



Senior Scoop

Life Center of Cumberland County

217-849-3965

And in Clark County at 217-826-5155

March 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

Burnham Neal's legacy lives on

Without the generosity of the Neal Foundation and the late Burnham E. and Rosemary Neal, the Life Center of Cumberland County might never have happened. But thanks to them, land was donated for the purpose of building a place for seniors to meet.

According to Life Center history, Burnham and Rosemary agreed to transfer land for \$1 to construct a building, as long as good pledges of funds to build within two years of May 1, 1981, could be found. The land they donated was valued at \$20,000. When the groundbreaking ceremony took place in 1983, Burnham Neal, chairman of the Neal Foundation, and other dignitaries were present.



Burnham Neal

The Life Center was built and operating in 1984. Through the Foundation, Burnham also helped in various remodel projects the Life Center needed for upkeep. "He always gave a yearly contribution grant to the Life Center," Gene Nichols of Toledo said. Through the foundation grants, the Life Center was able to install heating and air conditioning, remodel the bathrooms and help with roof repair. The Foundation came to the rescue when the kitchen needed an air conditioner and the floor needed repaired. Thanks to the Foundation the Life Center was able to purchase new dining room chairs and apply fresh paint inside and out.

But how did this man come to be so generous? Burnham learned his business sense from his late father, Edgar Neal. In 1945, he inherited the Toledo Oil business that his father had started. During the 1940s and '50s, his focus was on gas stations before he expanded the tire portion of the business.

"A couple years later he formed Ben Tire, the wholesale end of it," Gene said. Through Ben Tire, Burnham sold to other tire dealers and service stations. He had warehouses in Illinois; as well as in Indiana. "He had to have good vision. At one time, he had 30 tire stores." Burnham had banking interests and other things he was involved with so he asked Gene to manage Neal Tire in Toledo, a position Gene held for 46 years.

Gene remembers Burnham as a generous man. "He was very nice, generous, conservative and he was very caring. He cared about his employees. He wanted things done right, but he never stood on your shoulders."

His philanthropic nature came through even in his younger days. He had a dream for Toledo to have its own swimming pool for the young people. That dream came true when he provided funds for

the new Neal Center YMCA which includes a pool. Unfortunately, he died in 2012, in a house fire and didn't live to see his dream come true.

Burnham's generosity is well known all around the community. He also gave to the Eastern Illinois University's Foundation, area schools, Lake Land College, Sarah Bush Lincoln Health Center and numerous other places. His generous giving included funds for the Pet Connection and each year several scholarships to high school students in Cumberland County.

In 2008, he won the Tire Dealer Humanitarian award and the 2008 East Central Illinois Association for Fundraising Professionals' Philanthropists of the Year Award.

Burnham Neal's life made Cumberland County a better place to live for us all.

What's Happening at the Life Center

Boring is not a word this senior center knows. Our new program director, Leah Kidwell, has been busy as a bee finding programs and activities to keep our seniors occupied both physically or mentally. Leah is old hat about working with seniors having 12 years of experience discovering what seniors need and like to do.

The March calendar of events - that you will find further along in this Senior Scoop - is full of ideas she has scheduled to keep seniors on their toes as well as in their seats. For example, a special day for caregivers is planned on for the afternoon on March 1 with Angela Levitt from Community Care and Leah giving out resource sheets and information as well as having a massage therapist present with free samples. Caregivers for loved ones with dementia, Alzheimer Disease, disabled, whether physically or mentally and grandparents caring for grandchildren are welcome. You will be able to share what works for you in different situations and have an opportunity to vent about troubling situations.

In addition to the regular programs that happen here such as exercise, toenail clinic, Bingo and Wheel of Fortune, Leah has lined up a program about personal mobility using walkers, wheelchairs, vans etc.; as well as a program with Cheri Burcham about How to Live Your Bucket List. There is also a field trip scheduled to check out the YMCA as a group, Name that tune Sing-a-Long and how to get better sleep plus an introduction to using Facebook to stay in touch with your loved ones far away. These programs are highlighted in yellow on the calendar



Leah Kidwell

Women Connected Health Fair planned



A Women Connected health fair will be held beginning at 9 a.m. March 22 at the Life Center.

Come in and enjoy a series of presentations about heart health, arthritis and diabetes. You must preregister by phoning 849-3965 by Wednesday, March 20.

A grant from the Sarah Bush Lincoln Health Foundation is providing the program as well as the lunch. Thank you!

March



2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					 10, Strong for Life Exercise 10:30, Birthday party w/Mardi Gras theme 2:30, Special Day Caregiver Appreciation, Resources	
3	 10, chair exercise	 10, Fat Tuesday music, parade viewing 10:30, Bingo with Comm. Care	 10, Chair exercise 11 a.m., Personal mobility: walkers, wheelchair, vans etc.	 10:30, Vintage celebrity trivia 11, seated ring toss	10, Strong for Life Exercise  Evening, RIDES trip to the Fillin' Station 	9
 Move clocks ahead one hour	 10, Chair exercise	10, seated chair yoga 11, seated balloon volleyball	 9, toenail clinic 10, Chair exercise 10:30, Intro to Facebook by SBLHS	10, National Potato Chip day  10:30, Bingo w/ Mattoon Health Care	 10, Strong for Life Exercise 10:30, Live Your Bucket List w/Cheri Burcham	16
 St. Patrick's Day	 10, chair exercise RIDES 9:45, trip to YMCA	 10:30, Wheel of Fortune w/ Jerry Brown,	 10, Chair exercise 10:45, Name that tune sing-a-long Celebrate Spring	 10:30, Bingo Villas of Holly Brook	9, Women Connected event focusing on women's health 	23
31 10, chair exercise 10:45, Program: Better sleep for better health	 10, Memory Café, with Angela Levitt, Community Care  5:30, Board meeting	 10, Chair exercise	 10:30, Bingo w/Hill Top Blood pressure check w/Cumb. Health Dept.	 10, Strong for Life Exercise 10:30, Fit Wits with Cheri Burcham, U of I Extension 	30	

