The Key Word

November - December - January 2021

Happy Holidays to you and yours!

November — Happy Thanksgiving! We are very grateful for all of you! A Special Thank you to our Veterans! Please join us for our Gala Nov. 13

Don’t forget Medicare enrollment! Info on Pg. 13

December — Merry Christmas! Thank you in advance for your Annual Appeal contributions!

January — 2022 — Celebrating 50 years of FVCS Serving Seniors! Watch for coming 50th Anniversary events!

Farewell to amazing Cindy Worsley!

Thank you for your many years of service, joy and love! Celebratory Pg. 9

Fox Valley Older Adult Services (FVOAS) DBA Fox Valley Community Services (FVCS) was established in 1972. Serving Seniors in DeKalb, Kane, Kendall and LaSalle Counties in

• Adult Day Service • Home Services • Informational Programs
  • Daily Activities • Travel • And Much More

Transportation, Meals On Wheels and Daily Nutrition are offered at our site by Voluntary Action Center.

The mission of Fox Valley Community Services, a non-profit senior services agency is to:

✦ Provide programs and services
✦ Improve and enrich vital, independent living
✦ Enhance dignity and self-respect
✦ Encourage participation in community life

To find out more about our organization, please contact us at (815) 786-9404. Or, visit our website at www.fvoas.org

To receive our newsletter by mail or online, please call us 815-786-9404

Fox Valley Community Services
1406 Suydam Road
Sandwich, IL 60548
Tel. 815-786-9404

Home Services Department
815-570-2531

Voluntary Action Center
815-787-6219

Fax 815-786-2696
Website: www.fvoas.org
Visit our website by scanning our QR code!
Hello Everyone!

As we enter into the last few months of 2021, it reminds us that even through adversity we should never give up our JOY. The end of the year gives us all the opportunity to say thank you to those that have helped us personally and those that have helped our community. To share that smile with a neighbor and use enthusiasm to “un wrinkle” our souls. The Holidays are a time to give. Give of your heart. Give of your time. Give of your talents. And when possible give money.

As I look back over my first 2 months, it was a JOY to work and meet all of you at the Center and at the Fair. I deeply appreciate all the work that was put into that event and the dedication of those that volunteer. Kudos to all of you, and my gratitude. I am looking forward to the Gala and all our events planned for next year.

The staff at FVCS and I want to wish all of you the safest and most joyful holiday season possible. Please continue to reach out to us as the seasons change. Join us at the center and enjoy all we have to offer. Watch our website and Facebook page for activities, events and fundraising.

For the coming year we look forward to growing as an organization. In honor of our 50th Anniversary we will be making some building improvements. Keep watching for more information. We are expanding our online presence. Expanding our educational and resource services. And more…. 

To grow with the community and service our participants the best way we can, FVCS will be conducting a survey to ask YOU! what YOU! are looking for in senior services. The survey will be available at FVCS, on Facebook, on our Website and be sent out electronically. We want to hear what YOU! Have to say.

Have a Safe and Happy Holiday season!
FOX VALLEY COMMUNITY CENTER
- THE PLACE FOR YOUR EVENT!
Please call 815-786-9404 or check our website www.fvoas.org
Ideal setting for receptions, reunions, parties, business dinners, and so much more. Our affordable pricing allows you to truly plan your day, your way!

Thank you to all our Fair Contributors!
Whether you were an amazing volunteer, a generous donor or a participant, we are sending out a HUGE thank you to all of our Sandwich Fair Supporters!

See you next year!

