

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

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OCT 01 2018

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1003 Maple Hill Road  
Bloomington IL 61704-9327

617049327 RC21



OCTOBER  
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**

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**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***

**OCTOBER BIRTHDAYS**



WILBUR BROWN – 2  
PHYLLIS GREEN – 2  
JEANETTE ANDREWS – 3  
REBECCA RAGAN – 4  
ERMA BELL – 6  
SANDY SLOAN – 6  
PATTY REYNOLDS – 8  
ERMA SPENCER – 10  
DELLA COBB – 11  
EDNA BURNS – 13  
VICKI RAWSKI – 13  
JANET CONRAD – 14  
MARILYN PIASECKI – 17  
DEANIE BLADES – 18  
NORMA SHORT – 26  
CLEO LEGGETT – 27  
MAX SITTES – 27  
DELORES AYERS – 29  
VIRGINIA SCARLETT – 30  
JANICE KARR – 31  
BETTY EASTON – 31

**COME IN FOR CAKE & ICE CREAM**  
**WEDNESDAY OCTOBER 24<sup>TH</sup> AT 10:30 AM**  
**& CELEBRATE OCTOBER 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.



### FUNDRAISER

**TO BE HELD AT THE FRIENDSHIP CENTER  
WEDNESDAY, DECEMBER 5<sup>TH</sup>, 2018**

**6:00 PM – 9:00 PM**

**COST: \$40.00**



**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**

Friendship Center Newsletter  
October 2018

"Comments from Caitlin"

From apples, pears, and cranberries to winter squash and Brussel sprouts, there are lots of seasonal fruits and veggies to eat. Sometimes, buying and preparing foods feels like a chore more than an opportunity to enjoy foods. So, look for healthy – and seasonal – conveniences.

- **Fresh: Winter Squash Chunks.** Some produce sections in stores will pre-cut winter squash and other veggies into chunks and cubes. This makes it easy to make a recipe!
- **Frozen: Pureed Winter Squash.** Puree squash is also available. Making squash soup is easy that way!
- **Canned: Pears.** Not just pears, but many other fruits canned in juice or water are easy options to have fruit at home.

**Squash, Apple, and Cranberry Casserole (Serves 6)**

3 cups cubed winter squash (such as butternut or acorn)  
2 cups cubed baking apples\* (such as Granny Smith)  
1/2 tsp. nutmeg  
1 tsp. cinnamon  
1 Tbsp. brown sugar  
1/4 cup dried cranberries

1. Preheat oven to 350 degrees F.
2. Combine cubed squash and apples in an 8x8 inch pan.
3. Sprinkle nutmeg, cinnamon and brown sugar over squash and apple mixture.
4. Top mixture with dried cranberries.
5. Cover pan with aluminum foil and bake for 45-60 minutes, or until squash and apples are tender.

*Nutritional analysis per serving:* 80 calories, 0g fat, 0mg sodium, 19g carbohydrate, 3g fiber, 1g protein

Recipe from Illinois Nutrition Education Programs  
Modified from "Squash Apple Casserole" found at [www.usda.gov/whatscooking](http://www.usda.gov/whatscooking)

For upcoming health and wellness classes from UI Extension, come by our office and find us online at [go.illinois.edu/dmp](http://go.illinois.edu/dmp).

Have a great month,

Caitlin Mellendorf, MS, RD  
Nutrition and Wellness Educator  
University of Illinois Extension  
Serving DeWitt, Macon, and Piatt Counties  
[chuth2@illinois.edu](mailto:chuth2@illinois.edu)  
217-935-5764

## 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  
Betsy Parker 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**



