

NEWS & VIEWS

639 York Street · Po Box 428 · Quincy, Illinois 62306
217-223-7904 · 1-800-252-9027 (Toll Free)



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Are you still concerned about getting the COVID-19 vaccine? We hear you! As an agency dedicated to serving older adults, we remain committed to supporting efforts to ensure

that you stay healthy and remain independent, at home, for as long as possible. Getting vaccinated against COVID-19 is one of the best ways to protect yourself and those around you from getting sick. There is a lot of misinformation about the vaccine out there, so here are some facts about “the vax” from the Illinois Department of Public Health and the Johns Hopkins University:

- Vaccines help our immune system fight infections in the future.
- The vaccine will help protect you by teaching your body how to recognize and fight the virus. The vaccine may help keep you from getting COVID-19, but even if you do get the virus, it can keep you from getting very sick.
- The vaccine does not contain the virus that causes COVID-19, so it can’t make you sick. If you experience side effects after getting the vaccine, this is a sign that your body is learning how to protect you.
- The COVID-19 was developed quickly, but all of the same safety steps were followed for this vaccine that are used for all vaccines.
- COVID-19 is part of a family of viruses that has been studied for over 20 years—that’s a big advantage in vaccine development.
- Tens of thousands of people volunteered to participate in vaccine studies, helping to prove that the vaccine is safe and effective.

We acknowledge that while everyone over the age of 12 is eligible to get the vaccine at this time, some people may not be able to get vaccinated because of pre-existing medical conditions. Others may not understand the benefits of the vaccine, feel like they are not at risk because of where they live, or think it’s not a serious illness. We encourage you to get the facts before you decide. Talk with your doctor, get your questions answered, and consider getting vaccinated to protect yourself and the people around you. Stay safe and well!



WHY SHOP AT YOUR LOCAL FARMERS MARKET?

Fresh Tastes

The fruits and vegetables available at the market are the freshest and tastiest available. The food is real and fresh from the farm, sometimes picked as early as that same morning. There is no long-distance shipping, no chemicals to simulate the ripening process and no sitting for weeks in storage.

Eat Seasonally

Food at the farmers market comes and goes with the season, and for this reason it is always fresh and delicious. By eating with the season you reconnect with the cycle of nature in your region. It can help bring back our awareness of the earth, the weather and the turning of the seasons as you anticipate asparagus in the spring, savor ripe tomatoes in summer and bake with winter squash in the fall.

Good for your Health

Much of the food found in conventional grocery stores are highly processed. Some of it has been irradiated, waxed or gassed in transit. These practices are shown to have negative effects on human health. In contrast, most food at the farmers market is minimally processed and many farmers put in the extra effort to grow the most nutritious produce possible using sustainable techniques, harvesting right before market and growing heirloom varieties.

What Farmers Markets Do For...

The Farmer

- receives a higher percentage of sales, compared to products sold in stores
- develops relationships with customers and a reliable routine with a weekly market
- offers a product with less packaging, shorter time in storage and a lower carbon footprint

The Customer

- gains access to fresher, healthier, and tastier foods, usually picked the same day
- cultivates personal relationships with the farmers, learning more knowledge about the food they're going to eat: where it came from and how it was grown
- provides a fun environment to spend time with friends and family

The Community

- grows the local economy and ensures that more money stays within the community
- creates an urban-to-rural link and maintains social ties important to building a strong community
- builds a community institution made by, and for, the community itself

Picnics can take on many forms, such as the community picnic, friends and neighbors, tailgate parties, or ball games. There is also one sure thing at every picnic-lots of good food.

The important point is to have **safe and healthy food**, not food that can cause food borne illness. Always prepare and store food properly.

As always, wash hands and work areas before preparing food.

Plan your menu with an eye to safe food handling. **Cook foods in plenty of time to thoroughly chill them in shallow containers in the refrigerator.**

Have enough coolers with ice or frozen gel packs in which to store the perishable foods like meat, poultry, fish, eggs and salads. You want to keep the food at 40 degrees F. **Pack foods right from the refrigerator into the coolers.**

Don't put the cooler in the car trunk; **Carry it inside an air-conditioned car.** At picnics, keep the cooler in the shade and keep the lid closed. Replenish the ice if it melts.

Use a separate cooler for drinks so the one containing the food won't constantly be opened and closed.



Find out if there's a **source of safe drinking water** at your destination. If not, bring water for preparation and cleaning; or pack clean, wet, disposable cloths or moist towelettes and paper towels for cleaning hands and surfaces. Cross-contamination during preparation, grilling, and serving food is a prime cause of food borne illness.

Pack raw meats, poultry, or seafood on the bottom of the cooler. This will reduce the risk of them dripping on other foods. Pack coolers until they are full. A full cooler will stay cold longer than one that is partially full.

