



# Bureau County Senior Center Association *Newsletter*



815.879.3981



815.872.3809



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16 West Marion Street Princeton, IL 61356

## Mission:

To Provide information and assistance on needed services to older adults and their caregivers.



THE BUREAU COUNTY SENIOR CENTER DOES NOT ENDORSE ANY BUSINESS WHO ADVERTISES IN THIS NEWSLETTER.

16 West Marion Street • Princeton, IL 61356



January,

As I sit here reflecting on the past year, I say to myself. Thank you God for keeping us, or most of us safe. I don't know about you all, but I happy to have survived 2021. But, with my happiness of staying safe, we also are sad because of the lovely people we have lost this past year. We have had a lot of challenges thru out 2021. But we were able to continue to provide you with all of our services. We were able to meet all of your needs.

As we move forward with the uncertainties of 2022, we will continue to ask you all to continue to follow our guidelines. Mask up, hand sanitize, just use your common sense. As I continue my 15<sup>th</sup> year as your fearless leader, I will continue to work hard to make sure that you all keep receiving the services that you are in need of. Celia will continue reach out to all of you to make sure that you are getting. Be sure that if you are in need of help, reach out to Celia. She loves to assist you. I do know that it makes her day, when she can help. Ellen, is here for your Medicare, Medicare D, Benefit Access, and Medicaid. This is all her expertise. She is very thorough. She does keep up on the updates for your well-being. Cindy always is happy to get you where you want to go. Please remember that now that winter has arrived, would you not want to be picked up and dropped off at the door. I know that I would. Warm bus, great drivers, and fabulous service. You can call and ask for Cindy, and she will get you scheduled. And, by now you all know that Tina has retired. We wish her and Rich many years of great adventures together. She gave countless hours to the activities, home delivered meals, and then the congregate meals. We will ALL miss her. Please be patient as we move forward looking to get a replacement for her position.

It's January, and what to my excitement, we will be allowing AARP to use our center again to provide you the service of Tax preparation. Please know that we will not begin to schedule appointments until February 1. So please don't try to do this early. We thank AARP for providing this service.

Just a quick reminder, it is Winter, watch the sidewalks, driveways, and the cold. If you are going out, please be proactive with your winter attire. Keep the necessary items in your vehicle, your phone charged, and dress warmly. Let's make 2022 an even better year. I plan on it.

Denise Ihrig, Director

# SENIOR SPOTLIGHT



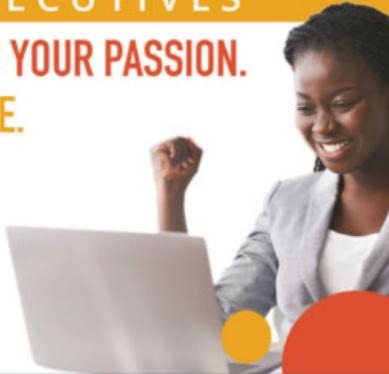
This is Steve!  
Steve LOVES to spend his time volunteering at the senior center! He helps us mostly with our foodbank ( **and let me tell you he loves BANANAS**). He stops in for lunch once in awhile. Steve also loved to go on our gambling trips! Thank you Steve for going the extra mille for us at the center. We cant thank you enough!

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## Notes from Cindy!

Happy Holidays everyone!

With winter here please make sure you have your car and house ready for winter!

Make sure you have the necessities in your car!

Jumper cables , Sand, water, food, clothes , hat , gloves, coat , blankets and a flashlights!

Please remember that we are here for wherever you need to go! Just call 24 hours ahead of time!

## Notes from Ellen!

Happy New Year!!

It was so nice to be able to celebrate the holidays again with family and friends.

As it gets colder and snowier, it is a good time to curl up in a blanket and read a good book or just listen to your favorite music or call a friend to catch up on the latest. Whatever you do, stay safe and warm.

Call us at 815-879-3981 for an appointment if there is anything you need.

