

NEWS & VIEWS

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



Inside This Issue:

- Tax DatesPg 2
- MedicarePg 3
- Social SecurityPg 4
- Tips for finding work ...Pg 5
- Trips & Tours.....Pg 6
- SudokuPg 7
- COVIDPg 8
- Tell Your StoryPg 9
- Activities.....Pg 10-16
- PuzzlePg 17
- Meal Site Locations ...Pg 18
- Lunch Menu.....Pg 19
- RecipePg 20
- Humor TimePg 22
- Friendly CallerPg 23



TAX TIME?



Income Tax time is here again and some people need to file and some don't. We thought it might be helpful if we gave you the income guidelines so you can make a decision about whether or not to seek assistance. Taxable income includes many things. The most common are wages, interest, dividends, gambling winnings, IRA distributions, jury duty pay, pensions and sometimes social security benefits.

All of these amounts are for persons 65 years of age and older:

If you are single (or widowed) — \$14,050; If you are married filing jointly and both over 65 — \$27,400.

Starting in 2016, Social security benefits were only taxable if 1/2 of your social security benefits plus your gross income was more than \$25,000 or \$32,000 if you are married filing a joint return. No changes have been made as of yet.

If all this sounds complicated — you are absolutely correct! That's why we study the material that is sent to us every year and then we must pass an exam before we can assist you with your income tax needs. Thankfully, not all older people have to file taxes due to the types of income they receive. But that old adage is true — there are two things certain in life — death and taxes.

If you think you might have to file, we would rather you be safe than sorry. Call us and ask some questions. If you don't need to file, we'll let you know. If there is any question at all, we might make an appointment for you so we can spend more time with you and make a better determination. Just remember this:

We are not from the IRS but we are here to help you!

VITA -- VOLUNTEER INCOME TAX ASSISTANCE

Volunteers from the Area Agency on Aging will begin income tax assistance on February 18, 2022 at the Quincy Senior and Family Resource Center, 639 York St. This service is offered through the Volunteer Income Tax Assistance Program, co-sponsored by the Area Agency on Aging and the Internal Revenue Service. Electronic filing will be available for clients.

All Appointments are subject to change due to COVID

Quincy Senior & Family Resource Center 639 York St. Quincy, IL 217-223-5700 or 1-800-252-9027	Feb 18, 22, 23, March 1, 2, 8, 9, 15, 22, 23, 29, 30 April 5, 6, 7, 12	8:00 am — 4:00 pm
Marion Corner Apartments 320 Walnut Street Carthage, IL 217-357-6000 or 217-617-3376	March 17, 31	9:00 am—3:30 pm Contact Gay Dickerson
Pike County Senior Services 400 W Jefferson Pittsfield, IL 62363 217-285-6150	March 3, 11, 18	9:00 am—3:30 pm Contact Connie Lerch
Charles Place Apartments 840 W Wilson St Rushville, IL 62681 217-322-2685	February 24	9:00 am—3:30 pm Contact Kim Price
Mt. Sterling Senior Center 109 N Capitol Mt. Sterling, IL 62353 217-773-3241	March 24	9:00 am—3:30 pm Contact Laura Blosser
Hardin Senior Center 203 W Main Street Hardin, IL 62047 618-576-576-9567	March 25	9:30 am — 3:00 pm Contact Beverly Mosbarger



NEW YEAR NEW PLAN

WHAT'S
NEXT?



Whew! Medicare Open Enrollment is over! What happens next?

Short answer: expect changes starting January 1. Whether you stayed with your current plan or switched plans, it's important to pay attention to the details.

Premiums: You are expected to pay your plan for the policy you purchased.

It may take a while for your premium notice to arrive in the mail. Keep in mind that if you chose a new plan and decided to have your premium payment deducted from your Social Security benefit, you may still receive a paper statement until the deduction is authorized by Social Security. This process may take a couple of months – be sure to pay the premium so that you don't lose coverage. If you chose a new plan and want to have your premium automatically withdrawn from your checking account, you will have to set this up with your plan. If you stayed with the same plan, make it a point to verify that they will continue to automatically withdraw your premium payments from your bank account. Some plans require that you “renew” this option each year.

