

# STROM CENTER NEWS

August, 2016  
edition 317



## OUTREACH ALWAYS AVAILABLE...



Frequently Strom Center News provides information stating when our Outreach Worker will be in various locations. And yes, persons may call ahead to make sure they are ensured an appointment time. However, those are not the only days an outreach worker can be called upon. If at anytime you would like to have an outreach worker come to your home, **just call and let us know....734-5677**. We are more than happy to bring our services to any person who had difficulty coming to the center.

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## AUGUST BINGO DATES

Tuesday, August 9<sup>th</sup>, 1 PM  
Tuesday, August 23<sup>rd</sup>, 1 PM



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## WE NEED FANS!!!

Nearly every year Strom Center has been blessed to be able to offer fans to persons who are suffering through terribly hot temperatures, with no air conditioning or other ways to keep cool. Unfortunately, we have loaned our the last of our fans. We would welcome any and all donations of fans ( in good. clean shape) to share with those in need. We would also welcome any monetary donations allowing Strom to purchase fans to loan. With heat indexes in the 100's, it is not only uncomfortable but very dangerous to struggle through the days with no relief.

*By the way...Strom Center is a cooling center* for persons who would like a place to go during the day....we are open from 8:30 AM to 4 PM daily, Monday – Friday. We thank the Warren County Health Department for providing bottled water to those who come to our center.

## AUGUST TRIAD MEETING SCHEDULED



Warren County Triad will meet on Thursday, August 11<sup>th</sup> at 1 PM. Our program is still being finalized, however, we will inform all former participants with our monthly call reminders.

As always, persons are asked to bring mailings, or information on cold calls that request money and or personal information. We will also be sharing the most recent scams in the state. We encourage everyone to get involved in our Triad....we cover a lot of areas



that will no doubt at some time impact your life.

Please plan to attend! Refreshments are served.

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A Note from Carol~~~

## Thinking about getting a Shingles Vaccine?

Several years ago my experience with Shingles led me to get the low down on the Shingles Vaccine... and my husband, Denny is now just getting over a bout with the shingles, which brings them again to the forefront of my thoughts....

Shingles is a painful skin rash caused by the same virus that causes chickenpox. Anyone who has had chickenpox can come down with shingles. Risk increases with age. Half of all cases of shingles are in people over sixty. In the United States, there are an estimated one million new cases of shingles each year. Symptoms of shingles include:

\*A painful, uncomfortable skin rash  
\* Mild to intense pain. Some people will have mostly itching; others will feel pain, even from the gentlest touch or breeze.

Other symptoms of shingles can include fever, headache, chills, and upset stomach.

The outbreak can last from two weeks to several weeks. A few people (about 1 in 5) will continue to have pain even after the rash has cleared-up. In rare cases shingles can lead to serious health problems. Most people will only have one outbreak in a lifetime,

although a second and third outbreak is possible. Shingles can cause scarring.

## Can shingles be prevented?

Yes, you *may* prevent shingles by getting the shingles vaccination, although the vaccine is not a guarantee that you will not get shingles. . The Centers for Disease Control and Prevention recommends that adults over 60 years of age get a one-time shot of the vaccine, even if they have had a prior outbreak of shingles.

Some people should not get a shingles vaccine, however. Talk to your doctor before getting the shingles vaccine

## How will I benefit from being vaccinated?

People who are vaccinated will benefit by having a greatly reduced chance of experiencing an outbreak of shingles.

Those who do have an outbreak (such as my husband who did receive the vaccine) will experience a milder case avoiding the discomfort and cost associated with shingles (pain, lost time at work, medical costs). In my husband's case, the pain was indeed intense early on, but the duration of his case was much shorter than most...due to the vaccine.

## Will Medicare cover the shingles vaccination?

The shingles vaccination will only be covered if you have a Medicare Part D Prescription Drug Plan. The amount of copayment / coinsurance (money you have to pay) for the vaccination varies, depending on your

plan. Medicare part B does *not* cover the shingles vaccine.

## Where can I get a shingles shot?

Call your health-care provider / doctor's office, or pharmacy for information on getting the vaccine.

An additional note from those who have experienced shingles: If you suspect you have shingles, contact your healthcare provider *IMMEDIATELY*. There is medication, when taken early, can reduce the severity of the condition!! (*Information taken in part from Medicare.Com*)

*Happy 101th Birthday to*  
**WILBUR PERRIN on**  
**August 7<sup>th</sup>!!**



*Note from Darlene Cox, Special Events Coordinator....*

## ICE CREAM SOCIAL ...A VERY ENJOYABLE EVENING!

Our Ice Cream Social turned out really good. I want to thank the ones who came and ate. The Monmouth Municipal Band did a wonderful job of playing for us and everyone really enjoyed the music. A big thanks go to all the help and the nice people who made the pies, cakes, brownies, and cobblers. All was appreciated. With the Good Lord willing there will be another Ice Cream Social next year. What a wonderful group of people! God Bless each of you!

