

STROM CENTER NEWS



FEBRUARY, 2018
edition 335



Lenten Breakfasts



The 43rd Annual Lenten Lay Breakfast series will get underway Friday, February 16, 2018, and continue each Friday morning through Good Friday,

March 30, 2018. Strom Center will again be the host for the series. Rolls /toast, juice and coffee are available beginning at 6:30 a.m. with the services running approximately from 7:15-7:45 a.m.

There is no charge for the breakfasts but a free will offering is welcomed.

The breakfast series is sponsored by the Warren County Ministerial Association.

Listed below is the schedule of services and the church(es) presenting:
program.

- February 16: Faith Presbyterian Church
- February 23: Fairview Center & Cameron Christian Church
- March 2: Immaculate Conception Church
- March 9: First United Methodist Church
- March 16: Heritage Bible Church
- March 23: Immanuel Baptist Church
- March 30: First Lutheran Church

Anywhere From 60-100 persons attend each Friday. This presents an excellent opportunity to share in the spirit of the Easter season as well as enjoy the fellowship of others. If you have not attended before, please do come and join us for one, some, or all of the breakfast services.

Feel free to call us at Strom (309 734 5677) if you have any questions regarding the Lenten Breakfasts.....

Annnnd...thank you to Pastor Jon Sims for supplying Strom with the Lenten Series Information.

Thank You, Donna!

A Big Thank You goes out to **DONNA REYBURN** who recently retired as secretary from our Strom Center Board. Donna has been great to work with and has always offered so much to our meetings! We will miss you, Donna!



Happy Retirement, Bruce!



Strom Center extends our Congratulations to **BRUCE MORATH** who recently retired as Warren County Chief Deputy. Bruce has been a great friend to Strom Center, attending and involving himself in our Warren County Triad. He has a very long list of accomplishments.....We wish him the best in his retirement!



Exercise Classes to Resume in February

Several persons will be happy to know that Strom Exercise Classes will resume in February. The holidays and weather closings have interrupted the classes but now is the time to get back to a health routine.

Exercise classes start at 9:30 AM on Monday, Wednesday, and Friday. Come early if you would like to sit and chat together for a awhile. Call 734 5677 if you have any questions. All persons are invited to participate.



Reminder...Strom Center will be closed on President's Day, **Monday, February 19th**. No programs nor appointments will be scheduled....

An invitation to attend.....

**YOU ARE INVITED TO
A "THANK YOU PARTY"**

A Thank You Party for Strom Leader, Carol McCrery, Kathy Ferrenburg, Crystal Vanskike, and Lynda Accardo will be held on Thursday, February 8th at 2 PM at Strom Center, for all they do for us.

Please put this on your calendar and join us for their party. Their community support makes a big difference.



FEBRUARY BINGO DATES :

**Tuesday, February 13th
Tuesday, February 27th**

Bingo starts at 1 pm and ends approximately 3 pm. Cost per card is 25 cents each. We have a great variety of prizes....Refreshments and drink are available. If you haven't joined us for Bingo...do so!



Reminder....Don't forget to fill out a survey when you come in for services! We appreciate knowing how YOU think we are doing ! Survey forms are found on each of the staff's desks.

Note from Darlene Cox, Potluck Planner



Our Annual New Years Day Potluck was cancelled due to extreme cold and snow.

But we still have one coming up on Saturday, February 10th from noon to approximately 4 pm.

Everyone has a great time at our potlucks. Just bring a side dish: meat, desserts, salads, or whatever you wish. Following dinner we will play Bingo or cards. Come enjoy the day!! Take Care and God Bless!

TRIAD News from the 'Groovy Grandma'(no, it's not Carol!)

FEBRUARY TRIAD



The TRIAD January meeting was cancelled due to poor weather conditions. The speaker, Joe Switzer, Chief of the Monmouth Police Department, will be rescheduled at a later date. Our next meeting will be Thursday, February 8th. The speaker will be Sue Johnson from the Alzheimer's Association. Please bring your comments and questions and join us at 1 pm at Strom Center. Refreshments are served.