If you plan on getting takeout foods such as fried chicken, **Eat them within an hour of pick up.**

Do not partially grill extra meat or poultry to use later. Once you begin, cook until completely done to assure bacteria are destroyed. Grill raw poultry until the juices run clear and there is no pink. Hamburger should not be pink in the center.



When taking food off the grill, **Don't put the cooked items on the same platter which held the raw meat** unless you have washed the platter in between uses.

Two Hour Rule. Don't leave perishable food un-refrigerated for more than two hours. Put perishable foods back in the cooler or refrigerator as soon as you finish eating. Don't leave them out while you go for a swim or a hike, and don't leave them out all afternoon to nibble on.

Chances are, picnic leftovers have been sitting out for more than an hour or two. **Discard these leftovers.** Cold food that were kept in a cooler that still has ice may be safe. If the ice has melted, the food should be discarded.



TRIPS AND TOURS 2021

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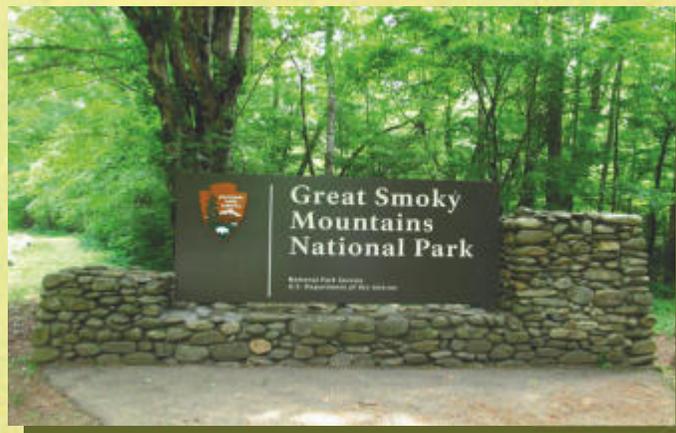


Diamond Tours will resume Travel August 2021

Due to the unprecedented times we are still experiencing, Diamond Tours now requires that participants:

Sign a Covid-19 Waiver of Liability &
Provide a copy of your COVID-19 Vaccination Record Card (front and back) showing you have been fully vaccinated (including a second dosage, if required) at least 15 days prior to the departure date of your trip.

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For more information or to book a trip call
Kim 217-223-5700





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Question:

My spouse died recently and my neighbor said my children and I might be eligible for survivors benefits. Don't I have to be retirement age to receive benefits?

Answer:

No. As a survivor, you can receive benefits at any age if you are caring for a child who is receiving Social Security benefits and who is under age 16. Your children are eligible for survivors benefits through Social Security up to age 19 if they are unmarried and attending elementary or secondary school full time. Keep in mind that you are still subject to the annual earnings limit if you are working. If you are not caring for minor children, you would need to wait until age 60 (age 50 if disabled) to collect survivors benefits. For more information about survivors benefits, read our publication *Survivors Benefits* at www.ssa.gov/pubs.

Question:

Why doesn't my estimate using the *Retirement Estimator* take into account my work as a teacher? I've worked for 20 years in public school systems and thought it would count.

Answer:

If you work for a state or local government agency — including a school system, college, or university — your earnings may not be covered by Social Security. If you are covered only by your state or local pension plan and you don't pay Social Security taxes, your earnings won't be shown on your Social Security record. (Your record will show your Medicare wages if you pay into that program.) For information on how your pension from non-covered state or local employment may affect the amount of your Social Security benefit, visit www.ssa.gov/retire2/wep-chart.htm

Question:

I'm retired and the only income I have is a monthly withdrawal from an Individual Retirement Account (IRA). Are the IRA withdrawals considered "earnings?" Could they reduce my monthly Social Security benefits?

Answer:

No. We count only the wages you earn from a job or your net profit if you're self-employed. Non-work income such as pensions, annuities, investment income, interest, capital gains, and other government benefits are not counted and will not affect your Social Security benefits. For more information, visit www.ssa.gov or call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778).

How can we help?



If you are having difficulty with any household tasks, please give the Case Coordination Unit a call and

let us come visit with you in your home to see if there would be any in-home services that could help you. We can arrange for home delivered meals, housekeeping services, shopping services and much more. We meet with you in the privacy of your own home and discuss options with you. Please don't be afraid to call -- help is available so that you can remain in your home as long as you are safe!

West Central IL Case Coordination Unit
1-800-252-9027 or 217-222-1189

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9. (solution pg. 22)

Medium Difficulty SUDOKU puzzle

	1		7				4	
9			8	3				
2								5
					5			4
					3			
6				4		2		
		6					3	2
7		2					8	
8							6	



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B 4C 01-1334

MEDICARE WHAT IS AN OBSERVATION STAY?



