



Senior Scoop

Life Center of Cumberland County

217-849-3965

July News

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

Busy mom of eight explains how it's done

Guiding eight children through the ins and outs of growing up was a cinch for Doris Doedtman and her late husband Norbert. "I always said it wasn't no more trouble with eight than you have with two. They knew what they could do and what they couldn't," Doris said. "I lived by the old rule – spanking."

Doris said she never worked outside the home because she was busy raising their family, growing a vegetable garden and preserving the food. "I canned between 1,000 and 1,500 jars a year."

When it came to sitting at the dinner table, one of her daughters, Dolores, had the privilege of sitting right beside mom at meal time. "She didn't want to eat, so I had to make her eat. Another time, she was going to help me weed the corn (in the garden) but she was picking the corn and leaving the weeds."

Doris believes she has the unique title of being the only one around our area to have been born at Funkhouser, Il., in an original log cabin. "Grandpa bought the log cabin from someone and they moved it in." However, she doesn't remember living there because the family moved away when Doris was around 3 and later moved again.



Doris

Explaining how she met her future husband, Doris said when she was a young woman her dad bought a place for the family to live and a young man named Norbert had been seeing the girl who had lived there. Then this new girl moved in and he began asking questions about her and said he thought Doris was pretty. Around this time, the Korean War was going on and Doris had a hobby she enjoyed - writing to Norbert and several other soldiers as pen pals. But Norbert was special.

"He wrote and asked me if he could send me a ring. I don't think he ever did just ask me to marry him, but we got married in Dieterich in the Catholic Church parsonage."

Doris' husband made a career of being in the National Guard and had joined it in 1953. He was employed by a furniture store in Dieterich as a carpet layer and also laid carpet as a sideline. But working two jobs was a bit much. "We went into business for ourselves in 1968 and I was the first lady carpet layer in Effingham County," Doris said.

The couple also volunteered their help at the American Legion. "Norb and I got the first award that was ever given for volunteer service from the American Legion in Effingham County." She said they took food to VA clinics and Doris also worked at Catholic Charities for several years until they moved their store. "Anytime anybody wanted something, they put Norb and me in."

Today she still volunteers to help at the Life Center's bake sales and breakfasts and soup suppers as well as helping with Peace Meal needs, such as wrapping silverware or anything the kitchen could use help with. She also enjoys playing Skip-Bo or Aggravation as well as other games with seniors who visit the Life Center.



Senior Expo 2018

Seniors came from as far away as Casey and Charleston to attend the 18th annual Senior Expo, sponsored by the Life Center of Cumberland County held at the Toledo Christian Church. Joannie Roberts, Cumberland County Senior Information Service coordinator pulled this event together and our local seniors look forward to attending it each year.

Vendors around the room provided free information, eye and blood pressure checks, as well as freebies such as candy, ink pens, small flashlights, letter openers, jar openers, note pads, etc.

We were all treated to a free continental breakfast of doughnuts, courtesy of Casey's in Toledo and Neoga, coffee and tea and later a box lunch of sandwich and cold salads with dessert was available to purchase, provided by Peace Meal.

Sweet Songs of the Prairie, provided music strumming dulcimers. Thank you for a job well done.

Drawings for prizes were held and many of the seniors enjoyed playing Bingo. Again, we are thankful to this community for donating prizes for this event.

Did You Know

The Life Center of Cumberland County has walkers, canes, shower chairs, bed side commodes, etc. If you should ever need one - we lend them out. We also have a few fans to lend out if you cannot escape the heat.

If you would have a fan or air conditioner that you are no longer using and are willing to donate it to the Life Center so it could be used to help others, someone else will appreciate it. Call Joannie Roberts at the Life Center at 217-849-3965 to borrow or donate.

Join us at the Life Center in.....



2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 10, chair exercise 	3 10:30, Bingo w/Community Care	4  Life Center and Peace Meal closed	5	6 Fourth of July theme Birthday Party	7 7, Mackville w/ Bluegrass, gospel music, Linn Park in Martinsville 
8	9 10, chair exercise	10 Movie	11  9, Toenail Clinic	12 10:30, Bingo w/Heritage Woods 	13 10, Strong for Life Exercise RIDES trip to the Fillin' Station in Toledo 	14 Kevin Horner, ventriloquist, illusionist, comedian at Linn Park, Martinsville
15	16 10, chair exercise 	17 Wheel of Fortune; 5:30, Board Meeting	18 Movie	19 10:30, Bingo w/Villas of Holly Brook 	20 10, Exercise with Barb	21 
22	23 10, chair exercises	24 10, Memory Café w/Community Care System	25	26 10:30, Bingo w/Hill Top	27 10, Exercise with Barb 10:30, Fit Wits, U of I Extension RIDES trip to Long John Silvers, Effingham 	28 7, Andy Avery, singer, musician and evangelist at Linn Park in Martinsville
29	30 10, chair exercise	31				

Riding the river to benefit Life Center

The Life Center's 33rd annual canoe/kayak race was held June 9. Canoers hit the water at 8 a.m. and kayakers shoved off from the Ryan Bridge, north of Greenup at 9 paddling the 10-mile trek to the Route 121 Bridge in Greenup.

