

STROM CENTER NEWS



SEPTEMBER, 2018 Edition 342



OSF HEALTHCARE

YOU are invited to attend our

SENIOR HEALTH FAIR

- Where: **STROM CENTER, 211 SOUTH A STREET
MONMOUTH, IL**
- When: **WEDNESDAY, SEPTEMBER 12, 2018**
- Time: **9 AM – 11 AM**

OSF HealthCare Holy Family Medical Center and Strom Center have partnered to present a health fair focused on healthy living for seniors. Offerings to include:

- Foot Screenings
- Skin Screenings
- A1C Screenings
- Lipid Profile Screenings
- Blood Pressure Screenings
- MeridianCare Medicare Plan Information
- Strom Center CareGiver Handouts
- Strom Center Medicare D Information
- And Much More!!

Services will be provided by:

**Dr. Feaster and Dr. J., OSF
Diabetes Services, the
Warren County Health
Department, MeridianCare,
and Strom Center.**

**Strom Center will provide Muffins, Fruit, Juice and Coffee
throughout the morning....**



SEPTEMBER TRIAD SCHEDULED....

The next Triad Meeting will be held at Strom Center on September 13th at 1 PM. The guest speaker will be Attorney Marcum Spears who will speak on Important Documents for Seniors such as: Wills, Power of Attorney Forms, etc. Please plan to attend....Refreshments are always served.



Pictured above, Bruce Morath

Thank you to Bruce Morath who gave a very interesting program at our August Triad meeting. Bruce gave a brief history of working in Warren County. He was a photographer for seven years at the Review Atlas before entering law enforcement where he worked for the next 31 years under 4 sheriffs. Working with the public was a big part of his job, which included serving papers and traffic control.

Bruce was very well known as the Drug Abuse Resistance Education (DARE) officer, running the program through the local schools for 20 years in both Warren and Henderson Counties. Over 4000 kids went through the program. Bruce stated that he loved working with the kids..."It was a calling, not a job". The Odd Fellows furnished Tee Shirts for all attendees and the Evening Lions Club gave money to buy

stuffed animals for essay winners in the DARE program. Bruce stepped down from the DARE program in 2002 and retired from as law enforcement officer in January of this year. He was the well-deserved recipient of the Monmouth City's Achievement Award. He states his motto was always "If you show respect, your earn respect".

(Thank you to Anne Liby who does a wonderful job of taking notes at our Triad meetings!!)



Groovy Grandmother Trivia: You cannot snore and dream at the same time !!

THRIFT SHOP CORNER



Fall and Winter Coats, Hoodies and other Fall clothes are hitting the racks.

Halloween and Fall Decorations and costumes are coming out to the display floors as well. Thank you to all who have donated so many nice costumes to our Thrift Shop.

SALES FOR SEPTEMBER:

Infant Boys and Girls 0-24 month-size clothes and Boys and Girls Shirts and Jeans size 2T-18 are 4 all 1/2 price in September.

Womens Shirts are still onl \$1. Everything is washed and ready to wear.

Continued on next page.....

Thrift Shop continued.....

MARK YOU CALENDARS!!!!

**“KEEP THE COMMUNITY WARM IN
REMEMBRANCE OF HATTIE
GARRETT PROJECT “**

.....will be held on October 12th and 13th
from 9 AM – 3 PM in Strom Center’s Main
Room on First Floor.



Featured will
be Coats, Hats,
Gloves,
Scarves, and
Blankets. The
proceeds of
this event will
go towards
Strom Center’s

Emergency Fund for Seniors and Disabled
Persons.

Donations to this event are welcomed and
encouraged.

For more information regarding the above
project and /or any information regarding
the Thrift Shop, please contact

**Thrift Shop Manager, Crystal Vanskike at
309 224 865.**

Just a reminder....Strom Center will
close early at 3 PM on Friday, August
31st and will be closed on Monday,
September 3rd in observance of Labor
Day.... Strom will close early on
Wednesday, September 5th, the day of
the Prime Beef Festival Parade!!

AUGUST RECOGNITIONS....

- Newsletter Helper of the
Month:

ANNE (AnnE with an "E" !) LIBY

- MIND EXPLORER:

BOB HILLMAN

RUMMY

1ST: ANNE LIBY

2ND : MILDRED EGGER

**PARKINSON’S SUPPORT
GROUP**

For Warren County and Surrounding Area
**PARKINSON’S PATIENTS AND
THEIR CAREGIVERS**

WHEN: Beginning Monday, September
10th and Every 2nd Monday of the Month

WHERE: Warren County YMCA-Rock
Steady Workout Room

TIME: 4 PM

WHAT: Information about Parkinson’s
Disease, Guest Speakers, Support from
other Participants and Light Refreshments

WHO: Marcia Parrish, Facilitator

309 221 7907

Mparrish468@gmail.com

Sixty years....a Blessed Journey..

