

# STROM CENTER NEWS

MARCH 2019

EDITION 348



## Lenten Breakfasts....



The 44<sup>th</sup> Annual Lenten Lay Breakfast series will get underway Friday, March 8, 2019, and continue each Friday morning through Good Friday, April 19, 2019. Strom Center will again be the host for the series. Rolls /toast, juice and coffee are available beginning at 6:30 a.m. with the services running approximately from 7:15-7:45 a.m.

There is no charge for the breakfasts but a free will offering is welcomed.

The breakfast series is sponsored by the Warren County Ministerial Association.

Listed below is the schedule of services and the church(es) presenting:

March 8: First Lutheran Church

March 15: Faith Presbyterian Church

March 22: Fairview Center UMC &  
Cameron Christian Church

March 29: Immaculate Conception  
Church

April 5: First United Methodist  
Church

April 12: Heritage Bible Church

April 19: Immanuel Baptist Church

Anywhere From 60-100 persons attend each Friday. This presents an excellent opportunity to share in the spirit of the Easter season as well as enjoy the fellowship of others. If you have not attended before, please do come and join us for one, some, or all of the breakfast services.

Feel free to call us at Strom (309 734 5677) if you have any questions regarding the Lenten Breakfasts.....

Thank you to Pastor Jon Sims for supplying Strom with the Lenten Series Information.



GREAT NEWS FOR  
PERSONS  
ENROLLED IN  
MEDICARE D PLAN:  
**AETNA MEDICARE  
RX SELECT!!!**

Persons who are enrolled in Medicare D plan AETNA MEDICARE RX SELECT, you will now have an option to obtain your prescriptions locally as well as at out of town pharmacies. These past few weeks have been very grueling for many Medicare D enrollees. Because of the recent closing of Shopko Pharmacy, persons who are enrolled in **Aetna Medicare Rx Select** would not have access *locally* to a preferred pharmacy. However, Medicare has allowed Axlines Pharmacy to become a preferred pharmacy for that plan. This is great news especially for persons who do not drive and / or do not want to venture out of town during dangerously cold weather to preferred pharmacies to pick up their prescriptions.

For persons who are enrolled in other plans (even Aetna plans **OTHER THAN Aetna Medicare Rx Select**) nothing has changed.

Just a note: we have attempted to contact every person who Strom enrolled in the **Aetna Medicare Rx Select** plan for the current year. However, we may have missed some persons who did not come to Strom to have their plan reviewed and thus stayed on **Aetna Medicare Rx Select**

plan from the prior year, OR persons who may have enrolled themselves in the **Aetna Medicare Rx Select**. Hopefully, through this newsletter and / or word or mouth they now know of their pharmacy options...

Trivia from the “Groovy Grandmother”

The color of St. Patrick’s Day originally was?

Answer: Blue



Members of the OSF Team are shown above: In back is Rev. Jim Reynolds, from left to right: Dana Chance, Nancy Reid, Amy Suydam Cindy Peck, Carol Lee and Deacon Michael Crummer.

## Monthly TRIAD



Carol Lee, OSF Hospice nurse was the February TRIAD speaker. The OS Health Care team accompanied her. Each person was introduced and a brief summary of what service each offers.

To utilize OSF services, one must be evaluated, their needs assessed and a doctor must order services.

OSF provides a multitude of services. Besides programs such as Hospice, Home Health Care, as well as other programs, a new program that OSF is implementing is Palliative Care with Chronic Diseases. The program goal is to help keep one out of the hospital. OSF also offers grief support through groups which meet weekly and are open to the public.

For more information on the services which OSF provides call 877 654 7204.

Carol McCrery shared the most recent scams; the Social Security reported 3,200 complaints in 2017 resulting in monetary loss of \$210,000. In 2018 more than 35,000 persons were scammed by Social Security scams resulting in over a 10 million dollar loss.

Triad is a program to provide vital information for the senior population. The three entities involved are law enforcement, senior services providers, and the senior population. Strom welcomes any and everyone who wishes to attend meetings. There are no dues, and no prior registration required. Meetings are held on the third Thursday of each month at 1 pm. Reminder calls are available by calling 309 734 5677.

## STROM THRIFT SHOP CORNER



The “**Buy One Get One Free Sale**” on selected racks of 2T – 18 Youth, is going so well we have decided to extend the sale for another month and add to it the infants racks of 0-24 month shirts, pants and sleepers. Capris, and shorts as well as other spring and summer-related items are headed to the racks and shelves.

