

STROM CENTER NEWS

AUGUST, 2019

EDITION 353



A BIG THANK YOU!

To Everyone involved in our Annual Ice Cream Social...

To our Wonderful Strom Volunteers who set up, those who prepared the delicious sandwiches and meal, those who donated delicious pies, cakes, and brownies, to those who served the food, to those who over-saw the tickets and 50/50 Raffle, those who came and enjoyed the evening, the Monmouth Municipal Band, and for those who cleaned up after the event!!!

A special Thank You to Robert (Bob) Boock who won the 50/50 Raffle and donated it back to Strom Center!!

We look forward to next years Social!

B	I	N	G	O
7	25	44	57	62
15	22	40	50	70
11	30	46	74	
2	28	37	55	68
10	27	39	59	75

AUGUST BINGO DATES

Strom Bingo dates for August are :

Tuesday, August 13: 1 – approx.. 3 PM

Tuesday, August 27: 1 – approx. 3 PM

Cost is only 25 cents per card!

We have a great variety of prizes !

Refreshments and drink are usually available!

TRIAD



The July 11th TRIAD speaker was AMY PATTERSON, Director

of the Monmouth Area Chamber. Amy has held her position for two years.

A big part of the Chamber job is to answer questions and give information to people interested in starting or maintaining businesses in the area.

Some of the local events which the Chamber is involved are:

The Farmers Market: held every Friday 7 AM - 1 PM at the parking lot beside the Dairy Queen. There is a \$5 cost to set up a booth. Crafters are welcome

Market Alley Days: the second and forth Thursdays from 11:30 AM - 1 PM and the third Thursday evening from 5 PM - 7 PM. Meal, drinks, and Music are available.

The Car Show: August 2nd is promoted by the Chamber

Prime Beef Festival; is administered and promoted by the Chamber.

Pottery on the Square: this event has just been completed.

Golf Outing: is held each summer

Bacon Fest: held on September 28 from 4 PM to 8:30 PM

In October, the Chamber helps with Halloween Festivities



Pickutred: AMY PATTERSON, Monmouth Area Chamber Executive Director*

Christmas on the Square is the first Friday in December with carriage rides, music, kids crafts at the library, In February recognitions such as Citizen of the Year is held

April is the Magic Festival honoring the Great Nicoli who was born in Monmouth.

Amy also shared a vast number of accomplishments for which the Chamber was credited and or shared those credits with others.

Refreshments were served following the presentation.

The next TRIAD meeting will be held on August 8th; the Roseville 21st Century Titan Program will be featured. They are all students from the Martial Arts Club and will demonstrate and teach some low-impact Karate moves that can be of benefit to seniors.

COME JOIN US...Meetings start at 1 PM on the 2nd Thursday of the month.

(*Picture taken from Monmouth Area Chamber Facebook.)

Parkinson's Group to Meet in August

The Warren County Parkinson's Support Group will meet Monday, August 12th, at 4:00 PM in the RockSteady room at the Warren

County YMCA. The topic of discussion will be "How Diet can Affect Parkinsons".

All persons with Parkinson's and their caretakers are invited to attend. Any questions, please call Marcia Parrish 309-221/7907.

STROM CENTER VERY GRATEFUL!

Strom Center is very happy to share that Western Illinois Area Agency on Aging has awarded Strom Center funds to purchase a number of Medical Equipment items for our Handicapped Equipment Loan Program.



It will take some time to purchase all of the items and receive them but included will be:



Wheelchairs, Walkers, Commodes, Stool Risers, Bath Benches, Crutches, Canes, Transfer Benches, and various other items

The equipment will be available free of charge for a period of three months of use.

For more information about our Loan Program, please call Strom Center at 309 734 5677.

BOOKS, BOOKS & MORE

BOOKS! Come in to our Main Area and check out our huge assortment of paperback books for only 10 cents each!





Mark your Calendars!!!

COMING IN SEPTEMBER....



SENIOR HEALTH FAIR

September 11: 9 – 11 AM

Strom Center, 211 South A Street, Monmouth

OSF HealthCare Holy Family Medical Center, and Strom Center present a health fair focused on health living for seniors!

