

STROM CENTER NEWS



JULY, 2017
edition 328

Upcoming TRIAD....

We want to thank the Monmouth Fire Department for the excellent program presented at our June Triad Meeting! Our next meeting will be held on Thursday, July 13th; there promises to be some great information from the Warren County Health Department. We are, in this community, so fortunate to have a health department which provides so many services...and we will learn about those at our meeting.

There is no fees, dues, or pre-registrations to attend the Triad meetings. Persons of any age may attend. Attendees are strongly encouraged to bring any items of mail,

Triad meetings are held on the 2nd Thursday of the month at 1PM. Refreshments are served. All interested persons are welcome to attend.

NOTE;

Strom Center will be closed on Tuesday, July 4th in observance of Independence Day.



STROM ICE CREAM SOCIAL



Thursday, July 13th is the date set for Strom's Annual Ice Cream Social. Serving will be from 5-7 PM. The entertainment for the evening will be provided by the **Monmouth Municipal Band** which will begin playing at 7 PM. The social will be held inside.

Tickets for Ice Cream, Homemade Cake, or Homemade Pie and drink are only **\$3.50**.

For an **additional \$3.50** you may enjoy a delicious **Sloppy-Joe Sandwich and chips**.



This event should provide a wonderfully enjoyable evening for all who attend

By the way....Donations of homemade pies and cakes are greatly appreciated...please let us know if you will be bringing either, by calling 734 5677. See you on the 13th!!



COMMUNITY SHRED DAY

This public service is provided FREE of charge by the City of Monmouth and Confidential Security Corporation. (www.confidentialecurity.com) Materials will be shredded off site. The event will take place RAIN or SHINE.

Date: July 22, 2017

Location: City of Monmouth Transfer Station/ Compost Site/
Animal Shelter, off of South 11th Street, Monmouth.

Time: 9 AM – Noon

This service provides a great chance to clean out and safely recycle paper documents. **Acceptable Shred Items Include:** Personal, Legal, Medical, Bank, Junk Mail, Tax Forms, Checks

You do NOT have to remove paper clips, staples, or rubber bands.

An Additional SHRED DAY is planned for October 21, 2017.

Contact person: City of Monmouth: Chad at (309)255-5076



HILLMAN'S BIRTHDAY BASH ...

A Birthday celebration for BOTH of the Hillman duo will take place on Saturday, July 8, from 2 - 4 pm, hosted by their Family and will be held at Strom Center. Bob will turn 90 on June 28th and Gloria will turn 80 on July 1st...! All Friends are invited to attend! Happy Birthday to this super couple!!

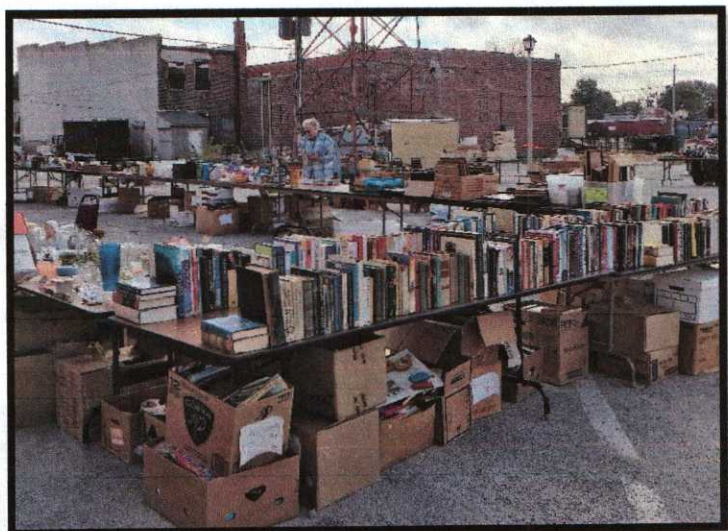
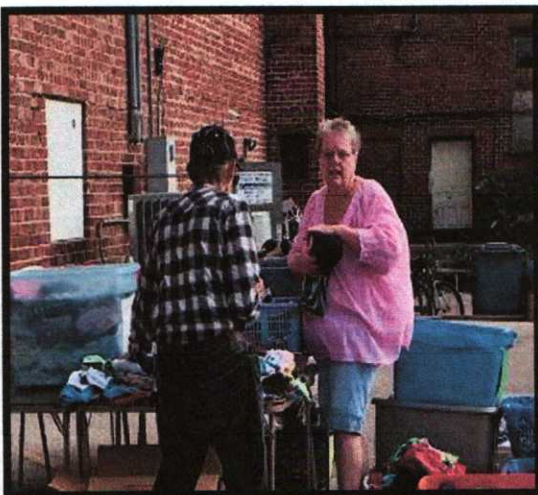
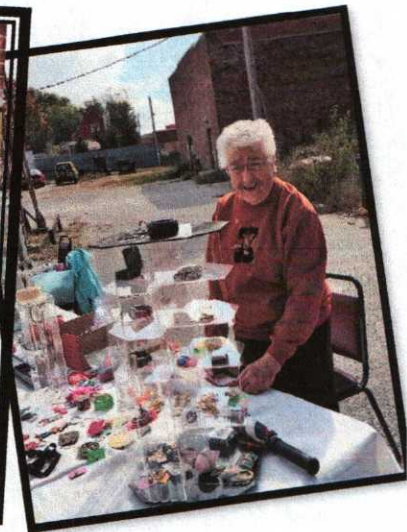


