

LifeSpan Center Connections

AUGUST 2022



**Advanced reservations required for
some events**

WHAT YOU NEED TO KNOW

Advance registration **REQUIRED** for **SOME** 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.



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 DOUGLAS
COUNTY**



**WE WANT
YOU!**



**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 premium on drug costs if your income and assets are below the following limits in 2022:

- Single Person - income below \$1,899/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 \$8,000
- 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
1020 Co. Rd 800 East 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

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

Coloring For Adults

Wednesday 4th
we will have our first coloring
session.

Presented by: Cheri Burcham
from U of I Extension

Topic: The Health and Mental
Benefits of Coloring!

Coloring books and utensils will
be provided for coloring after
the presentation.

**Classes will be the 3rd Wednesday
of each month from 10am - 11am**



TAI CHI & QI GONG FOR HEALTH

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

Country Line Dancing



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 or chat with old ones.



**When: 2nd and 4th Mondays of
each Month**

9am - 10:30am

Where: LifeSpan Center

11021 E. Co. Rd. 800 N.

Charleston, IL 61920



Please pre-register at LifeSpan or call 639-5150

National Wellness Month

All during August. National Wellness Month focuses on self-care, managing stress and promoting healthy routines. Create wholesome habits in your lifestyle all month long and see how much better you feel!

Research has shown self-care helps manage stress and promotes happiness. Whether you challenge yourself to a new yoga pose or try a different spa treatment, make a small change and impact your health in positive ways.

There are numerous ways to make those small changes, too.

Increase your water intake.

Add more fruits and veggies to your meals.

Monitor your sleep and make adjustments for better sleep habits

Join a yoga, walking, or aerobics class.

Learn to meditate. get plenty of rest, spend time outside.

These small steps can lead to many more healthy habits in your lifestyle.

Consider joining Zumba, Chair Yoga, or T'ai Chi to keep your body in motion.





ALZHEIMER'S AND DEMENTIA

FAMILY CAREGIVER SUPPORT GROUP

**Are you caring for a loved one with Alzheimer's or other dementia?
Do you feel as though no one understands what you're going through?
Do you need someone to talk to who is having a similar experience?**

Meetings are held the second Wednesday of every month.

*Please call (217) 639-5150 to register.

LifeSpan Center
10:00am-11:00am

Meetings are free and open to the public
11021 E. Co. Rd. 800 •
Charleston, IL 61920

*We are located off of I-55 Rd. between Sara Bush Hospital



Please pre-register at LifeSpan or call 639-5150

**ALZHEIMER'S ISN'T
STOPPING.
NEITHER ARE WE.**

JOIN US FOR OUR UPCOMING EVENT!

2022 Walk to End Alzheimer's Luncheon/Charity Auction. 9/17/22

Walk will be held on Monday, September 19th, 2022, from 11:00 AM to 1:00 PM. Tickets are available online at <http://alz.org/got-o/louisevas> or by calling 800-272-8900.

During August LV life fitness will donate all proceeds from the classes held at the LifeSpan Center to the Monday Morning for Memories. Walk to End Alzheimer's team.

Come to the LifeSpan center and join a class to help fight Alzheimer's or go to <http://act.alz.org/got-o/louisevas> to donate directly.

More than 6 million Americans are living with Alzheimer's.
Over 11 million are serving as unpaid caregivers.
Support those who support those affected by Alzheimer's

alz.org/walk



KNOW the 10 SIGNS

EARLY DETECTION MATTERS

9

Memory loss that disrupts daily life

2. Challenges in planning or solving problems
3. Difficulty completing **familiar** tasks
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality



The GET UP Exercise Class

Free 4 week Strength building class

Thursday 9 a.m. Sept 1st, 8th, 15th, & 22nd

The focus of this four week long class is not fall prevention but how to get up from a fall safely. You will learn how to move across the floor and to stand up safely. You do not need to be able to get up from the floor to take this class.

During the first 45 minute session, each participant will be given a strength and fitness assessment. In the next 3 sessions each participant will perform strength training exercises based on their own fitness level. The exercises will focus on giving you the strength you need to GET UP after a fall.

