

# NEWS & VIEWS

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



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In light of the current COVID-19 situation, and the increase in number of cases and community spread, the West Central Illinois Meals Program would like to remind everyone that if you are not comfortable being around others, that to-go meals can still be made available. We encourage in-person dining for those individuals that are vaccinated and comfortable eating at a meal site. However, for individuals who are not vaccinated, or not comfortable being around others due to COVID-19, please feel free to ask for a to-go option.

Additionally, the West Central Illinois Aging Network and all its programs and services will be placing more emphasis on overall safety and minimizing risk for any programs that are currently running by requiring masks and social distancing.

As always, if you or anyone you know is in need of assistance in getting any of their COVID-19 vaccines or needs more information, please feel free to reach out to your local information and assistance office (see list on page 18)!



# 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 West Central Illinois 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



# JOB TIPS FOR OLDER WORKERS

## Updating Your Resume



*“The great thing about getting older is that you don’t lose all the other ages you’ve been” – American author Madeleine L’Engle*

Older adults bring wisdom and experience to the workplace. Showcasing your skills and work history in the current employment landscape requires making some adjustments to your resume. Keep

in mind that many employers use software programs known as ‘applicant tracking systems’ to collect, scan, and rank applications – your application may not get reviewed by an actual human until later in the hiring process! It’s also important to tailor your resume to the job you are seeking, and to highlight what you’ve achieved. Remember, you are trying to stand out from what could be a large pool of applicants! Here are some additional tips from AARP:

**Focus on Recent Experience:** Your most recent work matters more for the position that the employer is trying to fill. If you’ve had a position in the past 10-15 years that is related to your current job search, use details that tie it to the job you’re applying for.

**Eliminate Older Dates:** remove the dates related to work experience, education, and certifications if they fall outside the 10-15 year range. While it’s important to include your credentials, is it critical for your employer to know that you earned your diploma or degree 30 years ago? Probably not. Do include the dates for any recent certification or training that you’ve achieved!

**Limit Length:** Your resume should be no more than 2 pages (note: some careers require longer, more detailed work histories). Streamline your experience, skills, and accomplishments to match the job – don’t include every job you’ve ever had.

**Use Keywords:** Read the job description. If you see words or phrases that keep popping up, use them in your resume and cover letter!

**Gaps:** Do you have gaps in your work history? You’re not alone. Frame longer gaps as their own job, such as providing care for a family member, raising grandchildren, etc. If you were laid off, did you do any volunteering during that time? Did you spend it developing a new job path? Did you get training or further your education? Be forthright if you’re asked about them during an interview.

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. Phone and email inquiries are welcome; virtual appointments are available!

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



**Question:**

I'm trying to figure out the best time to retire based on my future earnings. How can I calculate my own retirement benefit estimate?

**Answer:**

We suggest you use our *Retirement Estimator* at [www.ssa.gov/estimator](http://www.ssa.gov/estimator). Our *Retirement Estimator* produces estimates based on your actual Social Security earnings record, so it's a personalized, instant picture of your future estimated benefit. Also, you can use it to test different retirement scenarios based on what age you decide to start benefits. For example, you can find out your estimated monthly

payments if you retire at age 62, 70, or any age in between. Try it out now at [www.ssa.gov/estimator](http://www.ssa.gov/estimator).

**Question:**

My cousin and I are both retired and get Social Security. We worked for the same employer for years, but he gets a higher Social Security benefit. Why is that?

**Answer:**

Your payments are based on your earnings over your lifetime. Unless you are both the same age, started and stopped work on the exact same dates, and earned the very same amount every year of your careers, you wouldn't get the same benefit as your cousin. Social Security benefits are based on many years of earnings—generally your highest 35 years. To learn more about Social Security retirement benefits, visit [www.ssa.gov/benefits](http://www.ssa.gov/benefits).

**Question:**

I need to apply for disability benefits. Where do I start?

