

STROM CENTER NEWS



SEPTEMBER, 2019 Edition 354



STROM CENTER, INC.



OSF HEALTHCARE

YOU are invited to attend our

FREE SENIOR HEALTH FAIR

- Where: **STROM CENTER, 211 SOUTH A STREET
MONMOUTH, IL**
- When: **WEDNESDAY, SEPTEMBER 11, 2019**
- Time: **9 AM – 11 AM**

OSF HealthCare Holy Family Medical Center and Strom Center have partnered to present a health fair focused on healthy living for seniors. Offerings and Information to include:

- Foot Screenings
 - A1C Screenings
 - Lipid Profile Screenings
 - Blood Pressure Screenings
 - Advanced Care Planning
 - Strom Center Care-Giver Resources
 - Grandparents Raising Grandchildren Resources
 - Senior Meal Programs/ Nutrition
 - Medicare / Medicare D Information
 - Eye Health Information
 - Senior Housing
 - Assisted Living Information
 - “Silver Cloud” Program Information
 - ASK OUR EXPERTS: Several Health-Care Professionals available to answer questions.
- *****
- ❖ There will be representatives from many agencies to share their information.
 - ❖ Drawings throughout the morning

Strom Center will provide Muffins, Fruit, Juice and Coffee throughout the morning....



TRIAD

Nineteen persons were present and participated in the April TRIAD meeting. The program presenters of Karate were David and Jena Johnson. 'Karate' means empty or open hands. David teaches the Chinese style at Monmouth-Roseville and United High School. He also works with several Jr. High Students at Monmouth.

David started Martial Arts at the age of 4 and has been participating for over 50 years. There are different black-belt levels. His is the 10th degree, which is the highest one can earn and the one he earned in 2014.



Shown: David and Jena Johnson

Jena, David's wife and co-presenter has three years experience and together the couple demonstrated several types of defense. One such technique is called "Peeled the

Banana" or also called the 'thumb grab and pull method'. Those present at Triad participated in teams of two, learning various procedures.

Questions and comments followed the presentation. Nancy Kucharz was the door-prize winner.

The September Triad program will be held on September 12th at 1 PM. Warren County Sheriff Martin Edwards will be the guest speaker. All persons are welcome.

Triad is the coming together of Seniors, Law Enforcement, and Senior Services Providers.

Safety, Awareness, and Education are emphasized and participants are encouraged to bring any questionable mailings, information on uncertain phone calls or unsolicited visits and or emails to the TRIAD meetings to share with other seniors. TRIAD has been very beneficial in bringing many scams to light, making others aware of what to watch for.

In addition, many Medicare topics are covered and questions always welcome. Refreshments are served at each meeting. Thank you to Anne Liby for providing minutes of each meeting.

COMING IN OCTOBER!!!

Strom Center is hosting an Amplified Phone Program on **Thursday, October 10th from 10AM until 1 PM.**



What is the Amplified Phone Program?

It is a program provided by Illinois Iowa Center for Independent Living which provides equipment designed specifically for people who are having difficulty hearing on the standard or cell phones. The phones provided by this program are superior in amplification, features, adjustability, and durability. **And they're free!**

For persons signing up for the Free phones:

1. You will choose from the equipment that ITAC has specified for the program. There are many phones from which to choose...all with different features.

....continued>>>>>

2. You will **own the equipment** that you choose.
3. All equipment comes with a **3-year Warranty** and will be repaired or replaced free of charge.* You are responsible **ONLY** for return shipping cost to the repair vendor.
4. You may receive a new piece of equipment every 3 years and keep the equipment you already have

Appointments are required for this program. Persons will be able to try out the various phones; amplifiers for already owned cell phones are also available.

At this writing the details on sign-ups and what to bring to the appointments is not confirmed. However, all details other than date and time, about the program will be included in our October edition of the Strom Center News. Mark you calendars now...this is an excellent opportunity to receive what may be quite a life-enhancing/ changing benefit.

**Parkinson's Support Group
For: Parkinson's Patients and their
Caregivers....**

When: September 9th

Where: Warren County YMCA, Rock Steady Workout Room

Time: 4 PM

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

**Contact: Marcia Parrish, Facilitator
309 221 7907**

Wish to receive your newsletter by email?? Send your request to StromSeniors@Gmail.com with NEWSLETTER REQUEST on the Subject line.



Thrift Shop Corner...

Fall is coming, and with it cooler weather ...and we've got it covered! Hoodies, Jackets, Sweat Shirts and PJ/ Sweat Pants are now on display as well as are fall decorations which are being added daily.

Sales for September:



Customer Appreciation Sale

Dates for September are Friday the 7th and Saturday the 7th. There will be 25% off of all items, yes, including Sale items!

We are continuing the \$1 Sale on Women's Shirts and the Infant through Teen Sizes "marked" clothes for the Buy One Get One Sale....Pay for the higher priced item and get equal or lesser priced item FREE!

We are asking for donations of coats for the entire family for our "Keep the Community Warm Event in remembrance of Hattie Garrett, which will be held in October. (More details in our October edition of *Strom Center News*.)

