



STROM CENTER NEWS



MAY, 2022 Edition 385

Warren County TRIAD...



The May TRIAD speaker was Tina Canada, Co-Coordinator for Diabetic Education for OSF.

Tina distributed packets of recipes and booklets highlighting healthy foods for diabetics. Various varieties of healthy drinks was also discussed. A large group of persons attended the meeting to learn not only of what foods and drinks to either include or exclude for their diets but also spoke about the importance of healthy eating to prevent heart and or stroke as well as diabetes.

To show the ease of preparing foods, Patty Albin a representative of Fairway Foods, shared a recipe as well as



Pictured above:
OSF's TINA CANADA,

demonstrated making a delicious three ingredient delicious salad which is gluten free, low carb, and very diabetic friendly. Each person in attendance enjoyed a sample of the salad.

Both Patty's salad as well as copies of Tina's handouts are available at Strom Center.

During the meeting, local scams were discussed. Strom Director Carol McCrery reminded persons to feel free to call Strom Center with Medicare issues, whether it be billing and or insurance issues, prescriptions problems, or other related questions.



Pictured above: Fairway Food's
PATTY ALBIN

Door prize winners were: A serving Plate: Patricia Mata.

A hot / cold pack: Ruth Reynolds. An umbrella with case: David Upton. Save A Lot Gift Card: Greg Jones.

The May TRIAD meeting speaker is Jill Humes from Fresenius Kidney Care. County Market will be demonstrating a Kidney-Friendly Dish.

Reservations are not required to attend TRIAD Meetings. Persons may also attend via ZOOM meeting. However, a call to Strom Center (309 734 5677) is required so an invitation to attend may be extended. Meeting are held on the second Thursday of each month at 1 PM.



Reminder to Vote..

Tina Conard, Warren County Clerk/Recorder & Election provided the following message...

The General Election will be held on Tuesday, June 28, 2022. This is a primary election so voters much ask for one of the following ballots: Democratic or Republican Party.

Candidates for the following offices will be nominated or elected:

- United Sates Senator
- Governor / Lieutenant Governor
- Attorney General
- Secretary of State
- State Comptroller
- State Treasurer
- Representative in Congress: 15th & 17th District
- State Senators: 47th & 36th District
- Judges: Supreme Court, Appellate Court, Resident Circuit Court, Subcircuits
- County Clerk
- County Treasurers
- County Sheriff
- Regional Superintendent of Schools
- County Board Members

Voter registration closes Tuesday, May 31st. Citizens wishing to register, re-register due to name change, or report a change of address, should do so in the election office of Warren County Clerk Tina Conard. Please call the election office 309 734 4612 if you have any questions about your voting eligibility.

1. Elderly and handicapped voters may request assistances in casting a ballot. Election judges are available at the poling places to give assistance. Magnifying sheets, oval templates to assist in filling out ovals, and instruction cards for the deaf are available upon request.
2. **In Person** voting will be conducted in the election office of the Warren County Clerk Thursday, May 19 though Monday June 27. In person voters will vote on the TSX touch screen system. Grace period registration and voting June 1- June 28.
3. **Vote by Mail** voting: Beginning Wednesday, March 30th, an application for an absentee ballot can be obtained by calling the election office of the Warren County Clerk, and will not be mailed to the voter until Thursday, May 19th. Upon receiving the application, the voter must answer all the questions, date and sign the form and return it in the envelope provided . When the County Clerk receives the completed application, the requested ballot must be post-marked or returned to the County Clerk's office on or before June 28, 2022.
4. The AccuVote optical scan paper ballot system and the TSX touch screen system will be used at the poling places throughout Warren County on Election Day.

5. The Warren County Clerk's election department is open Monday through Friday 8:00 a.m. to 4:30 p.m. The election department will also be open June 20th, 21st, and 22nd, 4:30-6:00 p.m. & Saturday, June 25, 8:00 a.m. -Noon for voting purposes only.
6. The handicapped accessible entrance is the EAST door off of the square. An elevator is available to reach the second floor.
7. Curb side assistance is available. Please call for arrangements, 309 734 4612.

(This information is also posted on Strom Center's entry-way Bulletin Board)

STROM THRIFT SHOP NEWS CORNER MAY 2022

Spring is finally here, and we are as happy about it as you are. Changing over seasons is keeping us busy and will mean lots of added items to fill the shop.

The Strom Thrift Shop Presents a Jewelry Sale

Hosted by the Strom Senior Center

In the Strom Centers dining hall

May 12th-13th-14th Hours: 9am to 2pm

A wide selection of jewelry will be available priced to please!!!