You will learn exercises you can do at home after the class is over. You will receive an individualized take home sheet of exercises designed for you by certified personal trainer, Louise Vassay.

The sessions are designed as a unit so plan to attend all four sessions. Participants will not be getting up and down from the floor in class.

Limit 8, please register at the front desk to ensure your space.



11021 E. Co. Rd. 800 N.
Charleston, IL 61920

August

Monday	Tuesday	Wednesday
1 Wes Fitness 10am - 11:30am Zumba 11am - 11:45am Line Dance 1pm - 2pm	2 Movie: Spider Man PG13 Chair Yoga 10am-10:45am Community Education Luncheon (The Benefits of Owning a Pet) 12pm-1pm Qi-Gong (beginners Tai Chi) 1pm-2pm	3 Zumba 11am - 11:45am Bingo 12:30 - 2pm Hosted by Heritage Woods Card Players 1pm - 3pm
8 Coffee and Connections 9-10:30 Zumba 11am - 11:45am Card Players 1pm - 3pm	9 Movie: The Gray Man PG13 Chair Yoga 10am - 10:45am Qi-Gong (beginners Tai Chi) 1pm - 2pm	10 Zumba 11am - 11:45am Bingo 12:30 - 2pm Hosted by Arbor Rose Alzheimer's Support Group 10am - 11am
Zumba 11am - 11 Line Dance 1pm -	1 Movie: The Blind Side PG13 Chair Yoga 10am - 10:45am Qi-Gong (beginners Tai Chi) 1pm - 2pm	7 Zumba 11am - 11:45am Bingo 12:30 - 2pm Hosted by Hilltop Skilled Nursing Card Players 1pm-2pm
2 Coffee and Connections 9am- 10:30am Zumba 11am - 11:45am Card Players 1pm - 3pm	2 Movie: 42 (Jackie Robinson) R Chair Yoga 10am - 10:45am Qi-Gong (beginners Tai Chi) 1pm - 2pm	2 Coloring and Conversation 10am - 11am (Presentation and activity by Cheri Burdham) Zumba 11am - 11:45am Bingo 12:30 - 2pm Hosted by Villas of Hollybrook
2 Zumba 11am - 11:	3 Movie: Soul Surfer PG Chair Yoga 10am - 10:45am QiGong (beginners Tai Chi) 1pm - 2pm Parkinson's Support Group 1pm -2pm	31 Zumba 11am - 11:45am Bingo 12:30pm - 2pm Hosted by Brookstone Estates

Thursday	Friday
<p>Chair Yoga 10am - 10:45am Movie: Sing 2 PG Qi-Gong (beginners Tai Chi) 1pm - 2pm</p>	<p>5</p> <p>Bingo 9am-10:30am Hosted by Odd Fellow Rebekah Home Zumba 11am - 11:45am</p>
<p>11</p> <p>Chair Yoga 10am - 10:45am Movie: Pan PG Qi-Gong (beginners Tai Chi) 1pm - 2pm Memory Loss Support Group 11am - 12pm</p>	<p>1</p> <p>Bingo 9am-10:30am Hosted by Visiting Angels Veteran's Coffee 9am-10:30am Zumba 11am - 11:45am</p>
<p>1</p> <p>Chair Yoga 10am - 10:45am Movie: Rescued by Ruby G Qi-Gong (beginners Tai Chi) 1pm - 2pm</p>	<p>19</p> <p>Bingo 9am-10:30am Hosted by Charleston Rehab Zumba 11am - 11:45am Dine with a Doc 11am-1pm</p> <p><u>No Peace Meal Today</u></p>
<p>25</p> <p>Chair Yoga 10am - 10:45am Movie: Home PG Qi-Gong (beginners Tai Chi) 1pm 2pm</p>	<p>2</p> <p>Bingo 9am-10:30am Hosted by Arbor Rose Veteran's Coffee 9am- 10:30am Zumba 11am -11:45am</p>
	<p>Upcoming: Sept. 1, 8,15,22 - Get Up Class Sept. 6 - Community Education Luncheon (By Brookstone Estates) Sept. 7 - Lunch and Learn Sept. 7-Sept. 21st - Coloring and Conversation Sept. 16 - Dine with a Doc</p>

Sponsor A Day At The



Why Do We Need Your Help?

