

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

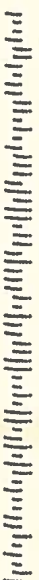
ECIAAA

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ECIAAA
1003 Maple Hill Road
Bloomington IL 61704-9327

617049327 R021



JULY

2018

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 1:00 PM to 3:00 PM
COLOR CONVERSATION COLORING GROUP 1:00 PM to 3:00 PM

TUESDAYS

BILLIARDS 1:00 PM to 3:00 PM
CARDS & GAMES 1:00 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 BASEBALL
12:30 PM to 3:00 PM

FRIDAYS

BILLIARDS 1:00 PM to 3:00 PM
CARDS & GAMES 1:00 PM to 3:00 PM

REFRESHMENTS SERVED! COME JOIN US!

CALL THE CENTER AT 217-935-9411 FOR DETAILS

JULY BIRTHDAYS



LEO HOBACK – 1
ERIKO BARRETT – 4
LINDA LONG – 4
DENNIS HOFF – 5
LOUISE GIBSON – 6
ED REYNOLDS – 13
JUDIE KNOTH – 22
HELEN DEFEBEAUGH – 22
DONNA STANWOOD – 24
PEG REETER – 25
RUTH HARVEY – 26
BERNEDA DANIELS – 27
MARJORIE BURRIS – 29
JIM RICH – 29

COME IN FOR CAKE & ICE CREAM
WEDNESDAY JULY 25TH AT 10:30 AM
& CELEBRATE JULY BIRTHDAYS
WITH US!

IF YOU ARE NOT ON OUR BIRTHDAY LIST
& WOULD LIKE TO BE
PLEASE CALL US!

217-935-9411



ARE YOU OK?

The DeWitt County TRIAD in collaboration with CENCOM has implemented the Telephone Reassurance Program entitled ARE YOU OK? This program is being used successfully in many locations around the United States and the state of Illinois. It is designed to help reduce the fear of being home alone-by means of a DAILY computer generated call, (coordinated by CENCOM and 911) to elderly persons, home bound, those individuals living with disabilities, and latchkey kids.

The system will help to ease the concern of friends and family who may find it a challenge to maintain consistent reliable contact. For example, an 85-year-old senior citizen wants the independence of living in their home along with the security of being monitored. The ARE YOU OK? system can bring a sense of comfort into every subscriber's home **FREE OF CHARGE**.

Each day at a pre-arranged time, the system will make calls to the subscriber. If the call is correctly answered, the system knows that "all is well". If no answer, a repeat call is made. After a set number of repeat calls and no answer, steps are taken to make sure you are safe and OK.

Call the DeWitt County Sheriff's Office at 217-935-9507 for more information or to schedule an appointment to sign up.



**THE FRIENDSHIP CENTER HAS BEEN
SELECTED BY THE
CLINTON QUARTER AUCTION
AS THE JULY NON- PROFIT RECIPIENT!
EVERYONE IS INVITED!
TO BE HELD ON: MONDAY, JULY 9TH
FROM 5:30 PM – 8:30 PM
AT THE ABAGAIL IN CLINTON
1520 E. SOUTH STREET**



FUNDRAISER

**TO BE HELD AT THE FRIENDSHIP CENTER
WEDNESDAY, JULY 11TH, 2018
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



DeWitt County Food Mobile

When: Saturday, July 21, 2018

Time: 10:00 am to 11:30 am

Where: Clinton American Legion
219 N. Elizabeth St, 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.





**JOIN US FOR
ART & THINGS**

JULY 3RD

&

JULY 17TH

10:00 AM TO 11:30 AM



IGA COOKOUT

Where: IGA

When: Friday, July 13th - 10am-6pm

Saturday, July 14th - 10am-2pm

Goal: Fundraiser for DeWitt County Friendship Center

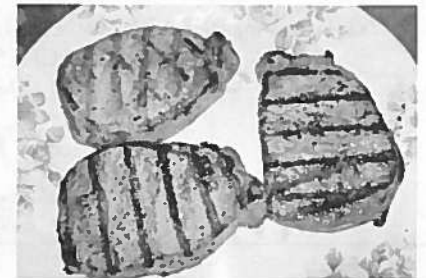
Meal: Sandwich, Chips & Drink

Choice of: Pork Chop sandwich Meal - \$6

Ribeye sandwich Meal - \$7

Pork Chop sandwich - \$5

Ribeye sandwich - \$6





**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!



MONTHLY HEALTH CHECKS

THE THIRD TUESDAY OF EACH MONTH
THIS MONTH:

TUESDAY, JULY 17, 2018 – 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

JULY 10th & 24th

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

"Comments from Caitlin"

One tiny berry packs a nutritious and versatile punch as we celebrate the blueberry during National Blueberry Month. Starting in June and throughout the summer, look for subtly sweet blueberries growing locally in Illinois.

