



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



OLDER AMERICANS MONTH



AGE MY WAY: MAY 2022



Welcome Spring

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

16 West Marion Street • Princeton, IL 61356

OLDER AMERICANS MONTH



AGE MY WAY: MAY 2022

Welcome to the Older Americans Month!

As we begin to celebrate a Month devoted to our seniors, you will find enclosed on our calendar some fun things to do. We hope that you will participate and have a great time. As some of you are aware, we have a new employee, Shari Bence. We are happy to have her as part of our team. If you have not met Shari, please stop by, have a cup of coffee, and visit with her. Shari has put together some exciting activities **for Older Americans Month.**

During the month of May, we will be hosting the first **Princeton Chamber Lunch in the Park's - May 20th** at **Soldiers and Sailors Park**. Be sure to come out and have some really great food. We will be offering: **PULLED BBQ PORK & BBQ PULLED CHICKEN SANDWICHES, CHIPS, DRINKS, FRUIT CUP, and COLE SLAW.** This is a fundraiser for the senior center. So thank you for your support.

Tax season is completed. We want to again thank our **AARP Volunteers** for all their hard work. **John, Jim, Bob, Kathy, Anne, Kami, and Jodi.** You are all blessings from heaven. To the participants who took advantage of this service and decided to make a donation to the senior center, Thank you! We collected \$2476.00.

Great news! I have received word that we will again be having the **FARMERS MARKET VOUCHERS!** I don't have all the scoop yet, but when we do, we will let you all know. Please remember that there are certain guidelines for this program. Just keep watching the newsletters and our facebook page! I just can't wait for the Princeton's Farmers Market.

We have had some requests for a **MATTER OF BALANCE CLASS.** We have listened to you and have scheduled one for **June 7th – June 30th.** These will be held on **Tuesday and Thursday from 9:30 - 11:30.** We ask that you call us and get on the list. We need to know the number of people in order to get the supplies we will be using. We really ask that if you consider attending, please try to attend them all. Each class is really crucial in what we will be learning. But we realize that things do come up. We understand.

Lastly, I just want also tell you that we have a fundraiser going on currently. It may sound funny but it is meant to make seniors smile. If you want to learn more about it, check it out in the newsletter. We have had a great time with this so far. And remember, the proceeds will help support the senior center. So until next newsletter, may you all get out and enjoy the spring weather, and breathe some fresh air. Take in all of Gods blessings that he has given us. I guarantee that it will make you feel good!

Denise

SENIOR SPOTLIGHT



Meet Sandra!
She has been coming to The Senior Center for 15 years. You may have seen Sandra help with our foodbanks! She is a great help! She is always there for us when we need an extra hand.

We keep her going!
Sandra says “ Without us she would be sitting in the dark. This is where she comes for **EVERYTHING!** She even worked at the center at one time!!!

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BM-LLA192845



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Notes from Cindy!

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 Ellen!

Hope all of you are enjoying this Spring!

As a reminder, if you need assistance with applying to Medicaid, SNAP, Medicare Savings Program, Extra Help with Prescriptions, or Benefit Access, call us to discuss what you may qualify for and to make an appointment (call us at 815-879-3981).

Just to let everyone know that the Social Security office is now open!

Have fun in the sunshine!

NOTES FROM CELIA!

I AM LOVING THIS WEATHER!

Before we know the farmers market will be here! YES we will have vouchers but, we are not sure when.

You now can call and get on our waiting list!

Just ask for me!

Check out our flocking information on the next page !

Need a visit or no someone who does? Give me a call. I'm here to help!

NOTES FROM SHARI

HELLO ALL! There is a new face to be seen here at the Bureau county senior center . My name is Shari and I am taking the position of Activity Director and congregate meal Coordinator. I'm excited to start this new journey with Denise, Ellen, Celia ,and Cindy— Now that spring is here and warmer weather we will be getting outside. I look forward to meeting everyone that comes into the center.



We have had so much **Flocking** people in Bureau County!!
 For a \$20 Donation we can flock someone for you!
 For a \$30 Donation you can purchase flocking INSURANCE (if you don't want your yard flocked).
 Call us and just let us know a date you want us to flock someone and we will make it happen!
 Birthday? Anniversary? Retirement? Or just need a good laugh?

We are here to help make that happen!



Contact our team of flocking experts for more information, to arrange a flocking or for flocking insurance at 815-879-3981

ASK FOR CELIA!



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Contact Teresa Perkins to place an ad today!
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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!

HAPPY BIRTHDAY TO OUR MAY BIRTHDAYS!