An **observation stay** is an **outpatient** hospital stay. During this stay, you receive medical services that help the hospital doctor decide whether you should be admitted to the hospital as an inpatient or discharged from the hospital. For example, observation stays may occur if you go to the emergency room and a doctor has to monitor your symptoms. While the symptoms are monitored, the doctors decide whether you should be admitted or discharged.

You are an outpatient during an observation stay even if you stay in the hospital overnight. While observation stays may seem like **inpatient** hospital stays, staying in the hospital overnight does not make you a hospital inpatient. You are only considered to be an inpatient if you have been formally admitted into the hospital as a hospital inpatient by a hospital doctor. If you have not been formally admitted into the hospital as an inpatient, you are considered an outpatient. In general, doctors will admit you as a hospital inpatient if they expect you will need to stay at least two days overnight in the hospital.

Medicare Part A, the hospital insurance part of Medicare, covers inpatient hospital stays. If you get your Medicare benefits through **Original Medicare**, the traditional Medicare program administered directly through the federal government, **Part A** covers most inpatient hospital care you receive during your stay. In general, you or your supplemental insurance plan pays a one-time **deductible** for your hospital stay. After you meet the deductible, you do not have to pay a **copayment** for the first 60 days of your inpatient hospital stay. Remember, a deductible is the amount you pay out of your own pocket for health care services you receive, before **Medicare** starts to pay for some of the cost of your care. A copayment, or copay, is the set amount you pay for care you receive, after Medicare pays for some of the cost of your care.

On the other hand, **Medicare Part B**, the medical insurance part of Medicare, covers outpatient care, such as health care services you receive while you are under observation in the hospital. If you have Original Medicare, **Part B** covers outpatient services you receive. If you are under observation in the hospital, you typically pay a 20 percent **coinsurance** for each medical service you receive in the hospital after you have met your yearly Part B **deductible**. A coinsurance is the percentage amount you pay for care you receive, after Medicare pays for some of the cost of your care.

If you get your Medicare benefits through a **Medicare Advantage plan**, also known as a Medicare private health plan, different costs and rules may apply. Contact your plan directly to learn more about your plan's coverage of hospital care.

It is important to know whether you are considered to be a hospital **inpatient** or an **outpatient** since your **Medicare** costs and coverage may differ depending on your status because your costs may be higher if you are a hospital outpatient.

If you are in the hospital, you or your family member should ask hospital staff whether you are an inpatient or an outpatient each day during your hospital stay, since this affects what you pay for hospital services. Keep in mind that whether you are an inpatient or outpatient can also affect whether you will qualify for Medicare coverage of **skilled nursing facility** care. If you have **Original Medicare**, Medicare will pay for skilled nursing facility care only if you have been in the hospital as a hospital inpatient for **three nights in a row**. Again, costs and rules may differ if you get your Medicare benefits through a **Medicare Advantage plan**.



Hull of a Race; to Honor Those Fighting Parkinson's

Hull of a Race, which raises money for Parkinson's research will be Saturday, August 21st at the Hull IL Downtown Park. The race is adding a special event this year to honor those with Parkinson's. We are inviting anyone with Parkinson's to be recognized and participate, at no cost, in a short walk or wheelchair roll.

Participants can choose the length of their walk and be assisted or accompanied by friends or family. The walk can be as short as a few steps or anywhere up to a three-block walk.

The special Parkinson's Recognition Walk will begin at 7:50 a.m. with the regular 5K/10K run/walk/roll beginning at 8:00. The Kids' Fun Run begins at 7:45. No preregistration is needed for the Parkinson's Recognition Walk. Just come by 7:30 the day of the race and give us your name.

For more information on Hull of a Race and to pre-register for the 5K/10K run/walk/roll or for the Kids' Fun Run visit our website at: www.hullofarace.com

For more information about the Parkinson's Recognition Walk, contact Bonnie Brueggeman at 217-440-6148 or email her at: dabb77@hotmail.com.



Hull of a Race

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CALENDAR OF EVENTS IN YOUR COUNTY

HANCOCK

**For General Information regarding any of the events in Hancock County
Contact Gay Dickerson at 217-357-6000**

**CARTHAGE Meal Site; 320 Walnut , Marion Corner Apartments
Contact Gay Dickerson at 217-357-6000**

≈ Meals served daily at Noon. Please call a day in advance for a meal reservation.

**HAMILTON Meal Site; 1680 Keokuk St, Hamilton
Contact Linda Gibson—217-847-3219**

Need help with benefits? The Hancock County ADRC, located in the Marion Corner Apartments, is here to help with any questions. Please call 217-357-6000 for assistance with Medicare, Medicaid, License plate sticker discount, etc.

Farmer's Markets

Carthage-Farmer's Market on the Northwest corner of the square every Monday from 12-3PM.

Hamilton-Farmer's Market by the Tennis Courts every Thursday from 3-6PM.