Thankfully the storms in the area held off until noon when most navigators were back safely on land. Lauren's Beach provided a break to the river navigators so they could grab a hot dog or hamburger and stretch their legs.



**First place canoers
Brooke Runge and Scott**

The Life Center is grateful for the work these men and women put into collecting money and to the people who gave. As of now, the teams have collected a total of \$5,117, which will be used to further programs and presentations at the Life Center. Many of you contributed financially to their efforts.

Canoers Scott Beal and Brooke Runge both of Mason won first place and David Ives of Ann Arbor, Mi. took first place in the kayak division. We also want to again thank Steve Feltner who first introduced the idea of adding kayaks to the race.

In the Canoe division, Bob Carr and Sarah Hendrix took second place and John Wormhoudt and Chad Glanzer came in third. Second and third place winners in the kayak division were Jeff Standard and Jay Robinson. Other participants were Steve and Erin Powell, Carol Jo Fritts, Mike Burley and Quinten Burley, Rusty Stewart, Kay Feltner and Dalton Gentry and Tom Webb and Phil Fanale.

First, second and third place winners received checks and trophies, of which several donated their winnings back to the Life Center. Everyone's combined effort has raised \$5,117 thus far, and we surpassed last year's record-breaking effort that had been unbroken for ten years. Kudos to Carr and Hendrix who once again came in first place in fund-raising.

This year, for the first time, Patty Murray and Modern Woodmen partnered with the Life Center to provide \$2,500 in matching funds, which will be added to the amount already raised. Thank you, Patty Murray and Modern Woodmen.

Covey of Kayakers



**Board Member Dick Ebbert,
right, congratulates David
Ives.**

Peace Meal Senior Nutritional Program

July 2018

2 Chicken and Noodles Mashed Potatoes Broccoli Whole Grain Wheat Tropical Fruit	3 Settlers Beef and Beans Carrots Biscuits Melon Chunks	4 PEACE MEALS AND LIFE CENTER CLOSED FOR INDEPENDENCE DAY HOLIDAY	5 Focaccia Crusted Chicken Breast Mashed Potatoes/gravy Seasoned Green Beans Dinner Roll & pears	6 White Chili Sunshine Salad Perky Cottage Cheese Crackers Peaches
9 Country Fried Steak Mashed Potatoes/gravy Corn and Lima Beans Texas Toast Apricots	10 Sub Sandwich w/Lettuce and Tomato Broccoli Soup Kidney Bean Salad Hawaiian Salad	11 Baked Spaghetti Tossed salad/dressing Chunky Applesauce Whole Grain Wheat Oatmeal Raisin Cookie	12 Chicken Parmesan Zucchini Bake Cucumber, Onion Salad Dinner Roll Cake with Fruit	13 Meatloaf Mashed Potatoes/gravy Italian Green Beans Whole Grain Wheat Peaches
16 Pulled Pork, bun Creamed Peas and Potatoes Mexi Corn Mandarin Oranges	17 Salisbury Beef Pattie Mashed Potatoes Lyonnais Carrots W/Dinner Roll Fruit Juice	18 Chicken Broccoli Alfredo Mixed Vegetables Creamy Coleslaw Roll, Fresh Fruit	19 Shepherd's Pie Harvard Beets Biscuit Sliced Pears	20 Hamburger, bun Potato Salad Baked Beans Warm Peach-Pineapple Crumble
23 Chicken Sandwich Scalloped Corn Red Cabbage w/Sour Sauce Bun Applesauce	24 Salmon Boat Mac& Cheese/peas Midori Blend Vegetables Whole Grain Wheat Pineapple	25 Taco Salad w/Meat, Cheese and Beans, Lettuce, Tomato, Sour Cream, Taco Sauce & chips Fruit & pudding	26 Turkey Salad w/Grapes on Lettuce Creamy Potato Soup Crackers Gelatin Salad with ½ Cup Fruit	27 Pork Chop in Gravy Mashed Potatoes Breaded Tomatoes Whole Grain Wheat Fruit Salad
30 Chicken and Noodles Mashed Potatoes Broccoli Whole Grain Wheat Tropical Fruit	31 Settlers Beef and Beans Carrots Biscuits Melon Chunks			

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

Get 3 months free if you become a member of the Life Center now!

We want you as a member of the Life Center. The 2019 membership year begins on October 1, 2018, however, if you begin your membership now, you will receive three months of free membership – from the date we receive your membership until September 30, 2019. As a member, we will make sure your name is not dropped from this newsletter mailing list during your membership year.

Membership is only \$5 for the year and helps to pay for sending you and seniors across the area this newsletter. We try to keep you informed of events and issues of interest to all seniors as well our schedule of yummy soup suppers, breakfasts, and other fundraisers. As you already know, we always include the Peace Meal menu for the month and RIDES adventures.

It is easy to use the membership form on this page of our newsletter to send in your membership for 2019– or just sign-up the next time you stop by.

Life Center of Cumberland County
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Life Center of Cumberland County

Become a member of the Life Center

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