LifeSpan Center Connections



JULY 2022



WHAT YOU NEED TO KNOW

Advance registration **REQUIRED** for **MOST** activities and services.

CALL 217-639-5150

to reserve a space in the activity of interest

Maximum capacities established per activity

All visitors **MUST** check in at the Welcome Desk.



FRIDAY JULY 22,2022 DOORS OPEN AT 5:30PM

LOCATED AT LIFESPAN CENTER

1 TICKET \$50 2 TICKETS \$75 TICKET INCLUDES FOOD AND BEVERAGES

Purchase tickets at

https://www.eventbrite.com/e/dueling-pianos-tickets-324218003777









Have you been considering ways you can make a difference in your community?
The Coles County Council on Aging is searching for Volunteers of varying skill levels. If you would like to see how you can lend a helping hand, please contact Chris at 217-639-5150.



FILL FULL TIME DRIVING POSITIONS IN COLES AND DOUGLAS COUNTIES



APPLICATIONS CAN BE FOUND AT THE DIAL-A-RIDE BUS GARAGE OR AT WWW.DIALARIDETRANSIT.ORG UNDER EMPLOYMENT OPPORTUNITIES



Medicare Extra Help Program

You may qualify for Medicare Extra Help to pay for your Part D prescription drug costs if your income and assets are below the following limits in 2022:

Single Person - Income below \$1,699/month and assets** below \$14,010 Married Persons-\$2,289/month and assets**below \$27,950, living with spouse and no dependents

Medicare Savings Program

You may qualify for the Medicare Savings Program to help pay for your Medicare premiums, deductibles and coinsurance if your income and assets are below the following limits in 2022:

Single: \$1,528/month Assets: \$8,400
 Married: \$2,059/month Assets: \$12,600



Contact Senior Information Services at your LifeSpan Center to apply for benefits.

217/639-5150 11021 E Co Rd 800 N, Charleston, IL 61920-8632

A United Way Agency



Funded by: Title III of the Older American Act through Illinois General Revenue Funds, the East Central Illinois Area Agency on Aging, Fund Raising Events, and Client Donations.

Peace Meal Senior Nutrition Program July 2022

CLOSED FOR INDEPENDENCE DAY HOLIDAY	5 Mushroom Crusted Chicken Breast Mashed Potatoes Peas and Pearl Onions Mandarin Oranges Whole Grain Bread	6 Goulash Hot Greens Corn Peaches	7 Chicken Broccoli Rice Bake Tomatoes and Zucchini Green Beans Banana Pudding	Southern Breaded Fish w/Tartar Sauce Brussels Sprouts Chunky Applesauce Black-Eyed Pea Salad Bun
11 Grilled Marinated Chicken Patty Sweet Potatoes Broccoli Summer Fruit Bun	Swiss Steak w/Peppers, Onions and Tomatoes Tater Tots Seasoned Cauliflower Whole Grain Bread Surprise Dessert	Brat German Potato Salad Corn, Black Bean, Tomato Medley Peaches Bun	14 Meatloaf Mashed Potatoes w/Gravy Seasoned Green Beans 5-Cup Salad Whole Grain Bread	No Peace Meal Today
18 Turkey Burger w/Condiments Pinto Beans with Bacon Beets Pineapple Bun	19 Beef Tips in Gravy Mashed Potatoes Honey Glazed Carrots Pears Whole Grain Roll	20 Marinated Pork Loin Mac & Cheese w/Peas Broccoli Tomato Salad	No Peace Meal Today	Lasagna Italian Vegetables Romaine Salad w/Dressing Rosy Applesauce Whole Grain Roll
25 Biscuits and Gravy Baby Bakers Tropical Fruit Compote Juice	26 Fried Chicken Twice Baked Potato Casserole Cooked Spinach Pears Whole Grain Bread	27 Hamburger Baked Beans Corn Potato Salad Bun	28 Taco Salad w/ Meat, Lettuce, Tomatoes, Beans, Salsa Pears Taco Chips Surprise Dessert	29 Pulled Pork Green Beans Italiano Yellow Squash Tangy Cole Slaw Bun

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.

ADVANCE REGISTRATION REQUIRED TO ATTEND

EXERCISE CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11-11:45am Zumba Gold \$3	10-10:45am Chair Yoga \$3 1-2pm QiGong (beginner) \$1	11-11:45am Zumba Gold \$3	10-10:45 am Chair Yoga \$3 1-2 pm QiGong (beginner)\$1	10-10:45am Zumba Gold \$3

CHAIR YOGA 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. This is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. \$3 per class.**** LV Life Fitness

ZUMBA GOLD® Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. This is a 45 minute dance based fitness class. \$3.00 per class. **** LV Life Fitness ****Ask instructor Louise Vassay of LV Life Fitness about cost saving punch cards****



QIGONG T'AI CHI is a holistic system of body posture and movement, breathing and meditation, which increases the flow of vital energy (qi or chi) throughout the body. Good for improving flexibility, balance, relaxation and mental focus.

