

Your generous financial support of the LifeSpan Center can help ensure the transfer of culture and local history from one generation to the next, preserving the essence of our community's character.

Contributions to the Coles County Council on Aging, are tax deductible (in accordance with IRS regulations). Please call us at (217) 639-5150 to discuss available options. We look forward to hearing from you!



CCCoA Mission Statement

The mission of the Coles County Council on Aging is to enhance quality of life for older adults and people of all ages and abilities.

@LifeSpan.Center



"It's All in the Attitude"



The Coles County Council on Aging does not discriminate in admission to programs or activities, or treatment of employment in programs or activities in compliance with the Illinois Human Rights Act; the U.S. Civil Rights Act; Section 504 of the Rehabilitation Act; the Age Discrimination Act; the Age Discrimination in Employment Act; and the U.S. and Illinois Constitutions. If you feel you have been discriminated against, you have a right to file a complaint. For information, contact: Coles County Council on Aging's Civil Rights Coordinator/Executive Director; 11021 East County Road 800 North, Charleston, IL 61920-8632; Telephone: (217) 639-5150 Fax: (217) 639-5199



LifeSpan Center Connections July 2021

Current Hours

For the Safety of our Seniors and Community Members, we have postponed on-site activities during the COVID-19 pandemic. Please call for additional information.

LifeSpan Center.....639-5150
Senior Information Service.....639-5166
LifeSpan Volunteer Program (LSVP).....639-5155
Dial-A-Ride Transportation Program....639-5169
Toll-Free.....1-800-500-5505

11021 E. Co. Rd. 800N
Charleston, IL 61920-8632
lifespancenter.org

Email: contactus@lifespancenter.org

*Linking Generations - Enhancing Lives
Sponsored by: Coles County Council on Aging
A Local Charity since 1974*



Coronavirus (COVID-19) Funeral Assistance

The COVID-19 pandemic has brought overwhelming grief to many families. At FEMA, our mission is to help people before, during and after disasters. We are dedicated to helping ease some of the financial stress and burden caused by the virus.

FEMA is providing financial assistance for COVID-19-related funeral expenses incurred after January 20, 2020.



To be eligible for funeral assistance, you must meet these conditions:

- The death must have occurred in the United States, including the U.S. territories, and the District of Columbia.
- The death certificate must indicate the death was attributed to or caused by COVID-19.
- The applicant must be a U.S. citizen, non-citizen national or qualified alien who incurred funeral expenses after January 20, 2020.
- There is no requirement for the deceased person to have been a U.S. citizen, non-citizen national or qualified alien.

Which expenses will qualify for reimbursement?

Examples of eligible expenses for funeral services and interment or cremation may include, but not limited to:

- Transportation for up to two people to identify the deceased individual
- The transfer of remains, a casket or urn
- A burial plot or cremation niche
- A marker or headstone
- Clergy or officiant services
- The arrangement of a funeral ceremony
- The use of funeral home equipment or staff
- Cremation or interment costs
- Costs associated with producing multiple death certificates

What information do I need to provide to FEMA?

Please have the following information before contacting FEMA to apply:

- Your name, social security number, date of birth, mailing address and contact phone numbers.
- The name, social security number and date of birth for each deceased individual.
- The location or address where the deceased individual passed away.
- Documentation and receipts for any assistance already received from other sources, including burial or funeral insurance, donations, voluntary agencies, other government programs or non-profit organizations.
- If you and another person both incurred funeral expenses for the same deceased individual(s), you can also provide that person as a co-applicant — include their name, social security number and date of birth on the application.

HOW DO I APPLY FOR THIS ASSISTANCE?

Call FEMA's COVID-19 Funeral Assistance Helpline at 1-844-684-6333 (TTY: 800-462-7585) from 9 a.m. to 9 p.m. ET, Monday – Friday and begin the application process.

For fastest service following your application, you can begin submitting documentation online through [Disasterassistance.gov](https://disasterassistance.gov), by fax 855-261-3452.

Documents may also be mailed to:
COVID-19 Funeral Assistance
P.O. Box 10001
Hyattsville, MD 20782



FREQUENTLY ASKED QUESTIONS

You can also visit us online at [FEMA.gov/funeral-assistance/faq](https://fema.gov/funeral-assistance/faq). Information is provided in several languages both by telephone and the website.