Check out our Facebook Page "Strom Thrift Shop: for sales, events and weather closings for both the Thrift Shop and Senior Center in coming months. There are special sales for FB posted monthly.

....Crystal Vanskike, Thrift Shop

CHECK OUT WHAT'S



GOING ON!!!

Because soooo many people are now checking out Facebook, Strom Center will post many of our daily and monthly events on our Facebook page. Look for Strom Center, Inc.'s green logo:





RECOGNITIONS....

V.O.P.A. WINNERS:

July 3 Winner: **CRYSTAL VANSKIKE** Answer: Town

July 10: Winner: **No Winner** 🙄 Answer: Belt

July 17: Winner: **ANNE LIBY** Answer: Hair

July 24: Winner: **ANN LIBY** Answer: Cllip

July 31: Winner: **CRYSTAL VANSKIKE** Answer: Mist



Grand Finale Winner Drawing: **CRYSTAL VANSKIKE**



August Winners not yet finalized at this writing

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:

August 5:

HIGH: **ROSA KUHNKEY**

2ND: **LINDA MCGUIRE**

LOW: **BONNIE HEFLIN**

August 19:

HIGH: **LINDA MCGUIRE**

2ND : **GLENNA MARTIN**

LOW: **CAROL YOCUM**



MIND EXPLORER WINNER FOR AUGUST: **TERESA PRIEN**



NEWSLETTER PARTNER FOR AUGUST : **BETH DOWELL**



O.D.O.

SHANGHI RUMMY:

August 20:

1ST: **ANNE LIBY**

2ND: **JEANNE WALLACE**



September Bingo Days:

Tuesday, September 10th and Tuesday, September 24th at 1 PM

**SEPTEMBER 2019
WARREN COUNTY**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
1	2	3	4	5	6	7
		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	
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	9-11AM HEALTH FAIR! 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	
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 AM: Exercise 10:30-11:30 Bld Pr. Ck. by Ct. Yard Est. 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 Mind Explorer Due!!	Noon: Strom Potluck
22	23	24	25	26	27	28
	9:30 AM: Exercise 11:30 AM: Lunch <i>1st day of Autumn</i> 	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	9:30 AM: Exercise 11:30 AM: Lunch	
29	30					
	9:30 AM: Exercise 11:30 AM: Lunch		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		Mark your calendards for the OSF/STROM CENTER HEALTH FAIR on Wednesday, September 11 th from 9 AM – 11 AM...Read the 1 st page of this Newsletter for details!!	

SEPTEMBER | 2019



Jamieson Community Center-Senior Nutrition

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 JCC Closed for Labor Day!	3 Chicken Strips Mashed Potatoes California Veggies Corn Bread Tropical Fruit	4 Meatloaf Green Beans Sweet Potato Nuggets Wheat Bread Pears	5 Hamburger Steak Ranch Potatoes Normandy Veggies Wheat Bread Banana	6 Pork Loin Roasted Potatoes Wax Beans Wheat Dinner Roll Pumpkin Brownie
9 Chicken w/Asian Noodles & Green and Red Peppers Asian Veggies Peach Cobbler	10 Baked Pork Chop Mashed Potatoes Coleslaw Wheat Bread Pineapple	11 Beef Stroganoff Peas Carrots Apple Crisp	12 Shepherd's Pie w/Mashed Potatoes & Green Beans Dinner Roll Pears	13 Fish Patty on Bun Tossed Salad Scalloped Potatoes Orange
16 Hot Ham & Cheese Sub Tri-Tater Spinach Salad Apple and Cranberries	17 Breakfast Casserole w/Sausage and Hash Browns V-8 Juice & Biscuit Tropical Fruit	18 Chicken Pot Pie w/Peas and Carrots Mashed Potatoes Pears	19 Italian Cavatina w/Meat Sauce Lettuce Salad Carrots Banana	20 Sweet and Sour Chicken Asian Veggie Spring Egg Roll Rice Strawberry Fluff
23 Cheeseburger on Bun Seasoned Potatoes Tossed Salad Apricots	24 Cheesy Tuna Casserole California Blend Veggies Fruit Cocktail	25 Ham Salad on Croissant Carrot Sticks Pea Salad Peaches	26 Hot Turkey Sandwich w/Gravy Broccoli Corn Wheat Bread Baked Apples	27 Pork Loin Mashed Potatoes Wax Beans Wheat Bread Pineapple
30 Egg Salad Sandwich Green Beans Sweet Potato Nuggets Wheat Bread Pears	1	2 1% Milk Served with All Meals!	3	4 Potato Bar Option Available Daily!

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.

HENDERSON SENIORS....



YEAH!!!We are thrilled to have to Jamieson Community Center's Nutrition Program provide meals at our Strom Center's Oquawka Senior Site at 410 Schuyler Street, Oquawka, Illinois!!! Meals are served Tuesday through Friday at 11:30 AM. The meals are delicious! Call 309 299 5301 for more information and / or to make a reservation...

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



WEDNESDAY, SEPTEMBER 11TH from 1 - 3 PM & WEDNESDAY, SEPTEMBER 25TH 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!!!