**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](mailto:fiadewitt@gmail.com) for more information.**

# 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!

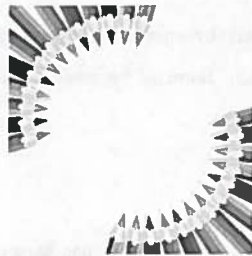
## COLOR CONVERSATION

ANY MONDAY OF EACH MONTH  
12:30 PM to 3:00 PM

THIS MONTH

OCTOBER 1, 8, 15, 22, 29

COLORED PENCILS & COLOR SHEETS PROVIDED



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



- Community Care Systems (CCSI) is located at the DeWitt County Friendship Center and may be reached by calling (217) 935-4560. Outreach events are held the 1<sup>st</sup> Wednesday 1:30- 4:00 pm, the 3<sup>rd</sup> Wednesday 8:30- Noon and on the 2<sup>nd</sup> Monday of every month from 2:00-4:00 at the Sunshine Center in Farmer City and also the 3<sup>rd</sup> Thursday of every month 11:00 am- 12:30 pm at the Weldon Village Hall in Weldon. We will also be out at the Kenney Community Center on the last Wednesday of September, October and November from 8:30-9:30 am during Open Enrollment Period.
- As the Coordinated Point of Entry for DeWitt County, CCSI is happy to provide the following services:
  - Link seniors and disabled adults to local services that are available to meet their needs
    - Nutrition Services
    - Housing Needs
    - Home Care Assistance
    - Transportation
    - Prescription Assistance Plans
    - Caregiver Support Services
  - Conduct home visits and well-being checks to ensure individual is in a safe and appropriate setting
  - Discuss care options for individuals and assist to make an educated decision best suited for their situation
  - SHIP Medicare counseling services to help navigate:
    - New to Medicare
    - Part D Prescription Drug plan
    - Medicare Advantage plan
    - Medicare Savings program
    - Low Income Subsidy "Extra Help" for medications
    - Assistance with Medicare related insurance claim denials
  - Application assistance for SNAP (Food stamps), Medicaid, and Safelink phone (and other application assistance as needed)
  - Evidence-based Healthy Aging programs
    - Diabetes Self- Management
    - Matter of Balance Fall Prevention
  - Benefits Access Application assistance (formerly known as the Circuit Breaker- license plate sticker discount)

*Funding for services & programs come from Community Care Systems, Inc., IDQA, ECIAAA and Age Options. Donations are accepted but no one will be denied services based on inability to pay.*



Community Care Systems, Inc. will be at the following locations to assist people over the age of 60 and the disabled with Information and Assistance in filing for local, state, and federal programs. Our office is located at 410 E. Main St in Clinton, IL. We can be reached by calling 217-935-4560. We do walk-ins in the morning from 8:00-11:30 and afternoon is by appointment only. Please check outreach locations below to make sure we will be in the office.

**Farmer City, DeWitt County**

Sunshine Center  
701 E. Clinton Ave  
Farmer City, IL 61842

- ❖ 1<sup>st</sup> Wednesday of every month 1:30-4:00
  - Oct 3<sup>rd</sup>, Nov 7<sup>th</sup> & Dec 5<sup>th</sup>
- ❖ 3<sup>rd</sup> Wednesday of every month 8:30-12:00
  - Oct 17<sup>th</sup>, Nov 21<sup>st</sup> & Dec 19<sup>th</sup>
- ❖ 2<sup>nd</sup> Monday of every month 2:00-4:00 pm
  - Oct 8<sup>th</sup>, Nov 12<sup>th</sup> & Dec 10<sup>th</sup>

**Weldon, DeWitt County**

Weldon Peace Meal Site at Village Hall  
480 Maple St  
Weldon, IL 61882

- ❖ Thursday-3<sup>rd</sup> Thursday of each month from 11:00 am-12:30 pm
  - Oct 18<sup>th</sup>, Nov 15<sup>th</sup> & Dec 20<sup>th</sup>

**Kenney, DeWitt County**

Kenney Community Center  
101 S. Johnston St  
Kenney, IL 61749

- ❖ We will be in Kenney only during open enrollment on the last Wednesday of October and November from 8:30-9:30 am.

*Funding for services & programs come from Community Care Systems, Inc., IDOA, ECIAAA, and Age Options. Donations are accepted but no one will be denied services based on inability to pay.*

**The DeWitt County Triad is Offering A Wearable Location Device for Wandering Adults,**

**FREE of CHARGE**



LOK8U Freedom™ monitors the location of your loved ones, finding their whereabouts at home, and about, day and night.

Dementia is on the rise as the world's population ages. 60% of patients with dementia will wander in their lifetime. Wandering is the single most stressful event that leads families to commit loved ones to institutional care. FREEDOM is designed with you and your loved one in mind, providing two levels of protection. It is a locator device for you, and has an alert button for your loved one to signal you that they are lost or in danger, giving you and your loved one peace-of-mind.