## NOTES FROM CELIA!

Happy Happy New Year!!!  
Hope your Holiday season was the best one yet!

Please be on the look for our ZOOM meeting! We would love it if you joined us!

We are still here! Still doing outreach! So if you need anything or just want to talk please call us! We ALL love to talk! :)

**WESTERN ILLINOIS AREA AGENCY ON AGING**  
Aging & Disability Resource Center

### Caring for You, Caring for Me

Caring for You, Caring for Me helps caregivers take better care of themselves, collaborate effectively with professional caregivers, and be the best advocate possible for their loved ones. The CFCFM program provides education and support to caregivers over a series of 10 2-hour sessions or (2) 3-hour sessions. The program is FREE & open to all caregivers living in Western Illinois.

Education and Support for Family & Professional Caregivers

**Saturdays:**  
January 8th & 15th  
9am- Noon  
Over Zoom

OR

**Mondays & Wednesdays:**  
January 10th-26th  
Noon-1pm  
Over Zoom

For more information, please contact:  
Holly Brugman  
hbrugman@wiaaa.org  
309-793-6800

Not interested in Virtual Programs?  
Call to be added to the list for our next in-person class, TBD in Spring 2022!

### NOTES FROM TINA

*I hope you all had a wonderful holiday season!!*

*It is with sincere and heartfelt regret that I must resign from my position of Congregate Meal Coordinator and Activity Director here at the Senior Center. I have responsibilities that I must address and for that reason alone I am going to retire as of December 30, 2021.*

*I am truly going to miss EVERYONE! It has been such a rewarding experience for me to have met all of the wonderful people I have met during my journey here.*

*You have not heard the last of me! I will be around and will be popping in to have lunch or play cards, bingo etc.*

*Going forward if you want to keep in touch with me you can find me on Facebook or ask one of the girls to get in touch with me. I Love You All.*

*Thank you for letting me be a part of your life! Tina*



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## FOOD BANK!!!!

Food banks are always on Monday and Wednesday of the week.

Everyone is eligible. We don't ask for any info from you. If you are in need....you qualify!

We are **STILL** doing this **CURBSIDE** even though we are open. Starts at 12:30!

Stay in your car and line up outside!

**WE COVER ALL OF BUREAU COUNTY!**

The **Illinois Low Income Home Energy Assistance Program (LIHEAP)** is designed to assist eligible low income households pay for winter energy services. LIHEAP will provide a one-time benefit to eligible households to be used for energy bills. The amount of payment is determined by income, household size, fuel type, and geographic location.

For more information on this please call

**888-225-2099**

### HAPPY BIRTHDAY TO OUR January BIRTHDAYS!

Duwane B  
Donna B  
Toni B  
Amy C  
Carolyn D  
Glen F  
John G  
William G  
Ruby G  
Jan H  
Alberta L  
Roger M  
Judy M  
Laurie M  
Connie M  
Patty M  
Judy N  
Cheryl R  
Phyllis S  
William U

### HAPPY BIRTHDAY TO OUR February BIRTHDAYS!

Maylou A  
Patricia B  
Andrew C  
Lori D  
Joyce E  
Annie E  
Agnes E  
Debra F  
Barbra G  
DENISE I  
Jerry I  
Carol M  
Alidia M  
Jessie S  
Marion T  
Marva Lau T  
Beverly W

**WHO WE ARE....**The Senior Service Center serves every Senior citizen in Bureau County. We are funded 40% through a grant administered by Western Illinois Area Agency on Aging. The remaining 60% must be fundraised from individuals, groups, and businesses. We also appreciate annual donations from groups such as Church Women United, United Way, and the Bureau County Board. Without community support we could not continue to provide services to Bureau County Senior Citizens. The Bureau County Senior 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 United States Civil Rights act; Section 504 of the Rehabilitation Act; and the right to file a complaint with The Illinois Department on Aging. For more information call 1-800-252-8966

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**St. Margaret's Health**  
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**You can always visit [aboutsmh.org](http://aboutsmh.org) to find the latest news and announcements, as well as a complete list of our locations and providers.**

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# What's being done to slow the spread of the Omicron variant in the US?



