

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

ECIAAAA

SEP 30 2019

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ECIAAA
1003 MAPLE HILL RD
BLOOMINGTON IL 61727

6170583927 R021



OCTOBER



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

DAILY ACTIVITIES

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

OCTOBER BIRTHDAYS



KAREN BROWN – 1
WILBUR BROWN – 2
DICKSIE BLANKENSHIP – 3
JEANIE ANDREWS – 3
REBECCA RAGAN – 4
CAROLYN FOLLIS – 4
ERMA BELL – 8
PATTY REYNOLDS – 8
LINDA CHARLETT – 8
SHIRLEY ELLIS – 9
VICKI RAWSKI – 10
JANET CONRAD – 14
ART COOPER – 19
SHARON STEPHENSON – 19
AUDREY BRANTLEY – 21
CLEO LEGGETT – 27
MAX STITES – 27
JUDY COFFEY – 28
DELORES AYERS – 29
KAY MANDRELL – 29
BETTY EASTON – 31

COME IN FOR CAKE & ICE CREAM
WEDNESDAY, OCTOBER 23RD 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



DeWitt County Food Mobile

When: Saturday, October 19, 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:

OCTOBER 14: FLU SHOT CLINIC @ 10:00 AM

OCTOBER 17: LINE DANCE REFRESHER 9:30

OCTOBER 22: RULES OF THE ROAD @ 1:30 PM

OCTOBER 23: BIRTHDAY CAKE @ 10:30 AM

OCTOBER 31: HALLOWEEN ON THE SQUARE @ 4:00 PM – HANDING OUT TREATS TO KIDS

NOVEMBER 1: GORDYVILLE RODEO LEAVE @ 4:00 PM

NOVEMBER 8: CHILI/VEG SOUP FUNDRAISER 5 – 7 PM

NOVEMBER 14: LINE DANCE REFRESHER 9:30

NOVEMBER 20: THANKSGIVING POTLUCK 5 – 7 PM. BRING A COVERED DISH TO SHARE

NOVEMBER 28: CLOSED - THANKSGIVING



LINE DANCING REFRESHER CLASS

**THURSDAY: OCTOBER 17TH
THURSDAY: NOVEMBER 14TH**

TIME: 9:30 AM – UNTIL ?????

REFRESHMENT WILL BE SERVED



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

OCTOBER 1ST & 15TH

10:00 AM TO 11:30 AM



MONTHLY HEALTH CHECKS

THE THIRD TUESDAY OF EACH MONTH
THIS MONTH:

TUESDAY, October 15TH, 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

OCTOBER 8TH & 22ND

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



**TRICK OR TREAT ON THE SQUARE
WE WILL BE HANDING OUT HALLOWEEN**

TREAT BAGS ON:

OCTOBER 31ST

4:00 PM

**LOCATED ON THE SQUARE BY SNAPPERS
HALLOWEEN CANDY DONATIONS ARE BEING
ACCEPTED AT THE FRIENDSHIP CENTER –
PLEASE HAVE DONATIONS THERE BY
OCTOBER 25TH**



GORDYVILLE PRESENTS:

INTERNATIONAL PRO RODEO CENTRAL REGION FINALS

FRIDAY, NOVEMBER 1, 2019

7:00 PM

WE WILL LEAVE THE FRIENDSHIP CENTER AT 4:00 PM

**WE ARE EATING A BUFFET AT THE STAGECOACH RESTAURANT WHICH IS
LOCATED ON THE GROUNDS OF GORDYVILLE**

**COST IS \$40.00 THIS INCLUDES TRANSPORTATION, DINNER AND TICKET TO
GET IN THE RODEO. WE WILL HAVE FLOOR SEATING AGAIN THIS YEAR**



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, October 21ST, 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
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: fiadewitt@gmail.com for more information.

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



"Care is our middle name"

- 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.

Friendship Center Newsletter
October 2019

"Comments from Caitlin"

October 12-20 is "Bone and Joint Action Week." There are many topics on bone health; let's focus on nutrients involved in developing and maintaining our bones.

Calcium is a mineral that provides much of the structure of bone. Dairy products – milk, cheese, and yogurt – are well known as a source of calcium. Fortified foods, where calcium is added, such as dry cereal, fortified orange juice, and non-dairy milks, are calcium options too. And some green veggies, including broccoli, kale, and collard greens, have calcium.

Vitamin D has many important roles in the body, including helping absorb calcium. Sunlight can activate compounds in skin to make vitamin D. Fatty fish, like tuna and salmon, and egg yolks are vitamin D food sources. Fortified foods with vitamin D include dry cereal, fortified orange juice, and dairy and non-dairy milks.

