



On the Go...

The newsletter for people 50 and better!

SENIOR SERVICES OF CENTRAL ILLINOIS

2022

JANUARY
FEBRUARY



Wishing you
a *blessed*
New Year

WELCOME!



701 West Mason St.
Springfield, IL 62702



(217) 528-4035



www.centraIllseniors.org



www.instagram.com/SeniorServicesofCentraIll



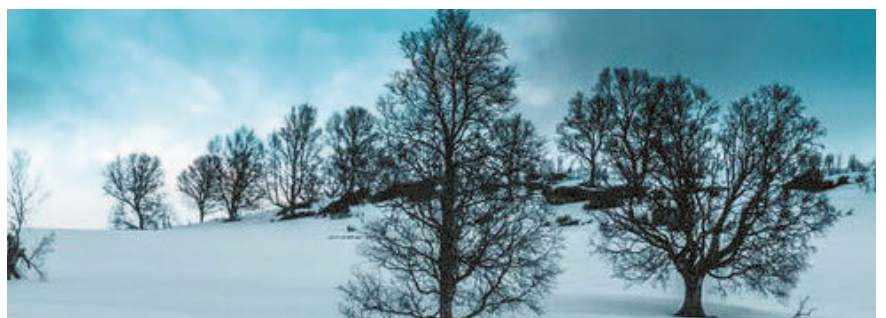
www.facebook.com/SeniorServicesofCentraIll

INSIDE THIS ISSUE

- pg. 02 January Daily Bread Menu
- pg. 03 February Daily Bread Menu
- pg. 04 Specialty Programs Closure
- pg. 06 Closure Information
- pg. 07 Upcoming Programs
- pg. 08 January Activities
- pg. 09 February Activities
- pg. 10 Recurring Programs
- pg. 11 Additional Programs
- pg. 12 Giving
- pg. 13 Day Trips
- pg. 14 Trips and Tours
- pg. 15 Trips and Tours Continued
- pg. 16 Volunteer
- pg. 17 AARP
- pg. 18 Health Awareness
- pg. 19 General Information
- pg. 20 Subscribe Today!

HAPPY NEW YEAR

Senior Services of Central Illinois is wishing you a very happy New Year! We know that 2021 was full of challenges, and we hope that 2022 brings more certain times for all of us. Hoping the new year brings you and your family much happiness and prosperity. Stay safe and healthy, and we hope to see you soon!



JANUARY DAILY BREAD MENU

MON	TUE	WED	THU	FRI
03	04	05	06	07
BBQ Rib on Bun Baked Beans Peas Apple	Mostaccioli with Meat Sauce Southwest Veggies Garlic Bread Tossed Salad/Fruit Cocktail	Fish Wild Rice Broccoli Pineapple Tidbits	Roast Chicken Mashed Potatoes with Gravy Brussel Sprouts Mandarin Oranges	Chili Dog Tater Tots Corn Diced Pears/ Juice
10	11	12	13	14
Salmon Patties Red Beans California Medley Orange	Country Fried Steak Scalloped Potatoes Asparagus Strawberries	Stuffed Peppers Stewed Tomatoes Carrots Diced Peaches	Mac & Cheese with Ham Butter Beans Zucchini Juice	Sweet & Sour Chicken Fried Rice Mixed Veggies Jello with Fruit
17	18	19	20	21
Sliced Turkey Stuffing Butter Beans Kiwi	Fried Chicken Mashed Potatoes with Gravy Green Beans Raisins	Baked Tilapia Quinoa Yellow Squash Mixed Fruit	Corned Beef and Cabbage Baby Bakers Carrots Mixed Berries	Spaghetti with Meatballs Spinach Dinner Salad Roll/ Juice
24	25	26	27	28
Pork Burger Sweet Potato Fries Corn Banana	Beef & Broccoli on Rice Peas & Carrots Pineapple Roll	Honey BBQ Wings Spinach California Medley Juice	Shrimp Fettuccini Alfredo Black Beans Broccoli Applesauce	Cooks Choice 
31				
Chicken Sandwich Mac & Cheese Mixed Veggies Plum				

THINGS TO KNOW

Chatham (217) 483-3792; Divernon (217) 628-3412; Greenview (217) 968-5323; Auburn, Pawnee, Riverton, Rochester, Springfield, Sherman, & Williamsville (217) 528-4035 (ext. 121 for Dining Room, and ext. 123 for Home Delivery). Dining rooms open at 10:00 am Monday–Friday. Meals served with whole wheat bread & 1% milk. Menu is subject to change. Meals partially funded through AgeLinc. Suggested donation of \$3 for persons 60 and over, \$5.75 fee for persons under 60. Please make checks payable to "Daily Bread". To reserve or cancel, please call your local Site Manager at least one day ahead.