Nutritionally, blueberries are like many fruits: low in calories, without sodium or fat, and a source of vitamins. A 1/2-cup serving of blueberries contains around 40 calories, 10g carbohydrates, 2g fiber, and is a good source of vitamin C, folate, and vitamin K.

While you can find fresh blueberries almost year-round in stores, the best quality and lowest prices will be in summer months.

- **Buy:** Blueberries should be a deep blue-purple color, firm, and plump without mashed, shriveled, or wrinkled flesh.
- **Price:** The lowest prices on blueberries will be when they are in-season. According to the U.S. Department of Agriculture, on average, fresh or frozen blueberries cost around \$1.30 per cup. These are certainly one of the more expensive fruits, so look for good quality berries before you buy.
- **Store:** Keep unwashed berries in your refrigerator for up to a week, discarding molded or soft berries. Wash right before you eat them to prevent faster spoilage.
- **Prepare:** Wash before eating. If using in a recipe, blueberries are often left whole since they are already small and bite-sized.
- **Eat:** Commonly eaten as a fruit side to meals or as a snack, blueberries work well in sweet dishes such as bakery items and fruit salads.

Peach and Blueberry Kabobs (Serves 4)

Illinois will also start seeing peaches come into season, so you can make this snack from local fruits!

2 fresh peaches
1 cup fresh large blueberries

1. Wash and halve peaches. Cut into 1-inch pieces.
2. Wash blueberries.
3. Thread peaches and blueberries in alternating patterns onto each of 4 skewers.

Nutritional analysis per serving: 50 calories, 0g fat, 0mg sodium, 13g carbohydrate, 2g fiber, 1g 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 Huth, MS, RD
Nutrition and Wellness Educator
University of Illinois Extension
Serving DeWitt, Macon, and Piatt Counties
chuth2@illinois.edu
217-935-5764

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, July 9, 2018

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, July 6th 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.

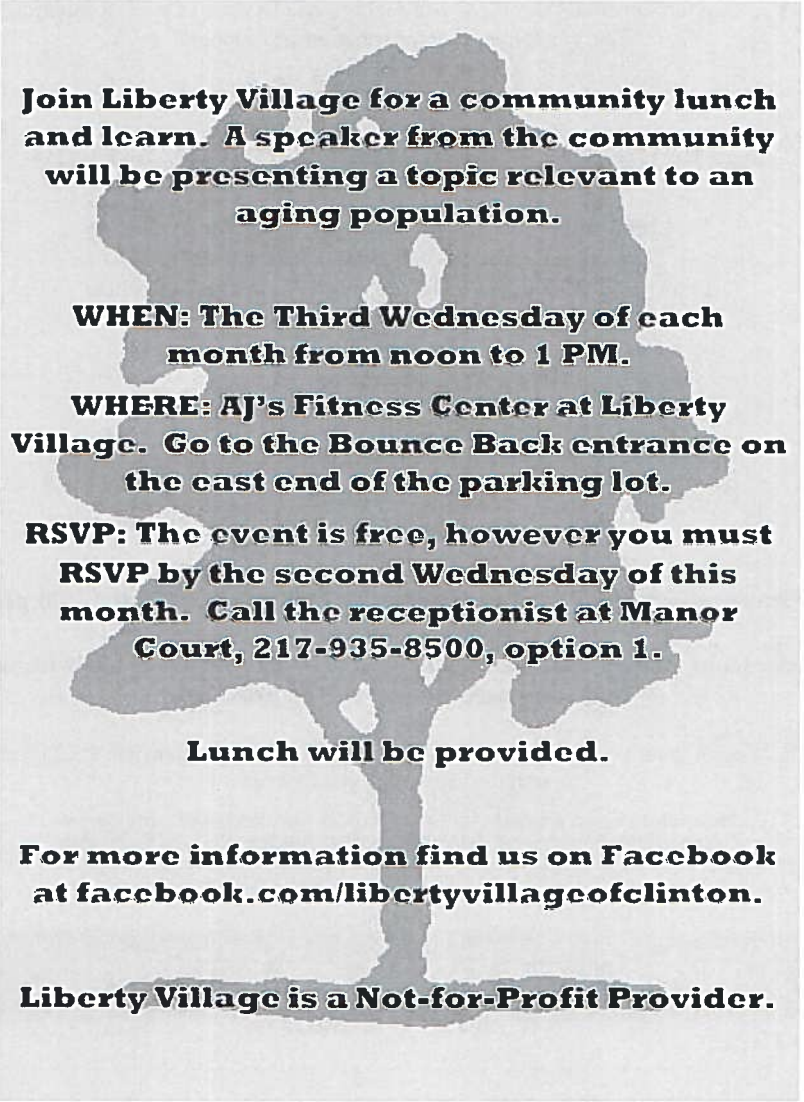
This support group will continue to meet the second Monday of each month at 12:00 pm with food & beverages provided.

