

DeWitt County Friendship Center  
410 East Main Street  
Clinton Illinois 61727

Non Profit Permit #1  
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Clinton Illinois 61727

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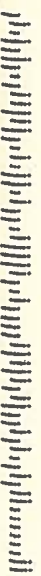
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1003 Maple Hill Road  
Bloomington IL 61704-9327

617059327 RC21



APRIL



2019

**THE FRIENDSHIP CENTER OPERATING HOURS**  
**MONDAY thru FRIDAY 8:00 AM – 3:00 PM**  
**PEACE MEALS SERVED AT 11:30 AM**  
**MONDAY thru FRIDAY**

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**DAILY ACTIVITIES**

**MONDAYS**

**DOMINOES 1:00 PM to 3:00 PM**  
**COLOR CONVERSATION COLORING GROUP 1:00 PM to 3:00 PM**

**TUESDAYS**

**BILLIARDS 1:00 PM to 3:00 PM**  
**CARDS & GAMES 1:00 PM to 3:00 PM**

**WEDNESDAYS**

**SENIOR YOGA CLASS 8:15 AM**  
**BINGO 12:15 PM to 1:00 PM**  
**CARDS 1:00 – 3:00 PM**

**THURSDAYS**

**BEAN BAG TOSS TOURNAMENT**  
**1:00 PM to 3:00 PM**

**FRIDAYS**

**BILLIARDS 1:00 PM to 3:00 PM**  
**CARDS & GAMES 1:00 PM to 3:00 PM**

***REFRESHMENTS SERVED! COME JOIN US!***

***CALL THE CENTER AT 217-935-9411 FOR DETAILS***

**APRIL BIRTHDAYS**



STEVE FERGUSON – 4  
TOM SPENCER – 4  
DAVIDA STIVERS – 6  
BETSY PARKER – 10  
KAY VANNESS – 10  
LEE ANN PRICE – 21  
EDNA MAY SPRAGUE – 24  
ROBERT GODBY – 27  
MABEL RICH – 28

**COME IN FOR CAKE & ICE CREAM**  
**WEDNESDAY, APRIL 24<sup>TH</sup> AT 10:30 AM**  
**& CELEBRATE FEBRUARY BIRTHDAYS**  
**WITH US!**

**IF YOU ARE NOT ON OUR BIRTHDAY LIST**  
**& WOULD LIKE TO BE**  
**PLEASE CALL US @ 217-935-9411**



## DeWitt County Food Mobile

When: Saturday, April 20<sup>th</sup>, 2019

Time: 10:00 am to 11:30 am

Where: American Legion

Clinton, 61727

All eligible residents of Dewitt County needing food are welcome to attend the Foodmobile distribution.

All Dewitt County residents who meet income eligibility criteria are welcome (see below).

**Those attending are asked to bring bags or boxes to transport food.**

Maximum monthly income per eligible household:

Maximum monthly income per eligible household (for each additional household member over 8, add \$644):								
Household Size	1	2	3	4	5	6	7	8
Monthly Income	\$1,859	\$2,504	\$3,148	\$3,793	\$4,437	\$5,081	\$5,726	\$6,370

Eastern Illinois Foodbank works to alleviate hunger in eastern Illinois through cooperation with a network of food pantries, agencies and other programs like the Foodmobile Program. The Foodbank distributes donated and discounted food throughout a 17-county service area in cooperation with 220 member agencies and programs. Through these agencies, the Foodbank provides food to more than 116,000 different men, women and children each year. The Eastern Illinois Foodbank is a member of Feeding America (formerly America's Second Harvest), Feeding Illinois, the United Way of Coles County, and the United Way of Champaign County.



## DATES TO REMEMBER:

**APRIL 5, 2019 – PEORIA BALLET PRESENTS**

**ALICE IN WONDERLAND & PAQUITA**

**LEAVE THE CENTER AT 8:45 AM**

**LUNCH AFTER THE SHOW AT BUSY CORNERS**

**REGISTRATION BEGINS MARCH 20TH**

Friendship Center Newsletter  
April, 2019

"Comments from Caitlin"

Happy spring from University of Illinois Extension! With Easter coming, I want to talk about a few of the many egg questions I get, and share a fun egg dyeing activity.