Just A Reminder: Check out this months "Mind Explorer" in our Strom Center News. A Winner from Henderson County and a winner from Warren County will be named and each will receive an area store gift card. Mind Explorer Answers may be dropped off at our Oquawka Site or Monmouth Site or Mailed. Entries must be received by the 20th of the month.

WE ARE GEARING UP FOR MEDICARE D SEASON!!!



Strom Center is gearing up for our upcoming Medicare D Season which is just around the corner! We will be hosting several Informational Meetings both in Henderson and Warren Counties... information will be the same for both so you may attend the meeting which fits best into your schedule....We do not have access to the actual plans at this time but will have that information in early October. The dates and times for the meetings will be included in our October edition of *Strom Center News*. What we do know is that the enrollments are going to take a bit longer time to conduct. We will still be requiring persons to complete our Yellow Medication Forms prior to appointments. The forms may be either mailed brought into one of our sites (Oquawka or Monmouth). Once received the form will be numbered according to when it was received and appointments will be scheduled accordingly. **The Yellow Medication Forms are available upon request;** a form may be mailed or you may pick one up. Appointments will be scheduled once Strom receives the actual Plans from Medicare.

It is EXTREMELY important to review plans each year; plan formularies change, as do premiums and deductibles. As we have stated many times before...***the plan that works best for you in the current year may be the absolute worst for you for next year.*** Reviewing plans and possible changing plans can save thousands of dollars (no exaggeration!!) Last year between Warren County and Henderson County close to \$800,000 in savings was realized...If you have questions or wish to request a Yellow Medication Form, please call Strom at 309 734 5677.

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 interested in improving balance, flexibility and strength
- anyone who has fallen in the past or is concerned about falls
- anyone who has restricted activities because of falling concerns

**Classes will be held at
Oquawka Senior Center
410 Schuyler Street
Oquawka, IL 61469**

**September 5 – October 17
Thursdays**

1:30 PM – 3:30 PM

Classes are held for 8 sessions and are 2 hours each.

Classes are free of charge

**Call Anna Dragoo to
register:
309-793-6800**



A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

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).

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 "Oh, the Good Old Days of the 3 R's!!" with a difficult-o-meter rating of 10.0+.....!!! (THINKING CAPS NEEDED!!)

1. An angle that measures 90° is called a _____
2. This part of speech "are words that link other words, phrases, or clauses together."

3. This famous author wrote *Oliver Twist* and *David Copperfield*:

4. Which is correct? The speaker had a great (affect) or (effect) on the student.:

5. Joe read 45 pages on Monday, 25 pages each on Tuesday and Wednesday, 50 pages on Thursday and 20 pages on Friday. What was the average number of pages he read each day? _____
6. Excluding Alaska, what is the northernmost state? _____
7. Up, under, between, over, and through are all what part of speech?

8. Whose face is on a \$100 bill? _____
9. "The distance around a circle is called the: _____
10. The part of the US Constitution that begins with, "We the People of the United States, in Order to form a more perfect Union", is called the: _____

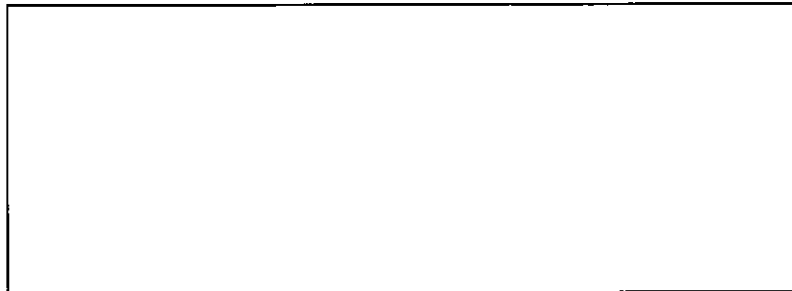
Answers to the Previous Mind Explorer (Winner is named on Recognition Page!)

1. This actress starred in the 1965 movie, "Beach Blanket Bingo": **ANNETTE FUNICELLO**
2. This competitive swimmer won seven gold medals at the 1972 Summer Olympics: **MARK SPITZ**
3. We know this famous ball player as "Babe" Ruth, but what was his real first name? **GEORGE**
4. What is waterskiing on one ski called? **SLOLAM**
5. This swim stroke allows you to swim straight on your stomach by kicking your legs and rotating your arms over your head.: **FREE STYLE (or FRONT CRAWL STROKE)**
6. _____ is a process used by plants to convert light energy into chemical energy that can later be released to feed a plant: **PHOTOSYNTHESIS**
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? **\$268.40**
8. Unscramble the letters to find a possible August danger (2 words): ORSEEKTHAT: **HEAT STROKE**
9. In golf an _____, also called a double eagle, is a score of three-under-par on a single hole: **ALBATROSS**
10. What is defined as "a concave plastic disk designed for skimming through the air as an outdoor game or amusement"? **FRISBEE**

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

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U.S. POSTAGE PAID
PERMIT NO. 24
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 McCreery, 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