



Bureau County Senior Center Association *Newsletter*



815.879.3981



815.872.3809



Like us on Facebook.

16 West Marion Street Princeton, IL 61356

Mission:

To Provide information and assistance on needed services to older adults



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

16 West Marion Street • Princeton, IL 61356



Greetings,

I hope that you all have survived the winter months. As Pugsatawni, saw his shadow, I thought good grief more winter. What would six more weeks of winter be like? Would it be cold, hot, wet, dry, lots of snow, or little snow? Well, we have our answer, 1 snow storm, (we closed the senior center) and a late afternoon snow. I don't know about all of you, but I am so ready for SPRING! I am ready to mow the grass, plant the flowers, and enjoy a beautiful walk.

March and April will bring weather changes. I want you to be prepared for the weather.

We are getting back to normal, or the best that we can. We are lifting the mask mandate here at the senior center. So you can come in now, and not wear a mask. But, we do ask that if you have any symptoms to please stay home. This way we can continue to keep everyone safe who visits us.

We have a couple of trips planned again. Be sure to check out the calendar. Also, if you are not part of our ENGAGED PROGRAM, I suggest that you give Celia a call and find out what you are missing.

We are having a great time.

We welcomed AARP to the Senior Center again this year to provide you with tax preparation services. If you need an appointment, give us a call and we can set it up for you. Thank you to all of their volunteers for giving the time to help our seniors.

Please remember that if you should need a ride, contact Cindy. She is always happy to set those up for you. I also wanted to let you know that on April 8th, we will not be providing transportation. It our commitment to provide the best quality and care from our drivers to you the seniors of Bureau County. With that being said, we are having an all day training. Please keep that in mind when you are scheduling your appts.

We are going to host a Chili Supper. This year, we are going to have it in the Senior Center. Please come out and show your support. All you can eat chili, corn bread, crackers, drinks for \$10.00. We would appreciate you purchasing a ticket ahead of time so that we can be sure to have enough. Oh it is a great time for chili.

I also want you to know that we are going to have a SPRING LUNCHEON. So be sure to check out the newsletter and get your reservation in – There will be a limited number of seats.

As we continue in to the Spring time, please be sure to get outside, take a deep breath and enjoy the beautiful life that we have all been given. God is great!

See you all soon at the Bureau County Senior Center.

Denise Ihrig, Director

SENIOR SPOTLIGHT



Jeannette and Beverly
 Have been coming to The Center for 6 years! **THEY LOVE** coming to the senior center. They love the meals, activities, buddy bags & the companionship! **BINGO IS THEIR FAVORITE!**

They also help us here at the senior center! We keep these Ladies busy that's for sure. Thank you for what you do for us!

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

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

Apply Now for the Clark House in Princeton, IL

Clean, Safe, Affordable housing for elderly and disabled persons.

Leasing Office
 444 S. Church St.
 Princeton, IL 61256
 Phone: 815-879-8106
 Fax: 815-875-1085

Greenfield
 RETIREMENT HOME
 Sheltered Care
 Independent Apartments

Call 815-872-2261 for more information or visit us at
 508 Park Ave. East • Princeton, IL
GreenfieldHome.org

osfhealthcare.org

FREE AD DESIGN
 WITH PURCHASE OF THIS SPACE

LPi CALL 800.950.9952

Office Hours:
 Mon. - Fri. 8:30 AM to 4:30 PM

Bureau County Housing Authority is an equal opportunity employer and provider.

SUPPORT OUR ADVERTISERS!

Notes from Cindy!

THERE WILL BE NO TRANSPORTATION ON APRIL 8th. IT'S A ALL DAY TRAINING FOR DRIVERS!!

WE WANT TO TAKE YOU!

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

WE do have a shopping bus that goes out every Wednesday! Want more information please give me a call.

815-879-3981

NOTES FROM CELIA!

I am so ready for this cold and snow to go away!!!
Helloooooo SPRING I am ready for ya!!

I hope to be coming to see some of you soon! Need a visit ??
Call me and I will be there!
Know someone who would like to know more about our service here? Call me and I will be there!!

815-879-3981

Notes from Ellen!

