



Senior Scoop

Life Center of Cumberland County

217-849-3965

And in Clark County at 217-826-5155

October News

This section reserved for your life experiences, whether from childhood or current issues, focusing on something that happened to you, good or bad.

Variety is the key

Barb Brown might not have realized she was making a career of working with Peace Meal in the 1990s, but that's what it became. She had been delivering Peace Meals on the Mattoon/Charleston route when she and her late husband Russell moved to Greenup and the site supervisor position came open in Toledo, a job she worked at from 1991-1996.

Then, a job opened up as Senior Information Specialist with the Life Center. During this time her husband was killed in an accident and she needed full time employment. "At that time SIS also did the activities. That was just part of the job. I did that from 1996 until December of 1999."

By then Barb needed benefits so she started working with Peace Meal again as home delivery meal coordinator. "I did that for eight years, then three people retired in the Peace Meal office and they asked me to be the regional supervisor, so I've spent 10 years in the office, but it seems like yesterday. And I'm still regional supervisor and also leading the Strong for Life exercises at the Life Center each Friday morning."

She's 100 percent behind the Peace Meal delivery system. She said the benefits for someone to receive home-delivered meals includes better nutrition and the ability to stay in their own home longer. Also, someone checks on them each week day. "For many, as long as they have someone to check and a meal each day to eat, the family says 'you can stay in your home longer.'"

There are also benefits to visiting the Life Center. "When people call about Peace Meals, we want them to come. Many people are isolated and Rides Mass Transit will bring them to the Life Center for lunch each weekday. There are physical and mental activities and it's important to see friends and socialize. Centers like the Life Center are built for people to use and the community deserves for them to be used," she said. "I hope the community realizes how privileged they are because in a lot of towns the size of Toledo we have to hunt for a little place to serve. And It's open to everyone with no discrimination. Food is a huge part of why people come to a senior center. They come in for food and learn about other programs and they come in for programs and learn about the food."



Barb Brown has worked for both Life Center and Peace Meal

Seniors experience 'Back to School' time in September



Sharing country school memories with the Birthday Party crowd.

What a treat we all had when Jerry Brown, historian and world-renowned photographer, visited the Life Center for the September Birthday Party, and showed a collection of one-room school pictures and locations of the schools. Jerry and the Cumberland County Historical Society have put together a wonderful kaleidoscope of school history which he shared with us on our smart TV screen.

Jerry, being not one bit shy, is also full of information about historical happenings in the county. He freely shared his knowledge with a packed house at the birthday party. He presented a map of the schools with a nicely colored page

showing each district in the county to anyone who wanted one. Each district had its own school with such names as Buttermilk, White Oak, Spring Point, Bluebird, Lost Creek, Hogback, and Tadpole and a variety of other names. 102 schools all together.

Jerry said often the school was part of a community that had a grist mill, church and cluster of houses. And although the communities may have disappeared as people moved to larger cities, Jerry and a handful of others visited many of the sites and took pictures of where the schools had once stood. In one instance all that was left was a well without the pump. The historical society has collected pictures from various people in the community that were willing to lend their historical treasure to the society for a while and they have put together a history of the school with pictures of the school and classes of children dating back from the 1800s and up to the 1950s. It was interesting to see how the mode of dress changed with the different decades – from frilly dresses and puffy sleeves to overalls and barefoot kids, striped tee shirts and dropped-waist dresses.

As he showed pictures of classes, we heard excited people talking. “That’s my aunt!” or “My grandpa went to that school.” or “I had that teacher.”

We intend to have Jerry back to inform us about other happenings around the county.

Get Ready for Flu Season NOW!

An estimated 45,000 adults die each year from complications due to vaccine-preventable diseases. Many of us feel that we do not need vaccinations, or we worry about side effects from the vaccine itself, but people age 65 and older are at higher risk of complications from the actual diseases than from the vaccine.

It is important for us to keep vaccines current. We may not have been vaccinated as a child, new vaccinations may now be available, immunity may have faded, and most importantly, we are more susceptible to serious and possibly life-threatening infections.

