

STROM CENTER NEWS

APRIL 2019 EDITION 349



Lenten Breakfasts Continue

The 44th Annual Lenten Lay Breakfast series continue each Friday morning through Good Friday, April 19, 2019. Strom Center hosts the series which is sponsored by the Warren County Ministerial Association. 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. Listed below is the schedule of services and the church(es) presenting for the remainder of the series

- April 5: First United Methodist Church
- April 12: Heritage Bible Church
- April 19: Immanuel Baptist Church

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.....

APRIL TRIAD

The March Triad Speaker was Mike Bowns Administrator with Senior Living in Aledo, Illinois, a campus-like atmosphere with independent living, assisted living with supportive care and nursing home with memory care. Mike shared that the level of care is determined in assisted living facilities both by the facility as well as by doctor's orders.



He shared that the average number of days spend in a nursing home in 2017 was 700 days,

in 2018 the average days was 543 days, and in 2019 it is projected the average number of days will be 380 days. The reason for the decline in days is due to Home Health-Care allowing persons to remain in their own homes longer. Generally speaking, Supportive and Assisted Living can be half the cost of nursing homes.



Pictured above Mike Bowns and Assistant Jo Woods

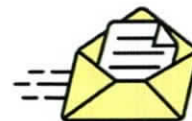
Speaker for the April 11th Triad meeting will be Janice Horner, a dispatcher with the Monmouth Police Department. Janice will be discussing a new Medical Alert Program.

A Triad Participant Drawing Winner was won by Carolyn Butler.

Refreshments were served.

All persons are welcome to the monthly Triad Meetings which are held on the 2nd Thursday at 1 PM. There is no fee nor prior sign-up required.

Thank you to Anne Liby, Triad Recorder for providing meeting write-ups!



Newsletter by Email.....

If you would like to receive the **Strom Center News** by email, please email Carol at:

stromseniors@gmail.com with the subject line: Newsletter Request. And check out Strom's website: StromCenter.org as well



as on Facebook
Strom Center, Inc.



Thank you, DARLENE!!

Recently, DARLENE COX shared that she was giving up her volunteer job as Potluck Dinner Planner...due to health problems. Darlene has been a HUGE part of Strom

Center for many years. She was very hard to keep up with,, heading up many Fund Raisers and overseeing several projects to ensure funds were available for continuing our senior services. As Special Events Coordinator she planned Ice Cream Socials, Bake Sales (she donated many, many baked goods!) Raffles (donating many hand-knitted items) , Craft Sales, Potlucks, etc, etc, etc ...always putting much time and energy into everything she did. Strom Center owes a BIG thank you to Darlene....she remains is a true friend and a VERY special lady!! Thank you, Darlene!!

APRIL BINGO DATES

Tuesday, April 9th
Tuesday, April 23rd.

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!



Happy Birthday to you, Happy Birthday to you..
Happy Birthday to a special lady... **BARBARA OWENS**
whose 83rd Birthday is April 2nd!



Recognitions....

NEWSLETTER HELPER:
BILLIE ROSS



MIND EXPLORER WINNER:
MARILYN PERRIN

SHANGHI RUMMY...

1st: ANNE LIBY

2nd: SHIRLEY PETERSON



BRIDGE WINNERS:

March 4:

High: LINDA ADAIR

Low: BONNIE HEFLIN



March 18:

High: CAROL YOCUM

Low: LINDA ADAIR

ST. PATRICK'S DAY WORD CHALLENGE WINNERS...

Wow! Who would have thought so many words could be listed from the phrase "Corned Beef and Green Cabbage" !!! Here are the winners.....



Warren County:

High #: MARILYN PERRIN

Runner Up: TERESA PRIEN

See *Henderson County* page for **Winners from Henderson County!!!**

AA

COMING IN MAY...

We have several events planned for the month of May:

- Ladies Day Brunch
 - Potluck
 - Bake Sale
 - Senior Medicare Patrol Program
- Details in our May edition of Strom Center News!**

STROM CENTER THRIFT SHOP....

PARKING LOT SALE

(SEE ATTACHED PARKING LOT FLIER)

From Crystal Vanskike, Strom Thrift Shop Manager...

