



Senior Scoop

Life Center of Cumberland County

217-849-3965

And in Clark County at 217-826-5155

April 2019 News

This section reserved for your life experiences, whether from childhood or current issues, focusing on something that happened to you, good or bad

By Sue Smyser

Finding camaraderie and more at Life Center

Friends, fun and food provide an amazingly inviting place for seniors to gather and find good fellowship at the Life Center of Cumberland County. So said Loretta Hickey who has been coming to the Life Center for several months.

“My hubby died in 2016, after 48 years of marriage. For two and a half years I was just sitting,” she said. She and her late husband were parents of five children, although one is now deceased. After her husband’s death, she watched her family spending time watching television and being involved with their cell phones and video games. That’s when she decided she needed to do something to get out of the house. The Life Center seemed a good place to start. She walked in the door of the Life Center and asked, “What do you do here?”



Loretta Hickey

Loretta said when she started coming to the Life Center, she was out of her comfort zone at first, but she found everyone to be friendly and plenty of fun things to do. Some of her favorites include exercising, going to concerts and playing balloon volleyball. Balloon volleyball is one of the newest ideas we have done at the Life Center and was the brain child of program director, Leah Kidwell. “That was so much fun. Leah has good ideas, and Skip-Bo - you have to like Skip-Bo- if you go to the Life Center.” The food at the Life Center, provided by chief cook Doloris Minardi and her Peace Meal crew is also a good drawing card. “I get so much (food) that I can’t eat it all,” Loretta said.

She recalled a family member enjoying the Life Center. “My Aunt Jessie Burton came here a lot, but I didn’t know anybody when I started coming here. They accepted me. I found a lot of friends,” she said. “When I was married, Jerry’s friends were my friends. It was all (about) Jerry.”

In her lifetime, she has held a variety of jobs including working for a major tax preparation agency for 15 years and bartending. She also worked as the manager in an automotive store. “I didn’t believe that men could do more than I could,” she said with a laugh. She has this advice for anyone else in her shoes. “If you’re afraid like I was, just do it. I have made so many friends. It’s amazing.”

Annual Easter Bunny breakfast April 13

Easter Bunny breakfast set for April 13. Children and adults are fans of this annual event. With biscuits and gravy and AYCE pancakes and sausage on the menu, who wouldn't like it? The Easter Bunny will enjoy the attention from children of all sizes and ages and try to wipe a tear or two from the wee ones who aren't sure who this character is. Regardless, the bunny will hand out treats for all children and pose for pictures with anyone with a camera. Donations will be accepted for a truly great breakfast.



Donna Graham tends sausage at last year's breakfast

Women Connected Health Fair held



Women listen as various topics are discussed - Barb Brown explains Peace Meal program.

The Women Connected Health Fair was held recently at the Life Center. Informative and entertaining presentations were by Joannie Roberts about Matter of Balance classes; Nikki Strader, advances in prosthesis for handicapped individuals; Leah Kidwell about heart health; Kim Janssen about epilepsy; and Cheri Burcham about diabetes. Barb Brown talked about Peace Meal. Guests were served a delicious meal of lasagna, garlic bread, salad and dessert. The free event was sponsored by Sarah Bush Lincoln

Health Center through a grant. Door prize winners were: Betty Higgs, blood pressure monitor; Norma Jean Brown, diabetes test kit; Donna Graham, grab bar and long-reach stick; and Theresa Walk, a cart for loading groceries etc. and pushing them into the house. Several women also won meal tickets.

Ceremony honoring volunteers planned

The Life Center has planned a celebration to honor our volunteers on April 23 beginning at 6:30 p.m. If you have helped in any way through fund-raising events, giving time and talent or monetary donation to help the Life Center, you are invited. Small token gifts and certificates of appreciation will be handed out and cake, compliments of ResCare Home Care in Charleston, and punch will be served. If you are a volunteer or plan to attend to help us recognize our volunteers, let us know so we can make plans by calling us at 849-3965 or email at lifecenterreceptionist@gmail.com.



Evelyn Pugh

Area Agency to hold public hearing at Life Center

On April 23 at 10 a.m., the East Central Illinois Area Agency on Aging will present information at the Life Center of Cumberland County about national, state and local initiatives, funding for services as contained in its AAA planning allocation directive for the future. The Public Hearings provide information about proposed plans, budget, funding formula and priorities for funding community-based services for older adults and family caregivers, including coordinated points of entry/Senior Information Services, legal assistance; congregate and home delivered meals; evidence-based health promotion program; gerontological counseling; caregiver advisory services; respite care; adult protective services program; and long-term care ombudsman program. Older adults, the disabled, family caregivers, grandparents and other relatives raising children and those interested individuals and organizations are invited to learn about ECIAAA's activities with Illinois Department on Aging. Please join us.



