

STROM CENTER NEWS

Serving Henderson and Warren Counties, Illinois



MAY, 2018
edition 338



Ladies Day Brunch

On **Friday, May 11th**, all ladies age 60 and over will be Strom Center's guests for brunch....free of charge of course! The event will start at **9:30 AM**.



Special recognitions will be awarded with a gift to all ladies in attendance.! There will be a prize for each lady who brings an apron ...the most unique one will receive a special prize!!



Please plan to attend.. To ensure there are adequate gifts and refreshments, it is necessary to **make reservations no later than May 7th**

by calling 734-5677 or coming in to sign up.

Thank you to ANNE LIBY who does a super job of recording the notes of our monthly TRIAD meetings and submits them for our monthly STROM CENTER NEWS!

UPCOMING TRIAD MEETING



The TRIAD speaker for April was KENNY HELMS, the Technology and 911 Coordinator for the City of Monmouth. He gave a brief history of himself and stated he has a collection of drones he uses to take various pictures.

Kenny gave a picture slide show of various city projects and their costs. A new well behind Kunes Car dealership was discussed. The well is 2500 feet deep and has a new level pump that is above ground. resulting in any future repair costs being less.

A new screw pump to elevate water to sanitary system was shown, it is used to separate water from sewage drainage per E.P.A guidelines.

The sewage lagoon north of town has been resized. The city owns the lagoon and Smithfield pays the city to run it. The lagoon has a rubberized cover which helps control any odor.

Properties and improvements in the TIF district were shown and discussed. An example is the Vaughn / Peter's Jewelry building. Sides were tuckered, a new roof was put on, as well as basement

improvements were done by the city. After all improvements are completed it will be offered for purchase with a possibility of apartments on the second floor and commercial business on the ground floor.

There are future plans for a new roof, which will replace the current leaking one, for Strom Center which is located in a city-owned building.

Budget percentages were viewed and discussed as well as Police and Fire Department pensions. Also, a housing study result was discussed.

Henderson County 911 addresses are now in place. The next project includes the ability to use cell phones to call or text 911 and being able to identify callers and their locations.

Kenny stated that 911 calls are separated into Health-related or crime-related. It was stated that Crime Stoppers number is 309 734 9363 and it is not manned 24 hours a day as the 911 calls are.

A question concerning Russian hackers having the ability to use any of our 911 information were answered with the fact that the city's computers are very safe. No data has been compromised and there have been no record of viruses in the past five years.

A new jail was discussed as the current one is the second oldest in Illinois. However, lack of funding does not allow for plans for a new one.

Police Officer Doug Casaro talked about the meth problems this area.

Costs for town solicitors were discussed as well as the guidelines they are required to follow.

May 10th at 1 PM is the date and time for our next TRIAD meeting. The program will be presented by Dave Sonnevile, from Western Illinois Area Agency on Aging. He will discuss the SMP (Senior Medicare Patrol) program which highlights Medicare scams and misconceptions within the Medicare Program. Please bring your questions and concerns....If you would like a reminder of the TRIAD meeting, date and speaker, please call 734 4339.

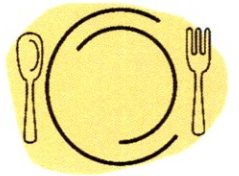
There are no sign-ups or dues for TRIAD...just come and be a part of this important program!

Refreshments are served at each meeting.

The following information is provided by Nancy Mowen, Executive Director of Jamieson Community Center.

SENIOR NUTRITION PROGRAM

Research shows nutrition is especially important to health and well-being for people 60 and older.



Jamieson Community Center provides healthy meals for persons in both Henderson and Warren Counties. Although we serve many, we have room for more. If you and / or a friend (60 years of age or over) would like to get out and enjoy a lunch at one of our serving sites, we would love to have you join us! Home-delivered meals are available throughout both Henderson and Warren Counties for seniors with limited mobility. All it takes is a phone call to start enjoying delicious lunches. Please call Jamieson Center at 309 734 4251.

Special Thanks to all who partner with JCC to make our Senior Nutrition services possible. Partial funding is provided by Western Illinois Area Agency on Aging and the Warren County United Way. Congregate meal sites are Kirkwood Village Center, Roseville Community Center, Strom Center, Faith Bible Church in Oquawka, and Community Senior Citizens of Stronghurst. Our menu is included in this newsletter. Nancy L. Mowen, Executive Director Jamieson Community Center (continued.....)

