

LifeSpan Center Connections



JUNE 2022

Advanced reservations required

WHAT YOU NEED TO KNOW

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

CALL 217-639-5150

to reserve a space in the activity of interest

Maximum capacities established per activity

USE THE MAIN ENTRANCE

All other doors will be locked

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

Bring a water bottle.

Other refreshments will not be
allowed or available.

(use of drinking fountains will not be permitted)



DUELING

PIANOS

**A FUNDRAISER EVENT
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> and Search Dueling Pianos Charleston





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.



**DIAL-A-RIDE IS SEEKING TO
FILL FULL TIME DRIVING
POSITIONS IN COLES AND
DOUGLAS COUNTIES**



***WE WANT
YOU!***



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

Dial-A-Ride Celebrates National Dump the Pump Day June 17, 2022

**Coles County: ZIPLINE is FREE
on this day only**



To view the
Zipline routes
and schedule go to
www.dialaridetransit.org

Dump the Pump and Ride Public Transit!

NEW **2022!** **Benefits**

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

Do you qualify?

**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.

ADVANCE REGISTRATION REQUIRED TO ATTEND

EXERCISE CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11-11:45am Zumba Gold \$5	10-10:45am Chair Yoga \$5 1-2pm QiGong (beginner) \$1	11-11:45am Zumba Gold \$5	10-10:45 am Chair Yoga \$5 1-2 pm QiGong (beginner)\$1	10-10:45am Zumba Gold \$5

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. \$5 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. \$5.00 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

Qi-Gong (Beginners T'ai Chi)



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



June 6th &
June 20th
1pm-2pm

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.



Peace Meal Senior Nutrition Program June 2022

[illegible]

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.

Monday

Tuesday

Wedn

<p>June 2022 Happy Fathers Day!</p>		<p>Zumba </p>
<p>6 Wits Fitness  10am - 11:30am Zumba 11am - 11:45am Line Dance 1pm - 2pm  Online Fraud Series Begins</p>	<p>7 Chair Yoga 10am - 11am Qi-Gong 1pm - 2pm</p>	<p>Zumba </p>
<p>13 Zumba 11am - 11:45am Card Players 1pm - 3pm</p>	<p>14 Chair Yoga 10am - 10:45am Qi-Gong 1pm - 2pm</p>	<p>Zumba  </p>
<p>20 Zumba 11am - 11:45am Line Dance 1pm - 2pm </p>	<p>21 Chair Yoga 10am - 10:45am Qi-Gong 1pm - 2pm</p>	<p>Zumba </p>
<p>27 Zumba 11am - 11:45am Card Players 1pm - 3pm</p>	<p>28 Chair Yoga 10am - 10:45am Parkinson's Support Group 1pm Qi-Gong 1pm - 2pm</p>	<p>Zumba </p>

esday

Thursday

Friday

<p>1</p> <p>11am-11:45am 12:30pm-2pm- Hosted by Heritage Woods</p>	<p>2</p> <p>Chair Yoga 10am - 10:45am QiGong 1pm- 2pm</p>	<p>3</p> <p>Zumba 11am - 11:45am</p>
<p>8</p> <p>11am - 11:45am 12:30pm - 2pm- Hosted by Arbor Rose</p>	<p>9</p> <p>Chair Yoga 10am - 10:45am Memory Loss Support Group 11am-12pm  QiGong 1pm- 2pm</p>	<p>10</p> <p>Veteran's Coffee 9am - 10am  9 - 10:30am-Hosted by Visiting Angels Zumba 11am - 11:45am</p>
<p>15</p> <p>11am - 11:45am 12:30pm - 2pm- Hosted by Hilltop Skilled Nursing and Rehab.</p>	<p>16</p> <p>Chair Yoga 10am - 10:45am QiGong 1pm- 2pm</p>	<p>17</p> <p> 9am - 10:30am- Hosted by Charleston Rehab Zumba 11am - 11:45am Dine with a Doc - 11-1  NO PEACE MEALS</p>
<p>22</p> <p>11am - 11:45am 12:30pm - 2pm- Hosted by Villas of Hollybrook</p>	<p>23</p> <p>Chair Yoga 10am - 10:45am QiGong 1pm- 2pm</p>	<p>24</p> <p>Veteran's Coffee 9am-10:30am  9am - 10:30am- Hosted by Arbor Rose Zumba 11am - 11:45am</p>
<p>29</p> <p>9am - 11am 11am - 11:45am 12:30pm - 2pm <i>No Bingo Today</i></p>	<p>30</p> <p>Chair Yoga 10am - 10:45am QiGong 1pm- 2pm</p>	<p><u>Looking Forward:</u> July 7th - Fraud Presentation July 12th - Community Education Presentation July 14th - Rules of the Road July 15th - Dine with a Doc July 21st - Lunch with a Lawyer July 22nd - Dueling Pianos (Live Event)</p>



ILLINOIS RESPITE COALITION

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: ilrespitcoalition@gmail.com

Facebook: [@ilrespit](https://www.facebook.com/ilrespit)

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 your 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.

<https://www2.illinois.gov/aging>



JOIN WITS FITNESS



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*)

JUNE 6, 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

ADVANCE REGISTRATION REQUIRED TO ATTEND

**No One
Has To Face
Parkinson's
Alone**

**Parkinson's
Support
Group**



Where the Movers and Shakers Meet!

Tuesday June 28, 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.

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**



The background of the entire page is a collage of various playing cards. In the top left, there's a red 8 of diamonds and a black 6 of clubs. Below them is a red 9 of hearts. On the right side, there's a Queen of Hearts card showing a queen's face and a yellow flower. In the bottom left, there's a King of Spades card showing a king's face. Other cards like a 10 of diamonds, a 4 of clubs, a 7 of hearts, a 3 of hearts, a 5 of hearts, and a 10 of spades are also visible. The text is centered within a white rectangular area that has a thin red border.

Cards and Conversation

We will meet the 2nd and 4th Monday from 1pm - 3pm. This group plays a variety of card games and is open to new suggestions. Come in and enjoy card games and conversation with friends.

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



Coles County
Council on Aging, Inc.

ADVANCE REGISTRATION IS REQUIRED

RULES OF THE ROAD

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

DATE: JUNE 17, 2022

11AM - 1PM



ANGIE STEWART, APRN

SBL Family Medical Center
200 Richmond Ave, East
Suite 1
Mattoon, IL 61938
ph: 217-234-7000
fx: 217-234-7011



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 of all,
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



**Are you looking to connect with an experienced attorney?
Do you have legal questions 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 be done and court costs. So why not
take advantage of this free session with a lawyer.**

**This free educational program welcomes everyone to hear
the guest speaker from Armstrong, Grove, & Wawrzynek
Law Firm 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.**

 **Coles County
Council on Aging, Inc.**

We would like to thank our
 generous donors. 

- Arbor Rose - Adult Day Care & Memory Care Homes
- Charleston Rehabilitation & Health Center
- Copper Creek Cottages - Memory Care
- Dr. Mark Esarey - Life Time Eyecare
- First Mid Insurance Group
- Heritage Woods of Charleston
- Hilltop - 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.*



A Local Charity serving older adults since 1974

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