Anyone wishing to be on our call list for meeting reminders, weather concerns, and or suggestions to request a speaker, please call Anne at 309 734 4339.

And now...

A bit of useless Trivia: What is the only natural food that contains all the vitamins and nutrients a body needs? Give up??? The answer is HONEY.

'Til next month..."The Groovy Grandma"



**RESOURCE CENTER
HIGHLIGHTS....**

We promised this some time ago and are initiating it this year....**Lynda Accardo**, Staff Worker at Strom who is in charge of our **Strom Resource Center**, will feature each month in our Strom Center News, an item which is available in our Resource Center.



If you are visually impaired, we have both a hand-held and table model of the VISION MAGNIFIER...both are easy to use and make browsing material possible to many.



MONMOUTH COLLEGE VITA PROGRAM

Again this year, Monmouth College will provide Free Income Tax preparation through their VITA program.

Strom Center has handouts available which contain all the specifics as to what to take to the meetings. Feel free to stop by and pick one up at the front desk. However, the following tells where, and when the VITA program will be held:

Place

Monmouth College's Center for Science and Business Building (CSB) next to the Admission Building (700 E. Broadway Ave.)

Once you enter the front doors, signs will guide you to the correct interview room. Handicap accessible.

Time

4:00 p.m. - 7:00 p.m. on the weekdays as indicated below

9:00 a.m. - 12:00 p.m. and 1:00 p.m. - 4:00 p.m. on the Saturdays as indicated below
(Students will be taking a lunch break over the noon hour.)

This program is a first come, first served service. When you arrive in the interview room, you will sign in. We do stop calling names at 6:45 p.m. on the weekdays and 3:45 on Saturdays

Dates

Each **Saturday**, February 3 through April 14, *except as indicated below.*

Each **Monday** and **Wednesday**, February 5 through April 11, *except as indicated below.*

No sessions during the college's spring and Easter breaks:

- Saturday, March 3
- Monday, March 5

- Wednesday, March 7
- Saturday, March 10
- Saturday, March 31
- Monday, April 2

Parking

Parking is available in the CSB lot and Broadway on evenings and Saturdays. Before 5:00 p.m. on weekdays, park only on Broadway if you do not have a Monmouth College Faculty/Staff parking permit.

(The above information was taken from the Monmouth College website.)



From Crystal Vansike,

Thrift Shop Manager..

THRIFT SHOP CORNER

February is going to be FANTASTIC!!

Not only are we going to continue with our Men and Women's Jeans and Dress Pants Sale for \$2 each AND our Women's Shirt Racks are full with Sweaters, Blazers, Turtlenecks, Pullovers, and Blouses for only \$1 each. All are clean and ready to wear.

In addition, it's finally here! Our Vintage & Retro Sale which will be held from **February 1 - 13th** which will include (but not limited to) toys, dishes, pottery clothes, music, and books. There is way to much to detail but you will see that it will be well worth checking out.

From February 14-28th, we will hold our Craft and Material (\$1/yard) Sale. On sale will be sewing supplies, scrapbooking items, art supplies, cake decorating supplies and art supplies. Wow! this is sure the time to stock up on lots of items....and all at very reasonable prices!

Everyone have a wonderful day, week, and month!

Stop in and say 'Hi!'

TIME FOR A WORD CHALLENGE....!



February is such a fun month....Time for Valentines, candy, flowers.....! Our word challenge will be how many words can you make out of the phrase "Valentine Card Poems". A reminder of the Word Challenge

Rules:

- Number the words you list
- No Proper Names
- Use only the letters in the phrase
- All words must be found in a dictionary
- No apostrophes

Be sure to turn your list in by 4 PM on Wednesday, February 21st.



OSF'S....

Diabetes Prevention Program Make the Commitment to Improve Your Health

Are you at risk for Diabetes? Have you been diagnosed with prediabetes or gestational diabetes? The year-long Diabetes Prevention Program will educate, guide and support you on your journey to making and maintaining lifestyle changes to prevent Type2 diabetes. If you are 18 or older and have a risk or diagnosis of prediabetes, you may find this program beneficial.

