

# STROM CENTER NEWS

JUNE, 2018 Edition 339



## MEN'S MORNING



On **Friday, June 15<sup>th</sup>** Gentlemen will be honored at Strom Center throughout the morning at which time they can stop in at anytime from **9-11 AM** for Delicious Rolls, Juice, and Coffee. There will be drawings during the morning, concluding with a main drawing at 11 AM (need not be present to win!)

No reservations are necessary....just stop in and enjoy the morning! We hope to see you then!

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## Welcome Stephanie !!



Strom Center is very happy and excited to introduce a new member to our Staff Team! Stephanie has been working at Strom Center for awhile, but for Jamieson Community Center's Nutrition Program.

Stephanie has lived in Monmouth for 20 years; she is married to Dominick Reading and they are the parents to three children age 12 to 19. Enjoying their children's (Malik, 19, DJ 15, and Mariah 12) various sports events keeps them very busy. Stephanie writes, "Prior to coming to Strom Center I had the pleasure of working for Jamieson Center for seven plus years where I helped with the Summer Feeding Program for Kids, assisting with the meal preparation and home delivered meal delivery, and finally as Site Manager at Strom Center.

For the past several years I have also been the Jr. and Sr. High Youth Group Director at Faith

United Presbyterian Church". In that capacity Stephanie organized several fundraisers and planned yearly mission trips for the youth in both New York and Detroit, Michigan.

"I am very blessed and excited to be starting my new journey here at Strom Center. I truly love spending every minute with persons coming to Strom and I look forward to being able to assist more seniors with all of their needs on a day to day basis."

Although Stephanie will begin her employment the first part of June, prior to actual client assistance she will be attending classes to become a certified SHIP Counselor, allowing her to be well versed in all the aspects of Medicare and Medicare D and all other programs relating to Medicare. She will also be trained both at Strom Center and various off-site training requirements to learn about other programs which Strom offers. Stephanie will be a great asset to our center; her cheerful personality and positive attitude promise to make her a delightful part of our center!!

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## JUNE TRIAD MEETING ....

Carol McCrery and Lynda Accardo opened the May 10<sup>th</sup> Triad Meeting notifying us of current scams received through the mail by various seniors.

Carol introduced Dave Sonnevile of the Western Illinois Area Agency on Aging. Accompanying him was Senior Medicare Patrol Volunteer Steve Shearer.

Dave talked of Medicare misconceptions and fraud. Medicare mistakes are just mistakes, they happen but can be corrected. Examples include services coded incorrectly, procedures overcharged due to a last minute change in procedure plans. Fraud, however, include medical personnel and / or facilities double billing, charging for procedures not done, medical equipment providers charging high prices for cheaper items.

For the past few years, Medicare has been checking fraud cases. When instances of fraud are
















## JUNE 2018 Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
						
	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	9:30 AM: Exercise 11:30 AM: Lunch	
	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 	9-11AM: Gentlemen's Day at Strom 9:30 AM: Exercise 11:30 AM: Lunch	
 Father'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. <b>1 PM: Alz. Prog.</b>	9:30 AM: Exercise 11:30 AM: VOPA 11:30 AM: Lunch <b>Mind Explorer</b> <b>Duel!</b>	11:30 AM Lunch 1:30 PM: Strom Board Meeting 	9:30 AM: Exercise 11:30 AM: Lunch	
	9:30 AM: Exercise 11:30 AM: Lunch	9:00 AM: Wood Carvers 9:00AM: Crafters 11:30 AM: Lunch 1:00 PM: Bingo	9:30 AM: Exercise 11:30 AM: VOPA 11:30 AM: Lunch	11:30 AM Lunch	9:30 AM: Exercise 11:30 AM: Lunch	

*Useless Trivia From the 'Groovy Grandma' ... Why is your nose in the middle of your face?? Answer: Because it is the scenter!*



