

DeWitt County Friendship Center
410 East Main Street
Clinton Illinois 61727

Non Profit Permit #1
U S Postal Paid
Clinton 61727

POSTAL SERVICE REQUESTED

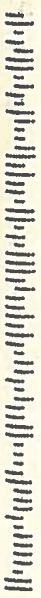
ECIAAA

FEB 27 2020

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ECIAAA
1003 MAPLE HILL RD
BLOOMINGTON IL 61705

6170539327 R021



MARCH



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

MARCH BIRTHDAYS



VELLON HALE – 2
RAY TAYLOR – 2
BOB MOORE – 3
DOROTHY BORING – 4
SHIRLEY DEJAYNES – 5
BARB WILLOUGHBY – 12
TERRY ROBINSON – 13
MARILYN NORTH – 13
KIM MOORE – 14
ALBERTA BURTON – 15
MARY BROWY – 16
ANGIE WILLIAMS – 17
ADA BLAKE – 31

COME IN FOR CAKE & ICE CREAM
WEDNESDAY, MARCH 25TH AT 10:30 AM
& CELEBRATE MARCH 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, March 21st, 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)

MAR 5TH – DIABETIC SHOE CLINIC

MAR 7TH – ANNUAL HAM & BEAN DINNER

MAR 9TH – CROCK POT COOKING CLASS

MAR 18TH – POTLUCK

MAR 19TH – LINE DANCE REFRESHER

MAR 21ST – AMERICAN LEGION FOOD BANK

MAR 29TH – ONE NIGHT OF QUEEN – CONCERT

UPCOMING DATES

APRIL 16TH – LINE DANCE REFRESHER

APRIL 19TH – NOISES OFF – THEATRE 7

MAY 1ST – CINDERELLA – 5 POINTS WASHINGTON

MAY 25TH – CLOSED – MEMORIAL DAY

JUNE 6TH – THE KING & MARILYN – SULLIVAN

JUNE 19TH & 20TH – IGA COOKOUT

JUNE 23RD – RULES OF THE ROAD

MARK YOUR CALENDARS

&

SAVE THE DATE!

THE DEWITT COUNTY FRIENDSHIP CENTER

**ANNUAL HAM & BEAN / CAKE AUCTION
FUNDRAISER**

THIS YEAR TO BE HELD

**SATURDAY, MARCH 7TH, 2020
5 PM – 7 PM**

CAKE AUCTION TO BEGIN AT 6:15 PM

***CAKE AUCTION
by
LANCE SCHMID***

ADVANCE TICKETS GO ON SALE MONDAY, FEBRUARY 3RD



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

MARCH 3RD & 17TH

10:00 AM TO 11:30 AM



MONTHLY HEALTH CHECKS

THE THIRD TUESDAY OF EACH MONTH

THIS MONTH:

TUESDAY, MARCH 17TH – 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

MARCH 10TH & 24TH

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



LINE DANCING REFRESHER CLASS

THURSDAY: MARCH 19TH
APRIL 16TH

TIME: 9:30 AM – UNTIL ?????



Diabetic Shoe Clinic

Thursday, March 5th, 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.

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, March 16th, 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**

**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 for more information.



Farmer City, DeWitt County

Sunshine Center
701 E Clinton Ave
Farmer City IL 61842

1st Wednesday of every month 1:30 – 4:00
March 1st, April 1st & May 6th
3rd Wednesday of every month 8:30 – 12:00
March 18th, April 15th & May 20th
2nd Monday of every month 2:00 – 4:00
March 9th, April 13th & May 11th

Weldon, DeWitt County

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

3rd Thursday of each month 11:00 – 12:30
March 19th, April 16th & May 21st

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

1st Thursday of every month 2:00 – 4:00
March 5th, April 2nd & May 7th

DeWitt Manor, Clinton

Community Room
520 E Main St
Clinton IL 61727

2nd Thursday of each month 2:00 – 4:00
March 12th, April 9th & May 14th

MacArthur Apartments

Community Room
300 E Woodlawn St
Clinton IL 61727

3rd Thursday of every month 2:00 – 4:00
March 19th, April 16th & May 21st

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.



CROCK POT COOKING CLASS

The Neighborhood Care Center is joining efforts with Pastor Paul Stroup from the Clinton Presbyterian Church to provide a Crock-Pot Class for local seniors to learn how to make easy, quick, and healthy meal. This special class will take place on March 9th at 10:30AM at the Friendship Center. An added BONUS is that every NEW participant will take home a FREE crock-pot! You don't want to miss this special class!