Deductibles: New year, new deductible. We all start over from scratch. The maximum plan deductible in 2022 is \$480.00; some plans do not have a deductible. Depending on the medications you take and the plan you have, you may meet your plan's deductible early in the year. Some people never meet their deductible because they take medications in lower-cost groups (tiers) that are considered “exempt.” Each plan varies. Make sure you understand how your plan's deductible works.

Co-Pays & Drug Prices: As a part of its agreement with Medicare, your plan agrees to set co-pay limits on drugs for each calendar year. In some instances, this is a fixed amount – such as up to \$10 for a Tier 1 preferred generic. Sometimes, this co-pay is a percentage. A non-preferred brand-name drug may have a co-pay of 25% of the retail cost of the drug *after* the deductible is met. Remember, too, that your co-pays will be determined by the phase of coverage you are in and the pharmacy you use (“preferred” or “standard”). **Retail drug prices are never guaranteed.** The actual cost of a drug is determined by supply, demand, ingredient shortages, manufacturing issues, etc. A prescription that you filled in 2021 for \$4.00 might now retail for \$12.00. Additionally, your plan might choose to re-classify your drug into another tier (group); they are required to notify you in advance. They are also required to notify you if they will no longer cover a drug you are taking.

Tips: Prepare for the new year by reviewing the information you have received about your drug plan. Always read what your plan sends you – including your monthly summary statement. This is your first line of defense against unpleasant surprises at the pharmacy counter. If you have questions or are really struggling to understand what the plan is communicating to you, reach out to your local Information & Assistance Specialist. We're here to help!

By Jack Myers, Social Security District Manager in Quincy, IL



Question:

I'm planning to retire next year. I served in the Navy and need to make sure I get credit for my military service. What do I need to do?

Answer:

You don't need to do anything to apply for the special credit for your military service—it is added automatically. For service between 1957 and 1967, we will add the extra credits to your record at the time you apply for Social Security benefits. For service between 1968 and 2001, those extra military service credits have already been added to your record. So you can rest assured that we have you covered. Read our online publication, *Military Service and Social Security*, at www.ssa.gov/pubs/10017.html.

Then when the time comes to apply for retirement, you can do it conveniently and easily at www.ssa.gov/retireonline.

Disability

Question:

I have a 38-year-old son who has been disabled by cerebral palsy since birth. I plan to apply for retirement benefits. Will he be eligible for benefits as my disabled child?

Answer:

Yes. In general, an adult disabled before age 22 may be eligible for child's benefits if a parent is deceased or starts receiving retirement or disability benefits. We consider this a "child's" benefit because we pay it on the parent's Social Security earnings record.

The "adult child" — including an adopted child, or, in some cases, a stepchild, grandchild, or step grandchild — must be unmarried, age 18 or older, and have a disability that started before age 22.

Question:

My brother died recently and left me some money. Will this inheritance affect my SSI benefits?

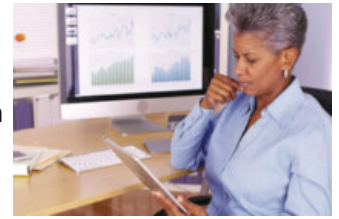
Answer:

We consider the money inherited from your brother as income for the month you receive it. That could make you ineligible for SSI that month, depending on the amount of the inheritance. If you keep the money into the next month, it becomes a part of your resources. You cannot have more than \$2,000 in resources and remain eligible for SSI. You should call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) between 8 a.m. and 7 p.m., Monday through Friday and report the inheritance. Representatives can tell you how the inheritance might affect your SSI eligibility. Find out more at www.ssa.gov/ssi.

Remember, if you need help, information, or you are ready to do business with Social Security, the first place to go is our website. Save time and go online!
Please share these web pages with your friends and family.

TIPS FOR FINDING EMPLOYMENT AS AN OLDER WORKER

According to the U.S. Bureau of Labor Statistics, the number of people 75 and older in the labor force is anticipated to grow by more than 95% over the next ten years. According to their Employment Projections program, this age group is the only group whose participation in the labor force is projected to rise. By 2030, all “Baby Boomers” will be at least 65 years old, and 9.5% of the civilian labor force is projected to be older than age 65. (source: bls.gov/opub/ted/2021)



Older adults remain in the workplace, or choose to re-enter the workforce, for a variety of reasons. Among the top reasons are changing perspectives on what “retirement” looks like and financial necessity. Additionally, older workers may choose to stay employed because it provides a sense of purpose, keeps them engaged with the community, and because...they like to work!