Vitamin K is involved in developing bone structure. Food sources included many leafy green vegetables, including spinach, turnip greens, and spinach. The main food fortified with vitamin K is dry cereal.

Fruit and Yogurt Breakfast Smoothie (Serves 3)

1 ripe banana, peeled
1 cup 100% pineapple or orange juice
1/2 cup low-fat plain or vanilla yogurt
1/2 cup strawberries, stems and leaves removed
1/2 cup ice cubes

1. Add ingredients to blender. Blend or pulse until smooth.
2. Divide smoothie between three glasses. Serve immediately.

Recipe from: Eat.Move.Save., Illinois Nutrition Education Programs, University of Illinois Extension
Nutritional analysis per serving: 120 calories, 1g fat, 30 mg sodium, 27g carbohydrate, 2g fiber, 3g protein

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
217.935.5764

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 7, 14, 21, 28

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, October 14, 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, October 11th 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 and click on "Support Groups"

alzheimer's  association®

Join Us.....

Community Care Systems, Inc
410 E. Main St
Clinton, IL 61727

Don't forget to call and make an appointment with Diane Cusey after October 1st to come in and go over your Medicare Part D Prescription Plan. Appointments are limited! Open Enrollment is October 15th - December 7th. Call 217-935-4560 to schedule an appointment.

Medicare Open Enrollment

When's the Medicare Open Enrollment Period?

Every year, Medicare's open enrollment period is October 15 - December 7.

What's the Medicare Open Enrollment Period?

Medicare health and drug plans can make changes each year—things like cost, coverage, and what providers and pharmacies are in their networks. October 15 to December 7 is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.

How do people know if they need to change plans?

People in a Medicare health or prescription drug plan should always review the materials their plans send them, like the "Evidence of Coverage" (EOC) and "Annual Notice of Change" (ANOC). If their plans are changing, they should make sure their plans will still meet their needs for the following year. If they're satisfied that their current plans will meet their needs for next year and it's still being offered, they don't need to do anything.

When can people get information about next year's Medicare plans?

Information for next year's plans will be available beginning in October.



"Care is our middle name"



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 2nd, November 6th, December 4th
3rd Wednesday of every month 8:30 – 12:00
October 16th, November 20th, December 18th
2nd Monday of every month 2:00 – 4:00
October 8th, November 11th, December 9th

Weldon, DeWitt County

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

3rd Thursday of each month 11:00 – 12:30
October 17th, November 21st, December 19th

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.

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.

Nixon Manor, Clinton

Community Room
100 S Railroad St
Clinton IL 61727

1st Thursday of every month 2:00 – 4:00
November 7th, December 5th

DeWitt Manor, Clinton

Community Room
520 E Main St
Clinton IL 61727

2nd Thursday of each month 2:00 – 4:00
October 10th, November 14th, December 12th

MacArthur Apartments

Community Room
300 E Woodlawn St
Clinton IL 61727

3rd Thursday of every month 2:00 – 4:00
October 17th, November 21st

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.





