

STROM CENTER NEWS

December, 2018

Edition 345

You are Invited.....

To Strom Center's Annual Christmas Party

Where: At Strom Center, 211 South A Street

When: Friday, December 14, 2018

Time: 1- 3:30 PM

We will be enjoying games, entertainment, Christmas Carols and Gift Exchange and lots of goodies to eat! Persons are asked to bring a \$7 wrapped gift (women please bring gift for woman, men, bring gift for a man).

Drawings for our beautiful throw will be held during the afternoon (Woven throw created by Patty Schwass)

Please sign up by the 7th (call 734-5677 to sign up or come in to do so...) if you are planning to come. There is No Cost...Just come!

See you on the 14th!!

We will be showing "CHRISTMAS STORY" during the morning of the 14th...Please join us in watching this classic humorous movie... starting at 9:30 AM. It promises to make you double-over with laughter!!



SIGN-UP DEADLINE FOR POWER FOR SENIORS COMING UP!!



If you are 60 years of age or over and have not yet signed up for the upcoming Power For Seniors Luncheon...December 5th is the ABSOLUTE DEADLINE in which to enroll. Reservations after that date may not be honored! The event will be held on Wednesday, December 12th. The noon meal will be served at 11:30 AM, but registration and seating will begin at 10 AM.

Because the meal will be prepared by Jamieson Community Center's Nutrition Program, each senior will be required to have completed a Nutrition Form prior to the meal.

Again, the area Senior population is grateful to **The Fraternal Order of Police Lodge 265** who have undertaken not only the cost of meal, but also donated a significant number of \$100 Ameren Gift Certificates for the noon drawing.

To register for this event, please call 309 734 5677 or stop in at Strom Center and sign up at the front desk.



LAST CHANCE TO PURCHASE RAFFLE TICKETS....



Unfortunately, if you receive the **Strom Center News** by mail (versus email) you aren't able to see this beautiful creation in color....but take our word for it, it is Beautiful!!! And it will be raffled off at our Strom Center Christmas Party on Friday, December 14th (you need not be present to win..). Tickets are \$1 each or 6 tickets for \$5. Although the winner will probably want to keep it him/herself, it would make a wonderful Christmas present.



Strom Center thanks **PATTY SCHWASS** for donating the throw, which she has generously done in the past many years.

Stop by at Strom and see the throw for yourself! It is on display in our Main Area....

DON'T FORGET STROM CENTER'S NEW YEARS DAY

POTLUCK... Will be held on **Tuesday, January 1st 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 and / or cards. What a great way to start of 2019!! No need to sign up...just come join the food and fun!



VERY VERY IMPORTANT THINGS TO REMEMBER ABOUT MEDICARE D!

We are nearing the end of our Annual Medicare D Enrollment Season. It has been an extremely busy time; we have made the Medication Reviews and re-enrollments our priority while also providing assistance in a variety of other matters. Thank you to all for your patience during this time.

Even though we stress a few points during Medication reviews and enrollments, I want to take this time to remind everyone of a few important issues to take into account as new plans go into effect on January 1, 2019.....

- ✓ **FIRST...** KEEP the printouts you were given when you enrolled in your new plan for 2019. If you have misplaced the printouts feel free to give us a call and we can provide you with a copy. (If you have lost your printout, CALL US! We can print out another copy for you!) **WHY is the printout important???** The printout will provide you with the pharmacy you chose, and the cost projected for the medications at that pharmacy. (**I can't stress how VERY important this point is!!! Purchasing your medications from a non-participating or non-preferred pharmacy can add hundreds and some times thousands of dollars to an annual cost of medications !!**) The printout will give you a good idea of what to expect when you purchase your medications.
- ✓ **SECOND....**Remember that most plans have a \$415 deductible in 2019...that means that your costs may be much higher at the beginning of the year; once the deductible is met you will likely see quite a reduction in your costs.
- ✓ **THIRD.....**Keep your plan's Formulary Book close at hand. Unfortunately, none of us knows what tomorrow may bring. You may be prescribed additional medications in addition to the ones listed during enrollment. If that is the case, don't despair....just take your Formulary book along to your Health Care Provider. Most medical staff are very agreeable to prescribing a medication which is on your plan if possible. All plans include a Formulary Book within the packet of information sent to you when you enroll in a plan. The Formulary book shows not only which medications are available on your plan, but also what Tier level the medications are assigned by the plan.... Generally, the lower the tier level, the lower the cost of the medications.
- ✓ **FOURTH....**If you receive a letter from you plan that a medication you have been prescribed is not going to be covered....don't give up! Occasionally a plan will make an exception if you request it Feel free to contact us at Strom if you need assistance in appealing a medication denial.
- ✓ **FIFTH**The plan in which you are enrolled is **NOT A LIFE-TIME COMMITMENT !!** Yes, it is a year-long agreement, but If for some reason you did not do a Med Review and find that your plan has changed drastically, or for some other reason you have had so many changes occur that your current plan doesn't look so great for you ...there is always next year!!