Our agency is mission-driven. We Strive to offer benefit to ALL older adults of our community at little or no cost to those we serve. We believe that all older adults should feel physically secure, financially stable, socially engaged, emotionally content and intellectually gratified.

- Federal and State grant funding require local contributions to match those funds.
- Local governments have been confronted with funding challenges themselves which has reduced their ability to provide support.

Why Should You Donate?

- The LifeSpan Center is a valuable community asset and sets a shining example for the entire state of Illinois.
- We serve over 7,000 residents annually through critical social services.
- You will be making a direct impact and a meaningful difference in the lives of others.
- Your generosity will help to ensure the continued sustainability of our agency now and into the future!

What Will Your Sponsorship Provide?

Your contribution will be used in one or more of the following ways:

- Day to day operations assistance
- Local match requirements
- Facility maintenance
- Program enhancement and/or expansion

With your donation of \$5600 (just \$50 a month) you can sponsor operations for a day at the LifeSpan Center.

Put your day to help for a loved one or special event in your life.

Interested In finding out more?

Contact Mel Rockett
Assistant
11021 E CR 800N
Charleston, IL 61920
217-639-5150
mrockett@lifespancenter.org
www.lifespancenter.org

Aug . st ovies 2022

T_____aY-s 9:30am

August 2nd - Spider Man - PG13

August 9th- The Gray Man PG13

Aug 1ust 16th- The Wind Side PG13

August 23rd - 4.2 Uackie Robinson)
PG-13

Aug 1st 30th- Soul Surfer PG

Thu -sdlays 1 P-ffl1

Au1.gu1st 4t: - Sing 2 PG

A1ug1ust 11th - Pa PG

Aug st 18th - Rescued By Ruby G

August 25th - ome PG1

***Please bring your own
snack and drink to enjoy
while you watch the
movie.**



JOIN WITS FITNESS



BRAIN EXERCISE CLASSES

Join University of Illinois Educator Cheri Billrham each month as she leads,;i participant • through inlier-a-eli-ve acthriti • exem:ise lhe brain to maintain • d l'!hanc c gni • e • u..ncUo . You ar • ev r too yotnlg or wo old tog t started trai ning i oin Cheri in this fun and in.l' 1BH1.1 class.

Reminder!!

LifeSpan Ceo. er of Co eE1 County
10; O- 1:30 AM

FirstMo d ys- 02 (nless a hot- ay)

Starting ack up on: AUG. 1, SEPT. 6*, OCT. 3
& OV.7

Reminders:

Class is fr nd o n to pu.blfc:

Welcome to join an t me

No classes l July r c b t

Advap,ce n:gi •.trabon is -requir,ed to
aUend by contacting the Li:feSpan
Center at 217-639-""",150.

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**Illinois
Extension**

For more information:

Cheri Burcham

Family Life Educator

cburcham@illinois.edu

217-543-3755

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 a hard job. You are alone and have no one to help you. However, we have many resources available to you. Caregivers need care, too!

Find Support

- Receive help from the most common stressors of caregiving:
- Talk to other people who are caring for someone too.
 - Try a support group or show to get advice, emotional support, help with 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, Home Services, emergency Response Systems, financial Legal Information Home-Delivered Meals, Home Health Care, Personal Care, Home Safety Referrals for Medical Diagnoses, rides & Transportation and Support Groups.

With a caregiver assessment, a professional can help develop a plan to help recognize the emotions and tensions you may experience and help you relax and recharge.

https://www2.illinois.gov/aging





ILLINOIS RESPITE COALITION

re ak is waitin for ou!

What's home respite?

In-home respite is a service that allows you to take a break from caring for your loved one while trained professionals care for them in your home.

What is the eligibility criteria?