**Question 1:** How long can I keep eggs?

**Answer:** The USDA recommends fresh eggs be kept in the refrigerator for 3-5 weeks from the date you buy them.

**Question 2:** If the egg floats, is it fresh?

**Answer:** Eggs float when the air sac in the egg gets bigger. The air sac gets bigger over time. So, eggs that float are older, but they may still be safe to eat. Remember, use within 3-5 weeks from when you bought fresh eggs. Older eggs are also easier to peel when hardboiled.

**Question 3:** Brown eggs are healthier, right?

**Answer:** The outside color of the eggs you buy is determined by the breed of chicken. The vitamins, minerals, and other nutrients in an egg are determined by the diet given to the chickens.

**Egg Dyeing**

Hard-boil eggs like you normally would, but add plant materials to the cooking water. Try these foods below, or experiment with your own ideas!

- Leftover coffee dyes the egg tan.
- Purple grape juice gives the egg a stone gray color.
- Try red cabbage for a light blue color.
- Add chili powder to get an orangey-brown.

**Remember to be food safe!** Hardboiled eggs can be kept refrigerated for 1 week if still in the shell. If used for an egg hunt, plan to throw the eggs away.

For upcoming health and wellness classes from UI Extension, come by our office and find us online at <http://web.extension.illinois.edu/dmp/>.

Have a great month,

Caitlin Mellendorf, MS, RD  
Nutrition and Wellness Educator  
University of Illinois Extension  
[go.illinois.edu/dmp](http://go.illinois.edu/dmp)  
217.935.5764



*JOIN US FOR  
ART & THINGS*

*APRIL 2<sup>ND</sup> & 16<sup>TH</sup>*

*10:00 AM TO 11:30 AM*



## MONTHLY HEALTH CHECKS

THE THIRD TUESDAY OF EACH MONTH  
THIS MONTH:

TUESDAY, April 16<sup>TH</sup>, 2019 – 9:00 AM to 10:30 AM

TO CHECK:

BLOOD PRESSURE, HEART RATE, RESPIRATORY CHECKS,  
WEIGHT

OXYGEN READINGS TO DETERMINE OXYGEN IN THE BLOOD  
PULSE, BLOOD SUGAR SCREENING

(PLEASE NOTE: FREQUENCY OF BLOOD SUGAR TESTING WILL BE DETERMINED BY  
PREVIOUS RESULTS OR AS INDICATED)

PLEASE TAKE ADVANTAGE OF THIS **FREE** SERVICE PROVIDED BY  
LIBERTY VILLAGE!

FOR MORE INFORMATION, CALL THE FRIENDSHIP CENTER  
AT 217-935-9411



## THE HEARING AID CENTER

JOYCE DEARTH FROM  
THE HEARING AID CENTER

WILL BE HERE

APRIL 9<sup>TH</sup> & 23<sup>RD</sup>

9:30 AM to 11:00 AM

SHE WILL PROVIDE:

FREE HEARING CHECK UPS  
FREE HEARING AID CLEANING

& TUBING FOR BEHIND THE EAR HEARING INSTRUMENTS HEARING  
AID BATTERIES WILL ALSO BE AVAILABLE



FOR MORE INFORMATION, CALL THE CENTER 217-935-9411

DEWITT COUNTY FRIENDSHIP CENTER PRESENTS

## Pigeon Forge and Smoky Mountains Show Trip



INCREDIBLE PRICE INCLUDES

- Motorcoach transportation
- 5 nights lodging including 3 consecutive nights in the Smokies
- 8 meals: 6 breakfasts and 3 dinners
- Admission to TITANIC: THE WORLD'S LARGEST MUSEUM ATTRACTION
- Three Dinner Shows: SOUL OF MDTOWN, AMERICA'S HIT PARADE, and THE HATFIELD-MCCOY SHOW
- One Evening Show: SMOKY MOUNTAIN OPRY
- One Morning Show: The MAGIC BEYOND BELIEF SHOW
- Free time in HISTORIC DOWNTOWN GATLINBURG
- GUIDED TOUR OF THE GREAT SMOKY MOUNTAINS NATIONAL PARK
- For more pictures, video and information visit: [www.GroupTrips.com/DewittCountyFriendshipCenter](http://www.GroupTrips.com/DewittCountyFriendshipCenter)