MISCHELLE REINERS, Owner
reinersmemorials@gmail.com
• Monuments & Markers
• Cemetery Lettering
• Bronze & Cremation Urns

Reiners Memorials
603 E Church (Rt. 34)
Sandwich, IL 60548
815.786.2437

Want To Downsize?
Enjoy Easy Living with Low Maintenance and Affordable Home Ownership! Drive through our community and see why so many have called this home for so long!
For a personal tour, please call us at (815) 786-9550

Heritage Woods of Yorkville
An Affordable Assisted Lifestyle Community for the Older Adult
242 Greenbriar Road
Yorkville, Illinois 60560
630-882-6502
Managed by Gardant Management Solutions

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American Cremation Services of Illinois

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KELLY WOODS
HEALTH CARE LIASON
Cell: (630) 699-2202
Email: kwoods@DMJHomeHealthServices.com
Office: (847) 423-2667
Fax: (866) 253-2315
Address: 2720 E. New York St., Suite 120, Aurora, IL 60502

For ad info. call 1-800-950-9952 • www.lpicommunities.com
Looking to the future—Attention all our community members. As we near our 50th Anniversary, FVCS is looking for your input. Help us make improvements, upgrade services and serve all of you better for the next 50 years. Please answer the following questions and be part of the future.

What is your gender? Male ___ Female ___

What county do you live in? _____________________

Are you familiar with our:  
Website Y___N___  
Facebook page Y___N___  
Constant Contact Emails Y___N___  
Newsletter Y___N___

Are you familiar with our:  
Active Senior Center Y___N___  
Adult Day Service Programs Y___N___  
Sandwich Y___N___  
Dekalb Y___N___

Home Services Program Y___N___  
Alzheimer’s Support Group Y___N___  
Trips Y___N___  
Classes & Programs Y___N___

How many times a week do visit the Fox Valley Community Center?  
1 time a week ____  
2-3 times a week ____  
More than 3 times a week ____  
Never, I don’t use FVCS ____

If you are not visiting Fox Valley Community Services, Why?  
Don’t have programs I am interested in____  
Don’t think I am in the right age group ____  
Don’t have transportation to the Center ____  
Don’t have time during the day to visit the Center ____  
Don’t know how to receive information about the programs ____

What programs would you like to see added to FVCS? (Check all that apply)  
Health screenings _____  
More exercise programs ____  
Yoga ____  
Informational seminars ____  
Art, Crafts Writing ____  
Other________________________________________________

Do you know about our volunteer opportunities  
Yes ___ I am active  describe______________________________  
No ____ But I am interested  
No ____ Thank you, not interested at this time

Thank you for your time in completing this short survey.
Please physically drop it off at Fox Valley Community Center  
or mail it to: 1406 Suydam Rd Sandwich, Il 60548 by December 15th.

After you return your survey, you will be put into a RAFFLE for a $50 gift card  
Drawing to occur on December 15th.

Your responses are very important to us. If you are interested in participating in a focus group on service/building improvements please contact Suzanne Kinsey at 815 786-9404

Thank you for your continued support!
GOOD TIME TRAVEL

Becky says – It has been a busy few months winding up this year’s trips. Seems everyone is anxious to get out and have some fun with fellow travelers and make up for lost time. The trips have been filling fast. Door County was a great trip filled to capacity, with everyone enjoying the beautiful fall colors! From a fish boil to goats on the roof, it had something for everyone! My travel season is finishing up with a 5 day trip to the Ark Encounter in Kentucky and a day trip to “The Barn” in Goodfield, IL planned for Sunday, Dec 12th to see a “Christmas to Remember”. I hope to squeeze in another Holiday day out, so call or watch our website and newspapers for the details on that.

Travelers’ Reunion and 2022 Trip Reveal
Join me on January 18th at 6:30pm at the Center to see where we’re going in 2022!
Say hi to the friends you’ve met on previous trips and see what’s coming up.

Games, Prizes and an evening of fun for everyone!

Please note: Trips follow Covid-19 guidelines, we recommend vaccines at this time

Don’t forget to watch for trips that “pop-up!”

Call Becky for more information—815-786-9404

AVAILABE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact Jeff Parkinson to place an ad today!
jparkinson@lpicommunities.com
or (800) 950-9952 x5887

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Contact us at: careers@4pi.com | www.4pi.com/careers

SUPPORT OUR ADVERTISERS!
Our Seniors are back and ready to PARTY!!!