## Detect variants

Robust surveillance to rapidly detect variants



## Slow spread from international travel

Decrease window for required testing before travel to US; increase testing after arrival



## Slow domestic spread

Prioritize case investigation and contact tracing



## Support individual protective actions

Vaccination including boosters, masks indoors and in crowds, testing & isolation



[bit.ly/MMWR7050e1](https://bit.ly/MMWR7050e1)

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## COVID-19 Booster Shots Vs. Third Dose

### What's the difference?



#### Third dose

- Available to Moderna and Pfizer-BioNTech recipients.
- Can be received 28 days after second dose.
- Given for people with moderate or severely weakened immune systems who cannot fight off infections well (people with cancer, organ transplant, etc.)

#### Booster shot

- Pfizer and Moderna boosters can be received 6 months after second dose. Johnson and Johnson can be given 2 months after the initial dose.
- Available for adults 65 and older, patients in long term care facilities, and adults 18-64 with medical or occupational risk.
- You have the choice to mix and match boosters with a single dose of any of the authorized COVID-19 vaccine boosters. Remember, that mixing and matching vaccines may be considered for the booster dose only.



#### Where can I receive a booster or third dose?

You can receive it at your **local pharmacy, health department, or from your primary care physician.**



#### Where can I get more information?

For questions about vaccinations, boosters, and testing, call the COVID-19 hotline at **1(800) 889-3931**. You can also email your questions to **DPH.SICK@Illinois.gov**.



#### Why should I receive a booster or third dose?

Protection against the virus may decrease over time and be less effective against variants. **You can now get your COVID-19 vaccine and a flu vaccine during the same session.**

# Lunch Menu

## January 2022

Sun      Mon      Tue      Wed      Thu      Fri      Sat

<p><b>LUNCH WILL NOW BE SERVED AT 11:30 A.M.</b></p>						1
<p><b>2 Please Call The Day Before To Make Your Reservation 815-879-3981</b></p>	<p><b>3</b> Swedish Meatballs Egg Noodles Carrots Tropical Fruit Fruit Juice Wheat Roll</p>	<p><b>4</b> Baked Chicken Baked Beans Mixed Vegetables Diced Peaches Wheat Bread</p>	<p><b>5</b> Salisbury Steak w/gravy Mashed Potatoes Broccoli Banana Wheat Bread</p>	<p><b>6</b> Baked Mostaccioli w/Meat Sauce Italian Green Beans Tossed Salad Applesauce Breadstick</p>	<p><b>7</b> Baked Fish Yukon Gold Potatoes Coleslaw Pineapple Rings Tarter Sauce White Bread</p>	8
<p><b>9</b> MILK, COFFEE AND WATER ARE ALWAYS AVAILABLE</p>	<p><b>10</b> Teriyaki Chicken Rice Oriental Blend Mandarin Oranges Fruit Juice Wheat Bread</p>	<p><b>11</b> Beef Stew w/ Potatoes &amp; Carrots Cauliflower Apple Dinner Roll</p>	<p><b>12</b> Scrambled Eggs Sausage Gravy Hash Browns Tomato Juice Fruit Cocktail Biscuit</p>	<p><b>13</b> COOKS CHOICE</p>	<p><b>14</b> Chicken Noodle Casserole Green Beans Tossed Salad w/Dressing Sliced Pears Dinner Roll</p>	15
<p><b>16</b></p>	<p><b>17</b> Smoked Brat Potato Salad Red Cabbage Orange Mustard Bun</p>	<p><b>18</b> BBQ Chicken Red Potatoes Kidney Bean Salad Sliced Peaches Wheat Bread</p>	<p><b>19</b> Ham Ball w/Sauce Sweet Potatoes Peas Fresh Pear Rye Bread</p>	<p><b>20</b> Beef Patty Potato Wedges Broccoli Tropical Fruit Ketchup/Mustard/Pickle Bun</p>	<p><b>21</b> Turkey Roast w/Gravy Mashed Potatoes Corn Cinnamon Applesauce Dinner Roll</p>	22
<p><b>23</b>  <hr/><b>30</b></p>	<p><b>24</b> Lemon Pepper Chicken Rice Pilaf Carrots Fruit/Roll  <hr/><b>31</b> Sloppy Joes Sliced Potatoes Pea Salad Mand. Oranges Bun</p>	<p><b>25</b> Meatloaf w/Ketchup Mashed Potatoes 3 Bean Salad Pineapple Wheat Bread</p>	<p><b>26</b> Baked Pork Chop Baked Potato w/Sour Cream Stewed Tomatoes Fruit Cocktail Dinner Roll</p>	<p><b>27</b> Chicken Parm Spaghetti Noodles Lima Beans Fruited Gelatin Italian Bread</p>	<p><b>28</b> Beef Chili w/Beans Yellow Squash Fruit Cocktail Cornbread</p>	29