On September 19, 2018 **LINUS and DOROTHY THORNTON** will have experienced 60 years of a blessed marriage. As I (Carol McCrery) sat down and visited with them at their home it is no mystery why their union has lasted so long. First of all, they both have a very deep faith in God, and second, they both have a wonderful sense of humor! In fact when I inquired as to how they met, Dorothy said they met at the Skating Rink when they were still in high school. (it is interesting to note that you can see that very same skating rink from their front yard..) Dorothy said she was attracted to Linus but he was skating with another girl. When she mentioned that to her girlfriend her



friend said that the girl was his sister, Louise, whose husband, Leon Heatherly was in the service at the time . That made Dorothy happy...and the rest is history. The Thorntons were married at the Christian Church in Monmouth in 1958.




Linus and Dorothy were blessed with two children: Rod and Robin. Rod had one child and Robin has two children . The family has now grown to include three great grandchildren. Unfortunately, Rod passed away with cancer in the year 1995 at the age of 36. Linus said that their faith in the Lord as well as their knowledge of their son's faith is what got them through it.

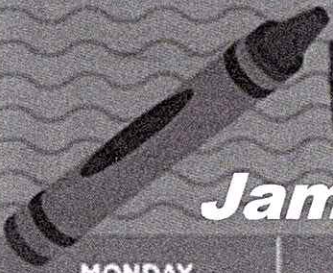


Linus first worked for Don Baldrige Roofing (who he said was a truly wonderful boss) and then after taking courses in accounting worked at Gale Products in Galesburg until it closed and then on to Wilsons Hog Plant as a Safety Director, to other job positions which took them from this area to Louisiana, Kansas, and Indiana and back home to Monmouth. During those years, and while raising their family, Dorothy also worked in stores such as Kmart, and later became a caregiver for her parents as well as working at Wells in Monmouth, the Review Atlas, and the Community National Bank. They are now retired and take great pride in their family....

Linus and Dorothy are a delightful couple and we wish them a wonderful 60th anniversary!!

SEPTEMBER 2018 Eve
WARREN COUNTY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
						1
				Call for reservations by 1 PM the prior day: Janice Painter: 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
	 Strom Closed	9:00 AM: Wood Carvers 9:00AM: Crafters 11:30 AM: Lunch	9:30AM: Exercise 11:30 AM: VOPA 11:30 AM: Lunch Close at 3 PM for Parade	11:30 AM Lunch	9:30 AM: Exercise 11:30 AM: Lunch	
9	10	11	12	13	14	15
	9:30 AM: Exercise 11:30 AM: Lunch	9:00 AM: Wood Carvers 9:00AM: Crafters 10:30-11:30 Blood Pr. Check by WIHH 11:30 AM: Lunch 1:00 PM: Bingo	9-11:30 Health Fair No Exercises class 11:30 AM: Lunch (Birthday Dinner) 	11:30 AM Lunch 1:00 pm Triad Meeting	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 11:30 AM: Lunch 12:30 PM: O.D.O.	9:30-10:30 Blood Press by Ct Yard Est 9:30 AM: Exercise 11:30 AM: VOPA 11:30 AM: Lunch	11:30 AM Lunch 1:30 PM: Strom Board Meeting Mind Explorer Due!!	9:30 AM: Exercise 11:30 AM: Lunch	
23	24	25	26	27	28	29
	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	
30						



