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DeWitt County Friendship Center
410 East Main Street
Clinton Illinois 61727

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

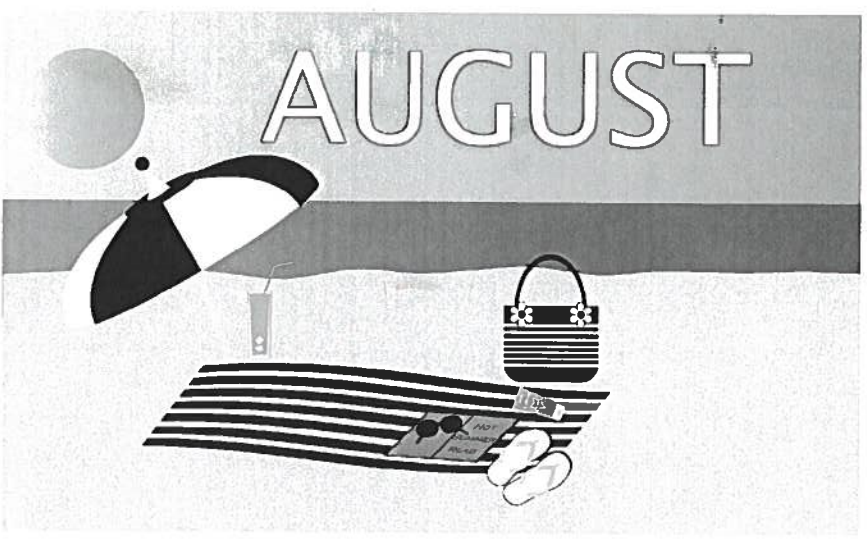
RETURN SERVICE REQUESTED

ECIAAA

JUL 30 2020

RECEIVED

ECIAAA
1003 MAPLE HILL RD
BLOOMINGTON IL 61727



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

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

AUGUST BIRTHDAYS



JUDITH LARSON - 1
MARY LEE PERRING - 1
MICHAEL HAGAR - 2
TERESA OAKLEY - 3
MOSELLE COTNER - 6
BUTCH PHARES - 8
MARY MITCHELL-STITES - 9
ANN ELLIS - 10
ROSE MARIE ELLRICK - 10
RONALD SPRAGUE - 12
LAWRENCE KRALL - 12
JENNY RITTENHOUSE - 12
SHARON DOLLY - 15
BETTY RUBLE - 16
SHERYL HODGES - 17
THELMA PEARL - 17
NANCY MAYFIELD - 19
JOY ROLOFSON - 21
KIM QUINN - 21
WILMA MILLER - 22
LILY ALLEN - 25
ULANDA BRYAN - 25
JOE PRIMEAUX - 27

COME IN FOR CAKE & ICE CREAM
WEDNESDAY, AUGUST 26TH AT 10:30 AM
& CELEBRATE AUGUST BIRTHDAYS
WITH US!

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



**JOIN US FOR
ART & THINGS**

AUGUST 4TH & 18TH

10:00 AM TO 11:30 AM



**DATES TO REMEMBER
(SEE FLYERS FOR DETAILS)**

AUG 6TH – LINE DANCE REFRESHER @ 9:30

AUG 7TH – WALMART TRIP (LIMIT 8) LEAVE @ 10

AUG 11TH – DIABETIC SHOW CLINIC @ 10:30

AUG 13,14, 15TH – GARAGE SALE FUNDRAISER

AUG 20TH – LINE DANCE REFRESHER @ 9:30

AUG 21ST – WALMART TRIP (LIMIT 8) LEAVE @ 10

AUG 28TH – LINCOLN BALLOON FESTIVAL @ 4:30

**OCTOBER 11TH – 17TH – CHARLESTON SOUTH
CAROLINA TRIP – POSTPONED TO 2021**

OCTOBER 23RD – CINDERELLA @ 5 POINTS



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, August 17th, 2020**

**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

LINE DANCING REFRESHER CLASS

THURSDAY: AUGUST 6TH & 20TH

TIME: 9:30 AM – UNTIL ?????

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**



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: fidewitt@gmail.com for more information.



