



STROM CENTER NEWS

APRIL 2023 EDITION 395



Lenten Breakfasts Continue

The 47th Annual Lenten Lay Breakfast series continues through Good Friday, April 7, 2023. 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 7:00-7:45 a.m. If you have not attended before, please do come and join us for this final Lenten service on April 7th. Heritage Bible Church will be presenting the program.

TRIAD.....

Due to illness the scheduled speaker was not able to present the March Triad program. However, there was ample information to share by Strom Director Carol McCrery and Staff Worker, Lynda Melvin. Carol provided information on nursing home levels of care and the services provided for at each level. She also shared information on a very important program.... The **ADRD Program** (Alzheimer Disease and Related Disorder) provides funds which persons with dementia and /or a primary caregiver may spend on services and/ or items that support and enhance their lives. Some examples of funded requests are: lift chairs, security cameras, wheel chairs, ramps, etc. Again, items may be requested for the person with dementia *and* / or their primary caregiver. Carol also reminded persons of the Extra Help



program which, if a person is eligible can be a huge help in paying for medications, and even the premiums for Medicare D plans. Staff member Lynda Melvin introduced a new program here at Strom Center. The Stress Busters program teaches caregivers stress management techniques, relaxation, and coping strategies. Workbooks and materials for take home studies and practice are provided. Participants meet for 90 minutes weekly. Strom Center is partnering with Alternatives Caregiver Counselors to provide the program. Sessions will be held at Strom Center each Friday beginning May 5th from 10:30 AM – Noon for nine weeks. Zoom participation may also be offered.... Call 309 734 5677 and ask Lynda for more information or to register. *There is no cost to participate, but registration is required.*

Jamie Robbins, OSF Dietician and Certified Diabetes Care and Education Specialist will present at our April 13th meeting at 1 PM. Jamie is an excellent speaker and very knowledgeable about both diabetes and pre-diabetes. Her message should prove to be very informative. ...

All persons are encouraged to attend the Triad Meetings, held each month on the 2nd Thursday, at 1 PM. For persons wishing to join through Zoom, please call by April 11th to ensure you are extended an invitation to participate.

There is no fee nor prior sign-up required.



Newsletter by Email.....

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

LisaRay.StromCenter@gmail.com

with the subject line: Newsletter Request .

There is sooo much going on here at Strom Center. Here's a few of the activities which may be of interest..

APRIL BINGO

DATES

Tuesday, April 11th

Tuesday, April 25th

Bingo starts at 1 pm and ends approximately 3 pm.

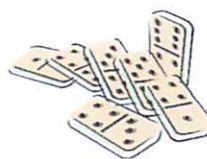
Cost per card is **25 cents each**. We have a great variety of prizes....Popcorn and drink are available.

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

(By the way...Thank You to COURTYARD ESTATES for providing prizes for our April 11th Bingo day...and thank you to Courtyard Estates staff member REBECCA LOGAN for presenting the offer!!)



DOMINOES...



There was a GREAT turnout for our 1st Domino Day last month....The April Dominoes will be held on Thursday, April 6th at 12:30 PM...

Already know how to play or want to learn to play? Come join us...! No prior sign-up required.

CANASTA Anyone?

Come join us on Monday, April 10th and 24th at 11:30 AM

Exercise Class:

Who said Exercising is no fun??? It's fun here at Strom Center!!! Come join us at 9:30 AM on Mondays, Wednesdays, and Fridays.



OFFER TO BINGO PLAYERS...



If you would like to provide treats for a Bingo session you will be given 4 Free Bingo Cards to play for that day. If interested, call 309 734 5677 and let Lisa know...she will relay the message to Judy Raes, Marilyn Perrin and /or Shirley Caldwell...or you may tell one of the above at Bingo. Thanks for coming to Bingo! We have lots of fun!

.....Shirley Caldwell

Strom Closing One Day for Building Update

Strom Center will be closed all day on Thursday, April 20th for Building Updates...We are moving records from the basement as well as medical equipment to 2nd floor and also getting ready to prepare the Pool Room for use.

ZOOM Bingo Date:

Tuesday, April 18th 1 PM:

You may participate from your home or from Strom Center....

Call for your invitation by April 14th!

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SHANGHAI RUMMY...

Scheduled for Tuesday April 4th and 18th at 12:30 PM....