## Outsmart Jack Frost with these hints for staying warm and healthy this season.

As the temperatures dip and snow falls in many areas of the country, winter weather is officially here. Outsmart the effects of Jack Frost with these winter safety tips that can help you stay warm and healthy this season:

1. Know the signs of hypothermia
2. Keep warm indoors
3. Outsource snow removal
4. Wear high-traction shoes and boots
5. Prepare for power outages
6. Fend off illness
7. Protect your hearing aids

### 1. Know the signs of hypothermia

Hypothermia can happen to seniors when the body temperature dips below 95 degrees. It may be most often associated with shivering outside in the cold, but hypothermia can happen anywhere – even inside a cold house. Here are some [signs of hypothermia](#) to watch for:

- Slurring words or slower than normal speech
- Pale skin
- Cold extremities (feet and hands)
- Feeling or acting sleepy
- Trouble moving
- Slow, shallow breathing

Certain conditions and medications may make some seniors more susceptible to hypothermia. Make sure to discuss your own personal risk with your doctor and take precautions if this is the case. If you or a loved one are experiencing signs of hypothermia, it's critical to seek medical attention as soon as possible.

### 2. Keep warm indoors and outdoors

There are a few things you can do to make your home warm and safe in the winter. Start by keeping your heat set to a comfortable temperature for you. If you're concerned about lowering your heating bill, you can close the vents in rooms you're not using and keep interior doors shut to ensure the heat stays in your living area. Dress warmly during the day and overnight when your body temperature can dip a degree or two. Long underwear and flannel sheets are cozy options to keep you insulated. When going outdoors to hang holiday lights, stroll to the park, or play with your grandkids, wear cold-weather clothing, including warm gloves and socks. And be sure your house is well-insulated, too. If you feel cold drafts around the windows, [look into winterizing them](#) so you don't lose heat.

### 3. Outsource snow removal

If you live on a property that requires snow removal, consider outsourcing this task to a friend, family member, or hire a professional service if you think it could put your health at risk. Shoveling snow is a strenuous exercise that can [put stress on your heart](#), making it work overtime in extreme temperatures. It can also pose dangers if you experience difficulties with balance or don't often engage in high-intensity exercise.

### 5. Prepare for power outages

In many parts of the country, winter storms can knock out power lines from time to time. To stay warm during an outage, consider having a backup generator to allow access to a heat source. Also keep plenty of blankets so you can bundle up, and stockpile nonperishable food so you'll have supplies on-hand in case of an extended outage.