NEED HELP PAYING FOR MEDICATIONS???



If you have Medicare Part D prescription drug coverage through a Medicare Part D Prescription Drug Plan or Medicare Advantage Prescription Drug plan, you may be eligible for help with Part D costs. The **Medicare Extra Help** program offers financial assistance for Medicare beneficiaries who meet certain income and resource limits and have Medicare Part D.

Also called the Low-Income Subsidy (LIS) program, Extra Help helps pay for expenses like Part D annual deductibles, monthly premiums, copayments, and/or coinsurance. Individuals enrolled in the program won't enter the Part D coverage gap (also known as the "donut hole").



If you are single with an annual income not over \$18,210, (or a couple with an annual income not over \$24,690) and assets not over \$14,100 (or \$28,150 for a couple) you may qualify for Extra Help.

There are additional circumstances which may allow you to be eligible for Extra Help; please feel free to make an appointment (call 734 5677) to review your situation....this program has saved qualifying persons tremendous amounts of dollars....it's certainly worth checking out!



HOLIDAY CLOSINGS....Strom Center will close at 3 PM on Friday, December 21st and will re-open on Wednesday, December 26th. Strom will also close at 3 PM on Monday, December 31st and close on Tuesday, January 1st (except for New Years Day Potluck.) We will re-open on Wednesday, January 2nd, 2019.

WEATHER CLOSING REMINDER!!

The recent dangerous weather we have experienced is just the time to remind everyone of Strom Center's Weather Closing Policy. If the area schools are closed, Strom Center will also be closed. That being said... the days leading up to Medicare D Enrollment Deadline which is December 7th, Strom will be open so that scheduled appointments may be honored. Please, listen to WRAM / WMOI for cancellation information, as well as check out our window sign which will say if we are closed. If you call 309 734 5677 at 8:30 AM or after and there is no answer...chances are we will be closed.



Even though we are open, our parking lot may be snow-covered and / or icy. Also Crystal Vanskike, our Thrift Shop Manager does a great job of keeping the front area shoveled and salted BUT that may not be enough to make it 100% safe.... As much as we enjoy your daily presence at Strom Center we want you to be safe...!

KIM ANDERSON: THANK YOU, THANK YOU, THANK YOU!!!

FOR YET **AGAIN** DOING A **FANNNNTASTIC** JOB OF PROMOTING OUR SANTA FOR SENIORS PROGRAM AGAIN THIS YEAR! KIM HAS SHARED HER TIME, ENERGY AND CREATIVE SKILLS IN MAKING TAGS FOR THE SANTA TREE AT SECURITY SAVINGS BANK AS WELL AS MAKING FLIERS FOR THE EVENT. SHE ALSO DID A VERY EFFICIENT JOB OF DEVELOPING THE LIST OF PARTICIPANTS WHO WILL BENEFIT FROM THE PROGRAM.



AND OF COURSE THANKS TO OUR STAFF MEMBER **BOB ANDERSON** FOR KEEPING TRACK OF THE APPLICATIONS AND CALLS AS THEY CAME INNOT SUCH AN EASY TASK RIGHT IN THE MIDDLE OF MEDICARE D!!

ANNND THANK YOU TO SECURITY SAVINGS BANK AND THE STAFF WHO ASSISTED IN MAKING THIS EVENT ANOTHER SUCCESSFUL ONE....WE APPRICIATED PARTNERING WITH YOU EACH YEAR FOR THIS EVENT!! A SPECIAL THANK YOU TO ALL WHO TOOK TAGS FROM THE TREE AND PURCHASED GIFTS..... **WE APPRECIATE YOUR GENEROSITY!!!**

HAPPY BIRTHDAY TO YOU...HAPPY BIRTHDAY TO YOU...