Reminder... Strom Center will be closed on Friday, April 7th, following the last Lenten Breakfast, in observance of Good Friday.

We welcome input into our monthly Strom Center News. If you have items of interest to area seniors and / or disabled persons, please feel free to drop it off in our Oquawka or Monmouth Center, , mail it, or Email it to LisaRay.StromCenter@gmail.com no later than the 20th of the month prior to printing.



The following article was submitted by our Strom Center staff member Erica Pence. Erica provides assistance in our Oquawka office...She is an Information and Assistance and Outreach Worker as well as being SHIP certified.She is quite an asset to our Strom Center team~~~

Parkinson's Awareness Month

April has long been observed as Parkinson's Awareness Month, as it is the birth month of James Parkinson, the London physician who was the first to describe Parkinson's disease in 1817. The European Parkinson's Disease Association (EPDA) and the World Health Organization established World Parkinson's Day on April 11th, 1997. April 11th is the birthday of Dr. James Parkinson.

Every 6 minutes, someone will be diagnosed with Parkinson's disease (PD) in the U.S.

When you see a pink ribbon, you likely think of a breast cancer survivor or breast cancer awareness. Likewise, for Alzheimer's disease awareness, a purple ribbon is the chosen color. Interestingly, for Parkinson's disease awareness, it is a red tulip.

According to the Parkinson's Foundation, approximately 60,000 Americans are diagnosed with the disease each year. While young adults are rarely diagnosed with Parkinson's, the risks increase with age. Beyond age, other risk factors include:

- If a close relative has been diagnosed with Parkinson's, your risk increases.
- Men are more likely than women to be diagnosed with Parkinson's.
- Herbicides and pesticides may pose a slight risk for Parkinson's.

There is no cure, and more research is needed. Awareness, treatments, and education go a long way to supporting those affected by the disease, but they are not a cure.

Parkinson's disease is a progressive disorder that affects the nervous system and the parts of the body controlled by the nerves. Symptoms start slowly. The first symptom may be a barely noticeable tremor in just one hand. Tremors are common, but the disorder may also cause stiffness or slowing of movement.

In the early stages of Parkinson's disease, your face may show little or no expression. Your arms may not swing when you walk. Your speech may become soft or slurred. Parkinson's disease symptoms worsen as your condition progresses over time.

Although Parkinson's disease can't be cured, medications might significantly improve your symptoms. Occasionally, your health care provider may suggest surgery to regulate certain regions of your brain and improve your symptoms.

Parkinson's disease signs and symptoms can be different for everyone. Early signs may be mild and go unnoticed. Symptoms often begin on one side of the body and usually remain worse on that side, even after symptoms begin to affect the limbs on both sides.

Parkinson's signs and symptoms may include:

- Tremor. A tremor, or rhythmic shaking, usually begins in a limb, often your hand or fingers. You may rub your thumb and forefinger back and forth. This is known as a pill-rolling tremor. Your hand may tremble when it's at rest. The shaking may decrease when you are performing tasks.
- Slowed movement (bradykinesia). Over time, Parkinson's disease may slow your movement, making simple tasks difficult and time-consuming. Your steps may become shorter when you walk. It may be difficult to get out of a chair. You may drag or shuffle your feet as you try to walk.
- Rigid muscles. Muscle stiffness may occur in any part of your body. The stiff muscles can be painful and limit your range of motion.
- Impaired posture and balance. Your posture may become stooped. Or you may fall or have balance problems because of Parkinson's disease.
- Loss of automatic movements. You may have a decreased ability to perform unconscious movements, including blinking, smiling, or swinging your arms when you walk.
- Speech changes. You may speak softly, quickly, slur or hesitate before talking. Your speech may be more of a monotone rather than have the usual speech patterns.
- Writing changes. It may become hard to write, and your writing may appear small.

See your health care provider if you have any of the symptoms associated with Parkinson's disease — not only to diagnose your condition but also to rule out other causes for your symptoms.

ADRD Funds Still Available....

Last month we highlighted a program, ADRD ..Alzheimer Disease and Related Disorder, in our Strom Center News. It can't be stressed too strongly that this program can prove to be a huge benefit to persons with dementia as well as their caregivers. (Caregivers may be a family member...but does not have to be someone living with the person with dementia or taking care of them 24/7... There is a\$1500 limit on items purchased for EACH...to make life easier and pleasant. There is a very wide range of items which may be funded...it does NOT have to be medical items. Also, this funding is NOT based on either income or assets. BUT the funding ends in June...so it is necessary to submit requests as soon as possible. The turn-around time on the requests is very short...If you are interested, please call Carol at 309 734 5677 or email me at StromSeniors@Gmail.com.