What: Diabetes Prevention Program

When: First Meeting Thursday, March 8

Time: 10-11 A.M.

Where: Wellness Classroom at OSF HealthCare Holy Family Medical Center, Monmouth.

Details: The program is facilitated by trained lifestyle coaches with a background in diabetes education. The cost is \$180. Scholarships are available.

Participants can reduce their risk of developing type 2 diabetes by 58 %...71 % for persons over the age of 60. They also may see a loss in body weight.

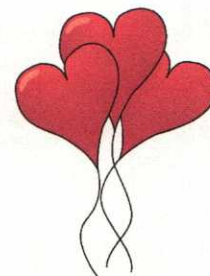
No referral is required. Call 309 734 1424 for more information on the non-refundable program.

See if you are at risk. Take an assessment at cdc.gov/diabetes/prevention/pdf/prediabetestest.pdf.

STROM CENTER IS SO VERY THANKFUL..

This past holiday season and into January, Strom Center has received several donations, and we are so grateful for them. With the roller-coastering of government funding it has been hard to ensure that we were going to be able to assist the numbers of persons who have critical needs. It may seem like a broken record but there are some social programs which we have chosen to put on the back burner in order to assist persons who are in desperate need of assistance. And there are SO MANY needs! It is a very positive experience to be able to relieve at least for a period of time the financial burdens many have. We can't meet the needs of all but the funds we receive certainly go far in doing so. Again, thank you!

HENDERSON COUNTY SENIORS!! Let's Celebrate Valentines Day!



Please join us for delicious rolls, juice, and coffee on February 14th from 8 AM – 9 AM at our Strom site located at the Henderson County Health Department. We will have drawings for two gift cards...so make sure you sign up that morning for them!

Also, have you entered the Mind Explorer's Quiz (in this months Strom Center News) yet this month??? You may be a winner!

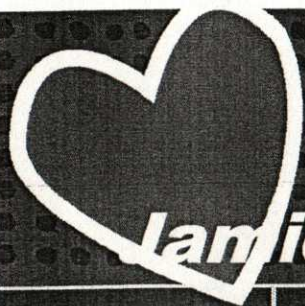


Have any news or events you wish to share? Email them to StromSeniors@gmail.com or drop them off at our Gladstone site or at our Monmouth location (211 South A Street, Monmouth, or call Strom at 734 4560.

FEBRUARY 2018 Events



Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
				1	2	3
				11:30 AM Lunch	9:30 AM: Exercise 11:30 AM: Lunch <i>Groundhog Day</i>	
4	5	6	7	8	9	10
	9:30 AM: Exercise 11:30 AM: Lunch	9:00 AM: Wood Carvers 9:00AM: Crafters 11:30 AM: Lunch	9:30AM: Exercise 11:30 AM: VOPA 11:30 AM: Lunch	11:30 AM Lunch 1:00 pm Triad Meeting 2 PM: Strom 'Thankful Party'	9:30 AM: Exercise 11:30 AM: Lunch	
11	12	13	14	15	16	17
	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 1:00 PM: Bingo	9:30AM: Exercise 11:30 AM: VOPA 11:30 AM: Lunch (Birthday Dinner) <i>Ash Wednesday</i> <i>Valentines Day</i>	11:30 AM Lunch 1:30 PM: Strom Board Meeting	6:45 AM: Lentern Brkfst 9:30 AM: Exercise 11:30 AM: Lunch	
18	19	20	21	22	23	24
	Presidents Day (Strom Closed)	9:00 AM: Wood Carvers 9:00AM: Crafters 11:30 AM: Lunch 12:30 PM: O.D.O Mind Explorer Duel!	9:30 AM: Exercise 11:30 AM: VOPA 11:30 AM: Lunch	11:30 AM Lunch	6:45 AM: Lentern Brkfst 9:30 AM: Exercise 11:30 AM: Lunch	
25	26	27	28	Call for reservations by 1 PM the prior day: Stephanie Reading: 309- 734-5677 Thrift Shop open: Mon – Fri: 8:30AM- 4PM Saturday: 8:30 AM– 2:30 Thrift Shop #: 309-224-8657  		
	9:30 AM: Exercise 11:30 AM: Lunch	9:00 AM: Wood Carvers 9:00AM: Crafters 11:30 AM: Lunch 1:00 PM: Bingo	9:30AM: Exercise 11:30 AM: VOPA 11:30 AM: Lunch			