JOIN us for **FREE** health screenings, education, information and resources from OSF Family, Strom Center, Eagle View Community Health Center, Eye Surgeons Associates, Jamieson Community Center, Warren County Health Department, Warren County Housing and more!

A light breakfast will be provided. Plan to Attend!





STROM THRIFT SHOP AUGUST SALES EVENTS

STROM THRIFT STORE

211 S. A STREET

CUSTOMER APPRECIATION SALE

FRIDAY 8/02/19

8AM-4PM

SATURDAY 8/03/19

8AM-2:30PM

*25% OFF YOUR ENTIRE IN
STORE PURCHASES

*BOGO- buy one get one on
marked infant to teen size
clothes, jeans, shorts, shirts, PJ's
& more.....

*DOLLAR SPECIALS
\$1-womens shirts, shorts &
Capri's
\$1-men & women's T-shirts
\$2-womens jeans

TAX FREE EVENT

AUGUST 1ST - 15TH

Enjoy tax free shopping
August 1st through August
15th on all **IN STORE**
purchases.



MINI PARKING LOT SALE

SATURDAY 8/03/19

9AM-1PM

PARKING LOT SOUTH SIDE
OF THE BUILDING

**FURNITURE, KIDS TOYS
& MISC ITEMS.....**

*All sales will benefit Strom
Senior Center Emergency Fund for
area seniors and disabled adults*

**Items in the parking lot sale
must be paid for outside. Inside
store sales & tax free event **DO
NOT** apply to the mini parking
lot sale.

Rain date will be determined at
a later time.



RECOGNITIONS....

V.O.P.A. WINNERS:

June 6: Winner: **BRIANNA PIERCE** Answer: Beard

June 12: Winner: **BOB ANDERSON** Answer: Fork

June 19: Winner: **BOB ANDERSON** Answer: Shot

June 26: Winner: **BOB ANDERSON** Answer: Grass



Grand Finale Winner Drawing: **BOB ANDERSON**

Check out our VOPA Board in the Middle of the Main Area!!

Weekly Winners receive a Prize as does the Grand Finale Drawing Winner!

BRIDGE:

JULY 15: HIGH: **LINDA ADAIR**

2ND: **ROSA KUHNKEY**

LOW: **PEGGY HARRIS**



JULY MIND EXPLORER WINNER
IN WARREN COUNTY:

MARILYN PERRIN

JULY MIND EXPLORER WINNER
IN HENDERSON COUNTY:

LESLIE FREEMAN



O.D.O.

SHANGHI RUMMY:

JULY 16:

1ST: **ANNE LIBY**

2ND: **BARB NICHOLS**



NEWSLETTER PARTNER IN
JULY:: **CAROLYN BUTLER**









MIND EXPLORER ENTRIES MUST BE MAILED OR
DROPPED OFF AT STROM CENTER, 211 SOUTH A
STREET, MONMOUTH, IL 61462 BY THE 21ST OF
THE MONTH!! THE FIRST ONE RECEIVED WITH
THE MOST CORRECT ANSWERS IS THE WINNER
AND WILL RECEIVE A GIFT CARD!

INTERESTED IN JOINING THE O.D.O. (OUR DAY OUT) CARD GROUP?? New
*participants are ALWAYS welcome!! Call us at Strom Center and leave a
message, and we will give you a call. We meet on the 3rd Tuesday of each
month at 12:30 PM....We have LOADS Fun!!*



AUGUST 2019 WARREN COUNTY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.	
		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 PM					
		1	2	3	11:30 AM Lunch 9:30 AM: Exercise 11:30 AM: Lunch		
4	5	6	7	8	9	10	
	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 1:00 pm Triad Meeting	9:30 AM: Exercise 11:30 AM: Lunch		
11	12	13	14	15	16	17	
	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 1:30 PM: Strom Board Meeting	9:30 AM: Exercise 11:30 AM: Lunch		
18	19	20	21	22	23	24	
	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. Mind Explorer Due!!	9:30-10:30 AM: Bld Press Ck. by Ct. Yard 'Estates 9:30 AM: Exercise 11:30 AM: VOPA 11:30 AM: Lunch	11:30 AM Lunch	9:30 AM: Exercise 11:30 AM: Lunch		
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	9:30AM: Exercise 11:30 AM: VOPA 11:30 AM: Lunch	11:30 AM Lunch	9:30 AM: Exercise 11:30 AM: Lunch		

HENDERSON SENIORS....