All proceeds will benefit the Strom Centers Emergency Fund



CUSTOMER APPRECIATION SALE WEEKENDS

* Friday May 6th 8 AM -4 PM

* Saturday May 7th 8 AM -2:30 PM

*Friday May 20th 8 AM -4 PM

*Saturday May 21st 8 AM -2:30 PM

ROLL OVER SALES.....

* Women's Shirts \$1.00 each

* Women's Skirts \$2.00 each

Follow our Facebook page "Strom Thrift Shop" for any additional sales and news on upcoming events.

Thrift Shop Hours are Monday – Friday 8 AM – 4 PM Saturdays 8 AM – 2:30 PM

Strom Center Thrift Shop phone: 309 224 8657

The following message was provided by Jennifer Talbert, Volunteer Coordinator for OSF Hospice...



BECOME AN OSF HOSPICE VOLUNTEER....

Volunteers are an integral and important component of the OSF Hospice team. Hospice Volunteers choose the role they are most comfortable with. Training classes are offered several times a year. Volunteer services are free to patients and their families.

- Patient and Family Support Volunteers: These volunteers work directly with patient and their family to provide emotional support, perform simple household tasks, running errands, staying with the patient for short periods of time to provide respite for family members, assist the hospice team in identifying what is needed and more.
- Program and Office Support Volunteers: These volunteers do not have direct patient contact. They assist with official clerical duties, help with memorial services, send cards and letters to families in our bereavement program and speak to organizations about hospice.

To learn more about OSF Hospice, visit www.osfhomecare.org and/ or call 309 344 -9700.



Potluck

STROM CENTER'S MAY POTLUCK...

Strom Center will host a potluck lunch on Saturday, May 21st at noon. Plates, silverware, cups/glasses will be furnished. Just bring what-ever food dish you wish to share. After enjoying the delicious meal we will play bingo.

Sign-up is not required...just come and have a GREAT time with us!!

Community Care Days for Home Improvement June 17-18, 2022 Weekend

Community Care Days is an "intentional cooperative effort of local churches to minister to Warren County as the hands and feet of Jesus Christ in the area of home repair and maintenance."

Strom Center has applications for persons interested in assistance. The application is relatively easy to complete and consists of the Application Agreement along with additional information including what repairs are needed such as attention on: ceiling, floors, plumbing, siding repair, porch/ deck, wall repair, miscellaneous handyman, ramp, roof (leaking), yard work, etc. Also, what material and or labor could you provide. Detailed information is needed to consider the application.

Once the application is completed it may be returned to any one of the listed churches on the application.



BINGO and ZOOM BINGO DATES AT STROM CENTER

The following days / dates/ times for Bingo in May are as follows:

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

Continued>>>>>>>

Cards are 25 cents each. Refreshments and drink are available..



MAY ZOOM BINGO

Do you have a tablet, cell phone, land line, or computer?? If the answer is YES, why not join us for ZOOM Bingo! Call Strom Center for information on how to join in (309 734 5677). If you plan to play ZOOM Bingo, be sure to call Strom Center at least one or two days prior so your Bingo playing packet may be delivered to you. May Zoom Bingo dates are , Tuesday, May 3rd and Tuesday, May 17th...each day at 1 PM. ZOOM Bingo is open to persons in both Warren and Henderson Counties !!



RECOGNITIONS....

Newsletter Assistant for the month of April: TERESA PRIEN
Triad Drawing: GREG JONES

VOPA WINNERS IN MARCH...

Week # 1: TERESA PRIEN Answer: House Week # 2: PAT SELBY Answer: Chain
Week # 3: ANNE LIBY Answer: Shore Week # 4: DONNA SMOCK Answer: Reward
Week # 5: ANNE LIBY Answer: Curve GRAND FINALE WINNER: TERESA PRIEN



MIND EXPORER WINNERS IN APRIL.....

Warren County: DONNA SMOCK Henderson County: DEBBIE GILLAM

BRIDGE WINNERS IN APRIL.....

April 4: Hi: CAROL YOCUM 2nd: LINDA MCGUIRE Low: BONNIE HEFLIN
April 18: Hi: ROSA KUHNKEY 2nd: CAROL YOCUM Low: PEGGY HARRIS



SHANGHI RUMMY IN APRIL...

April 5: Table #1: Low: TERESA PRIEN 2nd: SHIRLEY PETERSON
Table #2: Low: ANNE LIBY 2nd: MILDRED EGGAR
April 19: Table #1: ANNE LIBY 2nd: BONNIE MUNSON
Table #2: PAM DILLARD 2nd: BARB NICHOLS



Reminder.....Strom Center will be closed early at 3 PM on Friday, May 27th and all day on Monday May 30th in observance of Memorial Day.