# Home | 2018

## Jamieson Community Center Senior Nutrition

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Potato Bar Option Available Daily</b>		<b>1% Milk Served At All Meals</b>		<b>1 Swiss Steak Tomatoes &amp; Peppers Pea Salad Rice Cookie</b>
<b>4 Velvet Chicken Baked Potato Broccoli Rice Krispy Treat Wheat Bread</b>	<b>5 Beef Stroganoff Peas Carrots Mandarin Oranges</b>	<b>6 BBQ Pork Chop Baked Beans Cole Slaw Strawberry Fluff Dinner Roll</b>	<b>7 Tenderloin Cheesy Hash Browns Broccoli Salad Fruit Cocktail Bun</b>	<b>8 Chicken Parmesan Spaghetti Green Beans Salad Plums</b>
<b>11 Chipped Beef Mixed Veggies Salad Peaches Biscuit</b>	<b>12 Chicken &amp; Rice Casserole Broccoli Corn Pears</b>	<b>13 Pork Loin Mashed Potatoes Carrots Cookie Wheat Roll</b>	<b>14 Hamburger Baked Beans Salad Banana Pudding Bun</b>	<b>15 Turkey Club Lettuce &amp; Tomato Carrot Sticks Baked Chips Tropical Fruit</b>
<b>18 Cod Filets Creamed Peas Hash Brown Brownie Wheat Bread</b>	<b>19 Grilled Chicken Macaroni Salad Peas &amp; Carrots Plums Bun</b>	<b>20 Turkey Breast Sweet Potatoes Wax Beans Yellow Cake Wheat Roll</b>	<b>21 Roast Beef Hash Diced Potatoes Carrots Salad Mixed Fruit Biscuit</b>	<b>22 Meatballs w/ Gravy Broccoli Cauliflower Rice Jello w/ Fruit</b>
<b>25 Pancakes Sausage Tri-Tater V-8 Juice Banana</b>	<b>26 Pork Roast Baby Bakers Capri Veggies Apple Slices Dinner Roll</b>	<b>27 Beef &amp; Noodles Mashed Potatoes Mixed Veggies Vanilla Pudding</b>	<b>28 BBQ Chicken Cole Slaw Corn Wild Rice Apricot</b>	<b>29 Spaghetti w/ Meat Green Beans Salad Mandarin Oranges Garlic Bread</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



# Strom Center's

## GENTLEMEN'S DAY CELEBRATION

*Where:* Henderson County Health Department

*When:* Wednesday, June 13<sup>th</sup>

*Time:* 8 am - 10 am

Gentlemen age 60 and over are welcome to come and enjoy Delicious Rolls, Fruit, Juice and Coffee.



Each Gentleman will receive a token gift in honor of Gentlemen's /Fathers' Day....

No sign up required...Just come and enjoy!

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### HENDERSON COUNTY NEWS UPDATE

Thank you to Yvonne Knapp for providing the following Henderson County Items. The full listing is on our Strom Center Entry Way Bulletin Board as on our Strom Center Window located at Strom's office located in the Henderson County Health Department. Many of these events will be of interest to both Warren and Henderson Counties.....

#### Henderson County Celebrates Illinois' Bicentennial

Founded in 1818, Illinois will be celebrating its 200<sup>th</sup> anniversary this year! During the remainder of 2018, Henderson County communities are celebrating the Bicentennial with a variety of activities. Oquawka is hosting an Independence Day celebration on June 30 featuring the "America Red, White and Blue; Illinois Is 200 Years True" parade open to everyone and to entries from bikes to floats. For more information, call Hal at 309-507-1140. The County's events especially showcasing the Bicentennial are marked with a star \*. For information about upcoming planning meetings sponsored by the Henderson County Historical Society, call 309-299-4415 or 309-221-2743.