April

HAPPY EASTER

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 1-3, MOB, Neoga 	2	3  10, chair exercise 10:30, celebrate jazz month  1-3 MOB, Neoga	4  10:30, Bingo w/Brookstone Estates	5  10, Fitness fun 10:30, Birthday party 	6  2:30 p.m., RIDES trip Eat at Lincoln Gardens; shop at Dollar Tree
7	8 10, chair exercise  10:30, FNB talk on fraud 1-3, MOB, Neoga 	9  10, Balloon volleyball	10  9, toenail clinic 10, Chair exercise 10:30, Planning with The 5 Wishes  1-3, MOB, Neoga	11  10:30, Bingo w/Life Center 12:45, Help fill kids' goody bags for Saturday	12  10, Fitness fun 10:30, Looking on the Funny Side w/Cheri 	13  7-10, Easter Bunny Breakfast
14  Smithsonian	15 9, trip to view exhibit at Marshall Library 10, Chair Exercise  1-3, MOB, Neoga	16  CHAIR YOGA 10, seated chair yoga  10:30, Wheel of Fortune	17  10, Chair exercise 10:45, RIDES listening session; share your thoughts  1-3, MOB, Neoga	18 9:30, Easter egg decorating 10:30, Bingo w/Villas of Holly Brook  12:45, Celtic River Dance movie 	19  Life Center and Peace Meal closed 	20
21  Easter Sunday - Rejoice!	22  10, chair exercise 1-3, MOB, Neoga 	23 10, Area Agency Public hearing; 5:30, Board meeting  6:30, Vol. appreciation	24 10, Chair exercise  10:30, poetry readings  1-3, MOB, Neoga	25  10:30, Bingo with Hill Top 10, Blood pressure check w/Cumb. Health 	26  10, Fitness fun 10:30, Fit Wits with Cheri Burcham, 	27 Healthy Kids Day at YMCA
28	29 10, chair exercise 10:30, Plant & Garden club 1-3, MOB, Neoga 	30 10:30, Lawn & Garden Month – show off and tell session – Bring picture			Neal YMCA offering Easy Water exercise at 2 p.m. on Tuesdays & Thursdays	

Peace Meal Senior Nutrition Program April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 Biscuits and Gravy Breakfast Pattie Baby Bakers Fruit Juice Warm Fruit Compote	2 Fried Chicken Mashed Potatoes, gravy Black-Eyed Pea Salad Texas Toast Pineapple Tidbits	3 Brat on bun Corn Broccoli and Cauliflower Fruit Salad	4 Chili w/Beans Lettuce Salad w/Spinach; crackers Pears Cake or Brownie	5 Beef and Noodles Mashed Potatoes Italian Green Beans Whole Grain Wheat Apple Slices
8 Salisbury Beef Pattie Mashed Potatoes Broccoli Texas Toast Peaches	9 Taco Salad w/Meat, Lettuce, Cheese, Beans, Tomatoes, Salsa, chips Peaches Pudding	10 Chicken Pot Pie Creamy Cole Slaw Whole Grain Biscuits Warm Chunky Applesauce	11 Ham and Beans Copper Carrots Cornbread Gelatin w/Fruit	12 Roasted Pork Loin Frosted Sweet Potatoes Seasoned Green Beans Dinner Roll Grapes
15 Beef Stroganoff Italian Mixed veggies Tomatoes & Zucchini Whole Grain Wheat (1) Fruit Juice	16 Stuffed Chicken Breast Potato Casserole Seasoned Greens Dinner Roll Spiced Apple Rings	17 Pork Tenderloin Sandwich on bun Baked Beans Midori Vegetables Pears	18 Meatloaf Mashed Potatoes w/Gravy Peas Whole Grain Wheat (1) Seasonal Dessert	19 CLOSED FOR GOOD FRIDAY HOLIDAY
22 BBQ Pork on bun Lemon Pepper Peas Wax Beans w/Pimento & Onion Apricots	23 Baked Ham Corn Casserole Brussels Sprouts Whole Grain Wheat Rosy Applesauce	24 Chicken Broccoli Alfredo Mixed Vegetables Dinner Roll Peaches	25 Goulash w/Beans Veggie Cheese Bake Dinner Roll Mandarin Oranges	26 Country Fried Steak Mashed Potatoes w/Gravy Harvard Beets Dinner Roll Graham Crackers Banana
29 Biscuits and Gravy Breakfast Pattie Baby Bakers Fruit Juice Warm Fruit Compote	30 Fried Chicken Mashed Potatoes w/Gravy Black-Eyed Pea Salad Texas Toast Pineapple Tidbits			

For reservations call the Life Center at 849-3965

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

Need taxes done, papers filled out, more exercise?