Patricia A
Katrina B
May C
Peggy E
Patricia E
Lydia F
Peggy F
Carolyn H
Mary Hull
Adrian L
Michael L
Peter P
Barb S
Cindy V
Hank V
Judith W

HAPPY BIRTHDAY TO OUR JUNE BIRTHDAYS!

Delilah B
Barbara B
Evelyn F
Judy H
Linda H
Fred K
Rosemarie K
Louise K
Dawn L
Joyce L
Frank M
Gary P
Traci P
Cheryl R
Ann S
Gordon S
Wayne S
Steve S
Janet 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

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



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

  

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Tornado Sheltering Guidelines

Seek the best available refuge area **immediately** when a Tornado Warning is issued. Your chance of surviving a tornado is excellent if you follow these guidelines.

WORST OPTIONS

- Mobile homes
- Vehicles
- Underneath a highway overpass

BAD OPTIONS

- Large open rooms like gymnasiums
- Manufactured housing

GOOD OPTIONS

- Interior room of a well-constructed home or building
- Basement

BEST OPTIONS

- Above or below ground Tornado Storm Shelter (NSSA/ICC 500 compliant)*
- Specifically-designed FEMA Safe Room*

Find another option



Stay in place until all clear

PHOTO: U.S. Air Force - Tech. Sgt. Bradley C. Church
Source: weather.gov/mob/Severe_Tornado

*Recommended by FEMA



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or (800) 950-9952 x2611



How You Get Norovirus From People or Surfaces



Norovirus spreads when a person gets poop or vomit from an infected person in their mouth.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

For more information, visit www.cdc.gov/norovirus

CS287713-A

Myth: The mRNA vaccine is not considered a vaccine.



FACT: mRNA vaccines, such as Pfizer-BioNTech and Moderna, work differently than other types of vaccines, but they still trigger an immune response inside your body.

From <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>

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

VOLUNTARY ACTION CENTER
GOOD NUTRITION...FEEL THE DIFFERENCE!

MAY 2022

SENIOR LUNCHEON PROGRAM/MEALS ON WHEELS MENUS SUBJECT TO CHANGE

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
CHICKEN STRIP FRY FRIED RICE ORIENTAL BLEND PINEAPPLE FRUIT JUICE FORTUNE COOKIE	BEEF TACO LETTUCE/CHEESE MEXICAN RICE REFRIED BEANS APPLESAUCE TORTILLA	BREADED CHICKEN FILLET POTATO SALAD MIXED VEGETABLES TROPICAL FRUIT WHEAT BREAD	MEATLOAF W/ KETCHUP MASHED POTATOES BROCCOLI ORANGE DINNER ROLL	MOSTACCIOLI W/MEATSAUCE GREEN BEANS LETTUCE SALAD W/ DRESSING SLICED PEARS ITALIAN BREAD
MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
MEATBALLS W/ GRAVY EGG NOODLES CARROTS TROPICAL BLEND FRUIT JUICE & CORN WHEAT BREAD	BQ CHICKEN POTATO SALAD GREEN BEANS SLICED PEARS WHITE BREAD	HAM & CHEESE OMELET HASHBROWNS TOMATO JUICE MANDARIN ORANGES DONUT	COOK'S CHOICE	FISH PATTY MACARONI & CHEESE PEA SALAD FRUIT COCKTAIL TARTAR SAUCE HAMBURGER BUN
MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
TERIYAKI CHICKEN WHITE RICE 1/2 C ORIENTAL BLEND MANDARIN ORANGES WHEAT BREAD	BQ HAM BAKED BEANS CAULIFLOWER APRICOTS HAWAIIAN BUN	BEEF STROGANOFF EGG NOODLES LIMA BEANS SLICED PEACHES DINNER ROLL	BAKED PORK CHOP BAKED POTATO W/ SOUR CREAM STEWED TOMATOES FRUIT COCKTAIL WHEAT BREAD	ITALIAN CHICKEN W/ PEPPERS & ONIONS PARMESAN POTATO 3-BEAN SALAD FRESH GRAPES DINNER ROLL
MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
BEEF CHILI W/ BEANS CORN DICED PEACHES WHITE BREAD SALTINE CRACKERS	CHICKEN SALAD ROASTED RED POTATOES PICKLED BEETS APPLESAUCE WHEAT BUN	PORK ROAST W/ GRAVY SWEET POTATOES 1/2 C KIDNEY BEAN SALAD PINEAPPLE DINNER ROLL	MEAT LASAGNA CARROTS LETTUCE SALAD W/ DRESSING MANDARIN ORANGES BREADSTICK	SMOKED BRATWURST POTATO SALAD GREEN BEANS FRESH PEAR MUSTARD BUN
MONDAY 30	TUESDAY 31			
CLOSED	CHICKEN FRIED STEAK W/ COUNTRY GRAVY MASHED POTATOES CORN FRESH PEAR WHEAT BREAD			

CONTACT 815/879-3982 FOR THE SITE NEAREST YOU

AARP FOUNDATION TAX-AIDE IS LOOKING FOR VOLUNTEERS!!!

