



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



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



Greetings....

Happy summer! Just where do the days go? As the year goes on we continue to provide our services. We are working hard on getting our activities back up and running. We have added exercise back, and walking club is strolling along. Be sure to check out the calendar in our newsletter.

I want to invite you to have lunch with us. We provide a well balance, nutritious lunch Monday thru Friday at 11:30. We just ask that you contact us the day before with your reservation. Shari loves having her senior friends join her for lunch.

Shari has scheduled exercise classes, coloring afternoons, and of course BINGO. So be sure to come in and have a great time.

We will again be offering Farmers Market Vouchers for those of you that qualify. Please give us a call and we can put you on the list for when they arrive to us. \$25.00 will get you a lot of fresh fruits and vegetables at the Farmers market. Celia will be happy to assist you. Finally, remember the weather preparedness and temperature warnings and drink lots of water. Stay safe, we love seeing you and spending time with you all.

Denise Ihrig

SENIOR SPOTLIGHT



Say Hello to Alice

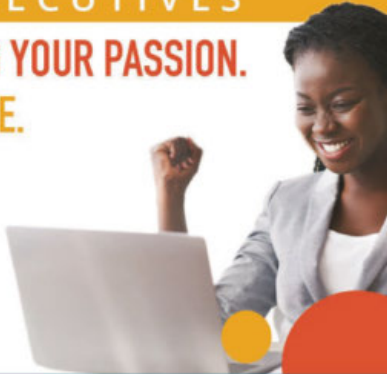
She has been coming to the Senior Center for 15 years! Alice loves to play cards and she volunteered and started up bridge here. She loves the atmosphere at the center and feels we are like family when she is here. She would tell others to come check out the activities and great information that is available to seniors. She also added that the meals she has received here are really tasty.

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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!

Summer greetings!!

Enjoy your time outdoors and all the activities that come with summertime. It's nice to be outside especially after the long winter we had.

If you need help with any of your Medicare needs, let me know. Call us at 815-879-3981 to schedule an appointment!

NOTES FROM CELIA!

Hopefully we will get Farmers Market coupons soon! I know that some of you have been calling! I insure you that we will let you know when they get here! :)

Keep a eye on our Facebook page!

It's getting warmer out! Please be careful and keep an eye on loved ones! If you need anything we are here!

Need a visit ? Call me! I love to talk !

Notes From Shari Summer Time

Summer is in full swing and hoping everyone is getting outside and enjoying the warm weather. Would love to see you all at the Senior Center to do some activities with me or share a meal.



PURSE AUCTION

The Bureau County Senior Center is happy to announce that we are hosting another Purse auction. Here is how it will work.

1. We will have several handbags filled with surprises. The purse will be closed and you cannot open it. That is the fun of it. We all love surprises.
2. We will have a sheet in front of each purse, and you can stop in and bid. All are welcome to just stop in to see what the bids are. On July 29th at 1pm we will have a Purse Auction party. You will have the opportunity to make that very last attempt to bid. We will then announce the winners.
3. We hope to have lots of fun with this, and hope to




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CONTACT US!

Contact Teresa Perkins to place an ad today!
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or (800) 950-9952 x2611



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!

**OPEN
COME JOIN US
FOR A LUNCH
MEAL. CALL BY
10AM THE DAY BE-
FORE SO WE
MAKE SURE TO
WRITE YOU
DOWN.
815-879-3981**

HAPPY BIRTHDAY TO OUR JULY BIRTHDAYS!


Richard B
Ethel B
Donna D
Kathryn G
Michael H
Joan H
Fran L
Angeline L
Shirley M
Deborah M
Virginia P
Myrna R
Alice S
Kathleen T
Susie B
Beverly W

HAPPY BIRTHDAY TO OUR AUGUST BIRTHDAYS!

Joanne
Sean P
Elaine S
Judith B
Joyce C
Shirley D
Cheryl D
Rich E
Rodney H
Carol K
Leroy O
Patti P
Nancy W
Larry Levi
Carolyn S
Marlene T




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.

