

DeWitt County Friendship Center  
410 East Main Street  
Clinton Illinois 61727

Non Profit Permit #1  
U S Postage Paid  
Clinton Illinois 61727

RETURN SERVICE REQUESTED

THE FRIENDSHIP CENTER WILL BE  
CLOSED UNTIL AT LEAST APRIL 8<sup>TH</sup>  
WATCH OUR FACEBOOK PAGE FOR  
UPDATES

**ECIAAAA**

**MAR 27 2020**

**RECEIVED**

ECIAAA  
1003 MAPLE HILL RD  
BLOOMINGTON IL 61705

617059927 R021



**2020**

**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**

**SOCIAL HOUR EVERYDAY @ 8 AM**

**MONDAYS**

**DOMINOES 12:30 PM to 3:00 PM**  
**COLOR CONVERSATION COLORING GROUP 1:00 PM to 3:00 PM**

**TUESDAYS**

**BILLIARDS 12:30 PM to 3:00 PM**  
**CARDS & GAMES 12:30 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 12:30 PM to 3:00 PM**  
**CARDS & GAMES 12:30 PM to 3:00 PM**

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

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



**BARB SEAGREN – 2**  
**DAVIDA STIVERS – 6**  
**VIC RIDDLE – 7**  
**LINDA CLARK – 7**  
**KAY VAN NESS – 10**  
**DIXIE ROCKHOLD – 13**  
**MARJORIE DUGGINS – 16**  
**MARY MILLER – 16**  
**BEN HALE – 18**  
**ALICE GROOMS – 21**  
**BETTY CLARK – 26**  
**LEON OWENS – 27**  
**MABEL RICH – 28**  
**LINDA SHORT – 29**  
**KATHY TAYLOR – 29**

**COME IN FOR CAKE & ICE CREAM**  
**WEDNESDAY, APRIL 22<sup>ND</sup> AT 10:30 AM**  
**& CELEBRATE MARCH & APRILS' BIRTHDAYS**  
**WITH US!**

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



Eastern Illinois  
Foodbank

## DeWitt County Food Mobile

**When:** Saturday, April 18<sup>th</sup>, 2020

**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 (SEE FLYERS FOR DETAILS)

**APRIL 10<sup>TH</sup> – WALMART TRIP – LEAVE @ 9 AM**

**APRIL 15<sup>TH</sup> – POTLUCK**

**APRIL 16<sup>TH</sup> – LINE DANCE REFRESHER**

**APRIL 19<sup>TH</sup> – NOISES OFF – THEATRE 7**

**APRIL 24<sup>TH</sup> – WALMART TRIP – LEAVE @ 9 AM**

## UPCOMING DATES

**MAY 1<sup>ST</sup> – CINDERELLA – 5 POINTS WASHINGTON**

**MAY 12<sup>TH</sup> – SHOPPING & DINNER IN ARTHUR**

**MAY 25<sup>TH</sup> – CLOSED – MEMORIAL DAY**

**JUNE 6<sup>TH</sup> – THE KING & MARILYN – SULLIVAN**

**JUNE 19<sup>TH</sup> & 20<sup>TH</sup> – IGA COOKOUT**

**JUNE 23<sup>RD</sup> – RULES OF THE ROAD**

**JULY 12<sup>TH</sup> – ONE NIGHT OF QUEEN (NEW DATE)**



**LINE DANCING REFRESHER CLASS**

**THURSDAY: APRIL 16<sup>TH</sup>  
MAY 14<sup>TH</sup>**

**TIME: 9:30 AM – UNTIL ?????**



***JOIN US FOR  
ART & THINGS***

***APRIL 7<sup>TH</sup> & 21<sup>ST</sup>***

***10:00 AM TO 11:30 AM***



## MONTHLY HEALTH CHECKS

THE THIRD TUESDAY OF EACH MONTH  
THIS MONTH:  
TUESDAY, APRIL 21<sup>ST</sup> – 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 14<sup>TH</sup> & 28<sup>TH</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



CCSI  
Case Coordination LLC  
Case Management Services

Farmer City, DeWitt County

Sunshine Center  
701 E Clinton Ave  
Farmer City IL 61842

1<sup>st</sup> Wednesday of every month 1:30 – 4:00  
April 1<sup>st</sup> & May 6<sup>th</sup>  
3<sup>rd</sup> Wednesday of every month 8:30 – 12:00  
April 15<sup>th</sup> & May 20<sup>th</sup>  
2<sup>nd</sup> Monday of every month 2:00 – 4:00  
April 13<sup>th</sup> & May 11<sup>th</sup>

Weldon, DeWitt County

Weldon Peace Meal Site @ Village Hall  
480 Maple St  
Weldon IL 61882

3<sup>rd</sup> Thursday of each month 11:00 – 12:30  
April 16<sup>th</sup> & May 21<sup>st</sup>

Kenney, DeWitt County

Kenney Community Center  
101 S Johnson St  
Kenney IL 61749

We will be in Kenney only during open  
enrollment on the last Wednesday of October  
and November From 8:30 – 9:30 am.

