

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

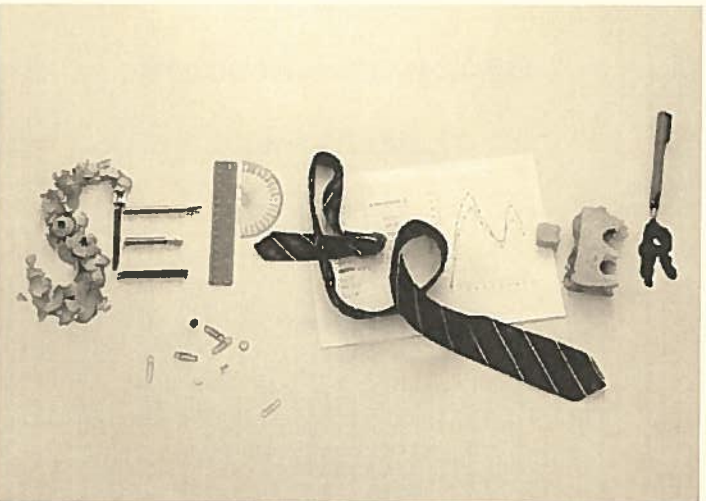
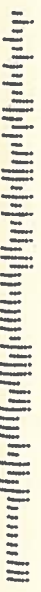
ECIAAA

SEP 04 2018

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ECIAAA
1003 Maple Hill Road
Bloomington IL 61704-9327

6170589927 R021



2018

THE FRIENDSHIP CENTER OPERATING HOURS
MONDAY thru FRIDAY 8:00 AM – 3:00 PM
PEACE MEALS SERVED AT 11:30 PM
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

SEPTEMBER BIRTHDAYS



KENNETH HALL – 2
BOB EASTON – 2
VI GREEN – 4
MIKE MANNIX – 4
EMMA WISE – 5
DENNIS DAVENPORT – 9
CHARLIE MANDRELL – 9
BRYAN BURRIS – 13
NANCY HARDIN – 15
ELMER CLARK – 17
CONNIE HANTLA – 20
DORIS LONBOM – 27
JONATHAN SMITH – 28
JIMMY MOORE – 30

COME IN FOR CAKE & ICE CREAM
WEDNESDAY, SEPTEMBER 26TH
AT 10:30 AM & CELEBRATE
SEPTEMBER BIRTHDAYS
WITH US!

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

217-935-9411



Eastern Illinois
Foodbank

DeWitt County Food Mobile

When: Saturday, September 15, 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.

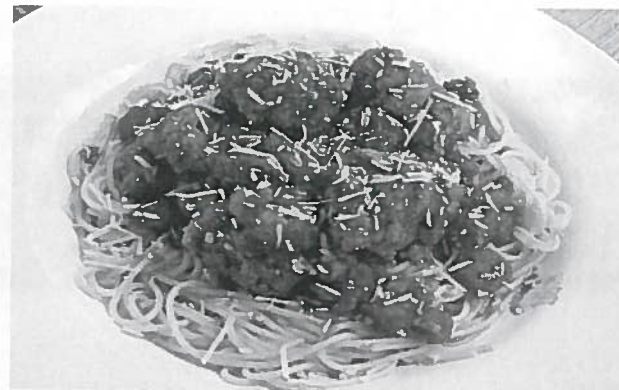
All Dewitt County residents who meet income eligibility criteria are welcome (*see below*).

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.



SPAGHETT DINNER FUNDRAISER TO BENEFIT: DEWITT COUNTY FRIENDSHIP CENTER

Location: 410 E. Main St, Clinton

Date: Friday, September 14th, 2018

Hours: 5PM – 7PM

Adults: \$6.00

Children Under 5: \$2.00

MENU: Spaghetti, bread, salad, fruit & dessert

Tickets available at the door

Dine in or Carry out!!