*Illinois Rental Payment Program is now Accepting Applications Through Sunday, Jan. 9, 2022, at [illinoishousinghelp.org](http://illinoishousinghelp.org)*

The reopening of ILRPP will provide an additional \$297 million to renters and landlords in an effort to prevent evictions and keep families safe and secure while they regain their financial footing. It is the third major housing relief initiative in response to the pandemic in Illinois, with the state executing the nation’s best assistance program in 2020.

Applications will be accepted beginning today through 11:59 p.m. on Sunday, Jan. 9, 2022, at [illinoishousinghelp.org](http://illinoishousinghelp.org). IHDA will begin processing applications as they are submitted, and money from this round will begin to be distributed to approved Illinoisans before the end of the calendar year. The additional ILRPP funding is expected to assist more than 32,500 Illinois households.

Tenant eligibility requirements:

- Household lives in Illinois and rents their home as their primary residence.
- Household must have experienced a financial hardship directly or indirectly due to the pandemic.
- Household income is below 80% of the Area Median Income (AMI), adjusted for household size.
- Household must have an unpaid rent balance.
- Proof of citizenship is not required. Rental assistance is not a “public charge” benefit.
- Tenants residing in state- or federally-subsidized housing are eligible to apply.



“Housing is a right and keeping people in their homes is one of the most important things we can do to continue fighting COVID-19. These new Emergency Rental Assistance funds will prevent homelessness and foreclosures and help people regain the financial stability they lost during the pandemic and get back on their feet,” **said Congressman Jesús “Chuy” García (IL-04).**

Renters may apply for ILRPP assistance even if they received emergency rental assistance in the past through IHDA or one of the other units of government administering federal rental assistance. Households that received previous assistance, however, may not receive more than 18 months of total combined assistance, regardless of the source. In addition, households that received federal rental assistance previously may not receive further ILRPP payments for those same months previously covered. IHDA will adjust the ILRPP grant amount in these situations to avoid duplication of assistance.

- Tenant eligibility requirements:
- Household lives in Illinois and rents their home as their primary residence.
  - Household must have experienced a financial hardship directly or indirectly due to the pandemic.
  - Household income is below 80% of the Area Median Income (AMI), adjusted for household size.
  - Household must have an unpaid rent balance.
  - Proof of citizenship is not required. Rental assistance is not a “public charge” benefit.
  - Tenants residing in state- or federally-subsidized housing are eligible to apply.

For more information and updates on the program, please visit [illinoishousinghelp.org](http://illinoishousinghelp.org).

# January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunch will now be served at 11:30 to accommodate for sanitizing!!						1
<b>2 ALL ACTIVITIES ARE SUBJECT TO CHANGE PER CDC GUIDELINES</b>	3	4	5	6 CARDS @ 1	7 Birthday Party  Bingo @ 1:30	8
9 PLEASE RSVP ANY OR ALL ACTIVITIES YOU ARE INTERESTED IN GOING TO!!	10	11 In the Kitchen ZOOM at 2:30	12	13 CARDS @ 1	14	15
16	17 Martin Luther King Jr Day	18	19 St. Margaret's B/P Check 10-12	20 CARDS @ 1	21	22
23	24	25 ZOOM @ 2:30	26	27 CARDS @ 1	28 Bingo @ 1:30	29
30	31					

# February 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PLEASE RSVP ANY OR ALL ACTIVITIES YOU ARE INTERESTED IN!	Lunch is now served @ 11:30 to accommodate for sanitizing	1	2 Groundhog Day	3 CARDS 1 pm	4 Birthday Party  Bingo @ 1:30	5
6 ALL ACTIVITIES SUBJECT TO CHANGE PER CDC GUIDELINES	7	8 In the Kitchen ZOOM at 2:30	9	10 CARDS 1 pm	11	12
13	14 Happy Valentines DAY!	15	16	17 CARDS 1 pm	18	19
20	21 President's Day	22 Zoom @ 2:30	23	24 CARDS 1 pm	25 Bingo @ 1:30	26
27	28					