FEBRUARY DAILY BREAD MENU

MON	TUE	WED	THU	FRI
	01	02	03	04
	Pulled Pork Turnips Sweet Potato Fries Pears	Turkey Tetrazzini Broccoli Tossed Salad Banana	Beef Taco Rice Fiesta Corn Juice	Chicken Cordon Bleu Bites Mac & Cheese Asparagus Oranges
07	08	09	10	11
Pork Loin Sweet Potatoes Collard Greens Apple	Meatball Sub w/ Marinara Tater Tots Kale Peaches	Chicken Penne Spinach Broccoli Grapes	Tilapia Rosemary Potatoes Squash Plum	Ham & Beans Rice Cornbread Pineapple
14	15	16	17	18
Cheeseburger French Fries Corn Orange Juice	Oven Roasted Turkey Quinoa Brussel Sprouts Craisins	Roast Beef Mashed Potatoes Green Beans Mixed Berries	Pork Fried Rice Cabbage Carrots Kiwi	Shrimp Fettuccini Cucumber Tomato Salad Peas Mixed Fruit
21	22	23	24	25
	Italian Chicken Dinner Salad Vegetable Medley Apricots	Sausage Egg & Cheese Biscuit Breakfast Potatoes Warm Apples Donut Orange Juice	Spaghetti with Meatballs Cauliflower Zucchini Apples	Chef's Choice 
28				
Chicken Parmesan Stewed Tomatoes Broccoli Raisins				

THINGS TO KNOW

Chatham (217) 483-3792; Divernon (217) 628-3412, Greenview (217) 968-5323; Auburn, Pawnee, Riverton, Rochester, Springfield, Sherman, & Williamsville (217) 528-4035 (ext. 121 for Dining Room, and ext. 123 for Home Delivery). Dining rooms open at 10:00 am Monday - Friday. Meals served with whole wheat bread & 1% milk. Menu is subject to change. Meals partially funded through AgeLinc. Suggested donation of \$3 for persons 60 and over, \$5.75 fee for persons under 60. Please make checks payable to "Daily Bread". To reserve or cancel, please call your local Site Manager at least one day in advance.

SPECIALTY PROGRAMS

Page 04

AGING MASTERY

The Aging Mastery Program® (AMP) will help you create your own playbook for aging well via actionable goals, sustainable behaviors, peer support, and incentives. The program encourages mastery—developing behaviors across many dimensions that will lead to improved health, stronger financial security, and overall well-being.

This is a ten week course that covers topics such as Exercise, Healthy Eating, Financial Fitness, Medication Management, Falls Prevention, and more.

This program will help you gain information to help you make small but impactful changes in your health behaviors, financial well-being and enrichment in later life; Real incentives and rewards for taking small steps that can improve your well-being; and a chance to meet new friends, provide support and encouragement to your peers, and become more involved in



your community. Weekly classes will be held every Tuesday from March 1, 2022 – May 3, 2022 from 2:00 – 4:00 PM. Classes will be held at South Side Christian Church, 2600 S MacArthur Blvd., Springfield, IL 62704. Registration fee: \$65.00. If 80% of the classes are completed, the participant will receive a \$60 refund upon Graduation. For more information, or to register, please contact Tessa French at (217) 528-4035 or t.french@ssoci.org.

A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

A Matter of Balance is a structured program consisting of 8 sessions that include group discussion and light exercise. This program is designed to benefit any older adult whether you have a history of falls, or you are just looking to become more active.

Identify your own thoughts and concerns about falling.

Reduce fear of falling and increase your activity level.

Learn strength and flexibility exercises designed to keep you stable on your feet.

Weekly classes will be held every Tuesday from February 15 - April 5, 2022 from 2:00 - 4:00 pm at the Springfield Senior Center.

Registration fee of \$30, with a full refund after completion of at least 5 sessions.

For more information, or to register, please contact Barb Hipsher at (217) 503-4643.

AMP Aging Mastery Program®
National Council on Aging

Join the adventure!

Build your own personal playbook for aging well. This fun, innovative program empowers you to take key steps to improve your well-being, add stability to your life, and strengthen ties to your community. Meet new friends and provide encouragement to one another as you take the Aging Mastery journey together!

**AVAILABLE FOR
A LIMITED TIME!**

ADVERTISE HERE NOW!

Contact **Brett Reineck**

to place an ad today!

breineck@lpicommunities.com

or **(800) 950-9952 x2511**

**NEVER MISS
A NEWSLETTER!**

Sign up to have our newsletter
emailed to you at

www.mycommunityonline.com



WE'RE HIRING

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community
- Paid Training
- Some Travel



Contact us at: careers@4pi.com | www.4pi.com/careers

CARRIAGE CROSSING

SENIOR LIVING

Changing where you live doesn't have to mean changing your whole way of life.
At Carriage Crossing Senior Living, you'll find all the choices you need to live the life you love.



BEAUTIFUL SENIOR APARTMENTS

Each of our private suites features a full bath, kitchen area and premium finishes within a comfortable living space that's ready for your own personal touch.



SOCIALLY ENGAGED LIVING

Carriage Crossing provides access to a wealth of life-enriching programs, community events, fitness classes and more—all to enhance your social, physical and emotional wellness.



EXCEPTIONAL DINING

Enjoy chef-prepared meals every day of the week—on your schedule. Our menu features a variety of delicious favorites and farm-to-table options to satisfy all tastes and dietary needs.

Now taking reservations! Contact Scott Linde (217) 685-9674

LIVE THE LIFE YOU LOVE



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Senior Services of Central Illinois

A 4C 01-1211

CLOSURE INFORMATION

Page 06

OFFICE CLOSURES

FEBRUARY 21, 2022

Senior Services of Central Illinois will be closed on Monday, February 21, 2022 for President's Day. All programs will be closed, including all Daily Bread Congregate Sites and Senior Transport.

FUTURE CLOSURES

Monday, May 30
Memorial Day

Monday, June 20
Juneteenth
Independence Day

Monday, July 4
Independence Day

Monday, September 5
Labor Day

Friday, November 11
Veteran's Day

Thursday, November 24 &
Friday, November 25
Thanksgiving

Monday, December 26
Christmas



WINTER WEATHER

Now that winter is upon us we just wanted to remind you that any cancellations or changes to our driving schedule will be put on WICS News Channel 20, WAND News Channel 17, WCIA News Channel 3, WTAX 1240 AM, WFMP 104.5 FM, and WMAY 970 AM.