Individuals with a diagnosis of Alzheimer's disease, dementia, Parkinson's disease, epilepsy or other chronic condition that requires ongoing supervision and care are eligible for home respite services. There is no age limit, and services are available to both adults and children. A minimum of 180 hours of respite per program year is required.

Where do we serve?

We serve over 20 counties across Illinois. For more details on respite services, visit our website.

Who can be a respite caregiver?

We understand that you may not have a family member available to provide care. We can train a person of your choice to become a caregiver. They must be at least 18 years old, and do not live in the same household as you. Hours are flexible, and training is provided. Background checks will be conducted. We pay our caregivers an hourly wage that increases based on the number of eligible children in the household.



CONTACT US TODAY
 Phone: 630-207-8479
 Email: ilrespitcoalition@gmail.com
 Facebook: [@ilrespitcoalition](https://www.facebook.com/ilrespitcoalition)

?

Peace Meal Senior Nutrition Program August 2022

1 Stuffed Peppers Sweet Potato Tots Normandy Vegetable Blend 3-Bean Salad Whole Grain Roll	2 Mushroom Crusted Chicken Breast Mashed Potatoes Peas & Pearl Onions Mandarin Oranges Whole Grain Bread	3 Goulash Hot Greens Corn Peaches	4 Chicken Broccoli Rice Bake Tomatoes and Zucchini Green Beans Banana Pudding	5 Southern Breaded Fish w/Tartar Sauce Brussels Sprouts Chunky Applesauce Black-Eyed Pea Salad Bun
8 Grilled Chicken Patty Sweet Potatoes Broccoli Summer Fruit Bun	9 Swiss Steak w/Peppers, Onions & Tomatoes Tater Tots Seasoned Cauliflower Whole Grain Bread Surprise Dessert	10 Brat German Potato Salad Corn, Black Bean, & Tomato Medley Peaches Bun	11 Meatloaf Mashed Potatoes w/Gravy Seasoned Green Beans 5-Cup Salad Whole Grain Bread	12 Chicken Alfredo Buttered Peas Diced Carrots Romaine Salad w/Dressing
15 Turkey Burger w/Condiment Pinto Beans w/Bacon Hot Beets Pineapple Bun	16 Beef Tips Mashed Potatoes Honey Glazed Carrots Pears Whole Grain Roll	17 Marinated Pork Loin Mac & cheese w/Peas Broccoli Tomato Salad	18 Chicken Salad Vegetable Soup Cucumber & Onion Salad Apricots Whole Grain Bread Crackers	19 No Peace Meal Today
22 Biscuits and Gravy Baby Bakers Tropical Fruit Compote Juice	23 Fried Chicken Twice Baked Potato Casserole Cooked Spinach Pears Whole Grain Bread	24 Hamburger Baked Beans Corn Potato Salad Bun	25 Taco Salad with Meat, Lettuce, Beans, Tomatoes and Salsa Pears Taco Chips Surprise Dessert	26 Pulled Pork Green Beans Italiano Yellow Squash Tangy Cole Slaw Bun
29 Stuffed Peppers Sweet Potato Tots Normandy Veggie Blend 3-Bean Salad Whole Grain Roll	30 Mushroom Crusted Chicken Breast Mashed Potatoes Peas and Pearl Onions Mandarin Oranges Whole Grain Bread	31 Goulash Hot Greens Corn Peaches		

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.

Community Education Series Luncheon

Topic: The Benefits of Owning a Pet

Presented by Brookstone Estates

Our first Community Education

presentation of 2022 is quickly approaching. Join
us for an informative presentation

Presented by Brookstone Estates about the
benefits of owning a pet.

Who:

Topic

When

Where

When : August 2nd, 2022

Topic is

Time

Location

12pm - 1pm

Location

Registration

Where: Lifespan Center

11021 E. Co. Rd. 800 N.

Charleston, IL 61920

Call 639-5150 to register



ADVANCE REGISTRATION REQUIRED TO ATTEND

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

**Parkinson's
Support
Group**



Where the Movers and Shakers Meet!

