

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

AUG 3 1 2020

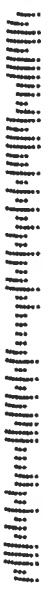
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ECIAAA
1003 MAPLE HILL RD
BLOOMINGTON IL 61705



2020

6170533301 F021



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
SENIOR YOGA 10:00 AM – 11:15 AM

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

SEPTEMBER BIRTHDAYS



MARGARITE WILLIAMON - 1
BOB EASTON - 2
SUSIE FREEMAN - 2
VI GREEN - 4
CAROL GRIFFITH - 5
DEE RYAN - 7
CHARLIE MANDRELL - 9
OLLIE MANDRELL - 9
RICHARD CHAPMAN - 10
DICK WILLIAMS - 11
NANCY ATKINS - 11
MARGARET FEAMAN - 12
NANCY JO HARDIN - 15
SUZIE BALLENGER - 16
ELMER CLARK - 17
KEN STALTER - 18
PAM FOSTER - 19
MARSHA LEITZEL - 23
MARCE SWEAZY - 24
JOY CYRULIK - 24
JANICE LARAMEE - 25
DORIS LONBOM - 27
FRIEDA WHITEHOUSE - 28
LINDA RIVA - 29

COME IN FOR CAKE & ICE CREAM
WEDNESDAY, SEPTEMBER 23RD 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



**JOIN US FOR
ART & THINGS**

SEPTEMBER 1ST & 15TH

10:00 AM TO 11:30 AM



**DATES TO REMEMBER
(SEE FLYERS FOR DETAILS)**

SEPTEMBER 7TH – CLOSED FOR LABOR DAY

SEPTEMBER 10TH – WALMART – 10 AM

**SEPTEMBER 14TH – CURTIS ORCHARD & LUNCH –
LEAVE AT 10:30**

**SEPTEMBER 18TH – CELEBRATION BELLE
LUNCH CRUISE**

SEPTEMBER 24TH – WALMART – 10 AM

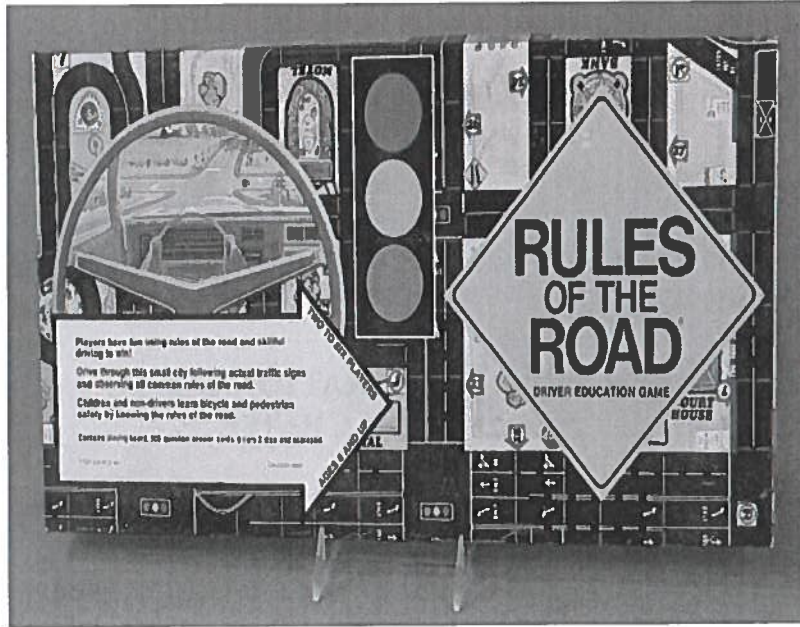
OCTOBER 7TH – CVS FLU SHOT CLINIC 9:30am – 12

OCTOBER 12TH – 16TH – BRANSON SHOW TRIP

**OCTOBER 11TH – 17TH – CHARLESTON SOUTH
CAROLINA TRIP – POSTPONED TO 2021**

OCTOBER 27TH – RULES OF THE ROAD – 1:30

**IF YOU AND A GROUP OF FRIENDS WANT TO GO
SOMEWHERE AND NEED A RIDE..LET ME KNOW.
OUR VAN IS AVAILABLE FOR ANY OCCASION!!!**



FREE RULES OF THE ROAD

REVIEW

TUESDAY, OCTOBER 27TH

1:30 PM – 3:30 PM

PLEASE REGISTER AT THE CENTER

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 the 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 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