- Portable receiver is easy to set up and use – at home or on the go
- Customize the range – from 30 to 300 feet – right on the device
- Visual and loud beeping audible alarm. Alert button instantly notifies caregiver
- Provides instant location of wearer. Display wearer's location on Google maps with street address and zip code
- Communicates wearer's location by email and text message. Unlimited text and email alerts
- Looks and fits like a wrist watch. SureLok™ system keeps it on
- Longest battery life on the market
- Water resistant

Contact the DeWitt County Triad at 217-935-9507 to request a unit.

Follow Triad on 



**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 12:00 to 1 PM.**

**WHERE: AJP 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](https://www.facebook.com/libertyvillageofclinton).**

**Liberty Village is a Not-for-Profit Provider.**

## **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!**



**EXERCISE  
& WELLNESS**

### **United Way supports seniors in DeWitt County**

United Way cares about DeWitt County seniors and we invest in programs that seniors love. We fund the DeWitt County Friendship Center, helping with some senior programming there. We also invest in Peace Meal, helping ensure seniors who can't afford the meal service still have access to it and can remain independent in their homes. For more information about United Way's efforts in DeWitt County, you can visit [uwdecatur.org](http://uwdecatur.org).

**United  
Way**



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, October 8, 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, October 5<sup>th</sup> 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](http://alz.org/Illinois) and click on "Support Groups"

**alzheimer's  association®**

*Join Us.....*



**WARNER HOSPITAL**  
*& Health Services*

422 W. White Street - Clinton, IL 61727 (217) 935-9571

## Family Medicine Walk-In Clinic

- Common Cold Symptoms
- Rashes or other skin irritations
- Painful or burning urination
- Allergy Symptoms
- Pink Eye
- Earaches
- Cough
- Sore Throat
- Upper Respiratory Infection
- Sport Physicals

**Hours:**  
**Monday 8am - 6:30pm**  
**Tuesday 8am - 6:30pm**  
**Wednesday 8am - 6:30pm**  
**Thursday 8am - 4pm**  
**Friday 8am - 4pm**  
**Saturday 9am - 12:30pm**  
Closed 12pm - 1pm Monday thru Friday for lunch.



**Warner Hospital and Health Services is excited to offer this NEW service to our community. The Walk In Clinic is open to individuals 5 years and older including new patients.**

**Always Caring, Close to Home.....Now More Convenient**





# OCTOBER 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> COFFEE 8 AM DOMINOES 1 PM—3 PM COLOR CONVERSATION 1 PM—3 PM	<b>2</b> COFFEE 8 AM ART 10 AM—11:30 AM POOL 1 PM—3 PM CARDS & GAMES 1PM—3P M	<b>3</b> COFFEE 8 AM SENIOR YOGA 8:15 AM BINGO 12:15 PM CARDS & GAMES 1 PM—3 PM	<b>4</b> COFFEE 8 AM BEAN BAG BASEBALL 12:30 PM—3 PM	<b>5</b> COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1 PM—3 PM	<b>6</b>
<b>7</b>	<b>8</b> COFFEE 8 AM ALZHEIMER'S SUPORT GROUP 12 PM—1 PM DOMINOES 1 PM—3 PM COLOR CONVERSATION 1 PM—3 PM FLU SHOT CLINIC 12 PM	<b>9</b> COFFEE 8 AM HEARING AID CENTER 9:30 AM—11 AM POOL 1 PM—3 PM CARDS & GAMES 1PM—3PM	<b>10</b> COFFEE 8 AM SENIOR YOGA 8:15 AM BINGO 12:15 PM CARDS & GAMES 1 PM—3 PM	<b>11</b> COFFEE 8 AM BEAN BAG BASEBALL 12:30 PM—3 PM	<b>12</b> COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1 PM—3 PM	<b>13</b>
<b>14</b>	<b>15</b> COFFEE 8 AM DOMINOES 1 PM—3 PM COLOR CONVERSATION 1 PM—3 PM	<b>16</b> COFFEE 8 AM LIBERTY VILLAGE HEALTH CHECKS 9AM-10:30AM ART 10 AM—11 :30 AM POOL 1 PM—3 PM CARDS & GAMES 1PM-3PM	<b>17</b> COFFEE 8 AM SENIOR YOGA 8:15 AM BINGO 12:30 PM CARDS & GAMES 1 PM—3 PM	<b>18</b> COFFEE 8 AM BEAN BAG BASEBALL 12:30 PM—3 PM	<b>19</b> COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1 PM—3 PM	<b>20</b>
<b>21</b>	<b>22</b> COFFEE 8 AM DOMINOES 1 PM—3 PM LOW VISION SUPPORT GROUP 10 AM COLOR CONVERSATION 1 PM—3 PM	<b>23</b> COFFEE 8 AM HEARING AID CENTER 9:30 AM—11 AM POOL 1 PM—3 PM CARDS 1PM—3PM RULES OF THE ROAD 1:30 PM—3:30 PM	<b>24</b> COFFEE 8 AM SENIOR YOGA 8:15 AM BINGO 12:15 PM CARDS & GAMES 1 PM—3 PM BIRTHDAY CAKE 10:30 AM	<b>25</b> COFFEE 8 AM BEAN BAG BASEBALL 12:30 PM—3 PM	<b>26</b> COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1 PM—3 PM	<b>27</b>
<b>28</b>	<b>29</b> COFFEE 8 AM DOMINOES 1 PM—3 PM COLOR CONVERSATION 1 PM—3 PM	<b>30</b> COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1PM—3PM	<b>31</b> COFFEE 8 AM SENIOR YOGA 8:15 AM BINGO 12:15 PM CARDS & GAMES 1 PM—3 PM			