OCTOBER 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 COFFEE 8 AM ART & THINGS 10 AM—11:30 AM POOL 12:30 PM—3 PM CARDS & GAMES 12:30PM—3PM	2 COFFEE 8 AM SENIOR YOGA CLASS 8:15 AM BINGO 12:15PM CARDS 1:30—3:00	3 COFFEE 8 AM BEAN BAG TOSS 1:00 PM—3 PM	4 COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1 PM—3 PM	5
6	7 COFFEE 8 AM DOMINOES 1 PM—3 PM COLOR CONVERSATION 1 PM—3 PM	8 COFFEE 8 AM HEARING AID CENTER 9:30 AM—11 AM POOL 12:30 PM—3 PM CARDS & GAMES 12:00 PM—3PM	9 COFFEE 8 AM SENIOR YOGA CLASS 8:15 AM BINGO 12:15PM CARDS 1:30—3:00	10 COFFEE 8 AM BEAN BAG TOSS 1:00 PM—3 PM	11 COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1 PM—3 PM	12
13	14 COFFEE 8 AM ALZHEIMER'S GROUP 12 PM—1 PM DOMINOES 1 PM -3 PM COLOR CONVERSATION 1 PM—3 PM FLU SHOTS @ 10:00 AM	15 COFFEE 8 AM LIBERTY VILLAGE HEALTH CHECKS 9AM-10:30AM ART & THINGS 10 AM—11 :30 AM POOL 1 2:30 PM —3 PM CARDS & GAMES 12:30PM-3PM	16 COFFEE 8 AM SENIOR YOGA CLASS 8:15 AM BINGO 12:15PM CARDS 1:30—3:00	17 COFFEE 8 AM BEAN BAG TOSS 1:00 PM—3 PM LINE DANCE RE- FRESHER 9:30	18 COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1 PM—3 PM	19 EASTERN ILLINOIS FOOD BANK @ THE AMERICAN LEGION 10:00 AM—11:30 AM
20	21 COFFEE 8 AM LOW VISION SUPPORT GROUP 10 AM DOMINOES 1 PM—3 PM COLOR CONVERSATION 1 PM—3 PM	22 COFFEE 8 AM HEARING AID CENTER 9:30 AM—11 AM POOL 12:30 PM—3 PM CARDS & GAMES 12:30 PM—3PM RULES OF THE ROAD 1:30	23 COFFEE 8 AM SENIOR YOGA 8:15 AM BINGO 12:15PM CARDS 1:30—3:00 BIRTHDAY CAKE 10:30 AM	24 COFFEE 8 AM BEAN BAG TOSS 1:00 PM—3 PM	25 COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1 PM—3 PM	26
27	28 COFFEE 8 AM DOMINOES 1 PM—3 PM COLOR CONVERSATION 1 PM—3 PM	29 COFFEE 8 AM POOL 12:30 PM —3 PM CARDS & GAMES 12:30 PM—3PM	30 COFFEE 8 AM SENIOR YOGA CLASS 8:15 AM BINGO 12:15PM CARDS 1:30—3:00	31 COFFEE 8 AM BEAN BAG TOSS 1:00 PM—3 PM HALLOWEEN ON THE SQUARE 4:00		

Peace Meal Senior Nutrition Program October 2019

	1	Chili with Beans Mixed Lettuce Salad w/Dressing Pkt. Waldorf Salad Crackers	2	Beef Stroganoff over Noodles Peas Tangy Cole Slaw Whole Grain Wheat (1) Warm Fruit Compote	3	Chicken Sandwich w/Mayo Pkt. Midori Blend Veggies Fresh Fruit Bun Warm Deep Dish Cobbler	4	Liver and Onions Mashed Potatoes w/Gravy Italian Green Beans Whole Grain Wheat (1) Mandarin Oranges	
7	Beef Sandwich Rosemary Roasted Potatoes Broccoli Bun Strawberry Oatmeal Bar	8	Beef Stew w/Vegetables Creamy Cole Slaw Dinner Roll Warm Fruit Crisp	9	Shepherd's Pie Harvard Beets Fresh Fruit Biscuit Graham Crackers	10	Ham and Beans Copper Carrots Cornbread Pineapple Pistachio Dessert	11	Meatloaf Mashed Potatoes w/Gravy Tomatoes and Zucchini Dinner Roll Pumpkin Pie
14	Sausage in Gravy Mini Potato Bakers Fruit Juice Biscuits Warm Cinnamon Buttered Apples	15	Fried Chicken Mashed Potatoes w/Gravy Green Bean Casserole Texas Toast Peach Slices	16	Ham Casserole Corn Herbed Peas Whole Grain Wheat(1) Tropical Fruit	17	Vegetable Beef Soup Celery Sticks Cottage Cheese Salad Peanut Butter Cup Crackers Apricots	18	Taco Salad w/Meat, Lettuce, Beans, Tomatoes, Sour Cream and Taco Sauce Peas Taco Chips Pudding
21	Chicken and Dumplings Mashed Potatoes Seasoned Black-Eyed Peas Whole Grain Wheat (1) Grapes	22	Saucy Ham Loaf Creamed Peas and Potatoes Italian Mixed Veggies Dinner Roll Pineapple Slices	23	Cabbage Rolls in Sauce Corn Lyonnaise Carrots Whole Grain Wheat (1) Seasonal Dessert	24	Roasted Turkey Mashed Potatoes w/Gravy Seasoned Green Beans Dressing Chunky Applesauce	25	Settlers Beef and Beans Seasoned Greens Fresh Fruit Biscuit Orange Bread
28	Country Fried Steak Mashed Potatoes w/Gravy Brussels Sprouts Fruit Juice Dinner Roll	29	Chili with Beans Mixed Lettuce Salad w/Dressing Pkt. Waldorf Salad Crackers	30	Beef Stroganoff over Noodles Peas Tangy Cole Slaw Whole Grain Wheat (1) Warm Fruit Compote	31	Chicken Sandwich w/Mayo Pkt. Midori Blend Veggies Fresh Fruit Bun Warm Deep Dish Cobbler		

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.