Strom Center Ladies Day Tea

Friday, May 6th

9:30am

Strom Center

211 South A St

Monmouth, IL

*Ladies 60 & over, please be our guest
at our annual Ladies Day Tea!*

*All ladies in attendance will receive a gift. There will be a
special prize for the lady who brings the most unusual purse.*

A light brunch will be served.

*To ensure adequate gifts and food, it is necessary to make
reservations no later than Monday, May 2nd by calling
734-5677.*

*Unfortunately, reservations made after that date may not
receive the Ladies Day gifts.*

We look forward to seeing you!

Strom Center News is a FREE monthly newsletter. Call 309 734 5677 to receive your monthly newsletter.
Also available by email...send email requests to StromSeniors@Gmail.com

MAY 2022 Events

SUN	MON	TUE	WED	THUR	FRI	SAT
1	2	3	4	5	6	7
	9:00 – 4 PM: Open. 9:30 AM: Exercise Class	9:00 – 4 PM: Open. 9:00 AM: Wood Carvers 9:00 AM: Crafters 9 AM: Crafters 12:00 O.D.O. 1:00 PM Zoom Bingo	9:00 – 4 PM: Open. 9:30 AM: Exercise class 12:30 PM Ladies Day Tea in Oquawka	9:00 - 4 PM Strom Open	9:00 – 4 PM Strom open. 9:30 AM: Ladies Day Brunch in Monmouth	
8	9	10	11	12	13	14
	9:00 – 4 PM: Open. 9:30 AM: Exercise Class	9:00 – 4 PM: Open. 9 AM: Wood Carvers 9 AM: Crafters 1:00 PM: Bingo at Strom	9:00 – 4 PM: Open. 9:30 AM: Exercise class 1 pm Bingo at Oquawka	9:00 - 4 PM Strom open 1:00 Triad Meeting (On-site and Zoom)	9:00 – 4 PM Strom open. 9:30: Exercise Class	
15	16	17	18	19	20	21
	9:00 – 4 PM: Open. 9:30 AM: Exercise Class	9:00 – 4 PM: Open. 9:00 AM: Wood Carvers 9:00 AM: Crafters 9 AM: Crafters 12:00 O.D.O. 1:00: Zoom Bingo	9:00 – 4 PM: Open: 9:30 AM: Exercise ClasS	9:00 – 4:00 PM Strom Open 1 PM: Board Meeting	9:00 – 4 PM Strom open. 9:30: Exercise Class	Noon: Pot- luck
22	23	24	25	26	27	28
	9:00 – 4 PM: Open. 9:00 AM: Exercise Class Mind Explorer Duel	9:00 – 4 PM: Open. 9:00 AM: Wood Carvers 9:00 AM: Crafters 1:00 PM: Bingo at Strom	9:00 – 4 PM: Open 9:30 AM: Exercise Class 1 pm Bingo at Oquawka	9:00 – 4 PM Strom Open	9:00 – 4 PM Strom open. 9:30 AM: Exercise Class Strom Closes at 3 PM	
29	30	31	THRIFT SHOP OPEN: Mon – Fri 8AM. – 4 P Saturday:8:00 am - 2:30 pm 			
	Strom Center Closed in Oquawka and Monmouth in observance of Memorial Day....	9:00 – 4 PM: Open. 9:00 AM: Wood Carvers 9:00 AM: Crafters				

STROM CENTER'S.....

HENDERSON COUNTY SENIORS

Ladies!!! Be sure to read the invitation to "Ladies Day Tea" in this newsletter as well as the sign up due dates (call 309 734 5677 by Monday, May 2nd). You may attend either in Monmouth or Oquawka..or both!

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Oquawka Community Happenings...

- Henderson County Food Pantry, 206 Schuyler Street, Oquawka. Open Monday – Thursday, 1:00 -3:00 PM. Available to all Henderson County residents.
- Faith Bible Church...National Day of Prayer observance at Oquawka's Museum Park on Thursday May 5th at 6:30 PM
- Village of Oquawka City-Wide Yard Sale: May 13-May 15th.
- Oquawka Fire Department will be service their delicious pork chops during the City-Wide Yard Sales....Saturday, May 14th from 10 AM – 2 PM
- Village of Oquawka Curbside Clean-Up Day is May 21, 2022. There is no charge to the residents of Oquawka and is a great time to get rid of items you no longer want. (There is a list of items that will be accepted on Strom Center's Bulletin Board in the Oquawka Township Building); for more information call 1-866-686-4410 and/ or email: jacksondisposal1986@gmail.com.
- Faith Bible Church "Friday Night Fireside" begins with family fun for all ages. Outdoor carnival games, indoor Bingo, cookout and worship by the fire. Takes place at 6:00 PM on the last Friday of each month.