COVID-19 FUNERAL ASSISTANCE

If you lost a loved one to COVID-19, you may be eligible for a government program that pays for funeral expenses. The Federal Emergency Management Agency (FEMA) will pay up to \$9,000 for funeral expenses for loved ones who died of COVID-19. Survivors can apply for benefits by contacting FEMA, toll-free, at 844-684-6333. To find out if you qualify, read FEMA's [Funeral Assistance FAQs](#).

Unfortunately, FEMA reports that scammers are contacting people and pretending to offer to register them for assistance. To avoid those scams, here are some tips:

- FEMA **will not contact** you until you call or apply for assistance.
- The government won't ask you to pay anything to get this benefit.
- Don't give your own or your deceased loved one's personal or financial information to anyone who contacts you out of the blue.

If you think you got a scam call, hang up and report it to the FEMA Helpline at 800-621-3362 or the Federal Trade Commission at [ReportFraud.ftc.gov](https://reportfraud.ftc.gov).

Thank you,

Consumer Financial Protection Bureau

https://www.youtube.com/watch?v=DgvN_9m58Z0

<https://www.fema.gov/disasters/coronavirus/economic/funeral-assistance/faq>

Showcase Your Business Name & Logo
Your LifeSpan Center can assist with your advertising needs!

ADVERTISING GUIDELINES

Size + Business Card (2" x 3.5")

Cost: 1 month = \$25

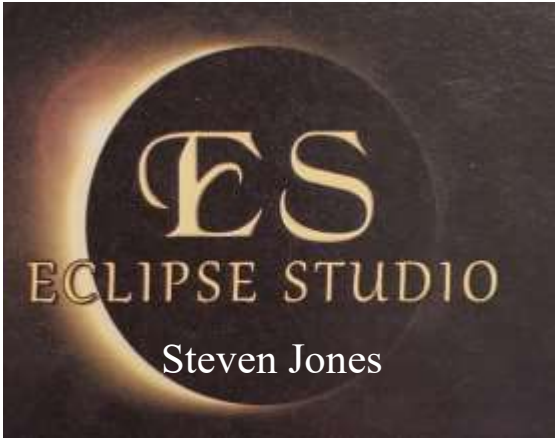
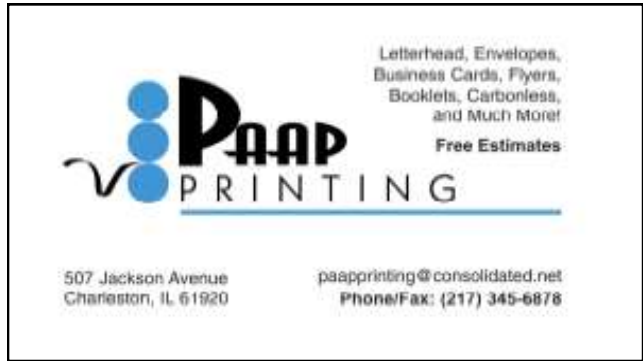
3 months = \$70

6 months = \$135

12 months = \$275

All ads must be pre-paid prior to print date.
LSC retains the right to decline ads based on content

