



Senior Scoop

Life Center of Cumberland County

217-849-3965

September News

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

Being a board member keeps you 'in the know'



Helen Chambers has been a board member for the Life Center of Cumberland County for about 14 years. She was added to the board about the same time her friend Pat Taggart became a member.

"I like to know what's going on. I don't have any favorite thing (to help with as a board member)," she said. "I pretty much like it all."

A few years back the Life Center operated a food stand at the fair and Helen worked behind the counter there many times selling about everything they had. This included anything from breakfast foods such as pancakes, or Dick Ebbert's famous biscuits and gravy and eggs to sandwiches and drinks. Being without a car, she often walks to events the Life Center participates in as she did when she helped to take in gate entry fees at a tractor pull at the Toledo American Legion which benefited the Life Center.

Helen grew up in Marion, Ind., with one brother and two sisters. She met her late husband Marvin Chambers through a friend. Her husband got a job as a salesman and they moved to Toledo, but they also spent 22 years living in Florida. They were parents of Matthew, deceased; Wes of Toledo; and Bill who lives in Florida.

She was a stay-at-home mom until the children got in junior high and then she worked as a maid in hotels and motels. Following her husband's death, she moved back to Toledo. That's when she got involved with the Life Center.

Helen said she wished more people would come and give us a try. "I'm glad the Life Center is here. It gets me up in the morning."

Helen enjoys playing Skip-Bo and Bingo as well as participating in exercises that are done on Mondays, Wednesdays and Fridays.

Strength, versatility and dedication add up to time well spent exercising

The Life Center offers plenty of opportunities to exercise in a variety of ways with three different leaders. One style is sure to suit you and your need. Matter of Balance is offered several times a year and two other classes are offered Mondays, Wednesdays and Fridays. Choose your favorite.

Matter of Balance

Our own Senior Information Specialist Joannie Roberts, along with Angie Levitt from Community Care Systems make sure anyone needing help to keep their balance has the opportunity to learn better balance techniques. Now in its third season, these classes help adults decrease their chances of falling and going through recovery from an injury as a result.

Classes were held during August at the Life Center of Cumberland County and are scheduled at the Casey Senior Center beginning Sept. 10th. Check the calendar for all the dates. Classes are from 1 to 3. All classes are free. Call Joannie at 849-3965. These classes were developed by Boston University and co-sponsored by Rush University Medical Center.

Chair Exercise with Joan

Board member Joan Ettelbrick from Greenup comes over at 10 a.m. every Monday and Wednesday and get our seniors motivated and moving with her chair exercises. Sometimes they are to the beat of a television host and at other times Joan leads the group to keep moving.

Strong for Life

Barb Brown, Peace Meal Regional Supervisor, uses bands and stretching to help us use our muscles at full potential every Friday morning at 10:00.

After all, keeping fit is a life-long project. The old adage is "use it or lose it." The more exercise we can accomplish means more dexterity and better balance we will continue to have.

Join us at the Life Center in

September

2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Life Center and Peace Meal closed	4 10:30, Bingo with Community Care	5 10, Chair exercise 10:30, ERBA Home Repairs & Save on Utilities-Sandy Deters	6 10:30, Bingo w/Heritage Woods	7 11:00, Birthday party. School Days – Bring a picture to share.	8 RIDES trip to the Arcola Broom Corn Festival. RSVP at 866-384-0503 and for details
9 National Grandparents Day	10 10, Chair exercise 1 – 3, Matter of Balance at Casey Sr. Center	11	12 9, Toenail Clinic 10, Chair exercise 1 – 3, Matter of Balance, Casey Sr. Center	13 10:30, Bingo w/Villas of Holly Brook	14 10, Exercise with Barb 1-3, Matter off Balance at Casey Sr. Center	15 1, Tee time for Golf outing at Casey Country Club.
16	17 10, Chair exercise 1 – 3 MOB at Casey Sr. Center Constitution Day	10:30 Wheel 18 of Fortune: 5:30 Board Meeting,	19 10, Chair exercise 1 – 3, Matter of Balance at Casey Sr. Center	20 10:30, Bingo w/Hill Top	21 10, Exercise w/Barb	22
23 30	24 10, Chair exercise 1-3 Matter of Balance, Casey Sr. Center	25 Memory Café w/Community Care; promote memory health	26 10, Chair exercise 1-3, MOB at Casey Sr. Center	27 10:30, Bingo w/Life Center 1-3 MOB, Casey Sr. Center	28 10, Exercise w/Barb RIDES trip to Earl's Supper Club in West Union	29

We were asked to put the calendars on one sheet. Do you like it?