Tuesday August 30, 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 August 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**



Please pre-register at LifeSpan or call 639-5150



Card and Conversation

We will meet the 2nd and 4th
Monday from 1pm - 3pm and the 1st
and 3rd Wednesday from 1-3pm.

This group plays a
variety of card
games and is open to new
suggestions and new players. Come in
and enjoy card games and conversation
with friends.

**Wednesday Aug 3rd and 17th
&
Monday Aug 8th and 22nd**

Coles County
Council on Aging, Inc.

DIAL-A-RIDE **ADVERTISING**

P-1

.21.75w X 34 h

\$800.00

P-2

32.SwX 24h

\$800 00

P-3

21.75w X24 h

\$600.00

1.1



12 Month

Agreements

Available

D-1

33.75w X 24.5 h

\$900.00

D-2

33.75w X 24.5 h

\$900.00

D-3

33.Sw X 24 h

\$900.00

Da4

33.75wX34 h

\$1,300.00



Dial-a-Ride program is sponsored by the Coles County Council on Aging, Inc., a not for profit 501(C)3- o -poro on since 1974. Transportation funding is rec.eived from federnil and state grants as well □s requireq local contributions. Dial A R1de hos provided transportation since 1991. Cal'l 217 639 5169 for rnore inform tion.



COMPLIMENTARY

Dir.. Antonios Papadopoulos MD
SBL IFamtlly Medical center - Nephrology



200 Richmond Ave. East
Suite 3
Morton, IL 61938
ph: 217 234-7000 Option 3
fx: 217 234-2060

August 19th 1-11am 1pm



Visit us at www.dinewithadoc.com



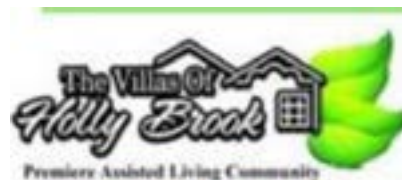
Senior Education Ministries
4310 S 11th St. Terre Haute, IN 47802
Phone 812-917-4970
E mail:

senra@lincoln.edu

Serving our Seniors & Veterans and glorifying
God!

- LIST N AND ASK DOCTOR QUESTIONS
- DOOR P'RIZES
- FELLOWSHIP WITH YOUR PEERS

EE UNCH
COURTESY OF



LOCATION:

LIFESPAN
CENTER
11021 E.. CO. RD.
SOON
(HARL S ONI IL
61920

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RSVP@
217-6-39-S1 50



CAREGIVER STRESS-BUSTING DEMENTIA PROGRAM



Program for Family Caregivers of People
with Alzheimer's Disease or Dementia

DO YOU PROVIDE CARE FOR A LOVED ONE
WITH ALZHEIMER'S DISEASE OR DEMENTIA?
Are Not Alone!

- We know caregiving can be stressful
- This program will teach:
 - stress management techniques
 - relaxation and coping strategies
- Program available at **no cost**

Information



Who: Family caregivers of a loved one with dementia

What: Multi-component program meets

- 90 minutes/Week for 9 weeks
- Groups of up to 8 people

Where: LifeSpan Center 11021 E. C. R. 800 N. Charleston, IL

When: Thursday afternoons from 2:01 pm to 3:30 pm
Classes begin on Thursday! September 2-2, 2022

"I was at a very low point in my life. This program saved my life."

Participant





Coles County
Council on Aging, Inc.

The Family Caregiver Resource Program is partially
funded through the Federal Older Americans Act,
East Central IL Area Agency on Aging, IL
Department on Aging and client contributions.



Please call for more information or to register:

Trica Briggerman 217-639-5150
tbriggerman@lifespancenter.org

We would like to thank our
 generous donors. 

- Arbor Rose - Adult Day Care \$ Memory Care Homes
- Carriage Crossings
- 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.*



Like a good neighbor, State Farm is there.

Sherri Branson

Agent

612 Charleston Avenue
Mattoon, IL 61938-4305

Bus (217) 234 - 6467 Fax (217) 234-6455
sherri@sherribranson.com





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

