

DeWitt County Friendship Center
410 East Main Street
Clinton Illinois 61727

1204 108530219

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

RETURN SERVICE REQUESTED

ECIAAA

SEP 30 2020

RECEIVED

ECIAAA
1003 MAPLE HILL RD
BLOOMINGTON IL ~~61705~~ 61705



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
SENIOR YOGA 10:00 AM – 11:15 AM

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

OCTOBER BIRTHDAYS



KAREN BROWN - 1
WILBUR BROWN - 2
DICKSIE BLANKENSHIP - 3
JEANETTE ANDREWS - 3
CAROLYN FOLLIS - 4
REBECCA RAGAN - 4
ERMA BELL - 8
PATTY REYNOLDS - 8
LINDA CHARLETT - 8
HELEN CHAPMAN - 8
SHIRLEY ELLIS - 9
VICKI RAWSKI - 13
JANET CONARD - 14
VICKY MCKINLEY - 19
SHARON STEPHENSON - 19
AUDREY BRANTLEY - 21
PHYLLIS KOCH - 22
CLEO LEGGETT - 27
MAX STITES - 27
JUDY COFFEE - 28
KAY MANDRELL - 29
DELORES AYERS - 29
BETTY EASTON - 31

COME IN FOR CAKE & ICE CREAM
WEDNESDAY, OCTOBER 28TH AT 10:30 AM
& CELEBRATE OCTOBER 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**

OCTOBER 6TH & 20TH

10:00 AM TO 11:30 AM



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

OCTOBER 7TH – CVS FLU SHOT CLINIC 9:30am – 12

OCTOBER 8TH - WALMART

OCTOBER 12TH – 16TH – BRANSON SHOW TRIP

OCTOBER 21ST – CANVAS & CORKS FUNDRAISER

OCTOBER 22ND – WALMART

OCTOBER 24TH – BEACHYS & YODERS

OCTOBER 27TH – RULES OF THE ROAD – 1:30

OCTOBER 30TH – EAT AT AMISH HOME

**NOVEMBER 2ND – TEACH THE VAULT KIDS CARDS
AND GAMES**

**IF YOU AND A GROUP OF FRIENDS WANT TO GO
SOMEWHERE AND NEED A RIDE..LET ME KNOW.
OUR VAN IS AVAILABLE FOR ANY OCCASION!!!**



SATURDAY, OCTOBER 24TH

LEAVE @ 10:00 AM

LUNCH @ YODERS KITCHEN

SHOPPING @ BEACHYS

LIMITED SEATING

COST IS \$20.00 INCLUDES MEAT & TRANSPORTATION

SIGN UP BEGINS OCTOBER 1ST

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 Jeannine Wylder, the 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: fladewitt@gmail.com for more information.