DARLENE COX will be celebrating her 91st birthday on December 13th !! Darlene has been a special member of Strom Center for years and we wish her a wonderful Birthday !!!!



THRIFT SHOP CORNER

STROM THRIFT SHOP SALES FOR DECEMBER WILL BE:

Women's Shirts.....\$1 each

Kids' and Infants Clothes and PJs.... 1/2 Off

Men's and Women's Sports Clothes (Athletic Wear)....1/2 Off



Strom Center Thrift Shop will be closing early on the following dates:

December 10th at Noon December 24th at Noon December 31st at Noon

A Message from Crystal Vanskike, Thrift Shop Manager:

This year has been full of "firsts" for our staff and customers. We have introduced special events to benefit individuals and families and have been blessed by the success of those projects. We will continue to serve Strom Center and our Community with hard work, compassion, and fairness. We wish all a Merry Christmas and Happy New Year!!

HENDERSON COUNTY SENIORS.....

You are invited to a Christmas Bingo Party !!

When: Wednesday, December 19

Time: From 1 – 3:30 PM



We will have....



- ❖ Bingo
- ❖ Drawings throughout the afternoon
- ❖ Finger-food Snacks
- ❖ Prizes



No Sign-ups required....just come join the fun!!

Where: Strom Center's Henderson Seniors' Site
410 Schuyler Street, Oquawka, IL



**DECEMBER 2018 Events
WARREN COUNTY**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
						1
2	3	4	5	6	7	8
	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 <i>Medicare D Enrollments Ends!</i>	
9	10	11	12	13	14	15
	9:30 AM: Exercise 11:30 AM: Lunch	9:00 AM: Wd. Carvers 9:00AM: Crafters 10:30-11:30 Blood Pr. Check by WIHH 11:30 AM: Lunch 1 PM: Bingo	9:30AM: Exercise 11:30 AM: VOPA 11:30 AM: Lunch	11:30 AM Lunch 1:00 pm Triad Meeting	 Strom Christmas Party -All Day! 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 AM: Exercise 9:30-10:30:AM Ct Yard Blood Press Ck 11:30 AM: VOPA 11:30 AM: Lunch	11:30 AM Lunch 1:30 PM: Strom Board Meeting <i>Mind Explorer Due!</i>	9:30 AM: Exercise 11:30 AM: Lunch Strom Closes at 3 PM	
23	24	25	26	27	28	29
			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	31	<p align="center">Call for reservations by 1 PM the prior day: Janice Painter: 309- 734-5677 Thrift Shop open: Mon – Fri: 8:30AM- 4, Sat: 8:30 -2:30 PM Thrift Shop #: 309-224-8657</p>				
	9:30 AM: Exercise 11:30 AM: Lunch <i>New Year's Eve</i> 3 PM: Strom Closed					

DECEMBER | 2018

Jamieson Community Center-Senior Nutrition

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Potato Bar Option Available Daily!	1% Milk Served with Meals!			
3 Cheesy Tuna Casserole Tossed Salad Seasoned Fries Orange Fluff	4 Velvet Chicken California Blend Coleslaw Wild Rice Peaches	5 Beef Stroganoff Peas Carrots Apple Crisp	6 Baked Pork Chops Mashed Potatoes Lima Beans Wheat Bread Pineapple	7 Rigatoni w/Meat Sauce Green Beans Corn Applesauce
10 Salmon Patties Broccoli Cauliflower Wheat Bread Apple Spice Cake	11 Chicken and Rice Casserole Corn Sweet Potato Nuggets Pears	12 Pork Loin Roasted Potatoes Wax Beans Wheat Roll Brownie	13 Hamburger Steak Parsley Potatoes Normandy Veggies Wheat Bread Banana	14 Chicken Strips Mashed Potatoes Green Bean Casserole Corn Bread Tropical Fruit
17 Corn Chowder Garlic Bread Strawberry Fluff	18 Cheesy Chili Hash Brown Bake Spinach Salad Dinner Roll Apples and Cranberries	19 Chicken Pot Pie Peas and Carrots Mashed Potatoes Pears	20 Italian Cavatini Lettuce Salad Carrots Banana	21 Ham Mashed Potatoes w/ Gravy Baked Beans Dinner Roll Cherry Pie
24 JCC Closed Happy Christmas Eve!	25 JCC Closed Have a very Merry Christmas!	26 Cheeseburger w/Bun Seasoned Potatoes Tossed Salad Apricots	27 Sweet & Sour Chicken w/Rice Asian Veggies Pears Fortune Cookie	28 Swiss Steak Corn Casserole Dinner Roll Choc. Cake
31 Tenderloin w/Bun Normandy Veggies Baked Beans Orange Fluff				

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:
Western Illinois Area Agency on Aging,
Warren County United Way &
Galesburg Community Foundation.