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....



Join Liberty Village for a community lunch and learn. A speaker from the community will be presenting a topic relevant to an aging population.

WHEN: The Third Wednesday of each month from noon to 1 PM.

WHERE: AJ's Fitness Center at Liberty Village. Go to the Bounce Back entrance on the east end of the parking lot.

RSVP: The event is free, however you must RSVP by the second Wednesday of this month. Call the receptionist at Manor Court, 217-935-8500, option 1.

Lunch will be provided.

For more information find us on Facebook at facebook.com/libertyvillageofclinton.

Liberty Village is a Not-for-Profit Provider.

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, July 16th, 2018

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
April Harvey 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.



Community
Care
Systems, Inc.
"Care is our middle name"

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

EVEN "HEALTHY" GUYS NEED HEALTH SCREENINGS

Are you the type of guy who puts off doing a task and later wishes he'd just done it? Do you think that if you don't feel ill, then everything must be fine? If you're a man with Medicare, now's the time to talk with your doctor about whether you should get screened for prostate cancer, colorectal cancer, or both. Screening tests can find cancer early, when treatment works best.

Don't put off screenings if you're worried about the cost—if you're a man 50 or over, Medicare covers a digital rectal exam and a prostate specific antigen (PSA) test once every 12 months. Also, Medicare covers a variety of colorectal cancer screenings—like the fecal occult blood test, flexible sigmoidoscopy, or colonoscopy—and you pay nothing for most tests.

Prostate cancer is the most common cancer in men, second only to lung cancer in the number of cancer deaths. Not sure whether you should get screened? You're at a higher risk for getting prostate cancer if you're a man 50 or older, are African-American, or have a father, brother, or son who has had prostate cancer.

Colorectal cancer is also common among men—in fact, it's the second leading cause of cancer-related deaths in the United States among cancers that affect both men and women. If everyone 50 to 75 got screened regularly, we could avoid as many as 60% of deaths from this cancer.

In most cases, colorectal cancer develops from precancerous polyps (abnormal growths) in the colon or rectum. Fortunately, screening tests can find these polyps, so you can get them removed before they turn into cancer. If you're 50 or older, or have a personal or family history of colorectal issues, make sure you get screened regularly for colorectal cancer.

June is Men's Health Month. It's the perfect time for you to take the steps to live a safer, healthier life. Watch our video on how Medicare has you covered on colorectal cancer screenings, and visit the Men's Health Network website on Men's Health Month for more information.



 **Community
Care Systems, Inc.**
*Caring for Illinois Seniors
Since 1980*

Diabetes Self Management

Class Location:

Hawthorne Inn

1 Park Lane West (West Entrance)

Clinton

FRIDAYS, 1:00 – 3:30 PM

JULY 20TH – AUGUST 24TH 2018

LIVE WELL, BE WELL

Take Charge of Your Health

This 6 week class will give you tools to better Manage your Diabetes. Learn new skills, set goals, and learn more about this health issue which affects many older adults. Your leaders, Diane Cusey, from Community Care Systems, Inc. and Rebecca Wheat with Advocate BroMenn Adult Day Services will help you put your skills to practice in this evidence-based class developed through Stanford.

There is no charge to participate in this class, however, donations are accepted.

Funded through Community Care Systems, Inc., ECIAAA, Age Options, and The Illinois Department of Aging.

Sponsored by Liberty Village & Community Care Systems, Inc

CLASS SIZE IS
LIMITED &
PRE-REGISTRATION IS
REQUIRED. CALL
DIANE AT
217-935-4560 TO
RESERVE YOUR
PLACE

Text books and all
class materials
are provided. The
book will be
available to
purchase for
\$25.00 at the end
of class.

OUR LOCAL OFFICE:
**COMMUNITY CARE
SYSTEMS, INC.**
410 E. Main St
Clinton, IL
217-935-4560
Diane.cusey@ccsicare.com

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

JULY 2, 9, 16, 23, 30

COLORED PENCILS & COLOR SHEETS PROVIDED

