

De Witt County Friendship Center
410 East Main Street
Clinton Illinois 61727

Non Profit Permit #1
U S Postage Paid
Clinton Illinois 61727

RETURN SERVICE REQUESTED

ECIAAAA

JUN 26 2020

RECEIVED

ECIAAAA
1003 MAPLE HILL RD
BLOOMINGTON IL 61705

61705\$9301 R021



Hello

JULY

this is your month to excel!



2020

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

DAILY ACTIVITIES

SOCIAL HOUR EVERYDAY @ 8 AM

MONDAYS

DOMINOES 12:30 PM to 3:00 PM
COLOR CONVERSATION COLORING GROUP 1:00 PM to 3:00 PM

TUESDAYS

BILLIARDS 12:30 PM to 3:00 PM
CARDS & GAMES 12:30 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 TOSS TOURNAMENT
1:00 PM to 3:00 PM

FRIDAYS

BILLIARDS 12:30 PM to 3:00 PM
CARDS & GAMES 12:30 PM to 3:00 PM

REFRESHMENTS SERVED! COME JOIN US!

CALL THE CENTER AT 217-935-9411 FOR DETAILS

JULY BIRTHDAYS



LINDA LONG – 4
MARY JUNKERT – 5
DENNIS HOFF – 5
LOUISE GIBSON – 6
LINDA KURTH – 6
CAROLYNN WILLIAMS - 12
SONNY NELSON – 13
DENNY THRASHER – 20
FRED HOKE – 20
RITA JEAN SPENCER – 21
ROB ROY TWIST – 22
JUDY KNOTH – 22
ROGER MIX – 24
MARY HALE – 27
BERNEDA DANIELS – 27
BARB STONE – 28
MARJORIE LAMBERT – 29
MARJORIE BURRIS – 29

COME IN FOR CAKE & ICE CREAM
WEDNESDAY, JULY 22ND AT 10:30 AM
& CELEBRATE JULY BIRTHDAYS
WITH US!

IF YOU ARE NOT ON OUR BIRTHDAY LIST
& WOULD LIKE TO BE
PLEASE CALL US @ 217-935-9411



DeWitt County Food Mobile

When: Saturday, July 18th, 2020

Time: 9:30 am to 10:30 am – Drive up only

Where: American Legion

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.



DATES TO REMEMBER (SEE FLYERS FOR DETAILS)

JULY 3RD – CLOSED

JULY 9TH – LINE DANCE REFRESHER

JULY 10TH – WALMART TRIP (LIMIT 8) LEAVE @ 10

JULY 21ST - ARTHUR TRIP – LEAVE AT 1PM

JULY 23RD – LINE DANCE REFRESHER

JULY 24TH – IGA COOKOUT FUNDRAISER

JULY 25TH – IGA COOKOUT FUNDRAISER

JULY 31ST – WALMART TRIP (LIMIT 8) LEAVE @ 10

OCTOBER 11TH – 17TH – CHARLESTON SOUTH CAROLINA TRIP – ONLY 14 SEATS LEFT

OCTOBER 23RD – CINDERELLA @ 5 POINTS

DEWITT COUNTY FRIENDSHIP CENTER PRESENTS

Charleston



INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 6 nights lodging including 4 consecutive nights in the Charleston area
- ◆ 10 meals 6 breakfasts and 4 dinners
- ◆ Horse and Carriage Tour of Charleston
- ◆ Relaxing Harbor Cruise in Charleston
- ◆ Visit to Famous and Historic Middleton Place
- ◆ Guided Tour of Charleston
- ◆ Tour of a Historic Charleston Home
- ◆ Visit to Magnolia Plantation and Gardens

\$785 *

7 DAYS 6 NIGHTS

PER PERSON, DOUBLE OCCUPANCY

(Sun - Sat)

October

11 - 17, 2020

For more pictures, video and information visit:
www.GroupTrips.com/DewittCountyFriendshipCenter

Departure: United Methodist Church, 308 E Main St, Clinton, IL @ 8 am

Day 1: Depart your group's location in a spacious, video and restroom equipped motorcoach as you head for your destination: Charleston, South Carolina! This evening you will stay at an en route hotel.