**\$565 \***

6 DAYS 5 NIGHTS

PER PERSON, DOUBLE OCCUPANCY

(Mon - Sat)

Sep 30 - Oct 5

2019

Departure: United Methodist Church, 308 E. Main St, Clinton, IL @ 8 am

Day 1: Depart your group's location in a spacious, restroom and video equipped motorcoach and set off for the breathtaking Smoky Mountains! This evening, you'll check into your en route hotel for a good night's rest.

Day 2: Today, after enjoying a Continental Breakfast, you'll continue towards your destination - the Smoky Mountains. Later, you'll check into your hotel for a 3 night stay. Tonight, enjoy Dinner while tapping your toes at the high-energy SOUL OF MDTOWN DINNER SHOW. Relive the great music of Motown Legends like the Drifters, the Platters, Sam Cooke, Smokey Robinson, the Jackson Five, Aretha Franklin, Gladys Knight, Diana Ross, and more!

Day 3: Start your day with a Continental Breakfast, before heading off on a GUIDED TOUR OF THE GREAT SMOKY MOUNTAINS NATIONAL PARK. Afterward, enjoy free time and lunch on your own in HISTORIC DOWNTOWN GATLINBURG. Then, enjoy a fabulous dinner show at the HATFIELD-MCCOY DINNER THEATER, known as the Romeo and Juliet of the Smoky Mountains...with Blue Grass Country Music, singing, dancing, hilarious comedy and fun. This evening, the SMOKY MOUNTAIN OPRY SHOW brings the heart and soul of music onstage with its fabulous high-energy entertainment, featuring spectacular singing, outstanding choreography, and thrilling special effects!

Day 4: Today, you'll start your day by enjoying a Continental Breakfast before departing for the MAGIC BEYOND BELIEF MORNING SHOW! Magic Beyond Belief, starring Darren Romeo brings magic and music together for an incredible show. Darren Romeo creates a multi-million dollar "Magic Beyond Belief" style. Featuring a talented cast, Darren's magical illusions, musical tributes, levitations, and much more! Darren is the only magician in the world allowed to perform Harry Blackstone's famous legacy of the floating light bulb. State-of-the-art special effects, lights, sound and lasers enhance this one-of-a-kind magical production! This evening, you will enjoy Dinner and see the AMERICA'S HIT PARADE DINNER SHOW. Spanning the Fifties to the Eighties and beyond, this high-energy show features singing, dancing, colorful costumes, and a special one-of-a-kind Military Tribute to the men and women of the Armed Forces.

Day 5: Enjoy a Continental Breakfast before starting your morning at the impressive TITANIC: THE WORLD'S LARGEST MUSEUM ATTRACTION. You can experience the hallways, parlors, cabins, and Grand Staircase of this replica of the world's most famous luxury liner, view actual artifacts, and more. You can also hear passenger stories and pay tribute to their memory. This evening, relax at your en route hotel.

Day 6: Today, after enjoying a Continental Breakfast, you depart for home... a perfect time to chat with your friends about all the fun things you've done, the great shows you've seen and where your next group trip will take you!

### ADD PEACE OF MIND TO YOUR TRIP...

With Biannual Tours Exclusive Traveler's Confidence Protection Plan if you have to unexpectedly cancel or cut your plans short. See back for details...