PARKING LOT SALE JUST AROUND THE CORNER!!!!

Remember these pics from last years Parking Lot Sale???

Well the 2nd Annual Parking Lot Sale will be held on Saturday, August 5, 2017 from 10 AM - 2 PM and it promises to be SPECTACULAR!

We will have much more information about it in our August Strom Center News, but mark the date on your calendar NOW!!



OSF Holy Family Medical Center is Providing FREE Health Screenings

Wednesday, July 12th

9:30 am ~ 11:00 am

Strom Center



Screenings Include:

* Foot Health Screening

Dr. Sheila Feaster, DPM, OSF Medical Group Monmouth – Specialty Clinics, will be hosting a FREE Foot Health Screening. A foot screening involves looking for the following issues or complaints: Diabetic foot ulcers, General foot and ankle pain, Ingrown toenails, Athlete's foot, Thickened, Fungal toenails, Heel pain, Warts, Wounds, Flat feet, Corns and Calluses, Foot and ankle deformities, Arthritis, Bunions, Hammertoes, Bone spurs, Neuromas (pinched nerve).

No services will be provided but patients will be advised if they need to follow up with the Podiatrist. Staff will be on hand to make follow up appointments if necessary.

* Skin Health Screening

Did you know that skin cancer is one of the most preventable types of cancer? Being sun smart and checking your skin once a month for suspicious moles or spots is one of the best ways to keep your skin healthy and cancer free. As summer approaches, Dr. Nayantara-Jnananand, MD, OSF Medical Group Monmouth, will be hosting a FREE skin health screening.

This is simply a screening to check questionable spots, and is not meant to replace an annual clinical skin screening. No services will be provided but patients will be advised if they need to follow up with the Provider. Staff will be on hand to make follow up appointments if necessary.

* A1C Screening/Blood Pressure Screening

The hemoglobin A1c test tells you your average level of blood sugar over the past 2 to 3 months. People who have diabetes need this test regularly to see if their levels are staying within range. It can tell if you need to adjust your diabetes medicines. The A1c test is also used to diagnose diabetes.

APPOINTMENTS, PLEASE!!

Currently, we are working with somewhat limited staff making it difficult to assist walk-ins. Please call ahead of coming in to ensure that there is time for you to be helped. We never like to cut visits short...many times programs require sharing details that take a little extra time and we want to make sure you receive all the help and information you need. When you call, Bob Anderson (our front desk worker and scheduler) will ask information on what you need so he can allot enough time for your appointment. Don't worry we will get you in quickly!!! Thank you so much for your cooperation!!! (309 734 5677)



To Our Co-Worker and Super Friend, **Pam Allen....**
Thinking and praying for you EVERY day and can't wait until your return!!! Your friends and clients miss you!

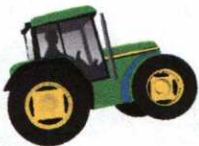


Strom Center's ...

HENDERSON COUNTY NEWS

Village of Oquawka Fourth of July Celebration.

The Village of Oquawka will celebration Independence Day on Saturday, July 1 with a parade at 10 a.m. and a fish and chicken fry from 11 a.m. - 3 p.m. both on Schuyler Street.



Alumni Tractor Pull

The 7th Annual West Central Alumni Tractor Pull sponsored by Randall's Performance is scheduled for 3 p.m., Saturday, July 1 on the track in Oquawka. All proceeds from the pull support educational opportunities for the members of the West Central High School FFA Chapter. For more information, call 309-627-2500.



COMING IN AUGUST.....

Eagle View Community Health System invites everyone to "Join us in celebrating National Health Center Week at the ANNUAL HEALTH FAIR."