Contact Patricia Hicks
at (217) 639-5150
or e-mail: phicks@lifespancecenter.org



**Peace Meal Senior Nutrition Program
July 2021**

			1 Turkey Salad with Grapes Vegetable Soup Cucumber Onion Salad Assorted Crackers Fresh Fruit	2 Fried Chicken Mashed Potatoes w/Gravy Corn Texas Toast Red, White & Blue Dessert
5 Closed for Independence Day	6 Spaghetti w/Meaty Sauce Corn Seasoned Green Beans Roll Oatmeal Raisin Cookie	7 Saucy Ham Loaf Sweet Potatoes Seasoned Peas Cornbread Overnight Fruit Salad	8 BBQ Meatballs Scalloped Potatoes Spinach Texas Toast Chunky Applesauce	9 Baked Chicken Vegetable Rice Pilaf Harvard Beets Whole Grain Wheat Tropical Fruit
12 Beef and Noodles Mashed Potatoes Seasoned Greens Whole Grain Wheat Fruit or Juice	13 Brat Baked Corn Seasoned Steamed Cabbage Bun Pears	14 Chicken Salad Cheesy Broccoli Soup Summer Salad Assorted Crackers Watermelon	15 Meatloaf Mashed Potatoes w/Gravy Lyonnaise Carrots Whole Grain Wheat Pineapple Cheese Salad	16 Steak Burger Baked Beans Creamed Peas Bun Melon Salad
19 Pulled Pork Sandwich Rosemary Roasted Potatoes Italian Green Beans Bun Fruit Juice	20 Taco Salad w/Meat, Cheese, Beans, Lettuce, Tomatoes, Sour Cream & Taco Sauce Mandarin Oranges Taco Chips Pudding	21 White Chili Sunshine Salad Cottage Cheese Crackers Peaches	22 Roast Beef Mashed Potatoes w/Gravy Broccoli Salad Whole Grain Wheat Warm Fruit Cobbler	23 Swissed Beef Pattie Zucchini Bake Mixed Vegetables Whole Grain Wheat Sweet Potato Pie
26 Breakfast Casserole Warm Fruit Compote Fruit Juice Cinnamon Roll Breakfast Bar	27 Shepherd's Pie Rotini Vegetable Salad Biscuits Warm Cinnamon Buttered Apples	28 Sub Sandwich w/Lettuce, Spinach, Tomato and Mayo Pkt. 3-Bean Salad Bun Cantaloupe	29 Turkey Salad w/Grapes Vegetable Soup Cucumber Onion Salad Assorted Crackers Fresh Fruit	30 Fried Chicken Mashed Potatoes w/Gravy Corn Texas Toast Red, White & Blue Dessert

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.

Call 217.345.1800 or 1.800.543.1770 to place your reservation with Peace Meal Today!



DIAL-A-RIDE IS HIRING

***DISPATCHER**
***DRIVERS**

Pick up an application at the
Dial-A-Ride Garage or
LifeSpan Center.

Call 639-5150 for more details.

**FACE COVERING REQUIRED
ON ALL DIAL-A-RIDE BUSES**

Face Coverings
Cubiertas faciales



Scarf
Bufanda



Mask
Mascarilla



Bandana
Paliacate



Neck Gaiter
Braga de cuello



For more details call
1-800-500-5505

Website: www.dialaridetransit.org

FITNESS CONNECTION



All YMCA members, visitors, and guests
can now ride Dial-A-Ride
for **\$1.00** each way to and from
the Mattoon YMCA facility.

Please call and schedule your
transportation at **217-639-5169**

This service is FOR ALL AGES



www.dialaridetransit.org



IN THE MALL

Beginning July
5th

July and August only

Mondays, Wednesday, Fridays 11-11:45 a.m.

At Cross County Mall in the hall by Elevate, enter through the back mall entrance next to the old Carson's back entrance. In the hallway north of the fountain.

This is a low impact 45 minute dance exercise class with 2 short water breaks. Masks are not required.

Class is free with a \$3 suggested donation to help offset the instructor's costs. Taught by licensed Zumba Gold® instructor Louise Vassay.

Chair Yoga in the mall

Tuesdays and Thursdays, July and August

10:00 – 10:45 a.m., beginning July 6th

At the Cross County Mall, in the hall by the fountain, north side of mall. Enter through the back mall entrance **next to the old Carson's** back entrance.

Modified for the chair this Chair Yoga class incorporates all of the benefits of yoga: improved flexibility; a healthier, stronger and more relaxed you; and increased oxygen intake. We will be doing seated and standing poses only, shoes will be worn. Mask are not required. Class is free with a \$3 suggestion donation.



The COVID-19 vaccine is coming! You may need to receive two doses of the vaccine; please check with your healthcare provider or local health department. The vaccine will be available at no cost.

WHY SHOULD I TAKE THE VACCINE?

Older adults have a higher risk for severe illness and hospitalization if they get COVID-19. Research has demonstrated that the vaccine is 95% effective in preventing COVID-19. The COVID-19 vaccine will help keep you, your family, and your community healthy and safe.

IS THE VACCINE SAFE?