Stronghurst Community Happenings...

- Stronghurst Farmers Market from 5:00 – 8:00 pm Downtown Stronghurst on Broadway Street: May 9th & 23rd
- Stronghurst City-Wide Yard Sales: May 6th and 7th.
- Stronghurst Spring Clean Up: May 13th.
- FOCC Food Pantry, 410 East Main Street, Open Monday -Friday from 9 AM to 4 PM

Biggsville Community Happenings.....

- Biggsville: Henderson County Library, May 5th at 6:30 PM: Rhonda Olson from Rhonda's Greenhouse and Gifts will display and demonstrate ideas for floral pairing and plantings.

Continued>>>>



Strom Center Ladies Day Tea

Wednesday, May 4th

12:30pm

*Strom Center
Oquawka Township Hall
4th & Schuyler
Oquawka, IL*

*Ladies 60 & over, please be our guest
at our annual Ladies Day Tea!*

*All ladies in attendance will receive a gift.
There will be a special prize for the lady who brings the
most unusual purse.*

A light lunch will be served.

*To ensure there are adequate gifts and food, it is necessary to
make reservations no later than Monday, May 2nd by calling
734-5677.*

*Unfortunately, reservations made after that date may not
receive the Ladies Day gifts.*

We look forward to seeing you!

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.!(The winners will be drawn). This month's quiz is "Time for May!" with a difficult-o-meter rating of 6.00...!!

- 1. This tile is given to a city's leader:
2. This is the name of the demarcation line separating four U.S. states, forming part of their borders:
3. This is the Mexican holiday that commemorates the Battle of Puebla fought between Mexico and France
4. This is a glossy red, or occasionally yellow, pulpy edible fruit:
5. This actress, born in 1893, was one of the most controversial movie stars of her day; she encountered problems especially with censorship:
6. This is the third largest city in Arizona:
7. This is the hometown of Andy and Barney:
8. The definition of melee is: A) banquet, B) skirmish, C) bug-infested, or D) a question:
9. According to the US Census, "Main" is the A) first, B) seventh, C) 20th, or D) 50th most popular name for a street

- 10. Nicknamed "The Say Hey Kid", this former Major League Baseball (MLB) center fielder spent almost all of his 22-season career playing for the New York/San Francisco Giants:

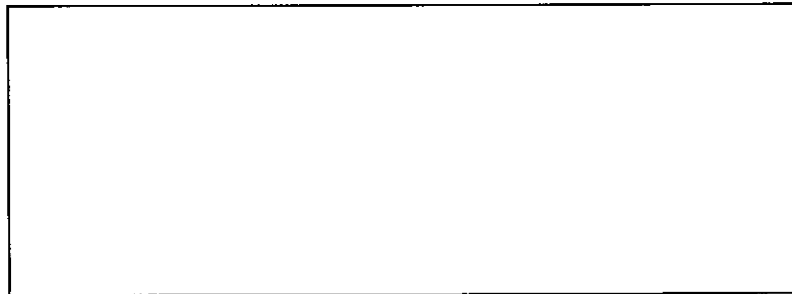
Answers to the Previous Mind Explorer (Winner is named on Recognition Page!)

- 1. True or False: A hexagon has six straight sides and angles: TRUE
2. True or False: A duel between three people is called a truel. TRUE
3. True or False: The most popular item at Walmart is paper towels .FALSE (BANANAS ARE THE MOST POPULAR ITEM)
4. True or False: The Great Wall of China is visible from space FALSE
5. Achluophobia is the fear of A) spiders, B) flat feet, C) Darkness, or D) High Buildings: C) DARKNESS
6. True or False: In Iowa, there is still a law on the books that states, "You cannot fish while sitting on a giraffe's neck" .FALSE (BUT IT'S STILL ON THE BOOKS IN CHICAGO)
7. True or False: Delaware is only 41 miles in length and 20 miles wide FALSE (THIS IS THE SIZE OF RHODE ISLAND)
8. True or False Women talk more than men FALSE
9. Bob is driving from Seattle Washington to Orlando Florida. Dennis is driving from New Yor City to Phoenix Arizona. Which man will be driving the farthest distance? BOB (3106 MILES) DENNIS (2431 MILES)
10. True or False :In 2014, a missing woman on vacation in Iceland was found when it was discovered that she was in the search party looking for herself. TRUE

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 (Please call Strom Monmouth site for appointments 309 734 5677)

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