



Senior Scoop

Life Center of Cumberland County

217-849-3965

And in Clark County at 217-826-5155

February 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

Life Center builds bridges

Helping others is as natural to Joan Ettelbrick as cooking is to a chef or painting is to an artist. She is quick to credit her parents who told her to treat others like she would want to be treated.



And her career as a nurse stemmed from helping to take care of her sick baby brother when she was 7 years old and the family doctor said she was going to make a great little nurse. Later, Joan went through school to become a nurse and retired from that career at St. Anthony's Hospital in Effingham a couple of years ago. Since then she has found her niche at the Life Center of Cumberland.

Joan Ettelbrick, seated on the floor, talks with a group of seniors during an exercise session at the Life Center of Cumberland County

Joan leads an exercise program twice a week beginning at 10 a.m. on Mondays and Wednesdays. Her love of exercise followed an incident where she lifted a patient the wrong way and couldn't feel her legs for a few minutes. The late Dr. Massie happened to be near her when it happened. "Dr. Massie said 'you need to do an exercise every day.'" And she does either at home or at the Life Center. "More people should join exercise," she said.

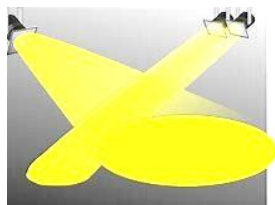
She often stays for lunch and visits with the seniors and staff. And she nearly always can be found helping someone with their coat or getting another person a drink - anything to help.

She is also a board member. "Someone asked me to come (to the Life Center). I'm glad I did. It's a great place for older people and children." The Life Center's services and Peace Meal 's home delivered and congregate meals makes this an ideal place. The Santa Breakfast and Easter

Bunny Breakfast are especially good for getting the two age groups involved. At those fund-raisers Joan joins in flipping pancakes or serving meals or wherever she is needed. "The breakfasts are good for children and they let children and older people get involved."

Joan is a firm believer in taking care of your health and maintaining a good weight when possible. She has a bit of advice for keeping pounds off. "If it don't go in, it don't go on," she said.

Some other advice came from her late husband who told her to always buy local when possible. "Keep your money in your community." And she tries to do that as well as something her father told her. "Give to God, pay your bills and save something from every paycheck."



Volunteers shine in the spotlight

Volunteers who donated time, money, talent or tangible goods to the Life Center during December and January deserve a heartfelt thank you from all of us. We

love our volunteers and appreciate all they do.

Cash donations: Bob Lawson, Maximum Forte a cappella singers, George and Dorothy Cutright, Connie Parker, Linda Sponsel, Floyd and Debra Holkenbrink, Carolyn Auger, Cottonwood UMC, Ron and Becky Evans, Julie Hunt and Dick Ebbert.

Fundraiser organizers: Greg and Lisa Johnson scheduled the singers, set up the tables and chairs, and helped with refreshments for the well-attended Christmas concert.

Music: Phyllis Sowers entertained seniors one morning with piano music.

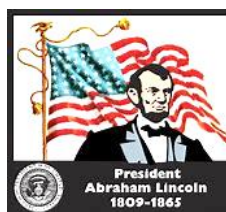
Donated Bingo prizes: Loretta Hickey brought in a sack full of nice Bingo prizes.

Ice: Mike Walker for making sure the freezer was filled with ice and Bob Lawson for collecting the ice donations. **Speaking of donations,** the Life Center is in need of a volunteer to help us bag ice. If you are interested see Sandy Bowman inside the building. Our volunteer ice bagger has moved out of the area.

Santa Breakfast: Greenup Mayor Stacy Carl donated his time and his check to wear a hot Santa Claus suit for our annual Santa breakfast. Board members Debbie Stinson, Dick Ebbert, Joan Ettelbrick and Kyle Bergbower flipped pancakes, cooked sausage, made gravy, and served food. Evelyn Pugh and Shirley Cox, also a board member, served beverages. Life Center staff, Joannie Roberts, SIS specialist; and Sue Smyser, receptionist filled in wherever needed.

Bakers: Our bakers donate delicious treats for our events. While some of you did not donate during December, you all whip up amazing baked goodies for our bi-annual bake sales. Our bakers include Atha Sanders, Gloria Roan, Alberta Darling, Mildred Carlen, Patsy Evans, Elloise Holsapple, Shirley Cox, Kim Hanley, Bev Kuhn, Violet Whitaker, Joan Ettelbrick, Patty Murray, Evelyn Young, Lisa Johnson, Gina Sweitzer, Janet Padrick, June Stingle, Sue Icenogle, Amy Finley, Alissa Braden and Jill Layton.

Thank you: What would we do without our volunteers? They help us to keep operating and providing services to our seniors and disabled. Whatever you contribute to this facility is treasured and your efforts and time and tangible donations are very much appreciated.



Life Center closed for Lincoln's Birthday

The Life Center will be closed Feb. 12. Peace Meal will deliver meals to homebound.

Also, keep in mind that if winter throws us a curve and Cumberland Schools are closed because of winter weather, the Life Center is also closed.

Welcome mat out for new Program Manager

Life Center of Cumberland County has a new smile and fresh energy with our new Programs Manager, Leah Kidwell. Leah is new to the area and comes to us from the sunny island of Hilton Head, South Carolina. She is still getting familiar with Toledo and Cumberland County but is already very familiar to working with seniors and serving her community well.