We understand that some people may be concerned about getting vaccinated. The COVID-19 vaccine was tested with thousands of participants to generate scientific data and other information in order to determine its safety and to get approval from the Food and Drug Administration.

SIDE EFFECTS

Short-term side effects are mild and may include fever, fatigue, muscle and joint pain, chills and sore arms. They will go away in a few days, but they are normal and a sign your body is working to build up protection against the virus.

Contact your local health department to ask about COVID-19 vaccination in your area:
<http://www.idph.state.il.us/IDHMap/HealthRegions.aspx>

Illinois Department of Public Health COVID-19 vaccine site:
<http://idph.illinois.gov/covid19/vaccine-faq>

For general questions about COVID-19 and Illinois' response and guidance, call 1-800-889-3931 or email DPH.SICK@ILLINOIS.GOV.



MYTH: If I get vaccinated for COVID-19 I'll be more vulnerable to other illnesses.

FACT: While the COVID-19 vaccine will work to teach your immune system to recognize and protect against coronavirus, it is not proven to make you vulnerable to other illnesses.

MYTH: After I get the vaccine, I no longer have to wear a mask.

FACT: While health experts learn more about the protection of COVID-19 vaccines, it will be important for everyone to continue to wear a mask, wash hands often, and practice social distancing.

COVID-19 Vaccine Distribution - coronavirus.illinois.gov

Vaccines Available

- Pfizer/BioNTech
-For ages 16+
-2 doses 21 days apart
- Moderna
-For ages 18+
-2 doses 28 days apart

Side Effects of Vaccines

- Pain, redness, or swelling of shot location
- Fever
- Fatigue
- Headache
- Muscle Pain
- Chills
- Joint pain



COVID-19 Safety Precautions

- Avoid close contact
- Wear cloth face coverings
- Practice good hygiene
- Stay home if you're sick

You are recommended to wear a mask, even if vaccinated.

Phase 1a

- Health Care Personnel
-Hospital Settings
-Non-Hospital Healthcare
- Long Term Care Facility (and Other Congregate Care) Staff and All Residents

Phase 1b

- Adults over 65 years of age
- Frontline Essential Workers
- Inmates

Phase 1c

- People aged 16 to 64 with high-risk medical conditions
- Other essential workers

Phase 2 - General population

Notes

- No vaccine yet for children
- People who already had COVID-19 should still get vaccinated

References:
<https://www.idph.illinois.gov/covid19/vaccination-plan>
<https://www.idph.illinois.gov/covid19/vaccine-faq>
<https://www.mayoclinic.org/coronavirus-covid-19/vaccine>



ECIAAA

COVID-19
Illinois
Vaccine

Questions? Call ECIAAA
(309) 829-2065 or email
aginginfo@eciaaaa.org

COVID-19 Vaccine Illinois Department of Public Health Frequently Asked Questions

Vaccine availability

Q. Where can I get the vaccine for ages 65+?

A. As directed by the Illinois Department of Public Health (IDPH), vaccines are administered at the local level. Eligibility determination is not consistent among local health departments. You are encouraged to contact your local health department to understand the vaccination process in your area.

Q. Will the government establish mass immunization programs, like in the 1960's?

A. Illinois is working with local health departments and providers to give vaccinations that resemble larger versions of yearly flu clinics, rather than the mass vaccination.

Q. Will undocumented people be able to get the vaccine?

A. All persons in Illinois, including individuals who are undocumented, can get the vaccine.

Vaccine Requirements/Mandates

Q. Do I have to get a COVID-19 vaccine?

A. There is no federal or state mandate to get the vaccine. The CDC recommends the vaccine to all Americans 16 and over.

Q. What happens if I refuse to get a vaccine?

A. There are no legal repercussions (fines, sanctions, punishments) for refusing the vaccine. However, you will not be protected against the virus and could be infected. You risk transmitting this deadly virus to loved ones and community members.

Q. Do I need a vaccine if I have already had COVID-19?

A. Yes, you should plan to take the vaccine, because the science is currently inconclusive as to whether you will be naturally protected from a second infection.

Vaccine Safety

Q. Is a COVID-19 vaccine safe?

A. Yes. Vaccines had clinical trials with thousands of participants to generate scientific data and other information for the FDA to determine their safety and effectiveness.