\$75 Due Upon Signing. \*Price per person, based on double occupancy. Add \$219 for single occupancy. Final Payment Due: 7/23/2019

FOR INFORMATION & RESERVATIONS CONTACT:

Dewitt Friendship Center  
(217) 935-9411

**Diamond Tours** inc.  
Bringing Group Travel to a Higher Standard®



AMERICA'S HIT PARADE SHOW



TITANIC: THE WORLD'S LARGEST MUSEUM ATTRACTION



SOUL OF MOTOWN



SMOKY MOUNTAIN OPRY

File Folder of Tours Ref No: 5732973

Form ID: 2400-7C1205

WM

Tour#: 1547487





**CCSI**  
**Case Coordination LLC**  
*Case Management Services*

**Seniors and Disabled  
 Information & Assistance**

Once a month, our trained staff will be here to answer your questions and help you fill out applications on a first-come, first-serve basis.

This is the schedule for each month:

- 1<sup>st</sup> Thursday will be at Nixon Manor 2:00-4:00
- 2<sup>nd</sup> Thursday will be at DeWitt Manor 2:00-4:00
- 3<sup>rd</sup> Thursday will be at MacArthur Apts 2:00-4:00



Funded through Community Care Systems, Inc, ECIAAA & The Illinois Dept on Aging.

Cost of service is on a donation basis but no one will be denied services based on the inability to pay.

Have questions about vital senior citizen/disability programs, discounts and applications

We help with  
 License Plate Discounts,  
 Medicare A, B & D,  
 Medicare Supplements and much more!!  
 Extra Help Program (Low Income Subsidy for Med D)

Community care systems, inc  
 410 E. Main St  
 Clinton, IL 61727

217-935-4560

Diane.cusey@ccsicare.com

**LOW VISION SUPPORT GROUP**

Do you have visual issues such as, reading a newspaper, telephone book, telling time, using appliances, or dialing a telephone?

Do you know someone who has these problems?

Would you like to know about: adaptive aids, resources, counseling, improving the quality of life for someone, providing them a free resource to make the low vision person more independent?

**Perhaps this support group would be beneficial to you!**

MEETINGS ARE HELD THE **THIRD** MONDAY OF EACH MONTH

THE NEXT MEETING WILL BE  
**Monday, April 15<sup>th</sup>, 2019**

DEWITT COUNTY FRIENDSHIP CENTER  
 410 EAST MAIN STREET  
 CLINTON, ILLINOIS

10:00 AM – 11:00 AM

**THESE MEETINGS ARE FREE & EDUCATIONAL**

CONTACT: KIM TARKOWSKI  
 LIFE CENTER FOR INDEPENDENT LIVING  
 2201 EASTLAND DRIVE, SUITE #1  
 BLOOMINGTON, IL 61704  
 309-663-5433

or  
 DEWITT COUNTY FRIENDSHIP CENTER  
 217-935-9411

## **FRIENDS IN ACTION**

Of DeWitt County

Located at the DeWitt County Friendship Center

Friends In Action of DeWitt County is a program that provides spiritual/emotional and physical support and friendly assistance to help seniors keep their dignity and quality of life while living independently.

### ***Services Offered Include:***

Transportation for Medical and RX needs /  
Friendly Visits & Phone Calls  
Assistance with necessary Errands &  
Grocery Shopping  
Ramp Building

To obtain services or volunteer, contact  
Betsy Parker Coordinator of  
Friends in Action @ 217-935-9411  
or stop by the office  
Monday thru Friday – 8 am – 3 pm  
The Friendship Center  
410 E. Main  
Clinton, IL



Friends in Action  
of DeWitt County

We are a caring group of volunteers that help provide transportation and other services for those in need in DeWitt County. We also help to build ramps for those that are in need and cannot afford them on their own. We are in need of volunteers to help provide our services in our community. Your help is necessary for us to continue our program. Just one or two hours per month could make a difference in someone's life. Would you consider helping us help others? Please contact Friends In Action at the telephone number given above or email at: [fiadewitt@gmail.com](mailto:fiadewitt@gmail.com) for more information.