August 6, 7, 8 Western IL Threshers - 1570 North County Road 900 (N. 19th Street); *Hamilton, Illinois* (2-1/2 miles north of Hamilton on County Road 900)

80 acres of the largest and most complete line of antique tractors, cars, trucks, and gas engines in Western Illinois. Admission by \$5.00 button for age 12 & over. Button good for all three days of the show. Free parking with purchase of button

Need help with benefits? The Hancock County ADRC, located in the Marion Corner Apartments, is here to help with any questions. Please call 217-357-6000 for assistance with Medicare, Medicaid, License plate sticker discount, etc.

Did you know if you are 65 and older or between the ages 16-64 and totally disabled, I can help you get a discounted license plate sticker? Total Gross Income must be no more than: 1 person = \$33,562/year, 2 person household = \$44,533/year.... For more information give us a call at 217-357-6000

Something to keep in mind: Social Security, pensions/annuities, interest etc. will send 1099's at the beginning of the year (for tax purposes). Even though you might not be required to file a tax return, this information is needed to file for the Homestead Exemption (PTAX), Benefits Access (Circuit Breaker) and LIHEAP (energy assistance) programs. Also, any W2's from employment for the year

Don't forget to make your appointment for LIHEAP

The Low Income Home Energy Assistance Program (LIHEAP) is designed to assist eligible low-income households pay for energy services. Due to the pandemic, the program guidelines have changed. Call (309) 837-2997 to apply. This program 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. Participants must meet LIHEAP income guidelines in order to be eligible to benefit from the program.

Give back to the seniors in your community. The meal site is looking for volunteers to help deliver meals to our home bound seniors Monday thru Friday (Carthage and Hamilton). If you or a group would be interested in volunteering, please give us a call at 217-357-6000

CALENDAR OF EVENTS IN YOUR COUNTY

CALHOUN

Hardin Senior Center - 203 Main St.
Contact: Beverly Mosbarger at 618-576-9567

Daily at the Senior Center: Information & assistance is available from 9:00 a.m. to 3:00 p.m., Monday through Friday

WE ARE OPEN: Lunch is available Monday through Friday from 11:00-12:00. Lunches prepared by Debbie are great!

We have a couple of programs that might benefit those who are homebound and cannot get out for meals. We have the **hot meals** that are delivered Monday through Friday and also the **frozen meal program** that allows people to have meals that are not able to receive the hot meals due to their location. Please call **618-576-9567** and I will be glad to assist you in anyway I can.

We continue to offer assistance with the **Medicare D Drug Plan** or the **Discounted License Plate Sticker's** please call **618-576-9567**

Another form of assistance that we provide is the **ITAC Amplified Phone Program**. This program is for all ages and income levels that have a hearing loss and cannot use a regular phone. Phones that are available are the amplifying regular phones and also cell phones.

The Secretary of State's Mobile Unit will be at the Hardin City Extension Office located at 818 S. Park St. Hardin, IL 62047 on September 3, 2021. Services Available are:

Driver's License (renewal, replacement, corrections)
State ID Card (renewal, replacement, corrections)
Vehicle Sticker Sales

Is anyone needing a ride? **TRI-COUNTY RURAL TRANSIT** may be the assistance you need. They operate Monday through Friday from 8:00 a.m. to 4:30 p.m. They do not operate on holidays. Call **844-874-7433** for more information.

Don't forget the **St. Louis Area Food Bank** will be in Hardin, Illinois the first Wednesday of every month.

With August comes back to school. Please be careful when out and about. The school buses will be rolling and the kids will be catching the bus.

Stay safe, keep cool, and come in and see us sometime.

SCHUYLER

Schuyler County ADRC - 840 W Wilson St.
Contact: Kim Price at 217-322-2685

For General Information regarding these events in Schuyler County ADRC -

Come and Join us!

LOOKING FOR A NOON MEAL? Call Charles Place/ADRC Monday through Friday, arrange to pick up meal around 12:00pm if you would like a hot lunch. 60 and older is a free will donation and under 60 is \$7.00. Please call 322-2685 the day before you plan to eat to ensure there is plenty for all or sign up for home delivered meals.

NEED HELP WITH BENEFITS? The Schuyler County Aging and Disability Resource Center (ADRC), located at Charles Place, business hours are: Monday –Friday from 9-3. Please call for an appointment! **CALL 217-322-2685** with questions. Assist with Medicare, Medicaid, License Plate Sticker discount.

LOCAL EVENTS

5th, Secretary of State at City Hall ..1ST Thursday every other month. Any questions call 322-3833

12th, Food Basket Call in 8am-11am 322-2908 Pick up 8/26/21.

Call today and make an appointment to see if you qualify to get a vehicle sticker discount. 217-322-2685

We are here to help you with a variety of programs:
Medicare & Medicare Drug Plans (Part D)
New to Medicare Counseling
Medicaid Applications & Redetermination
Discount License Plate Sticker
Phones for hard of hearing
Meals on Wheels Program

If you need assistance with scheduling COVID Vaccine or transportation assistance, please call 217-322-2685

BE SURE TO WATCH YOUR LOCAL PAPER FOR MORE CURRENT EVENTS!!