Spring is around the corner, I hope!! This is my favorite time of the year. You can have the windows open and enjoy all the fresh air, birds chirping and hear kids playing in the outdoors. Plus the flowers are blooming and the leaves are coming back on the trees. Hope you all enjoy the warmer weather and being outside again.



Want to chat to us WEEKLY?

Check out our Companion Line.

This is a FREE PROGRAM!!!

A program that we call you once a week to see how you are, to check on you!

CALL US TODAY FOR MORE INFORMATION!




Diamond
Senior Apartments
OF PRINCETON

- 55 and older senior community
- 1 and 2 bedroom apartments
- In unit washer and dryers
- Private Entrances
- Pet Friendly Call for pet policy
- Maintenance-Free
- Income Restricted, Call for details

815-915-8243
kasmith@ludwigco.com

1000 Diamond Circle
Princeton, IL 61356

Where Quality,
Freshness, and Service
is **Guaranteed!**



(815) 879-7351

Victor Meadows
SENIOR APARTMENTS
An Affordable Senior Citizen Living Community



CALL TOLL FREE
(888) STOUGH 1
or (630) 789-8939




351 Coleita Court • Princeton IL 61356

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@4lpi.com | www.4lpi.com/careers

GROW YOUR BUSINESS BY PLACING AN AD HERE!

CONTACT US!

Contact Brett Reineck to place an ad today!
breineck@lpicommunities.com
or (800) 950-9952 x2511



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 MARCH BIRTHDAYS!


Jeff A.
Imogene A .
Genova B .
Helga B .
James H.
Charles H.
Linda M.
Vannie M.
Lilly O .
Daniel P .
Anita D .
Joan W.

HAPPY BIRTHDAY TO OUR APRIL BIRTHDAYS!

Rosie W.
Berneice S.
Judy S.
Melody L.
Linda B.
Donna B.
Nancy C.
Ruth D.
Joyce H.




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

Care Built on Our Community from People You Know & Trust.



St. Margaret's Health
SMP Health System

You can always visit aboutsmh.org to find the latest news and announcements, as well as a complete list of our locations and providers.


  

Let Us Help You Get Your Groove Back!

SPECIALIZING IN

- Physical, Occupational & Speech Therapy
- Outpatient Therapy
- Urinary Incontinence
- Complex Disease Management

bounce back
rehab, recover, return home.

Liberty Village
Not for Profit Providers
 Like us on Facebook

140 N. 6th Street, Princeton 815-875-6600
3230 Becker Drive, Peru 815-224-2200
www.simplythefinest.net

SUPPORT OUR ADVERTISERS!



State Farm

Lorita Hellman
Agent

"Here To Help Life Go Right"

(815) 875-2393
www.lhellman.com

COUNTRY COMFORT
RETIREMENT HOMES, INC.

Princeton ◦ Henry ◦ Elmwood
Quality first, It's the heart of the matter.



Assisted Living & Alzheimer's Special Care Home

815-879-2096 www.countrycomfortretirement.com 



EXPOSED TO COVID-19 OR HAVE SYMPTOMS? HOW TO USE AT-HOME TESTS

1

If you have been exposed or have symptoms, wear a mask around others until after you receive a negative test result.

2

At-home tests are available for sale around the U.S. Check with local retailers and pharmacies. You can pre-order tests from covidtest.gov.

3

If you have symptoms get tested. If you were exposed but don't have symptoms, wait 5 days to test. Closely follow the manufacturer instructions.

4

If you test positive isolate, wear a mask, and avoid being around people who are high risk. Visit dph.illinois.gov for quarantine guidelines

5

If you test negative, but have symptoms, retest 2 to 3 days after your symptoms started.

[DPH.Illinois.gov/COVID19](https://dph.illinois.gov/COVID19)

Norberg

MEMORIAL HOME, INC.
AND MONUMENTS

JD & Janice Smallwood



Family Owned, Continuing A Tradition Of Affordable, Reliable Service
Throughout Bureau County & Beyond Since 1903

Readers Choice Awards
2020, 2019, 2018,
2017 & 2016
Voted Most Respected
Funeral Home

Funerals • Cremations
Pre-Arrangements
Monuments
Caskets • Urns & Jewelry

www.norbergfh.com

815-875-2425

701 East Thompson Street
Princeton, IL

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed
to you at www.mycommunityonline.com



ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

1-855-225-4251

GROW YOUR BUSINESS BY PLACING AN AD HERE!