Suited to all ages and levels of physical ability, beginners welcome!

\$1.00 per class Peggy Brayfield: Instructor



You will use a holistic system of body posture and movement, breathing and meditation, to increase the flow of vital energy (qi or chi) throughout the body. This beginner's level course is good for improving flexibility, balance, relaxation and mental focus. All ages and levels of physical ability are welcome to join this class developed for beginners.

Classes meet Tuesdays and Thursdays 1pm-2pm

Please pre-register at LifeSpan or call 639-5150

REGISTRATION IS REQUIRED IN ADVANCE

Country Line Dancing



t

No Class July Ath This is a free class being offered for anyone who would like to join. Classes are offered the 1st and 3rd Monday of each month.

Come on out from 1pm - 2pm to enjoy movement through dance. Cinda Moran will take you through a series of line dancing steps and routines. Beginners are welcome and encouraged to attend.





Coffee group

Sit, Sip, and Share conversation with friends.

Enjoy joining us for some light

conversation and tasty coffee.

Every day is a great day to meet new friends.

Every day is a great day to meet new friends or chat with old ones.



July is Social Wellness Month

Social relationships have a lasting impact on physical health!

According to studies from Harvard University, strong connections and regular social interaction with friends and family members helps alleviate stress and enhance longevity.

Join us for a meet and greet Wednesday July 20, 2022 from 11am - 12pm



During Social Wellness Month, break out of your fixed routine and vow to meet new people. Social wellness is all about your capability to bond with others and build satisfying relationships. Why is this so important? Well, the fact is, the more people you meet, the more likely you are to develop new hobbies and embark on journeys you never even imagined you would be a part of.

Monday	Tuesday	Wednesday
Upcoming: Aug. 2 - Community Education Luncheon(The Benefits of Owning a Pe Aug. 10 - Alzheimer's Support Group Aug. 11 - Memory Loss Support Group Aug. 19 - Dine with a Doc Aug. 24 - Coloring and Brain Function Presentation and Activity (Why Should Adults Color?) Aug. 30 - Parkinson's Support Group		lly
4 Oily: Closed	5 Chair Yoga 10am - 10:45am Qi-Gong (beginners Tai Chi) 1pm-2pm	6 Zumba 11am - 1145am Bingo 12:30 - 2pm Hosted by Heritage Woods Card Players 1pm - 3pm
11 Coffee and Connections 9 - 10:30am Zumba 11am - 1145am Card Players 1-3pm	Movie: The Adam Project PG13 -9:30am Chair Yoga 10am - 10:45am Community Health Education Luncheon (Understanding Alzheimer's) 12pm - 1pm Qi-Gong (beginners T'ai Chi) 1pm-2pm	13 Zumba 11am - 1145am Bingo 12:30 - 2pm Hosted by Arbor Rose
18 Zumba 11am - 1145am Line Dance - 1pm - 2pm	Movie: <u>Something's Gotta Give</u> - PG13 -9:30am Chair Yoga 10am - 10:45am Qi-Gong (beginners Tai Chi) 1pm-2pm	20 Zumba 11am - 1145am Meet and Mingle (Social Wellness is Essential to Life) 11am-12pm Bingo 12:30 - 2pm Hosted by Hilltop Skilled Nursing
25 Zumba 11am - 1145am Card Players 1pm - 3pm	26 Movie: <u>Grown Ups</u> - PG13 - 9:30am Chair Yoga 10am - 10:45am Qi-Gong (beginners T'ai Chi) 1pm-2pm Parkinson's Support Group 1pm	27 Zumba 11am - 1145am Bingo 12:30 - 2pm Hosted by Villas of Hollybrook

Thursday	Friday
July is Social Wellness Month	1 Bingo 9am - 10:30am Hosted by Odd Fellow Rebekah Home Zumba 11am - 1145am
7 Chair Yoga 10am - 10:45am IRS Fraud Presentation 10:30am Movie: Back to the Outback - PG-1pm Qi-Gong (beginners T'ai Chi) 1pm-2pm	8 Bingo 9am - 10:30am Hosted by Visiting Angels Veteran's Coffee 9am - 10:30am Zumba 11am - 1145am
Rules of the Road 9:30am - 1130am Chair Yoga 10am - 10:45am Memory Loss Support Group 11am - 12pm Movie: Latte and the Magic Waterstone - Y-1pm Qi-Gong (beginners Tai Chi) 1pm-2pm	15 Bingo 9am - 10:30am Hosted by Charleston Rehab Zumba 11am - 1145am Dine with a Doc 11am - 1pm No Peace Meal Today
Chair Yoga 10am - 10:45am Lunch with a Lawyer 11am - 1pm Movie: <i>The Nut Job</i> - PG-1pm Qi-Gong (beginners T'ai Chi) 1pm-2pm	Bingo 9am - 10:30am Hosted by Arbor Rose Veteran's Coffee 9am - 10:30am Zumba 11am - 1145am *Dueling Pianos (After Hours,
28 Chair Yoga 10am - 10:45am Movie: Cloudy with a Chance of Meatballs - PG 1pm Qi-Gong (beginners T'ai Chi) 1pm-2pm	29 Zumba 11am - 1145am
	No BINGO Today