Be sure to follow us on our FB page for general information and upcoming events happening here..

SchuylerCo Adrc Charles Place

639
York
Street
Quincy



Cooks Night Off August 19, 4:00 pm to 6:00 pm

The Dinner is only \$9.00 and you get a choice of
Delicious Roast Beef with Gravy
 or 3 pieces of Quincy's best Fried Chicken
Mashed Potatoes with Gravy
Peas & Carrots
Banana Split Cake
Dinner Roll with Butter

Drive through the North side of the Quincy Senior Center and we will bring your meal out to you!

Please note the price change due to increased costs. We have held off on price increases as long as we could but food and material costs have forced us to increase to \$9.

All proceeds benefit
 Meals on Wheels

Movie Time!!

News of the World
 August 19, 2:00 pm



Five years after the end of the Civil War, Capt. Jefferson Kyle Kidd crosses paths with a 10-year-old girl taken by the Kiowa people. Forced to return to her aunt and uncle, Kidd agrees to escort the child across the harsh and unforgiving plains of Texas. However, the long journey soon turns into a fight for survival as the traveling companions encounter danger at every turn -- both human and natural.

PG13

AUGU

APPOINTMENT ONLY

We are seeing appointments

Please give us
 217-223-5700, and
 set up an appointment



Cooks Night Off
 is still
 Drive-Through Only

Join
 for
 Karaoke

SENIOR
 with the Sou
 August
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 Quincy Se

\$5 per person

CALL

Kim Schu
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JUST ACTIVITIES

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clients by
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we will gladly
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Us
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August 25
12:30 pm to 2:30 pm
at the Quincy Senior Center
639 York St, Quincy



R DANCE
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st 12th
10 pm
enior Center

L
ette
information on any
es listed.

WEEKLY Activities-Open to All

- ≈ **Blessing Newcomers AA Meetings** Every Monday, 7 pm to 8 pm
- ≈ **TOPS**-Every Monday 5 pm to 6 pm A weight loss support group
- ≈ **Caregiver Support Group**—Every Tuesday 10 am to noon
Providing support to those who are caring for their loved ones.

MONTHLY Activities-Open to All

- ≈ **19th, Matinee Movie** 2 pm
 - ≈ **19th, Cooks Night Off** 4 pm to 6 pm - DRIVE-THRU ONLY
 - ≈ **24th, News & Views** 7 am to noon
 - ≈ **25th, Karaoke** 12:30 pm to 2:30 pm
- 

EXERCISE Weekly

- ≈ **Line Dancing**
Tue & Thur 1:30 to 3 pm
& Mon 6 pm to 8 pm
- ≈ **Advanced Tai Chi**
Tue & Thur 9 am to 10 am
- ≈ **Chair Tai-Chi**
Tue & Thur 11 am to Noon

CARDS weekly

- ≈ **Hand, Foot & Knee Cards**
Mondays & Fridays
1 pm to 3:30 pm
- ≈ **Bridge**
Mondays 1 pm -4 pm

Lunch is served daily Monday — Friday
at the Quincy Senior Center

The Dining Room will be OPEN
11:00 till 1:00

CALENDAR OF EVENTS IN YOUR COUNTY

PIKE

Pittsfield - 400 W. Jefferson
Contact: Connie Lerch at 217-285-6150

**Our meal site is open
Call 217-285-6150
for a reservation
by 8:40 a.m. the day you would
like a lunch**



Blessing Home Health Care is here on Tuesday's and Thursday's Day's at 10:30 a.m. to do light exercises. This is open to the public and free of charge. Call 217-285-6150 for more information. This is in the Findley Place Community Room 400 W. Jefferson St. Pittsfield. Space is limited so you must make a reservation.

The meal site is looking for volunteers to help deliver meals at noon and also for entertainment during our lunch time. If you have a talent that you would like to share with us, contact Connie at 217-285-6150.

RECYCLING has opened up at the Area (WWW) office in Pittsfield at 1335 W. Washington St. Hours are 8 a.m. to 4 p.m. The dumpsters are on the EAST side of the building.

ALL WARS MUSEUM

Open Saturday's and Sunday's noon to 4:00 p.m.
Moring at the Mess Hall meets the 1st Friday of the month from 9 a.m. to 11 a.m. coffee and donuts served. All are welcome!!

PIKE COUNTY MILITARY HERITAGE MUSEUM

Open Saturdays and Sundays

**Two Rivers of Pike County is under construction and will be closed indefinitely.
Please watch our Facebook page for updates**

PLEASANT HILL SENIOR CENTER

Pot luck M, W, and F 11:30 a.m.
Celebrate birthdays August 2, 2021, noon with a potluck 11:30 a.m.