**Taxes Done
FREE***

We can help.

Ron and Kathy Black, Sherrie Drotor and Sandy Bowman are available to help you complete and file your income taxes for free. This service will continue until April 12, but you must call for an appointment at 849-3965

In addition, Senior Information Specialists Jane Pine in Clark County and Joannie Roberts in Cumberland County are here to help seniors and disabled individuals in a wide variety of ways. They are trained to assist you with filling out papers, answering questions, helping with Medicare Part D or Medicaid, understanding Social Security and helping income-eligible seniors apply for a discount on your license plate stickers. They also can make phone calls for you and help you find answers to confusing letters you receive through the mail. Talk to them when you are concerned about any suspicious contact you receive.



Jane Pine



Joannie Roberts

Jane, located at 15491 N. State Highway 1 in Marshall, can be reached at 217-826-5155. She will soon be moving into a more accessible building downtown Marshall; Joannie and Leah are at the Life Center of Cumberland County, 507 E. Main St. in Toledo. Phone them at 217-849-3965.



Leah Kidwell

And Program Director Leah Kidwell is adding new programs and things to do for seniors at the Life Center almost on a daily basis. Her chair balloon volleyball keeps the seniors laughing and trying to keep the balloon under control. Leah is also a pretty good Bingo caller on the occasion we need someone to fill in. History buffs can join the group going to the Marshall Library on April 15 to view the traveling exhibit from the Smithsonian Institute. Call Leah if you have other suggestions for fun activities.

April's Guess Who?

We need your help to keep this segment of our Senior Scoop going. We would like you to bring in a photo of yourself from a day or two or more back and we will put it in our newsletter. Seniors will have fun guessing whose picture is featured each month. We will take a picture of your picture and then you will be able to take your photo back home with you. Leave your picture with Sue. This pretty woman at left is known for her artistic talent and nimble fingers. Guess who she is. You will have to wait until our May newsletter to know for sure.



Pat Taggart

The answer to the "March Guess Who" segment was Mrs Congeniality Pat Taggart, pictured at right.

Who is this beauty?

Volunteers shine in the spotlight in March

Thank you for giving of your time, money, talent or tangible goods. We love all of you.

Cash donations: Burnham Neal Charitable Trust; Loretta Hickey, Ellen Croy, Neoga and Cottonwood Townships.

Meet our Board of Directors

We have a terrific board of directors who truly care for the Life Center. They volunteer time and talent for our fund-raisers and help keep us functioning. Bruce McCandlish shares a variety of garden items in season and Dick Ebbert is always finding bargains for the Life Center. They are the two senior board members having served on the board almost since its beginning. Gene Nichols joined soon after and those three, along with Greg Johnson, keep light bulbs changed and drains unstopped and provide many other services connected with upkeep on the facility. Susan Guinnip records the board meetings and she and Gene oversee finances. Debbie Stinson, Bruce and Shirley Cox work on membership. Greg, Debbie, Shirley and Helen Chambers all lend a hand with fund-raising. Newcomer Kyle Bergbower and several other board members help cook at our fund-raisers and the president of the board, Chuck Phillips, works to keep all the above running smoothly. Thank you all!



Pictured l-r in front row are Debbie Stinson and Gene Nichols; back row l-r are Bruce McCandlish, Dick Ebbert, Greg Johnson, Joan Ettelbrick, Susan Guinnip and Chuck Phillips. Not pictured are Helen Chambers, Shirley Cox and Kyle Bergbower



Life Center of Cumberland County
507 East Main Street
Toledo, IL 62468

NONPROFIT ORGANIZATION
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Life Center of Cumberland County

2019 Membership

Some of you still don't see "Member 2019" behind your names. As a member, you will **be sure** to receive a copy of our newsletter in your mailbox each month and your contribution is used to assist seniors in many ways, such as independence, community involvement, resources, activities, leisure, friendships and much more.

The Center is also a great place for younger citizens to participate in soup suppers, holiday breakfasts, and many other fundraisers. To add your name to our family of supporters, complete below and return to the Life Center with \$5.00 or your donation. Thanks!!

Name

Address

Date