*Space is limited to. If you would like to sign up for this class, please call the Neighborhood Care Center office at 217.935.6844. Submit your name, and Cody Monkman will give you a call back to confirm your sign up.

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

MARCH 2, 9, 16, 23, 30

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, March 9, 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, March 6th
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 and click on "Support Groups"

alzheimer's  association®

Join Us.....



WEDNESDAY, MARCH 18TH

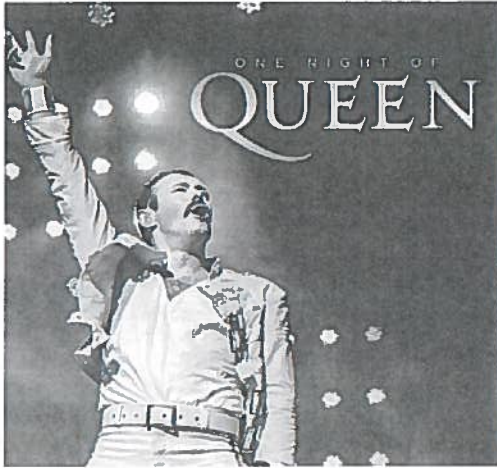
5:00 PM – 7:00 PM

POTLUCK

MEAT & POTATOES WILL BE PROVIDED

PLEASE BRING A COVERED DISH TO SHARE

SIGN UP AT THE CENTER



Performed by GARY MULLEN AND THE WORKS One Night of Queen is a spectacular live concert, recreating the look, sound, pomp and showmanship of arguably the greatest rock band of all time. This show will ROCK you!

Sunday, March 29, 2019

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.

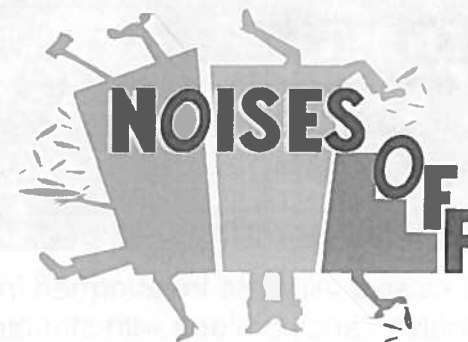


Diane Cusey
Senior Info Services/ CPOE
410 E Main St
Clinton, IL 61727
(217) 935-4560
Diane.cusey@ccsicare.com



- 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 1st Wednesday 1:30- 4:00 pm, the 3rd Wednesday 8:30- Noon and on the 2nd Monday of every month from 2:00-4:00 at the Sunshine Center in Farmer City and also the 3rd 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., IDOA, 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 1st

Limited Seats available

Friendship Center Newsletter
March 2019

“Comments from Caitlin”

The phrase “plant-based diet” is becoming more common in both professional and public circles. Fruits and vegetables are an important part of a healthy diet, including “plant-based diets,” though Americans as a whole still do not eat fruits and vegetables in recommended amounts. Try some of these tips to add more produce to your diet.

1. **Eat vegetables as sauces and dips.** Snacking on carrot sticks might not be an appealing way to eat vegetables for some individuals. What about a bowl of chips and salsa? Changing how we look at vegetables can make them more interesting – and enjoyable – to eat. Vegetable-based sauces and dips are one way to get in more veggies. What about Peanut Butter Pumpkin Dip? See the recipe below.
2. **Add little amounts everywhere.** Added shredded carrots, raisins, and cinnamon to your oatmeal for a carrot cake-inspired breakfast. Top your yogurt topped with extra fruit. Add more broccoli to your chicken and rice meal. Choose to make fruit- or vegetable-based baked goods, such as banana bread or pumpkin cookies.
3. **Buy in-season.** Peaches just taste better in the summer. Oranges are so tasty in winter. Buying in-season product is a great way to save money, and also get high quality fruits and veggies at peak flavor.

Pumpkin Peanut Butter Dip (Serves 12)

The nutrition information for this recipe is based on 2 Tbsp of brown sugar. Try 1 Tbsp first and see if it has enough sweetness for you.

3/4 cup canned pumpkin puree
3/4 cup peanut butter
2 Tbsp brown sugar
1 tsp vanilla

1. Mix peanut butter and brown sugar. Add vanilla and stir. Add pumpkin and stir until well blended.
2. Refrigerate or serve immediately with graham crackers, apple slices, or celery sticks.