How to Recognize and Prevent Fraud Before It's Too Late CHARITY SCALE SCALE

Each year elderly americans are preyed upon by scammers looking to make a buck.

According to the FBI, senior citizens lost almost social \$1 billion in scams last year alone.

Come join us for a fraud presentation being put on by Marsha Griffin from the Illinois States Attorney's Office. Marsha will discuss things to look out for and ways to avoid being scammed.

LOCATION: LIFESPAN CENTER

11021 E. Co. Rd. 800 N.

Charleston, IL 61920

WHEN: JULY 7TH AT 10:30AM





Who is a Caregiver?

Caregiving can be rewarding, but it can also be stressful.

Who is a caregiver?

Are you providing care or assistance to a spouse, parent, grandparent, child, neighbor, or friend?

You may not think of yourself as a caregiver. However, you are in that role too and providing care can be stressful and overwhelming. If you are helping an adult with tasks such as preparing meals, personal care, errands, phone check-ins or doctor appointments, you ARE a caregiver. It is easy to think you are alone and have no one to help you. However, there are community resources available to you. Caregivers need care, too!

Find Support

Receive help managing the stresses of caregiving:

- Talk to other people who are caring for someone too.
- Try a support group or workshop to get advice, emotional support and helpful resources.

Make Connections

While resources in you community may vary, we can connect you with information and services to help you and your loved one. Services may include: Adult Day Care, Counseling, Chore Services, Emergency Response Systems, Financial & Legal Information, Home Delivered Meals, Home Health & Personal Care, Housing Options, Referrals for Medical Diagnoses, Rides & Transportation, and Support Groups.

With a caregiver assessment, a personalized plan can be developed to help recognize the emotions and tension you may not even realize you are experiencing.

IDA

https://www2.illinois.gov/aging



INOIS RESPITE COAL A break is waiting for you!

What is in-home respite?
In-home respite is a chance for caregivers to take a break knowing their loved one is in trained, capable hands.

What is the eligibility criteria? Individuals with a diagnosis of Autism, Cerebral Palsy, Epilepsy or an intellectual/ developmental disability are eligible to participate in this program at no cost to the family. Our in-home program is funded through a DHS respite grant. Families can receive 180 hours of respite per program year.

Where do we serve?

We serve over 20 counties and refer statewide. Call us for more details on respite services.

Who can be a respite worker?

We understand that you may only feel comfortable with a family member or close friend caring for your loved one. We can train a person of your choice as long as they are over 18 years old, and do not live in the family home. We can also help find someone for you. Hours are flexible, training is provided and background checks will be conducted. We pay over \$13.30 an hour for one child, rates increase based on the number of eligible children.

CONTACT US TODAY

Phone: 630-207-8479

Email: ilrespitecoalition@gmail.com

Facebook: @ilrespite



BRAIN EXERCISE CLASSES

Join University of Illinois Educator Cheri Burcham each month as she leads participants through interactive activities designed to exercise the brain to maintain and enhance cognitive function and memory. You are never too young or too old to get started training your brain, so join Cheri in this fun and informative class.

LifeSpan Center of Coles County 10:00 - 11:00 AM

First Mondays in 2022 (unless a holiday*)

No Class in July!

AUG. 1, SEPT. 5, OCT, 3, & NOV. 7

Reminders:

Class is free and open to public Welcome to join any time No classes in July or December

Advance registration is required to attend by contacting the LifeSpan Center at 217-639-5150.

COLLEGE OF AGRICULTURAL, CONSUMER & ENVIRONMENTAL SCIENCES
University of Illinois | U.S. Department of Agriculture | Local Extension Councils Cooperating
University of Illinois Extension provides equal opportunities in programs and employment.
If you need a reasonable accommodation to attend, call the registration office.

Illinois Extension

For more information: Cheri Burcham Family Life Educator cburcham@illinois.edu 217-543-3755

Community Education Series Lunchoen

Topic: Understanding Alzheimer's Disease

Our first Community Education

Presentation of 2022 is quickly approaching.

Join us for an informative presentation

Presented by Visiting Angels about

Alzheimer's Disease.

Lunch will be provided

When: July 12th, 2022 12pm - 1pm Space is limited

Where: LifeSpan Center 11021 E. Co. Rd. 800 N.