Peace Meal Senior Nutritional Program

September 2018

3 CLOSED FOR LABOR DAY HOLIDAY	4 Country Fried Steak Mashed Potatoes w/Gravy Corn and Lima Beans Texas Toast Apricots	5 Baked Spaghetti Tossed Salad, dressing Chunky Applesauce Whole Grain Wheat Oatmeal Raisin Cookie	6 Chicken Parmesan Zucchini Bake Cucumber and Onion Salad Dinner Roll Cake with Fruit	7 Meatloaf Mashed Potatoes w/Gravy Italian Green Beans Whole Grain Wheat Peaches
10 Pulled Pork Creamed Peas and Potatoes Mexi Corn Bun Mandarin Oranges	11 Salisbury Beef Pattie Mashed Potatoes Lyonnais Carrots W/Wheat Dinner Roll Fruit Juice	12 Chicken Broccoli Alfredo Mixed Vegetables Creamy Coleslaw W/Wheat Dinner roll Fresh Fruit	13 Shepherd's Pie Harvard Beets Biscuit Sliced Pears	14 Hamburger Potato Salad Baked Beans Bun Warm Peach-Pineapple Crumble
17 Chicken Sandwich Scalloped Corn Red Cabbage w/Sour Sauce Bun Applesauce	18 Salmon Boat Macaroni and cheese w/Peas Midori Blend Veggies Whole Grain Wheat Pineapple	19 Taco Salad w/Meat, Cheese, Beans, chips Lettuce, Tomato, Sour Cream and Taco Sauce Cantaloupe Pudding	20 Turkey Salad w/Grapes on Lettuce Creamy Potato Soup Crackers Gelatin Salad with ½ Cup Fruit	21 Pork Chop in Gravy Mashed Potatoes Breaded Tomatoes Whole Grain Wheat Fruit Salad
24 Chicken and Noodles Mashed Potatoes Broccoli Whole Grain Wheat Tropical Fruit	25 Settlers Beef and Beans Carrots Biscuits Melon Chunks	26 Brat and bun Pea and Cauliflower Salad Tomatoes & Zucchini Warm Blueberry-Apple Crisp	27 Fried Chicken Mashed Potatoes w/Gravy Green Beans W/Wheat Dinner Roll Pears	28 COOK'S CHOICE REGIONAL FAVORITES WILL BE SERVED

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

It's Tee time at the Life Center's ninth annual golf fund-raiser

This year our annual golf fund-raiser will be at the Casey Country Club. Tee time is at 1 p.m. Sept. 15th. We are looking for hole sponsors, door prizes, and teams. It's not too late to get a team together and plan on a day of fun that also benefits the Life Center. In the not too distant past, one person made two holes in one at our event.

\$50 that includes the 18-hole scramble, cart, soda or water along with dinner, trophies, and door prizes for everyone. In addition, for \$50 a business can have its name recognized on the tee box you are sponsoring.



It's easy to be a part of this fun day. Forms have been mailed out to area businesses, but if you need a form, stop by the Life Center, fill it out and drop it off here or mail it to the Life Center at 507 E. Main, Toledo, Il., 62468. If you don't have a team together, show up anyway and we will put you with someone else who forgot to bring their team. You can register for golf at the event.

You may also wish to donate any prizes that will be awarded after completing the golf outing.

Seniors in Clark and Cumberland counties benefit from this day of fun.

For more information call 849-3965 or contact Greg Johnson at 573-718-6161.

Life Center Calendars

Each year, the Life Center produces a 12-month calendar that allows us all to share dates that are important to us. For only \$1.00, you can include a friend or loved one's birthday, anniversary, or any other day that is special to you. We all enjoy celebrating these important remembrances with one another.

Once printed, \$5.00 gets you your own calendar and includes an entry form for our monthly birthday party drawing for \$25. You need not be present to win. (but we hope you are. Birthday parties are the first Friday each month.) There are twelve drawings and so you have twelve chances to win!

In addition, local businesses who support the Life Center take this opportunity to show their support with their ads. If you are a business, we hope you want to show your support all year long with an ad in our calendar. If you are a senior, we hope you show your appreciation to our local supporting businesses by looking to them first when considering a purchase.

Keep those RMTD cards handy New cards are coming

Any senior who filled out information to ride the Rides Mass Transit District bus received a card with an identification number on it and your name.

RIDES is asking seniors to find those cards and start carrying them with you when you ride the bus. Soon, RIDES will distribute new cards through the Life Center or through other arrangements. The new cards will have a square bar code on them (AKA QR code) and you will need to scan the card each time you get on the bus, whether to come to the Life Center or go on a trip. Get in the habit now of carrying your card with you, so when you get the new card with the bar code on it, you will always have the card and be ready to scan.



RIDES IS NOW GOING TO SPRINGFIELD 7-DAYS A WEEK!!! Call 866-384-003 for more information.

2019 Membership Renewal is due October 1, 2018

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