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

OCTOBER 5, 12, 19, 26

COLORED PENCILS & COLOR SHEETS PROVIDED



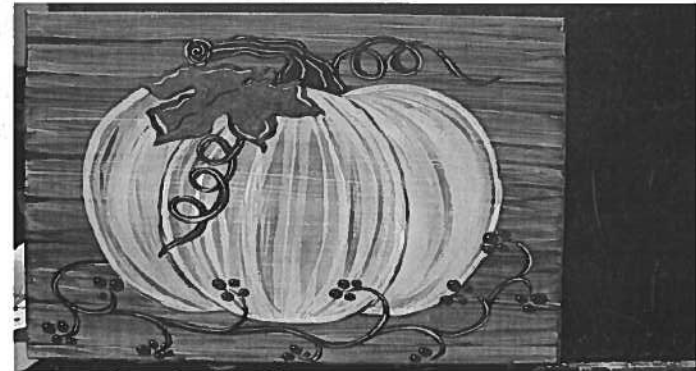
FUNDRAISER

TO BE HELD AT THE FRIENDSHIP CENTER

WEDNESDAY, OCTOBER 21, 2020

6:00 PM – 9:00 PM

COST: \$45.00



THIS IS A GREAT OPPROTUNITY TO GET

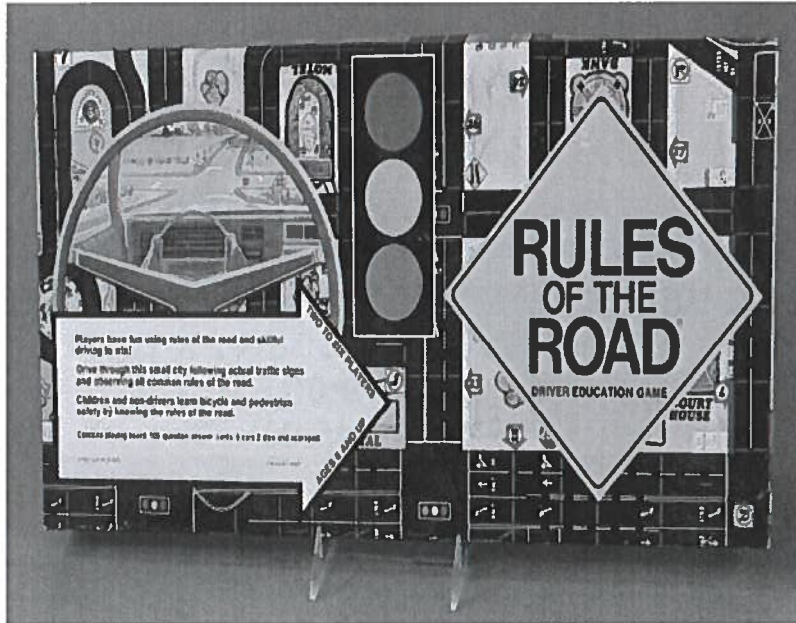
TOGETHER WITH OLD FRIENDS

OR MAKE NEW ONES!

LIMITED SPACE-RESERVATIONS REQUIRED

REGISTER AT THE CENTER OR CALL 935-9411

REFRESHMENT ARE PROVIDED



FREE RULES OF THE ROAD

REVIEW

TUESDAY, OCTOBER 27TH

1:30 PM – 3:30 PM

PLEASE REGISTER AT THE CENTER

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, October 12, 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, October 9th 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.....

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 uwdecatour.org or call us at 217-422-8537.



DINING IN ARTHUR

FRIDAY, OCTOBER 30, 2020

LEAVE AT 5:00 PM

DINNER IN AN AMISH HOME @ 6:00

COST: \$25.00

LIMITED SEATING

SIGN UP BEGINS OCTOBER 1ST

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

FOOD Shelter Pay Bills Get Care Tax Help

Free ★ Confidential ★ 24/7





WALMART SHOPPING TRIPS

THURSDAYS, OCTOBER 8TH & 22ND

LEAVE AT 9 AM

YOU MUST WEAR A MASK TO ENTER

SIGN UP IN ADVANCE

ONLY TAKING 8 PEOPLE

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

EACH MONDAY AT 10:00 AM

AND

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

OCTOBER 13TH & 27TH

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
October, 2020

"Comments from Caitlin"

This article is from my colleague, Cheri Burcham, Family Life educator with University of Illinois Extension.

Fighting social isolation

I am concerned for the older population right now. Data has shown that older adults are more vulnerable in this pandemic due to their weaker immune systems and higher likelihood of having chronic conditions including heart disease, lung disease, diabetes, kidney disease and many others. The CDC reports 8 out of 10 COVID-19 deaths have been adults 65 years of age and older. This has prompted the encouragement of older adults to self-quarantine, or physical distance from others - family, friends, social circles - to protect their health. This has been a necessary step to protect them from the virus, but it can have negative effects on their overall health by increasing social isolation. Social isolation and loneliness are serious health risks that affect a large portion of the older population. Approximately one quarter of community dwelling older adults are socially isolated and 43% report feeling lonely – and this was data collected BEFORE this current pandemic. There is increasing evidence that social isolation has been linked to an increase in many physical and mental conditions like heart disease, obesity, depression, Alzheimer's disease and even mortality (Wu, 2020).

According to a recent article in The Conversation, Marcia G. Ory and Matthew Lee Smith from Texas A&M University gave some great suggestions for older adults to stay active and engaged especially during the pandemic:

- Plan your day and keep a routine. While the days may seem to be an endless blur, keep up with daily routines like getting out of bed, getting dressed and being engaged with small activities. Planning time for online classes, calls with friends, reading, puzzles, cooking, gardening or home repairs can give meaning to the days.
- Stay physically active. Find exercises that can be done at home or in the immediate neighborhood, like walking. Many virtual and online physical activity and health promotion programs are available, which can remotely foster engagement and connection to others.
- Know your risk for social isolation. Take the AARP Foundation's Connect2Affect tool online to assess your risk for being socially isolated, and refer to the Eldercare Locator at 1-800-677-1116 or online for support services you might need.
- Don't be afraid to leave home, but do so wisely. New CDC guidelines emphasize what older adults can do to stay safe when leaving home. For example, when going outside, practice everyday preventive actions: Carry a cloth face covering, tissues and hand sanitizer; encourage others to wear cloth face coverings when out in public; and avoid close contact with others who are not wearing face masks to the extent possible.
- Think of others. Regularly reach out to others who may need to hear a friendly voice on the phone. Volunteering has been shown to have many positive health benefits, and there are online opportunities for doing so.
- Accept help from others. Many individuals and organizations are working hard to keep seniors socially connected. Remain open to accepting the kindness and support from family members, friends, health care providers and social service agencies.

