p> <p>CARDS—Euchre 1-3 pm</p> <p>Mah Jongg 9:30 am-12:00 pm</p>	29	30



The Return of the Community Garden

By Bill Welch, Community Garden Coordinator

As spring arrives, gardening season comes with it. There is an old zen adage that when life is complicated one should remember to haul water, chop wood – go to the basics of life. I would add to that, dig dirt!

The Reach Out Lodi Community Garden is now open for gardeners to reserve a plot. The garden is located right by the ROL Community Center at 601 Clark Street. Plots that are 20' x 20' can be reserved for \$20 on a first come, first served basis. Some half plots may be available. There is water and tools available at

the garden...all you need to bring is your seeds, plants and enthusiasm!

The Community Garden is there to give individuals and families the opportunity to grow food and flowers. A well-planned garden plot can produce up to \$800 worth of food. There is a satisfaction one feels when you produce food for your table with your own hands. If you are new to gardening there is help available from experienced gardeners to assist and mentor you.

For more information contact ROL at (608) 592-4592.

Common Ground Church Donates \$3,750 to Reach Out Lodi



Pictured above from left to right: Mary Wilkes, Jim Schmiedlin, Mike Gollmar, Samuel Christensen, and Pastor Michael Lee.

A donation of \$3,750 was recently given to Reach Out Lodi on behalf of the Common Ground Church through its Special Christmas Offering. This generous offering furthers Reach Out Lodi's ability to provide vital programs and services for families experiencing financial hardship as well as those in our community that participate in activities and events in the Community Center.

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, including:

- 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.