FEBRUARY | 2018

Jamieson Community Center Senior Nutrition

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1% Milk Served At All Meals			1 Baked Chicken Roasted Potatoes Broccoli w/Cheese Fruit Cocktail Wheat Bread	2 Sloppy Joes Potato Salad Capri Veggies Mandarin Oranges Bun
5 Beef Stew Diced Potatoes Peas & Carrots Salad Cookie Biscuit	6 Pork Chop Baked Beans Baby Lima Beans Stuffing Applesauce	7 Country Fried Steak Mashed Potatoes Corn Chocolate Pudding Wheat Bread	8 Tacos Lettuce & Tomato Refried Beans Spanish Rice Baked Apples	9 Sweet & Sour Chicken Stir Fry Veggies Egg Roll Rice Fortune Cookie
12 Goulash Stewed Tomatoes Green Beans Tropical Fruit	13 Chicken & Noodles Mashed Potatoes Mixed Veggies Pears	14 BBQ Rib Patty Broccoli Salad Baked Beans Orange Fluff Bun	15 Sausage & Pepperoni Pizza Bread Carrots Salad Apple Slices	16 Grilled Chicken Normandy Veggies Brussel Sprouts Wild Rice 5 Cup Salad
19 Closed	20 BBQ Chicken Seasoned Potatoes Corn Pineapple Wheat Bread	21 Ham Steak Scalloped Potatoes Winter Veggies Brownie Dinner Roll	22 Beef & Potato Casserole Wax Beans Plums Wheat Bread	23 Chicken Pot Pie Diced Potatoes Peas & Carrots Strawberry Jello
26 Meatball Sandwich Potato Wedges Salad Peaches Sub Bun	27 Hamburger Steak Mashed Potatoes Green Beans Mixed Fruit Wheat Bread	28 Cheese Omelet Sausage Links Tri-Tater Orange Juice Banana Wheat Bread		Potato Bar Option Available Daily

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

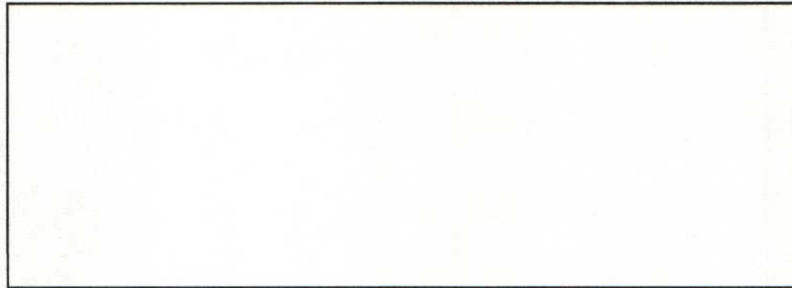
Non-Discrimination Policy
Jamieson Community Center does not
discriminate in admission to programs or
treatment of employment in programs or
activities in compliance with the Illinois Human
Rights Act; the U.S. Civil Rights Act; Section 504 of
the Rehabilitation Employment Act; and the U.S.
and Illinois 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

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

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RETURN SERVICE REQUESTED



STROM CENTER, INC.

211 South A Street, Monmouth, IL 61462

Fax: 309-734-4560

Toll-free: 866-787-6628

- Director: Carol Neal McCrery 309-734-4560
- Information and Assistance & Outreach/ SHIP Counselor: Lynda Accardo 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
 - : Strom General Inquiries: Bob Anderson: 309-734-5677
 - Strom Thrift Shop Manager: Crystal Vanskike: 309 224 8657
- Jamieson Community Center Nutrition Coordinator: Stephanie Reading 309-734-5677

Non-Discrimination Policy:

Strom 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.

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