When: Wednesday, August 16, 2017 Noon- 3 PM at Stronghurst Park.
There will be more details on this event in the August, 2017 edition of the Strom Center News.
Hint: There are lots and lots of activities at the event!!

STROM'S HENDERSON COUNTY SENIOR CENTER JULY 2017 EVENTS

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



STROM'S HENDERSON COUNTY SENIOR SERVICES OPEN:
 MONDAYS FROM 8:30 AM – 4 PM (Kathy Ferrenburg)
 TUESDAYS FROM 12:30 – 4 PM (Erica Little)
 WEDNESDAYS FROM 8:30 AM – 4PM (Kathy Ferrenburg)
 THURSDAYS FROM 12:30- 4 PM (Erica Little)
CALL KATHY ON MONDAYS AND WEDNESDAYS OR ERICA ON TUESDAY AND THURSDAY AFTERNOONS AT 309 627 2812 or Strom at 309 734 5677

2	3	4	5	6	7	8
7:45 – 8:05 AM BALANCE CLASS Sr. Ctr open...enjoy coffee, exercising, chatting...		7:45 – 8:05 AM BALANCE CLASS 8 AM: Sr. Ctr open...come in and chat, have cup of coffee and / or exercise!	8 – 9 AM: LINE DANCING	7:45 – 8:05 AM BALANCE CLASS 8 AM – NOON Sr. Center open for visiting and enjoying a cup of coffee!		
9	10	11	12	13	14	15
7:45 – 8:05 AM BALANCE CLASS Sr. Ctr open...enjoy coffee, exercising, chatting...	8 – 9 AM: LINE DANCING 8:45 – 11 AM: CRAFTS Have you checked out all the things you can do in the Sr. Ctr???	7:45 – 8:05 AM BALANCE CLASS 8 AM: Lots and lots of exercise equipment to keep you healthy!!	8-9 AM: LINE DANCING... (If you haven't tried this before, Now is the time!!)	7:45 – 8:05 AM BALANCE CLASS 8 AM – NOON Sr. Center open for visiting and meeting others!		
16	17	18	19	20	21	22
7:45 – 8:05 AM BALANCE CLASS Sr. Ctr open... Good day to visit!	8 – 9 AM: LINE DANCING 8:45 AM-11 AM : CRAFTS Did you know we have playing cards available??	7:45 – 8:05 AM BALANCE CLASS 8 AM: Coffee anyone??	8-9 AM: LINE DANCING...	7:45 – 8:05 AM BALANCE CLASS 8 AM – NOON Sr. Center is open for YOU!!		
23	24	25	26	27	28	29
7:45 – 8:05 AM BALANCE CLASS Sr. Ctr open...enjoy coffee, exercising, chatting...	8 – 9 AM: LINE DANCING 8:45 – 11 AM: CRAFTSand then some visiting!	7:45-8:05 AM BALANCE CLASS 8 AM...Try some of the exercise equipment..It's addictive!	8-9 AM: LINE DANCING...	7:45 – 8:05 AM BALANCE CLASS 8 AM – NOON...Lots of choices of activities!		
30	31	<p>The Henderson County Health Department has a well-stocked Thrift Store where everyone may Shop. <u>The proceeds from the Thrift Store support the Henderson County Health Department....it is open Monday – Thursday from 8 AM – 4 PM and on Fridays from 8 AM – Noon.</u></p>				
7:45 – 8:05 AM BALANCE CLASS Sr. Ctr open...a good day to visit!						



STROM CENTER JULY 2017 Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Call for reservations by 1 PM the prior day to Delores Sollenberger: 309-734-5677 Thrift Shop open: Mon – Fri: 8:30AM- 4PM Saturday: 8:30 AM– 2:30 Thrift Shop #: 309-224-8657		
2	3	4	5	6	7	8
	9:30 AM: Exercise 11:30 AM: Lunch	 Strom Center Closed	9:30 AM: Exercise 11:30 AM: VOPA 11:30 AM: Lunch	11:30 AM Lunch	9:30 AM: Exercise 11:30 AM: Lunch	Gloria & Bob Hillmans Birthday Celebration! 2-4 :pm
9	10	11	12	13	14	15
	9:30 AM: Exercise Class 11:30 AM: Lunch	9:00 AM: Wood Carvers 9:00AM: Crafters 10:30-11:30 Blood Press. Check by WIHH 11:30 AM: Lunch 1:00 PM: Bingo	9:30 AM: Exercise 9:30-11 AM OSF Screenings 11:30 AM: VOPA 11:30 AM: Lunch (Birthday Dinner)	 11:30 AM Lunch 1:00 pm Triad Meeting 5 pm: Ice Cream Social	9:30 AM: Exercise 11:30 AM: Lunch	
16	17	18	19	20	21	22
	9:30 AM: Exercise 11:30 AM: Lunch	9:00 AM: Wood Carvers 9:00AM: Crafters 10:30-11:30 Blood Press. Check by WIHH 11:30 AM: Lunch 12:30 PM: O.D.O.	9:30 AM: Exercise 11:30 AM: VOPA 11:30 AM: Lunch	11:30 AM Lunch Mind Explorer Due! 1:30 PM: Strom Board Meeting	9:30 AM: Exercise 11:30 AM: Lunch	9 AM-Noon Community Shred Day (see article)
23	24	25	26	27	28	29
	9:30 AM: Exercise Class 11:30 AM: Lunch	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 11:30 AM: Lunch	
30	31					
	9:30 AM: Exercise 11:30 AM: Lunch					