WALMART SHOPPING TRIPS

FRIDAYS, AUGUST 7TH AND 21ST

LEAVE AT 10 AM

YOU MUST WEAR A MASK TO ENTER

SIGN UP IN ADVANCE

ONLY TAKING 8 PEOPLE



CCSI
Case Coordination LLC
Case Management Services

410 E Main St Clinton, IL 61727 217-935-4560

I just wanted to touch base with everyone and let you know that I am now taking appointments. As of right now, there are no walk-in hours. It is by APPOINTMENT ONLY. I am here for any Seniors & Disabled clients that are in need. If you are a senior or disabled person in DeWitt County or if you know of any senior/disabled person, please let me know and I can reach out to them.

*CCSI Case Coordination LLC-Diane Cusey
410 E. Main St Clinton, IL 217-935-4560*



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!

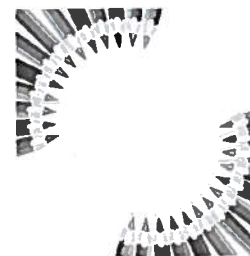
COLOR CONVERSATION

**ANY MONDAY OF EACH MONTH
12:30 PM to 3:00 PM**

THIS MONTH

AUGUST 3, 10, 17, 24, 31

COLORED PENCILS & COLOR SHEETS PROVIDED



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 or call us at 217-422-8537.



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:

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

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

**We help with License Plate Discounts, Medicare A, B & D, Medicare Supplement s and much more!!
 Extra Help**

NEED HELP?
CALL 2-1-1
 Your link to community resources.

FOOD Shelter Pay Bills Get Care Tax Help

Free ★ Confidential ★ 24/7



Funded through Community Care Systems, Inc, ECLAAA & 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.



Community Care Systems, Inc. will be at the following locations to assist people over the age of 60 and the disabled with Information and Assistance in filing for local, state, and federal programs. Our office is located at 410 E. Main St in Clinton, IL. We can be reached by calling 217-935-4560. We do walk-ins in the morning from 8:00-11:30 and afternoon is by appointment only. Please check outreach locations below to make sure we will be in the office.

Farmer City, DeWitt County

Sunshine Center
701 E. Clinton Ave
Farmer City, IL 61842

- ❖ 1st Wednesday of every month 1:30-4:00
Aug 5th, Sept 2nd & October 7th
- ❖ 3rd Wednesday of every month 8:30-12:00
➤ Aug 19th, September 16th & October 21st
- ❖ 2nd Monday of every month 2:00-4:00 pm
Aug 10th, September 14th & Oct 12th

Kenney, DeWitt County

Kenney Community Center
101 S. Johnston 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

100 S. Railroad St-Community Room
1st Thursday of every month from 2-4:00
Aug 6th, Sep 3rd & Oct 1st

Weldon, DeWitt County

Weldon Peace Meal Site at Village Hall
480 Maple St
Weldon, IL 61882

Thurs-3rd Thurs of each month from 11:00 am-12:30 pm
Still not open due to COVID-19

DeWitt Manor, Clinton

520 E. Main St-Community Room
2nd Thursday of every month from 2-4:00
Aug 13th, Sept 10th & Oct 8th

MacArthur Apartments, Clinton

300 E Woodlawn St-Community Room
3rd Thursday of every month from 2-4:00
Aug 20th, Sept 17th & Oct 15th

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

**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!**



THE HEARING AID CENTER

**JOYCE DEARTH FROM
THE HEARING AID CENTER
WILL BE HERE**

AUGUST 11TH & 25TH

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**



**Friendship Center Newsletter
July 2020**

Friendship Center Newsletter
August, 2020

"Comments from Caitlin"

As summer continues to give us heat and humidity, remember to stay hydrated. Since hydration needs vary depending on activity level, sweat, respiration, fluid intake, your environment, and other factors, the old adage of "8 glasses of water per day" may not meet everyone's needs each day.

Instead, regularly drink water and other fluids throughout the day and use urine color as one method of determining your hydration status. Darker yellow or brown urine indicates dehydration, while clear or light yellow urine suggests adequate hydration.

Many fluids can meet your daily needs, such as water, coffee, tea, milk, and juice. In general, though, make water your first choice of fluids. If drinking plain water does not appeal to you, experiment with temperature, flavors, and effervescence to see what may help you drink water more consistently.