## **COME TO THE FRIENDSHIP CENTER TO EXERCISE!**

### **EACH WEDNESDAY AT 8:15 AM JOIN US FOR SENIOR YOGA**

**YOGA CAN HELP REGAIN BALANCE,  
INCREASE FLEXIBILITY, REDUCES  
ACHES AND PAINS, AND  
LEAVE YOU FEELING FOREVER YOUNG!**



**EXERCISE  
&WELLNESS**

Do you care for someone diagnosed with Alzheimer's Disease or a related dementia?  
Are you looking for information and support?  
You are not alone.

## Alzheimer's Association Support Group

Come and join a *casual, caring group* that provides emotional, educational, and social support for family and friends of individuals with Alzheimer's Disease and other related dementias.

**Monday, April 8, 2019**

**12:00 pm to 1:00 pm**

**DeWitt County Friendship Center**

**410 E. Main St**

**Clinton, IL 61727**

**Please call 217-935-9411 to register by Friday, April 5<sup>th</sup> at 12:00 pm**

**Please let us know at that time if you need to bring your loved one with you, and adult care services will be provided.**

This support group will continue to meet the second Monday of each month at 12:00 pm with food & beverages provided.

These support groups are intended for family caregivers of individuals in the middle to later stages of Alzheimer's Disease/other dementias. For more information on this support group, call 217-935-9411. For more information, call the Alzheimer's Association, Greater Illinois Chapter at 800-272-3900 or go to [alz.org/illinois](http://alz.org/illinois) and click on "Support Groups"

alzheimer's  association<sup>®</sup>

Join Us.....

## IT'S TIME TO RELAX!

THE LATEST THING

A "NO RULES" STRESS RELIEVER!

COME JOIN US – IT'S FUN!

TRY SOME ANTI-STRESS ART THERAPY FOR ADULTS!

## COLOR CONVERSATION

ANY MONDAY OF EACH MONTH

12:30 PM to 3:00 PM

THIS MONTH

**APRIL 1, 8, 15, 22, 29**

COLORED PENCILS & COLOR SHEETS PROVIDED





National  
Humor  
Month

(April)



# APRIL 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 COFFEE 8 AM DOMINOES 1 PM—3 PM COLOR CONVERSATION 1 PM—3 PM	2 COFFEE 8 AM ART & THINGS 10 AM—11:30 AM POOL 1 PM—3 PM CARDS & GAMES 1PM—3P M	3 COFFEE 8 AM SENIOR YOGA 8:15 AM BINGO 12:15 PM	4 COFFEE 8 AM BEAN BAG TOSS TOURNAMENT 12:30 PM—3 PM	5 COFFEE 8 AM ALICE IN WONDERLAND POOL 1 PM—3 PM CARDS & GAMES 1 PM—3 PM	6
7	8 COFFEE 8 AM ALZHEIMER'S-SUPORT GROUP 12 PM—1 PM DOMINOES 1 PM—3 PM COLOR CONVERSATION 1 PM—3 PM	9 COFFEE 8 AM HEARING AID CENTER 9:30 AM—11 AM POOL 1 PM—3 PM CARDS & GAMES 1PM—3PM	10 COFFEE 8 AM SENIOR YOGA 8:15 AM BINGO 12:15 PM	11 COFFEE 8 AM BEAN BAG TOSS TOURNAMENT 12:30 PM—3 PM	12 COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1 PM—3 PM	13
14	15 COFFEE 8 AM LOW VISION SUPPORT GROUP 10 AM DOMINOES 1 PM—3 PM COLOR CONVERSATION 1 PM—3 PM	16 COFFEE 8 AM LIBERTY VILLAGE HEALTH CHECKS 9AM-10:30AM ART & THINGS 10 AM—11 :30 AM POOL 1 PM—3 PM CARDS & GAMES 1PM-3PM	17 COFFEE 8 AM SENIOR YOGA 8:15 AM PROGRAM—ELDER BINGO 12:30 PM MARCIA WISE WILL BE SINGING BEFORE BINGO	18 COFFEE 8 AM BEAN BAG TOSS TOURNAMENT 12:30 PM—3 PM	19 COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1 PM—3 PM	20
21	22 COFFEE 8 AM DOMINOES 1 PM—3 PM COLOR CONVERSATION 1 PM—3 PM	23 COFFEE 8 AM HEARING AID CENTER 9:30 AM—11 AM POOL 1 PM—3 PM CARDS & GAMES 1PM—3PM	24 COFFEE 8 AM SENIOR YOGA 8:15 AM APRIL BIRTHDAY CAKE & ICE CREAM 10:30 AM BINGO 12:15 PM	25 COFFEE 8 AM BEAN BAG TOSS TOURNAMENT 12:30 PM—3 PM	26 COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1 PM—3 PM	27
28	29 COFFEE 8 AM DOMINOES 1 PM—3 PM COLOR CONVERSATION 1 PM—3 PM	30 COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1PM—3PM				