# Peace Meal Senior Nutrition Program October 2018

1	Sloppy Joe Italian Green Beans Scalloped Corn Bun Pineapple Tidbits	2	Beef Stew with Veggies Broccoli Salad Whole Grain Biscuit Warm Fruit Crisp	3	Country Fried Steak Mashed Potatoes w/Gravy Seasoned Greens Texas Toast Fruit Juice	4	Stuffed Chicken Breast Baked Beans Hawaiian Salad Dinner Roll Oatmeal Cranberry Cookie	5	Meatloaf Creamed Peas and Potatoes Seasoned Black-Eyed Peas Whole Grain Wheat Fresh Fruit
8	Sausage in Gravy Mini Potato Bakers Warm Fruit Compote Whole Grain Biscuit Fruit Juice	9	Beef and Noodles Mashed Potatoes Mixed Veggies Whole Grain Wheat Apricots	10	Stuffed Peppers in Sauce Corn Chunky Applesauce Dinner Roll Fruidel Bar	11	Ham and Beans Pickled Beets Cornbread Peaches	12	Chicken Sandwich w/Mayo Pkt. Warm German Potato Salad Tarragon Carrots Bun Fresh Grapes
15	Chicken Pot Pie w/Vegetables Brussels Sprouts Whole Grain Biscuit Sliced Peas	16	Mostaccioli w/Meat Sauce Winter Mix Vegetables Tossed Salad w/Dressing Pkt. Dinner Roll Mandarin Oranges	17	Tangy Pork Choppee w/ Vegetables over Brown Rice Green Beans Rye Warm Cinnamon Apple Slices	18	Fried Chicken Mashed Potatoes w/Gravy Seasoned Venetian Vegetables Whole Grain Wheat Seasonal Dessert	19	Vegetable Beef Soup Creamy Coleslaw Peanut Butter Crackers Raisins
22	Roasted Turkey Mashed Potatoes w/Gravy Green Bean Casserole Dressing Peaches	23	Chili w/Beans Mixed Lettuce Salad w/Dressing Pkt. Crackers Waldorf Salad	24	Beef Stroganoff over Noodles Corn Broccoli Whole Grain Wheat Banana	25	Ham Frosted Sweet Potatoes Midori Blend Vegetables Dinner Roll Cranberry Gelatin Salad	26	Liver and Onions Scalloped Potatoes Buttered Peas Graham Crackers Whole Grain Wheat Dreamsicle Gelatin
29	Sloppy Joe Italian Green Beans Scalloped Corn Bun Pineapple Tidbits	30	Beef Stew with Veggies Broccoli Salad Whole Grain Biscuit Warm Fruit Crisp	31	Country Fried Steak Mashed Potatoes w/Gravy Seasoned Greens Texas Toast Fruit Juice				

## For Reservations Call 1-800-543-1770

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.