Pittsfield Activities

The 2nd and 4th Wednesdays at 1 pm to 3 pm a Widow's group meets at the Pike County Senior Center in the Leta Shaw Room.

The third Saturdays of the month.

The Crossing Church food bank opens 9:00 am to 11:00 am at the Crossing Thrift Store.
The Calvary Baptist Church (cleaning supplies for Pike County residents) 9:00 am to 11:00 am
Good Samaritan Closet is open 9 am to 11 am Free clothes to all: for information or to donate call 217-491-8981

FISH FRY

Pike County Senior Citizens 220 W. Adams St. Pittsfield
Thursday August 12 fundraiser Fish Fry eat in or carry out

Property Taxes

Property tax bills were mailed out about the middle of July. 1st installment is due August 16 and the second one a month later in September.

Farmers Market

Pittsfield: Saturdays 7 am to noon on the courthouse lawn around the square.

SCAM ALERT



2176171548

2176170291

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<https://bit.ly/2UugiAd>

↑ sample text ↑

Illinois Secretary of State Jessie White is warning residents of scammers seeking personal information claiming to be the official government office.

The scams are typically over an e-mail or text message to Illinoisans, claiming to be the Secretary of State's office by using website logos and mastheads.



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CALENDAR OF EVENTS IN YOUR COUNTY

BROWN

MT. STERLING 109 N Capitol

Contact: Laura Blosser 217-773-3241

At the center:

Please watch the local paper and our Facebook page for up to date information.

August 11th-BINGO 12pm-1pm

August 12th- Free Blood Pressure Screening through the Brown County Health Department 11-11:30am

August 25th-BINGO 12pm-1pm

Please feel free to call the Brown County Senior Center at (217) 773-3241 with any questions or concerns.
Hours of operations are from 9am – 1pm Monday- Friday



Meals served Monday through Friday at both locations.
Please call 217-773-3241 for Mt. Sterling
and 217-225-3256 for Versailles
1 day in advance to make your reservation

VERSAILLES 106 N Main

Contact: Charlotte Hannig 217-225-3256

Welcome Back!!!

The dining room will be open for Dining-In

4th BINGO 1:00 p.m. Come join us for lunch too! You can see the monthly menu on page 19 in this newsletter.

16th Blood Pressure Checked 10:30 till 11:30—weather permitting

16th Pot Luck Supper—5:30 p.m. Meat & Table Service furnished. Bring your favorite dish and a friend.

20th Brown County Food Basket, Versailles Gym—1:30 p.m. to 4:30 p.m. Volunteers are always welcome. Bring your boxes or containers.

Be sure to check local news paper for dates of our special dinners, plus any other special events.



August 3 - 8
Entry Ticket \$10
every day except Friday.
\$20 for Entry on Friday

PUZZLE

BEACH FUN

E D I T H G I H D S T S E Z C E Y T
L P E L G K B X R H X A Z X L Y N S
C D M T D U O K A E F H N K F E G W
J U N B I U A G O L Q J R N R C V R
T O W E L K R Y B L P O S R I G R Q
I N I K I B D P F S N W U C L N K B
U M E S B H W H R S I C X P T N G Y
J U R E X X A E U M P S H R M O V D
O E B A B S L Y S I H A Z A R D O S
E R T F B S K U R T S A O C I O L E
S V Q T H D I N Y Y X S R W W R L S
K T Q O I T N R U J E A V T Y B U S
U E R P P E U A F R Y S F K N W G A
Q E N F G U S R S A T I S E W Y A L
B E A C H B A L L Y R G E G X Z E G
P V O W O O J D T D H R V Z A O S N
E L T S A C D N A S C J A W U U W U
R A L L O D D N A S B I W I F S C S

beach ball

beach chair

frisbee

jetties

sandbar

sun screen

shore

surf board

beach towel

bikini

coast

hazard

kite

sandcastle

seagull

waves

swimsuit

trunks

boardwalk

driftwood

high tide

rip current

sand dollar

shells

sunglasses

tanning

The Quincy Senior Center is open for lunch M-F 11:15 a.m. to 1:00 p.m. and does not require a reservation

Quincy Senior Center 11:00 a.m. -1:00 p.m. 639 York St, Quincy 217-224-5031	Sunset Apartments 11:30 a.m. 301 N. 8th St, Quincy 217-221-1308	Harvest Hills Noon 901 S. 36th St, Quincy 217-222-3333
Brown County Senior Center 11:30 a.m. 109 N. Capitol, Mt. Sterling 217-773-3241	Calhoun Senior Center 11:00 a.m.- Noon 203 Main St, Hardin 618-576-9567	Charles Place Apartments 11:30 a.m. 840 W Wilson St, Rushville 217-322-2685
Versailles Senior Center Noon 106 N. Main, Versailles 217-225-3256	Findley Place Apartments 11:45 a.m. 400 W. Jefferson, Pittsfield 217-285-6150	Browning Community Center 12:30 pm Highway 100 N. ,Browning 217-323-9389
Hamilton Senior Center 11:30 a.m. 1680 Keokuk St, Hamilton 217-847-3219	Marion Corners Apartments at Noon 320 Walnut, Carthage 217-357-6000	Lampe Hi Rise Apartments 11:30 a.m. 527 Broadway, Quincy 217-224-5031