Janet Brooks won the 50/50 drawing. Congratulations to her.

I (Darlene) made the Bar B Q sandwiches again this year (thank goodness we didn't run out!). (A note from Carol...the sandwiches were *deeeelicious*...Thank you Darlene!)

*Congratulations to:*

## **RICHARD & CAROL RUDOW**

Who will be celebrating their 44<sup>th</sup> wedding anniversary on August 2<sup>nd</sup>!



## JEWELRY CLASS UPDATE

Donna Reyburn, Jewelry Class Leader, has announced that jewelry classes will not be held for the next few months but will resume after the first of the year. All agree, Donna has done a fantastic job of introducing many to jewelry-making....

*Thank you, Donna!!*

## **Happy 60<sup>th</sup> Wedding Anniversary**

to....

## **CARL & HARRIETT EWING**

who were married in Dubuque, Iowa on August 27, 1956. Carl and Harriett are the very proud parents of Carla, Kelli, Jeff and Jenni and the very, very proud grandparents of Rileigh, Logan, and Olivia !!



# HENDERSON COUNTY NEWS....

## Free Amplified Phone Program Sign-up

WHEN: AUGUST 3, 9 AM – NOON

WHERE: HENDERSON COUNTY HEALTH DEPARTMENT, 208 WEST ELM ST., GLADSTONE, IL

Having a hard time hearing on the telephone because of some hearing challenges? If so, you could qualify for a free amplified telephone. Through the Illinois Telecommunication Access Corporation, Illinois residents who are deaf and hard-of-hearing can receive adaptive phones for free.

The process is simple:

1. Call the Henderson County Health Department at 1-309-627-2812 option 3 for a 15-minute appointment 9 a.m.-12 noon on Wednesday, August 3. (Walk-ins are welcome but appointments are appreciated and should reduce your waiting time.) Each session is about fifteen minutes.) Refreshments are provided.
2. When you come to your appointment, bring the following documents:
  - Proof of Illinois residency (driver's license, state ID, piece of mail)
  - The most recent copy of your cellular and/or land line phone bill that shows name and address. (Bill can be in someone else's name but is the cellular and/or landline phone used by the person who needs a phone amplified.)
  - A statement that the person needs assistance. (Medical staff, including Dr. Jennifer Reed from Eagle View Community Health center, will be on site to certify need.)

Program Coordinator Marisa Cantú, Community Education and Marketing Advocate, IL/IA Center for Independent Living, states that the phones are free to persons of all ages and incomes who meet three criteria: "One is being an Illinois resident. Two, that he or she has a medical need, and three, that the person has a working land line and/or cellular service."

Cantu further states that there are a lot of different choices to try out, and the person can choose the equipment that best suits his/her needs for land line and/or cellular phone.

For more information, contact Cantu at the Illinois Iowa Center for Independent Living 1-309-793-0090 or visit www.itactty.org. The August 3 sign-up session is initiated by the Henderson County Community Resources Council. www.mycommunityresources.org

# STROM CENTER, INC. 211 SOUTH A STREET, MONMOUTH, ILLINOIS

## AUGUST 2016 Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	9:30 AM: Exercise 11:30 AM: Lunch	9:00 AM: Wood Carvers 9:00AM: Crafters 11:30 AM: Lunch	9:30 AM: Exercise 11:30 AM: VOPA 11:30 AM: Lunch	11:30 AM Lunch	9:30 AM: Exercise 11:30 AM: Lunch	
7	8	9	10	11	12	13
	9:30 AM: Exercise 11:30 AM: Lunch	9:00 AM: Wood Carvers 9:00AM: Crafters 10:30 -11:30 Bld Pressure ck by WIHA 11:30 AM: Lunch 1:00 PM: Bingo	9:30 AM: Exercise 11:30 AM: VOPA 11:30 AM: Lunch (Birthday Dinner) 	11:30 AM Lunch 1:00 pm Triad Meeting	9:30 AM: Exercise 11:30 AM: Lunch	
14	15	16	17	18	19	20
	9:30 AM: Exercise 11:30 AM: Lunch	9:00 AM: Wood Carvers 9:00AM: Crafters 11:30 AM: Lunch 12:30PM:O.D.O	9:30 AM: Exercise 11:30 AM: VOPA 11:30 AM: Lunch	11:30 AM Lunch 1:30 PM: Strom Board Meeting	9:30 AM: Exercise 11:30 AM: Lunch	
21	22	23	24	25	26	27
	9:30 AM: Exercise 11:30 AM: Lunch <b>MIND EXPLORER DUE!!</b>	9:00 AM: Wood Carvers 9:00AM: Crafters 11:30 AM: Lunch 1:00 PM: Bingo	9:30 AM: Exercise 11:30 AM: VOPA 11:30 AM: Lunch	11:30 AM Lunch	9:30 AM: Exercise 11:30AM: Lunch	
28	29	30	31	<b>Call for reservations by 1 PM the prior day:</b>  <b>Delores Sollenberger</b> <b>309-734-5677</b> <b>Thrift Shop open:</b> <b>Mon – Fri: 8 AM- 4PM</b> <b>Saturday: 8 AM– 2:30</b> <b>Thrift Shop #: 309-224-865</b>   		
	9:30 AM: Exercise 11:30 AM: Lunch	9:00 AM: Wood Carvers 9:00AM: Crafters 11:30 AM: Lunch	9:30 AM: Exercise 11:30 AM: VOPA 11:30 AM: Lunch			