**Answer:**

Begin by looking at our *Disability Starter Kit*. You can find it online at [www.ssa.gov/disability/disability\\_starter\\_kits.htm](http://www.ssa.gov/disability/disability_starter_kits.htm) or you can request a copy by calling 1-800-772-1213 (TTY 1-800-325-0778). The *Disability Starter Kit* will help you prepare for your application and interview. When you are ready, you can apply online at [www.ssa.gov/applyfordisability](http://www.ssa.gov/applyfordisability) or make an appointment to apply in person at a local Social Security office. Remember, our online disability application is convenient and secure. Don't stand in line, go online at [www.ssa.gov](http://www.ssa.gov).



# DEMENTIA FRIENDS

Interested in helping to change the way people think, act, and talk about dementia? Consider becoming a Dementia Friend! The process is easy - take a few minutes to watch a couple of video shorts and pledge to do something to benefit someone you know and/or our community. Small steps = big impacts. Learn more and become a Dementia Friend by visiting [dementiafriendsusa.org/become-a-dementia-friend](http://dementiafriendsusa.org/become-a-dementia-friend)



## SERVPRO of Quincy & American Red Cross



Up to 3 Smoke Alarms installed in your home  
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 ( IL Counties only: Adams, Brown, Pike, Hancock, Schuyler; while supplies last)

### HICKORY GROVE

A Supportive Living Community

- Senior Living, age 65 & older
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- 24-hours staff available
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### MAPLE GROVE

A Memory Care Community

- Home-like setting with 24/7 staffing support for individuals with cognitive & memory impairments.
- Medication management & nursing staff
- and more!

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# TRIPS & TOURS FOR 2022!!

**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

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



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# OPEN HOUSE

## 2022 Trips & Tours

Monday February 21st  
4:30 pm till 6:00pm

Stop in to learn more and register  
For our upcoming trips  
Through Diamond Tours.

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



## Homestead Exemption Reminder

Senior Citizen Homestead Exemptions were mailed in January and the homeowner must sign the form and return it to the Supervisor of Assessments by March 31st, 2022 to qualify for a \$5,000 reduction in their assessment for 2021 tax bills payable in 2022. Any individual who has previously filed and did not receive a mailed certificate should contact their local assessors office.

First time applicants must apply in person and supply a photo copy of the deed to their property and their birth certificate or other acceptable proof of age. Applicants must own and occupy their residence during 2021 and must be born in 1956 or before.

Check in your county for days and hours of operation for your Assessor.



# TELL YOUR STORY

**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\*. Drinks and a light snack will be served.

**\*Pending current COVID-19 precautions; please call ahead.**

 <p><b>CLARITY Healthcare</b> Now Open in QUINCY! Located in the Quincy Senior Center</p> <p>BEHAVIORAL HEALTH SUBSTANCE USE TREATMENT PRIMARY CARE</p> <p>In-Home Primary Care Visits for Senior Center Residents</p> <p>639 York Street, Suite 212 Monday–Friday: 8am–5pm</p> <p><b>217-222-6277</b></p> <p><a href="http://www.clarity-healthcare.org">www.clarity-healthcare.org</a></p>		<p>MEDICARE SUPPLEMENTS • LONG-TERM CARE CRITICAL ILLNESS • LIFE</p>  <p><b>STAN SCHWARTZ, MSAA</b> 1900 Harrison Street, Quincy (217) 228-1622 • <a href="http://www.schwartzquincy.com">www.schwartzquincy.com</a></p> <p><b>Schwartz</b> Insurance Services</p> <p><i>"Making The Complicated Simple Since 1995"</i></p>
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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

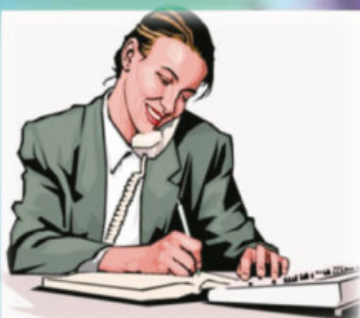
≈Cards—Tuesday at 1:00 till 3:00

≈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

**Saturday, February 5<sup>th</sup> - 28th annual Hancock County Family Fair** • Family Fair will be held at the U of I Extension Center, 550 N. Madison, Carthage, from 9 AM-1 PM. Theme: Tropical Beach Bash. Many family agencies will be present with games, crafts, and activities for the children. Organized by Carthage Public Library, HC Health Department, Mental Health Center of Western Illinois, Memorial Hospital, and U of I Extension.