THRIFT SHOP THIS AND THAT.....

**NEEDED! HELPERS FOR THE AUGUST 5TH
PARKING LOT SALE!!!**



THERE WILL BE A LOT TO DO THAT DAY AND WE WOULD VERY MUCH APPRECIATE ANY HELP OFFEERED....THERE ARE NUMEROUS AREAS OF NEED! PLEASE CALL CRYSTAL IF YOU ARE WILLING TO GIVE OF YOUR TIME THAT DAY (309 224 8657)

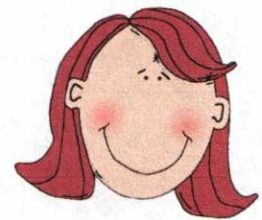


DID YOU KNOW THAT **100%** OF THE PROCEEDS OF THE THRIFT SHOP DAILY PROCEEDS GO TOWARDS PROGRAMS THAT ARE EITHER NOT COVERED BY OR ONLY PARTIALLY COVERED BY ANY OTHER SOURCES OF FUNDING???

NOT ONLY DOES THE THRIFT SHOP PROVIDE FUNDS FOR OUR PROGRAMS, IT ALSO PROVIDES NEEDED CLOTHING AND HOUSEHOLD ITEMS THROUGH OUR BENEVOLECEY PROGRAM FOR THOSE WHO CAN NOT PAY OR ARE EXPERIENCING EMERGENCIES.



PROCEEDS FROM THE PARKING LOT SALE WILL GO TOWARDS THE SAME PROGRAMS



AS WELL AS TOWARDS EMERGENCY SERVICES FOR OUR AREA SENIORS.....

THANK YOU TO ALL OF OUR PRESENT VOLUNTEERS AS WELL AS THOSE WILLING TO HELP ON AUGUST 5TH! **NOT ONLY DO WE THANK YOU, BUT THOSE WHO ARE ASSISTED THROUGH OUR PROGRAMS THANK YOU!!**

JULY | 2017

Jamieson Community Center Senior Nutrition

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Grilled Chicken Baked Beans Salad w/ Tomatoes 5 Cup Fruit Salad Bun	4 CLOSED	5 Chicken & Noodles Mashed Potatoes Broccoli Pineapple Cake	6 Roast Pork Baked Potato Peas Pears Wheat Bread	7 Hamburger Steak w/ Mushrooms Mashed Potatoes Coleslaw Tropical Fruit Wheat Roll
10 Chicken Fried Steak Mashed Potatoes California Veggies Pumpkin Bar Wheat Bread	11 Meatloaf Baked Potato Brussel Sprouts Tropical Fruit Dinner Roll	12 Pork Chop Scalloped Potatoes Carrots Strawberry Fluff Wheat Roll	13 Tater Tot Casserole Green Beans Peas Orange Wheat Bread	14 Tuna Noodle Casserole Peas Peaches
17 Beef Stew Peas, Carrots, & Potatoes Salad Applesauce Biscuit	18 Glazed Ham Sweet Potatoes Wax Beans Banana Wheat Bread	19 Spaghetti w/ Meat Salad Winter Blend Veggies Jello Cake Garlic Bread	20 Sausage Gravy V-8 Juice Tri Taters Mixed Fruit Biscuit	21 Baked Chicken Seasoned Potato Baby Carrots Sliced Apples Wheat Bread
24 Sweet & Sour Chicken Asian Veggies Salad Egg Roll Fortune Cookie	25 Potato Beef Casserole Winter Blend Veggies Pineapple Wheat Bread	26 Swiss Chicken Corn Green Beans Rice Apple Crisp	27 Lasagna w/ Meat Peas & Carrots Orange Garlic Bread	28 Ham & Beans Pickled Beets Strawberry Jello Cornbread
31 Tacos w/ Beef & Cheese Lettuce & Tomato Baked Apples Flour Tortilla				

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



MIND EXPLORER

‘Mind Explorers’ is a monthly feature of STROM CENTER NEWS Answer the questions and turn them in or mail them in by the 20th of the month. The person with the highest number of correct answers will be recognized in our next Monthly Newsletter.! (In case of a tie, the winner will be drawn). This month’s quiz is “Vacation in the USA!” with a difficult-o-meter rating of 7.5+.....!!!