CONTACT US!

Contact Brett Reineck to place an ad today!

breineck@lpicommunities.com

or (800) 950-9952 x2511



Are you not up to coming to The Senior Center just yet????

Are you tired of being at home ?

Are you tired of not being able to socialize ?

DO you want to stay in the comfort of you OWN home ?

DO you want to make new friends???

IF YOU SAID YES TO ANY OF THESE ???

*THEN WE HAVE THE PERFECT **FREE PROGRAM** FOR YOU!!!!*

Our Virtual ZOOMS!!

Each month we have two 30 mins Zooms!

Let me tell you how this works!!

In the Kitchen with Denise !

***WE REALLY MAKE SOMETHING GOOD!!!!
(LET ME TELL YOU ITS REALLLLLLLY FUN)***

WE go shopping and get EVERYTHING you need to make whatever we are making.

WE portion out EVERYTHING for you!!!

THEN WE deliver the items right to your door!!

THEN YOU JOIN US ON OUR PRIVITE ZOOM MEETING LINK THAT WE EMAIL YOU!!!!

NOW..... YOU WANT TO JOIN US RIGHT??

CALL CELIA TODAY!!! Ill set you right up!!!

WE DO HAVE OTHER VIRTUAL PROGRAMS CALL US AND FINE OUT!

WE LOVE TO CHAT!!



Please be sure to contact us with your reservation by 10am the day before. Thank you and we look forward you seeing you. Our number is 815-879-3981



Voluntary Action Center



2022 MENU

CC

Senior Luncheon Program/Meals on Wheels Menu

	Tuesday	Wednesday ASH WEDNESDAY	Thursday	Friday
	1	2	3	4
Smoked Kielbasa Baked Beans Capri Blend Apple Wheat Bread	Baked Fish Rice Pilaf Spinach Fruit Cocktail Fr Juice/Tart Sauce Dinner Roll	BBO Chicken Diced Potatoes Pea Salad Sliced Peaches Dinner Roll	Egg Salad Yukon Gold Potatoes Cream of Broccoli Soup Raisins Wheat Bread	
7	8	9	10	11
Chicken Tenders Parmesan Potato Half Mixed vegetables Sliced Pears Ranch Dressing Wheat Bread	Scrambled Eggs Sausage Patty Hash Browns Tomato Juice Pineapple Muffin	COOK'S CHOICE	Cheese Lasagna Italian Green Beans Romaine Salad w/Dressing Tropical Fruit Italian Bread	
14	15	16	17	18
Baked Pork Chop Baked Potato w/Sour Cream Cauliflower Mandarin Oranges Dinner Roll	Turkey Roast w/Gravy Mashed Potatoes Broccoli Banana Dinner Roll	St. Patrick's Day Corned Beef Red Potatoes Cabbage & Carrots Lime Gel Salad w/Fruit Shamrock Cookie Rye Bread	Tuna Salad on a Wheat Pita Sliced Potatoes Vegetable Bean Soup Fresh Grapes	
21	22	23	24	25
Bourbon Chicken White Rice Oriental Blend Apricots Fruit Juice Wheat Bread	Honey Ham Au Gratin potatoes Kidney Bean Salad Sliced Pineapple Rye Bread	Roast Beef w/gravy Mashed Potatoes Corn Fresh Pear Dinner Roll	Baked Ziti w/Meat Sauce Green Beans Romaine Salad w/Dressing Fruit Cocktail French Bread	Baked Fish Diced Red Potatoes Coleslaw Diced Peaches Tartar Sauce Wheat Bread
28	29	30	31	
Baked Chicken Potato Salad Peas Diced Pears Dinner Roll	Smoked Bratwurst Baked Beans Red Cabbage Apple Mustard Hot Dog Bun	Beef Stroganoff w/Egg Noodles Brussel Sprouts Tropical Fruit Fruit Juice Dinner Roll	Chix & Rice Casserole Carrots Cherry Crisp Wheat Bread	

Sunday Rock Painting Class!
March 20th at 2 pm!
The Cost for this is \$15.00
This class you must RSVP for!
815-879-3981

**Did you know that the Senior Center serves hot meals
MONDAY– FRIDAY at 11:30???**

COME AND JOIN US!