Q. How was the COVID-19 vaccine studied?

A. Each authorized vaccine has been studied in trials of over 30,000 volunteers and shown to be highly effective in preventing COVID-19. The trials involved people of different ages, sex, race/ethnicity, weight, and medical conditions.

Q. What have the trials revealed?

A. Through their respective clinical trials, Pfizer and Moderna have indicated their vaccines are approximately 95% effective.

Q. When injected with the vaccine, are you injecting me with COVID-19?

A. No, you are not being injected with the virus that causes COVID-19. None of the early COVID-19 vaccines tested in the U.S. use a live COVID-19 virus. mRNA vaccines work by training the immune system to recognize a virus threat and produce antibodies to protect itself.

Q. It took four years to develop the mumps vaccine, how can the COVID-19 vaccine be safe and thoroughly tested so quickly?

A. Significant resources were invested to fund the basic research and clinical trials, accelerating timelines greatly. Joining existing trial sites instead of developing new sites was a time saver. The virus has a good vaccination target and relatively low mutation rate. The amount of infection in the communities allowed scientists to quickly compare vaccinated to unvaccinated populations and conclusively shows the vaccine worked. Last, but not least, are the huge number of brave volunteers willing to try the "novel" vaccines during the clinical trials.

Other

Q. I would like to know how we plan to roll out an educational campaign for vaccine.

A. Along with educational and communications campaigns from the federal government, the state will use multiple traditional, social, and community media platforms to communicate across Illinois.

Q. How much will this vaccine cost me? Is it covered by my insurance?

A. There is no cost for the vaccine. However, vaccination providers will be able to charge an administration fee for giving the shot. Vaccine providers can get this fee reimbursed by the patient's public or private insurance company or, for uninsured patients, by Health Resources and Services Administration at US Department of Health and Human Services.



What you do today influences your future. Learn how to take care of yourself now to embrace aging and grow gracefully, successfully, and with increased longevity.

KEYS FOR EMBRACING AGING is a free 12-part series designed to help aging adults develop strategies for taking care of themselves through the years. Attend all 12 sessions, or simply drop in on the sessions that fit your schedule. By the end of the year, you'll be physically and mentally ready to embrace aging with open arms.

POSITIVE ATTITUDE
— MARCH 25 —

EATING SMART
— APRIL 1 —

PHYSICAL ACTIVITY
— APRIL 8 —

BRAIN ACTIVITY
— APRIL 15 —

SOCIAL ACTIVITY
— APRIL 22 —

TUNING IN TO THE TIMES
— APRIL 29 —

SAFETY
SEPTEMBER 2

KNOW YOUR NUMBERS
SEPTEMBER 9

STRESS MANAGEMENT
SEPTEMBER 16

FINANCIAL AFFAIRS
SEPTEMBER 23

SLEEP
SEPTEMBER 30

TAKING TIME FOR YOU
OCTOBER 7

Each of these sessions will be held from 10-11:00 a.m. CST online via Zoom. You will receive an email after you complete your registration with information on how to join each session. Find full descriptions of each session at go.illinois.edu/agingkeys

REGISTER AT [GO.ILLINOIS.EDU/AGINGKEYS](https://go.illinois.edu/agingkeys)

University of Illinois | U.S. Department of Agriculture | Local Extension Councils Cooperating | Illinois Extension provides equal opportunities in programs & employment. • If you need a reasonable accommodation to participate, call us at 217.333.7672



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

LIVE!



THE COLES COUNTY COUNCIL ON AGING PRESENTS

DUELING PIANOS

Saturday September 24, 2021
5:30 - 9:30 p.m.

1 TICKET: \$50

2 TICKETS: \$75

TICKET INCLUDES DINNER AND THE SHOW

PURCHASE TICKETS AT

[HTTPS://FELIXANDFINGERSDUELINGPIANOS.EVENTBRITE.COM](https://felixandfingersduelingpianos.eventbrite.com)





BENEFIT ACCESS PROGRAM

APPLY at www.illinois.gov/aging

The Benefit Access Program offers two benefits for seniors and persons with disabilities:

- A LICENSE PLATE FEE DISCOUNT
- FREE RIDES ON FIXED-ROUTE TRANSIT SYSTEMS

Eligibility is determined by income, residency, age and/or disability utilizing an online application.