It’s important to note that while age discrimination remains an issue, especially for older women, plenty of employers seek out older workers because they possess a strong work ethic, are dependable, and bring a wide variety of experience and skills to their places of employment. However, the prospect of navigating the application or interview process, along with concern about lack of computer or other skills, may create barriers for older adults seeking employment.

Help is available! The Senior Employment Specialist Program, offered by the West Central Illinois Area Agency on Aging, helps adults age 55+ find employment or identify new job paths through referrals to local workforce development partners. Help with basic job searches and resume review is also available. For more information or to schedule an appointment, please call 217-223-7904 and ask for Mary Crawford.

<p>HICKORY GROVE A Supportive Living Community</p> <ul style="list-style-type: none"> Senior Living, age 65 & older Medication Management & Reminders 24-hours staff available NO INCOME RESTRICTIONS: Private Pay, Low Income & Medicaid Seniors and more! <p>MAPLE GROVE A Memory Care Community</p> <ul style="list-style-type: none"> Home-like setting with 24/7 staffing support for individuals with cognitive & memory impairments. Medication management & nursing staff and more! <p>HANCOCK VILLAGE</p> <p><i>Enjoy Life... enjoy worry-free living!</i></p> <p>For a Tour Call 217-357-8800 Today!</p> <p>404 South Adams Street Carthage, IL 62321 www.hancockvillage.org</p> <p>This institution is an equal opportunity provider and employer.</p>	<p>Dozier Insurance Agency, Inc.</p> <p>Don't slip up. Call us for your Medicare Supplement needs. 820 STATE ST., SUITE #12 • QUINCY, IL 62301 www.dozierinsurance.com (217) 224-3121</p>	<p><i>Celebrating 75 Years!</i></p> <p>O'DONNELL'S</p> <p>TERMITE & PEST CONTROL, INC.</p> <p>217-222-0049 www.odonnellspestcontrol.com</p>
<p>Hardee's CHARBROILED THICKBURGERS</p> <p>30th & Broadway</p>	<p>Key Beauty</p> <p>1907 Jefferson St. Quincy, IL</p> <p>(217) 222-0484</p> <p>· We Treat You Like Family ·</p>	
<p> available 24 hours per day</p> <p>offers personalized chaplain care and support for loved ones</p> <p>Get your questions answered. Call Safe Haven Hospice 855-879-4096 Safe-HavenHospice.org</p>		
<p>AVAILABLE FOR A LIMITED TIME!</p> <p>ADVERTISE HERE NOW!</p> <p>Contact Brett Reineck to place an ad today! breineck@lpicommunities.com or (800) 950-9952 x2511</p>		



TRIPS & TOURS FOR 2022!!



San Antonio, TX — **March 12-20, 2022** — \$935 per person double occupancy. Price includes 8 nights lodging, 14 meals including 8 breakfasts and 6 dinners, tour of San Antonio, cruise at San Antonio's famous River Walk District, a visit to the famous Alamo and Imax Theater, a visit to the Institute of Texan Cultures and San Antonio Missions, and tour of the LBJ Ranch.

Garden of the Gods, the Royal Gorge, & Colorado Springs — **May 15-21, 2022** - \$839 per person double occupancy. Price includes 6 nights lodging, 10 meals including 6 breakfasts and 4 dinners, tour of The Garden of the Gods, a visit to the US Air Force Academy, visit to Royal Gorge, including the Bridge and Aerial Tram, visit to Historic Manitou Springs, guided tour of Colorado Springs and a visit to US Olympic & Paralympic Museum.



Savannah, Jekyll Island, & Beaufort, SC — June 12-18, 2022- \$815 per person double occupancy. Price includes 6 nights lodging, 10 meals including 6 breakfasts and 4 dinners, guided trolley tour of Savannah, guided tour of Beaufort, SC, admission to the Famous Savannah Theatre for an evening show, guided tour of St. Simons Island, and guided tram tour of Jekyll Island.