SEPTEMBER | 2018

Jamieson Community Center-Senior Nutrition

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1% Milk Served Daily with Meals!				Potato Bar Option Available Daily!
3 Closed for Labor Day!	4 Velvet Chicken Baked Potato Broccoli Wheat Bread Mandarin Oranges	5 Beef Stroganoff Peas Carrots Rice Krispy Treat	6 Roast Beef Sandy Mash Coleslaw Wheat Bread Tropical Fruit	7 Tenderloin w/ Bun Hash Brown Casserole Butternut Squash Fruit Cocktail
10 Chicken Parmesan Spaghetti Green Beans Salad Plums	11 Chipped Beef Mixed Veggies Carrot Sticks Biscuit Peaches	12 Chicken Rice Casserole Broccoli Corn Cookie	13 Pork Loin Sweet Potatoes Wax Beans Wheat Roll Pears	14 Hamburger w/ Bun Tater Tots Pea Salad Banana Pudding
17 Chicken and Noodles Mashed Potatoes Capri Veggies Jello w/ Fruit	18 Ham Au Gratin Potatoes Creamed Peas Wheat Bread Apricots	19 Grilled Chicken w/ Bun Potato Salad Normandy Veggies Strawberry Fluff	20 Meatball w/ Gravy Broccoli Cauliflower Rice Mixed Fruit	21 Roast Beef Hash Diced Potatoes Carrots Salad Biscuit Yellow Cake
24 Sausage Tri Tater V-8 Juice Pancakes Banana	25 Pork Roast Baby Bakers Capri Veggies Wheat Roll Apple Slices	26 Beef and Noodles Mashed Potatoes Peas Vanilla Pudding	27 Lemon Chicken Coleslaw Corn Wild Rice Apricots	28 Beef Stew Diced Potatoes Peas and Carrots Salad Biscuit Orange

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

BINGO COMING TO STROM'S OQUAWKA SENIOR SITE !!

The Oquawka Senior Site will be holding its very first BINGO afternoon on **Friday, September 14th from 1 – 3 PM.** There is no charge for up to 4 Bingo cards, and we will have a variety of prizes for winners!!! Popcorn and drink will be offered throughout the afternoon. Please mark the day on your calendar and come have an afternoon of fun...Only eligibility is that persons are 60 years of age and over to play!!



Henderson Seniors !!! You may be a Winner! Prizes are given out in both Warren County and Henderson County to winners of the Mind Explorer Quiz in this newsletter! Send/drop off your completed form to either the Oquawka site or the Monmouth site!

Henderson County September 2018 Events

Note: THANK YOU TO YVONNE KNAPP FROM EAGLE VIEW FOR SUPPLYING STROM WITH THE FOLLOWING INFORMATION (ALL THE INFORMATION IN ITS ENTIRETY IS ON BULLETIN BOARDS IN MONMOUTH & OQUAWKA.)

Relay for Life Lunch—September 7

11 a.m.-1 p.m., Friday, September 7 at the Raritan State Bank Pavilion, 108 East Main Street, Raritan. Serving hamburgers, hot dogs, brats, chips, drinks. Free will offering to support Relay for Life activities. For more information, contact 309-746-6200.

64th Annual Democrat Fish & Chicken Fry--September 9

11 a.m.- 1 p.m., Sunday, September 9 at the Gladstone Village Park. Fish, chicken and sides. Free will donation. Guest speakers include Juliana Stratton, candidate for Lt. Governor and [Mike Frerichs](#), Incumbent candidate for Treasurer. For more information, contact Dick Bigger at 309-221-6930.

Henderson County Republican Family Picnic—September 9

11 a.m.-1 p.m., Sunday, September 9 at the Delabar State Park. Join us for great food, fun, fellowship and a chance to meet and visit with elected officials! The menu includes slow cooked pork, smoked chicken, brisket and fish. Adults - \$10.00. Children 8 & under - \$3.00. For more information, contact Bill Knupp at 319-850-1703.

Stronghurst Community-wide Yard Sales—September 14-15

Varying opening and closing times. For more information, contact Village Hall at 309-924-1525.

Stronghurst Fall Festival--September 15

In the Village Park, downtown and all around--9 a.m.-3 p.m., Saturday, September 15--Vendors, car and tractor shows, village-wide yard sales, bounce houses and kids' train rides (10 a.m.-2 p.m.): food by the Stronghurst Boosters (donuts at 9 a.m. and from 11 a.m.- 1 p.m.--pulled pork meal, walking tacos, macho nachos and hot dogs); pumpkins, mums and fun. The Blue Room Band will play classic Rock and Roll from 10 a.m. - 2 p.m. Car show registration begins at 9 a.m. For more information, visit Fall Festival Facebook or call Shelly at 319-759-5923. For vendors contact Jessica 309-337-3760. For tractors, call Hugh at 309-221-3390. For the car show, call Brent at 309-318-1134 or Jeff at 309-221-3013.