All you need to do is call before 10 am the day before!

Meals are a suggested donation of \$4.00.

Call us at 815-879-3981

**IF YOU ARE NEEDING A APRIL MENU PLEASE GIVE
US A CALL AND WE CAN MAIL YOU ONE !**



5 Things You Should Know About Stress

1. Stress affects everyone.
2. Not all stress is bad.
3. Long-term stress can harm your health.
4. There are ways to manage stress.
5. If you feel overwhelmed by stress, ask for help from a health professional.

 National Institute of Mental Health

nimh.nih.gov/stressand anxiety

Just a reminder about Benefit Access – License Sticker Discount

If you are age 65 or on Social Security Disability and meet the income guidelines, you could receive a substantial discount on your license sticker

Call Ellen at 815-879-3981 for more information to see if you qualify

March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunch will now be served at 11:30 to accommodate for sanitizing!!	PLEASE RSVP ANY OR ALL ACTIVITIES YOU ARE INTERESTED IN GOING TO!!	1	2 ASH WEDNESDAY	3 CARDS @ 12:30	4	5
6ALL ACTIVITIES ARE SUBJECT TO CHANGE PER CDC GUIDELINES	7	8 ZOOM COOKING CLASS! RSVP 2:30	9	10 BINGO 10 AM BIRTHDAY PARTY! CARDS @ 12:30 Chili Supper 4-6 RSVP \$10	11	12
13 Daylight Saving Time	14	15	16 SMP 10 AM RSVP @ SR CENTER	17 ST Patrick's Day BINGO & Party 10AM CARDS @ 12:30	18	19
20 Spring Equinox Painting Class @ 2pm RSVP \$15.00	21	22 SENIOR CENTER CHIT CHAT ZOOM! 2:30 RSVP	23	24 CARDS @ 12:30	25	26
27	28	29	30	31 CARDS @ 12:30		

April 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
3 ALL ACTIVITIES SUBJECT TO CHANGE PER CDC GUIDELINES	4	5 COOKING CLASS ZOOM RSVP 2:30	6	7 BINGO 10 AM BIRTHDAY PARTY !! CARDS @ 12:30	8	9
10 Palm Sunday RICHMOND HILLS \$17	11	12	13	14 CARDS @ 12:30	15 GOOD FRIDAY CLOSED!	16
17 Happy Easter !	18	19 Spring Luncheon at the center! RSVP @ noon \$10	20 SMP @ 10 AM @ SR CENTER	21 CARDS @ 12:30	22 Earth Day BINGO 1:30	23
24	25	26 LETS SHARE RECIPIES ZOOM RSVP 2:30 Starverock trip Tom Jones buss leaves at 10:30 \$65 RSVP	27	28 CARDS @ 12:30	29 Arbor Day	30

Contact Us

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

Phone(815)-879-3981
Toll Free800-554-5955.
Fax(815)-872-3809
HoursMon—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

Transportation Drivers

Dave Issacson, Jonathan Batchelder ,
Tara Bennett , Lyle Ganther, Phil Ehler
and Steve Gascoigne.

Board PresidentJohn Huff
Vice
President
SecretaryLydia Foehring

Members

TOM HALL, LYDIA FOEHRING, RAY MABRY,
GARY PATTERSON, MARIELE FISHER & Michelle

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:

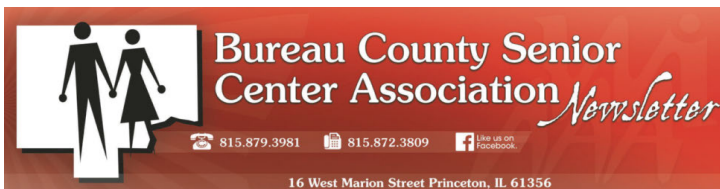
Voluntary Action Center

DirectorEllen Rogers
Address1606 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.**



NON-PROFIT ORG.
US POSTAGE
PAID
PRINCETON, IL 61356
PERMIT#578

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**

PARTIALLY FUNDED BY:



**Looking to advertise in our Newsletter?
Contact LPI Today! www.4lpi.com**

