

# STROM CENTER NEWS

FEBRUARY, 2019 EDITION 347



## FOR THOSE PERSONS ENROLLED IN AETNA MEDICARE RX SELECT MEDICARE D PLAN....

January 1<sup>st</sup> of each year seems to present itself with any challenges or concerns persons may have with the Medicare D plans in which they are enrolled. Whether it be deductibles, premium billing, getting used to a new plan, or other issues, we can usually smooth out those wrinkles in short order. However, with the **possible closing** of one of the local pharmacies in Monmouth, we are hit with a new concern. (Very Unfortunate that news of this did not come until just a week or so ago...long after Open Enrollment ended). For persons with Medicare D Plan “ AETNA MEDICARE RX SELECT”, there is only one Preferred Pharmacy in Monmouth. There are other preferred pharmacies in other towns, but only one Preferred pharmacy in Monmouth for the AETNA MEDICARE RX SELECT Medicare D plan.

### What does a Preferred Pharmacy mean??

A Preferred Pharmacy is one which is considered by your Medicare D Plan to provide the least expensive cost for your medications. Each of the Medicare D Plans available for this current year have a preferred pharmacy.....not all Medicare D plans have the same preferred pharmacies. Should you go to a non-preferred pharmacy the cost of the medications will usually not be as low or may even be full cost if the pharmacy does not accept your Medicare D plan. If you enrolled in the AETNA MEDICARE RX SELECT Medicare D Plan and will not have easy access to a preferred pharmacy, please call Strom Center (309 734 5677). There **may be** some options available.....When you call, please have your Aetna Card available.

Again, even though Strom Center was not informed nor did we have any hint of this pharmacy’s possibility of closing, we realize it may present a hardship for several enrollees....for that we are sorry...

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### STROM CENTER'S POLICY ON WEATHER-RELATED CLOSINGS.....

We have certainly had our share of bad weather lately...so much so that it required our center's closing. **Strom Center's**



policy is that if local schools are closed, Strom Center will also be closed. In addition, the local radio station (WRAM, 1330 AM) and WMOI (97.7) will be informed of our closing and that information will be announced. Also, the flashing sign in the front window of Strom will show closing information. Staff members can usually access their daily appointment calendars from home, and will attempt to contact clients to reschedule. As mentioned earlier in this newsletter, soon we will have the capability to record appropriate messages on our new phone system, but it is not set up at this time.

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*Thank you to Marcia Parrish for sharing this important information!*

## **PARKINSON'S SUPPORT GROUP**

**For Warren County and Surrounding Area  
For Parkinson's Patients and Their Caregivers**

When: Every 2<sup>nd</sup> Monday of the month (Next group meeting: February 11<sup>th</sup>)

Time: 4 PM (Each meeting last 1 hour)

Where: Warren County YMCA (Rock Steady Work Out Room)

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

Facilitator: MARCIA PARRISH Phone: 309 221 7907

email: mparrish468@gmail.com

Note: *THANK YOU!* To Marcia for bringing this great resource to the community!

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## Monmouth College to offer Free Tax Return

**Assistance.....**Monmouth College will provide the VITA (Volunteer Income Tax

Assistance) program for area residents. It will run from February 4 through the end of the tax season, April 15<sup>th</sup>. The program covers both Federal and State returns and is provided for on a first come first served basis.

To be eligible to participate in the program, taxpayers may have a maximum annual income of up to \$63,000 for single filers and up to \$101,000 for joint filers. VITA does not prepare complicated returns.

Free copies of Information about the Free tax program is available at Strom Center.

Questions, including what to bring to a VITA session, can be found by logging into :

**[monmouthcollege.edu/vita](http://monmouthcollege.edu/vita).**

Questions can also be emailed to: **[vita@monmouthcollege.edu](mailto:vita@monmouthcollege.edu)**.

# NEW TOLL-FREE PHONE NUMBER FOR STROM



Strom Center has a new Toll-Free phone number:

**833-856 9624**

In the very near future we will provide updated messages when phone calls are made to Strom Center, such as weather closings, delayed openings, holiday closings, etc.