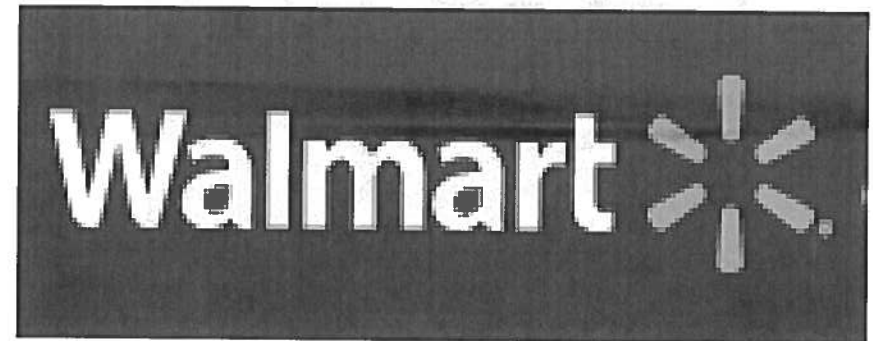
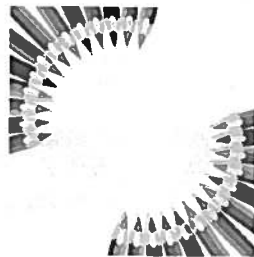
ANY MONDAY OF EACH MONTH

12:30 PM to 3:00 PM

THIS MONTH

SEPTEMBER 14, 21, 28

COLORED PENCILS & COLOR SHEETS PROVIDED



WALMART SHOPPING TRIPS

THURSDAYS, SEPTEMBER 10TH & 24TH

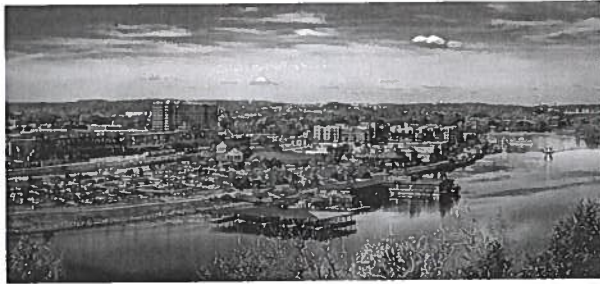
LEAVE AT 10 AM

YOU MUST WEAR A MASK TO ENTER

SIGN UP IN ADVANCE

ONLY TAKING 8 PEOPLE

BRANSON



Oct. 12-16 Hotel Best Western Center Point Inn (on the strip)

Mon: Travel
WhoDunnit Hoe Down Murder Mystery 7:30PM - dinner included

Tues: Beach Boys California Dreaming – 10:00 AM
Dolly Parton Stampede - 5:30 pm dinner included

Wed: Hot Rods and High Heels (a 50's show) 10 am
Noah @ the Sight & Sounds – 7:30 PM

Thur: Branson Scenic Railway – 11:30 AM
Lunch at Landings (free time here) Suggest eating at Paula Deen's Family Style food \$17.99
Haygoods: 7:30 pm

Fri: Head home
Lunch at Lamberts
Wild Animal Safari drive thru if everyone wants to

**Cost is \$566 per person – Registration is going on now
Seating is limited**

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 14, 2020

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, September 11th
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

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.....

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 uwdecaur.org or call us at 217-422-8537.



Celebration Belle Lunch Cruise

Friday: September 18th

Cost: \$45.00 – includes transportation & lunch
Payment due at sign up

Leave the Center at 8:00 am

Registration begins on September 1st

Limited seating available

An advertisement for the 2-1-1 mobile app. On the left, the text reads "NEED HELP? CALL 2-1-1 Your link to community resources." Below this are five icons representing services: a fork and knife for "FOOD", a house for "Shelter", a dollar sign with a slash for "Pay Bills", a plus sign for "Get Care", and a hand holding a coin for "Tax Help". At the bottom, it says "Free ★ Confidential ★ 24/7". On the right is a smartphone displaying the app interface with the "2-1-1" logo, the tagline "Get Connected. Get Help.™", and the "LIVE UNITED United Way" logo with the tagline "United Way of Decatur & Mid-States".



Champaign, IL · Family Owned Since 1977

MONDAY, SEPT 14TH

LEAVE THE CENTER AT 10:30 AM

LUNCH AT THE ORCHARD AT 11:30

SHOPPING AND APPLE PICKING AFTER
LUNCH

IF TIME PERMITS: PRAIRIE GARDENS
SHOPPING

COST IS \$5.00 FOR TRANSPORTATION

LIMITED SEATING

**COME TO THE FRIENDSHIP CENTER
TO EXERCISE!**

EACH MONDAY AT 10:00 AM

AND

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

SEPTEMBER 8TH & 22ND

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



"Comments from Caitlin"

When I teach nutrition education classes to seniors, I regularly hear that after years of cooking for themselves and their families, easy meals are the ones they eat, often sharing examples like cereal and milk or a bag of popcorn. As an occasional meal, this is okay, but for the seniors who do this often, let's talk about why nutrition is still important even after age 50.