Charleston, IL 61920

Call 639-5150 to register



ADVANCE REGISTRATION REQUIRED TO ATTEND



Where the Movers and Shakers Meet!

Tuesday July 26, 2022 @1pm LifeSpan Center 11021 E County Rd 800N Charleston (corner of Loxa Rd and 800N)

*Persons with Parkinson's disease and their caregivers are welcome to attend.

For more information or to register for class, please call (217) 639-5150.



Join us for real conversation about cognitive decline and memory loss related to early-stage Alzheimer's disease or related dementia. This is a support group for loved ones and friends of people with memory loss.

This group meets the 2nd Thursday of each month from 11am-12pm.

The next class will be held on July 14th at the LifeSpan Center.

Pre-registration is required by calling (217) 639-5150.

Veteran's Coffee Group

Join fellow veterans for some coffee and conversation. We will meet the 2nd and 4th Friday of each month at 9am.

Meetings will be held at

LifeSpan Center

11021 ECR 800 N

Charleston, IL





ADVANCE REGISTRATION IS REQUIRED

RULES-OF THERDAD

July 14/October 13 9:30am - 11:30am

This course is designed to give drivers-especially senior citizens and persons with disabilities-the knowledge and confidence needed to renew or obtain a driver's license. An IL Secretary of State representative will be at your LifeSpan Center for a Rules of the Road review course.

This is a free course.

Register at your LifeSpan Center or call 639-5150.







COMPLIMENTARY

Dr. Bernie Ranchero MD, MS, MBA

> HSHS Medical Group Family Medicine



5 E Cumberland Rd. Altamont, IL 62411 618-483-6131 fax: 618-483-6718

July 15th, 11am - 1pm



Visit us at www.dinewithadoc.com

Senior Education Ministries 4310 s 11th St., Terre Haute, IN 47802 Phone 812-917-4970 E-mail:

senioreducationministries@yahoo.com

'Communities working together for the good ofall, Serving our Seniors & Veterans and glorifying God!"

- LISTEN AND ASK DOCTOR QUESTIONS
- DOOR PRIZES
- FELLOWSHIP WITH YOUR PEERS

FREE LUNCH
COURTESY OF



LOCATION:

LIFESPAN
CENTER
11021 E. CO. RD.
800N
CHARLESTON, IL
61920

NO CHARGE TO
ATTEND
SPACE IS
LIMITED
RSVP @

217-639-5150



Lunch with a Lawyer

Armstrong, Grove & Wawrzynek LLC 1400 Charleston Ave., Suite 200, Mattoon, Illinois 61938

T: 217-234-7123

July 21st, 2022



Presentation Topic: Trusts, why you need one and why you don't.

Are you looking to connect with an experienced attorney? Do you have legal questions about estate planning law that even Google cannot answer? Mark your calendar for the next Lunch with a Lawyer at the LifeSpan Center.

The next Lunch with a Lawyer will take place Thursday July 21st, from 11 a.m. to 1 p.m. Lunch is provided, though space is limited to the first 50. You can reserve your spot by calling LifeSpan at 217-639-5150.

When you think about it, lawyer fees can be a bit high, the range could be \$150-\$500 per hour; then include any paperwork that needs to done and court costs. So why not take advantage of this free session with an estate planning lawyer.

This free educational program welcomes everyone to hear the guest speaker from Armstrong, Grove, & Wawrzynek Law Firm. Janet Grove will provide an educational legal presentation. Each Lunch with a Lawyer, an attorney donates their time in an effort to listen, hear, and answer legal questions while sharing a meal.



We would like to thank our generous donors.

- Arbor Rose Adult Day Gare \$ Memory
 Gare Homes
- Garriage Grossings
- Gharleston Rehabilitation & Mealth Genter
- Gopper Greek Gottages Memory Gare
- Dr. Mark Esarey Life Time Eyecare
- First Mid Insurance Group
- Meritage Woods of Gharleston
- Milltop Skilled Nursing & Rehabilitation
- Michael Murray
- David Stanley
- Marilyn Strangeman
- The Villas of Holly Brook
- Odd Fellow-Rebekah Home
- Visiting Angels Living Assistance Services



Would you like to place an advertisement in our connections?

You can purchase a business card size space for $$^{\$}150$ for six months. The cost to purchase a spot for 1 year is $$^{\$}275$.

Your advertisement could be here

Please call LifeSpan at 217-639-5150 and speak with Mel Rockett to reserve your space.



Hours: Monday - Friday: 8:30am - 4pm

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

Email: contactus@lifespancenter.org

Phone: (217) 639-5150

Need A Ride? Dial-A-Ride Public Transportation Program...639-5169 or Toll-Free......1-800-500-5505

A United Way Agency

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