Other resources to try that may be helpful to prevent social isolation are local senior centers and services, local churches, your local area agency on aging and AARP.

Let's continue to be careful, stay healthy and stay hopeful that the situation will improve and we can be out and about again, but with new appreciation and gratitude for each other.

For more articles from the Family Files blog, visit go.illinois.edu/familyfiles.

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



CVS FLU SHOT CLINIC

WEDNESDAY, OCTOBER 7TH

9:30 AM – 12:00 PM

**PLEASE PICK UP A REGISTRATION FORM AT
THE RECEPTION DESK**



CCSI Case Coordination LLC Case Management Services

Medicare Open Enrollment

October 15th-December 7th

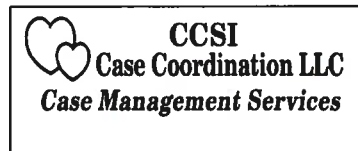
We have trained Senior Health Insurance Program Counselors available to help you compare your Prescription Drug and Medicare Options for 2021.

SHIP Counselors are not affiliated with any insurance company and they do not sell or solicit any type of insurance.

Call to set up a one-on-one consultation to get all of your options so you can make an informed decision.

CCSI CASE COORDINATION UNIT, LLC
410 E MAIN ST CLINTON, IL 217-935-4560

**DUE TO THE CORONA VIRUS PANDEMIC, WALK-INS
WILL NOT BE ACCEPTED THIS YEAR. PLEASE CALL
TO MAKE AN APPOINTMENT AT 935-4560.**



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
October 7th
- ◆ 3rd Wednesday of every month 8:30-12:00
October 21st
- ◆ 2nd Monday of every month 2:00-4:00 pm
October 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
October 1st

MacArthur Apartments, Clinton

300 E Woodlawn St-Community Room
3rd Thursday of every month from 2-4:00
October 15th

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
October 8th

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.



October 2020

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|---|--|---|---|---|
| | | | | 1 COFFEE 8 AM BEAN BAG TOSS 12:30 PM—3 PM | 2 COFFEE 8 AM POOL 12:30PM—3 PM CARDS & GAMES 12:30 PM—3 PM | 3 |
| 4 | 5 COFFEE 8 AM SENIOR YOGA 10 AM DOMINOES 12:30 PM—3 PM COLOR CONVERSATION 12:30 PM—3 PM | 6 COFFEE 8 AM ART & THINGS 10 AM—11:30 AM POOL 12:30 PM—3 PM CARDS & GAMES 12:30—3 PM | 7 COFFEE 8 AM SENIOR YOGA 8:15 AM BINGO 12:15 PM CARDS & GAMES 1 PM—3 PM CVS FLU SHOT CLINIC 9:30—12:00 | 8 COFFEE 8 AM BEAN BAG TOSS 12:30 PM—3 PM WALMART 9 AM | 9 COFFEE 8 AM POOL 12:30 PM—3 PM CARDS & GAMES 12:30 PM—3 PM | 10 |
| 11 | 12 COFFEE 8 AM SENIOR YOGA 10 AM ALZHEIMER'S SUPORT GROUP 12 PM—1 PM DOMINOES 12:30—3 PM COLOR CONVERSATION 12:30 PM—3 PM | 13 COFFEE 8 AM HEARING AID CENTER 9:30 AM—11 AM POOL 12:30 PM—3 PM CARDS & GAMES 12:30 PM—3 PM | 14 COFFEE 8 AM SENIOR YOGA 8:15 AM BINGO 12:15 PM CARDS & GAMES 1 PM—3 PM | 15 COFFEE 8 AM BEAN BAG TOSS 12:30 PM—3 PM | 16 COFFEE 8 AM POOL 12:30 PM—3 PM CARDS & GAMES 12:30 PM—3 PM | 17 FOOD BANK AMERICAN LEGION 9:30 AM—10:30 AM |
| 18 | 19 COFFEE 8 AM SENIOR YOGA 10 AM DOMINOES 12:30 PM—3 PM COLOR CONVERSATION 12:30 PM—3 PM | 20 COFFEE 8 AM ART & THINGS 10 AM—11:30 AM POOL 12:30 PM—3 PM CARDS 12:30 PM—3 PM | 21 COFFEE 8 AM SENIOR YOGA 8:15 AM BINGO 12:15 PM CARDS & GAMES 1 PM—3 PM CANVAS & CORKS PAINT 6:00 PM—9:00 PM | 22 COFFEE 8 AM BEAN BAG TOSS 12:30 PM—3 PM WALMART 9 AM | 23 COFFEE 8 AM POOL 12:30 PM—3 PM CARDS & GAMES 12:30 PM—3 PM | 24 YODER'S KITCHEN & BEACHYS 10:00 AM |
| 25 | 26 COFFEE 8 AM SENIOR YOGA 10 AM DOMINOES 12:30 PM—3 PM COLOR CONVERSATION 1 PM—3 PM | 27 COFFEE 8 AM HEARING AID CENTER 9:30 AM—11 AM POOL 12:30 PM—3 PM CARDS & GAMES 12:30 PM—3 PM RULES OF THE ROAD 1:30 | 28 COFFEE 8 AM SENIOR YOGA 8:15 AM OCTOBER BIRTHDAYS 10:30 AM BINGO 12:15 PM CARDS & GAMES 1 PM—3 PM | 29 COFFEE 8 AM BEAN BAG TOSS 12:30 PM—3 PM | 30 COFFEE 8 AM POOL 12:30 PM—3 PM CARDS & GAMES 12:30 PM—3 PM ARCOLA AMISH MEAL LEAVE @ 5 PM | |