Nixon Manor, Clinton

Community Room  
100 S Railroad St  
Clinton IL 61727

1<sup>st</sup> Thursday of every month 2:00 – 4:00  
April 2<sup>nd</sup> & May 7<sup>th</sup>

DeWitt Manor, Clinton

Community Room  
520 E Main St  
Clinton IL 61727

2<sup>nd</sup> Thursday of each month 2:00 – 4:00  
April 9<sup>th</sup> & May 14<sup>th</sup>

MacArthur Apartments

Community Room  
300 E Woodlawn St  
Clinton IL 61727

3<sup>rd</sup> Thursday of every month 2:00 – 4:00  
April 16<sup>th</sup> & May 21<sup>st</sup>

Funding for services & programs come from Community Care Systems, Inc., IDOA, ECLIAA and Age Options.  
Donations are accepted but no one will be denied services based on inability to pay.

**THE FRIENDSHIP CENTER WOULD LIKE TO THANK ALL OF OUR BUSINESSES AND INDIVIDUALS THAT SPONSORED CAKES FOR OUR ANNUAL HAM & BEAN FUNDRAISER!!!!**

**A SPECIAL THANKS GOES TO LANCE SCHMID AND ALL OF HIS HELP. THEY MAKE THIS FUNDRAISER A SUCCESS**

**GOLD LEVEL SPONSORS:**

**CLINTON ANTIQUE MALL  
DEWITT SAVINGS BANK  
KATHY'S COLLISION  
MOORE WARNER ESTATE  
SAVE A LOT  
STATE BANK OF LINCOLN  
TAYLOR & LYNCH  
VERNEIL LEGGET**

**CLINTON FAMILY DENTAL  
FLOWER CORNER  
KENNEY CHRISTIAN CHURCH  
QUALITY GLASS  
SNAPPERS BAR & GRILL  
STATE FARM – JASON FRANTZ  
UTTERBACK REALTY**

**SILVER LEVEL SPONSORS:**

**DIRECT TRAVEL**

**EDWARD JONES FINANCIAL**

**BRONZE LEVEL SPONSORS:**

**ACE HARDWARE  
BAUM CHEVROLET  
CALVERT FUNERAL HOMES  
DOUGLAS DODGE  
HOME SWEET HOME REALTY  
JERRY JOHNSON ATTORNEY  
MARGARET BARNES  
NELSON EXCAVATING  
SHEAR PARADISE  
COVENANT ANIMAL CLINIC**

**ALTORFER  
BIG D'S  
COMMUNITY CARE SYSTEMS  
GRIMSLEY'S  
HULVEY PLUMBING  
K/W REALTY CHAD EVANS  
MARTY & MARVIN DEJAYNES  
ROGERS COMPLETE CONCRETE  
SHIRLEY DEJAYNES**

**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 SECOND MONDAY OF EACH MONTH**

**THE NEXT MEETING WILL BE  
Monday, April 20<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**

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# 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

To obtain services or volunteer, contact  
Kim Corsa 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



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.

## DEWITT COUNTY FRIENDSHIP CENTER PRESENTS

### Charleston



INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 6 nights lodging including 4 consecutive nights in the Charleston area
- ◆ 10 meals: 6 breakfasts and 4 dinners
- ◆ Horse and Carriage Tour of Charleston
- ◆ Morning Harbor Cruise in Charleston
- ◆ Visit to Famous and Historic Middleton Place
- ◆ Bahá'á Tour of Charleston
- ◆ Tour of a Historic Charleston Home
- ◆ Visit to Magnolia Plantation and Gardens

For more pictures, video and information visit  
[www.GroupTours.com/DeWittCounty/FriendshipCenter](https://www.GroupTours.com/DeWittCounty/FriendshipCenter)