Day 2: Enjoy a Continental Breakfast. Today you will continue your journey, then enjoy a leisurely Dinner and check into a Charleston area hotel for a four night stay.

Day 3: After a Continental Breakfast, you'll head to historic Middleton Place. This impressive attraction contains 65 acres of America's oldest landscaping. After each member receives their welcome map, you'll experience the garden, animal stables, the Chapel, Rice Mill, and more! After lunch on your own and free time in Downtown Charleston, you'll enjoy a scenic Harbor Cruise. Enjoy the beauty of the Charleston Harbor and learn the rich history of the 'Holy City'. During this scenic and relaxing tour, you will see dozens of landmarks and points of interest as hundreds of years of history is covered. This evening, enjoy Dinner before heading back to your hotel for a good night's rest.

Day 4: After a Continental Breakfast, you'll head to Magnolia Plantation and Gardens. In addition to experiencing their award winning gardens, your group will also receive a tour of the Plantation's historic house. Later, you'll enjoy a Horse and Carriage Ride of Charleston. Experience 25-30 blocks of Charleston's historic downtown district. During your tour, you'll see houses, gardens, mansions, churches, parks, and more. Learn about buildings, history, architecture, flora, and the people that make up Charleston! This evening, enjoy Dinner before heading back to your hotel for a good night's rest.

Day 5: After a Continental Breakfast, you'll enjoy both a Guided Tour of Charleston and an intimate tour inside a Historic Charleston Home. Afterwards, you'll visit the Charleston Tea Plantation. At this unique plantation, your group will take a factory tour and see how tea is made, including free samples. A highlight of your tour of this plantation includes a trolley tour of the Plantation, including audio highlighting how tea is produced at this incredible attraction. This evening, enjoy Dinner before heading back to your hotel for a good night's rest.

Day 6: Enjoy Continental Breakfast before you head for The South Carolina State Museum located in Columbia, South Carolina. This state-of-the-art facility features four floors of permanent and changing exhibits, a new digital dome planetarium, 4D interactive theater and an observatory. Tonight, you'll relax in an en route hotel.

Day 7: Enjoy a Continental Breakfast before departing for home... a perfect time to chat with your friends about all the fun things you've done, the great sights you've seen and where your next group trip will take you!

ADD PEACE OF MIND TO YOUR TRIP
With Diamond Tours Exclusive Travel Card/Refund - Protection Plan if you have to unexpectedly cancel or cut your plans short. See back for details...

\$75 Due Upon Signing. *Price per person, based on double occupancy. Add \$315 for single occupancy. Final Payment Due: 8/4/2020

FOR INFORMATION & RESERVATIONS CONTACT:

Paula Jiles @ (217) 935-9411



Tour Charleston by Horse and Carriage



Cruise Around Charleston Harbor



Visit Middleton Place and Gardens



Tour Historic Magnolia Plantation



JOIN US FOR
ART & THINGS

JULY 7TH & 21ST

10:00 AM TO 11:30 AM



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

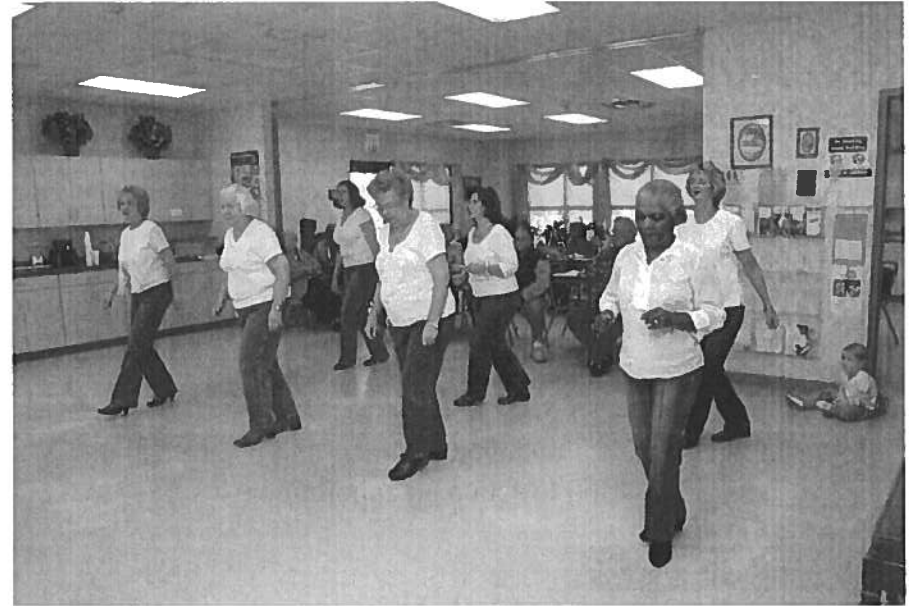
THE NEXT MEETING WILL BE
Monday, July 20th, 2019

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



LINE DANCING REFRESHER CLASS

THURSDAY: JULY 9TH & 23RD

TIME: 9:30 AM – UNTIL ?????



CCSI
Case Coordination LLC
Case Management Services

410 E Main St Clinton, IL 61727 217-935-4560

We are finally able to start making appointments!!

Please adhere to the following guidelines, and please call me at 935-4560 to set up an appointment.

- Must wear a mask
- No walk in's - appointments only
- Will screen for symptoms
- Temperature will be taken
- 1 person at a time if at all possible

If you are sick and do not feel well, please stay home. We do not want to take any chances of getting anyone sick. If you need to reschedule, please just give me a call and we can set up a new appointment once you are feeling better.

Thank you in advance for your cooperation!

Diane Cusey

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

To obtain services or volunteer, contact
Kim Corsa 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: fidewitt@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

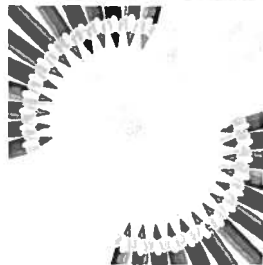
ANY MONDAY OF EACH MONTH

12:30 PM to 3:00 PM

THIS MONTH

JULY 6, 13, 20, 27

COLORED PENCILS & COLOR SHEETS PROVIDED



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

THE HEARING AID CENTER

JOYCE DEARTH FROM
THE HEARING AID CENTER

WILL BE HERE

MARCH 10TH & 24TH

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



Friendship Center Newsletter
July 2020

“Comments from Caitlin”

Our mouths provide many sensations while eating. We can notice the taste of foods on our tongues, a food’s temperature, its texture or mouthfeel, and more. These can be enjoyable experiences and provide pleasure while we eat. Alternately, many have experienced discomfort while eating, from minor irritations like accidentally biting our tongue to more serious concerns like oral inflammatory diseases, such as gingivitis.

One reason maintaining good oral health can be a challenge is that the mouth is host to bacteria. These bacteria, which enjoy eating on carbohydrates and sugars left behind in the mouth, are involved tooth decay and diseases of the gums. Along with daily brushing and flossing and having regular dental cleanings, healthier food choices can provide nutrients needed to maintain teeth, gums, and other surfaces, and help reduce the impact of oral bacteria.

For older kids to adults, consider these recommendations from the Academy of Nutrition and Dietetics:

- Eat nutrient-rich foods, such as fruit, vegetables, dairy foods, and plant- and animal protein foods.
- Eat less of foods that support oral bacteria, such as sweet drinks, desserts, and candies.
- Limit grazing or snacking, which can increase the risk of cavities.
- Rinse the mouth with water after eating, which can help flush out bacteria and food particles.
- Consume raw vegetables, which provide friction on the gums and teeth to loosen bacteria and stimulates saliva to rinse away bacteria.