Fox Valley Community Services
and Voluntary Action Center

Christmas Party
Wed Dec 15th 11-1 $15

Entertainment by: Sandy Haynes and the Blue Rocket Band

Call NOW to make your reservation
Sallie 815-787-6219 Ext. 2 or Becky 815-786-9404

At our recent Fall Fun Day, lunch bags were
Decorated by Prairie View School 1st graders
And Line Dancing was enjoyed
with Sandy Haynes.

New Singing Group -
The Nanas and The Papas
Come and join in the fun!
Sing along to the oldies on the 2nd
& 4th Wed. at 10a.m.

Drum Fit is a fun, easy cardio
Exercise Tuesdays & Thursdays
10:45 a.m. Come drum with us!

Feelin’ Lucky? Don’t forget
is inside now, every
Monday at 12:30 &
Thursdays at 9:30
Fox Valley Community Services now offers
Adult Day Service in 2 convenient locations.
Sandwich Adult Day Service, 1406 Suydam Rd, Sandwich
Kapper Adult Day Service, 1701 E. Lincoln Highway, DeKalb

**Adult Day Service/Respite Care** is a service providing families and caregivers with peace of mind and the ability to continue working and caring for family, knowing their loved ones are receiving personal care by trained staff, throughout the day. We offer a professional and compassionate level of community based care for adults who are challenged (by dementia, Alzheimer’s, Parkinson’s, physically disabled, etc.) or who are socially isolated. A registered full time Nurse, Certified Nursing Assistants and Activity Assistants are always on duty to provide a unique and personal day service for your loved one.

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**Holiday Wish Lists**

**Sandwich Site**
- Small paper plates
- Plastic spoons & forks
- Plastic 8oz glasses
- Paper napkins
- Glue sticks
- Washable markers
- Black permanent markers
- Adult size scissors
- 8oz & 16oz Styrofoam cups
- Decaf Coffee
- Gallon size Fruit Punch
- Bird seed
- Swiffer Sweeper wet pads
- Unflavored powder coffee creamer
- Bite sized candy bars
- Dish towels
- Packaged cookies
- 2 Liter size 7 Up Snack Bags of Goldfish, Frito’s, etc.
- Individually packaged desserts
- Hand held vacuum with a charger

**Kapper Adult Day Service, DeKalb**
- Small paper plates
- Water colors
- Large sturdy paper plates
- Napkins
- Plastic spoons & forks
- Kleenex
- Plastic 8 oz glasses
- Popsicle sticks
- Styrofoam 8 oz glasses
- Balloons
- Gallon & Quart Ziplock bags
- Swiffer Sweeper wet pads
- Packaged cookies
- Colored pencils
- Holiday plastic table cloths
- Bite sized candy bars
- Streamers
- Washable markers
- Thick crayons, pencils
- Regular&decaf coffee
- Individually packaged desserts
- Pirate bootie popcorn
- Adult size scissors
- Exercise bands
- Clothes pins-spring loaded
- Adult puzzles 40-100 pieces
- Glue sticks (disappearing purple)

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Thank you for your support & generosity!

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Sandwich Adult Day Service
815-786-9404

Kapper Adult Day Service
DeKalb
779-255-1208
Home Services

Fox Valley Community Services Home Services

can help you or your loved one remain living independently in your own home!

FVCS HS Aides are background checked & finger printed, pre-service trained and have proof of vehicle insurance. Our quality assurance standards are state certified through the Illinois Departments on Aging, Public Health and Rehabilitation Services. We can assist you with light housekeeping, errands, personal assistance and more.

Celebrating our aides who have achieved many years of service -

10 years plus— Janice Eldred 14 years
       Vivian Foreman 13 years
       Fanda McKinney-Thomas 10 years

9 years— Tiffany Meier
       8 years— Michelle Berg
       Deb Boyd
       Rae Jeanne Newell
       Anita Salois
       Lois Schwemlein

6 years— Jill Christian
       Daniel Cockrum
       Cordia Crisp
       Barb Mains
       Anthony Marcelain
       Rosa Sanchez

5 years— Jane Demont
       Karen Lockhart
       Theresa Lorano
       Deb Pease
       Ramona Yong

7 years— Julie Volekel
       Peggy Bendowski

We also offer respite care to caregivers!