Stronghurst Fall Festival Car Show—September 15

Downtown Stronghurst, 9 a.m.-2 p.m., Saturday, September 15. Registration-- 9-11 a.m. (\$20 first entry; \$10 each additional entry). Voting—11 a.m.-2 p.m. (Top 20-participant voting, Booster Club Award, Mayor's Choice, Kids' Choice, Under 21, Viewers' Choice--\$1.00 to vote). Dash plaques (first 50 entries), T-shirts available, craft show, tractor display and concessions in the Village Park. For more information, call Brent at 309-318-1134 or Jeff at 309-221-3013.

Free Amplified Phones—September 17

9 a.m.-12 noon, Monday, September 17, Henderson County Library, Biggsville. 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 (ITAC), Illinois residents who are deaf and hard-of-hearing can receive adaptive phones for free.

Henderson County Public Library Book Sale—September 21-27

The Henderson County Library will hold its Annual Book Sale (by donation) in the Library's meeting room. 9 a. m.- 5 p.m., Friday, September 21 through Thursday, September 27 with extended hours until 7 p.m. on Friday, September 21 and Monday, September 24. For more information, call the library at 309-627-2450.

Eagle View Hosts Blood Drive—September 27

Eagle View Community Health System will host a community Blood Drive from 3-5:30 p.m., Wednesday, September 27 at the Bethel Lutheran Church, corner Division and South streets, Stronghurst. The drive is administered by the Mississippi Valley Regional Blood Center (MVRBC).

To make an appointment to donate, please contact the Eagle View at 309-867-2202 or 309- 221-2743 or visit www.bloodcenterimpact.org and use code 1060 to locate the drive. Potential donors must be at least 17 years of age (16 with parental permission form available through www.bloodcenter.org) and weigh more than 110 pounds. A photo I.D. is required to donate. For questions about eligibility, please call the Mississippi Valley Regional Blood Center at 800-747-5401. Donors who last gave blood on or before August 2, 2018 are eligible to give at this drive.

Schuyler Street Stroll-- September 29-30

Come stroll with us! Saturday-Sunday, September 29-30. Activities include vendors, food, Civil War Camp and Reenactment, clam shell button cutting and arrowhead making, Alexis Phelps House open for tours, Oquawka Volunteer Firemen grilling, antique tractors and motors, chainsaw carving, pet parade, live music by DeJay, Rhonda's Greenhouse open, horseshoe tournament, old tyme photo booth, Belted Cow Orchard open, Smith Creek Pottery open, Methodist Church chicken noodle dinner, gunny sack races, money scramble, church services and much, much more. For more information, visit the Facebook page for times and locations or call Susan at 309-337-8662 or Rhonda at 309-337-1570.

Boy Scout Breakfast—September 29

6:30-10:30 a.m., Saturday, September 29. Come have breakfast with Boy Scout Troop 61 at the Oquawka Township Hall on the corner of 4th & Schuyler Street during the Schuyler Street Stroll! Free will offering.

Chicken & Noodles Lunch—September 29

11 a.m.-1 p.m., Saturday, September 29. Make plans now to have lunch at the United Methodist Church on 3rd Street in Oquawka during the Schuyler Street Stroll! Homemade Chicken & Noodles with all the fixings and dessert! Free will offering.

AN IMPORTANT MESSAGE TO CAREGIVERS!!!!

COMING IN SEPTEMBER

TO BOTH WARREN & HENDERSON COUNTIES.....

Strom Center is very fortunate to be able to assist Caregivers in addition to our Caregivers Resource Centers. Through grant funds from Western Illinois Area Agency on Aging we have been able to purchase a very large number of materials for caregivers, from DVDs, books, and other handouts, which will both be given to caregivers, as well checked out on a loan basis. Several sets of Caregiver DVDs for loan, contain a wealth of information and we even have portable DVD players to loan out for limited amounts of time for watching the videos.

For visually impaired caregivers, we have ViSee hand magnifiers which may be loaned out also for limited amount of time. Table-top magnifiers may be used at each center (Oquawka and Monmouth).

Every caregiver can benefit from items we will have available. Each caregiver will receive a tote bag with literature, the book "The 36-Hour Day", many items of Tips and Helps for Caregivers, as well as List Forms for Health Records, Health Care Power of Attorney information, Financial Record Information, and much more.

Caregivers may be persons taking care of parents, a spouse, grandchildren, other relative, or friend.

Strom Center will be partnering with OSF (see front page of this newsletter) to host a Health Fair at Strom Center (211 South A Street, Monmouth) on September 12th. We hope to have many of the extensive number of items which have been ordered available on that day for taking and / or viewing.

For persons living in Henderson County, we plan to have many of the mentioned items on display at our new site in Oquawka (at the corner of Schuyler and 4th Street) by September 14th.