Nutritional analysis per serving: 110 calories, 8g fat, 70mg sodium, 6g carbohydrate, 1g fiber, 4g protein
Recipe from Eat.Move.Save. through University of Illinois Extension, eat-move-save.extension.illinois.edu/
For upcoming health and wellness classes from UI Extension, come by our office and find us online at go.illinois.edu/dmp.

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



March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>CENTER IS RENTED</i>	2 COFFEE 8 AM SOCIAL HOUR DOMINOES 1 PM—3 PM COLOR CONVERSATION 1 PM—3 PM	3 COFFEE 8 AM SOCIAL HOUR ART & THINGS 10 AM—11:30 AM POOL 12:30 PM —3 PM CARDS & GAMES 12:30 PM—3P M	4 COFFEE 8 AM SOCIAL HOUR SENIOR YOGA CLASS 8:15 AM BINGO 12:15 PM CARDS	5 COFFEE 8 AM SOCIAL HOUR DIABETIC SHOE CLINIC 10:30—12:30 BEAN BAG TOSS 1 PM—3 PM	6 COFFEE 8 AM SOCIAL HOUR POOL 12:30 PM—3 PM CARDS & GAMES 12:30 PM—3 PM	7 <i>HAM & BEAN DINNER CAKE AUCTION 5 - 7 PM</i>
8 	9 COFFEE 8 AM SOCIAL HOUR ALZHEIMER'S SUP GROUP 12 PM—1 PM DOMINOES 1 PM—3 PM COLOR CONVERSATION 1 PM—3 PM CROCK POT COOKING 10:30 AM	10 COFFEE 8 AM SOCIAL HOUR HEARING AID CENTER 9:30 AM—11 AM POOL 12:30 PM —3 PM CARDS & GAMES 12:30 PM—3 PM	11 COFFEE 8 AM SOCIAL HOUR SENIOR YOGA CLASS 8:15 AM BINGO 12:15 PM CARDS	12 COFFEE 8 AM SOCIAL HOUR BEAN BAG TOSS 1 PM—3 PM	13 COFFEE 8 AM SOCIAL HOUR POOL 12:30 PM—3 PM CARDS & GAMES 12:30 PM—3 PM	14 <i>CENTER IS RENTED</i>
15	16 COFFEE 8 AM SOCIAL HOUR DOMINOES 1-3PM COLOR CONVERSATION 1 PM—3 PM LOW VISION 10 AM	17 COFFEE 8 AM SOCIAL HOUR LIBERTY VILLAGE HEALTH CHECKS 9AM-10:30AM ART & THINGS 10 AM—11 :30 AM POOL 12:30 PM —3 PM CARDS & GAMES 12:30	18 COFFEE 8 AM SOCIAL HOUR SENIOR YOGA CLASS 8:15 AM BINGO 12:15 PM CARDS	19 COFFEE 8 AM SOCIAL HOUR LINE DANCE REFRESHER 9:30 BEAN BAG TOSS 1 PM—3 PM	20 COFFEE 8 AM SOCIAL HOUR POOL 12:30 PM—3 PM CARDS & GAMES 12:30 PM—3 PM	21 <i>AMERICAN LEGION FOOD BANK 10—11:30 AM</i>
22	23 COFFEE 8 AM SOCIAL HOUR DOMINOES 1 PM—3 PM COLOR CONVERSATION 1 PM—3 PM	24 COFFEE 8 AM SOCIAL HOUR HEARING AID CENTER 9:30 AM—11 AM POOL 12:30 PM —3 PM CARDS & GAMES 12:30 PM—3 PM	25 COFFEE 8 AM SOCIAL HOUR SENIOR YOGA CLASS 8:15 AM BINGO 12:15 PM CARDS BIRTHDAY CAKE	26 COFFEE 8 AM SOCIAL HOUR BEAN BAG TOSS 1 PM—3 PM	27 COFFEE 8 AM SOCIAL HOUR POOL 12:30 PM—3 PM CARDS & GAMES 12:30 PM—3 PM	28
29 <i>PEORIA CIVIC CTR "ONE NIGHT OF QUEEN" LEAVE AT 4</i>	30 COFFEE 8 AM SOCIAL HOUR DOMINOES 1 PM—3 PM COLOR CONVERSATION 1 PM—3 PM	31 COFFEE 8 AM SOCIAL HOUR POOL 12:30 PM —3 PM CARDS & GAMES 12:30 PM—3 PM				