We serve DeKalb, Kane, Kendall & LaSalle Counties!

Hiring Aides in all 4 Counties for part & full time hours

We offer our aides competitive pay rates, paid mileage, paid training and PTO (Paid Time Off) - check us out!

Call 815-570-2531 for services or employment!
Celebrating Cindy Worsley's 30 years of Dedicated Service!

Promoting & Developing
Senior Centers, Adult Day Service Programs, and the Home Services Program

Member of
Municipal, Township, Senior Resource Boards and the Illinois Coalition on Aging.

Senior Center advocate and lobbyist.

Winner of
AISC Mind, Body & Spirit Program Award, Dedication to the Mission of Voluntary Action Center Award, AARP Certificate of Appreciation 2021 Senior Illinoisan Hall of Fame Award

Congratulations Cindy, Our friend, advocate and mentor, Thank You!

Enjoy your Retirement!
# Activities

**PLEASE NOTE:** We are happy to be open again! Please see updates below.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Frequency</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alzheimer's Caregivers Support Group</td>
<td>3rd Thursday</td>
<td>1:00 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td>Audiology Checks</td>
<td>1st Tuesday</td>
<td>Call for appointment.</td>
<td>Free—Dr. Lisa Steinwart Audiologist 630-553-2200</td>
</tr>
<tr>
<td>Bags for Beds Project</td>
<td>1st Wednesday</td>
<td>9:30 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td>DeKalb County Elder Care Senior Services</td>
<td>4th Tuesday</td>
<td>9:00 a.m.—12:00 p.m.</td>
<td>815-758-6550 Taryn Finley</td>
</tr>
<tr>
<td>Bible Study</td>
<td>On Hold</td>
<td>11:00 a.m.</td>
<td>Free—John J. Boersma 708-552-1960</td>
</tr>
<tr>
<td>Bingo</td>
<td>Mondays, Thursdays</td>
<td>12:30 p.m., 9:30 a.m.</td>
<td>$2 member $3 non-member</td>
</tr>
<tr>
<td>Book 2 Movie Club Library Connection</td>
<td>4th Friday</td>
<td>10:30 Discussion, 12:30 Movie</td>
<td>Free</td>
</tr>
<tr>
<td>Card Games</td>
<td>Thursdays</td>
<td>12:30 p.m.</td>
<td>$2 member $3 non-member</td>
</tr>
<tr>
<td>Chair Exercise</td>
<td>Tuesdays &amp; Fridays</td>
<td>10:00 a.m.</td>
<td>$2 member $3 non-member</td>
</tr>
<tr>
<td>Crafts Group</td>
<td>To be announced</td>
<td>To be announced</td>
<td>Varies</td>
</tr>
<tr>
<td>Drumfit/Cardio Exercise</td>
<td>Tuesdays &amp; Thursdays</td>
<td>10:45 a.m.</td>
<td>$2 member $3 non-member</td>
</tr>
<tr>
<td>Happy Hatz</td>
<td>Friday</td>
<td>12:30 p.m.</td>
<td>Free</td>
</tr>
<tr>
<td>Hand &amp; Foot Card Game</td>
<td>Wednesdays</td>
<td>12:30 a.m.</td>
<td>$2 member $3 non-member</td>
</tr>
<tr>
<td>Hair Cuts by Diane</td>
<td>On Hold</td>
<td>10:00 a.m.—2:00 p.m.</td>
<td>$10 per haircut</td>
</tr>
<tr>
<td>Line Dancing</td>
<td>Friday</td>
<td>9:00 a.m.</td>
<td>$2 member $3 non-member</td>
</tr>
<tr>
<td>Lunch Provided/VAC</td>
<td>On Hold</td>
<td>11:30 a.m.</td>
<td>$4 suggested donation</td>
</tr>
<tr>
<td>LaSalle County Mendota Area Senior Services</td>
<td>2nd Wednesday</td>
<td>10:00 a.m. - 2:00 p.m.</td>
<td>815-539-7700</td>
</tr>
<tr>
<td>Men's Breakfast/VAC</td>
<td>On Hold</td>
<td>8:00 a.m.</td>
<td>$5</td>
</tr>
<tr>
<td>Mexican Train Dominoes</td>
<td>Tuesdays</td>
<td>12:30 p.m.</td>
<td>$2 member $3 non-member</td>
</tr>
<tr>
<td>Multiple Sclerosis Support Group</td>
<td>1st Monday</td>
<td>6:00 p.m.—8:00 p.m.</td>
<td>Free Linda Hulne 815-786-2434</td>
</tr>
<tr>
<td>Painting</td>
<td>Thursdays</td>
<td>1:00—3:00 p.m.</td>
<td>$2 member $3 non-member</td>
</tr>
<tr>
<td>Singing Group</td>
<td>2nd &amp; 4th Wednesdays</td>
<td>10:00 a.m.</td>
<td>Free</td>
</tr>
<tr>
<td>Wii Bowling</td>
<td>Monday &amp; Wednesday</td>
<td>9:00 a.m.</td>
<td>$2 member $3 non-member</td>
</tr>
<tr>
<td>Writing Group</td>
<td>2nd &amp; 4th Mondays</td>
<td>10:00 a.m.</td>
<td>Free</td>
</tr>
</tbody>
</table>
Voluntary Action Center (VAC) provides Transportation and Nutrition at Fox Valley Community Center.