Virginia Beach, Colonial Williamsburg, & Norfolk — August 20-28, 2022- \$1199 per person double occupancy. Price includes 8 nights lodging, 14 meals including 8 breakfasts and 6 dinners, Virginia Beach Boardwalk, visit to Colonial Williamsburg, dinner cruise with entertainment on the Spirit of Norfolk, admission to the Nauticus & Battleship Wisconsin, visit to The Mariners' Museum & Park, Virginia Beach Aquarium & Marine Science Center, and more...

Mackinac Island — September 12-17, 2022— \$635 per person double occupancy. Price includes 5 nights lodging, 8 meals including 5 breakfasts and 3 dinners, guided tour of Mackinaw City, visit to Mackinac Island, including a guided carriage tour, boat ride through the Soo Locks, Sault Sainte Marie, visit to Mackinaw Crossings, admission to Colonial Michillmackinac, and Kewadin Sault Casino.

Memphis-Home of the Blues, Soul, & Rock N Roll—October 17-21, 2022—\$629 per person double occupancy. Price includes 4 nights lodging, 8 meals including 4 breakfasts and 4 dinners, admission to Graceland, guided tour of Memphis, Beale Street in Memphis, admission to Sun Studio, admission to Memphis Rock N Soul Museum, and gaming at a Memphis area casino.

Call 217-223-5700 for more information on our Trips!!

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

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



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PROTECT YOUR COMMUNITY AND YOURSELF WITH A COVID-19 VACCINE

A COVID-19 vaccine is the best way to protect yourself and others from infection.

COVID-19 vaccines are safe, effective, and here now. Strong confidence in the vaccines within communities will lead to more people getting vaccinated, which will lead to fewer COVID-related illnesses, hospitalizations, and deaths.



As a rural leader, you can do the following to build COVID-19 vaccine confidence in your community:



Encourage people in your family, organization, and community to be vaccine champions and to share testimonials about why they got vaccinated.



Have discussions about COVID-19 vaccines, so people can share their views and ask questions. Ask local doctors, nurses, or other health care professionals to help answer people's questions.



Share [key messages](#) about vaccine safety through multiple channels that people trust, such as local radio stations, schools, and in faith-based settings.



Help educate people about [COVID-19 vaccines](#), including how they were developed and monitored for safety and how individuals can talk to others about the vaccines.

You have three ways to find vaccines near you:

- Go to [vaccines.gov](https://www.vaccines.gov)
- Text your ZIP code to **438829**
- Call **1-800-232-0233**

For more information about protecting yourself and others from COVID-19, visit [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus).



Learn more about [finding credible vaccine information](#). When you come across COVID-19 information, cross-check it with [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus) and learn how to respond to misinformation that you encounter.



Make your decision to get vaccinated [visible](#) and celebrate it.

TELL YOUR STORY

Do you ever long to tell others a great story about your life? Something funny, sad, something wonderful or unfortunate? Or just plain outrageous? Here is your chance to have that 10 minutes of fame you deserve, a chance for us to get to know more about each other than meets the eye.

A new group is forming for the purpose of sharing incidents about ourselves which happened in our youth, in your family, or business life. Maybe it happened a year ago or just happened yesterday. It doesn't matter when it took place as long as it reveals a piece of your personal puzzle.

This will be an open group--people may come and go as they please. There is no expectation of confidentiality, no membership list, no dues, no fees.

Sessions will run about an hour, depending upon how many people wish to speak. Every speaker will have 10 minutes, more or less, one story per speaker per session. Attend as much as you care to.

Keep this in mind: Every one of us has been more than who we are today. We all have had events in our lives which have impacted us in some way, caused us to choose a different path, opened a new door, gave us a wonderful surprise, made us laugh, made us cry. These are parts of your biography we want to hear.

Meetings will be held every Monday at 12:30, and every Wednesday at 4:00 in classrooms 2&4 at the Quincy Senior & Family Resource Center starting January 10th. Drinks and a light snack will be served.

TELL YOUR STORY



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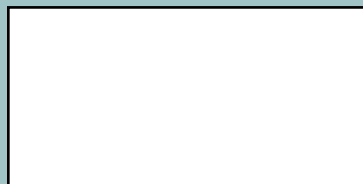
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CALENDAR OF EVENTS IN YOUR COUNTY

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

AUGUSTA SENIOR CENTER - 518 Main St
Contact Mary Keller at 217-392-2668

≈Cards—Tuesday at 1:00

≈Chair Exercises at Noon—Tuesdays

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.