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

**CALHOUN COUNTY SENIOR CITIZENS CENTER WOULD LIKE TO WISH EVERYONE A HAPPY VALENTINES DAY**

**Daily at the Senior Center:** Information & assistance is available from 9:00 a.m. to 3:00 p.m., Monday through Friday. **Lunch is available Monday through Friday from 11:00-12:00.** Come on in and enjoy great meal and visiting with friends.

**FEBRUARY 14 WE WILL BE HOSTING A VALENTINE'S BINGO AROUND 11:30**

**ST VINCENT DEPAUL IS NOT OPEN TO THE PUBLIC ON WEDNESDAYS AND THURSDAYS FROM 11:00 A.M. TO 3:00 P.M. CALL 618-576-2500 FOR MORE INFORMATION**

### SERVICES OFFERED

**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.

**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 \$33,362.00      MARRIED \$44,533.00**

**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.

**MEAL PROGRAMS** 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 any way I can.

**NEW TO MEDICARE COUNSELING AND SIGNING UP FOR SOCIAL SECURITY** for those turning 65

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

## 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

**2/13/22 Food Basket** Call in 8am-11am 217-322-2908 pick up 2/27/22

**2/24/22 Income Tax appointments** will be held between 9am to 11:30, by appointment only. 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  
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 February 17th, 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
  - Cali Blend Vegetables
  - Turtle Brownie
  - 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!!**  
**Just Mercy**  
**February 17, 2022**



After graduating from Harvard, Bryan Stevenson heads to Alabama to defend those wrongly condemned or those not afforded proper representation. One of his first cases is that of Walter McMillian, who is sentenced to die in 1987 for the murder of an 18-year-old girl, despite evidence proving his innocence. In the years that follow, Stevenson encounters racism and legal and political maneuverings as he tirelessly fights for McMillian's life.

**Rated PG**

# FEBRUARY

## Meals Plus for Valentine's Day Sw

Let Meals Plus play Cupid for you this year!

Your purchase of a Marshmallow Bouquet or a 1/2 Dozen cupcakes helps provide a nutritious hot meal to a homebound senior.

Call 217-592-  
place an order

Schedule a cu  
February 11th  
Center 639 Yo

1/2 Dozen Cupcakes \$10  
Lemon, Chocolate, Vanilla,  
or assorted

Marshmallow Bouquet \$8  
with hot chocolate mix



**LIVE**  
ENTERTAINMENT

**Feb 21st**  
**Music with Tim**  
**Quincy Senior C**  
**at 1:00 pm**

# MONTHLY ACTIVITIES

Seniors  
Treats Sale



3657 for more details or to  
r.

or home or walk-in pick-up on  
14th @ Quincy Senior  
Center, Quincy

[Quincy pick-up only]



## 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

- ≈ **17th, Matinee Movie** 2 pm
- ≈ **17th, Cooks Night Off** 4 pm to 6 pm - DINING ROOM IS OPEN !!
- ≈ **21st, Tim Smith Live Entertainment** 1:00 pm
- ≈ **23, Karaoke** 12:30 pm to 2:30 pm
- ≈ **22nd, 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

All Activities are subject to change due to current COVID restrictions.

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

**Join Us for Karaoke** February 23  
12:30 pm to 2:30 pm  
at the Quincy Senior Center  
639 York St, Quincy

# 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 2<sup>nd</sup> and 4<sup>th</sup> 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

### Mass Transit is looking for help!!!!

Full-time Dispatcher  
Part-time driver



### 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

### ALL WARS MUSEUM

Open Saturday's and Sunday's noon to 4:00 p.m.  
Moring at the Mess Hall meets the 1<sup>st</sup> 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 Saturday's and Sundays from noon to 4:00 p.m.