# Peace Meal Senior Nutrition Program April 2019

1	Biscuits and Gravy Breakfast Pattie Baby Bakers Fruit Juice Warm Fruit Compote	2	Fried Chicken Mashed Potatoes w/Gravy Black-Eyed Pea Salad Texas Toast Pineapple Tidbits	3	Brat Sandwich Corn Broccoli and Cauliflower Bun Fruit Salad	4	Chili with Beans Lettuce Salad w/Spinach Pears Crackers Cake or Brownie	5	Beef and Noodles Mashed Potatoes Italian Green Beans Whole Grain Wheat Apple Slices
8	Salisbury Beef Pattie Mashed Potatoes Broccoli Texas Toast Peaches	9	Taco Salad w/Meat, Lettuce, Cheese, Beans, Tomatoes, and Salsa Peaches Taco Chips Pudding	10	Chicken Pot Pie Creamy Cole Slaw Whole Grain Biscuits Warm Chunky Applesauce	11	Ham and Beans Copper Carrots Cornbread Gelatin w/Fruit	12	Roasted Pork Loin Frosted Sweet Potatoes Seasoned Green Beans Dinner Roll Grapes
15	Beef Stroganoff Italian Mixed Vegetables Tomatoes & Zucchini Whole Grain Wheat (1) Fruit Juice	16	Stuffed Chicken Breast Potato Casserole Seasoned Greens Dinner Roll Spiced Apple Rings	17	Pork Tenderloin Sandwich Baked Beans Midori Vegetables Bun Pears	18	Meatloaf Mashed Potatoes w/Gravy Peas Whole Grain Wheat (1) Seasonal Dessert	19	CLOSED FOR GOOD FRIDAY HOLIDAY
22	BBQ Pork Sandwich Lemon Pepper Peas Wax Beans w/Pimiento & Onion Bun Apricots	23	Baked Ham Corn Casserole Brussels Sprouts Whole Grain Wheat Rosy Applesauce	24	Chicken Broccoli Alfredo Mixed Vegetables Dinner Roll Peaches	25	Goulash w/Beans Veggie Cheese Bake Dinner Roll Mandarin Oranges	26	Country Fried Steak Mashed Potatoes w/Gravy Harvard Beets Dinner Roll Graham Crackers Banana
29	Biscuits and Gravy Breakfast Pattie Baby Bakers Fruit Juice Warm Fruit Compote	30	Fried Chicken Mashed Potatoes w/Gravy Black-Eyed Pea Salad Texas Toast Pineapple Tidbits						

## For Reservations Call 1-800-543-1770

Skim milk and desserts with no sugar added are available in many locations.  
Ask the Site Supervisor for information.

Sometimes we need to substitute on our menus. We still guarantee a nutritious meal.  
The Peace Meal Senior Nutrition Program suggests a donation of \$3.50 for each congregate and home delivered meal. No  
older person shall be denied a meal because of their inability to contribute towards the cost of the meal.  
We accept the Illinois Link Card.