Persons who are caregivers, and find it hard to come to either the Strom site in Monmouth or the Strom site in Oquawka, know that Strom staff will be happy to come to your home with your tote as well as a list of additional help items available. If you are a caregiver, YOU ARE NOT ALONE. We want to help you! Please call Strom and ask for either Lynda or Stephanie for more information (309 734 5677).

Henderson County Events...

... Many more pictures to come in our October edition of Strom Center News

Thank You to Everyone who attended our Strom Oquawka Senior Site Open House on August 15th!

We had a great turnout and many favorable comments on the center!!



CONGRATULATIONS TO THOSE WHO WON DRAWING PRIZES!



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 "The Good Ol' Days of Back to School!" with a difficult-o-meter rating of 8.5+.....!!!

1. In 1957 Elvis Presley wore these shoes, a low-heeled casual shoe, characterized by a plain toe and black or brown panel placed mid foot in Jailhouse Rock: _____
2. In the '50's this dance got its name because of the requirement that frolicking teens remove their shoes, so they didn't scuff up the wooden floors of the school gyms: _____
3. What is the name of the device used for measuring and drawing angles, usually shaped in a half circle and marked with degrees? _____
4. The course of study of science of life or living matter in all its forms and phenomena, especially with reference to origin, growth, reproduction, structure, and behavior is called: _____
5. A line segment extending from the center of a circle to its edge is called the: _____
6. The name of the course that includes the science of home management including nutrition, preparation, and service of food and clothing _____
7. A notebook held together by a coil of wire passed through the back edge of the covers and individual pages is called a _____
8. Who was Helen Keller's teacher? _____
9. Unscramble the letters to find a classroom must: ROCKBLABAD: _____
10. This actor who starred in the Rocky movies was once a gym teacher. His name is: _____

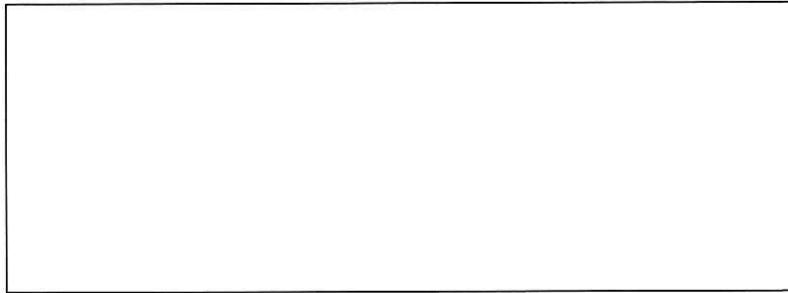
Answers to the Previous Mind Explorer (Winner is named on Recognition Page!)

1. What is the 3rd most popular ice cream flavor (after vanilla and chocolate) A) butter pecan, B) Strawberry, C) Cookie and Cream, or D) Rocky Road: **A) BUTTER PECAN**
2. In major league baseball how far is it from the pitcher mound to home plate? About A) 45 feet, B) 50 feet, C) 60 feet or D) 65 feet: **C. 60 FEET**
3. Calabaza and Hubbard are both types of what vegetable? **SQUASH**
4. Creeping Charlie is a kind of **WEED**
5. According to the Admin. Agricultural Code, a bushel of green beans weighs: A) 35 pounds, B) 45 pounds, C) 60 pounds or D) 75 pounds: **C. 60 POUNDS**
6. What is the distance of a standard marathon race? **26 MILES**
7. According to American Gardens, tomatoes are the most popular vegetable planted. What is the *second* most popular vegetable planted? **SWEET PEPPERS**
8. Traditionally, which American city is hottest in August? A) phoenix, B) Las Vegas, C) Miami, or D) Dallas: **A) PHOENIX**
9. Who is the latest US President to be born in August? **BARAK OBAMA**
10. Unscramble the letters to find a favorite summer activity (3 words): AMICESCOILRACE: **ICE CREAM SOCIAL**

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

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U.S. POSTAGE PAID
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MONMOUTH, IL 61462

RETURN SERVICE REQUESTED



STROM CENTER, INC.

Warren County Site: Monmouth

211 South A Street, Monmouth, IL 61462

Henderson County Site: 410 Schuyler Street, Oquawka, IL 61469

Fax: 309-734-4560 Toll-free: 866-787-6628

Strom Center Monmouth Site: 309 734 5677

Strom Center Oquawka Site: 309 867 4231

Carol Neal McCreery, Director

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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