QUALIFICATIONS:

Age Requirements:

- 65 years of age or older before January 1 of the current year; or
- You must become 65 years of age this year; or
- You must be 16 years of age or older before January 1 of the current year and qualify as disabled.

Residency Requirements:

- You must live in Illinois at the time you file your application.

Income Requirements:

Income limits are new for January 1, 2020 for License Plate discount and Ride Free Transit Card.

*Total income last year must be:

	For Applications Submitted:	
	Before Jan. 1, 2020	On or After Jan. 1, 2020
Household containing one person	less than \$27,610	less than \$33,562
Household containing 2 persons	less than \$36,635	less than \$44,533
Household containing 3 or more persons	less than \$45,657	less than \$55,500

NOTE: *You must include your spouse's income if married and living together on December 31 of last year. If your spouse died last year, you would file as single and claim only your income.

Disability Requirements:

To qualify as disabled, you must be at least 16 years of age prior to January 1 of the current year and be determined **totally and permanently disabled** (as defined by program requirements) prior to January 1 of the current year.

APPLY at www.illinois.gov/aging

SENIOR HELPLINE: Email: aging.lsenior@illinois.gov
1-800-252-8966, 1-888-206-1327 (TTY)
(8:30am to 5:00pm Monday through Friday)



Follow us @IllinoisDoA

The Illinois Department on Aging does not discriminate in admission to programs or treatment of employment in compliance with appropriate State and federal statutes. If you feel you have been discriminated against, call the Senior Helpline at 1-800-252-8966, 1-888-206-1327 (TTY). Printed by Authority of the State of Illinois 1,000 copies 1/2/19



We always welcome sponsors for programs and events! If your organization is interested in a sponsorship opportunity, please call Patti Hicks, Connections Programming/Public Relations, at (217) 639-5150. Thank you, in advance, for your consideration!

Thank you to our Donors

Arbor Rose Memory Care
Carriage Crossing
Charleston Rehab & Healthcare
Copper Creek Cottages
Douglas Rehab & Care Center
First Mid Illinois Bank & Trust
First Mid Insurance Group
Genny Campbell
Heritage Woods of Charleston
Hilltop Skilled Nursing & Rehab Center
Hurst Farms
Lakewood Village
Philanthropic Educational Organization (PEO)
Leann Polston
Mike Murray

Mason Point—Peterson Healthcare
Mattoon Healthcare
PAAP Printing
Superior Medical Equipment
Leroy and Judy Wetzel
Lincolnland
Jack Owens
Kim Ashby
Wesley United Methodist Church
Royce and Lou Marble
Jane Adams
Gary Russell
Eclipse Studio - Steven Jones
Mark Esarey
Tim Gover

COLES COUNTY COUNCIL ON AGING
LIFESPAN CENTER

SENIOR FARMERS' MARKET NUTRITION PROGRAM INFO

LifeSpan Center 2021



The purpose of the **Senior Farmers Market Nutrition Program** is to promote the routine consumption of fruits and vegetables as a part of the daily diet. Checks for seniors are distributed at local senior facilities through the cooperation of the Illinois Department on Aging, Area Agencies on Aging and Catholic Charities of the Archdiocese of Chicago. These checks can be redeemed for fresh fruits and vegetables at local farmers' markets in (36) counties. Nutrition education materials, including recipes, are also distributed.



Coles County Council on Aging SFMNP

CALL: 217-639-5150 FOR MORE INFORMATION
DISTRIBUTION DATES TO BE DETERMINED
LIMITED COUPON BOOKLETS

LIFESPAN REOPENING STATUS

RENTAL & ACTIVITIES INFORMATION

Greetings!

At this time there has not been an established reopen date for the LifeSpan facility. In addition to continuing concerns regarding COVID-19 and our efforts to exercise extreme caution throughout the pandemic, the facility experienced significant damage due to a water pipe leak late last winter. Although the repairs are being scheduled and will soon be underway, the conditions are not conducive to resuming activities or scheduling specific usage to the facility.