There are three additional phone lines available for callers:

**Strom's Main Line: 309 734 5677**

**Secondary Line: 309 734 8074**

**Director's Line: 309 734 4560.**

All phone calls are initially answered by our Staff Worker Bob Anderson; however if he is already on a call other staff workers will answer the phone and relay any messages to the appropriate staff person(s).

The Thrift Shop phone number remains the same: **309 224 8657**

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## Newsletter Mailings.....

If you receive the Strom Center News by mail, and you will be temporarily away, PLEASE call and let us know when you will be leaving and when you will return. We can put a temporary hold on your **Strom Center News**, which will save us paying the postage for the letter(s) being returned, which Strom is required to pay. Unfortunately, those addresses are then also removed from our Mailing list.

ALSO...from time to time we are given persons' email addresses to send the **Strom Center News** via email. However, many of those are listed as 'undeliverable' which means either the email has changed or was not correctly relayed to our staff. Unfortunately, there is no way to contact some persons to make them aware of the situation. Sooooo....if this newsletter somehow is shared with those requesting newsletter by email, and they are not receiving it, please call our 309 734 5677 and let us know, or send the request to [StromSeniors@gmail.com](mailto:StromSeniors@gmail.com) with the subject line: Newsletter Request.

There are so many important topics in our newsletters that impact many, we don't want anyone to miss out on such information!

## POT LUCK



News from Strom's Potluck Planner: Darlene Cox

### JANUARY / MARCH POTLUCKS

STROM CENTER'S Annual New Year's Day Potluck Dinner went very well, especially considering the cold weather we experienced. Several called to say they were afraid of the icy conditions...but sixteen persons braved the elements and made it to the event. Thank you to Donna Smock who asked the blessing before our noon meal. What good food we had! We had a wonderful variety and it was all so delicious. Everyone had a great time visiting as well as playing Bingo (everyone took home a Bingo prize!).

Our next potluck will be held on Saturday, March 16<sup>th</sup> from Noon until (approximately) 3:30 PM. There is no sign-up required...just bring yourself and a dish to pass..

Happy New Year to All!!

.....Darlene Cox



## Thrift Shop Corner

.....Thrift Shop Manager Crystal Vanskike

Clothing donations are rolling in, as predicted. This means

**SALES!! SALES!! SALES!!**

During the month of February, we are hosting a "BUY ONE-GET ONE (of equal or lesser value) for the following:

**2T- Size 18 Youth Pants and Shirts and Hoodies.**

We have added additional racks to this promotion to give our customers an even large selection from which to choose.



Valentine clothing and related items are now out and additional items are regularly added.



**CUSTOMER APPRECIATION SALE WEEK-END IS**

**FEBRUARY 1<sup>ST</sup> & 2<sup>ND</sup>.**

**25% OFF OF EVERYTHING, YES...INCLUDING SALE ITEMS!!**

Just a Reminder.....Our Facebook Page can be found under "Strom Thrift Shop".....Please "like" our page and keep with our Sales, Open Volunteer Days, Special Events, and Closings.

Thrift Shop Continued.....

Also.....Details of this years Parking Lot Sale are coming in our next edition of Strom Center News. The proceeds of the Parking Lot Sale benefit Strom's Emergency Funds for area seniors and disabled persons.

A special Thank You goes out to our volunteers, donators, and staff!!

**Just a reminder...**

Strom Center will be closed in both Monmouth and Oquawka on **Monday, February 18<sup>th</sup>** in observance of Presidents Day. No programs, nor appointments will be scheduled on that day. However, Strom Thrift Shop WILL be open that day.



Trevor Davies pictured above

## TRIAD

Lynda Accardo opened our January meeting explaining about a local pharmacy's possible closing and how it may impact those enrolled in the Medicare D Plan Aetna Medicare Rx Select.

Anne Liby introduced our speaker, Trevor Davies from McGuire and Davies Funeral Home and Crematory. Trevor and Al McGuire have operated the funeral home for six years. Trevor talked about and answered questions on the cremation process. He also spoke of pre-paid funerals. Questions concerning various aspects of the funeral process were covered and Mr. Davies covered those in detail.