# \$785 \*

7 DAYS 6 NIGHTS

PER PERSON, DOUBLE OCCUPANCY

(Sun - Sat)

October

11 - 17, 2020

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

Day 1: Depart your group's location in a spacious, video and restroom equipped motorcoach as you head for your destination: Charleston, South Carolina. This evening you will stay at an on route hotel.  
Day 2: Enjoy a Continental Breakfast. Today you will continue your journey, then enjoy a leisurely Dinner and check into a Charleston area hotel for a four night stay.  
Day 3: After a Continental Breakfast, you'll head to historic Middleton Place. This impressive attraction contains 65 acres of America's oldest landscaping. After each member receives their welcome bag, you'll experience the garden, animal stables, the Chapel, Rice Mill, and more! After lunch on your own and free time in Downtown Charleston, you'll enjoy a scenic Harbor Cruise. Enjoy the beauty of the Charleston Harbor and learn the rich history of the "Holy City". During this scenic and relaxing tour, you will see dozens of landmarks and points of interest as hundreds of years of history is covered. This evening, enjoy Dinner before heading back to your hotel for a good night's rest.  
Day 4: After a Continental Breakfast, you'll head to Magnolia Plantation and Gardens. In addition to experiencing their award winning gardens, your group will also receive a tour of the Plantation's historic house. Later, you'll enjoy a Horse and Carriage Ride of Charleston. Experience 25-30 blocks of Charleston's historic downtown district. During your tour, you'll see houses, gardens, mansions, churches, parks, and more. Learn about buildings, history, architecture, flora, and the people that make up Charleston! This evening, enjoy Dinner before heading back to your hotel for a good night's rest.  
Day 5: After a Continental Breakfast, you'll enjoy both a Guided Tour of Charleston and an intimate tour inside a Historic Charleston Home. Afterwards, you'll visit the Charleston Tea Plantation. At this unique plantation, your group will take a factory tour and see how tea is made, including free samplers. A highlight of your tour of this plantation includes a trolley tour of the Plantation, including audio highlighting how tea is produced at this incredible attraction. This evening, enjoy Dinner before heading back to your hotel for a good night's rest.  
Day 6: Enjoy Continental Breakfast before you head for The South Carolina State Museum located in Columbia, South Carolina. This state-of-the-art facility features four floors of permanent and changing exhibits, a new digital dome planetarium, 4D interactive theater and an observatory. Tonight, you'll relax in an on route hotel.  
Day 7: Enjoy a Continental Breakfast before departing for home... a perfect time to chat with your friends about all the fun things you've done, the great sights you've seen and where your next group trip will take you!

ADD PEACE OF MIND TO YOUR TRIP...  
With Diamond Team Exclusive Travel Guidelines | Pre-travel Plan if you have to unexpectedly cancel or not your place short.  
See back for details...

\$75 Due Upon Signing. \*Price per person, based on double occupancy. Add \$115 for single occupancy.  
Final Payment Due: 8/4/2020

FOR INFORMATION & RESERVATIONS CONTACT:

Paula Jiles @ (817) 935-9411

**Diamond Tours**  
INC.

Bringing Group Travel to a Higher Standard

Form ID: 6400-70

WIN

File Folder of Travel Info No. 07/20/20

Tour#: 1692811



Tour Charleston by Horse and Carriage



Creative Art and Charleston Harbor



Visit Middleton Place and Gardens



Tour Historic Magnolia Plantation



**WEDNESDAY, APRIL 15<sup>TH</sup>**

**5:00 PM – 7:00 PM**

**POTLUCK**

**MEAT & POTATOES WILL BE PROVIDED**

**PLEASE BRING A COVERED DISH TO SHARE**

**SIGN UP AT THE CENTER**

## **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**

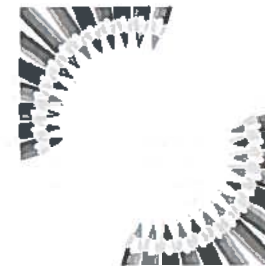
**ANY MONDAY OF EACH MONTH**

**12:30 PM to 3:00 PM**

**THIS MONTH**

**APRIL 6, 13, 20, 27**

**COLORED PENCILS & COLOR SHEETS PROVIDED**





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 13, 2020**

**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 10<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**

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®

*Join Us.....*



## ***SHOPPING AND DINING IN ARTHUR***

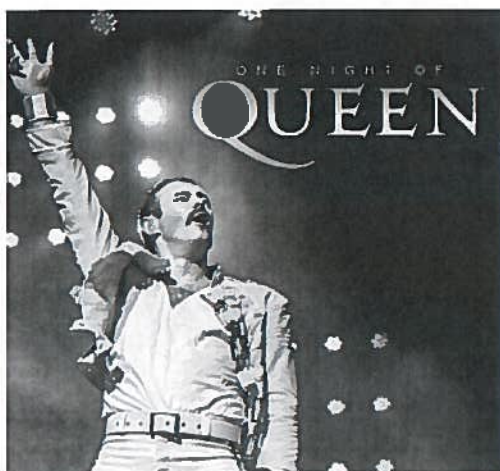
***TUESDAY, MAY 12<sup>TH</sup>***

***LEAVE AT 1:00 PM***

***SHOP IN ARTHUR UNTIL 5:00***

***DINNER IN AN AMISH HOME @ 5:30***

***COST: \$25.00***



One Night of Queen performed by Gary Mullen & The Works on Sunday, March 29, 2020 has been **rescheduled to Sunday, July 12, 2020.**

Leave the Center @ 4:00 PM

Dinner @ Busy Corners (you are responsible for your meal)

Concert starts @ 7:00 PM

Cost: \$50.00

Limited Seats available

Registration Starts on March 1, 2020

## 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!**

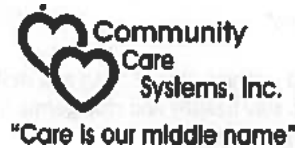


### United Way supports seniors in DeWitt County

United Way cares about DeWitt County seniors and we invest in programs that seniors love. We fund the DeWitt County Friendship Center, helping with some senior programming there. We also invest in Peace Meal, helping ensure seniors who can't afford the meal service still have access to it and can remain independent in their homes. For more information about United Way's efforts in DeWitt County, you can visit [uwdecatur.org](http://uwdecatur.org).



Diane Cusey  
Senior Info Services/ CPOE  
410 E Main St  
Clinton, IL 61727  
(217) 935-4560  
Diane.cusey@ccsicare.com



- Community Care Systems (CCSI) is located at the DeWitt County Friendship Center and may be reached by calling (217) 935-4560. Outreach events are held the 1<sup>st</sup> Wednesday 1:30- 4:00 pm, the 3<sup>rd</sup> Wednesday 8:30- Noon and on the 2<sup>nd</sup> Monday of every month from 2:00-4:00 at the Sunshine Center in Farmer City and also the 3<sup>rd</sup> Thursday of every month 11:00 am-12:30 pm at the Weldon Village Hall in Weldon. We will also be out at the Kenney Community Center on the last Wednesday of September, October and November from 8:30-9:30 am during Open Enrollment Period.
  
- As the Coordinated Point of Entry for DeWitt County, CCSI is happy to provide the following services:
  - Link seniors and disabled adults to local services that are available to meet their needs
    - Nutrition Services
    - Housing Needs
    - Home Care Assistance
    - Transportation
    - Prescription Assistance Plans
    - Caregiver Support Services
  - Conduct home visits and well-being checks to ensure individual is in a safe and appropriate setting
  - Discuss care options for individuals and assist to make an educated decision best suited for their situation
  - SHIP Medicare counseling services to help navigate:
    - New to Medicare
    - Part D Prescription Drug plan
    - Medicare Advantage plan
    - Medicare Savings program
    - Low Income Subsidy "Extra Help" for medications
    - Assistance with Medicare related insurance claim denials
  - Application assistance for SNAP (Food stamps), Medicaid, and Safelink phone (and other application assistance as needed)
  - Evidence-based Healthy Aging programs
    - Diabetes Self- Management
    - Matter of Balance Fall Prevention
  - Benefits Access Application assistance (formerly known as the Circuit Breaker- license plate sticker discount)

*Funding for services & programs come from Community Care Systems, Inc., IDOM, ECLAAA and Age Options. Donations are accepted but no one will be denied services based on inability to pay.*



Called "the funniest farce ever written," *Noises Off* presents a manic menagerie of itinerant actors rehearsing a flop called *Nothing's On*. Doors slamming, on and offstage intrigue, and an errant herring all figure in the plot of this hilarious and classically comic play. Michael Frayne's *Noises Off* takes a fond look at the follies of theatre folk, whose susceptibility to out-of-control egos, memory loss, and passionate affairs turn every performance into a high-risk adventure.