We will also post the information to the Senior Services of Central Illinois Facebook page.

There may be a few options we choose depending on how bad the weather is:

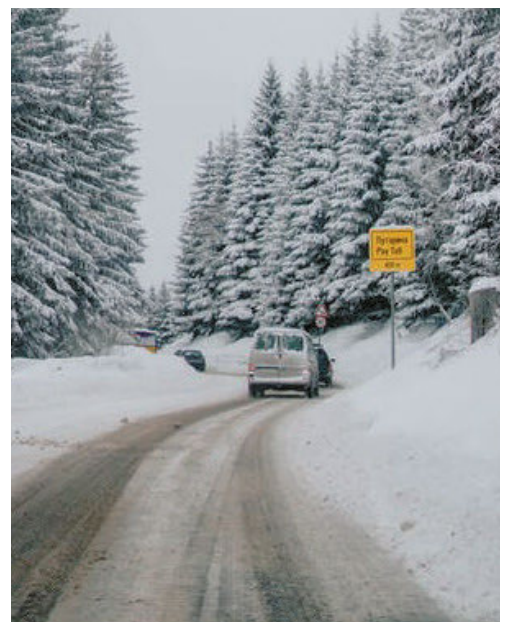
If the snow or ice is too bad, the center could close for the day.

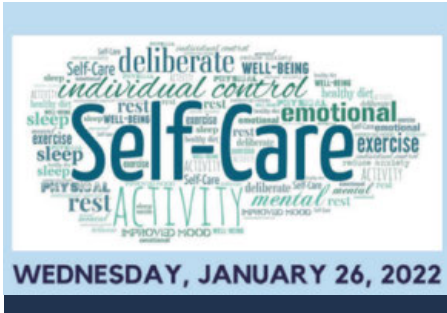
If we find that the rural roads are too snowy or icy, we may limit to just "in town rides".

We could also limit to "Medical Only rides". With this option we would only pick up those riders who have medical appointments.

We hope to be able to drive all winter. However, safety for drivers and riders has to be a top priority.

Thank you in advance for your understanding.





SELF-CARE

01/26 | 12:15 PM

Join us for a discussion on Self-Care, presented by Andrea Byrne, Fit Club Nurse Yoga Trainer,



VALENTINE FUN

02/12 | 12:15 PM

We will celebrate Valentine's Day with sweet treats, entertainment provided by Barbara Grissom, and more!



DIABETIC SHOES

02/16 | 10:00 AM

Garth Akal from George Allen Shoes will assist individuals with diabetes in receiving free therapeutic shoes & inserts. Contact Barb at (217) 503-4643 by February 10th to register.

AEROFLOW  UROLOGY
REDEFINING CONTINENCE CARE

Living with loss of bladder control or incontinence?

Get high-quality protective underwear, briefs and additional incontinence supplies, delivered straight to your home each month — FREE through your Medicaid benefits.



Check your eligibility today!
(866) 698-3690 | aeroflowurology.com/SSCI



JANUARY ACTIVITIES

MON	TUE	WED	THU	FRI
03	04	05	06	07
11am Bible Study 12:30pm Bridge	9am Knit/Crochet 10am Beginning Tap Dance 12:30pm Canasta	10am Bible Study 10am BINGO 12:30pm Pinochle	10am Tip Top Tappers 2pm Silver Steppers	9am Knit/Crochet 10am Art Social
10	11	12	13	14
11am Bible Study 12:30pm Bunco	9am Knit/Crochet 10am Beginning Tap Dance 12:30pm Canasta	10am Bible Study 10am BINGO Sponsored by Visiting Angels 12:30pm Pinochle	10am Tip Top Tappers 2pm Silver Steppers	9am Knit/Crochet 10am Art Social
17	18	19	20	21
11am Bible Study 12:30pm Bridge	9am Knit/Crochet 10am Beginning Tap Dance 12:30pm Canasta	10am Bible Study 10am BINGO 12:30pm Pinochle	10am Tip Top Tappers 2pm Silver Steppers	9am Knit/Crochet 10am Art Social
24	25	26	27	28
11am Bible Study 12:30pm Bunco	9am Knit/Crochet 10am Beginning Tap Dance 12:30pm Canasta	10am Bible Study 10am BINGO 12:30pm Pinochle	10am Tip Top Tappers 2pm Silver Steppers	9am Knit/Crochet 10am Art Social
31				
11am Bible Study 12:30pm Bridge				



DAILY ACTIVITES

9am Let's Get Fit Exercise Class
 9am Weaving
 8am - 5pm Access to Exercise Equipment and Billiards

FEBRUARY ACTIVITIES

MON	TUE	WED	THU	FRI
	01	02	03	04
	9am Knit/Crochet 10am Beginning Tap Dance 12:30pm Canasta	10am Bible Study 10am BINGO 12:30pm Pinochle	10am Tip Top Tappers 2pm Silver Steppers	9am Knit/Crochet 10am Art Social
07	08	09	10	11
11am Bible Study 12:30pm Bridge	9am Knit/Crochet 10am Beginning Tap Dance 12:30pm Canasta	10am Bible Study 10am BINGO Sponsored by Visiting Angels 12:30pm Pinochle	10am Tip Top Tappers 2pm Silver Steppers	9am Knit/Crochet 10am Art Social
14	15	16	17	18
1am Bible Study 12:30pm Bunco	9am Knit/Crochet 10am Beginning Tap Dance 12:30pm Canasta	10am Bible Study 10am BINGO 12:30pm Pinochle	10am Tip Top Tappers 2pm Silver Steppers	9am Knit/Crochet 10am Art Social
21	22	23	24	25
	9am Knit/Crochet 10am Beginning Tap Dance 12:30pm Canasta	10am Bible Study 10am BINGO 12:30pm Pinochle	10am Tip Top Tappers 2pm Silver Steppers	9am Knit/Crochet 10am Art Social
28				
11am Bible Study 12:30pm Bunco				