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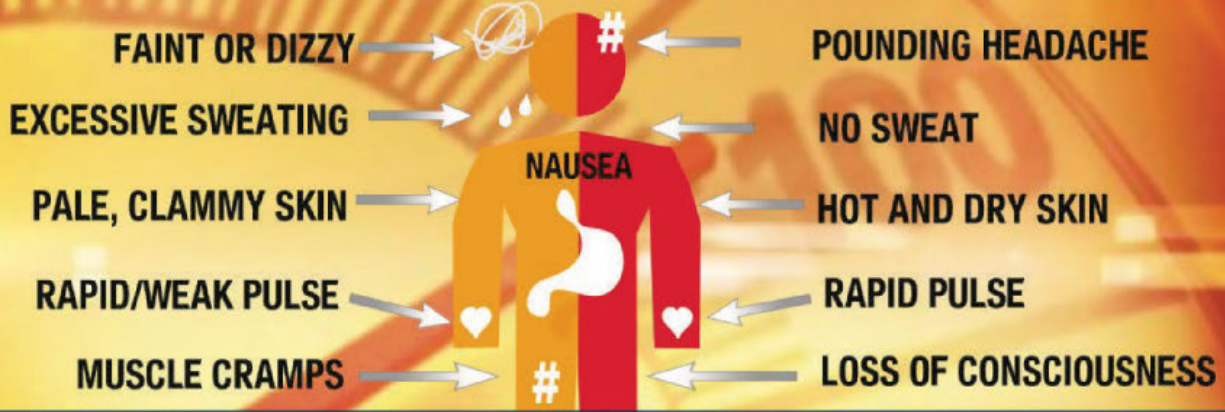
Assisted Living & Alzheimer's Special Care Home

815-879-2096 www.countrycomfortretirement.com 

HEAT DANGERS HD



QUAD CITIES



HEAT EXHAUSTION

- COOL OFF IN AN AIR CONDITIONED PLACE
- IF CONSCIOUS, DRINK WATER
- COOL OFF IN A COOL SHOWER

HEAT STROKE

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AS SOON AS POSSIBLE**

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Contact Teresa Perkins to place an ad today!
tperkins@lpicommunities.com
 or (800) 950-9952 x2611



Reporting suspected abuse, neglect, or financial exploitation of adults age 60 or older and people with disabilities age 18-59 living in your community.

Anyone can report a case of abuse in good faith.

The [Adult Protective Services Act](#) provides that people – who in good faith report suspected abuse, neglect, financial exploitation, or cooperate with an investigation – are immune from criminal or civil liability or professional disciplinary action. It further provides that the identity of the reporter shall not be disclosed except with the written permission of the reporter or by order of a court. Anonymous reports are accepted.

Certain professionals are required by law to report suspected abuse. Illinois has a law which requires certain professionals to make reports of suspected abuse of adults age 60 or older or people with disabilities age 18-59 who are unable, due to dysfunction, to report for themselves.

This law applies to persons delivering professional services to adults age 60 or older or people with disabilities age 18-59 in the following fields:

social services , adult care, law enforcement, education, medicine, state service to seniors, social workers

***Mandatory reporting requirements only apply when the reporter believes that the adult is not capable of reporting the abuse, neglect, or financial exploitation themselves.**

To Report Abuse

To report suspected abuse, neglect, or financial exploitation of an adult age 60 or older or a person with disabilities age 18-59 **call the statewide, 24-hour Adult Protective Services Hotline: 1-866-800-1409, 1-888-206-1327 (TTY).**

For residents who live in nursing facilities, **call the Illinois Department of Public Health's Nursing Home Complaint Hotline: 1-800-252-4343.**

For residents who live in Supportive Living Facilities (SLFs), **call the Illinois Department of Healthcare and Family Services' SLF Complaint Hotline: 1-800-226-0768.**

Confidentiality

All reports and records of the Adult Protective Services Program are subject to strict confidentiality provisions, except as provided by law or court order.

https://www2.illinois.gov/aging/ProtectionAdvocacy/Pages/abuse_reporting.aspx

GOOD NUTRITION...FEEL THE DIFFERENCE!