Seniors and older adults are a unique segment of the population when it comes to nutrition. Metabolism slows as part of normal aging, meaning seniors have lower energy needs – as measured by calories – than adults 50 years of age or younger. This means, in general, seniors do not need to eat as much food.

However, also part of normal aging, seniors need to increase their intake of some vitamins and minerals. For example, calcium needs in females increase after age 50 and increase for males after age 70. Male and female seniors also need more vitamin B-6 after age 50, and more vitamin D after age 70.

When vitamin and mineral needs do not change for seniors, such as with vitamin B-12 or iron, seniors may not efficiently absorb some vitamins and minerals due to normal aging processes or medication use.

Thus, seniors have the challenge of getting enough vitamins and minerals without overeating, which can lead to weight gain and chronic health conditions, such as diabetes or heart disease.

When preparing meals at home, seniors can use the [MyPlate](#) food guide as a model for healthy eating. When eating out at restaurants or other food establishments, order extra fruits and vegetables since these contain many needed vitamins and minerals.

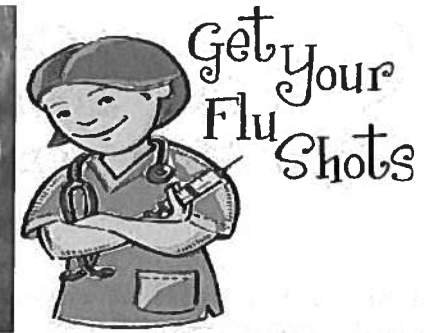
As well, utilize [senior nutrition programs](#) with delivery or congregate meal sites. Benefits of senior nutrition programs include that seniors do not have to cook, all meals meet set nutrition standards, and meals are provided at low cost or with donation. Seniors can also participate in [Senior Farmers' Market Nutrition Programs](#) around Illinois, which provide funds to redeem for fruits and vegetables at farmers markets.

For any questions on nutrient concerns, speak with your primary healthcare provider or a registered dietitian.

For more about University of Illinois Extension, visit go.illinois.edu/dmp for articles and upcoming classes.

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



CVS FLU SHOT CLINIC

WEDNESDAY, OCTOBER 7TH

9:30 AM – 12:00 PM

**PLEASE PICK UP A REGISTRATION FORM AT
THE RECEPTION DESK**




CCSI Case Coordination LLC Case Management Services

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

*I just wanted to touch base with everyone and let you know that I am now taking appointments. As of right now, there are no walk-in hours. It is by **APPOINTMENT ONLY**. I am here for any Seniors & Disabled clients that are in need. If you are a senior or disabled person in DeWitt County or if you know of any senior/disabled person, please let me know and I can reach out to them.*

CCSI Case Coordination LLC-Diane Cusey
410 E. Main St Clinton, IL 217-935-4560

CCSI
Case Coordination LLC
Case Management Services

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

- ❖ 1st Wednesday of every month 1:30-4:00
Sept 2nd & October 7th
- ❖ 3rd Wednesday of every month 8:30-12:00
September 16th & October 21st
- ❖ 2nd Monday of every month 2:00-4:00 pm
September 14th & Oct 12th

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.

Nixon Manor, Clinton

100 S. Railroad St-Community Room
1st Thursday of every month from 2-4:00
Sept 3rd & Oct 1st

MacArthur Apartments, Clinton

300 E Woodlawn St-Community Room
3rd Thursday of every month from 2-4:00
Sept 17th & Oct 15th

Weldon, DeWitt County

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


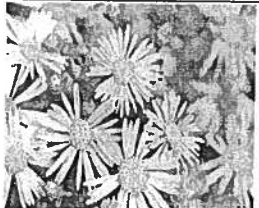
Thurs-3rd Thurs of each month from 11:00 am-12:30 pm
Still not open due to COVID-19