DAILY ACTIVITIES

9am Let's Get Fit Exercise Class
 9am Weaving
 8am - 5pm Access to Exercise Equipment and Billiards

RECURRING PROGRAMS



Senior Services of Central Illinois

SOCIAL SENIORS

Gain a better understanding of the signs and symptoms of depression, and learn coping strategies to combat social isolation. Enjoy arts, crafts, games, short lectures, and group discussions.

TUESDAY, NOVEMBER 9
1:00 - 3:00

TUESDAY, DECEMBER 14
1:00 - 3:00

TUESDAY, JANUARY 11
1:00 - 3:00

TUESDAY, FEBRUARY 8
1:00 - 3:00

This group will be participant-led, and facilitated by the training staff from SIU's Survivor Recovery Center. Please RSVP to Barb Hipsher (217) 503-4643 a week prior.



LEGAL AID

Land of Lincoln Legal Aid, Inc. is back to assist seniors with Power of Attorney, eviction, and legal services. Appointments will take a minimum of 30 minutes, and are free of charge. To make an appointment, please contact Barb Hipsher at (217) 503-4643.

First Wednesday and Third Monday each month. (Beginning January 17th.)
9:00 - 3:00



Senior Services of Central Illinois
701 West Mason
Springfield, IL



NASH

and his human, Christie Goleman



Senior Services of Central Illinois
701 West Mason
Springfield, IL

JANUARY 19, FEBRUARY 23, AND MARCH 23
12:30 PM

SOCIAL SENIORS

Gain a better understanding of the signs and symptoms of depression, and learn coping strategies to combat social isolation. Enjoy arts crafts, games, short lectures, and group discussion. This group will be participant-led, and facilitated by the training staff from SIU's Survivor Recovery Center. Please RSVP to Barb Hipsher at (217) 503-4643 a week prior.

Tuesday, January 11
1:00 - 3:00 pm
Tuesday, February 8
1:00 - 3:00 pm

LEGAL AID

Land of Lincoln Legal Aid, Inc. provides free civil legal help to eligible seniors regarding Powers of Attorney, Medicaid, Medicare, SNAP, Evictions, Consumer Debt, Orders of Protections, Guardianships, Custody, Foreclosure, Bankruptcy, and more. To make an appointment, please contact Barb Hipsher at (217) 503-4643.

First Wednesday and Third Monday each month:
Monday, January 17
9:00 am - 3:00 pm
Wednesday, February 2
9:00 am - 3:00 pm
Monday, February 21
9:00 - 3:00

NASH

Nash and his human, Christie Goleman are a Certified Pet Therapy Team that will be coming to visit the Springfield Senior Center beginning in January. Come visit with this sweet duo!

Wednesday, January 19
12:30 pm
Wednesday, February 23
12:30 pm
Wednesday, March 23
12:30 pm

To view full size flyers, or for more information on upcoming programs and activities, please visit our website at www.centralILseniors.org and view the Activities tab.



REMEMBRANCE CEREMONY

The Senior Services of Central Illinois' Annual Remembrance Ceremony is scheduled for Friday, January 28, 2022.

"This Candle Burns" in loving memory of those who are not here today, but who are forever present in our hearts.

This Candle Burns Remembrance Ceremony will begin at 10:30 am

Music provided by Randy Foster.

Prayer Service by Jeff Stott.



SENIOR SERVICES OF CENTRAL ILLINOIS

This Candle Burns

Remembrance Reading.

Refreshments.

A special Thank you to Health Alliance for Sponsoring this special event.

LET'S TALK WORKSHOPS

HEALTHCARE WISHES

You have a say in your healthcare. Julie Bobell with Memorial Health will assist seniors in making plans for future healthcare decisions and documenting your healthcare wishes. Please contact Barb Hipsher at (217) 503-4643 to register for this 2 part series by Wednesday, February 2nd.

**Monday February 7th & Wednesday, February 9th
1:00 pm**

<p>Discover the Serenity Difference</p> <ul style="list-style-type: none"> Affordable 1 and 2 bedroom apartment homes Caring on-site management Convenient location close to shopping and restaurants Three floorplans ranging from 675 - 1,042 square feet <p>2801 Montaluma Drive • Springfield, IL 62704</p>	<p>Affordable 55+ Independent Senior Living</p> <p>SERENITY MANOR AT SPRINGFIELD AN ELEVATION 55+ APARTMENT COMMUNITY</p> <p>217-698-9600</p> <p>CALL OR STOP BY TODAY FOR YOUR TOUR!</p>	<p>Support our ADVERTISERS</p>	
<p>Throop & Son Tree Service</p> <p>Since 1929</p> <p>Earl Throop</p> <p>217-528-8523</p>	<p>50th ANNIVERSARY 2021</p> <p>WHITE STAR TOURS</p> <p>We are looking forward to our clients traveling again to one of our many group travel destinations!</p> <p>SPECIAL ANNIVERSARY TOURS & SUPER PRICES!</p>		<p>Eliminate the uncertainty. Plan Ahead Today.</p> <p>STAAB 1937</p> <p>Honoring Life-</p> <p>StaabFamily.com (217) 528-6461 Springfield & Sherman</p>
	<p>Timberlake SUPPORTIVE LIVING</p> <p>2521 Empowerment Road • Springfield, IL (217) 321-2100</p> <p>Professionally managed by christian horizons</p>		

GIVING TO SSCI

We would like to send a special Thank You to all of our 2021 Supporters.