**Customer Appreciation On Sale** dates are March 1<sup>st</sup> and 2<sup>nd</sup>. Remember.....you can get an additional 25% off everything, including sale items.

Coming on April 13<sup>th</sup> : (Rain date: May 11<sup>th</sup>) Our Annual Parking Lot Sale. Lots and Lots of items. Fliers listing our Parking Lot Items for Sale will be included in the April Edition of the *Strom Center News*.  
.....Crystal Vanskike, Thrift Shop Manager

**THE FOLLOWING INFORMATION IS FOR PERSONS IN BOTH WARREN AND HENDERSON COUNTIES....ALL RESOURCES ARE AVAILABLE TO BOTH COUNTIES....**

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## **ARE YOU A CAREGIVER???**



This past year Strom Center was very fortunate to receive Caregiving Funding by Western Illinois Area Agency on Aging to benefit persons in both Warren and Henderson Counties. With those funds we purchased a variety of books, videos, and tapes that are great resources for caregivers. Titles include but are not limited to:



- CAREGIVERS RESOURCES
- THE GOOD CAREGIVER
- COMFORT AND BE COMFORTED
- THE CONSCIOUS CAREGIVER
- DAILY COMFORTS FOR



### CAREGIVERS

- THE CAREGIVER'S TOOLBOX
- THE CAREGIVER'S HANDBOOK
- THE CAREGIVER'S WIFE'S HANDBOOK
- WHEN REASONING NO LONGER WORKS
- THINGS I WISH I'D KNOWN; CANCER CAREGIVERS SPEAK OUT
  - GRANDPARENTS AS PARENTS: A SURVIVAL GUIDE FOR RAISING A SECOND FAMILY
  - RAISING OUR CHILDREN'S CHILDREN
  - GRANDPARENTS RAISING GRANDCHILDREN
  - THE EDUCATED CAREGIVER, A THREE -TAPE SET



Some of the books are free to caregivers, other books may be checked out. Videos may also be checked out as well as large DVD players which may be used for viewing the videos.

The above list is not all Strom Center has to offer....we have many other resources that may benefit caregivers. The response from those who have utilized this program has been very favorable.

All caregivers are encouraged to come check out our Resource Center and see what is available. If there is a topic that is not found in our Resource Center, Lynda Accardo, our staff member who oversees the Resource Center, will do her best to obtain the information. Please feel free to call and speak to one of our program staff if you have specific issues and or challenges. Call 309 734 5677 to schedule an appointment.

## MARCH BINGO DATES

Tuesday, March 12th  
Tuesday, March 26th

Bingo starts at 1 pm and ends approximately 3 pm.

Cost per card is **25 cents each**. We have a great variety of prizes....Popcorn and drink are available.

If you haven't joined us for Bingo...do so!

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## MARCH POTLUCK

Come join us on Saturday, March 16th

from noon – around 3 pm. Just bring a side dish, everything else is furnished. Bingo and / or cards will be played following our meal. We are hoping for a great turn out! See you on the 16th! (Sorry...this was not listed on our monthly calendar!)

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### Just a Reminder to All...

There are several ways to acknowledge a special birthday, anniversary, or other event....give the request to Carol to put in our **Strom Center News** and/or, we can put it on our Flashing Window Sign, and/or we can post it on our Entryway Bulletin Board!

If you would like to submit the information for our **Strom Center News**, please either mail or email (stromseniors@gmail.com)it to Carol or call Strom (734 5677) and give the information to Strom Center Worker Bob Anderson. We would love to highlight your information!!

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**Daylight Savings** begins on Sunday, March 10th 2019 at **2:00 AM**.....turn your

clocks **forward** 1 hour to **3:00 AM** .

Happy Birthday to you, Happy Birthday to you..

Happy Birthday to a special lady... **PHYLLIS WHEELER** whose 91<sup>st</sup> Birthday is March 28<sup>th</sup>



### Recognitions....

**NEWSLETTER HELPER:**  
JACKIE LEMLEY



**MIND EXPLORER WINNER:**  
MARILYN PERRIN

### SHANGHI RUMMY...

1<sup>ST</sup> Place: SHIRLEY PETERSON  
2<sup>ND</sup> Place: ANNE LIBY

For **Both** Warren and Henderson County Seniors..