1025 South 2nd Street, P O Box 495
Monmouth, IL 61462
Phone: 309 734 4251

Just a Note from me (Carol McCrery) regarding the Senior Nutrition Program.... If you have not had the pleasure of eating at one of the above sites in Henderson or Warren County, or received a home-delivered meal...Please try them out!! At Strom Center, we hear many compliments on the meals and knowing that they are so nutritious is even more of a reason to check them out!!



Note from Darlene Cox
Strom Center's 'Potluck Planner'

POTLUCK UPDATE...

Weather didn't cooperate for our March Potluck but thirteen persons were able to brave the elements and attend. Everyone had a good time. We played Bingo after a delicious noon meal. Bob Hillman asked the blessing.



Our next potluck will be held on Saturday, May 19th at noon. Plates, silverware, cups/glasses will be furnished. Just bring what-ever food dish you wish to bring.... After enjoying our meal we will play bingo. Remember to mark May 19 on your calendar!!

Thank you...

A very special thank you goes out to everyone involved in this years Lenten Breakfast programs. To each church, speakers, music providers, and especially to all who attended, you are appreciated. For forty-three years the Monmouth Ministerial Association has carried out the organizational part of the series while

Strom volunteers (who do a tremendous job!!) have graciously prepared and served the early morning refreshments...

We look forward to many more years to come together at this very special inspirational season of Lent~

APRIL RECOGNITIONS

Newsletter Helper of the
Month:

EUGENE RAES



Mind Explorer Winner:

DARLENE COX

Our Day Out (O.D.O.)

Shanghi Rummy

Least Point Winner:

BARB NICHOLS

Second Place Winner:

ANNE LIBY



Strom's Resource Center

Please take time to visit Strom's Resource Center!!

This months **Strom's Resource Center** is announcing **FREE** new books we received from the **Western Illinois Area on Aging (WIAAA)** - "**America's Health Guide for Seniors & Caregivers**". Also, "**America's Healthy Aging Guide**".

America's Health Guide For Seniors and Caregivers.

This book helps you keep track of Medical Information and is meant to be a guide and includes but is not limited to:

- Emergency Contacts

- Health Screenings
- Immunizations
- Visits To Health Care Providers
- Medications
- Hospital To Home

STROM THRIFT SHOP CORNER.....



America's Healthy Living Guide: This guide aims to help you maintain and improve your health as you age. It encourages you to take an active role in your well being. This guide includes, but is not limited to:

- Learn Health Habits that prevent chronic disease.
- Record Health Information.
- Manage your medication
- Schedule exams, screenings and follow-up care.

This guide can be taken with you on Doctor visits and when traveling.

Is there information you would like to have included in our Resource Center? Please feel free to let me know:

Lynda.StromCenter@gmail.com

or call 309 734 5677.

By the way... our hand held or tabletop magnifiers are available for the visually impaired....Both have easy adjustments which can meet individual needs...Just ask and we will make sure they are available to you!

Lynda Accardo - Strom Staff

I & A , Outreach and

Ship Counselor

A Reminder...O.D.O. (Our Day Out) will be held on Tuesday, May 15 at 12:30 PM.

Call 734 5677 if you are interested in participating!

From Thrift Shop Manager, Crystal Vanskike.....



Due to popular demand and availability, we are continuing the Sportswear Sale for the entire family!!....And all marked half off !

We are also featuring Open-front buttonless wraps at only \$2 each!

And...the Women's shirt racks are \$1 each!

There are many, many, many wonderful items at sale prices. You have to see them to realize what a huge bargain they are.

Summer clothes and "Springy" items are coming out daily.

Come in and see what we have...and say "Hi!"

Thank you from the Strom Thrift Shop Staff and Volunteers!



B-I-N-G-O- DATES FOR MAY:

TUESDAY, MAY 8TH & TUESDAY, MAY 22ND

Each day Bingo begins at 1 PM and ends approximately 3:30 PM

FREE BLOOD PRESSURE CHECKS IN THE MONTH OF MAY


WESTERN ILLINOIS HOME HEALTH : MAY 8TH: 10:30-11:30 AM

COURTYARD ESTATES: MAY 16TH: 9:30-10:30 AM





MAY 2018 Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
	Thrift Shop #: 309-224-8657 Thrift Shop open: Mon – Fri: 8:30AM- 4PM Saturday: 8:30 AM– 2:30	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	9:30 AM: Exercise 11:30 AM: Lunch	
6	7	8	9	10	11	12
	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) 	11:30 AM Lunch 1:00 pm Triad Meeting	9:30 AM: Ladies Day Brunch 11:30 AM: Lunch	
13	14	15	16	17	18	19
 Mother's Day	9:30 AM: Exercise 11:30 AM: Lunch	9:00 AM: Wood Carvers 9:00AM: Crafters 11:30 AM: Lunch 12:30 PM: O.D.O.	9:30AM: Exercise 9:30 AM Blood Press By Ct Yard Estates 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 Noon: Strom Potluck	
20	21	22	23	24	25	26
	9:30 AM: Exercise 11:30 AM: Lunch Mind Explorer Due!!	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	
27	28	29	30	31		
	Memorial Day  Strom Closed	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	Call for reservations by 1 PM the prior day: Stephanie Reading: # 309- 734-5677 	

MAY | 2018

Jamieson Community Center Senior Nutrition

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Potato Bar Option Available Daily	2 Baked Chicken Roasted Potatoes Broccoli w/ Cheese Fruit Cocktail Wheat Bread	3 Sloppy Joes Potato Salad Capri Veggies Mandarin Oranges Bun	4 Beef Stew Diced Potatoes Peas & Carrots Salad Cookie Biscuit	4 Pork Chop Baked Beans Normandy Veggies Stuffing Applesauce
7 Country Fried Steak Mashed Potatoes Green Beans Chocolate Pudding Wheat Bread	8 Tacos Lettuce & Tomato Refried Beans Spanish Rice Baked Apples	9 Sweet & Sour Chicken Stir Fry Veggies Fried Rice Fortune Cookie	10 Goulash Stewed Tomatoes Corn Tropical Fruit	11 Chicken & Noodles Mashed Potatoes Mixed Veggies Pears
14 BBQ Rib Patty Broccoli Salad Baked Beans Orange Fluff Bun	15 Sausage & Pepperoni Pizza Carrots Salad Apple Slices	16 Grilled Chicken Normandy Veggies Brussel Sprouts Wild Rice 5 Cup Salad	17 Ham Steak Scalloped Potatoes Winter Veggies Peaches Dinner Roll	18 Beef & Potato Casserole Wax Beans Peas Plums Wheat Bread
21 Meatball Sandwich Potato Wedges Salad Mixed Fruit	22 BBQ Chicken Baby Bakers Corn Pineapple Wheat Roll	23 Cheese Omelet Sausage Links Tri-Tater V-8 Juice Banana Wheat Bread	24 Hamburger Steak Mashed Potatoes Green Beans Brownie Dinner Roll	25 Chicken Pot Pie Diced Potatoes Peas & Carrots Lime Jello
28 CLOSED	29 Cavatini Supreme Mixed Veggies Salad Tropical Fruit	30 Chicken Bacon Ranch Sandwich Tater Tots Lima Beans Tapioca Pudding Bun	31 Beef Sandy Mash Mashed Potatoes Capri Veggies Apricots Wheat Bread	1% Milk Served At All Meals

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.

Partial funding provided by
 The Western Illinois Area Agency on Aging
 And
 The Warren County United Way

Monday, May 28th....**MEMORIAL DAY**

On this Memorial Day, we honor those who both past and present have served so bravely for our country. We also hold dear the memories of those friends and family members who are no longer with us, yet will always be with us.

Have an enjoyable, safe, and special day~~

Strom Center will be closed on Memorial Day...



WIAAA PUBLIC HEARINGS PLANNED: An Invitation to Attend....

The Western Illinois Area Agency on Aging: (WIAAA) will be conducting two Public Hearings regarding the FY 2019 Public Information Document,....” a summary of our proposed 2019 Area Plan. The document provides an overview of how WIAAA will utilize Federal and State funding for services for older adults and adults with disabilities in the ten-county planning and service area designated as PSA03 by the state of Illinois.” Persons are encouraged to review the document carefully and attend one or both public hearings to share comments. The public's thoughts and suggestions are a vital part of WIAAA'S planning process and they look forward to and welcome your insights. **Copies in its entirety of the FY 2019 Area Plan and the dates and places of the hearings, are available at Strom and are also posted on our Main Area Bulletin Board.**

Happenings in Henderson County...

(Thank you to Eagle View's Yvonne Knapp for providing this information each month!!)