- PATRICIA HICKS, EXECUTIVE DIRECTOR -



Updates to Follow

Operation Gratitude

Pen Pals for our Military



LIFESPAN CENTER
ACCEPTING HAT/SCARVES
AND LETTERS
USE DROP BOX OR
CALL 217-639-5150 UPON ARRIVAL

No In Person
Meetings
due to COVID!



Operation Gratitude is a Pen Pal program for our military! These personal letters of thanks will be sent every month to Deployed, Veterans, New Recruits and First Responders.

Make something that warms the heart for our deployed. Why? Because every moment of time, talent, and energy poured into a handmade item is an expression of deep appreciation for the service and sacrifice of their service.



LSVP



LIFESPAN CENTER

VOLUNTEERS NEEDED!



WE NEED HELP WITH -

- Welcome Desk
- Morning/Afternoon shifts, available
- CDC COVID guidelines practiced
- Background Check required

Interested in joining us?

Call us at +1 217-639-5150!
Looking forward to your help!

I AM A VOLUNTEER!



DIAL-A-RIDE

dialaridetransit.org
217-639-5169 / 800-500-5505 📞



SINCE 1993
129 Years of Driving Experience

OFFERING
DOOR TO DOOR
SERVICE



DIAL-A-RIDE COLES COUNTY- IL

- COVID Awareness
- Free trips to LifeSpan (upon Reopening)
- Monthly Passes
- ADA
- Friendly Staff
- Zipline Routes (to be determined due to COVID)



Call Dispatch
2 Day - 2 Weeks to
Schedule a Ride
217-639-5169

<http://www.lifespancenter.org/dial-a-ride.html>

Other Routes

-  Coles to Champaign
Mondays
-  Douglas to Coles
Tuesdays
-  Coles to Effingham
Wednesdays
-  Douglas to Decatur
Wednesdays
-  Douglas to Coles
Thursdays
-  Douglas to Champaign
Fridays

NOW
HIRING

WHEN and WHAT is Open Enrollment?



October 15th through
December 7th

Coverage
begins
January 1st

You can change:



Part C



Part D



This program provides free
Medicare education and
counseling throughout
Illinois.



AUGUST 12—22, 2021



The Illinois State Fair Museum Foundation in cooperation with the Illinois State Fair is offering Special Event License Plates to promote and celebrate the 2021 Illinois State Fair. These plates as pictured above can be displayed on passenger vehicles, B-Trucks and antique vehicles for 60 days prior to the final day of the Illinois State Fair, Sunday August 22, 2021. Illinois State Statute states that your Illinois registrations must be current through the end of the event (August 2021). The plates will be mailed to you on or about June 16, 2021, first day of display period is June 22, 2021. Out-Of-State Plate orders are accepted (no registration necessary), however these plates will not be mailed until August 25, 2021

This year we are offering numeric only plates ending with the number 300, and will be assigned as the orders arrive. All orders for plates must be received by May 10, 2021 to allow for production time.

- ☐ Please let us know the plate(s) you desire. _____
- ☐ Photocopy of Illinois license plate registration expiring after August 2021 (Sorry , we do not have access to Secretary of State internal Computer systems to run this for you.
- ☐ Check or money order for \$25 payable to the Illinois State Fair Museum Foundation (ISMF), sorry we cannot accept credit cards or PayPal for this.
- ☐ Include this form and send to Illinois State Fair Museum Foundation Plates, Post office Box 8718, Springfield, IL. 62791-8718

Name _____

Address _____

City _____ State, Illinois. ZIP _____ +4 _____

Email _____ Phone _____

Drivers License/State ID (Mandatory by state statute): _____ - _____ - _____

Current Plate _____ Expiration Date (Month/Year) _____

- ☐ Passenger ☐ Truck ☐ Antique Vehicle

If you have questions please call 217-494-7105, Or email info@illinoisstatefairmuseum.org

Thank you for supporting the Illinois State Fair Museum Foundation



JULY 25—AUGUST 1, 2021

ILLINOIS' OLDEST CONTINUOUS COUNTY FAIR

Since 1854 the Coles County Fair has been held—making it the oldest continuing county fair in the state. However, Coles County has been interested in agricultural fairs since 1841. An association entitled the Coles County Agricultural Society was formed in Charleston on May 24, 1841. The Society held three successive fairs given on October 1, 1841, October 1, 1842 and September 27, 1843. Each fair lasted one day and, as there were no grounds belonging to the association, they were held on the town commons located in the northwest part of Charleston in what was then called “The Woods.” In 1856 the directors of the Coles County Agricultural Society were able to secure about seven acres of elevated land about a mile west from the city of Charleston. They paid a hundred dollars down on it, built a fence around it, dug and curbed a well, and made a list of premiums for the next fair to be held September 24 and 25, 1856.