This play-within-a-play captures a touring theatre troupe's production of *Nothing On* in three stages: dress rehearsal, the opening performance, and a performance towards the end of a debilitating run. Frayne gives us a window into the inner workings of theatre behind the scenes, progressing from flubbed lines and missed cues in the dress rehearsal to mounting friction between cast members in the final performance. Brimming with slapstick comedy, *Noises Off* is a delightful backstage farce, complete with slamming doors, falling trousers, and — of course — flying sardines!

LEAVE @ 12: 45 PM FOR 2PM MATINEE

COST \$15 FOR TICKET AND TRANSPORTATION

TICKETS GO ON SALE APRIL 1, 2020



Experience this classic fairy tale transformed into a charming ballet. Expressive dancing along with stunning sets and costumes will transport the audience to an enchanting world that will captivate children and adults of all ages.

Friday, May 1, 2020 @ 10:00 am

Leave the Center @ 8:30 am

Lunch @ Busy Corners following the performance

Cost \$10 – You are responsible for your meal

Return to the Center by 2:00 pm

Tickets go on sale April 1<sup>st</sup>

Limited Seats available

## Friendship Center Newsletter April 2020

### “Comments from Caitlin”

When it comes to hand washing, don't splash and dash. Take the time to wash your hands thoroughly with soap and water to stay healthy and stop germs from spreading to others. Hand washing is our number one defense against germs.

Washing with soap and water reduces bacteria on your hands by 92% compared to washing with water, which only removes 77% of bacteria, according to a 2011 study published in the International Journal of Environmental Research and Public Health.

The Centers for Disease Control and Prevention recommends these steps to washing hands: wet hands with water, apply soap, rub hands all over – including fingers, palms, back of hands and wrists – for at least 15 seconds, rinse hands with water, and dry with a clean towel or paper towel.

Friction and running water lift germs off your hands and wash them down the drain. Germs can hide in jewelry and hard-to-clean crevices, including knuckles, between fingers, folds of the palm, and under the nails, so focus on scrubbing those areas.

It is important to wash hands after using the bathroom, after sneezing or coughing, after changing diapers or after taking out the trash. Also, wash your hands before tasks such as touching food, before using medical syringes or before changing contact lenses.

We touch a lot of surfaces throughout the day – phones, computers, door handles – and so we want to wash our hands later to defend ourselves. Since we cannot wash hands after every encounter, try not to touch your face, eyes, nose and mouth to avoid introducing germs to your system.



For additional information about hand hygiene, visit the Centers for Disease Control and Prevention website at [cdc.gov](https://www.cdc.gov).

Have a great month,

Caitlin Mellendorf, MS, RD  
Nutrition and Wellness Educator  
University of Illinois Extension  
Serving DeWitt, Macon, and Platt Counties  
chuth2@illinois.edu | 217-935-5764  
[go.illinois.edu/dmp](https://go.illinois.edu/dmp)