## Saint Patrick's Day Word Challenge



....**THE CHALLENGE:** to

make as many words as possible out of the phrase: "Corned Beef and Green Cabbage". NO proper names, please ! Letters may only be used according to the number of times they appear in the phrase. **Please have your word list numbered** and submitted by March 22<sup>nd</sup> either by mail ( Strom Center, 211 South A Street, Monmouth, IL 61462) or drop it off Strom's Monmouth Center or at the Oquawka Henderson Senior Center (410 Schuyler St., Oquawka, IL 61469). Prize will be a \$10 Mystery gift certificate.. Good luck to all!!

## IMPORTANT INFORMATION FOR BOTH HENDERSON AND WARREN COUNTIES....



### YOU may be eligible for **LOW INCOME SUBSIDY (Also referred to as Extra Help)**

One of the most beneficial program to Medicare-eligible individuals is the Low Income Subsidy Program also known as 'Extra Help' The Medicare Part D [Extra-Help](#) or Low-Income Subsidy (LIS) program helps pay both your monthly Medicare prescription drug plan premiums and Medicare Part D drug costs. The amount of assistance received through Extra Help depends on your income and asset level. If you qualify for Medicaid you automatically qualify for Medicare Part D Extra Help.

#### Eligibility requirements are for **Full Extra Help** is:

- Annual income for single persons is \$16,862
  - Annual income for married couples is \$22,829
- Resources cannot exceed \$9,060 for an individual or \$14,340 for a married couple who live together to receive full Extra Help

(Resources include: bank accounts, stocks and bonds. Resources do not include: your home, your car, or life insurance policies.)

#### Eligibility requirements for **Partial Extra Help** is:

- Annual income for single persons is \$18,862
  - Annual income for married couples is \$25,365
- Resources cannot exceed \$14,100 for an individual or \$28,150 for a married couple who live together to receive partial Extra Help.










(Resources include: bank accounts, stocks and bonds. Resources do not include: your home, your car, or life insurance policies.)

If you qualify for LIS you may pay anywhere from \$1.25 to \$3.40 for a generic medication and \$3.80 to \$8.50 for a brand name.

If you think you may be eligible for Low Income Subsidy, please feel free to call Strom Center (309 734 4560) for an appointment.

# MARCH 2019 WARREN COUNTY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.	
		<b>Call for reservations by 1 PM the prior day: Janice Painter:</b> <b>309- 734-5677</b> <b>Thrift Shop open:</b> <b>Mon – Fri: 8 AM- 4PM</b> <b>Saturday: 8 AM– 2:30 PM</b>				1	2
3	4	5	6	7	8	9	
	9:30 AM: Exercise 11:30 AM: Lunch Noon: Bridge	9:00 AM: Wood Carvers 9:00AM: Crafters 11:30 AM: Lunch	9:30AM: Exercise 11:30 AM: VOPA 11:30 AM: Lunch <i>Ash Wednesday</i>	11:30 AM Lunch	6:45 Lenten Breakfast 9:30 AM: Exercise 11:30 AM: Lunch		
10	11	12	13	14	15	16	
 <i>Daylight savings begins</i>	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 (Birthday Dinner) 	11:30 AM Lunch 1:00 pm Triad Meeting	6:45 Lenten Breakfast 9:30 AM: Exercise 11:30 AM: Lunch		
17	18	19	20	21	22	23	
 <b>St. Patrick's Day</b>	A9:30 AM: Exercise 11:30 AM: Lunch Noon: Bridge	9:00 AM: Wd. Carvers 9:00AM: Crafters 11:30 AM: Lunch 12:30 PM: O.D.O.	9:30 AM: Exercise 9:30 Blood Press ck by Ct Yard Estates 11:30 AM: VOPA 11:30 AM: Lunch <b>Mind Explorer Due!</b> <i>1st day of Spring</i> 	11:30 AM Lunch 1:30 PM: Strom Board Meeting	6:45 Lenten Breakfast 9:30 AM: Exercise 11:30 AM: Lunch		
24	25	26	27	28	29	30	
31	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	6:45 Lenten Breakfast 9:30 AM: Exercise 11:30 AM: Lunch		



