

# Strom Center News

October 2018

Edition 343



## MEDICARE INFORMATIONAL MEETINGS SCHEDULED...



Strom Center will be hosting two Informational Meetings in October to introduce the 2019 Medicare D plans as well as sharing Medicare updates. We are getting ready for a **VERY** busy enrollment season educating and enrolling individuals in the most cost effective plans for their particular situations. **Strom staff are estimating that in excess of 900 persons will be assisted this upcoming season.** We will begin signing persons up for plans in mid October. However we will do ‘pre-

enrollments” as early as the first week of October depending on when the final Medicare D plans are confirmed.. December 7th is the deadline....The plan in which you are enrolled on December 7<sup>th</sup> at midnight is the one you will be assigned for the ENTIRE year of 2019. Plans change, and many dramatically so from one year to the next. The plan in which you are enrolled this year (2018) may be the best THIS year but it could prove disastrous for next year (2019).



During the last Enrollment Season, by reviewing and switching plans Strom staff saved enrollees \$820,000 (not a misprint!). Unfortunately, **EVERY** January a number of persons come to Strom distressed over the changes in their medication costs just to realize that they could have chosen a different plan which would have saved them hundreds (and yes, depending on the medications, even thousands) of dollars if they had reviewed their options and switched plans for the new year. Some plans change their formularies, deductible amounts, and premiums. And....you may be in a plan in 2018 that will not even be available in 2019; if that happens, Medicare will pick your replacement plan for you! (**Yikes!!**) Unfortunately, there is NO way to switch plans after December 7<sup>th</sup> (unless there is a change in residence and a few other uncommon circumstances).

Persons with Low Income Subsidy A.K.A. Extra Help (maybe you qualify??) are under a different set of rules than are those with just Medicare D. Strom’s Informational meetings are for ALL PERSONS with Medicare and will also touch upon:

- Medicare D Plan changes in deductibles, premiums, and “donut hole” amounts
- Medicare Supplement (MediGap) plans
- Medicare Advantage Plans
- Preventative Services covered by Medicare
- Various Enrollment & Disenrollment Dates
- What programs are available beyond Medicare
- Persons with Employer Insurances ....Comparing Options...
- Programs which Lower Prescription Costs
- Turning 65? Steps to take ...













News from Strom's  
Potluck Planner...

DARLENE COX

## WHAT A BEAUTIFUL DAY

### FOR A POTLUCK!!!

We had 15 persons attend our September Potluck; 14 played Bingo after the noon meal.

Donna Smock asked the noon blessing. Shirley Caldwell called Bingo. We all missed Bob Hillman who is at home recuperating from a heart attack. Get Well Soon, Bob!

As always we had a lot of delicious food. Everyone get your jackets ready...as Fall has now arrived, but it is a pretty time of year.

Our next potluck will be held at noon on Saturday, November 10<sup>th</sup>. Looking ahead we will also have a New Years Day Potluck on Tuesday, January 1, 2019.

If you haven't attended one of our potlucks, mark the above dates on your calendar and come join us. Just bring a dish to pass and be prepared to have a great time!



### LOIS PAULSON...104 YEARS YOUNG...

This lady who is an inspiration to us all, recently was treated to an exciting ride...Following Sunday services at Heritage Bible Church, Ryan Haptonstall drove up to the front of the church and escorted Lois to his motorcycle and drove her around the Monmouth area in celebration of her 104<sup>th</sup> birthday which was September 19<sup>th</sup>....What a thrill! For sure, Lois may not be your typical 104 year- old, but for sure she is quite a role model for us all!

## OSF HEALTH CARE and STROM CENTER Health Fair a Huge Success

The recent Health Fair Co-Sponsored by OSF Health Care and Strom Center held at Strom Center, was a great success. Thank you to OSF's Amber Wood and Susan Buck for all the energy and work they put into organizing and setting up for the event. Also, thank you to all the health-care professionals for providing such valuable services. A special thank you goes out to the Strom Center staff members who helped serve the light breakfast, put together CareGiver totes, and oversaw the Strom Center table as well as demonstrated Care Giver equipment. Thank you to all who visited the Health Fair and took advantage of all which was offered.