Leah has worked with senior populations for twelve years. Before receiving pay to do it, she volunteered for years. Most recently, Leah voluntarily served as the Board President for the Beaufort County Council on Aging. In fact, she originally contacted the Life Center offering to volunteer and serve on the board.

Born and raised in Indiana, Leah attended DePauw University for her BA. She attended the University in Indianapolis for graduate level classes and has earned several certifications including Certified Wellness Professional and Senior Fitness Instructor.

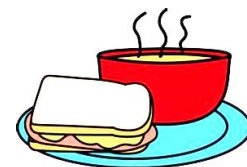
Educational presentations pertaining to health and wellness, Name that Tune Sing-Alongs and chair exercise classes specific to balance are some of the things everyone can look forward to Leah bringing to our Life Center. Her door is always open, so feel free to stop in and introduce yourself.



Leah Kidwell, program manager
for the Life Center

Warm up with soup at the Life Center

The Life Center will host our Valentine's soup supper from 4-7 p.m. on Thursday, Feb. 7. Donations will be accepted.



This event is perfect for working parents who are juggling time between home and work or school and children. Bring the whole family in for a bowl of taco soup or chili or fill up on a comforting bowl of cheesy potato or oyster soup. Choose a ham salad or cheese salad sandwich and finish up the meal with something sweet donated by our amazing volunteer bakers.

RIDES Mass Transit will pick up seniors who need a ride to the soup supper and take them back home. Thanks to all of you for making our events successful. This community is important to the success of fundraisers and you always come through. THANK YOU!



Classes set in Neoga to improve your balance

If you are concerned about falling due to losing your balance, then the free Matter of Balance, (MOB) classes planned at the Neoga Municipal Building on Mondays and Wednesdays are for you.

Sign up now for the sessions planned from 1-3 p.m. on Feb. 4, 6, 11, 13, 18, 20, 25 and 27. Joannie Roberts, Life Center Senior Information Specialist, and Angie Levitt, Community Care, will be leading the sessions. Call 849-3965 to sign up. There is a limit of 12 people per class.

These classes were adapted from a program, developed by Boston University and co-sponsored by Rush University Medical Center, made possible through grants from the Administration for Community Living and Retirement Research Foundation. The MOB classes will help you learn about hazards that can cause you to fall, identify habits that put you at greater risk of falling and teach simple exercises to improve your balance and help you feel more confident about going outside of your home and doing things you enjoy.

February



2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
					<p>9:00 – evening - tax preparation help 10, Strong for Life Exercise 10:30, Birthday party</p>	1 2					
3	<p>10, chair exercise 1-3 – Matter of Balance - Neoga</p>	4	<p>10:30 Bingo w/Community Care</p>	5	<p>8:30-noon tax preparation help 10, chair exercise 1-3 – Matter of Balance - Neoga</p>	6	<p>10:30, presentation by Toledo YMCA 4-7, soup supper</p>	7	<p>9:00 - evening tax help 10, Exercise 10:45, Name that Year RIDES trip to Long Silvers</p>	8	9
10	<p>10, Chair exercise 1-3 – Matter of Balance - Neoga</p>	11	<p>Closed for Lincoln's Birthday</p>	12	<p>8:30-noon - tax help 9, Toenail Clinic 10, chair exercise & MY funny valentine story share 1-3 – Matter of Balance - Neoga</p>	13	<p>10, Presentation w/ Mattoon Health Care and Bingo at 10:30</p> <p>Happy Valentines Day</p>	14	<p>9:00 -evening - tax preparation help 10, Strong for Life Exercise</p>	15	1 6
17	<p>10, Chair exercise 1-3 – Matter of Balance - Neoga President's Day</p>	18	<p>10:30, Wheel of Fortune 5:30, Board meeting</p>	19	<p>8:30- noon - tax preparation help 10, Chair Exercise 11, Name that tune & sing-a-long</p> <p>1-3 – Matter of Balance - Neoga</p>	20	<p>10:30, Bingo w/Villas of Holly Brook 10, Blood pressure clinic by Cumb. health dept.</p>	21	<p>9:00 -evening tax preparation help 10, Strong for Life Exercise 10:30, Fit Wits w/ Cheri Burcham,</p>	22	2 3
24	<p>10, chair exercise 10:30, free hearing screening, hearing aid cleaning by Connect Hearing of Terre Haute 1-3 – Matter of Balance - Neoga</p>	25	<p>10, Memory Café with Angie Levitt, of Community Care</p>	26	<p>8:30-noon - tax preparation help 10, Chair exercise 1-3 – Matter of Balance - Neoga</p>	27	<p>10:30, Bingo w/Hill Top</p>	28	<p>President Abraham Lincoln 1809-1865</p>		

February 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 Ravioli w/Meat 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 Ham 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 Pulled Pork Sandwich 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	

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 free confidential help filing your income taxes?

Taxes Done
FREE ✂

Several dedicated volunteers have recently completed training to help individuals fill out their income tax forms. The volunteers will be available Wednesdays and Fridays by appointment only during mornings, afternoons and evenings beginning Feb. 1. There is no charge to use this confidential service, however, there are certain returns we cannot complete. Preference will be given to senior and low-income individuals of Cumberland County. You **MUST** have an appointment. Preparers will not be waiting for someone to drop by. Call 849-3965 to make your appointment and also to find out if we are able to complete your return and what you must bring with you.

Also, in Clark County free tax assistance is available at the Marshall Public Library. Call 217-826-2535 for an appointment.



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 Renewal

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