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

**call 217-357-6000
for assistance
with any of the
programs**



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

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 amplified desk phones, cordless phones, caption phones and cell phone amplifiers. These are free to anyone with hearing loss.

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!

Bingo is back!!
THURSDAY January 13th
Bingo will start at 11:30 AM

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.

SERVICES OFFERED

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 phones are free to those who qualify.

Also, **DISCOUNTED LICENSE PLATE STICKERS**. To be eligible for this benefit the following is the amount of income that a single or married person can make:

SINGLE \$33,562 MARRIED \$44,533

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

CALHOUN SENIOR CITIZENS CENTER
would like to extend a very Happy New Year
to each and everyone of you.

Check out our Facebook page: <https://www.facebook.com/calhounseniorcenter/> for any new events that might take place in October 2021.

**MAY WE
HELP**



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.

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

LOCAL EVENTS

1/13/22 Food Basket

Call in 8am-11am 217-322-2908 pick up 1/27/22

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

**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



Cooks Night Off January 20th, 4:00 pm to 6:00 pm
Movie 2:00 p.m.

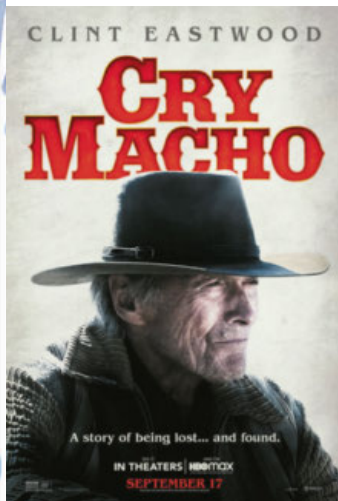
The Dinner is only \$9.00 and you get a choice of
Delicious Roast Beef with Gravy
or 3 pieces of Quincy's best Fried Chicken

- Mashed Potatoes with Gravy
- Glazed Carrots
- Black Forrest Cherry Cake
- Dinner Roll with Butter

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

All proceeds benefit
Meals on Wheels

Movie Time!!
Cry Macho
January 20, 2022



A one-time rodeo star and washed-up horse breeder takes a job to bring a man's young son home and away from his alcoholic mom. On their journey, the horseman finds redemption through teaching the boy what it means to be a good man.

Rated PG

Join Us
for
Karaoke



January 26
12:30 pm to 2:30 pm
at the Quincy Senior Center
639 York St, Quincy

NEW Meal Site



We will be playing
BINGO once a month
During the lunch hour
Starting January 28th at
Quincy Senior Center

Watch the News & Vi
the next date for p

Join us for FUN



LIVE
ENTERTAINMENT
Jan 17 th
Music with Tim
Quincy Senior C
at 1:00 pm

WINTER ACTIVITIES

Activity



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.
- Tell Your Story -Mondays @ 12:30 & Wednesdays @ 4:00. See pg 9

MONTHLY Activities-Open to All

- ≈20th, Matinee Movie 2 pm
- ≈20th, Cooks Night Off 4 pm to 6 pm - DINING ROOM IS OPEN !!
- ≈17th, Tim Smith Live Entertainment 1:00 pm
- ≈26, Karaoke 12:30 pm to 2:30 pm
- ≈25th, News & Views 7 am to noon



EXERCISE Weekly

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

CARDS weekly

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



CALL

217-223-7904 for further information on any of the activities listed.

There will be NO Dance until March 10th See you then :-)

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.

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

The Pike County Christmas Food Basket has started you can pick up an application at General Assistance at 121 E. Washington St. or Findley Place Apartments 400 W. Jefferson St. Pittsfield, IL

Pittsfield Activities

Bingo is played on Wed's after lunch and as requested. Daily activities Dominos, (chicken foot), Wii Games, Picture Puzzles', Word search puzzles, cards, checkers, and some board games.

LIHEAP

2 Rivers will be doing energy assistance at Findley Place Apartments
Call Connie for a time.
217-285-6150



PLEASANT HILL SENIOR CENTER

Celebrate birthdays the first Monday of the month . November 1st. **PotLuck** M,W and Fri

Pike County Senior Center
430 E. Adams St. Pittsfield, IL 62363
Call 217-285-4969 with any questions.