**Transportation** - Covid-19 Status—Transportation is operating.

VAC Transportation Offices are located at the end of the FV Community Center entrance hall, to the right of the hostess desk.

To schedule a ride: Call 24 hours in advance, 8 a.m. & 2 p.m.

Fares must be paid in exact change at time of pick-up. There is a minimum of $1 each way.

Seniors will not be denied a ride because of inability to pay. Donations appreciated.

**For MedVac rides, please call at least 2 weeks in advance.** MedVac is a donation based service. There is a suggested donation of $.50 a mile.

**Transportation Number is 815-787-6219 Ext. 1**

**Nutrition** - Covid-19 Status—No Congregate Meals at the Center at this time

Please watch for news on the congregate meal starting up again.

Meals On Wheels and Carry-Out are being offered at the Sandwich site.

**Please be sure to call ahead for orders.** Pick-up 11-11:30 a.m. East Bar Door

**Kitchen Number is 815-787-6219 Ext. 2**

**During “normal times”** - Sallie and her team’s delicious, plentiful meal is served every weekday, Monday–Friday at 11:30 a.m. at Fox Valley Community Center. Sign in and give your anonymous donation. Average suggested donation is $4. No one is denied due to an inability to donate. Any amount is accepted.

Menus are available at FVCC and on the website, www.fvoas.org

Please note: VAC requires masks to be worn by all.
**Wendy’s Joke Corner**

**Q.** What’s a snowman’s favorite Mexican food?  
**A.** A Brrrrr-ito!

**Q:** Differentiate between a Christmas alphabet and an ordinary alphabet?  
**A:** The Christmas alphabet has Noel.

**Q.** What did Adam say to his wife on the day before Christmas?  
**A:** It's Christmas, Eve!

**Winter Safety Tips**

**Tips to Prevent You from Injury**

As we age, cold weather can be extremely dangerous. Plummeting temperatures can lead to icy sidewalks, hypothermia and other serious injury.

1—**Dress in layers.** Dressing in layers will help keep you warm and reduce heat loss.

2—**Keep the furnace running.** Experts recommend indoor temps at 68 degree minimum.

3—**Space heaters can be dangerous.** Unplug them when not in use. Don't put them near furniture or curtains. Have working smoke and carbon monoxide detectors on each floor of your home.

4—**Prevent broken hips.** Wear non-skid shoes. Don't go out in the dark or when it is icy.

5—**Keep your pantry and medicine cabinet full in case of a winter storm.**

6—**Use an emergency alert system.** These are affordable and can hook you up to emergency assistance.