# MARCH | 2019

## Jamieson Community Center-Senior

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				1 Rigatoni w/ Meat Sauce Corn Apple Sauce
4 Breakfast Casserole w/ Sausage Hash Browns V-8 Juice Biscuit Banana	5 Hot Ham and Cheese Sub Carrot Sticks Spinach Salad w/ Mandarin Oranges	6 Italian Chicken w/ Tomatoes Garlic Bread Broccoli Peaches	7 Shepherd's Pie w/ Ground Beef Green Beans Dinner Roll Pears	8 Fish Patty w/ Cheese and Bun Tossed Salad Scalloped Potatoes Orange
11 Chicken Strips Mashed Potatoes California Veggies Corn Bread Tropical Fruit	12 Chicken and Rice Casserole Green Beans Sweet Potato Nuggets Pears	13 Pork Loin Roasted Potatoes Wax Beans Wheat Dinner Roll Brownie	14 Hamburger Steak Parsley Potatoes Normandy Veggies Wheat Bread Bananas	15 Salmon Patties Broccoli Cauliflower Wheat Bread Apple Spice Cake
18 Sweet and Sour Chicken Asian Veggies Spring Egg Roll Rice Tropical Fruit	19 Cheesy Chili Hash Brown Bake Spinach Salad Dinner Roll Apples and Cranberries	20 Chicken Pot Pie Mashed Potatoes Pears	21 Italian Cavatini w/ Meat Sauce Lettuce Salad Carrots Banana	22 Corn Chowder w/ Bacon and Smoked Sausage Broccoli Garlic Bread Strawberry Fluff
25 Cheeseburger Seasoned Potatoes Tossed Salad Apricots	26 Cheesy Tuna Casserole Peas Carrot Sticks w/ Ranch Fruit Cocktail	27 Velvet Chicken California Blend Coleslaw Wild Rice Peach Cobbler	28 Beef Stroganoff Broccoli Corn Apple Crisp	29 Baked Pork Chop Mashed Potatoes Lima Beans Pineapple

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 Senior Nutrition is partially funded by: Western Illinois Area Agency on Aging, Warren County United Way & Galesburg Community Foundation.

# HENDERSON HAPPENINGS....

**Thank you to Yvonne Knapp, Eagle View Community Healthy System for providing us with many of the area events!!**

## **Olde Tymers Soup Supper**

4-7 p.m., Sunday, March 4 at the St. Pat's Community Center, northeast of Raritan/south of IL Rt. 116. Free will donation. A variety of soups, corn bread, relishes, chips, steam burgers and desserts.

## **Faith Bible Church Blood Drive**

The Faith Bible Church in Oquawka is hosting a blood drive on from 2-5:30 p.m., Monday, March 4 in the gym, 807 Warren Street, Oquawka. Donors can register by calling Judy Norman at 309-945-3531.

## **Annual Scouting for Food Campaign**

Boy Scout Troop 61 will be participating in the "Annual Scouting for Food Campaign." Scouts will be distributing bags to area residents in Oquawka on Sunday, March 10. Scouts will return to collect your donations on Saturday, March 16. If you would like to donate, please place any non-perishable food items, paper products or toiletries in the bag and place on your front doorstep facing your nearest road by 9 a.m. on Saturday, March 16. The Scouts also will have a bin at Fisher Foods if you would like to drop off your donation. All donations will benefit the Oquawka Food Pantry. If you have any questions please contact Lisa Ray at 319-759-0857.

**Stronghurst Lions' Soup Day.** 11 a.m.-1 p.m. and 4:30-6:30 p.m., Wednesday, March 21. United Methodist Church, 120 S. Elizabeth Street, Stronghurst, IL 61480. Soups, sandwiches, drinks and desserts. Free will donation.

## **Family Outreach Community Center (FOCC) 3rd Annual Gala.**

Saturday, March 24 at St. Pat's Community Center located at the corner of 2000E & 60th St. in Raritan, IL Social Hour with Silent Auction begins at 5 p.m. with dinner at 6 p.m. featuring steak prepared by TriCounty Cattlemen and sides by Witch's Rib in LaHarpe. A live auction will be held after dinner. Tickets are \$25.00 per person with proceeds benefitting FOCC activities. For more information and to purchase tickets, call 309-924-1872. Visit [www.familyoutreachcommunitycenter.org](http://www.familyoutreachcommunitycenter.org).