A Humorous Memory.....from Carol

Many years ago, I was very blessed to have a great volunteer who assisted me with many of my day to day tasks...(before we used computers for *everything!*). Ken Giles was a retired principal from Lincoln school where both my twin sister taught and I substitute taught. He was a faithful volunteer who came daily to help me when I provided tax work as well as manning the desk....One day he asked me if he could write an article for the Strom Center News...he specifically asked if it could be printed on the front page. I gladly agreed. The article was so awesome...He wrote that the Strom Center Board had voted on installing a swimming pool on the 2nd floor and that there would be no charge for using it once it was ready. He described it in detail ending the article with "Happy April" assuming persons realized it was an April Fool's joke. You can't possibly imagine how many persons thought it was real and called and came in to ask all about it and when it would be ready...It became quite a joke in the later years he volunteered...I would ask him if he wanted to write another April Fools Article, but for some reason he graciously declined..... **Happy April Fools Day!!**



✓ **RECOGNITIONS**

March Newsletter Assistant: **DARLENE SCALF** TRIAD Drawing: **DAVE DRISCOLL & JACKIE LEMLEY**

VOPA Winners for March:

- Week# 1 Winner: **DONNA SMOCK** Answer: Pitch
 - Week # 2 Winner: **TERESA PRIEN** Answer: Game
 - Week # 3: Winner: **TERESA PRIEN** Answer: Camp
 - Week # 4: Winner: **DONNA SMOCK** Answer: Board
- Grand Finale Winner: **TERESA PRIEN**

MARCH MIND EXPLORER:
 Warren County: **JUDY RENKEN**
 Henderson County: **MICHELLE McCULLOM**

BRIDGE WINNERS:

MARCH 6: High: **ALICE LAWSON** 2nd: **MAXINE STEWART** Low: **ROSA KUHNKEY**
MARCH 20: High: **CAROL YOCUM** 2nd: **MARTHA WHITEMAN** Low: **ROSA KUHNKEY**
MARCH 23: High: **LINDA ADAIR** 2nd: **BONNIE HEFLIN** Low: **BETTY VUGTEVEEN**



SHANGHAI RUMMY MARCH 7:

Table 1: **Low: DARLENE SCALF** Table 2: **Low: SHIRLEY PETERSON**
 Table 1: **2nd: ANNETTE MANTHEI** Table 2: **2nd: ANNE LIBY**

SHANGHAI RUMMY MARCH 21:

Table 1: **Low: PATTY ALBIN** Table 2: **Low: SHIRLEY PETERSON** Table 3: **Low: DARLENE SCALF**
 Table 1: **2nd: SHIRLEY PETERSON** Table 2: **2nd: BARB NICHOLS** Table 3: **2nd: MILDRED EGGER**

RACEHORSE CANASTA:



Table 1, Game 1: **ANNE LIBY & SHIRLEY PETERSON**
 Game 2: **ANNE LIBY & SHIRLEY PETERSON**
 TABLE 2, Game 1: **MAXINE BIRD & LOUISE ANDERSON**
 Game 2: **ROBERTA HASTING & FLO MOSLEY**



DOMINOES





March 2: 1st: **ANNE LIBY** 2ND: **EDADCOCK** 3RD: **SHIRLEY PETERSON**
 4TH: **MILDRED EGGER** 5TH : **DARLENE SCALF**

DELICIOUS POTLUCK COMING UP....

Strom Center will host a potluck lunch on Saturday, April 15th 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.!!