#### \*Henderson County Museum Open

The Henderson County Museum, located on East Main Street in Raritan, is open during the summer by appointment. The Museum is planning to be open Wednesday, July 4 from 10 a.m. - 3 p.m. for the Historical Society's BBQ Lunch and on Friday, July 6 during the Raritan State Bank's Relay for Life

Lunch 11- a.m.-1 p.m. The Museum contains collections in frontier life, the development of an emerging agricultural economy, one-room prairie schoolhouses, the impact of both World Wars on rural Illinois, and the westward migration of the American population during the 19th century. The collection of early 20th century home, school and working life includes a complete blacksmithing shop and one-room schoolhouse. For more information, call 309-746-6103.

### **Mexican Train Dominoes**

Every Wednesday at 1 p.m. at the Senior Center, Stronghurst. Will teach how to play. For more information, call 309-924-1830

### **Turning Pages Book Club**

Annual pot luck at Stronghurst Senior Center at 6 p.m., June 12. Attendees will review the biography they have read. For more information, call 309-924-1830

### **Healthy Living for Your Brain and Body**

10-11:30 a. m., Tuesday, June 12. The Alzheimer's Association Illinois Chapter's educational program, "*Healthy Living for Your Brain and Body: Tips from the Latest Research*" at the Henderson County Health Department, 208 Elm St., Gladstone, IL

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Susan Johnson, Manager of Education & Outreach, will present and take questions following the program. Registration is required. Please call the health department at 309-627-2812 or 217-641-0140 or register online at [alz.org/Illinois](http://alz.org/Illinois).

### **Lunch Pals in Oquawka**

Family Outreach Community Center (FOCC) is hosting its third year of Lunch Pals on Mondays June 4-August 6 from 12 noon-1 p.m. at the Faith Bible Church, 807 Warren Street, Oquawka. The program is funded by the Henderson County Kiwanis Club. Henderson County school-aged youth and their families can get together for a free lunch and games. The Henderson County Library staff, area teachers and other community volunteers will be hosting reading sessions. Registration is helpful but not required. For more information, contact FOCC at 309-924-1872.

### **Health Department Pancake Breakfast**

7:30-9 a.m., Saturday, June 9 at the Henderson County Health Department, Gladstone. Pancakes, bacon, sausage, eggs, juice, coffee, chance to win a raffle. Free will donation. Also sponsoring medication drop-off.

### **Unwanted/Unused Medicine Drop Off**

7:30- 11 a.m., Saturday, June 9. Henderson County Health Department, Gladstone. (Needles will not be accepted.) Sponsored by Henderson County Health Department, Eagle View Community Health System, Henderson County Sheriff's Department and Bridgeway Prevention. For more information, call 309-627-2812.

### **Stronghurst Senior Citizens**

Plan to attend the 1 p.m., Friday, June 15 Stronghurst Senior Citizens monthly meeting at Oakwood Estates, 200 S. Logan, Stronghurst. Anna Damos, Warren-Henderson Farm Bureau Ag Education Coordinator, is available as guest speaker. For more information, call 309-337-2898.

### **\*Olde Tymers Tractor Drive**

The Henderson County Olde Tymers Association Tractor Drive starts at 9 a. m., Saturday, June 16 at the Henderson County Fairgrounds, south side of Stronghurst. The drive will stay on country roads most of the 46 mile trip. Traveling from Stronghurst to Media to Biggsville to Oquawka then to the Henderson Creek Covered Bridge and returning to Stronghurst. For more information, contact Donny Carnes, Association President, at 309-337-5417.



**\*Oquawka Independence Day Celebration.**

Oquawka will celebration Independence Day on Saturday, June 30 with a parade at 10 a.m. and a fish and chicken fry from 11 a.m. - 3 p.m. both on Schuyler Street. The parade, themed "America Red, White and Blue; Illinois Is 200 Years True" and is open to everyone and to entries from bikes to floats. For more information, call Hal at 309-507-1140.

**\*Alumni Tractor Pull**

The 8<sup>th</sup> Annual West Central Alumni Tractor Pull sponsored by Randall's Performance is scheduled for 3 p.m., Saturday, June 30 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.