Peace Meal Senior Nutrition Program October 2020

| | | | | |
|--|--|--|---|---|
| | | | 1 Sweet and Sour Chicken w/Vegetables Over Brown Rice Fruited Gelatin Dinner Roll Warm Fruit Crisp | 2 Liver and Onions Potatoes Au Gratin Mixed Vegetables Texas Toast Pineapple Pistachio Dessert |
| 5 Sausage in Gravy Mini Potato Bakers Fruit Juice Biscuit Warm Cinnamon Buttered Apples | 6 Cheese Tortellini Alfredo Peas Kidney Bean Salad Peanut Butter Cup Whole Grain Wheat (1) Warm Fruit Cobbler | 7 Saucy Cabbage Rolls Corn Broccoli Whole Grain Wheat (1) Mandarin Oranges | 8 Fried Chicken Mashed Potatoes w/Gravy Italian Green Beans Texas Toast Cranapple Salad | 9 Goulash with Beans Seasoned Greens Graham Crackers Dinner Roll Fresh Fruit |
| 12 Sloppy Joe Rosemary Roasted Potatoes Brussels Sprouts Bun Fruit Juice | 13 Taco Salad w/Meat, Lettuce, Cheese, Beans and Tomatoes Sour Cream & Taco Sauce Pears Taco Chips Pudding | 14 Chicken and Noodles Mashed Potatoes Harvard Beets Whole Grain Wheat Peaches | 15 Ham and Beans Copper Carrots Cornbread Chunky Applesauce | 16 Salisbury Beef Pattie Mashed Potatoes Venetian Blend Vegetables Whole Grain Wheat (1) Seasonal Dessert |
| 19 Pork Burger Sandwich Baked Beans Spinach Bun Cranberry Oatmeal Cookie | 20 Meatloaf Creamed Peas and Potatoes Tomatoes and Zucchini Whole Grain Wheat (1) Peaches | 21 Creamed Chicken with Green Onions & Pimento Warm Black-Eyed Pea Salad Biscuit Sliced Pineapple | 22 Beef Stroganoff over Noodles Corn Creamy Coleslaw Whole Grain Wheat Warm Fruit Compote | 23 Roasted Turkey Mashed Potatoes w/Gravy Seasoned Green Beans Dressing Pumpkin Pie |
| 26 Pork Chop in Gravy Mashed Potatoes Seasoned Baby Carrots Dinner Roll Whole Grain Fruit Bar | 27 Baked Ham Candied Sweet Potatoes Buttered Midori Vegetables Whole Grain Wheat (1) Blushing Pears | 28 Chili with Beans Mixed Lettuce Salad w/Dressing Pkt. Crackers Waldorf Salad | 29 Sweet and Sour Chicken w/Vegetables Over Brown Rice Fruited Gelatin Dinner Roll Warm Fruit Crisp | 30 Liver and Onions Potatoes Au Gratin Mixed Vegetables Texas Toast Pineapple Pistachio Dessert |

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.