7—**Have someone check in on you often.** Either have someone call you or visit every few days.

8—**Discuss severe weather.** Have a conversation with your friends or family regarding coming storms.

**The Art of Falling Safely—**

1—**Stay Bent.** Bend your elbows and knees as you fall.

2—**Protect Your Head.** Falling forward, turn your face to the side. Backward, tuck your chin to your chest.

3—**Land on Your Meat.** Your butt or thighs not bone. Avoid landing on elbows or knees.

4—**Keep Falling.** Don’t stop your body. Rolling more, the safer you will be.

**Act like a polar bear!!!**
New Board Member

Introducing, Janet DeVoe, the newest member of the FVCS Board of Directors. Janet is married with a daughter, son-in-law & a grandson. She was a Business, Speech and Office Careers teacher. She also was an Administrative Assistant and a Quality Auditor Manager in the business world. She is an Illinois and Kane County Audubon Society member. She loves horses and nature. When she stops loving sweets & pretty shoes, she feels her time has come to pass.

Welcome, Janet and Thank you!

We are very grateful to our Community Donors!

Kohl’s., Yorkville
Lake Holiday Ladies Club
Millbrook United Methodist Church
Millington United Methodist Church
MS Support Group
PEO Sisterhood Chapter FO
Roberts Family Foundation
Salem Lutheran Church
St. Catherine of Genoa Church
St. John’s Evangelical Lutheran Church
SBA PPP Loan Assistance
Sandwich Chamber Leads Group 2
Sandwich Fairgrounds
Sandwich Lions Club
Sandwich Moose Lodge, #1016
Sandwich Rotary
Sandwich Township
Somonauck Lions Club
Somonauck Township
Tabernacle of the Congregation
Town of Cortland
Tri-County Kiwanis Club
United Congregational Church, Sunshine Band
Walmart, Plano

100 Women Who Care OMY
The Alfred Berested Foundation
The Alzheimer’s Foundation of America
American Legion Post No. 181
Batavia United Methodist Church
Blue Cross Blue Shield IL
The City of DeKalb
The City of Sandwich
City Heat, Illinois Motorcycle Assoc.
Community Foundation of the Fox River Valley
Community Meals
DeKalb County Community Foundation
Early Engine Club
Fox Valley Covid-19 Relief Fund
Harvest Chapel
Ideal Industries
IDOA ADS Grants Recovery Act
Indian Valley Community Band
Kane County Covid Assistance Fund
Kane County Senior Resources
Kapper Family

Northwestern Medicine
Our Generous Donors

$1,500
Town of Cortland

$1,000
Birds of Sandwich
Walmart, Plano

$250 to $500
John & Dana Lamont
Ryan Skinner

Up to $249
Carol & Linda Bargemann
Ben Kerr
Carol Kline
Connie Matias
Caryn Mefford
Carol Meyer
Patricia Sandstrom
Michael Sundblom
LaVerne & June Thompson
Steve & Jane Wolf

This donor recognition reflects contributions received from July, August & September 2021. If we have inadvertently made an error, please accept our apology and let us know so that we can correct it in the next issue.

Thank you for your generosity!

You can help by supporting our Services!

- - - - - cut here- - - - -

Fox Valley Community Services

Please accept my/our donation in the amount of:

___ $1,000 ___ $100
___ $ 500 ___ $ 50
___ $ 250 ___ $________ other

I would like to make a monthly pledge of: _______

We welcome checks, cash, Visa, Master Card and Discover.
Make check payable to: Fox Valley Community Services.
1406 Suydam Road, Sandwich, IL 60548

___ Please send information on how I can benefit FVCS through my legacy/estate planning.
Check with your tax advisor re: leaving a lasting legacy for our Seniors.
Fox Valley Community Services is a 501(C) (3) corporation

Name (s)
Address
City, State, Zip
Phone
Email Address
Credit Card Number
Exp. Date Security Code

For More Information: Donna McKeown
815-786-9404 dmckeown@fvoas.org

- - - - - cut here- - - - -
Fox Valley Community Services Membership Form

Entitles you to discount pricing on select activities, classes and trips.
Your donation helps us pay our utilities and keeps your Center bright and comfortable.