Temporarily closed

*** For information about any service or program for the elderly, please call one of our trained and professional Information & Assistance Specialists.**

Adams County 639 York Street, Room 100, Quincy 217-223-5700 or 1-800-252-9027	Calhoun County - Beverly Mosbarger 203 Main St., Hardin 618- 576-9567	Pike County - Connie Lerch 400 W Jefferson, Pittsfield 217-285-6150
Brown County - Laura Blosser 109 N. Capitol, Mt. Sterling 217-773-3241	Hancock County - Gay Dickerson 320 Walnut, Carthage 217-357-6000	Schuyler County - Kim Price 840 W Wilson St, Rushville 217-322-2685

APPLICATIONS NOW BEING ACCEPTED FOR THESE OUTSTANDING SENIOR PROPERTIES

Call 1-800-252-9027 8 a.m. to 5 p.m. Monday - Friday for more information

Charles Place Apartments 840 W. Wilson, Rushville, IL	Marion Corners 320 Walnut, Carthage, IL 217-357-6000	Harvest Hills Retirement Center 901 S. 36th, Quincy, IL 217-222-3333	Findley Place Apartments 400 W. Jefferson, Pittsfield, IL 217-285-6150
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Rose Michael Garden Apartments 4516 Avenue L Fort Madison, IA 52627 319-372-2272	Hamilton Place Apartments 3325 Sterling Dr Burlington, IA 52601 217-223-7904
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- 1 Bedroom, Full Size Kitchen, Dining Area, Bath & Living Room
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- Benefits Counseling & Organized Activities
- Call 8 a.m. to 5 p.m. Mon.-Fri. for more information
- Income Based Rents: Income Guidelines Apply



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For personal tour and information
Contact: Sarah Brunk
Housing Coordinator
639 York Street, Quincy, IL
217-223-7904 or 800-252-9027

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Lunch Menu

August
2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Ham & Hashbrown Casserole Succotash Glazed Carrots Watergate Salad	3 BBQ Chicken Loaded Mashed Potatoes Steamed Zucchini Frosted Cake Juice	4 Beef TIPS with Mushroom Gravy Parslied Potatoes Cauliflower Cake with Fruit Topping	5 Peachy Pork Chop Cornbread Dressing Brussels Sprouts Apple Brown Betty Juice	6 Broccoli Chicken Casserole Butter Beans Mixed Vegetables Pineapple
9 Chicken Tetrazini Summer Squash Tossed Salad 5 Cup Salad	10 Ham & Beans Fried Potatoes & Onions Creamed Spinach Pear Cobbler Cornbread	11 Sloppy Joe on a bun Tater Tots Green Beans Daffodil Cake Juice or fruit	12 Fried Chicken AuGratin Potatoes Buttered Peas Oreo Fluff Juice	13 Tuna Salad with Crackers Cottage Cheese Broccoli Apple Salad Tropical Fruit Salad
16 Reuben Casserole Cabbage & Onions 3 Bean Salad Blushing Pears	17 Asian Chicken over Rice Buttered Corn Oriental Vegetables Coconut Pudding Cup Juice	18 Lemon Baked Fish Heavenly Carrots Twice Baked Cauliflower Scalloped Pineapple	19 Goulash Wax Beans Marinated Cucumbers Warm Fruit Compote	20 Chicken Club Casserole Lima Beans Peas Fruit Cocktail
23 Spaghetti with Meat Sauce Peas & Carrots Side Salad Applesauce	24 Million Dollar Chicken Harvest Pasta with Veggies Warm Beets Apricots	25 Roast Beef with Gravy Oven Roasted Potatoes and Carrots and Onions Green Beans Bread Pudding Juice	26 Fried Fish Fillet Baked Beans Broccoli Rice Casserole Raspberry Jello with Fruit Hushpuppies	27 Fiesta Meatloaf Spanish Rice Black Beas & Corn Fruit Crisp Juice
30 Cheeseburger on a Bun Cheesy Hash Browns Creamed Peas Butterscotch Pudding Juice	31 Country Fried Steak Mashed Potatoes with Gravy Corn Casserole Fruit Pie		Lunch Is served At various times in each area. Check your lunch site on page 18	Menus Are Subject To Change Without Notice

RECIPES:

Garlic-Brown Sugar Chicken Thighs



Ingredients

8 bone-in, skin-on chicken thighs

salt and ground black pepper to taste

3 tablespoons unsalted butter, divided

4 cloves garlic, minced

¼ cup packed brown sugar

1 tablespoon honey

½ teaspoon dried oregano

¼ teaspoon dried thyme

¼ teaspoon dried basil

Directions

Step 1

Preheat the oven to 400 degrees F (200 degrees C).