The most important vaccinations we should discuss with our physicians include the **flu** vaccine, **pneumococcal** vaccine to prevent pneumonia, **shingles** vaccine, and a **tetanus-diphtheria-pertussis** vaccine (Tdap).

Please join Hilltop Skilled Nursing and Rehabilitation at the Life Center on Thursday October 25th at 11:00AM for a brief and highly informative education session on Immunizations and Vaccinations. Emily Masulis, RN, LNHA will be the special presenter. Cumberland County Health Department will be giving flu shots on October 29th at 10:00 at the Life Center.



October



2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10 10, chair exercise	2 10:30, Bingo w/Community Care	3 10, Chair exercise	4	5 10, Strong for Life Exercise 10:30, Birthday party	6
7	8 10, chair exercise Columbus Day	9	10 10, Chair exercise	11 10:30, Bingo w/Life Center 9-11 - Clark Co. Sr. Expo Harlan Hall, Marshall	12 10, Strong for Life Exercise RIDES trip to eat at the Fillin' Station in Toledo	13
14	15 10, Chair exercise	16 6, Annual dinner, after board meeting. Public welcome	17 9, Toenail Clinic 10, Chair exercise	18 10:30, Bingo w/Villas of Holly Brook	19 10, Strong for Life Exercise	20 RIDES trip to Covered Bridge Festival in Mansfield, Ind.
21	22 10, Chair exercise	23 10:30 Wheel of Fortune:	24 10, Chair exercise	25 10 Special Bingo w/Hill Top	26 10, Strong for Life Exercise	27
28	29 10, Chair exercise 10 – Flu shots, Cumberland Co. Health Dept.	30 Memory Café w/Community Care; promote memory health	31  Happy Halloween 10, Chair exercise			

Peace Meal Senior Nutritional Program

October 2018

1 Sloppy Joe Italian Green Beans Scalloped Corn Bun Pineapple Tidbits	2 Beef Stew with Veggies Broccoli Salad Whole Grain Biscuit Warm Fruit Crisp	3 Country Fried Steak Mashed Potatoes w/Gravy Seasoned Greens Texas Toast Fruit Juice	4 Stuffed Chicken Breast Baked Beans Hawaiian Salad Dinner Roll Oatmeal Cranberry Cookie	5 Meatloaf Creamed Peas and Potatoes Black-Eyed Peas Whole Grain Wheat Fresh Fruit
8 Sausage in Gravy Mini Potato Bakers Warm Fruit Compote Whole Grain Biscuit Fruit Juice	9 Beef and Noodles Mashed Potatoes Mixed Veggies Whole Grain Wheat Apricots	10 Stuffed Peppers in Sauce Corn Chunky Applesauce Dinner Roll Frudel Bar	11 Ham and Beans Pickled Beets Cornbread Peaches	12 Chicken Sandwich w/Mayo Pkt, bun. Warm German Potato Salad Tarragon Carrots Fresh Grapes
15 Chicken Pot Pie w/Vegetables Brussels Sprouts Whole Grain Biscuit Sliced Pears	16 Mostaccoli w/Meat Sauce Winter Mix Vegetables Tossed Salad, dressing. Dinner Roll Mandarin Oranges	17 Tangy Pork Chopee / Veggies, Brown Rice Green Beans Rye Warm Cinnamon Apple Slices	18 Fried Chicken Mashed Potatoes w/Gravy Venetian Vegetables Whole Grain Wheat Seasonal Dessert	19 Vegetable Beef Soup Creamy Coleslaw Peanut Butter Crackers Raisins
22 Roasted Turkey Mashed Potatoes w/Gravy Green Bean Casserole Dressing Peaches	23 Chili w/Beans Mixed Lettuce Salad w/Dressing Pkt. Crackers Waldorf Salad	24 Beef Stroganoff over Noodles Corn Broccoli Whole Grain Wheat Banana	25 Ham Frosted Sweet Potatoes Midori Blend Vegetables Dinner Roll Gelatin Salad	26 Liver and Onions Scalloped Potatoes Buttered Peas Graham Crackers Whole Grain Wheat Dreamsicle Gelatin
29 Sloppy Joe, bun Italian Green Beans Scalloped Cor Pineapple Tidbits	30 Beef Stew with Veggies Broccoli Salad Whole Grain Biscuit Warm Fruit Crisp	31 Country Fried Steak Mashed potatoes, Gravy Seasoned Greens Texas Toast Fruit Juice		

For reservations call the Life Center at 849-3965

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

Annual Dinner Meeting planned

The 38th annual dinner meeting for the Life Center of Cumberland County is planned for Tuesday, Oct. 16th. Plan to arrive at 5:30 p.m. for this celebration of the Life Center's service to Cumberland and Clark counties.