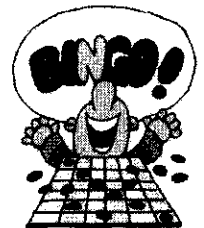
## **Lomax Fire Department Annual Pancake Supper**

4:30-7 p.m., Saturday, March 30 at the Fire Station on IL. 96. 50/50 drawing. MedForce 2 of West Burlington and Pink Heals Western Illinois Chapter from Carthage will have their vehicles on site. Meal is free will donation.

## **BINGO DAYS IN OQUAWKA!!**

The following dates / times of Bingo at the Strom Center Oquawka Senior Center are:

**Wednesday, March 13<sup>th</sup> ...1 to 3 PM & Wednesday, March 27<sup>th</sup> ....1 to 3 PM**  
**Each player is allowed up to 4 cards Free...25 cents for each additional card.**  
**Popcorn and drink available throughout the afternoon. Com and join the fun!**



Events at both the Strom Monmouth site as well as the Strom Oquawka site are open to persons of both counties!



## 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 "March into Spring!" with a difficult-o-meter rating of 7.0+.....!!!

1. This spring, invented in the early 1940's, became a popular children's toy;  
\_\_\_\_\_
2. This famous singer made the song, 'Born in the USA' in 1984 popular;  
\_\_\_\_\_
3. What one-syllable state joined the Union on March 15, 1820? \_\_\_\_\_
4. Unscramble the letters to find a phrase you might say to someone who is annoying you: (4 words): ITAKEGOLFY. \_\_\_\_\_
5. What date does the Ides of March refer to? \_\_\_\_\_
6. For every 3 shamrocks Mrs. O'Rourke finds in her front yard, she finds 7 dandelions. If she finds a total of 90 shamrocks and dandelions, how many are shamrocks? \_\_\_\_\_
7. A lesser known name for this is "vernal equinox", but what is it most commonly called?  
\_\_\_\_\_
8. What U.S. charity was founded in 1938 with the initial goal of helping to fight polio?  
\_\_\_\_\_
9. What year did Springfield become the capital of Illinois? \_\_\_\_\_
10. Narcissus is a spring perennial plant that is commonly known by what name?  
\_\_\_\_\_

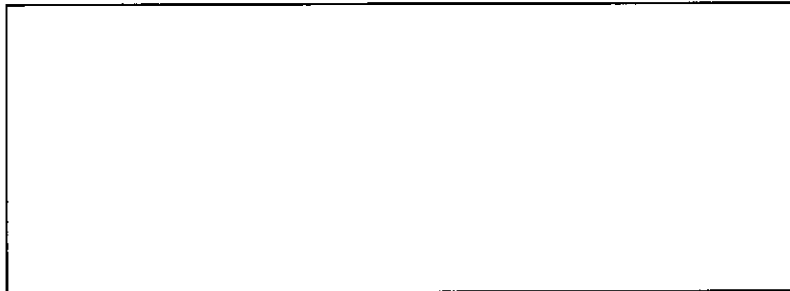
.....  
(Answers to the Previous Mind Explorer (Winner is named on Recognition Page!))

1. Florists sell more flowers on A) Mother's Day, B) Valentine's Day, or C) Christmas: **B) VALENTINE'S DAY**
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%: **C) 27%**
3. A python's heart expands when they are A) eating, B) sleeping, C) hunting. **A) EATING**
4. The average adult heart beats about how many times each minute? A) 60, B) 72, C) 84, or D) 110: **B) 72**
5. This song, made famous by Elvis Presley, could also be a place he might have slept: **HEARTBREAK HOTEL**
6. What is the name of the TV series which ran from 1979 to 1984 and starred Robert Wagner and Stefanie Powers? **HART TO HART**
7. In the movie and book, *The Wizard of Oz*, what character wanted a heart? **THE TIN MAN**
8. How many cities in the United States have the name "Valentine(s)"? **4 ( VALENTINE IS IN ARIZONA, NEBRASKA, TEXAS; VALENTINES IS IN VIRGINIA)**
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? **MY HEART BELONGS TO DADDY**
10. Unscramble the letters to find a nice surprise on Valentine's Day (3 words) AROUNDNITE: **A DINNER OUT**

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: 309-539-4256 Toll-free: 833 856 9624  
Strom Center Monmouth Site: 309 734 5677  
Strom Center Oquawka Site: 309 867 4231  
Carol Neal McCrery, Director

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Strom Center is partially funded by:  
**The Western Illinois Area Agency on Aging and The Warren County United Way**