Event Sponsored by: Health Alliance



FUNDRAISER

**TO BE HELD AT THE FRIENDSHIP CENTER
WEDNESDAY, SEPTEMBER 12TH, 2018
6:00 PM – 9:00 PM
COST: \$40.00**



**THIS IS A GREAT OPPORTUNITY TO GET
TOGETHER WITH OLD FRIENDS
OR MAKE NEW ONES!
LIMITED SPACE-RESERVATIONS REQUIRED
REGISTER AT THE CENTER OR CALL 935-9411**

REFRESHMENTS ARE PROVIDED



***JOIN US FOR
ART & THINGS***

SEPTEMBER 4TH

&

SEPTEMBER 18TH

10:00 AM TO 11:30 AM



MONTHLY HEALTH CHECKS

THE THIRD TUESDAY OF EACH MONTH
THIS MONTH:

TUESDAY, SEPTEMBER 18TH, 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

SEPTEMBER 11th & 25th

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

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 uwdecatour.org.



Friendship Center Newsletter
September, 2018

"Comments from Caitlin"

It's back to school time, and many students will come home or go to a babysitter and be ready for a snack. To maximize nutrients for growing students, consider some of these convenient and healthier snacks.

- **Fruit slices with nut butter.** Fresh pear or apple slices with peanut butter is one of my favorites.
- **Chips and salsa.** The blender salsa below is quick to make, keeps for a week, and makes a small amount. And, yes, kids have gobbled it up during past classes where we made this salsa.
- **Cheese and crackers.** To make this classic snack healthier, choose reduced-fat cheddar cheese slices or a part-skim mozzarella cheese stick instead of processed cheese slices, like American cheese. Whole-wheat or whole-grain crackers are a better choice than saltines.

Blender Tomato Salsa (serves 18, serving size 2 Tbsp)

For more heat, use the jalapeno. For less heat, use green chilis. Fresh hot chilis, rather than canned, would also work.

1 (14-ounce) can whole peeled tomatoes (drained of canning liquid)
A quarter (1/4th) of a small red onion, roughly chopped
1 Tbsp canned diced jalapeno or green chilis
1 clove garlic, roughly chopped
1 Tbsp lime juice
1/2 tsp white sugar or honey (optional)
1/2 cup cilantro, torn into pieces

1. To a blender or food processor, add tomatoes, red onion, jalapeno or green chilis, garlic, lime juice, and sugar (if using).
2. Cover with lid. Pulse in 1-second bursts until salsa is the texture you desire.
3. Stir in cilantro by hand or using blender just until combined.
4. Serve with tortilla chips or crackers.

Nutritional analysis per serving (without sugar or honey): 5 calories, 0g fat, 45mg sodium, 1g carbohydrate

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

Have a great month,

Caitlin Mellendorf, MS, RD
Nutrition and Wellness Educator
University of Illinois Extension
Serving DeWitt, Macon, and Platt Counties
chuth2@illinois.edu

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, September 17th, 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.


Medicare Minute

Medicare Prescription Drug & Advantage Plans
OPEN ENROLLMENT

October 15-December 7th is the annual Medicare Open Enrollment for Part D prescription drug plans and Part C Medicare Advantage Plans. This is the time to do a quick "fact check" on your current plan and compare how it will provide for your needs for the upcoming 2019 year. Plan coverages change each year as well as your own needs change. It is important to review your plan benefits to ensure that you will receive the best coverage for your medication and health expenses. You may complete this review on Medicare's website-www.medicare.gov and select "Find health and drug plans".

Community Care Systems is also happy to assist as a navigator to help walk you through options as we provide Medicare SHIP counseling services to all individuals regardless of financial need. We provide walk-in hours Monday-Friday 8:00-11:30 at the DeWitt County Friendship Center and afternoons are reserved for appointments only. We will also be offering local Outreach Events in the outlying areas as well during this time. Please contact Diane at 935-4560 for more information.

Please contact Diane Cusey, CCSI Senior Information Services @ 935-4560 to schedule an appointment if you have questions regarding Medicare or Medicaid as I am always happy to assist!

 **CCSI**
Case Coordination LLC
Case Management Services



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, September 10, 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, Sept. 7th 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.....