Name

Address

City, State, Zip

Phone

Email Address

Category

☐ Annual Silver (Individual) $25
☐ Annual Bronze (Any two individuals) $45
☐ Diamond Lifetime Member $500

Remember, your membership donation is tax deductible as allowed by law.

Fox Valley Community Center—1406 Suydam Road, Sandwich, IL 60548  815-786-9404
www.fvoas.org
In Kind Donations

The generosity of our In Kind Donors supply us with materials and services that add to the quality of our Seniors’ lives. Perhaps you have something we can use.

For more information call, 815-786-9404

This list reflects donations from July through September 2021. If we have made an error, please accept our apology and let us know so we can correct it in the next issue.

Thank You for your generosity!

Medicare Open Enrollment

Puzzled by Medicare? Let us help you figure it out.

Come to the Center -

Wednesday November 10th from 10:00 to 2:00
Mendota Area Senior Services counselor will be at the Center

Tuesday October 26th and Tuesday November 30th from 9-12p.m.
DeKalb County Elder Care Services will be at the Center.
Friendly counselors will do Medicare plan comparison’s.
Bring your Medicare Card with you and a list of your prescriptions.

Or Call—
DeKalb County Elder Care Services—815-758-6550
Kendall County Senior Services—630-553-5777
LaSalle County Alternatives for the Older Adult—309-277-0167
Kane County Senior Services—630-897-4035

December 7th—Open enrollment ends
January 1—Coverage begins
January 1– March 31—Changes can be made
Ask your county counselor for details.

Check our website for info —www.fvoas.org and our Facebook Page
Someone is always available to help you!
Do you feel the luck of the Irish? You may be the Winner of $1000!

Our popular Draw Down is back! Please join in on the fun!

Wednesday, March 16th Drawing at 6:30 p.m.

Only 250 tickets sold. 1 Winner of $1000,
1 winner of $300, 1 Winner of $100 and 12 $50 winners.

Tickets will be on sale in February. Welcome Back!

You may be eligible to receive a free iPad!

Illinois Care Connections through the Illinois Department on Aging will provide technology devices such as iPads or Tablets to participants to help facilitate social connections with family and friends.

Call your Senior Services Agency in your county to see if you are eligible —
DeKalb County—Elder Care Services—815-758-6550
Kendall County—Senior Services—630-553-5777
LaSalle County—Alternatives for the Older Adult—309-277-0167
Kane County—Senior Services—630-897-0167
## Important Information for You!

### Services Available by County –

Adult Day Service, Home Services, Benefit Access, Emergency Home Response, Meals on Wheels, Respite Care, Money Management and Transportation – **Call your county today to find out about these services!**

- **DeKalb County**— Elder Care Services of DeKalb—815-758-6550
  - Elder Abuse—815-758-6550
- **Kendall County**— Senior Services Associates Inc. 630-553-5777
  - Elder Abuse — 630-553-5777
- **LaSalle County**— Alternatives for the Older Adult—309-277-0167
  - Elder Abuse—800-798-0988
- **Kane County**— Senior Services Associates Inc. 630-897-4035
  - Elder Abuse—630-897-4035

### Energy Assistance - LIHEAP

- DeKalb County—815-758-3835
- Kendall County—630-553-9100
- LaSalle County—815-625-7830
- Kane County—847-697-4400

### Food Pantries - All are Drive Thru Now!

- Sandwich – Cornerstone Church 815-786-6300
- Sandwich - Harvest Chapel 815-786-8669
- Somonauk – Our Sharing Pantry 815-498-2742
- Leland – Five Loaves & Two Fishes 877-786-4822
- Kendall County—815-882-6966
- Newark – Helmar Lutheran Church 815-695-5489
- Yorkville – Kendall County Pantry 630-553-0473

### Consumer Fraud Hotline—800-243-0618

Call this number if you think you have been scammed by mail or a phone call.