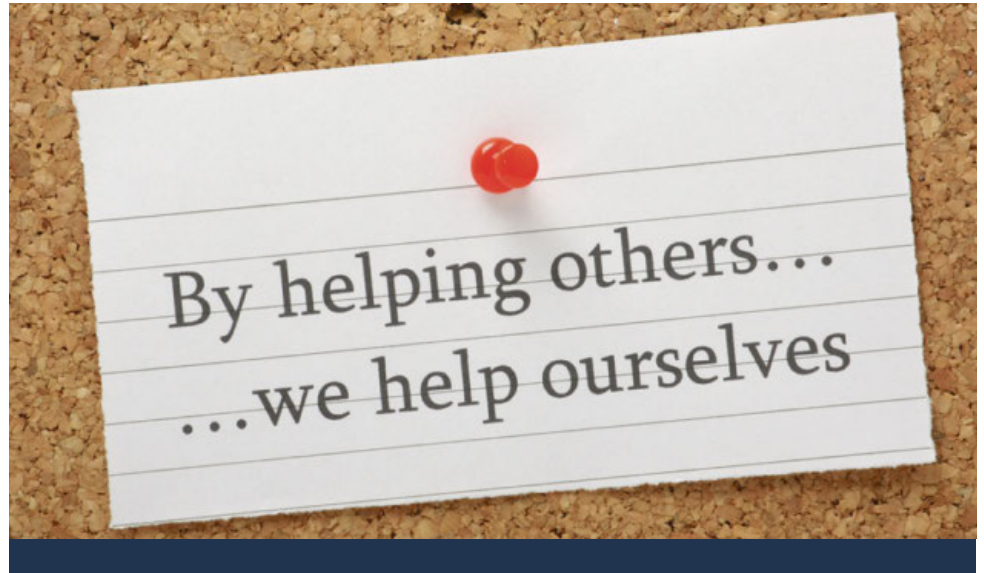
Thank you to all sponsors and donors who have supported us throughout 2021.

Thank you to those who donated food for the Holiday Baskets for seniors including Altrusa International, Cathedral Church of St. Paul, and Chapter HU P.E.O.

Thank you to all who donated items for the Santa for Soldiers program, including PORTA Central.

We are so very thankful for each and every individual, business, and organization that supports our mission.

If you are interested in supporting Senior Services of Central Illinois, please visit www.centralilseniors.org/support-donate.htm



THRIVENT

Looking for an easy way to support and strengthen Senior Services of Central Illinois? Participate in Thrivent Choice®, Thrivent's charitable outreach program.

Through Thrivent Choice, you can contribute to organizations and causes you care about and influence how Thrivent distributes some of its charitable funding.

Thrivent Choice provides an online giving platform where you can make personal donations. And Thrivent pays the processing fees, so 100% of your donation goes to help make an impact.*

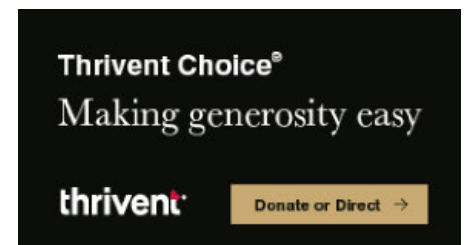
Eligible Thrivent clients with membership can also recommend where Thrivent distributes some of its outreach funding by directing Choice Dollars® to any of the thousands of enrolled

churches and nonprofit organizations, including Senior Services of Central Illinois.

If you would like to learn more about Thrivent Choice, visit thrivent.com/thriventchoice. You can also contact your Thrivent financial professional.

Senior Services of Central Illinois thanks you for supporting our important work and helping to make good things happen.

*Thrivent will pay the online processing fees for personal donations made through Thrivent Charitable Impact & Investing™ up to \$300,000 per calendar year.



THE LION KING

June 11, 2022, 2:00 pm

Giraffes strut. Birds swoop. Gazelles leap. The entire Serengeti comes to life as never before. As the music soars, Pride Rock slowly emerges from the mist. Disney's THE LION KING is making its triumphant return to Fox Theatre, St. Louis. Experience the awe-inspiring visual artistry, unforgettable music, and uniquely theatrical storytelling of this Broadway spectacular. Winner of six Tony Awards®, including Best Musical, THE LION KING brings to life a story filled with hope and adventure set against an



amazing backdrop of stunning visuals, Tony Award®-winning choreography and some of Broadway's most recognizable music. Cost: \$145 includes transportation, theatre ticket, and dinner at the Fox. (Final ticket count due to Fox by March 1, 2022.)

TRAVEL INFO

Specific details on all trips are available in the Senior Center, or on our website at www.centraillseniors.org.

Travel insurance is available upon request on all trips. Contact Sally Hamilton, Trip Coordinator, at (217) 528-4035 for more information, to make a reservation, or to be placed on an email list for travel updates.

Reservation fee due at time of booking. SSCI rules and regulations apply.