# AUGUST 2016

## Jamieson Community Center Senior Nutrition

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> BBQ Rib Patty/Bun Potato Wedges Peas Sliced Apples	<b>2</b> Beef & Macaroni Carrots Diced Tomatoes Fruit Cocktail	<b>3</b> Sliced Turkey Breast Mashed Potatoes Brussel Sprouts Dinner Roll Chocolate Cherry Cake	<b>4</b> Spaghetti Bake Green Beans Stewed Tomatoes Pears	<b>5</b> Country Fried Steak Mashed Potatoes California Veggies Wheat Bread Peaches
<b>8</b> Tenderloin/Bun Baked Beans Cole Slaw Apricots	<b>9</b> Chicken Turnovers Salad Cauliflower 5 Cup Salad	<b>10</b> Salisbury Steak Succotash Mashed Potatoes Wheat Bread Strawberry Pound Cake	<b>11</b> Cheeseburger/Bun Lettuce & Tomato Baked Chips Pears	<b>12</b> Sausage Links French Toast Hashbrowns V-8 Juice Tropical Fruit
<b>15</b> Baked Chicken Roasted Potatoes Baby Carrots Wheat Bread Mandarin Oranges	<b>16</b> Beef & Noodles Wax Beans Mashed Potatoes Mixed Fruit	<b>17</b> Hickory BBQ Chicken Tossed Salad Scalloped Potatoes Wheat Bread Fruity Dessert Crepe	<b>18</b> Biscuits & Sausage Gravy Tomato Juice Tri-Taters Banana	<b>19</b> Potato Beef Casserole w/Noodles Mixed Vegetables Chocolate Pudding
<b>22</b> Sausage & Pepper Sub Sandwich Salad w/Tomatoes Sliced Peaches	<b>23</b> Chicken Spaghetti Corn Normandy Vegetables Pineapple Tidbits	<b>24</b> Lasagna w/Meat Sauce Tossed Salad Peas & Carrots Garlic Bread Mandarin Orange Cake	<b>25</b> BLT Wraps Scalloped Potatoes Fruit Cocktail	<b>26</b> Quick Calzones w/Diced Ham Diced Tomatoes Capri Veggies Wheat Bread Vanilla Pudding
<b>29</b> Southwestern Roast Beef Salad Coleslaw Wheat Bread Banana	<b>30</b> Chipped Beef w/Gravy Biscuit Tri-Tater Corn Orange	<b>31</b> Monterey Chicken Mashed Potatoes Green Beans Bread Sticks Yellow Cake	<b>ALL MEALS SERVED WITH 1% MILK</b>	<b>POTATO BAR OFFERED DAILY</b>

Lunch is served at 11:30 at these locations:  
**Community Senior Citizens of Stronghurst**  
 (Mondays)  
 309-299-5301  
**Faith Bible Church in Oquawka**  
 (Tuesday - Friday)  
 309-299-5301  
**Kirkwood Senior Center**  
 309-768-2146  
**Roseville Senior Center**  
 309-426-2277  
**Strom Center**  
 309-734-5677

Reservations must be made by 12:30 PM the  
 day BEFORE you want to eat.  
 Please call the site you will attend.

Home-delivered meals are available for  
 seniors meeting eligibility requirements.  
 CALL 309-734-4251

**Non-Discrimination Policy**  
 Jamieson Community Center does not  
 discriminate in admission to programs 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 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 with the  
 Illinois Department on Aging. For information,  
 call 800-252-8966 (Voice and TDD) or contact  
 Programs and Services Manager at Western  
 Illinois Area Agency on Aging at 800-322-1051.

Jamieson Community Center is partially  
 funded by:  
 The Western Illinois Area Agency on Aging  
 And  
 The Warren County United Way