It was the site of the fourth of the seven Lincoln-Douglas debates on September 18, 1858 where an estimated crowd of between ten and twelve thousand was in attendance. The grounds were described by many to be the most beautiful fair-grounds in the state. William Jennings Bryan’s colorful speeches were once part of the Chautauquas held on the grounds and traces still can be found of the sidewalk to the tabernacle where evangelist Billy Sunday once preached. In the early 1900’s the race track was lengthened, repaired, and practically rebuilt by bringing in three hundred loads of dirt. There were horse races, mule races, bicycle races, dog races and a “fire truck” race. A part of the Charleston Fire Department before 1900 consisted of barrels pushed on carts by men.

The Coles County Fair suffered a great disaster Saturday afternoon, May 26, 1917 when a terrific tornado demolished the grounds, with the exception of a portion of one stable. Another disaster, a fire on December 1, 1973, killed 57 race horses. The grounds have continued to change and expand through the years and more buildings have been added and updated.

(full articles can be found at https://colescountyfair.com/?page=about_history)

LIFESPAN CENTER/COLES COUNTY COUNCIL ON AGING

'LET'S GET MOVING'

SPRING STEP CHALLENGE UPDATE

Agency-wide, 19 staff participated in the program that took place between April 1 and June 30, 2021.

Cash prizes and other goodies were earned based on the leaderboard, special awards and chances earned by participating in pop/flash challenges throughout the competition.

Our group accumulated well over 11 MILLION steps, which equates to walking more than 5,500 MILES!

Five staff members individually exceeded ONE MILLION steps each!

These challenges will continue in the future based on very positive feedback from those involved.



Direct feedback:

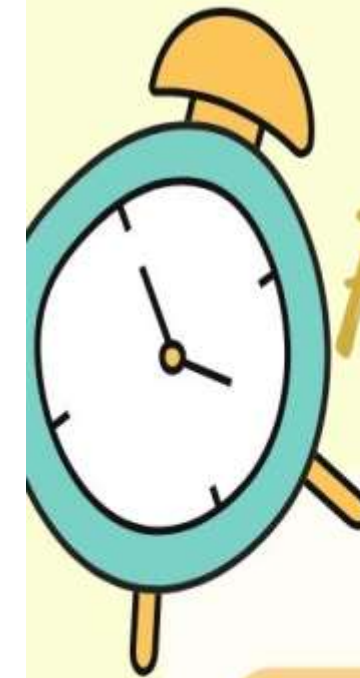
"I honestly didn't think I was going to like/be able to do this challenge. It was hard at the beginning. The more I did seemed to get a little easier... Then I realized I loved the fact I kept pushing myself not just to win but to see if I could beat my steps for myself...I really liked this challenge. I hope I can keep motivating myself after the challenge is over". Dial-A-Ride Driver

"I have enjoyed this contest. My normal steps daily range from 700 to 1000. My goal has been to increase that... this challenge has helped me to go out and try to get a few more steps in, which is healthy for me both physically and emotionally". Dial-A-Ride Dispatcher

"I think the challenge overall was TERRIFIC!! I would like to have more pop challenges. Keep it going!!" Dial-A-Ride Driver

"Love it. Brought a lot of information right in front of my eyes. I definitely pay more attention to it at work. I like that this is something we all have in common...and it has been having the pop up challenges". Senior Information Services staff

Keep an eye out for updates as we will roll out a new step challenge in the fall!



LIFESPAN CENTER

Friday Summer Hours

8:30

July

to

and

1pm

August

Friday Summer Hours - Starting July 3 - Aug 28