For those who have mouth sores, dentures, and other oral health concerns, talk with a dentist and registered dietitian for additional recommendations to support eating more comfortably and more nutritiously.

Have a great month,

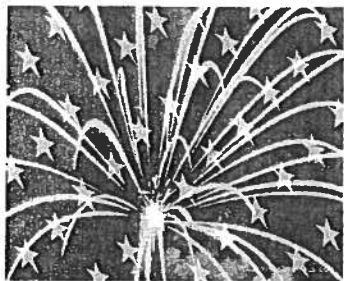
Caitlin Mellendorf, MS, RD
Nutrition and Wellness Educator
University of Illinois Extension
Serving DeWitt, Macon, and Piatt Counties
chuth2@illinois.edu | 217-935-5764
go.illinois.edu/dmp

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 or call us at 217-422-8537.



This advertisement features a smartphone on the right side displaying the 2-1-1 app interface. The app screen shows the number "2-1-1" in a speech bubble, the slogan "Get Connected. Get Help.™", and the "LIVE UNITED United Way" logo. To the left of the phone, the text "NEED HELP? CALL 2-1-1" is prominently displayed in large, bold letters. Below this, it says "Your link to community resources." and lists five service categories with corresponding icons: FOOD (fork and knife), Shelter (house), Pay Bills (plug), Get Care (plus sign), and Tax Help (dollar sign). At the bottom, it states "Free ★ Confidential ★ 24/7".



JULY 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 COFFEE—8 AM SENIOR YOGA—8:15 AM BINGO—12:15 PM CARDS 1 PM	2 COFFEE 8 AM BEAN BAG TOSS 12:30 PM—3 PM	3 CLOSED FOR JULY 4TH HOLIDAY	
5	6 COFFEE 8 AM DOMINOES 12:30 PM—3 PM COLOR CONVERSATION 12:30 PM—3 PM	7 COFFEE 8 AM ART & THINGS 10 AM—11:30 AM POOL 12:30 PM—3 PM CARDS & GAMES 12:30 PM—3 PM	8 COFFEE 8 AM SENIOR YOGA 8:15 AM BINGO 12:15 PM CARDS 1 PM	9 COFFEE 8 AM BEAN BAG TOSS 12:30 PM—3 PM LINE DANCE 9:30 AM	10 COFFEE 8 AM POOL 12:30 PM—4 PM CARDS & GAMES 12:30 PM—4 PM WALMART TRIP 10AM	11
12	13 COFFEE 8 AM DOMINOES 12:30 PM—3 PM COLOR CONVERSATION 12:30 PM—3 PM	14 COFFEE 8 AM HEARING AID CENTER 9:30 AM—11 AM POOL 12:30 PM—3 PM CARDS & GAMES 12:30PM—3PM	15 COFFEE 8 AM SENIOR YOGA 8:15 AM BINGO 12:15 PM CARDS 1 PM	16 COFFEE 8 AM BEAN BAG TOSS 12:30 PM—3 PM	17 COFFEE 8 AM POOL 12:30 PM—4 PM CARDS & GAMES 12:30 PM—4 PM	18
19	20 COFFEE 8 AM LOW VISION SUPPORT GROUP 10 AM DOMINOES 1 P—3 P COLOR CONVERSATION 1 PM—3 PM	21 COFFEE 8 AM ART & THINGS 10 AM—11 :30 AM POOL 12:30 PM—3 PM CARDS & GAMES 12:30PM-3PM ARTHUR TRIP 1PM	22 COFFEE 8 AM SENIOR YOGA 8:15 AM BINGO 12:30 PM CARDS 1 PM JULY BIRTHDAY CAKE & ICE CREAM	23 COFFEE 8 AM BEAN BAG TOSS 12:30 PM—3 PM LINE DANCE 9:30 AM	24 COFFEE 8 AM POOL 12:30 PM—4 PM CARDS & GAMES 12:30 PM—4 PM IGA COOKOUT 10 AM—6 PM	25 IGA COOKOUT 10 AM—2 PM
26	27 COFFEE 8 AM DOMINOES 12:30 PM—3 PM COLOR CONVERSATION 12:30 PM—3 PM	28 COFFEE 8 AM HEARING AID CENTER 9:30 AM—11 AM POOL 12:30 PM—3 PM CARDS & GAMES 12:30PM—3PM	29 COFFEE 8 AM SENIOR YOGA 8:15 AM BINGO 12:30 PM CARDS 1 PM	30 COFFEE 8 AM BEAN BAG TOSS 12:30 PM—3 PM	31 COFFEE 8 AM POOL 12:30 PM—4 PM CARDS & GAMES 12:30 PM—4 PM WALMART TRIP 10 AM	