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

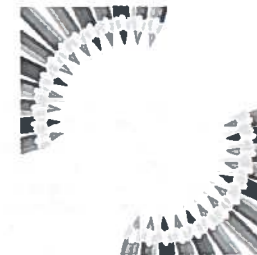
ANY MONDAY OF EACH MONTH

12:30 PM to 3:00 PM

THIS MONTH



SEPTEMBER 10, 17, 24

COLORED PENCILS & COLOR SHEETS PROVIDED





September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 LABOR DAY CLOSED	4 COFFEE 8 AM ART & THINGS 10 AM—11:30 AM POOL 1 PM—3 PM CARDS & GAMES 1PM—3P M	5 COFFEE—8 AM YOGA—8:15 AM BINGO—12:15 PM	6 COFFEE 8 AM BEAN BAG BASEBALL 12:30 PM—3 PM	7 COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1 PM—3 PM	8
9	10 COFFEE 8 AM ALZHEIMER'S SUPORT GROUP 12 PM—1 PM DOMINOES 1 PM—3 PM COLOR CONVERSATION 1 PM—3 PM	11 COFFEE 8 AM HEARING AID CENTER 9:30 AM—11 AM POOL 1 PM—3 PM CARDS & GAMES 1PM—3PM	12 COFFEE—8 AM YOGA—8:15 AM BINGO—12:15 PM	13 COFFEE 8 AM BEAN BAG BASEBALL 12:30 PM—3 PM	14 COFFEE 8 AM POOL 1 PM—3 PM CARDS/ GAMES 1 PM—3 PM SPAGHETTI DINNER FUNDRAISER 5 pm—7 pm	15
16	17 COFFEE 8 AM LOW VISION SUPPORT GROUP 10 AM DOMINOES 1 PM—3 P M COLOR CONVERSATION 1 PM—3 PM	18 COFFEE 8 AM LIBERTY VILLAGE HEALTH CHECKS 9AM-10:30AM ART & THINGS 10 AM—11 :30 AM POOL 1 PM—3 PM CARDS & GAMES 1PM-3PM	19 COFFEE—8 AM YOGA—8:15 AM BINGO—12:15 PM	20 COFFEE 8 AM BEAN BAG BASEBALL 12:30 PM—3 PM	21 COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1 PM—3 PM	22
23	24 COFFEE 8 AM DOMINOES 1 PM—3 PM COLOR CONVERSATION 1 PM—3 PM	25 COFFEE 8 AM HEARING AID CENTER 9:30 AM—11 AM POOL 1 PM—3 PM CARDS & GAMES 1PM—3PM	26 COFFEE 8 AM YOGA CLASS 8:15 AM BIRTHDAY CAKE & ICE CREAM 10:30 AM BINGO 12:15PM	27 COFFEE 8 AM BEAN BAG BASEBALL 12:30 PM—3 PM	28 COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1 PM—3 PM	29 
30 						

Peace Meal Senior Nutrition 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 w/Dressing Packet 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	Salsbury 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 and Beans Lettuce, Tomato, Sour Cream and Taco Sauce Cantaloupe Taco Chips Pudding	20	Turkey Salad w/Grapes on Lettuce Leaf 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 Pea and Cauliflower Salad Tomatoes and Zucchini Bun Warm Blueberry-Apple Crisp	27	Fried Chicken Mashed Potatoes w/Gravy Seasoned Green Beans W/Wheat Dinner Roll Pears	28	COOK'S CHOICE REGIONAL FAVORITES WILL BE SERVED

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.

SAVE THE DATE!!

**Community
Health Fair**

**September 13th - 5pm to 7pm
Warner Hospital and Health Services
Parking Lot**

**New this year
Scovill Mobile
Petting Zoo**

**Tour our
hospital, free
meal, and great
raffle prizes**



**WARNER HOSPITAL
& Health Services**

**422 West White St.
Clinton, IL
217.935.9571
warnerhospital.org**

PROVIDING QUALITY, COMPASSIONATE CARE CLOSE TO HOME 08102018