ESTES BRIDGEWATER & OGDEN

Certified Public Accountants
Lori K. Milosevich, CPA, CFE • Partner
(217) 528-8473 ext. 102
Fax (217) 528-8506 901 S. Second St.
milo@ebocpa.com Springfield, IL 62704

From Hospital, To Heritage, To Home!

HERITAGE HEALTH
Therapy & Senior Care

In partnership with
Memorial HEALTH SYSTEM

(217) 789-0930 • Springfield, IL

HeritageOfCare.com/Springfield
Facebook.com/HeritageHealthSpringfield



“Helping you say goodbye, with dignity and respect.”

Butler FUNERAL HOMES
AND CREMATION TRIBUTE CENTER

544-4646 • butlerfuneralhomes.com

Proudly investing in you, your family and our community.

We're with you!

MARINE BANK
ibankmarine.com

MEMBER FDIC

ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?

TO ADVERTISE HERE CALL 800.950.9952
or visit www.lpicommunities.com/advertising

LPi

www.addus.com

Independence at Home

Since 1979, Addus has provided quality home care services.

ADDUS HOME CARE

217.585.6693 or 800.659.6474
2937 W White Oaks Dr. • Springfield, IL 62704



NEW ORLEANS, LOUISIANA

March 27 - April 2, 2022

Highlights include guided tour of New Orleans including the French Quarter, Houmas House Plantation & Gardens Tour, Riverwalk and Jax Brewery, Swamp Tour, National World War II Museum. Cost \$1,034 per person (double occupancy) or \$1,433 per person (single occupancy) and includes motorcoach transportation, 7 days, 6 nights, 6 breakfasts and 3 dinners.

GREAT TRAINS & GRAND CANYONS

April 24 - 29, 2022

Highlights include two rail journeys – Grand Canyon Railway and Verde Canyon Railroad, Grand Canyon National Park, Oak Creek Canyon, Sedona Trolley Tour, Chapel of the Holy Cross, Tiaquepaque & Uptown Sedona, Montezuma Castle, Chuckwagon Supper & Show, Old Town Scottsdale. Cost \$ 2,850 per person (double occupancy) or \$3,625 per person (single occupancy) and includes roundtrip airfare from St. Louis and motorcoach transportation around sights in Arizona, 6 days, 5 nights, 5 breakfasts and 3 dinners.
*Ask about pricing discount.

HOLLAND, MI TULIP FESTIVAL

May 10 - 13, 2022

This trip will make you feel like you are in the Netherlands without having to travel abroad – right in the heart of America! Named America's Best Small Town Festival by Reader's Digest, the Holland Tulip Festival has been held every May in Holland, Michigan since 1929. Experience the culture of the town at the Kinderparade, enjoy Klompen dancing, America's only authentic working Dutch windmill, tasty Dutch food and of course thousands of colorful tulips. Cost \$1,277 per person (double occupancy) or \$1,535 per person (single occupancy) and includes motorcoach transportation, 4 days, 3 nights, 3 breakfasts, 4 lunches and 2 dinners.



OUR IOWA AND MISSISSIPPI RIVER

June 12 - 17, 2022

Relax for a day aboard the Celebration Belle cruising along the Mississippi's scenic shores, historic river towns, towering bluffs, powerful barges and lock & dams. Experience communal life at the Amana Colonies, visit Trappist monks, and see the "Field of Dreams" brought to life. Visit our website for more information.
www.centraLLseniors.org

LANDSCAPES & LIGHTHOUSES OF COASTAL MAINE

October 1 - 7, 2022

Highlights include Boston City Tour, Fenway Park Tour, Casco Bay Cruise, Portland Head Lighthouse, Walkers Point, Lobster Boat Cruise, Cape Neddick Lighthouse, Conway Scenic Railroad, Kandamagus Highway, Maple Sugar House Visit, North Conway & the White Mountains, Lobster Bake. Visit our website for more information.
www.centraLLseniors.org

NASHVILLE'S OPRYLAND COUNTRY CHRISTMAS

December 5 - 8, 2022

Highlights include General Jackson Luncheon Cruise, Country Christmas Dinner Show with Entertainment, Nashville Nightlife Dinner Show, Brightest Star Fountain Show, Two Million Lights, Delta River Flatboat Ride, Themed Ice Sculptures, Country Music Hall of Fame and Guided Tour of Nashville. Visit our website for more information.
www.centraLLseniors.org

 <p>Springfield Supportive Living <i>"Are You Young Enough?"</i></p>  <p>Assistance with: • Medications • Meals • Bathing • Fun activities • Financial Assistance available</p> <p>2034 Clear Lake Ave., Springfield, IL • 217-522-8843 www.springfieldsupportiveliving.com</p>	<h1>STAND OUT</h1> <p>with a PREMIUM DIGITAL AD on MYCOMMUNITYONLINE.COM</p>  <p>CONTACT US AT 800-950-9952</p>
<p>ADT-Monitored Home Security</p> <p>Get 24-Hour Protection From a Name You Can Trust</p> <ul style="list-style-type: none"> • Burglary • Flood Detection • Fire Safety • Carbon Monoxide <p>ADT Authorized Provider SafeStreets 1-855-225-4251</p>	<p>BEST OF BEAUTY</p> <p>MEN & WOMEN'S COLOR, CUTS & STYLE 80 TO EDGY</p> <p>• BARBER ON STAFF • 1731 N DIRKSEN PKWY 217-528-9729</p>

SENIOR CENTER

We would like to send a very special Thank You to each and every volunteer that has dedicated their time and effort to assist us in serving our seniors.