APRIL 2023 Events

SUN	MON	TUE	WED	THUR	FRI	SAT
	OQUJAWKA STAFF Mon.- Lynda Melvin Tue. -Kathy Ferrenburg Wed.-Stephanie Reading Thur. -Erica Pence					1
	2	3				4
	8:30 AM – 4 PM: Open. 9:30 AM: Exercise Class 12 Noon -Bridge	8:30 AM – 4 PM: Open. 9:00 AM: Crafters 9 AM: Woodcarvers 12:30 PM: Shanghai Rummy	8:30 AM – 4 PM: Open: 9:30 AM: Exercise Class	8:30 AM -4:00PM- Strom open 12:30 PM :Dominoes	6:30 AM:-Lenten Breakfast <i>good friday</i> STROM CLOSED	
9	10	11	12	13	14	15
 EASTER	8:30 AM – 4 PM: Open. 9:30 AM: Exercise Class 11:30 AM-Canasta	8:30 AM – 4 PM: Open. 9:00 AM: Crafters 9 AM: Woodcarvers 1:00 PM: Bingo at Strom	8:30 AM – 4 PM: Open: 9:30 AM: Exercise Class 1 pm Bingo Oquawka	8:30 AM – 4:00 PM Strom Open 1:00 Triad Meeting (On-site and Zoom)	8:30 AM - 4 PM Strom open 9:30 AM: Exercise Class	Noon: Potluck
16	17	18	19	20	21	22
	8:30 AM – 4 PM Strom Open 9:30 AM- Exercise Class 12 Noon-Bridge	8:30 AM – 4 PM: Open. 9:00 AM: Crafters 9 AM: Woodcarvers 12:30 PM: Shanghai Rummy 1:00: Zoom Bingo	8:30 AM – 4 PM: Open: 9:30 AM: Exercise Class	STROM CLOSED	8:30 AM - 4 PM Strom open 9:30 AM: Exercise Class MIND EXPLORER DUE!	
23	24	25	26	27	28	29
30	8:30 AM – 4 PM: Open. 9:30 AM: Exercise Class 11:30-Canasta	8:30 AM – 4 PM: Open. 9 AM: Wood Carvers 9 AM: Crafters 9AM: Woodcarvers 1:00 PM: Bingo at Strom	8:30 AM- 4 PM -Strom Open 9:30 AM- Exercise Class 1 pm Bingo Oquawka	8:30 AM - 4 PM Strom open 12:00 PM: Bridge	8:30 AM - 4 PM Strom open 9:30 AM: Exercise Class	

STROM CENTER'S

Henderson County Seniors



Biggsville:

The Beautify Biggsville Group is having Music Bingo /Silent Auction, April 22nd at The Barn at Fairview Acres outside Biggsville. Doors open at 6 pm, Rockstar Bingo starts at 6:30-8:30 PM. Dress as your favorite rockstar /band etc. The band 6 Mile, begins rocking at 8:30-11:30 PM. 50/50 raffle, bags outside (weather permitting) cash bar (no outside alcohol allowed).

Reservations taken on Beautify Biggsville Facebook page. 3 cards for \$10. 70's, 80's & 90's music. Dance floor will be open at 8:30 PM; no RSVP needed for the band!

Stronghurst:

Henderson Co Retirement Center Easter Egg Hunt!

Join us for our 2023 Easter Egg Hunt!

Friday, April 7th at 1pm Location: Front of Oak Lane

▪ Group Ages: 0-4 / 5-7 / 8 & up Don't forget your basket!

Stronghurst/Carman/Smithshire United Methodist Church Night Out

Tuesday, April 11th 5:00-7:30pm Held at Stronghurst UM Church

Join us in our new Tuesday Night Out adventure! This is a free meal and an evening of fellowship and/or games with others. No reason to sit home alone and worry about cooking supper for 1!

Join us for our new monthly social evening in the Stronghurst UMC Fellowship Hall. Have a card or board game you LOVE to play? Bring it! Maybe you are a jigsaw puzzle pro but like to work on them with others? Bring one! Maybe your eyesight isn't good and you don't play games, but you are lonely and tired of being home alone all the time? Just bring yourself and join in our evening of food and fellowship! It's FREE and open to everyone in our community!

Stronghurst Senior Center: Join us for Mexican Train Dominoes every Thursday at 1 PM

Stronghurst America Legion Chicken Noodle Supper Friday, April 14th 5-7pm at the Stronghurst American Legion Hall Free Will Donation

We will also be selling tickets for metal tattered flag at the end of our supper!

Stronghurst/Carman/Smithshire United Methodist Church Pizza and a Movie Night!

Tuesday April 25th at 5pm at the Stronghurst UM Church Bring the family and join us!

Strom Center's Henderson County Seniors continued....

Smithshire

Smithshire/Carman/Stronghurst UM Church Annual Easter Egg Hunt

Saturday, April 8th @ 10am Bring the kids and join us at the Smithshire Park at 10:00 AM for our Annual Easter Egg Hunt!