Step 2

Season chicken thighs with salt and pepper.

Step 3

Melt 2 tablespoons butter in a large oven-proof skillet over medium-high heat. Add chicken, skin-side down, and sear until brown, 2 to 3 minutes per side. Remove chicken to a plate.

Step 4

Melt remaining butter in the skillet. Add garlic; cook and stir until fragrant, 1 to 2 minutes. Remove from heat and stir in brown sugar, honey, oregano, thyme, and basil until well combined. Return chicken to the skillet.

Step 5

Bake in the preheated oven until chicken is no longer pink at the bone and the juices run clear, 25 to 30 minutes. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C).

Pistachio Mallow Salad

- 1 carton (16 ounces) whipped topping
- 1 package (3.4 ounces) instant pistachio pudding mix
- 6 to 7 drops green food coloring, optional
- 3 cups miniature marshmallows
- 1 can (20 ounces) pineapple tidbits, undrained
- 1/2 cup chopped pistachios or walnuts
- Additional whipped topping, optional



In a large bowl, combine whipped topping, pudding mix and food coloring if desired. Fold in the marshmallows and pineapple. Cover and refrigerate for at least 2 hours. Just before serving, top with additional whipped topping if desired, sprinkle with nuts.

OLDER AMERICANS MONTH WE MADE AN *OOOPS*



Submitted by Mrs Elizabeth B. Carnes Pittsfield, IL



Submitted by Mrs Bonnie Jones Rushville, IL

Sincere apologies to the artist who submitted their artwork for the July issue of News & Views. We inadvertently switched the names on their artwork. The above names are the corrected version.

From the July Article: Thank you for sharing your talents and wisdom with us! This month we feature two beautiful artworks contributed by Bonnie Jones of Rushville and Elizabeth Carnes of Pittsfield. Both contributors enjoy coloring to relax and to “just have fun.” Crafting and creating art - no matter what kind you enjoy - are a great way to relax and reduce stress, challenge your brain, and have fun!

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THIS & THAT

TRANSPORTATION AVAILABLE

All counties served by the Area Agency on Aging have transportation available for persons 60 years of age and older. For information, please call your local Information & Assistance Center to learn how you can get rides to essential appointments.

Adams* -217-228-4550 – 224-3535 (*call for availability)

Brown -- 217-773-3241

Calhoun -- 618-576-9567

Hancock -- 217-357-6000

Pike -- 217-285-6150

Schuyler -- 217-322-2685

Or 1-800-252-9027



Solution for puzzle - pg 7

3	1	8	7	5	2	9	4	6
9	5	4	8	3	6	1	2	7
2	6	7	4	9	1	3	8	5
1	2	3	6	8	5	7	9	4
4	7	9	2	1	3	5	6	8
6	8	5	9	4	7	2	1	3
5	9	6	1	7	8	4	3	2
7	4	2	3	6	9	8	5	1
8	3	1	5	2	4	6	7	9

WHY WAS THE KITE
FLYER STRESSED OUT?

SHE WAS AT THE END OF
HER ROPE!



Laugh



Q: What do you call a Frenchman wearing summer beach sandals?

A: Phillippe Phloppe



Q: What do you call a dog on the beach in the summer?

A: A hot dog!

Q: What did the air conditioning unit say to its owner?

A: I'm your biggest fan.

Q: What did the pasta say to the tomato?

A: "Don't get saucy with me!"

Can't find your children?
Try turning off the wifi.
They appear suddenly.





FRIENDLY CALLER PROGRAM

A simple phone call can make someone's day!

The Area Agency on Aging, in conjunction with the Retired and Senior Volunteer Program (RSVP), are now offering Friendly Calls to older adults in **Adams, Brown, and Pike Counties!** Individuals can be self-referred or may be referred by others. Participants will be matched with a volunteer and calls can range from 5-20 minutes anywhere from 1-5 times a week. This is a voluntary program and can be ended at any point.

This program is born out of a commitment from the State of Illinois to address social isolation and loneliness. Research shows that loneliness and social isolation are linked with negative physical and mental health consequences, including depression, cardiovascular disease, quality of life, general health, cognitive function, and mortality.



How can we help?

—
Safety & wellbeing checks
—

Provide supportive listening and social calls
—

Decrease impact of social isolation
—

Provide referrals if needed & offer ongoing follow-up contact

To refer yourself or someone you know for the Friendly Caller Program:

Call: Kim Schuette

Phone: 217-223-7904

Email:

kim.schuette@wciagingnetwork.org

Hours available for calls:

Mon-Friday: 8:30 am – 3:00 pm

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