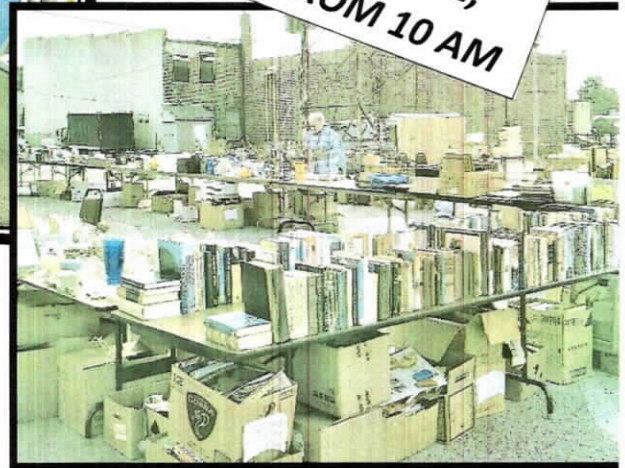
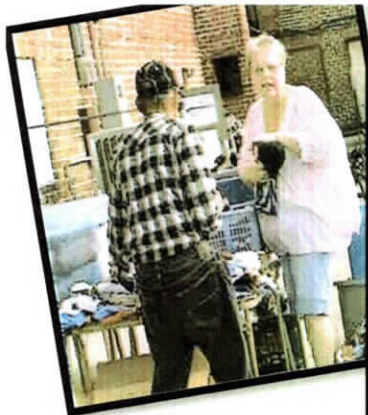
We have been hard at work getting ready for our upcoming PARKING LOT SALE, which will be held in Strom's South Parking Lot on Saturday, April 13th from 10 AM – 2 PM. This is a Special Flea Market- style sale which will benefit Strom Center's Emergency Services Fund.

We will also have a Raffle...every \$5 spent at the Parking Lot Sale earns a chance at a prize.

In addition to our outdoor sale, we will have some great sales in our Thrift Shop that day....clothing, vintage items, and jewelry...

Because of the vast majority of items for sale, we would very much appreciate any help in setting up, tearing down, and running tables. Please consider helping at this very worthy event....call me (Crystal) if you have questions or will be willing to help out (309 224 8657).

PAST PARKING LOT SALES >>



**THIS YEARS
RAIN DATE:
MAY 11,
FROM 10 AM**

Also from Crystal....

MONTHLY THRIFT SHOP CORNER NEWS (in addition to our Parking Lot Sale!!)



Spring is finally here!! Sales for April are **Women's Shirts**...\$1 each....all are washed and ready to wear. The "BOGO" Sale is continuing for specially marked racks of **Infant and Kids/ Teens** Clothing. Buy One Get One of equal or lesser value FREE! Customer Appreciation Sale is Friday, April 5th and Saturday, April 6th. Get an additional 25% Off of EVERYTHING ...including Sale Items!! Shorts / Capris, Easter and Spring and Summer items are continually being displayed!



S A L E

STROM CENTER THRIFT SHOP

211 South A Street, Monmouth, IL

Phone: 309 224 8657

PARKING LOT SALE !!

This will be our 3rd Annual Parking Lot Sale...

SATURDAY, APRIL 13TH, FROM 10 AM – 2 PM

(RAIN DATE: MAY 11TH 10 AM – 2 PM)

**HELD IN THE PARKING LOT SOUTH
OF STROM CENTER**

Household Items, Some Electrical



Items, Furniture, Luggage,



Exercise & Sporting Equipment,

Bar Glasses, Knick Knacks, Toys,

Camping Equipment, Bikes, ...and



Lots of Miscellaneous!!!



Parkinson's Support Group

(For Parkinson's Patients and
Their Caregivers)

The next Parkinson's Support Group will be held at the Warren County YMCA in the Rock Steady Workout Room on Monday, April 8th from 4 to 5 PM.

The topic will be "How to Talk to Your Doctor". This is a wonderful opportunity to learn about Parkinson's as well as gain support from other participants.

Thank you to Marcia Parrish for facilitating this group! Marcia can be reached by email at mparrish468@gmail.com or phone 309 221 7907.



DON'T FORGET TO VOTE!

The Consolidated Election will be held in Warren County on Tuesday, April 2, 2019.

Candidates for the following offices will be voted on:

- City of Monmouth Officials
- Village Officials in Alexis, Kirkwood, Little York, and Roseville
- Monmouth Park Districts Commissioners
- Warren County Public Library District Trustees
- Areas School Board Members
- Carl Sandburg Community College Trustees

Call the Election office if you have any questions
309 734 4612



A REMINDER.... Strom Center will be closed following the Lenten Breakfast on Friday, April 19th in observance of Good Friday..