Come in and meet the staff and board and sit down with friends in the community for a delicious dinner at 6 p.m., catered by the women of Calvary Tabernacle Church. Pork tenderloin or chicken & noodles, mashed potatoes and gravy, green beans, corn, cole slaw, dinner rolls and home made dessert are on the menu. Donations will be accepted at the door.

Contributions to the Life Center will be recognized and members will elect Board of Director officers for the upcoming fiscal year. The Volunteer of the Year will also be announced and recognized at the dinner.

There will be door prizes and entertainment so plan now to attend. You are all invited, but please **make your reservation before October 11th** so we can plan for food preparation and as the building can comfortably hold only 90 people. **Don't wait to RSVP** at 849-3965 or stop by the center any week day between 8 a.m. and 4 p.m.

Don't miss out --Become a member

Now is a good a time to renew your membership at the Life Center or become a new member if you aren't already one. Membership is good from Oct. 1 to Sept. 30. Your \$5-member fee is used for programs that help senior citizens and the disabled. You will receive a copy of the monthly newsletter – Senior Scoop - and in it you will find a calendar and menu for the month plus stories about people that routinely come in to the center along with announcements about events at the Life Center.

If a new event is being planned or something that is regularly scheduled you will read all about it in the monthly newsletter. We announce our soup suppers and biscuit and gravy breakfasts plus exercise and toenail-trimming times and dates and much, much more.

Golf fund-raiser held at Casey Country Club

Congratulations to all our golfers and thanks to Casey Country Club and all our hole sponsors.

First Place team included three generations: Steve, Kevin and Michael Kennedy along with Dick Ebbert, Steve's uncle. Jim Watts hit the longest drive for the men and Lisa Johnson hit the longest drive for the women. Archie Manning made the longest putt. Hole sponsors included: The Life Center Board of Directors, Villas of Holly Brook – Newton, First Neighbor Bank, Floyd & Debra Holkenbrink, Dr. Gregory Dill, DDS, Casey State Bank, Sarah Bush Lincoln Health Center, Phillips Mediation, VFW Greenup, Dr. Patrick Niebrugge, Gene & Donna Nichols, Bergbower Chiropractic, Shore Murphy, Bryan Robbins, States Att'ny, Cumberland Rehabilitation & Health Care, and Town & Country Women's Club.



VITA training available

Are you retired and looking for something meaningful to do? The Life Center of Cumberland County is looking for people who enjoy working with numbers to take on-line training and help seniors fill out their income tax forms. The Volunteer Income Tax Assistance training is provided by the Internal Revenue Service.

Each year people call or come into the Life Center looking for help to fill out their income tax forms. In the past we have had a couple of people who provided this service, but currently we do not have anyone available to help our seniors. Don't be intimidated – you can do it.

This year we are looking for volunteers to take the training and who are willing to give up a few hours of their time to assist people in filling out their income tax forms. Volunteering is a rewarding experience and tax time is not that far away. Stop by or call us at 849-396 if you are available to help.

Life Center of Cumberland County
507 East Main Street
Toledo, IL 62468

2019 Membership Renewal is due October 1, 2018

As a member, you will **be sure** to receive a copy of our newsletter in your mailbox each month and your contribution is used to assist seniors in many ways, such as independence, community involvement, resources, activities, leisure, friendships and much more.

The Center is also a great place for younger citizens to participate in soup suppers, holiday breakfasts, and many other fundraisers. To add your name to our family of supporters, complete below and return to the Life Center with \$5.00 or your donation. Thanks!!

Name

Address

Date