11

We are looking for compassionate and friendly people to join our volunteer team. We'll provide the training and support to help you learn new skills, and you'll get a great feeling from helping those in need. The program is looking for individuals to volunteer virtually or in person a number of roles to provide help to taxpayers. Our volunteers come from a variety of industries and span from retirees to college students.

VOLUNTEERS FILL A VARIETY OF ROLES:

Counselors

Clients Facilitators

Technology Coordinators

Leadership and Administrative

Communications

You can volunteer in-person or virtually. Go to aarpfoundation.org/taxaidevolunteer

Or call 1-888-AARP-NOW

(1-888-227-7669)





We are looking into starting a Euchre care playing club! If you are interested please give us a call at the center! Ask for Shari!

815-879-3981

DO YOU HAVE **concerns**
about falling?



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

Want to join a Matter of Balance class?
We will be hosting one in OUR CENTER June 7th
– 30th on Tuesdays and Thursdays from 9:30—

11:30!

RSVP!

815-879-3981

May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Lunch will now be served at 11:30 to accommodate for sanitizing!!	2	3 Chair Exercises at 9:30 Movie @ 1pm Starved rock Trip Sting-Ray Anthony \$60 Leaving at 10:30	4	5 Walking Club at 9:30am CARDS 12:30	6 BIRTHDAY PARTY BINGO 1:30	7
8 ALL ACTIVITIES ARE SUBJECT TO CHANGE PER CDC GUIDELINES HAPPY MOTHERS DAY!	9 Mother's Day 10 AM	10 Chair Exercises at 9:30 In the kitchen zoom 2:30	11 Pie and Ice Cream @ 2pm	12 Walking Club at 9:30am CARDS 12:30 STERLING HEARING WILL BE HERE	13 Bingo @ 1pm	14
15 PLEASE RSVP ANY OR ALL ACTIVITIES YOU ARE INTERESTED IN GOING TO!!	16 BREAKFAST @ 8am	17 Chair Exercises at 9:30	18 ST. Margaret's blood pressure 10-noon	19 Walking Club at 9:30am CARDS 12:30	20 LUNCH IN THE PARK!!	21
22	23	24 Chair Exercises at 9:30 Nutrition ZOOM 2:30 ORIGIMI FLOWER CLASS 1-3	25	26 Walking Club at 9:30am CARDS 12:30 STERLING HEARING WILL BE HERE	27 Bingo 1:30	28
29	30 CLOSED HAPPY MEMORIAL DAY!	31 Chair Exercises at 9:30				

JUNE 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 Walking Club at 9:30am Cards 12:30	3 BIRTHDAY PARTY BINGO 1:30	4
5 ALL ACTIVITIES SUBJECT TO CHANGE PER CDC GUIDELINES	6	7 Chair Exercises at 9:30 MATTER OF BALANCE 9:30- 11:30	8	9 MATTER OF BALANCE 9:30- 11:30 Walking Club at 9:30am Cards 12:30 STERLING HEARING	10	11
12	13 Checkers and Cinnamon Rolls at 10 AM	14 Chair Exercises at 9:30 MATTER OF BALANCE 9:30- 11:30 Cooking zoom! 2:30	15 St. Margaret's Blood pressure check 10-noon	16 Walking Club at 9:30am Cards 12:30 MATTER OF BALANCE 9:30- 11:30	17	18
19 Fathers Day!	20 Root beer Floats @ 2:00	21 Chair Exercises at 9:30 MATTER OF BALANCE 9:30- 11:30	22	23 Walking Club at 9:30am Cards 12;30 STERLING HEARING	24 BINGO 1:30 Fun in the Park Bring a sack-lunch @ NOON	25
26	27	28 MATTER OF BALANCE 9:30- 11:30 Chair Exercises at 9:30 Nutrition ZOOM 2:30	29 Meet me for Ice cream at DQ @ 2pm	30 MATTER OF BALANCE 9:30- 11:30 Walking Club at 9:30am Cards 12:30		

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

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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:

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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**

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