WITH MUCH SADNESS....Strom Center is very saddened to learn of the recent death of a VERY special lady, **YVONNE KNAPP**. It would take many more pages than what the newsletter includes to highlight all of Yvonne's accomplishments. For sure, she will be very missed. Our sympathies go out to her family and all who have known her....

AUGUST OUTREACH DATE:

STROM Staff worker, Lynda Accardo will be at the Stronghurst Senior Center located at 410 East Main Street, Stronghurst, Illinois **on Tuesday, August 20th from 9 AM – Noon.** Seniors with questions, requests for assistance in any area, may visit her that morning. No appointments necessary!

A big WELCOME....to Jamieson Community's Nutrition Program...they are



now providing the (delicious) noon meal at our Strom Center Henderson Site at 410 Schuyler Street, Oquawka, Illinois Tuesday through Friday, 11:30 AM (phone: 309 299 5301 for more information.)

AUGUST BINGO DAYS AT OUR HENDERSON SENIOR CENTER IN OQUAWKA...



Wednesday, August 14th from 1 - 3 PM & Wednesday, August 28th from 1 – 3 PM.

No charge to play 4 cards, additional cards are 25 cents each). Persons attending are eligible for the twice monthly gift card drawing! Why not make a reservation for the noon meal and stay to play Bingo!!!

COMING IN SEPTEMBER TO OUR OQUAWKA SITE 410 Schuyler Street.

When: Beginning Thursdays, September 5th from 1:30 – 3:30 PM for 8 weeks.

A MATTER OF BALANCE

You will learn to view falls as controllable, set goals for increasing activities, make changes to reduce fall risks at home, and Exercise to increase strength and balance.

Who Should Attend: Adults age 60 and over / Anyone interested in improving balance, flexibility and strength/ anyone who has fallen in the past or concerned about falls / anyone who has restricted activities because of falling concerns.

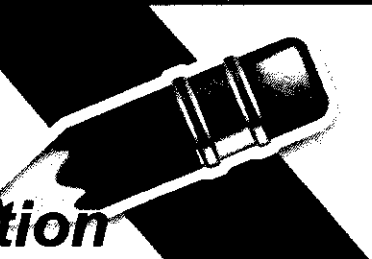
Call 309 734 5677 to register or to learn more about the class. Classes are limited in size.

More about the class in our September edition of **Strom Center News**.

A MATTER OF BALANCE IS OFFERED THROUGH WESTERN ILLINOIS AREA AGENCY ON AGING.

AUGUST | 2019

Jamieson Community Center-Senior Nutrition



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Potato Bar Option Available Daily!	30 1% Milk Served With All Meals!	31	1 French Bread Pizza w/Sausage and Pepperoni Corn Salad Mixed Fruit	2 Chicken Salad Sandwich On Flat Bread Cherry Tomatoes Coleslaw Grapes
5 Baked Spaghetti w/Meat and Cheese Tossed Salad Garlic Bread Peaches	6 BBQ Rib Patty w/Bun Corn Green Beans Sugar Free Jello w/Bananas	7 Chicken Fajitas w/Red and Green Peppers Rice Tortilla California Veggies Apricots	8 Rigatoni w/Meat Sauce Spinach Bake Mandarin Oranges	9 Italian Chicken Au Gratin Potatoes Peas Wheat Bread Applesauce
12 Roast Beef w/Colby Jack Cheese on Pretzel Bun Green Beans Tri-Taters Pineapple Lush Cake	13 Cheesy Ham and Hash Brown Bake Normandy Veggies Pasta Salad Peaches	14 Oven Fried Chicken Broccoli Yellow Squash Wild Rice Plums	15 Maid Rite w/Cheese on Bun Mashed Potatoes Tossed Salad Orange	16 Tilapia Fillets Baked Potato Broccoli w/Cheese Wheat Bread Tropical Fruit
19 Ham Egg and Cheese Biscuit Tri-Tater V-8 Juice Apple Slices	20 Enchilada Casserole w/Corn, Black Beans Corn Tortillas Shredded Lettuce Corn Tortillas Banana	21 Chicken Parmesan w/Diced Tomatoes Au Gratin Potatoes Garlic Bread Fruit Cocktail	22 Meatball Sandwich on Sub Roll Sweet Potatoes Salad Strawberry Cake	23 Chili Cheese Hot Dog on Bun Carrots Sticks Apricots
26 Chicken and Cheese Quesadilla Corn Tossed Salad Grapes	27 Taco Salad w/Ground Beef, Lettuce, Tomatoes & Cheese Chili Cheese Fritos Baked Apples	28 Sausage Links Pancakes Tri-Tater Tomato Juice Melon	29 Cottage Cheese Plate on Romaine Lettuce Potato Salad Focaccia Bread Peaches	30 Chipped Beef on Biscuit Mashed Potatoes Capri Veggies Orange