Peace Meal Senior Nutrition Program July 2020

			1 Country Fried Steak Mashed Potatoes Mixed Vegetables Texas Toast Fresh Grapes		2 Cheese, Ham, Chicken or Tuna Salad Creamy Vegetable Soup Gelatin w/Fruit Assorted Crackers Peaches	3 CLOSED FOR JULY 4 TH HOLIDAY
6 Spaghetti w/Meat Sauce Herbed Peas Fruit Juice Bread Stick Brownie Bites	7 Roasted Pork Loin Zucchini Bake Broccoli/Cauliflower Whole Grain Wheat (1) Hawaiian Salad	8 Chicken Enchiladas Vegetable Rice Pilaf Seasoned Green Beans Whole Grain Wheat (1) Cantaloupe	9 Hamloaf or Meatloaf Mashed Potatoes w/Gravy Corn and Lima Beans Dinner Roll Dreamsicle Gelatin	10 Steak Burger Lettuce and Tomato Slices Kidney Bean Salad Bun Peaches		
13 Pulled Chicken Sandwich Macaroni and Cheese w/Peas Broccoli Bun Tropical Fruit	14 Breakfast Casserole Baby Baker Potatoes Fruit Juice Cinnamon Roll Fresh Fruit	15 Chili Mac w/Beans Spinach Romaine Salad w/Dressing Pkt. Dinner Roll Chunky Applesauce	16 Roast Beef in Gravy Mashed Potatoes Pea/Cauliflower Salad Dinner Roll Warm Fruit Crisp	17 Sub Sandwich w/Tomato Slice, Lettuce, and Mayo Pkt. Summer Salad Bun Pears Graham Crackers		
20 Pork Burger Sandwich Midori Blend Vegetables Harvard Beets Bun Apple slices	21 Fried Chicken Mashed Potatoes w/Gravy Brussels Sprouts Texas Toast Water Melon	22 Turkey Salad w/Grapes Cucumber/Onion Salad Fruit Cocktail Dinner Roll Strawberry Oatmeal Bar	23 Riblet Seasoned Black-Eyed Peas Vegetable Pasta Salad Bun Warm Fruit Cobbler	24 Beef and Noodles Mashed Potatoes Sweet Cinnamon Carrots Whole Grain Wheat (1) Melon Salad		
27 Stuffed Chicken Breast w/Brown Rice Stir Fry Vegetables Lyonnise Carrots Whole Grain Wheat (1) Pears	28 Brat Potato Salad Italian Green Beans Bun Scalloped Pineapple	29 Country Fried Steak Mashed Potatoes Mixed Vegetables Texas Toast Fresh Grapes	30 Cheese, Ham, Chicken, or Tuna Salad Creamy Vegetables Soup Gelatin w/Fruit Assorted Crackers Peaches	31 Taco Salad w/Meat, Beans and Cheese Lettuce, Tomatoes, Sour Cream & Taco Sauce Mandarin Oranges Taco Chips Pudding		

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.