MIND EXPLORER



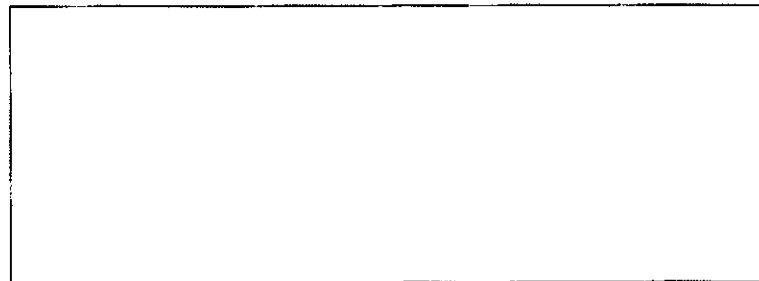
'Mind Explorers' is a monthly feature of STROM CENTER NEWS. Answer the questions and turn them in or mail them in by the 20th of the month. The person with the highest number of correct answers will be recognized in our next Monthly Newsletter. (In case of a tie, the winner will be drawn). This month's quiz is "Christmas-time Memories!" with a difficult-o-meter rating of 7.5+.....!!!

1. In the comedy Christmas movie, "A Christmas Story", starring Darren McGaven, Ralphie hopes to get what special gift for Christmas? _____
 2. In 1957, Elvis Presley sang "Blue Christmas", but who was the county singer who first made the song popular in 1948? _____
 3. In *It's a Wonderful Life*, what character did Jimmy Stewart play? _____
 4. What does "Feliz Navidad" mean? _____
 5. This doll known by only its first name has been a favorite Christmas item since its launch in 1959: _____
 6. In the poem, "Twas the Night Before Christmas", St. Nick's clothes were all tarnished with _____.
 7. Each bag contains 15 candy canes. If there are 2 dozen bags to a box, how many candy canes are there in 12 ½ boxes? _____
 8. According to the Bible how many angels spoke directly to the shepherds? _____
 9. Unscramble the letters to find a Christmastime favorite: TENORMANS: _____
 10. In "The Twelve Days of Christmas" song, what did "my true love bring to me"? _____
(Answers to the Previous Mind Explorer (Winner is named on Recognition Page!))
1. Which President is believed to be the first to pardon a turkey before Thanksgiving and start this annual tradition? **PRESIDENT TRUMAN**
 2. Knife, fork, or spoon - What utensil was not used by the Pilgrims to eat Thanksgiving dinner? **FORK**
 3. What is a baby turkey called? **POULT**
 4. The best place to put the meat thermometer in the turkey is: A) the breast, B) the middle of the back, or C) the thigh: **C) THIGH**
 5. The Pilgrims came to the New world seeking religious freedom and were also called: A) Puritans, B) Great Explorers, or C) The Wanderers **A) PURITANS**
 6. Female turkeys cluck; male turkeys **GOBBLE**
 7. Dorothy is in charge of cooking her family's Thanksgiving turkey which weighs 24 pounds. The cooking instructions state that the turkey should cook for 20 minutes per pound. If Dorothy puts it in the oven at 6:45 a.m. and follows the cooking time instructions, what time should the turkey be fully cooked? **2:45 P.M.**
 8. Unscramble the letters to find a food item that might be served at Thanksgiving (2 words):
WOESSETTOTAPE : **SWEET POTATOES**
 9. Wild turkeys can fly, but those domestically grown for eating cannot because they A) are clipped, B) too heavy, C) flying ability has been bred out of them: **B) TOO HEAVY**
 10. The first department store to hold a Thanksgiving parade was **GIMBEL'S**

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

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MONMOUTH, IL 61462

RETURN SERVICE REQUESTED



STROM CENTER, INC.

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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.

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