Carol Lee, Hospice Worker at OSF, will be the guest speaker for the February 14<sup>th</sup> Triad meeting at 1 PM

There is no requirement for attendance at the monthly Triad meetings. If you would like to have a reminder call the day before the meeting, please call Anne Liby at 309 221 6263.

Refreshments are served at each meeting.

Thank you to Anne Liby for written recordings of each meeting as well as scheduling guest speakers.



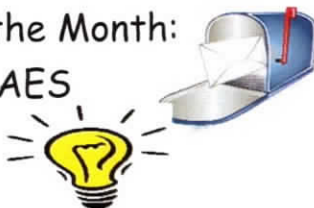
## Recognitions.....(January)

Newsletter Assist for the Month:

**GENE RAES**

Mind Explorer Winner:

**PAT SELBY**



## BOOKS, BOOKS, AND MORE BOOKS!!

HAVE YOUR CHECKED OUT OUR HUGE INVENTORY OF PAPER BACK BOOKS? WE HAVE BOOKS OF EVERY GENRE AND THEY ARE ONLY 10 CENTS EACH!! THEY ARE LOCATED IN OUR 1<sup>ST</sup> FLOOR



FEBRUARY 2019  
WARREN COUNTY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.	
		Call for reservations by 1 PM the prior day: Janice Painter: 309- 734-5677 <b>Thrift Shop open:</b> <b>Mon – Fri: 8:30AM- 4PM</b> <b>Saturday: 8:30 AM– 2:30</b>				1	2
3	4	5	6	7	8	9	
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		 Groundhog Day	
10	11	12	13	14	15	16	
9:30 AM: Exercise 11:30 AM: Lunch	9:00 AM: Wood Carvers 9:00AM: Crafters 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	9:30 AM: Exercise 11:30 AM: Lunch			
17	18	19	20	21	22	23	
 Strom Closed	9:00 AM: Wd. Carvers 9:00AM: Crafters 11:30 AM: Lunch 12:30 PM: O.D.O.	9:30 AM: Exercise 9:30-10:30 AM Blood Press Ck by Ct Yark 11:30 AM: VOPA 11:30 AM: Lunch <b>Mind Explorer Due!</b>	11:30 AM Lunch 1:30 PM: Strom Board Meeting	9:30 AM: Exercise 11:30 AM: Lunch			
24	25	26	27	28			
9:30 AM: Exercise 11:30 AM: Lunch	9:00 AM: Wood Carvers 9:00AM: Crafters 11:30 AM: Lunch 1 PM: Bingo	9:30 AM: Exercise 11:30 AM: VOPA 11:30 AM: Lunch	11:30 AM Lunch				

# DO YOU HAVE **Concerns** about falling?



A MATTER OF  
**BALANCE**

MANAGING CONCERNS ABOUT FALLS

**Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.**

**This program emphasizes practical strategies to manage falls.**

#### **YOU WILL LEARN TO:**

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

#### **WHO SHOULD ATTEND?**

- Adults **60 years of age or older**
- anyone who has fallen or is concerned about falls
- anyone who has restricted activities because of falling concerns
- anyone interested in improving balance, flexibility and strength

**A Matter of Balance**  
class has been scheduled to  
begin on **March 11, 2019**  
Classes will be **1:00 to 3:00 pm**,  
3/11, 3/13, 3/18, 3/20,  
3/25, 3/27, 4/1 and 4/3.

The classes will be held at  
**Warren Achievement Center**  
1220 – E. 2<sup>nd</sup> Avenue  
Monmouth, IL 61462  
For information, contact  
**Julie White at 309-734-8331**

**There is no charge for the  
classes**

Sponsored by:  
*Western IL Area Agency on Aging*  
729 – 34<sup>th</sup> Avenue  
Rock Island, IL 61201



#### **A Matter of Balance: Managing Concerns About Falls**

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

#### **A Matter of Balance Lay Leader Model**

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.  
A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

# HENDERSON SENIORS....

Thank you to Yvonne Knapp from Eagle View Community Health System, Oquawka, IL for sharing the following information....