2nd Thursday of the month
Fish Fry carry outs available . Serving starts at 4:30

Information that you should keep!!!!!!!

This is getting that time of the year that you will get notifications from Social Security telling you this is what you will receive in 2022 also many pensions will also send you a notice as to what you will receive in 2022. These notices come in the last of November or in the first part of December. After the first of the year, you will get W2s from employers, 1099s from Social Security, and pensions. You do need these papers to file taxes, property tax, BAAs (CB).

We would like to Thank everyone who Graciously donated items for our Angels and the Elf Box for all of our Seniors in need.



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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.

Monday, Wednesday, Friday Exercise 9:30 a.m. - 10:30 a.m.

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

Chair exercises Tuesdays and Thursdays 9:30 - 10:30

Group Puzzle Mondays 9:30m - 10:30

12th & 26th - BINGO 12pm - 1pm

12th - Free Blood Pressure through the Brown County Health Department - 11:00 - 11:30

20th - Movie - after chair exercises

26th - Celebrating December Birthdays 12pm - 1pm

26th - Birthday Celebration



Changes in the above information will be in our local paper and on our Facebook page

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

**Call 217-773-3241
for information
on all activities**



VERSAILLES 106 N Main

Contact: Charlotte Hannig 217-225-3256

Welcome Back!!!

The dining room is open for Dining-In

**Call 217-225-3256 for the dates
on the following events:**

5th - BINGO 1:00 p.m. Come join us for lunch too! You can see the monthly menu on page 19 in this newsletter.

6th - Secretary of State Mobile Unit scheduled to be at the Mt. Sterling YMCA 10:00 a.m. till 2:00 p.m.. Renew your drivers license, vehicle license plate sticker, et an I.D. card, etc.

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

NO PotLuck supper in January

21st - Brown County Food Basket, Versailles Gym—1:30 p.m. to 4:30 p.m. Volunteers are always welcome (especially some younger fellows to help with carrying groceries). Bring your boxes or containers.

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



PUZZLE : IT'S COLD OUTSIDE

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

ANORAK
 CHILL
 EARMUFFS
 FROSTBITE
 ICICLE
 NOR`EASTER
 SLED
 WOOLENS

BELOW ZERO
 COMFORTER
 FIREWOOD
 GLOVES
 LONGJOHNS
 OVERCOAT
 SNOW SHOE

BLACK ICE
 DRAFTY
 FLANNEL
 ICE SCRAPER
 NIPPY
 SCARF
 WIND CHILL

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	Charles Place Apartments 11:30 a.m. 840 W Wilson St, Rushville
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 |
| 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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- 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

All properties are privately owned & managed by West Central Illinois Area Agency on Aging

Providing Senior Services & Programs for over 40 years



Lunch Menu

January
2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Pork Chop with Gravy Butter Beans Green Beans Peaches & Cherries</p>	<p>4 BBQ Chicken Mashed Potatoes Carrots Pudding Juice</p>	<p>5 Spaghetti with Meat sauce Peas Tossed Salad Scalloped Pineapple</p>	<p>6 Hashbrown Casserole Wax Beans Mixed Vegetables Spice Cake Juice</p>	<p>7 Fried popcorn Shrimp Baked Beans Buttered Corn 5 Cup Salad</p>
<p>10 Lemon Baked Fish Wild Rice Dilled Carrots Apple /Banana Slices Juice</p>	<p>11 Fried Chicken Cheese Potatoes Green Beans Mixed Berry Crisp</p>	<p>12 Potato & Kielbasa Bake Cauliflower Red Cabbage Blushing Pears</p>	<p>13 Beef Chili Fried Potatoes & Onions Broccoli with Cheese Tropical Fruit Cup</p>	<p>14 Mexican Chicken Casserole Mexicali Corn Pinto Beans Fruited Jello</p>
<p>17 Tuna Noodle Casserole Peas & Carrots Spinach Mandarin Oranges</p>	<p>18 Braised Pork with Apples Parslied Potatoes Cream Style Corn Ambrosia</p>	<p>19 Meatloaf Mashed Potatoes & Gravy Green Beans Bread Pudding Juice</p>	<p>20 Chicken Pot Pie Biscuit White Beans Zucchini Cherry Fluff Juice</p>	<p>21 Ravioli with Meat sauce Tossed Salad Baby Carrots Cinnamon Apples</p>
<p>24 Herb Baked Chicken Macaroni & Cheese Wax Beans Cottage Cheese with Pineapple Juice</p>	<p>25 Country Fried Steak Mashed Potatoes with Gravy Buttered Corn Apple Brown Betty</p>	<p>26 Chicken Alfredo with Pasta Broccoli Cauliflower Blend Peas Grapes</p>	<p>27 Polish Sausage with Sauer Kraut Warm 3 Bean Mix Diced Carrots Banana Cake Juice</p>	<p>28 Beef & Noodles Stewed Tomatoes Country Blend Vegetables Fruit Cocktail</p>
<p>31 Harvest Chicken Casserole Lima Beans Squash Medley Cinnamon Applesauce</p>	<p>There are NO To -Go dinners Please refrain from taking food out of the dining room</p>		<p>Menus Are Subject To Change Without Notice</p>	<p>Lunch Is served At various times in each area. Check your lunch site on page 18</p>