COMMUNITY SHRED DAY

Community Shred Day is a public service provided FREE of charge by the City of Monmouth and Confidential Security Corporation. Acceptable Shred Items:

- Personal, Legal, Medical, Bank, Junk Mail, Tax Forms, Checks.

You need not remove paper clips, staples, or rubber bands.

Date: Saturday, April 27, 2019

Time: 9 AM – Noon

Where: City of Monmouth Transfer Station, Compost Site, Animal Shelter off of South 11th Street.

Contact Chad at 309 255 5076.

COMING IN MAY....

Clean UP Week: May 6 – May 10th
On your scheduled pick-up day

Details:

No Paint / No Tires / No Electronics/
No Concrete / Items must be 50# or less and be able to be handled by two workers / Items must be less than 8 feet in length / Carpet & Boards need to be tied or taped in manageable weights & lengths / Drywall must be contained in bags/ Small items and clothing need to be contained in bags or cans / Appliance doors and toilet tanks should be removed for safety.

Have all items on the boulevard before your regular pick up day. Items put out after the regular pick up day will not be picked up.

Note: A more detailed listing is posted on Strom's Main Entry Bulletin Board.

Thank you to the City of Monmouth for providing the above information!

**STROM'S
HENDERSON SENIORS
CONGRATULATIONS !!**

WINNER JOYCE HETRICK from Gladstone



who came up with a **whopping 1,168** words out of our St. Patrick's Day Quiz phrase "Corned Beef and Green

Cabbage". **Wow!!**

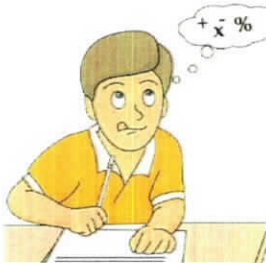
Runner up was **JUDY ROESSLER** from Media who also did an outstanding job of finding a vast number of words.



Both ladies will be receiving Gift Cards for their efforts!

Henderson Seniors...

...Check out 'Mind Explorers' Page!!



Did you know you have a chance each month to win a gift card from a local store or restaurant...just by putting your thinking cap on? Each month in our **Strom Center News**, we have a page called "Mind Explorers". Answer the questions, and either mail or drop them off at Strom Center (211 South A Street, Monmouth, IL 61462) or at our Oquawka Senior Site (410 Schuyler Street, Oquawka, IL 61469) by the 20th of the month. If you are the first one to return the Quiz and have the highest

number of correct answers, you will be listed in the following months newsletter as well as receiving your gift card.

APRIL BINGO DATES

Bingo Dates & Times in our Oquawka Site are:

Wednesday, April 10th 1 – 3 pm

Wednesday, April 24th 1-3 pm

Each player is allowed up to 4 cards FREE; 25 cents for each additional card.



Popcorn and drink are available

throughout the afternoon. Come join the fun!

A Reminder: Events at both the Monmouth Site as well as the Oquawka Site are open to seniors of both counties!!







**HOURS AT OUR
HENDERSON SENIORS
OQUAWKA SITE**



Strom Staff are at our Oquawka Site (410 Schuyler Street) Monday – Thursday, from 9 AM – 4 PM and Friday from 9 AM – Noon. To make an appointment call 309 734 5677. Regardless of your county residence, appointments can be made at either senior site, Monmouth or Oquawka, whichever is most convenient for you!

APRIL 2019 WARREN COUNTY

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Sat. |
|---|---|---|--|--|--|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|  | 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 | 6:45 Lenten Breakfast 9:30 AM: Exercise 11:30 AM: Lunch | |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| | 9:30 AM: Exercise 11:30 AM: Lunch | 9:00 AM: Wood Carvers 9:00AM: Crafters 11:30 AM: Lunch 1 PM: Bingo | <i>9:30AM: Exercise</i> <i>11:30 AM: VOPA</i> <i>11:30 AM: Lunch</i> | 11:30 AM Lunch 1:00 pm Triad Meeting | 6:45 Lenten Breakfast 9:30 AM: Exercise 11:30 AM: Lunch | <i>Parking Lot Sale</i> <i>10 am- 2 pm</i> |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| | 9:30 AM: Exercise 11:30 AM: Lunch | 9:00 AM: Wd. Carvers 9:00AM: Crafters 11:30 AM: Lunch 12:30 PM:O.D.O. | 9:30-10:30 AM Free Ct Yard Blood Pressure Check 9:30AM: Exercise 11:30 AM: VOPA 11:30 AM: Lunch | 11:30 AM Lunch 1:30 PM: Strom Board Meeting | 6:45 Lenten Breakfast Strom Closed following Lenten Breakfast <i>Good Friday</i>  | |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
|  EASTER | 9:30 AM: Exercise 11:30 AM: Lunch Mind Explorer Due! | 9:00 AM: Wd. Carvers 9:00AM: Crafters 1 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 | |
| 29 | 30 | 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 | | |  | |
| 9:30 AM: Exercise 11:30 AM: Lunch | 9:00 AM: Wood Carvers 9:00AM: Crafters 11:30 AM: Lunch | | | | | |