- The village of Stronghurst has City Wide Garage Sale Day on May 6th. For information call Village Hall at 309 924 1525
- Henderson County COAD Training: 2-4 PM on Tuesday, May 9th at the Henderson County Health Department, Gladstone. All agencies and organizations that might be asked to provide services in the event of disaster are encouraged to attend. Call 309 342 5108.
- The Schuyler Street Stroll Garage Sale is slated for Friday, May 12 and Saturday, May 13 starting at 8 AM at 301 North 8th Street Oquawka. For details call 319 759 3863.
- Stronghurst Senior Citizens, 118 Broadway Street, plan to attend the Friday, May 19th monthly meeting at the Senior Center "Simplify Your Life: Declutter".
- Raritan Clean-up Weekend: Friday- Sunday, May 19-21st.
- Henderson County Health Department Volunteer Spring Breakfast & Bake Sale is Saturday, May 20th 7:30 AM – 9:30 AM. For more information call 309 627 2812.
- Oquawka City-Wide Clean up is Saturday, May 20th. Call Oquawka Village Hall at 309 867 3481 for more information.
- Doc Pogue Memorial Spray Park in Stronghurst opens Monday, May 29th- 11AM- 8 PM through Labor Day, September 4th.

The above are only some of the happenings in Henderson County. For a full listing please see listings at both our Strom office in Warren County and our Strom office in Henderson County!!

Henderson County Ladies...

You are invited to a

“Ladies Day Tea”

When: Wednesday, May 9th

Time: 1 PM



All ladies age 60 and over (and their guests) will be honored...!

Special recognitions will be awarded with a gift to all ladies!

Oh...and there will be a prize for the lady wearing the most unique apron!



Please plan to attend. To ensure there are adequate gifts and refreshments, it is necessary to make reservations no later than May 3rd by calling

734-5677 or signing the Reservation Form outside the Strom Senior Services Office located at the Henderson County Health Department. .



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 "Mother, MAY I?" with a difficult-o-meter rating of 6.5+.....!!! (Thinking caps needed!)

1. On the "Beverly Hillbillies", Donna Douglas played what character?

2. The definition of this is, "a molded glass container used in home canning to preserve food".

3. This franchise, started in 1926, offers loose meat sandwiches: _____
4. What is the name of the boundary between Maryland and Pennsylvania, taken as the northern limit of the slave-owning states before the abolition of slavery?

5. This store was the setting of "Miracle on 34th Street" _____
6. Betty has 70 flowers growing in her garden. Lucy has 30 less flowers than Betty but twice as many as Mabel. Altogether how many flowers are growing in the 3 women's gardens?

7. He's the head of a town: _____
8. Unscramble the letters to find a common activity in May NAPGLINT: _____
9. In 1914, what U.S. President declared the 2nd Sunday in May as Mother's Day?

10. What was the original name of Memorial Day? _____
??

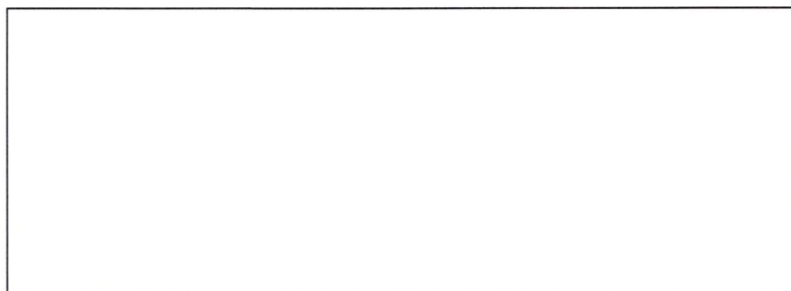
Answers to the Previous Mind Explorer (Winner is named elsewhere in this newsletter)

1. What singer made the song, "Born in the USA" a hit song? **BRUCE SPRINGSTEIN**
2. This US President died on Apr 22, 1994: **RICHARD NIXON**
3. What is the birthstone for April? **DIAMOND**
4. This flower, made famous by the Dutch, is one of the earliest spring flowers to bloom: **TULIP**
5. "April showers bring May flowers," What is the next line of this poem? **THAT IS WHAT THEY SAY**
6. This holiday always falls on the first Sunday after the first full moon after the spring equinox. **EASTER**
7. In what state of the U.S. do the residents pay the highest per cent of their income on taxes? **NEW YORK**
8. Unscramble the letters to find a common sight in the Spring: ANDNOSLIDE: **DANDELIONS**
9. True or false? In Scotland, April Fool's day lasts two days, with the second day reserved exclusively for pranks involving sticking notes on people's backsides **TRUE**
10. According to Wikipedia, in what country is "fool" known by different names around the country, including a "noodle", "gob", "gobby" or "noddy". **ENGLAND**

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- 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

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