We currently have a number of volunteer opportunities available:

Daily Bread Meal Delivery
Monday - Friday
9:30 - 11:00 am

Friendly Visit
Calling socially isolated seniors for a friendly chat.

Money Management Assist
seniors with managing their finances.

Springfield Specialty Meals
on Wheels Delivery
Monday - Friday
11:15 am - 12:15 pm

If you are interested in any of our volunteer opportunities, please contact Tessa French at (217) 528-4035 or t.french@ssoci.org.



COMMUNITY OPPORTUNITIES

ABRAHAM LINCOLN PRESIDENTIAL LIBRARY AND MUSEUM

The Abraham Lincoln Presidential Library and Museum welcomes new volunteers at an orientation session, Wednesday, February 16, 2022. The event will spell out how to join the team that greets visitors, assists at events, helps researchers and much more. To register, please contact Jeremy Carrell at (217) 558-8984.

HABITAT FOR HUMANITY

Mornings 9:00 - 12:30
Afternoons 12:30 - 4:00

- Greet office visitors
- Answer phones
- Schedule donation pick-ups
- Take messages
- Direct calls to staff

Masks are required. Volunteer Orientation & Training are provided.

Please contact Susan Carrigan at (217) 523-2710 for more information.

MARY BRYANT HOME

- Shopping
- Play games with residents
- Read/Write letters
- Read short stories

TB test (provided on site) and COVID-19 vaccination is required, along with occasional COVID-19 testing. Masks and shields are also required. Contact Misty Smith-Duncan at (217) 529-1611 for more information.

ST. JOHN'S HOSPITAL

- Samaritan Guides
- Main Lobby Information Desk
- Gift Shop
- Office: Filing

Flu and COVID-19 vaccinations, and masks, are required. Contact Kristine Myszka at (217) 814-4209 for more info.

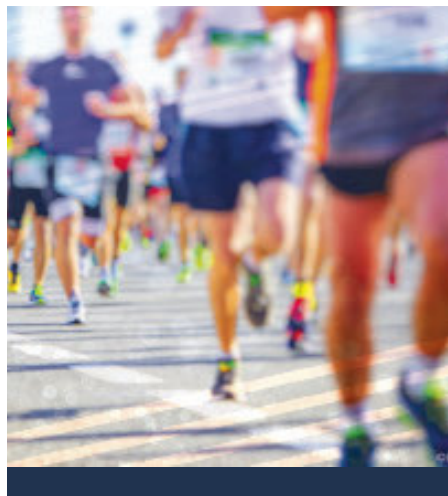


TAX AIDE

Senior Services of Central Illinois will again host Tax-Aide. This service is sponsored by IRS trained seniors to prepare Federal and State tax returns free of charge. There are no age or income requirements.

Please contact Tessa French at (217) 528-4035, ext. 299 with questions.

Individuals will be able to schedule a Tax Preparation appointment in person at the Springfield Senior Center on the following dates and times:



Tuesday, January 4th
1:00 - 4:00 pm

Wednesday, January 5th
10:00 am - 2:00 pm

Wednesday, January 12th
10:00 am - 2:00 pm

AARP FOUNDATION

AARP Foundation serves vulnerable people 50 and older by creating and advancing effective solutions that help them secure the essentials. We're tackling senior poverty by sparking bold, innovative solutions that help vulnerable older adults build economic opportunity and social connectedness — fostering resilience, strengthening communities and restoring hope.



WE'RE HIRING

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid Training
- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community



 Contact us at careers@4lpi.com
www.4lpi.com/careers

*Do you **Live Independently**, but need a little assistance with daily living? Call us!*

HELP AT HOME LLC.

Call 217-753-0211

Compassionate Care in the Comfort of Home

Our services include:

- Light Housekeeping • Meal Preparation • Running Errands
Transportation • Companionship

HELP AT HOME, LLC.

1873 E. Sangamon Avenue Springfield, Illinois 62702

 **FAMILY CARE CREMATION**
SIMPLE. DIGNIFIED. DIRECT.
YOUR TRUSTED SOURCE FOR AFFORDABLE DIRECT CREMATION

\$1350.00
NO HIDDEN FEES
- VETERAN OWNED
- SERVING SPRINGFIELD AND SURROUNDING COUNTIES
- AVAILABLE 24 HOURS A DAY, 7 DAYS A WEEK

CALL TODAY FOR MORE INFO
217-313-3629
WWW.FAMILYCARECREMATION.COM



GLAUCOMA

January is Glaucoma Awareness Month, a great opportunity to spread the word about a disease that affects more than 3 million people in the United States.

Since glaucoma often strikes without symptoms and can cause significant vision loss before a person notices changes in their eyesight, it's critical to learn what you can do to protect your eyes.