Peace Meal Senior Nutrition Program March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Mushroom Crusted Chicken Breast Potato Casserole Venetian Blend Vegetables Dinner Roll Fresh Fruit
4 Savory Sausage Stew w/Beans Pineapple Tidbits Biscuits Warm Fruit Strudel Bites	5 Fried Chicken Mashed Potatoes w/Gravy Breaded Tomatoes Dinner Roll Seasonal Dessert	6 Cheese Manicotti w/red sauce Broccoli Corn Whole Grain Wheat Banana	7 Meatloaf Delmonico Potatoes Spinach Dinner Roll Cranberry Apple Salad	8 Tuna Noodle Casserole Peas and Carrots Bean Medley Whole Grain What Gelatin w/ ½ C Fruit
11 Chili Mac Tossed Salad w/Dressing Dinner Roll Warm Cinnamon Peaches	12 Turkey Pot Roast w/ Baby Carrots & Celery Broccoli Cauliflower Bake Dinner Roll Tropical Fruit	13 Chicken Casserole Peas and Carrots Seasoned Green Beans w/Pimentos Whole Grain wheat Chunky Applesauce	14 Roast Beef in Gravy Mashed Potatoes Cabbage-Tomato Au Gratin Dinner Roll Overnight Fruit Salad	15 Salmon Loaf Frosted Sweet Potatoes Midori Blend Veggies Whole Grain Wheat Fresh Fruit
18 Beef Tips in Gravy Mashed Potatoes Italian Green Beans w/Tomato, Onion & Bacon Whole Grain Wheat Mandarin Oranges	19 Ham and Beans Pickled Beets Cornbread Peaches	20 Beef Stew w/Potatoes, Carrots and Onions Seasoned Greens Biscuits Pears	21 Salisbury Beef Pattie Mashed Potatoes Mixed Vegetables Dinner Roll Banana Bread w/Cream Cheese	22 Whitefish Burger w/sauce packet Baked Beans Fruit Juice Bun Scalloped Pineapple
25 Chicken and Noodles Mashed Potatoes Brussels Sprouts Whole Grain Wheat Apricots	26 Shepherd's Pie w/Veggies Creamy Cole Slaw Dinner Roll Warm Fruit Crisp	27 Pork Chop Sandwich Buttered Baby Baker Potatoes Mexi Corn Bun Fruit Juice	28 Beefy Vegetable & Lentil Soup Sliced Pears Peanut Butter Cup Crackers Oatmeal Raisin Cookie	30 Salmon Burger with Sauce Packet Potato Casserole Venetian Blend Vegetables Dinner roll Fresh Fruit

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

We are here to help with your taxes and other concerns

**Taxes Done
FREE**

Ron and Kathy Black and Sherrie Drotor along with Sandy Bowman have set aside time to be available to help people file their income taxes for free. They began in February to help fill out forms and answer your questions about filing taxes. The free service will continue until April 12. You must call for an appointment at 849-3965

In addition, Senior Information Specialists (SIS) employees Jane Pine in Clark County and Joannie Roberts in Cumberland County

are here to help seniors in a variety of ways. Senior Information Specialists are trained to assist seniors and the disabled in 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 their license plate stickers. They also can make phone calls for you and help you find answers to confusing letters you receive in the mail.

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 nearer to downtown Marshall; Joannie is at the Life Center of Cumberland County, 507 E. Main St. in Toledo. Phone her at 217-849-3965.



Joannie Roberts



Jane Pine

Volunteers shine in the spotlight in February

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

Cash donations: Bob Lawson

Soup Supper: Shirley Cox, Donna Graham, Joan Ettelbrick, Evelyn Pugh, Phyllis Sowers, Dick Ebbert, Lisa Johnson and staff members Joannie Roberts, Leah Kidwell, Sandy Bowman and Sue Smyser.

Bakers: Atha Sanders, Alberta Darling, Shirley Cox, Violet Whitaker, Patty Murray, Evelyn Young, Sue Icenogle and Donna Graham.

Bagging ice: Gary Tate is our new ice bagger.

If we left anyone out, we apologize and will try to do better at keeping names correct in April.

Guess who?

This segment is the first in a new series we hope to publish in our monthly newsletter. Please help keep it 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 your newsletter. We hope you will have fun guessing whose picture is featured each month. We will return your picture to you immediately if not sooner. Leave your picture with Sue.

Take your best guess and see if you have guessed right in our first challenge? The answer will be found in the April Senior Scoop. This pretty woman won Mrs. Congeniality in the Mrs. America contest when she was 35. Don't forget to look for the answer next month.



Thanks for making Soup Supper a success

Thanks to all of you, our winter soup supper was another success story. Your donations came to \$516.

We could not do this without you. Some of you donated delicious baked goods for dessert. Some peeled potatoes, made soup, chopped ham or cheese and made sandwiches. Others served beverages and helped us feed a hungry crowd

Everyone pulled together. You stepped up and if the table needed wiping or eating utensils etc needed carted off to the trash receptacle, some of you picked up and helped keep everything tidy.

Together we made a success. And it was a great social opportunity for visiting and laughing and eating.

Plan on our April fundraiser – Breakfast with the Easter Bunny - April 13 from 7 to 10 a.m.



Dick Ebbert and Sandy Bowman add ingredients to the oyster stew



Life Center of Cumberland County
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Life Center of Cumberland County

2019 Membership is now good through December 31st

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