APRIL | 2019



Jamieson Community Center-Senior Nutrition

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|--|
| 1 Beef Sandy Mash Mashed Potatoes Asparagus Wheat Bread Vanilla Pudding | 2 Tater Tot Casserole w/Green Beans Wheat Bread Pears | 3 Meatloaf Baked Potato Brussel Sprouts Dinner Roll Fruit Cocktail | 4 Tenderloin w/Bun Baked Beans Normandy Veggies Orange Fluff | 5 Swiss Steak Corn Casserole Dinner Roll Banana |
| 8 Roast Pork Mashed Potatoes w/Gravy Peas Wheat Bread 5 Cup Fruit Salad | 9 Ham Balls Green Beans Parsley Potatoes Wheat Bread Cranberry Sauce | 10 Chicken, Broccoli, Rice Casserole Succotash Pickled Beets Pineapple Cake | 11 Chicken Fried Steak Mashed Potatoes w/Gravy California Blend Dinner Roll Peaches | 12 Sloppy Joe w/Bun Sliced Tomatoes Roasted Potatoes Pears |
| 15 Sausage Gravy Tomato Juice Tri Taters Biscuit Mixed Fruit | 16 Beef Stew Lettuce Salad Biscuit Mandarin Oranges | 17 Spaghetti w/Meat Sauce Tossed Salad Garlic Bread Lush Cake | 18 Ham Steak Sweet Potatoes Wax Beans Wheat Bread Apricots | 19 JCC Closed in Observance of Good Friday |
| 22 Ham and Beans Spinach Corn Bread Apple Crisp | 23 Potato Beef Casserole Winter Blend Veggies Wheat Bread Fruit Cocktail | 24 Beef Stir Fry Spring Egg Roll Rice Pineapple | 25 Lasagna w/Meat Peas and Carrots Spinach Salad Garlic Bread Orange | 26 Chicken Spaghetti Corn Green Beans Strawberry Jello |
| 29 Chicken Alfredo Broccoli Cauliflower Peaches | 30 Tacos w/Beef Lettuce, Tomato and Cheese Green Beans Flour Tortilla Tropical Fruit | 1% Milk Served with All Meals | Potato Bar Option Available Daily! | |

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.

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 "April Showers and More!" with a difficult-o-meter rating of 9.5+.....!!!

1. Nimbostratus clouds are commonly known as: _____
2. April 15th was established as "Tax Day" in what year? _____
3. What actress starred in the 1952 movie, "Singin' in the Rain"?

4. Who was the first US President to be born in the month of April?

5. In every year April starts on the same day of the week as what other month?

6. April starts with the letter **A**, and how many US states have capitals which start with the letter **A**? _____
7. What US state pays the highest per cent of taxes? _____
8. What holiday always falls on the first Sunday after the first full moon after the spring equinox.? _____
9. What is the birthstone for April? _____
10. Unscramble the letters to find a common sight in the Spring: ACARISNOT:

.....

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

1. This spring, invented in the early 1940's, became a popular children's toy; **SLINKY**
2. This famous singer made the song, 'Born in the USA' in 1984 popular; **BRUCE SPRINGSTEIN**
3. What one-syllable state joined the Union on March 15, 1820? **MAINE**
4. Unscramble the letters to find a phrase you might say to someone who is annoying you: (4 words):
ITAKEGOLFY. GO FLY A KITE
5. What date does the Ides of March refer to? **MARCH 15**
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? **27**
7. A lesser known name for this is "vernal equinox", but what is it most commonly called? **FIRST DAY OF SPRING**
8. What U.S. charity was founded in 1938 with the initial goal of helping to fight polio? **MARCH OF DIMES**
9. What year did Springfield become the capital of Illinois? **1839**
10. Narcissus is a spring perennial plant that is commonly known by what name? **DAFFODIL**

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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