# APRIL 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 COFFEE 8 AM SENIOR YOGA 8:15 AM BINGO 12:30 PM CARDS 1 PM <b>Closed</b>	2 COFFEE 8 AM BEAN BAG TOSS 12:30 PM-3 PM	3 COFFEE 8 AM POOL 1 PM-3 PM CARDS & GAMES 1 PM-3 PM	4
5	6 COFFEE 8 AM DOMINOES 1 PM-3 PM COLOR CONVERSATION 1 PM-3 PM <b>Closed</b>	7 COFFEE 8 AM ART & THINGS 10 AM-11:30 AM POOL 1 PM-3 PM CARDS & GAMES 1 PM-3 PM <b>Closed</b>	8 COFFEE 8 AM SENIOR YOGA 8:15 AM BINGO 12:15 PM CARDS 1 PM <b>Closed</b>	9 COFFEE 8 AM BEAN BAG TOSS 12:30 PM-3 PM	10 COFFEE 8 AM POOL 1 PM-3 PM CARDS & GAMES 1 PM-3 PM WALMART TRIP LEAVE @ 9	11
	13 COFFEE 8 AM ALZHEIMER'S SUPPORT GROUP 12 PM-1 PM DOMINOES 1 PM-3 PM COLOR CONVERSATION 1 PM-3 PM	14 COFFEE 8 AM HEARING AID CENTER 9:30 AM-11 AM POOL 1 PM-3 PM CARDS & GAMES 1 PM-3 PM	15 COFFEE 8 AM SENIOR YOGA 8:15 AM BINGO 12:15 PM CARDS 1 PM POTLUCK 5-7 PM	16 COFFEE 8 AM BEAN BAG TOSS 12:30 PM-3 PM LINE DANCE @ 9:30	17 COFFEE 8 AM POOL 1 PM-3 PM CARDS & GAMES 1 PM-3 PM	18 AM LEGION FOOD BANK 10-11:30
19 THEATRE 7 NOISES OFF LEAVE AT 12:45	20 COFFEE 8 AM LOW VISION SUPPORT GROUP 10 AM DOMINOES 1 P-3 P COLOR CONVERSATION 1 PM-3 PM	21 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	22 COFFEE 8 AM SENIOR YOGA 8:15 AM BINGO 12:30 PM CARDS 1 PM MARCH & APRIL BIRTHDAY CAKE & ICE CREAM @ 10:30	23 COFFEE 8 AM BEAN BAG TOSS 12:30 PM-3 PM	24 COFFEE 8 AM POOL 1 PM-3 PM CARDS & GAMES 1 PM-3 PM WALMART TRIP LEAVE @ 9	25
26	27 COFFEE 8 AM DOMINOES 1 PM-3 PM COLOR CONVERSATION 1 PM-3 PM	28 COFFEE 8 AM HEARING AID CENTER 9:30 AM-11 AM POOL 1 PM-3 PM CARDS & GAMES 1PM-3PM	29 COFFEE 8 AM SENIOR YOGA 8:15 AM BINGO 12:30 PM CARDS 1 PM	30 COFFEE 8 AM BEAN BAG TOSS 12:30 PM-3 PM	31 COFFEE 8 AM POOL 1 PM-3 PM CARDS & GAMES 1 PM-3 PM	

## Peace Meal Senior Nutrition Program April 2020

		1 Shepherd's Pie Harvard Beers Pears Dinner Roll	2 Beef Pattie w/Mushroom Gravy Mashed Potatoes Carrots Dinner Roll Cinnamon Chunky Applesauce	3 Fish Sandwich w/Condiment Macaroni and Cheese Broccoli Fruit Juice Bun Peaches
6 Swiss Beef Pattie Ranch Potatoes Midori Blend Veggies Whole Grain Wheat (1) Mandarin Oranges	7 Creamed Chicken w/Green Onions & Pimento Italian Green Beans Biscuits Sliced Pineapple	8 Ham Loaf Frosted Sweet Potatoes Seasoned Pears Gelatin w/Fruit Rye Bread Oatmeal Cookie w/Raisins	9 Mostaccioli w/Meat Sauce Romaine Salad w/Dressing Pkt. Mixed Vegetables Dinner Roll Fruit Juice	10 CLOSED FOR GOOD FRIDAY OBSERVANCE
13 Sausage and Gravy Mini Potato Bakers Warm Fruit Compote Biscuits Fruit Juice	14 Taco Salad w/Meat, Cheese, Beans, Lettuce, Tomato Sour Cream & Taco Sauce Sliced Peaches Taco Chips Pudding	15 Pepper Beef over Brown Rice Pears and Carrots Warm Cinnamon Baked Apples Whole Grain Wheat Fresh Fruit	16 Fried Chicken Mashed Potatoes w/Gravy Breaded Tomatoes Dinner Roll Mandarin Oranges	17 Roasted Pork Loin Baked Beans Sicilian Veggie Mix Apricots Whole Grain Wheat Graham Crackers
20 Sloppy Joe Sandwich Brussels Sprouts Scalloped Corn Bun Apple Slices	21 Focaccia Chicken Breast Potato Casserole Seasoned Greens Texas Toast Tropical Fruit	22 Ham and Beans Copper Carrots Cornbread Sliced Pears	23 Meat Loaf Mashed Potatoes w/Gravy Broccoli! Whole Grain Wheat Pineapple Tidbits	24 Chicken Salad Tortellini Vegetable Soup Creamy Cole Slaw Assorted Crackers Fruit Salad
27 Chicken and Noodles Mashed Potatoes Green and Wax Beans w/Bacon and Onion Whole Grain Wheat Fresh Grapes	28 Saucy Cabbage Rolls Corn Dinner Roll Hawaiian Salad	19 Shepherd's Pie Harvard Beers Dinner Roll Pears	30 Beef Pattie w/Mushroom Gravy Mashed Potatoes Carrots Dinner Roll Cinnamon Chunky Applesauce	

### 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 congregant 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.