1. If you want to visit the Liberty Bell, what state will you go to? _____
 2. If your family wishes to see the Grand Canyon, what state will you need to travel to?

 3. The Jones family visited the 1st Walmart store. What year was its creator, Sam Walton, born?

 4. If you wanted to visit the highest mountain in the US, what state would you go to?

 5. As you drive down the highway, you notice most of the vehicles have “Constitution State” on their license plates. What state are you probably in? _____
 6. If your family wanted to take a trip to the largest city, where would you go?

 7. You’ve decided to take a shopping trip to the largest mall in the US., the Mall of America. What city and state is it located? _____
 8. You’re looking up at Mt. Rushmore. What 4 Presidents do you see? _____, _____, _____ and _____
 9. The grandkids want to go to Disney World. In what state is it located? _____
 10. Yellowstone Park is located in what 3 states? _____, _____, _____
- ??

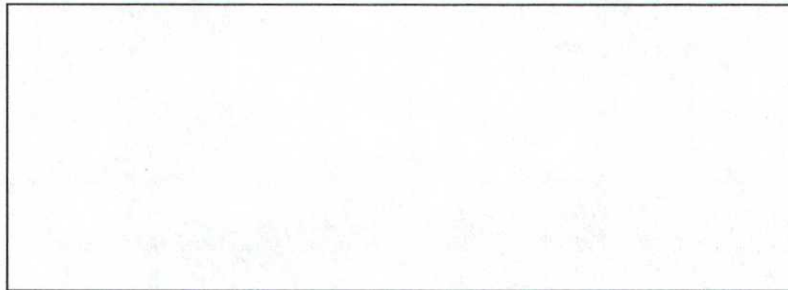
Answers to the Previous Mind Explorer (Winner is named on Recognition Page!)

1. According to the rhyme, what 3 ingredients are boys made of? **SHIPS, SNAILS, and PUPPY DOG TAILS**
2. What color of stripe is always on the top and bottom of the U.S. Flag? **RED**
3. In swimming, what stroke is performed face down in the water. The legs perform a dolphin kick and while the arms move in a forward circle at the same time. **BUTTERFLY**
4. This astronaut was the first person to place a U.S. flag on the moon. Who is he? **NEIL AMSTRONG**
5. In baseball, when the umpire holds both arms straight and above his head it signals **TIME OUT**
6. Unscramble the letters to find a favorite summer **ACOINVAT: VACATION**
7. This national observance, is held on the third Sunday of June **FATER’S DAY**
8. June is wedding month! It's a tradition for brides to be given 4 “somethings”. What are they? **SOMETHING OLD, SOMETHING NEW, SOMETHING BORROWED, and SOMETHING BLUE**
9. On August 3, 1949, what President signed an Act of Congress that would designate June 14 of each year as National Flag Day? **PRESIDENT TRUMAN**
10. Kate, Jane and Linda made cookies for the upcoming “School’s Out!” party, Kate baked 2 ½ dozen cookies, Jane baked twice as many cookies as Kate, and Linda baked a third as many as Jane. How many cookies did the ladies bake altogether? **110**

STROM CENTER, INC.
211 South A Street
Monmouth, IL 61462

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RETURN SERVICE REQUESTED



STROM CENTER, INC.

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Toll-free: 866-787-6628

- Director: Carol Neal McCreery 309-734-4560
- Information and Assistance & Outreach/ SHIP Counselor: Pam Allen 309-734-8074
- Information and Assistance Worker/ SHIP Counselor (Warren / Henderson Counties)
: Kathy Ferrenburg 309-734-5677 / 309- 627- 2812
- Information and Assistance Worker/ SHIP Counselor Henderson County:
Erica Little 309-627-2812
- Information and Assistance / Outreach: Lynda Accardo: 309 734 5677
 - : Strom General Inquiries: Bob Anderson: 309-734-5677
 - Strom Thrift Shop Manager: Crystal Vanskike: 309 224 8657
- Jamieson Community Center Nutrition Coordinator: Dolores Sollenberger: 309-734-5677

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