Raritan

Raritan Fire Protection Easter Egg Hunt

Sunday, April 9th @ 2:30pm Raritan Village Park

Easter egg hunt will be held April 9th at 2:30 pm the Easter Bunny will be there! We are excited to see you all there! Will be held at the Raritan Village Park.

Oquawka

Faith Bible Easter Egg Hunt Saturday, April 8th @ 10am

We invite the kids of our community to our 20th annual Easter Egg Hunt to be held on Saturday, April 8th, at 10:00 a.m. We will have eggs to hunt, prizes to win, and we will be having a special story time when we will discover the wonder of the empty egg and how Jesus gives us new life!!

The egg hunt is available for pre-schoolers through sixth graders!

Oquawka's City Wide Yard Sales

April 21st through April 23rd

Oquawka's City Wide Clean Up

April 29th

Please have everything on your curb on April 28th



BINGO DAYS AT STROM CENTER IN OQUAWKA

Wednesday, April 12th and Wednesday, April 26 are the dates, days, and times in our Oquawka Center for Bingo. Both days will start at 1 pm. Each person is allowed up to 4 cards FREE and 25 cents for each additional card. Refreshments are served in the afternoon.

Don't forget about Zoom Bingo, which will be held on Tuesday, April 18th at 1 pm. Please call Strom Center at least 2 days prior to the event to ensure you receive your invitation to play. 309 734 5677 if you wish to play. Unsure how to participate in Zoom Bingo? Call 309 734 5677 for instructions.....It is sooo much fun!! (and FREE!)

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: “ Ahh....It’s April!!” with a difficult-o-meter rating of 8.5...!!

1. In what year was April 15 established as “Tax Day”? _____
2. What state is known as the rainiest U.S. state? _____
3. Who was the first US President to be born in the month of April?
4. In every year April starts on the same day of the week as what other month? _____
5. What US state pays the highest per cent of taxes?: _____
6. This falls on the first Sunday after the first full moon after the spring equinox:

7. Unscramble the letters to find a common sight in April (2 words):

MULESPDDDU _____

8. What is the birthstone for April? _____

9. April starts with the letter A, and how many US states have capitals which start with the letter A? _____

10. What actress starred in the 1952 movie, “Singin’ in the Rain”? _____

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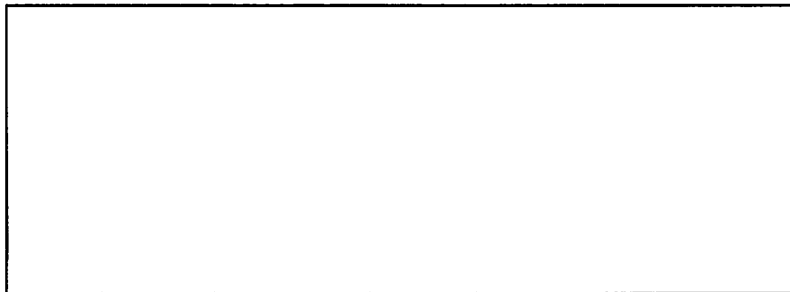
Last Months Answers. (Winners are announced on the Recognitions Page)

1. The term “March Madness” first referred to A) high school basketball, B) college basketball, or C) professional basketball: A. HIGH SCHOOL BASKETBALL
2. The “Ides of March” is noted for the death of : JULIUS CAESAR
3. Legend credits St. Patrick for driving what out of Ireland? SNAKES
4. In what year was Springfield chosen to be the state capital? 1837 (It actually became the capital in 1839)
5. “March” is named for the Roman god of war, whose name was: MARS
6. According to the passing of a bill, March 12 will be the last time you will need to: RESET YOUR CLOCKS
7. March 21 brings about the March equinox—also called the vernal, but is commonly called the FIRST DAY OF SPRING
8. The word “kite” actually means: A) Soar, B) Bird, C) Spider, or D) Wind: BIRD
9. _____, who was born in March, was the only president in American history to serve two non-consecutive terms in office. GROVER CLEVELAND
10. Mildred, Mary, and Minnie made shamrock cookies for a St. Patrick’s Day party. Minnie baked $\frac{2}{3}$ as many cookies and Mildred, and Mary baked 3 dozen which was twice as many as Mildred. Altogether, how many cookies did the 3 women bake? 66 COOKIES

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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