**\*Doc Pogue 5k Run/Walk June 30**

The 5<sup>th</sup> Annual Doc Pogue 5K Run/Walk is set for Saturday, June 30 starting at the Stronghurst Village Park. Registration begins at 7 a.m. with the Run/Walk starting at 8 a.m. Entry fee is \$25.00. The KiddieK Run (2 blocks) for ages 10 and under immediately follows the 5K. Entry fee is \$15.00. Sausage gravy, biscuit and eggs breakfast at the Stronghurst American Legion on South Broadway immediately follows the Run. Free will donation. To register or for more information, contact Jade at 309-337-1950 or Melinda at 309-221-2711 or Eagle View at 309-867-2202.

**\*Chris Vallillo at Raritan Opera House June 30**

"By the River It Is Gently Flowing—in Her Own Words" is a musical presentation especially created by Chris Vallillo for the Henderson County Illinois' Bicentennial commemoration. The presentation is scheduled for 7 p.m., Saturday, June 30 at the Raritan Opera House. Local artists will be included. Free will donation.

Vallillo, who resides in Macomb, Illinois, is a nationally acclaimed singer/songwriter and folk musician who strives to "make the people and places of "unmetropolitan" America come to life in song." Having spent the last 30 years in the rural Midwest, he developed an affinity for American roots music. Performing on six-string and bottleneck slide guitars and harmonica, Vallillo writes and performs original, contemporary, and traditional songs and creates musical narratives as a portrait of the history and lifestyles of the Midwest. The program sponsored by the Henderson County Historical Society with partially funding by the Two Rivers Arts Council, the Illinois arts Council Agency and the National Endowment for the Arts. For more information, contact 309-221-2743.

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**Oquawka Village Fireworks**

At dusk, Sunday, July 1 on former Oquawka Track. Sponsored by the Village of Oquawka. Rain date July 3.

**\*Raritan Independence Day Celebration**

At dusk Tuesday, July 3 fireworks on Moore Farm, 3 ½ miles south of Raritan. Food available on site

**\*Annual Historical Society BBQ Lunch**

The Henderson County Historical Society's Annual BBQ is set for 11 a.m.-1 p.m., Wednesday, July 4 at St. Pat's Community Center, northeast of Raritan. Pork chops or chicken plus sides and desserts, drinks. Free will donation.

**\*Relay for Life & Bicentennial Lunch**

11 a.m.-1 p.m., Friday, July 6. Raritan State Bank Pavilion, 108 East Main Street, Raritan. Serving hamburgers, hot dogs, chips, drinks. Free will offering to support Relay for Life activities. For more information, contact 309-746-6200. The Raritan Firemen's Auxiliary is sponsoring a "Ride, Push or Pull" Parade for youth through 8<sup>th</sup> grade at 12 noon. Participants will receive certificate and \$2 bill. For more information, call 309-337-4435.



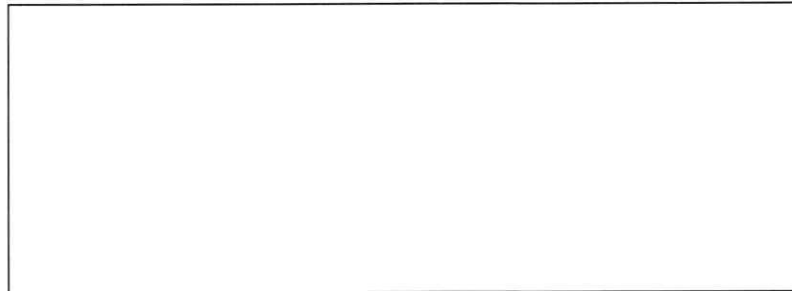




STROM CENTER, INC.  
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Monmouth, IL 61462

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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  
Program Staff Worker: Stephanie Reading
  - : Strom General Inquiries: Bob Anderson: 309-734-5677
  - Strom Thrift Shop Manager: Crystal Vanskike: 309 224 8657
  - Jamieson Community Center Nutrition Coordinator: 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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