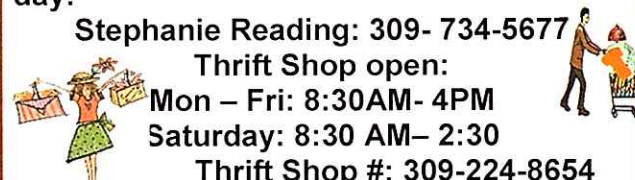

There are many Care Giver totes still available at Strom Center for Care Givers; they are filled with free Care Giver books, resources, and informational fliers. We also have items to lend out to Care Givers: Portable DVD players for available Care Giver DVDS, a large selection of books for loan, health-care items for loan, and much more. Come check out our Care Giver Resource Center **Monday – Friday, 8:30 AM – 4 PM.**





## OCTOBER 2018 Events WARREN COUNTY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
	1	2	3	4	5	6
	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	
7	8	9	10	11	12	13
	 Columbus Day (Strom Closed)	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	9:30AM: Exercise 11:30 AM: VOPA 11:30 AM: Lunch	11:30 AM Lunch 1:00 pm Triad Meeting	9:30 AM: Exercise 11:30 AM: Lunch	
14	15	16	17	18	19	20
	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. 6:30 PM Medicare Mtg	9:30AM: Exercise 11:30 AM: VOPA 11:30 AM: Lunch 9:30-10:30 AM: Court Yard Est Blood Press CK 1:30 PM: Medicare Mtg	11:30 AM Lunch 1:30 PM: Strom Board Meeting	9:30 AM: Exercise 11:30 AM: Lunch	
21	22	23	24	25	26	27
	9:30 AM: Exercise 11:30 AM: Lunch <b>Mind Explorer Due!!</b>	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	
28	29	30	31	<b>Call for reservations by 1 PM the prior day:</b> <b>Stephanie Reading: 309- 734-5677</b> <b>Thrift Shop open:</b> <b>Mon – Fri: 8:30AM- 4PM</b> <b>Saturday: 8:30 AM– 2:30</b> <b>Thrift Shop #: 309-224-8654</b> 		
	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: Lunc <i>Halloween</i> 			



**Strom Center's .....**

## **HENDERSON SENIOR EVENTS**



Strom Center will host a Medicare Informational Meeting at the Oquawka Senior Site (located at 410 Schuyler Street, Oquawka) on Friday, October 12<sup>th</sup> at 1 PM.

Registration is not required. Information on the upcoming Medicare D Enrollment will be shared as well as the 2019 changes in Medicare Preventative Services, as well as other Medicare -related issues. All

information which will be provided for at the Strom Center meetings held at Strom Center in Monmouth on October 16<sup>th</sup> and 17<sup>th</sup> will also be shared at the Oquawka, Henderson meeting. (See pages 1 and 2 of this newsletter for information on meetings).

ALL persons age 65 and over, and those persons who will be turning 65 within the next year are encouraged to attend at least one of the meetings.

Call 309 734 5677 for more information. Hope to see you there!!

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**A Reminder...Strom Center's Oquawka Senior Center Office will be closed on Monday, October 8<sup>th</sup> in observance of Columbus Day.**

## **BINGO DATES SCHEDULED FOR OQUAWKA SITE**

Strom Center will host two Bingo Days in the Oquawka Senior Center. They are: Friday, October 5<sup>th</sup> from 1 – 3 PM and Friday, October 19<sup>th</sup> from 1 – 3 PM. Up to 4 cards may be used free of charge, each card over 4 is 25 cents each.

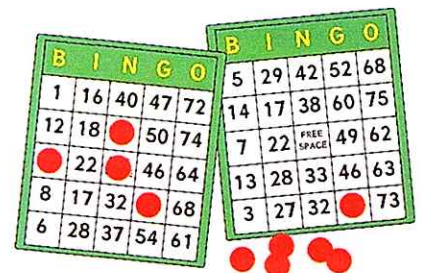
Strom has Bingo cards which are standard size but we also have large print cards. And, just in...we now have magnetic chips as well as magnetic wands. Some pretty nice prizes are for winners!