### PLEASANT HILL SENIOR CENTER

Celebrate birthdays the first Monday of the month  
**PotLuck** M,W and Fri

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



2<sup>nd</sup> Thursday of the month \$10  
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).



...Pass it ON

## Report frauds and scams to the Federal Trade Commission



➔ 1-877-FTC-HELP  
(382-4357)

➔ [ftc.gov/complaint](http://ftc.gov/complaint)

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or (800) 950-9952 x2633



# 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.

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**

**4th - Decorating Valentine boxes - noon till ?**

**9th & 23rd - BINGO 12pm - 1pm**

**9th - Free Blood Pressure** through the Brown County Health Department - 11:00 - 11:30

**11th - Making homemade Valentines Cards - noon till ?**

**14th - Valentines Lunch / Party**

**25th - Movie - after chair exercises**

**23rd - 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:**

**2nd - BINGO 1:00 p.m.** Come join us for lunch too! You can see the monthly menu on page 19 in this newsletter.

**18th - 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.**

WE MAKE A  
**LIVING** BY  
**WHAT WE GET.**  
BUT WE MAKE A  
**LIFE** BY  
**WHAT WE GIVE.**  
*~ Winston Churchill*



# PUZZLE : WHATS YOUR FLAVOR?? JELLYBEANS

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

**BANANA**

**CAPPUCCINO**

**CINNAMON**

**GREEN APPLE**

**LICORICE**

**MARSHMALLOW**

**POMEGRANATE**

**TANGERINE**

**BLACKBERRY**

**CHEESECAKE**

**COTTON CANDY**

**JUICY PEAR**

**MANGO**

**PINACOLADA**

**POPCORN**

**WATERMELON**

**BUBBLE GUM**

**CHERRY**

**CREAM SODA**

**LEMON DROP**

**MARGARITA**

**PINEAPPLE**

**ROOT BEER**



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 Beverly, Quincy 217-224-5031 <b>Temporarily closed</b>

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

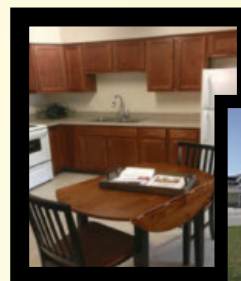
Adams County 639 York Street, Room 100, Quincy 217-223-5700 or 1-800-252-9027	Calhoun County - Beverly Mosbarger 203 Main St., Hardin 618- 576-9567	Pike County - Connie Lerch 400 W Jefferson, Pittsfield 217-285-6150
Brown County - Laura Blosser 109 N. Capitol, Mt. Sterling 217-773-3241	Hancock County - 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

<b>Charles Place Apartments</b> 840 W. Wilson, Rushville, IL	<b>Marion Corners</b> 320 Walnut, Carthage, IL 217-357-6000	<b>Harvest Hills Retirement Center</b> 901 S. 36th, Quincy, IL 217-222-3333	<b>Findley Place Apartments</b> 400 W. Jefferson, Pittsfield, IL 217-285-6150
<b>Rose Michael Garden Apartments</b> 4516 Avenue L Fort Madison, IA 52627 319-372-2272	<b>Hamilton Place Apartments</b> 3325 Sterling Dr Burlington, IA 52601 217-223-7904		

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- Income Based Rents: Income Guidelines Apply