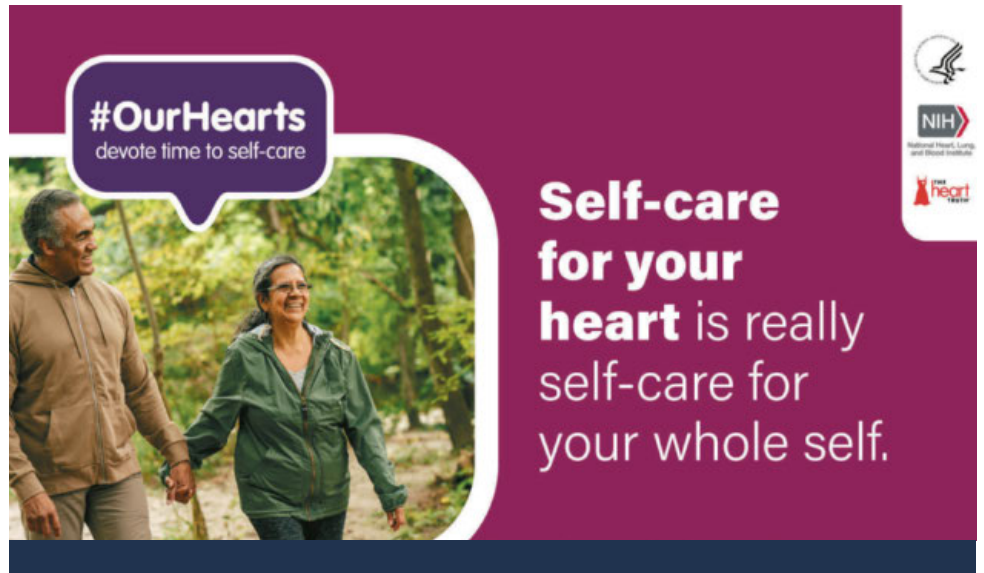
Here are three things you can do to take control of your eye health this month.

- Schedule an annual eye exam.

- Maintain your current eye care plan.

- Understand your treatment options.

For more information, visit the Glaucoma Research Foundation at www.glaucoma.org



AMERICAN HEART MONTH

The term "heart disease" refers to several types of heart conditions. The most common type of heart disease in the United States is coronary artery disease (CAD), which affects the blood flow to the heart. Decreased blood flow can cause a heart attack.

Sometimes heart disease may be "silent" and not diagnosed until a person experiences signs or symptoms of a heart attack, heart failure, or an arrhythmia. When these events happen, symptoms may include:

Heart attack: Chest pain or discomfort, upper back or neck pain, indigestion, heartburn, nausea or vomiting, extreme fatigue, upper body discomfort, dizziness, and shortness of breath.

Arrhythmia: Fluttering feelings in the chest (palpitations).

Heart failure: Shortness of breath, fatigue, or swelling of the feet, ankles, legs, abdomen, or neck veins.

High blood pressure, high blood cholesterol, and smoking are key risk factors for heart disease. About half of people in the United States (47%) have at least one of these three risk factors.

Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including:

- Diabetes
- Overweight and obesity
- Unhealthy diet
- Physical inactivity
- Excessive alcohol use

For more information on Heart Disease, visit the CDC website at www.cdc.gov, or the American Heart Association at www.heart.org

Get your information about services & activities directly...call our reception desk at (217) 528-4035 to have our bi-monthly publication of On the Go... sent to you via email, or snail mail. You can also pick-up a copy in the Senior Center. Receive information about our day trips and extended trips, hot off the press, by emailing a request to trips@ssoci.org. You can sign up and have a friend sign up, too!

Your donations are tax deductible!! All donations made to Senior Services of Central Illinois are greatly appreciated. Your donations are one of the ways we keep our programs alive and well! If you would like your donation to go toward a specific program, please indicate this on the memo line. If a particular program is not specified, your donation will be used where it is needed most.



ABOUT SENIOR SERVICES

Senior Services of Central Illinois (SSCI) is a not-for-profit organization that has been offering a wide variety of non-medical services for individuals 50 years of age and older in Sangamon, Logan, Mason, and Menard counties since 1967.

SSCI specializes in quality of life services, providing solutions to everyday problems so that seniors can continue to live independently, in their own homes, for as long as possible.

Call Senior Services of Central Illinois at (217) 528-4035, from 8:00 am - 5:00 pm, Monday through Friday and let us find solutions for you.

Senior Services of Central Illinois' Core Programs:

- Adult Protective Services
- Care Coordination Unit
- Caregiver Specialist
- Choices for Care
- Daily Bread
- Elder Assistance Services
- Illinois Senior Olympics
- Information & Assistance
- Money Management
- Programs/Activities
- Senior Health Assistance Program
- Senior Transport
- Springfield Specialty Meals on Wheels
- Travel Opportunities

ANYONE WHO KEEPS THE ABILITY TO SEE BEAUTY NEVER GROWS OLD.



SUBSCRIBE TODAY!

Page 20

Senior Services of Central Illinois
701 West Mason St.
Springfield, IL 62702

NON-PROFIT ORG.
U.S. POSTAGE
PAID
SPRINGFIELD, IL
PERMIT # 596

RETURN
SERVICE
REQUESTED

ON THE GO... A PUBLICATION OF SENIOR SERVICES OF CENTRAL ILLINOIS GET YOUR SUBSCRIPTION NOW!

Add yourself to the Mailing List!

We are once again able to send this newsletter free. Anyone who wishes to receive the *On The Go...* Newsletter by mail can fill out the form to the right and send it to SSCI, or call our Reception Desk at 217-528-4035. The newsletter will also continue to be available via email, on the SSCI website, or at the Senior Center.

Your \$10 donation for the newsletter postage can be sent to:

Senior Services of Central Illinois
c/o Barbara Hipsher
701 West Mason Street
Springfield, Illinois 62702

SSCI website: www.centraIllseniors.org

YOUR NAME AND CONTACT INFORMATION

Name: _____

Address: _____

Phone: _____

Email: _____

We are happy to mail newsletters free of charge, and appreciate when we receive your donation of \$10 to help defray postage costs. In order to ensure that the publication reaches you, PLEASE let us know if your address should change. Thank you!