Popcorn and Drink are offered at each Bingo Day...

Thank You So Much to Pam Marston who is our Bingo Caller! She does a fantastic job and add a lot of fun to the afternoon. Plus she brought some really nice prizes for winners to choose from.

Just a note.....

If there are ANY games persons would like to start at the Oquawka site such as Bridge, Pitch, Canasta, Dominoes, etc. please give us a call at 734 5677 or email Carol at StromSeniors@gmail.com







**OCTOBER 2018 Evening**  
**Henderson County**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
	1	2	3	4	5	6
	9 AM: 4 PM: Open 12:30 – 1:00 Closed  Kathy Ferrenburg: I&A, Outreach, SHIP Counselor	9 AM: 4 PM: Open 12:30 – 1:00 Closed  Stephanie Reading- I&A, Outreach, SHIP Counselor	9 AM: 4 PM: Open 12:30 – 1:00 Closed  Lynda Acardo- I&A, Outreach, SHIP Counselor	9 AM: 4 PM: Open 12:30 – 1:00 Closed  To Be Announced- I&A, Outreach, SHIP Counselor	9 AM: 4 PM: Open <b>1:00 -3:00 Bingo</b>  Carol McCreery- I&A, Outreach Director, SHIP Coordinator	
7	8	9	10	11	12	13
	 Columbus Day (Strom Closed)	9 AM: 4 PM: Open 12:30 – 1:00 Closed  Stephanie Reading- I&A, Outreach, SHIP Counselor	9 AM: 4 PM: Open 12:30 – 1:00 Closed  Lynda Acardo- I&A, Outreach, SHIP Counselor	9 AM: 4 PM: Open 12:30 – 1:00 Closed  Erica Pence I&A, Outreach, SHIP Counselor	9 AM: 4 PM: Open <b>1 PM: Medicare Mtg.</b> Carol McCreery- I&A, Outreach Director, SHIP Coordinator	
14	15	16	17	18	19	20
	9 AM: 4 PM: Open 12:30 – 1:00 Closed  Kathy Ferrenburg: I&A, Outreach, SHIP Counselor	9 AM: 4 PM: Open 12:30 – 1:00 Closed  Stephanie Reading- I&A, Outreach SHIP Counselor	9 AM: 4 PM: Open 12:30 – 1:00 Closed  Lynda Acardo- I&A, Outreach, SHIP Counselor	9 AM: 4 PM: Open 12:30 – 1:00 Closed  Erica Pence I&A, Outreach, SHIP Counselor	9 AM: 4 PM: Open <b>1:00-3:00: Bingo</b>  Carol McCreery- I&A, Outreach Director, SHIP Coordinator	
21	22	23	24	25	26	27
	9 AM: 4 PM: Open 12:30 – 1:00 Closed <b>Mind Explorer Due!</b> Kathy Ferrenburg: I&A, Outreach, SHIP Counselor	9 AM: 4 PM: Open 12:30 – 1:00 Closed  Stephanie Reading- I&A, Outreach SHIP Counselor	9 AM: 4 PM: Open 12:30 – 1:00 Closed  Lynda Acardo- I&A, Outreach, SHIP Counselor	9 AM: 4 PM: Open 12:30 – 1:00 Closed  Erica Pence I&A, Outreach, SHIP Counselor	9 AM: 4 PM: Open  Carol McCreery- I&A, Outreach Director, SHIP Coordinator	
28	29	30	31	<p><b>To make an appointment, please call 309 734 5677. Henderson Seniors Strom Center / Oquawka Site 410 Schuyler Street Oquawka, IL 61469</b></p>		
	9 AM: 4 PM: Open 12:30 – 1:00 Closed  Kathy Ferrenburg: I&A, Outreach, SHIP Counselor	9 AM: 4 PM: Open 12:30 – 1:00 Closed  Stephanie Reading- I&A, Outreach SHIP Counselor	9 AM: 4 PM: Open 12:30 – 1:00 Closed  Lynda Acardo- I&A, Outreach, SHIP Counselor			