## Henderson County Events

### **Henderson County COAD (Community Organizations Active in Disasters)**

Meeting 6 p.m., Tuesday, January 30. Henderson County Library, 110 Hill Crest, Biggsville, IL. Agenda includes review of 2017 activities; planning for 2018 exercises and trainings; review of Henderson County Mitigation Plan; and Officers/Fiscal Agent Review /Update. The meeting is open to the public. For more information, contact Carrie McKillip, University of Illinois Extension at 309-342-5108, or Cindy Rhinehart, Henderson County Emergency Management, at 309- 867-2780.

### **Mexican Dominoes**

Every Wednesday afternoon (January 31, February 7, 14, 21 and 28) at 1 p. m., the Stronghurst Senior Citizens host games of Mexican Dominoes at the Senior Center on South Broadway in Stronghurst. Learn a new game and bring a friend. Everyone is welcome.

### **Stronghurst Senior Citizens**

1 p.m., Friday, February 15. The Stronghurst Seniors will meet at the Center on South Broadway, Stronghurst. For more information, call 309-924-1879.

### **Henderson County Resources Council Meets February 15**

The Henderson County Community Resources Council will meet 9-10:30 a.m., Friday, February 15 at the Henderson County Health Department (HCHD), 208 West Elm, Gladstone IL. The Resources Council includes representatives of organizations that provide services and programs to community residents. For more information, call 309-221-2743 or 309-867-2202 ext. 234 or email: [enrollment@eagleviewhealth.org](mailto:enrollment@eagleviewhealth.org) .

**Entries for the Henderson County Calendar of Events may be submitted to the Eagle View Community Health System Outreach at [enrollment@eagleviewhealth.org](mailto:enrollment@eagleviewhealth.org) or call 309-867-2202 ext. 234 or 309-221-2743.**

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**WEATHER CLOSINGS FOR STROM SENIOR CENTER,  
OQUAWKA.....** As many have already noticed .....



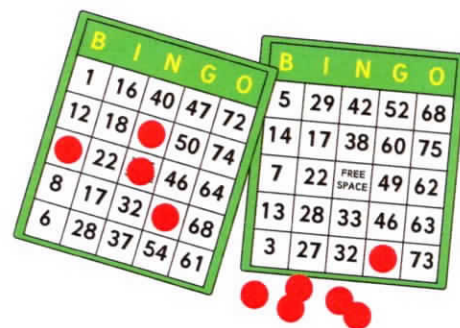
we have been forced to close our senior centers in both Monmouth and Oquawka due to severe weather conditions on several days this past week. Generally speaking, if schools are closed, both centers are also closed. However, weather closings are announced on Monmouth radio stations WMOI and WRAM (97.7 and 1330) and for those in Henderson County radio station KGRS 101.7. (Burlington) will announce closings... Also, (hopefully!) by the time this newsletter is received, the main phone line (309 734 5677) will provide closing information to callers. Again, if there are critical weather conditions...find out first if Strom Center(s) are open before venturing out...!

## BINGO DAYS IN OQUAWKA.....

Weather permitting....!! The following dates / times of Bingo at the Strom Center Oquawka Senior Center are:

**Wednesday , February 13.....1 to 3 pm**

**Wednesday, February 27... 1 to 3 pm**



Each person is allowed up to 4 cards Free...25 cents each additional card. Popcorn and drink available throughout the afternoon.

Come and join in the fun! No pre-sign up required !

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## STAFF SCHEDULES AT OQUAWKA SITE..

Several clients have asked for specific staff members to assist them when they need help ....All clients have the choice of scheduling their appointments in either Oquawka or Monmouth... However, the following days are when specific staff member will be at the Oquawka Senior Center located at 410 Schuyler Street, Oquawka, Illinois.