JULY 2022

SENIOR LUNCHEON PROGRAM/MEALS ON WHEELS MEN
* MENUS SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MONDAY 4 VAC CLOSED FOR HOLIDAY	TUESDAY 5 PORK CUTLET W/GRAVY MASHED POTATOES CARROTS APPLE WHEAT BREAD	WEDNESDAY 6 SCRAMBLED EGGS SAUSAGE GRAVY HASHBROWNS TOMATO JUICE MANDARIN ORANGES BISCUIT	THURSDAY 7 COOK'S CHOICE	FRIDAY 8 TUNA SALAD CREAM OF POTATO SOUP MIXED VEGETABLES DICED PEARS WHEAT BREAD
MONDAY 11 SWEDISH MEATBALLS EGG NOODLES BROCCOLI APPLE SAUCE FRUIT JUICE WHEAT BREAD	TUESDAY 12 CHICKEN TACO REFRIED BEANS CORN CANTALOUPE FLOUR TORTILLA LETTUCE/CHEESE	WEDNESDAY 13 BBQ PORK CHOP BAKED POTATO W/SOUR CREAM GREEN BEANS FRESH PEAR DINNER ROLL	THURSDAY 14 CHEESE LASAGNA ITALIAN BLEND ROMAINE SALAD W/DRESSING SLICED PEACHES ITALIAN BREAD	FRIDAY 15 SLICED HONEY HAM AU GRATIN POTATOES PEA SALAD FRUIT COCKTAIL RYE BREAD
MONDAY 18 CHICKEN NOODLE CASSEROLE STEWED TOMATOES ORANGE FRUIT JUICE DINNER ROLL	TUESDAY 19 ITALIAN SAUSAGE YUKON GOLD POTATOES SLICED ZUCCHINI TROPICAL FRUIT WHEAT BREAD	WEDNESDAY 20 PORK TENDERLOIN FRESH YAMS CAULIFLOWER FRESH GRAPES DINNER ROLL	THURSDAY 21 MEATLOAF W/KETCHUP MASHED POTATOES KIDNEY BEAN SALAD WATERMELON DINNER ROLL	FRIDAY 22 FISH FILET MACARONI AND CHEESE LIMA BEANS MANDARIN ORANGES TARTAR SAUCE WHEAT BREAD
MONDAY 25 SLOPPY JOE/BUN POTATO SALAD SPINACH APRICOTS	TUESDAY 26 CHICKEN FRIED RICE ORIENTAL BLEND PINEAPPLE FRUIT JUICE FORTUNE COOKIE	WEDNESDAY 27 BAKED ZITI W/CHEESE ITALIAN BLEND ROMAINE SALAD W/DRESSING BANANA GARLIC BREAD	THURSDAY 28 SMOKED BRATWURST/BUN BAKED BEANS COLESLAW HONEYDEW MWLON MUSTARD	FRIDAY 29 BAKED CHICKEN QUARTER DICED RED POTATOES 3 BEAN SALAD RHUBARB CRISP DINNER ROLL

CONTACT (815)758-3932 FOR THE SITE NEAREST YOU!

DON'T FALL FOR NEW MEDICARE CARD SCAM

WHAT YOU SHOULD KNOW:

Everyone has already received a new Medicare Card. Those cards were sent out three years ago!

Your Medicare Card number is **NO LONGER YOUR SOCIAL SECURITY NUMBER.**

Medicare is **NOT ALLOWED TO CALL BENEFICIARIES.**

There are **NO CARDS THAT ARE MADE OF PLASTIC.**

There are **NO CARDS THAT HAVE A CHIP INSIDE OF THEM.**

There are **NO CARDS THAT ARE THE COLOR GOLD.**

DO NOT GIVE OUT YOUR MEDICARE CARD NUMBER TO ANYONE OVER THE PHONE!