Lunch is served at 11:30 at these locations:
Community Senior Citizens of Stronghurst (Mondays)
 309-299-5301
Henderson Senior Center, 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 "Water and Sun Happenings!!" with a difficult-o-meter rating of 9.5+.....!!! (Thinking caps needed!)

1. This actress starred in the 1965 movie, "Beach Blanket Bingo": _____
2. This competitive swimmer won seven gold medals at the 1972 Summer Olympics:

3. We know this famous ball player as "Babe" Ruth, but what was his real first name?

4. What is waterskiing on one ski called? _____
5. This swim stroke allows you to swim straight on your stomach by kicking your legs and rotating your arms over your head.: _____
6. _____ is a process used by plants to convert light energy into chemical energy that can later be released to feed a plant: _____
7. The Smith family is driving 1936 miles on their vacation. If their car averages 22 miles per gallon and price is \$3.05 per gallon, how much do they plan to spend on gas? _____
8. Unscramble the letters to find a possible August danger: ORSEEKTHAT:

9. In golf an _____, also called a double eagle, is a score of three-under-par on a single hole:

10. What is defined as "a concave plastic disk designed for skimming through the air as an outdoor game or amusement"? _____

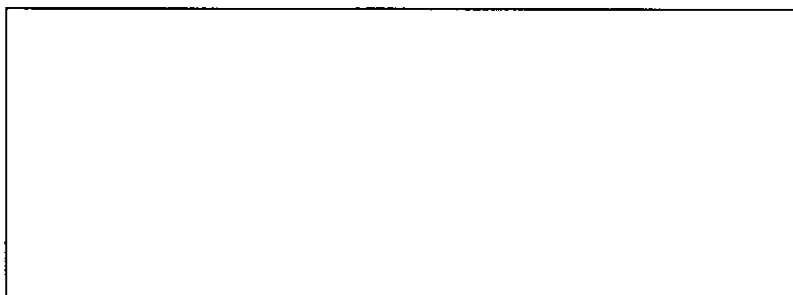
Answers to the Previous Mind Explorer (Winner is named on Recognition Page!)

1. These are a mountain range rising along the Tennessee–North Carolina border: **SMOKY MOUNTAINS**
2. Strom Center is planning a bake sale. Jane volunteered to bake 6 dozen cookies, Mabel volunteered to make 60 cookies and Lois said she would make $\frac{3}{4}$ as many as Jane. In all, how many cookies would the three ladies bake? **186**
3. Who was our sixteenth President? **ABRAHAM LINCOLN**
4. George Washington's first career was as a A) surveyor, B) blacksmith, C) veterinarian, or D) farmer: A) **SURVEYOR**
5. Unscramble the letters to find one of our country's most popular tourist attractions (2 words):
RANGONCANDY: **GRAND CANYON**
6. This famous author's real name is Samuel Clements: **MARK TWAIN**
7. He was an American inventor best known for inventing the cotton gin: **ELI WHITNEY**
8. What famous American said, "In this world nothing can be said to be certain, except death and taxes".?
BENJAMIN FRANKLIN
9. Puerto Rico is a _____ of the United States. **TERRITORY**
10. If you want to see larger-than-life faces of Thomas Jefferson, George Washington, Abraham Lincoln and Theodore Roosevelt, you should visit: **MT. RUSHMORE**

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

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MONMOUTH, IL 61462

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: 309 536 2558

Carol Neal McCrery, Director

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