**Come in and have a Free Cup of Coffee; Bring Friends in for a Card Game, or Sit and Watch TV !!**





# OCTOBER | 2018

## Jamieson Community Center-Senior Nutrition

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Spaghetti w/ Meat Sauce Green Beans Salad Garlic Bread Butterscotch Pudding	2 Chicken Salad w/ Croissant Lettuce & Tomato Potato Salad Plum	3 Tuna Casserole Peas Cauliflower Cookie	4 Cheeseburger w/ Bun Tater Tots Kidney Bean Salad Mixed Fruit	5 Teriyaki Chicken Asian Veggies Veggie Egg Roll Fried Rice Pineapple
8 Pulled Pork w/ Bun Tri Tater Normandy Veggies Cherry Crisp	9 Meatloaf Baked Potato Brussel Sprouts Dinner Roll Peaches	10 Chicken Alfredo Broccoli Cauliflower Baked Apples	11 Sausage Gravy Hash Brown V-8 Juice Biscuit Banana	12 Lasagna Green Beans Salad Breadstick Chocolate Pudding
15 Chicken Breast w/ Bun Au Gratin Potatoes Broccoli Tropical Fruit	16 Shephard's Pie Mashed Potatoes Mixed Veggies Wheat Bread 5 Cup Salad	17 Pork Cubes Seasoned Potatoes Green Beans Chocolate Cake Gravy	18 Enchilada Casserole Black Beans & Corn Stewed Tomatoes Tortilla Mixed Fruit	19 Baked Spaghetti Carrot Sticks w/ Ranch Salad Garlic Bread Jello w/ Fruit
22 Beef Stroganoff Green Beans Corn Cookie	23 Tater Tot Casserole Mixed Veggies Wheat Bread Fruit Cocktail	24 Ham Steak Potato Wedges Carrots Dinner Roll Orange Tapioca	25 Baked Chicken Mashed Potatoes Broccoli Wheat Roll Pears	26 Pork Loin Capri Veggies Kidney Bean Salad Rice Peaches
29 Sloppy Joes w/ Bun Potato Salad Capri Veggies Mandarin Oranges	30 Beef Stew Diced Potatoes Peas & Carrots Salad Biscuit Apple Sauce	31 Pork Chop Baked Beans Normandy Veggies Dressing Lemon Bar	Potato Bar Option Available Daily!	1% Milk Served Daily with 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.  
 Jamieson Community Center is partially funded  
 by:  
 The Western Illinois Area Agency on Aging  
 And  
 The Warren County United Way



# OUTREACH DATES FOR OCTOBER

Lynda Accardo, I & A, Outreach, and SHIP Counselor has scheduled Outreach Visits for the following sites in Monmouth:

- **Wednesday, October 10<sup>TH</sup>: 9 AM – 10 AM: At Oak Terrace**
- **10 AM – 11 AM at Costello**

Lynda will provide Yellow Medication Forms at each visit, which may be completed at that time and will be returned to Strom for appointment scheduling.

Also, during the Outreach visits, assistance with Medicaid applications, various other applications, and information on many other programs may be provided. Please feel free to call ahead of the Outreach visits if you have specific items with which you may need assistance so Lynda can schedule enough time for your visit, and / or bring specific forms which may be needed....

Outreach is available upon request at other dates & times by calling Lynda at 309 734 5677.

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## FLU SHOT CLINIC TO BE HELD AT STROM CENTER



The Warren County Health Department will be providing a One-day Flu Shot Clinic at Strom Center on **Tuesday, October 9<sup>th</sup> from 9 til 11 AM and from 1 - 3 PM.**

There is no cost to the Flu Shots if you are enrolled in Medicare. For those not on Medicare the cost will be \$35 per person. Please bring your Medicare Card with you.

The Pneumonia vaccine will not be offered at this clinic.

The flu shots will go by the number system...persons will be give a number and will be assisted in the order they come to the center. There is very little waiting....the Health Department do a fantastic job of providing this service.

For more information concerning the above, please call the Warren County Health Department at 309 734 1340.