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# Lunch Menu

February  
2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Beef Stew with Biscuit Cauliflower Seasoned Corn Fruit Cobbler Juice	2 Fried Fish Fillet Calico Beans Steamed Carrots 5 Cup Salad Hushpuppies	3 Breaded Pork Fritter with Gravy Boiled Potatoes Green beans Raspberry Peaches	4 Chicken Fried Rice Oriental Vegetables Asian Broccoli Mandarin Oranges
7 Chicken Tetraxini Seasoned Carrots Braised Cabbage Mixed Fruit	8 Roast Beef with Gravy Oven Roasted Potatoes Carrots & Onions Peas Lemon Cake Juice	9 Ham & Beans Fried Potatoes Succotash Pears Cornbread Muffin	10 Tater Tot Casserole Broccoli with Cheese Wax Beans Fruit Cup	11 Baked Tilapia Confetti Rice Yellow Squash Ambrosia Juice
14 Honey Lemon Baked Chicken Buttered Orzo Pasta with Carrots Cali Blend Vegetables Strawberry Fluff Juice	15 Beef Enchilada Casserole Red Beans & Rice Mexicali Corn Lime Pears	16 Fish Sandwich German Potato Salad Coleslaw Mixed Fruit Cobbler	17 Hamburger Mushroom Steak Mashed Potatoes with gravy Creamed Peas Cinnamon Applesauce	18 Turkey & Dressing Sweet Potato Mixed Vegetables Peaches & Cherries
21 Polish Sausage with Kraut 3 Bean Mix Buttered Beets Tapioca Pudding Juice	22 Fried Chicken Buttered Potatoes Green Beans Apple Brown Betty	23 Spaghetti with Meat sauce Diced Carrots Tossed Salad Scalloped Pineapple	24 Pork Chop with Stewed Tomatoes Oven Roasted Potatoes Buttered Peas Caramel Poke Cake Juice	25 BINGO DAY Cheeseburger on a Bun Cottage Fries Lima Beans Fruited Jello
28 Swiss Steak Baby Bakers Brussels Sprouts Fruit Cocktail			<b>Menus Are Subject To Change Without Notice</b>	Lunch Is served At various times in each area.  Check your lunch site on page 18

## RECIPES: HONEY TURMERIC CHICKEN

### Ingredients

- 4 (12 oz. /340 g per chicken) chicken thighs, deboned but skin-on
- 2 cloves garlic, minced
- 1 1/2 tablespoons honey
- 1 tablespoon oyster sauce or soy sauce
- 3/4 teaspoon turmeric powder
- 1 pinch cayenne pepper (omit if you do not like spicy)
- 1 pinch salt
- 1 tablespoon oil



### Instructions

1. Add the garlic, honey, oyster sauce, turmeric powder, cayenne pepper and salt to the chicken, stir to combine well.
2. Heat up a skillet (cast-iron preferred) on medium heat and add the oil. Transfer the chicken to the skillet and cook on both sides, until they turn golden brown, crispy on the bottom and nicely glazed and browned on the skin side. Dish out and serve immediately.

You may use chicken breast, chicken drumsticks or wings for this recipe. You may also bake or grill this recipe. If baking, bake it at 400F for 20 minutes or until the chicken is slightly charred.

## RECIPES: HOMEMADE TAHINI TURMERIC DRESSING

- 1/4 cup tahini ( usually found in the organic aisle)
- Juice of 1/4 lemon (about 2 tablespoons)
- 1/2 tablespoon dijon mustard
- 1 tablespoon maple syrup
- 1 tablespoon soy sauce
- 1/4 teaspoon cumin
- 1/4 teaspoon coriander
- 1/4 teaspoon turmeric
- 3-4 tablespoons water ( or add to your liking )

**Have a nice Salad  
to go with your  
Chicken**



Place all ingredients except for water in a bowl and whisk until smooth and combined. Slowly add water, 1 tablespoon at a time, until desired consistency is reached. Season to taste with salt if needed (I usually don't need to). Leftovers store well in the fridge although you may need to re-thin the mixture with a little bit of water.

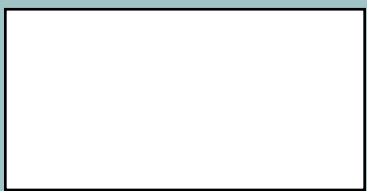


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# THIS & THAT

## 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



## Solution for puzzle - pg 7

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



# **Your Feedback is Needed**

**We are looking for  
suggestions from you our friends and patrons  
for the upcoming year  
at the Quincy Senior Center**

**for Activities and Events  
that you would be interested  
in seeing or doing during the  
lunch hour or other times of the day.**

**some examples:**

**Game Table for various games (chess-checkers-backgammon- etc),  
Trivia, Once a month Euchre Tournament,  
Guest Speakers / Topics, etc**

**Please stop in or mail us  
what you would like to see offered:  
639 York St, Quincy IL 62301**





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