BEWARE OF SCAMMERS!

If someone calls you and asks for your Medicare number in exchange for money or services, it is a scam! Remember that **Medicare will NEVER call you for personal information.**

For more information or to report suspicious callers, contact Illinois SMP at AgeOptions at: **1(800)699-9043**



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New!!!!!!!!!!!!

It's here on Tuesdays
afternoons 1:30pm

Call the center and
ask for Shari if you
have questions.

815-879-3981

**SENIOR CITIZEN DAY
IS AUGUST 21ST!**

COME JOIN US FOR A PARTY AND BINGO ON August 19th.

WE LOVE OUR SENIORS!!!!



JULY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunch will now be served at 11:30 to accommodate for sanitizing!!					1. BINGO Birthday Party 1:30p Ginger-snap day	2.
3. ALL ACTIVITIES ARE SUBJECT TO CHANGE PER CDC GUIDELINES	4 CLOSED HAPPY 4TH OF July...	5 Euchre 1:30p Chair Exercises 9:30am	6 COL-ORING AND SNACKS 1-3PM	7 Cards 12:30 Walking Club 9:30am World Chocolate Day	8	9
10 PLEASE RSVP ANY OR ALL ACTIVITIES YOU ARE INTERESTED IN GOING TO!!	11 Come Make your own sundae day, 2pm National Blueberry Muffin Day.	12 Euchre 1:30p Chair Exercises 9:30am	13	14 Cards 12:30 Walking Club 9:30am	15 BIN-GO 1:30P	16
17	18 PURSE AUCTION STARTS	19 Euchre 1:30p Chair Exercises 9:30am	20 ST,MA RGARE TS Blood Pressure 10-noon Fortune Cookie Day	21 Cards 12:30 Walking Club 9:30am	22 jewelry Making 1-3	23
24	25	26 Euchre 1:30p Chair Exercises 9:30am ZOOM@2;30	27	28 Cards 12:30 Walking Club 9:30	29 PURSE AUCTION ENDS . PURSE Auction reveal party	30

AUGUST 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PLEASE RSVP ANY OR ALL ACTIVITIES YOU ARE INTERESTED IN!	1	2 Chair Exercises 9:30	3 Origami Flower Class 2pm	4 Walking Club 9:30 Cards 12:30	5 BINGO BIRTHDAY PARTY 1:30P	6
7 ALL ACTIVITIES SUBJECT TO CHANGE PER CDC GUIDELINES	8	9 Chair Exercises 9:30 COOKING CLASS	10 GAMES & POP-CORN 12:30-3:30	11 Walking Club 9:30 Cards 12:30	12 RULES Of the Road 9am	13
14	15	16 Chair Exercises 9:30	17	18 Walking Club 9:30 Cards 12:30	19 BINGO 1:30P	20
21	22	23 Chair Exercises 9:30 ZOOM@2:30 IL Extension	24	25 Walking club 9:30 Cards 12:30	26	27
28	29	30 Chair Exercises 9:30	31			

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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Email dihrig2008@yahoo.com

Information & Assistance Coordinator

Ellen Martin

Outreach Coordinator

Celia Kernan

Transportation Coordinator

Cindy Varland

Congregate Meals & Activities

Shari Bence

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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:

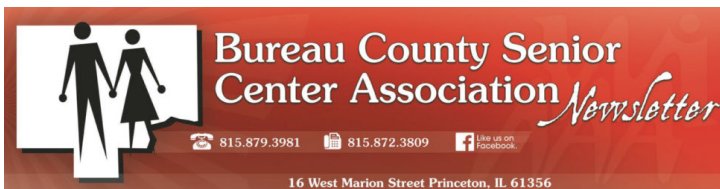
Voluntary Action Center

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
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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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