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**OCTOBER O.D.O.....(Our Day Out)** is scheduled for Tuesday, October 16<sup>th</sup> at 12:30 PM. If you are interested in a fun afternoon of card playing please give us a call (734-5677) We welcome and would love to have more persons join in!!

Also,...If you would like to be part of a Card Party here at Strom...let us know!! We frequently have persons voice their desire to play Bridge, Canasta, Dominoes, Pitch, etc....

Call 734 5677 or drop us an email ([StromSeniors@gmail.com](mailto:StromSeniors@gmail.com)) if you are interested in the above.





# STROM CENTER THRIFT SHOP CORNER.....



The **BIG** News.... The **KEEP THE COMMUNITY WARM EVENT** (scheduled for **Friday, October 12<sup>th</sup> and Saturday, October 13<sup>th</sup> from 9 AM – 3 PM each day**)



in remembrance of **HATTIE GARRETT**....will feature some fantastic bargains of **COATS, HATS, GLOVES, SCARVES, AND BLANKETS**. The proceeds of this event will go to Strom Center's Emergency Fund for area Seniors and Disabled persons. The **KEEP THE COMMUNITY WARM** will take place on Strom's 1<sup>st</sup> Floor Main Area.

**CUSTOMER APPRECIATION DAYS SALE** will be held on Friday, **October 5<sup>th</sup> and Saturday, October 6<sup>th</sup>**. **EVERYTHING** ...even Sale items...will be 25% off on those days.

Sales for October are:

- 1/2 Off on Boy's and Girl's Infant Clothing, Dresses and PJs
- 1/2 Off on Boy's and Girl's sizes 2T-18 Pants and Shirt Racks
- 1/2 Off on Men's and Women's Sweatpants, Sweatshirts, Hoodies and Jammie Pants



Costumes are now out and lots of Fall Decorations are also on display.

Remember....New items are added daily!

Come check us out!!





## 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 "October Trick, Treat, and Trivia" with a difficult-o-meter rating of 7.0+.....!!!

1. According to folklore, if the deer have a **gray coat** in October, you should expect a A) hard, B) warm, or C) long winter: \_\_\_\_\_
2. October ends on the same day of the week every year as what other month? \_\_\_\_\_
3. On October 31, 1864, what state became the 36th state of the United States? \_\_\_\_\_
4. Halloween is the A)2nd, B) 3rd, or C) 4h most commercially successful holiday: \_\_\_\_\_
5. In 1971, what official holiday was moved to the second Monday in October to give workers in the US a long weekend? \_\_\_\_\_
6. The costume of this action character and his sidekick Robin have been popular for Halloweeners for many years: \_\_\_\_\_
7. The names of the three ships Columbus sailed were: \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_
8. Unscramble the letters to find a specialty at Halloween (2 words): SOAPNLLBCROP: \_\_\_\_\_
9. The name of this candy bar also means "to utter a partly stifled laugh": \_\_\_\_\_
10. If you dressed up as this cowboy who had a horse named Trigger, who would you look like?  
\_\_\_\_\_

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

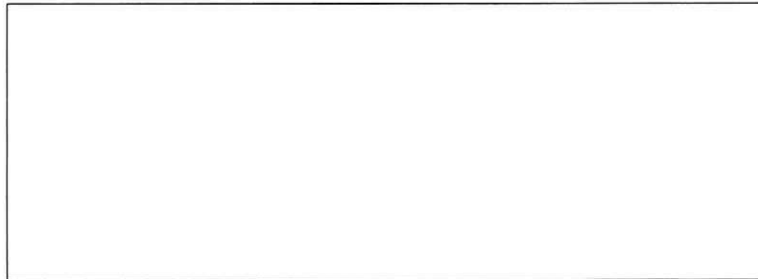
1. In 1957 Elvis Presley wore these shoes, a low-heeled casual shoe, characterized by a plain toe and black or brown panel placed mid foot in Jailhouse Rock: **SADDLE SHOES**
2. In the '50's this dance got its name because of the requirement that frolicking teens remove their shoes, so they didn't scuff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



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

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***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 McCrery, 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.

Strom Center is partially funded by:

**The Western Illinois Area Agency on Aging and The Warren County United Way**