RECIPES: ROASTED ACORN SQUASH

Heat the oven to 400°F and arrange a rack in the middle. Cut the squash in half lengthwise and scrape out the seeds. Cut a small slice off the rounded side of each half to stabilize the halves so they sit upright.

Using your fingers, coat the flesh of each half with 1 piece of the butter, then season generously with salt and pepper. Divide the sugar and remaining butter pieces among the squash cavities. Place the halves cut-side up on a baking sheet. Roast until fork-tender, 45 minutes to 1 hour.



RECIPES: SO EASY 3 INGREDIENT POTATO SOUP

Ingredients:

- 1 28oz package Potatoes O'Brien
- 1 packet Country Gravy Mix
- 4 tsp Chicken Base or 32oz Chicken Broth

Step 1: Mix all the ingredients together in a large pot.

Yes, I told you, so easy!!

Step 2: Bring to a boil while occasionally stirring.

Step 3: Once it's boiling, reduce heat and let it simmer until it begins to thicken. (The soup will continue to thicken as it cools).

Any brands will work



ARE YOU A GARDENER, OR WOULD LIKE TO BE?


Are you a gardener, or would like to be? Then the Gardener's Palette is for you! University of Illinois Extension Adams County Master Gardeners will be presenting the 26th annual Gardener's Palette, a one-day gardening conference to be held March 5, 2022, 8:30-3:15 at the Quincy Senior and Family Resource Center, 639 York Street, Quincy, Illinois.

For only \$30, the Gardener's Palette includes gardening education classes, class materials, lunch, door prizes, and a vendor fair.

Don't miss this fun opportunity to learn more about gardening and make gardening friends! For more information about registration, call the U of I Extension office at 217-223-8380.

<p>Let Us Help With Your Move! We can organize, sort, pack, & coordinate all aspects of your move. Call For a Free Consultation: (888) 922-6368 www.GoldenBridges4you.com</p>  		
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CALL OR STOP BY TODAY FOR YOUR TOUR!

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



Solution for puzzle - pg 7

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



Laugh





FRIENDLY CALLER PROGRAM

Social,
Supportive,
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Fun!

Let's Talk!

Social isolation and loneliness take a toll on our physical and mental health and overall well-being. Connecting with another person helps!

A Simple Call...A Wealth of Benefits

Laugh, talk about favorite books or hobbies—the possibilities are endless. Current phone friends share that they really enjoy the calls and look forward to their next conversations!

How Does it Work?

The Area Agency on Aging, along with the Retired and Senior Volunteer Program (RSVP), are offering the Friendly Caller Program to older adults in **Adams, Brown, and Pike** Counties. You can sign up yourself, or refer someone to the program. You'll complete a short questionnaire, be matched with a volunteer, and set a schedule. Calls can be made from 1—5 times a week and last for 5-20 minutes. Participation is completely voluntary, and can be ended at any time.

Friendly Caller calls are made between 8:30 a.m.—3:00 p.m., Monday—Friday

Referrals to other services are available upon request

Interested in Joining?

Give us a call!

217-223-7904

OR

wciaaa@

wciagingnetwork.org



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