- **Mondays.....Kathy Ferrenburg  
(KathyFerrenburg.StromCenter@Gmail.com)**
- **Tuesdays.....Stephanie Reading  
(StephanieR.StromCenter@Gmail.com)**
- **Wednesdays.....Lynda Accardo  
(Lynda.StromCenter@Gmail.com)**
- **Thursdays.....Erica Pence (Erica works only at the Oquawka Site)  
(Erica.StromCenter@Gmail.com)**
- **Fridays.....Carol McCreery (StromSeniors@Gmail.com)**

Of course there are exceptions to every rule but the above is generally the schedule followed.

Please feel free to call our main line (309 734 5677) with any requests on making appointments....our staff worker Bob Anderson after asking some questions, may be able to connect you with a staff worker who can answer your questions over the phone. For those with internet and email access, Strom is happy to respond to emails.

## 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 "My Heart Beats for You" with a difficult-o-meter rating of 7.0+.....!!!

1. Florists sell more flowers on A) Mother's Day, B) Valentine's Day, or C) Christmas:  
\_\_\_\_\_
2. Of the flowers sent on Valentine's Day, what per cent are sent by women? A) 10%, B) 18%, C) 27%, or D) 33 %: \_\_\_\_\_
3. A python's heart expands when they are A) eating, B) sleeping, C) hunting. \_\_\_\_\_
4. The average adult heart beats about how many times each minute? A) 60, B) 72, C) 84, or D) 110: \_\_\_\_\_
5. This song, made famous by Elvis Presley, could also be a place he might have slept: \_\_\_\_\_
6. What is the name of the TV series which ran from 1979 to 1984 and starred Robert Wagner and Stefanie Powers? \_\_\_\_\_
7. In the movie and book, *The Wizard of Oz*, what character wanted a heart?  
\_\_\_\_\_
8. How many cities in the United States have the name "Valentine(s)"? \_\_\_\_\_
9. What is the title of the song written by Cole Porter, for the 1938 musical *Leave It to Me!* and was performed by Mary Martin? \_\_\_\_\_
10. Unscramble the letters to find a nice surprise on Valentine's Day (3 words) AROUNDNITE:  
\_\_\_\_\_

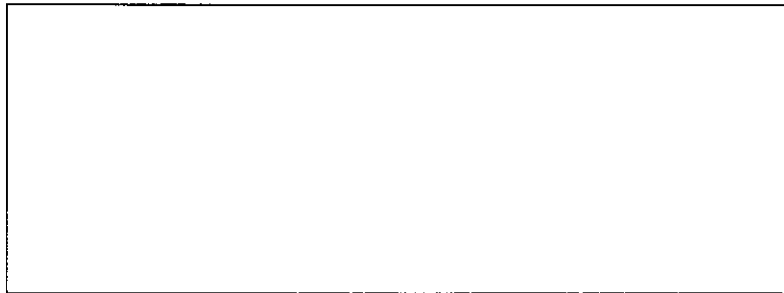
(Answers to the Previous Mind Explorer found in 'Recognitions' in this newsletter)

1. What are the names of the main married couple in the cartoon, "The Flintstones"? **FRED and WILMA**
2. Still running after 27 seasons, this animated TV show has characters Bart and Marge in the character line up. The title of the show is: **THE SIMPSONS**
3. What TV show ran from 1972 – 83, and had characters "Trapper John" and "Radar"? **MASH**
4. This TV weekly show depicting life in the 50's starred the Fonz and Richie Cunningham. What was the title of the show? **HAPPY DAYS**
5. Florence Henderson was the mom in a blended family in what 70's TV show? **THE BRADY BUNCH**
6. Mel Brooks created a TV weekly show with a bungling spy ("007") titled: **GET SMART**
7. What actor played the starring role in the 70's *Rockford Files*? **JAMES GARNER**
8. These castaways, including Ginger and Mr. Howell were in what TV sitcom? **GILLIGAN'S ISLAND**
9. Oscar, Big Bird and the Cookie Monster can be found on what TV show? **SESAME STREET**
10. Bewitched was about a witch/housewife played by what star? **ELIZABETH MONTGOMERY**

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: 833 856 9624

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**