- **Temperature.** From ice-cold water, room temperature water, or a hot beverage, like tea, decide what you most prefer to drink.
- **Flavor.** Water can be easily flavored by washing and cutting up citrus fruits, berries, or cucumber. Add these to a pitcher of water and refrigerator for a few hours. Other flavorings could include a splash of fruit juice or a commercial water flavoring additive.
- **Effervescence.** Some individuals enjoy the bubbles of unflavored or flavored carbonated water and find these help them drink more water.

Some watery produce – such as watermelon or cucumbers – can also contribute towards fluid needs. Wash and freeze grapes for a cold and hydrating snack. Freeze 100% fruit juice into ice pop molds to enjoy later. However, remember that water is still needed for the majority of your daily fluid intake.

For more about University of Illinois Extension, visit go.illinois.edu/dmp for articles and upcoming classes.

Have a great month,
Caitlin Mellendorf, MS, RD
Nutrition and Wellness Educator
University of Illinois Extension
Serving DeWitt, Macon, and Piatt Counties
chuth2@illinois.edu | 217-935-5764
go.illinois.edu/dmp

Yard Sale

FUNDRAISER

Where: DeWitt County Friendship Center Lot
When: Thursday, August 13th – 12pm to 4pm
Friday, August 14th – 8am to 3pm
Saturday, August 15th – 8am to 12pm

If you would be interested in volunteering to help with the sale, please see Kim to get signed up.

If you would like to donate, please make sure items are in good condition and CLEAN!!

See Kim to donate.

NOTHING CAN BE BROUGHT INTO BUILDING!!



**LINCOLN BALLOON
FESTIVAL
FRIDAY: AUGUST 28TH
LEAVE THE CENTER AT
4:30 PM
COST: \$5.00
DINNER NOT INCLUDED
ONLY 14 SEATS AVAILABLE
SIGN UP AUGUST 1ST**



Diabetic Shoe Clinic

Tuesday, August 11th, 2020, 10:30 am to 12:30 pm
At Dewitt County Friendship Center
Any questions, please call me at the number below.

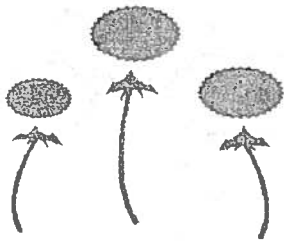
Sponsored by Tammy Hite at George Allen Shoes
As a diabetic, did you know that you may be entitled to a pair of therapeutic shoes and 3 pairs of inserts per calendar year? I'll explain how.

This is a Medicare paid program.
I can tell you in person why the government is willing to pay for this program and the importance for you to wear good shoes. You can pick the style of shoe you want at the clinic. All sizes and widths are available.


Important: Please bring the following:

- 1) Medicare Number
 - 2) Primary doctor's name and phone number
 - 3) Secondary insurance card (if you have one)
- Please feel free to invite friends or family members who are also diabetic.**

If you have any questions, call Tammy Hite at 217-201-2192.