DeWitt Manor, Clinton

520 E. Main St-Community Room
2nd Thursday of every month from 2-4:00
Sept 10th & Oct 8th

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

SEPTEMBER 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 COFFEE 8 AM ART & THINGS 10 AM—11:30 AM POOL 1 PM—3 PM CARDS & GAMES 1PM—3PM	2 COFFEE 8 AM SENIOR YOGA 8:15 AM BINGO 12:15PM CARDS 1:30—3:00	3 COFFEE 8 AM BEAN BAG TOSS 1:00 PM—3 PM	4 COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1 PM—3 PM	5
6	7  CLOSED FOR LABOR DAY	8 COFFEE 8 AM HEARING AID CENTER 9:30 AM—11 AM POOL 1 PM—3 PM CARDS & GAMES 1PM—3PM	9 COFFEE 8 AM SENIOR YOGA 8:15 AM BINGO 12:15PM CARDS 1:30—3:00	10 COFFEE 8 AM BEAN BAG TOSS 1:00 PM—3 PM WALMART 10 AM	11 COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1 PM—3 PM	12
13	14 COFFEE 8 AM ALZHEIMER'S 12 PM—1 PM DOMINOES 1-3 PM COLOR CONV 1 PM—3 PM SENIOR YOGA 10 AM CURTIS ORCHARD	15 COFFEE 8 AM ART & THINGS 10 AM—11:30 AM POOL 1 PM—3 PM CARDS & GAMES 1PM-3PM	16 COFFEE 8 AM SENIOR YOGA 8:15 AM BINGO 12:15PM CARDS 1:30—3:00	17 COFFEE 8 AM BEAN BAG TOSS 1:00 PM—3 PM	18 COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1 PM—3 PM RIVER LUNCH CRUISE CELEBRATION BELLE	19 AMERICAN LEGION FOOD BANK 9:30 AM—10:30 AM
20	21 COFFEE 8 AM DOMINOES 1 PM—3 PM COLOR CONV 1 PM—3 PM SENIOR YOGA 10 AM	22 COFFEE 8 AM HEARING AID CENTER 9:30 AM—11 AM POOL 1 PM—3 PM CARDS & GAMES 1PM—3PM	23 COFFEE 8 AM SENIOR YOGA 8:15 AM BINGO 12:15PM CARDS 1:30—3:00 BIRTHDAY CAKE	24 COFFEE 8 AM BEAN BAG TOSS 1:00 PM—3 PM WALMART 10 AM	25 COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1 PM—3 PM	26
27	28 COFFEE 8 AM DOMINOES 1 PM—3 PM COLOR CONV 1 PM—3 PM SENIOR YOGA 10 AM	29 COFFEE 8 AM POOL 1 PM—3 PM CARDS & GAMES 1PM—3PM	30 COFFEE 8 AM SENIOR YOGA 8:15 AM BINGO 12:15PM CARDS 1:30—3:00			

Peace Meal Senior Nutrition Program September 2020

	1	Roasted Pork Loin Zucchini Bake Broccoli/Cauliflower Whole Grain Wheat (1) Hawaiian Salad	2	Chicken Enchiladas Vegetable Rice Pilaf Seasoned Green Beans Whole Grain Wheat (1) Cantaloupe	3	Hamloaf or Meatloaf Mashed Potatoes w/Gravy Corn and Lima Beans Dinner Roll Deamsicle Gelatin	4	Steak Burger Lettuce and Tomato Slices Kidney Bean Salad Bun Peaches	
7	CLOSED FOR LABOR DAY HOLIDAY	8	Breakfast Casserole Baby Baker Potatoes Fruit Juice Cinnamon Roll Craisins	9	Chili Mac with Beans Spinach Romaine Salad w/Dressing Pkt. Dinner Roll Chunky Applesauce	10	Roast Beef in Gravy Mashed Potatoes Pea/Cauliflower Salad Dinner Roll Warm Fruit Crisp	11	Sub Sandwich w/Tomato Slice, Lettuce, and Mayo Pkt. Summer Salad Bun Pears Graham Crackers
14	Pork Burger Sandwich Midori Blend Veggies Harvard Beets Bun Apple Slices	15	Fried Chicken Mashed Potatoes w/Gravy Brussels Sprouts Texas Toast Water Melon	16	Turkey Salad w/Grapes Cucumber/Onion Salad Fruit Cocktail Dinner Roll Strawberry Oatmeal Bar	17	Riblet Seasoned Black-Eyed Peas Vegetable Pasta Salad Bun Warm Fruit Cobbler	18	Beef and Noodles Mashed Potatoes Sweet Cinnamon Carrots Whole Grain Wheat (1) Melon Salad
21	Stuffed Chicken Breast w/Brown Rice Stir Fry Vegetables Lyonnaise Carrots Whole Grain Wheat (1) Pears	22	Brat Potato Salad Italian Green Beans Bun Scalloped Pineapple	23	Country Fried Steak Mashed Potatoes Mixed Vegetables Texas Toast Fresh Grapes	24	CHEF'S CHOICE REGIONAL FAVORTIES WILL BE SERVED	25	Taco Salad w/Meat, Beans, Cheese Lettuce, Tomatoes, Sour Cream, and Taco Sauce Mandarin Oranges Taco chips Pudding
28	Spaghetti w/Meat Sauce Herbed Peas Fruit Juice Bread Stick Brownie Bites	29	Roasted Pork Loin Zucchini Bake Broccoli/Cauliflower Whole Grain Wheat (1) Hawaiian Salad	30	Chicken Enchiladas Vegetable Rice Pilaf Seasoned Green Beans Whole Grain Wheat (1) Cantaloupe				

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 congregant 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.