## Contact Us

BUREAU COUNTY SENIOR CENTER OFFICE  
16 West Marion Street • Princeton, IL 61356

Phone .....(815)-879-3981  
Toll Free .....800-554-5955.  
Fax .....(815)-872-3809  
Hours .....Mon—Fri 8 AM-4:00 PM

## Executive Director

Denise Ihrig  
Phone ..... 815-879-3981  
Email ..... dihrig2008@yahoo.com

## Information & Assistance Coordinator

Ellen Martin

## Outreach Coordinator

Celia Kernan

## Transportation Coordinator

Cindy Varland

## Congregate Meals & Activities

Tina Eckdahl

## Transportation Drivers

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Tara Bennett , Lyle Ganther, Phil Ehler  
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## Directory & Services

WESTERN ILLINOIS AREA  
AGENCY ON AGING  
Website ..... wiaaa.org  
Phone ..... 309-793-6800

## Nutrition Services

Voluntary Action Center offers both Congregate and Home Delivered Meals to seniors in Bureau County. All Congregate and Home Delivered Meals provided through the nutrition program comply with the most recent Dietary Guidelines for Americans, published by the Secretary of Health and Human Services and the Secretary of Agriculture. For more information, to arrange for a Home Delivered Meal assessment, or to find out if there is a congregate meal site near you contact:

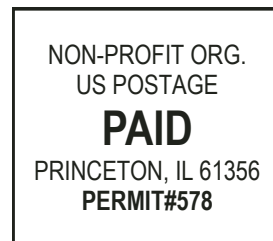
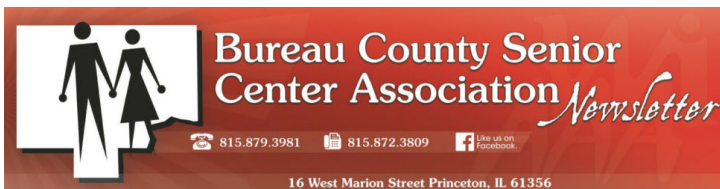
## Voluntary Action Center

Director .....Ellen Rogers  
Address .....1606 Bethany Rd  
Sycamore, IL 60178  
Phone ..... (866) 820-6641 / (815)  
758  
3932 (815)883-3632  
Email ..... eorvac@aol.com

## Transportation

Transportation services are provided to older adults for a suggested donation. Contact the provider to see what their suggested donation is. Handicapped accessible vans may be available. Please call ahead of time to make a reservation:

**Suggested donations are  
always welcome. But, no  
Senior will ever be denied  
services, due to the inability  
to make a donation.**



Bureau County Senior  
Center Association  
**16 West Marion Street  
Princeton, IL 61356**

**Return Service Requested**

**THE SENIOR CENTER IS A NON-PROFIT ORGANIZATION. WITHOUT YOUR DONATIONS WE  
COULD NOT CONTINUE PROVIDING PROGRAMS AND SERVICES.**

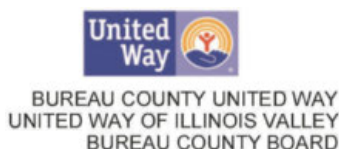
### The Benefits of Joining a Senior Center

The national institute of Senior Centers defines a senior center as a place where “older adults come together for services and activities that reflect their experience skills, respond to their diverse needs and interests, support to their diverse needs and interests, enhance their dignity, support their independence, and encourage their involvement in and with the center and the community”

Not only do senior centers offer helpful resources to adults, they serve the entire community with information on aging, support for family caregivers, and developments of innovative approaches to approaching aging issues.

While senior centers typically provide nutrition, recreation, social and educational services, and comprehensive information and referrals, many centers are adding new programs such as fitness activities and internet training to meet the needs and interests of the new generation of seniors, **Source: [www.ncoa.org](http://www.ncoa.org)**

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