August 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 COFFEE 8 AM DOMINOES 12:30 PM—3 PM COLOR CONVERSATION 1 PM—3 PM	4 COFFEE 8 AM ART & THINGS 10 AM—11:30 AM POOL 12:30 PM —3 PM CARDS & GAMES 12:30PM—3P M	5 COFFEE—8 AM SENIOR YOGA 8:15 AM BINGO 12:15 PM CARDS & GAMES 1 PM	6 COFFEE 8 AM BEAN BAG TOSS 1:00 PM—3 PM LINE DANCE REFRESH 9:30—?	7 COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1 PM—3 PM	8
9	10 COFFEE 8 AM DOMINOES 12:30 PM—3 PM COLOR CONV 1—3 1 PM—3 PM	11 COFFEE 8 AM HEARING AID CENTER 9:30 AM—11 AM POOL 12:30 PM —3 PM CARDS & GAMES 12:30PM—3PM	12 COFFEE—8 AM SENIOR YOGA 8:15 AM BINGO—12:15 PM CARDS & GAMES 1PM	13 COFFEE 8 AM BEAN BAG TOSS 1:00 PM—3 PM GARAGE SALE FUNDRAISER	14 COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1 PM—3 PM GARAGE SALE FUNDRAISER	15 EASTERN ILLINOIS FOOD BANK 9:30 DRIVE UP @ AMERICAN LEGION GARAGE SALE FUNDRAISER
16	17 COFFEE 8 AM LOW VISION SUPPORT GROUP 10 AM DOMINOES 12:30 P—3 P COLOR CONVERSATION 1 PM—3 PM	18 COFFEE 8 AM ART & THINGS 10 AM—11 :30 AM POOL 1 2:30PM—3 PM CARDS & GAMES 12:30-3PM	19 COFFEE—8 AM SENIOR YOGA 8:15 AM BINGO 12:15 PM CARDS & GAMES 1 PM	20 COFFEE 8 AM BEAN BAG TOSS 1:00 PM—3 PM	21 COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1 PM—3 PM	22
25	24 COFFEE 8 AM DOMINOES 12:30 PM—3 PM COLOR CONVERSATION 1 PM—3 PM	25 COFFEE 8 AM HEARING AID CENTER 9:30 AM—11 AM POOL 12:30 PM —3 PM CARDS & GAMES 12:30PM—3PM	26 COFFEE 8 AM SENIOR YOGA CLASS 8:15 AM AUGUST BIRTHDAY CAKE & ICE CREAM 10:30 AM BINGO 12:15PM CARDS & GAMES 1 PM	27 COFFEE 8 AM BEAN BAG TOSS 1:00 PM—3 PM LINE DANCE REFRESH 9:30—?	28 COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1 PM—3 PM	29
30	31 COFFEE 8 AM DOMINOES 12:30 PM—3 PM COLOR CONVERSATION					

Peace Meal Senior Nutrition Program August 2020

3	Spaghetti w/ Meat Sauce Herbed Peas Fruit Juice Bread Stick Brownie Bites	4	Roasted Pork Loin Zucchini Bake Broccoli/Cauliflower Whole Grain Wheat (1) Hawaiian Salad	5	Chicken Enchiladas Vegetable Rice Pilaf Seasoned Green Beans Whole Grain Wheat (1) Cantaloupe	6	Hamloaf or Meatloaf Mashed Potatoes w/Gravy Corn and Lima Beans Dinner Roll Dreamsicle Gelatin	7	Sreak Burger Lettuce and Tomato Slices Kidney Bean Salad Bun Peaches
10	Pulled Chicken Sandwich Macaroni and Cheese w/Peas Broccoli Bun Tropical Fruit	11	Breakfast Casserole Baby Baker Potatoes Fruit Juice Cinnamon Roll Fresh Fruit	12	Chili Mac w/Beans Spinach Romaine Salad w/Dressing Pkt. Dinner Roll Chunky Applesauce	13	Roast Beef in Gravy Mashed Potatoes Pea/Cauliflower Salad Dinner Roll Warm Fruit Crisp	14	Sub Sandwich w/Tomato Slice, Lettuce, and Mayo Pkt. Summer Salad Bun Pears Graham Crackers
17	Pork Burger Sandwich Midori Blend Vegetables Harvard Beets Bun Apple Slices	18	Fried Chicken Mashed Potatoes w/Gravy Brussels sprouts Texas Toast Water Melon	19	Turkey Salad w/Grapes Cucumber/Onion salad Fruit Cocktail Dinner Roll Strawberry Oatmeal Bar	20	Riblet Seasoned Black-Eyed Peas Vegetable Pasta Salad Bun Warm Fruit Cobbler	21	Beef and Noodles Mashed Potatoes Sweet Cinnamon Carrots Whole Grain Wheat (1) Melon Salad
24	Stuffed Chicken Breast w Brown Rice Stir Fry Vegetables Lyonnaise Carrots Whole Grain Wheat (1) Pears	25	Brat Potato Salad Italian Green Beans Bun Scalloped Pineapple	26	Country Fried Steak Mashed Potatoes Mixed Vegetables Texas Toast Fresh Grapes	27	Cheese, Ham, Chicken, or Tuna Salad Creamy Vegetable Soup Gelatin w/Fruit Assorted Crackers Peaches	28	Taco Salad w/Meat, Beans and Cheese Lettuce, Tomatoes, Sour Cream & Taco Sauce Mandarin Oranges Taco Chips Pudding
31	Spaghetti w/ Meat Sauce Herbed Peas Fruit Juice Bread Stick Brownie Bites								

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.