### Grief Counseling Info— 800-395-5755 or www.griefshare.org

### Call the Red Cross for FREE Smoke Detectors for Seniors

800-733-2767 or www.getasmokealarm.org

### Call 211 for information & referrals for health human & social services.

If you are wondering whether Fox Valley Community Center is closed due to weather—Listen to WSPY 107.1 FM or check www.emergencyclosingcenter.com

Usually when the Sandwich Schools are closed, “The Center” is closed.

### Fox Valley Community Services—815-786-9404
Memorials & Honorariums

These dear friends and family members are celebrated through memorials and honorariums. Thank you for your kind donations!

In Memory of: **Gene & Mary Adams**
Sharon Ash & Family

In Memory of: **Wayne Ash**
Lyle & Judith Anderson
Dave & Sandra Stahl
Norman & Roberta Troeger

In Memory of: **Helen & Lisa Augustine**
Betty Erickson
Denise Van Kirk

In Memory of: **Joan Dobnick**
John & Gail Janz
Roxanne Thompson
Vernon & Carolyn Watt
Wendy Wrobel

In Memory of: **Robert Eberhardt**
Linda Eberhardt
Betty & Karsta Erickson
Ron Paratore
Marc & Wendy Sato

In Memory of: **Pamela Hand**
Betty Erickson

In Memory of: **Sandra Johnson**
Todd, Kelly & Mary Bjogo & Family
William & Ginger Clark
Michael & Sarah Fahlmark
Michael & Kimberly Glisson
Duane & Marilyn Halverson
Ace & Jean Hanson

Raymond & Judith Hendron
Robert Johnson
Mr. & Mrs. James Jones & Jenny
Aaron Kuntz
Mary Leach
Doris Leeseberg
Dwayne, Susan & Anna Love
Kirby & Connie Myers
Roger & Sharon Wiley
Carl Wilson

In Memory of: **Lorene Kinney**
Bevin Wold

In Memory of: **Dwight Klotz**
Roger & Judy Hatfield

(Memorial continued on Page 17)

This listing is from July through September 2021. If we have left someone out in error, please let us know and accept our apologies. We will list them in the next newsletter. Thank you!

Donate a Memorial or Honorary

Honor family and friends with a memorial or honorary gift. A notice is sent to the family or honoree and also published in our newsletter. Call us or mail in the form below. Pay with credit card or check. Please make checks payable to Fox Valley Community Services. We appreciate receiving the information so that the proper donation notifications can be made. Your gift is tax deductible. Mail to: FVCS 1406 Suydam Road, Sandwich, IL 60548

<table>
<thead>
<tr>
<th>Name of Deceased person honored:</th>
<th>Today’s Date:</th>
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<tbody>
<tr>
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<table>
<thead>
<tr>
<th>Name of Honored Person’s event</th>
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<tr>
<th>Donor Information:</th>
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<tbody>
<tr>
<td>Name</td>
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<tr>
<td>Address</td>
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<tr>
<td>City, State, Zip</td>
</tr>
<tr>
<td>Phone Number</td>
</tr>
<tr>
<td>Email Address</td>
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Who should receive notification of your donation?

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<th>Name</th>
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<tr>
<th>Address</th>
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</table>
Memorials & Honorariums (Continued)

In Memory of: Alice Larson
Janice Abens
Edwin & Pamela Carey, Jr.
Tim & Lauri Scoughton
Lori Wesson

In Memory of: Ralph Magnuson
Marilyn Magnuson

In Memory of: Edward Ohligschlager
Roger & Sharon Wiley

In Memory of: Nick Scull
Laura Caupert

In Memory of: Geneva (Connie) Tatham
Betty Erickson

In Memory of: Kathy Weekly
Dawn Weekly

In Honor of: Cindy Worsley’s Retirement
Kevin & Linda McVicker

Thank you for your kind donations!

Free Medical Equipment

In need of medical equipment? Stop by the front desk we have walkers, wheelchairs, etc. Equipment can be checked out and returned, as needed. Have gently used items you no longer need? We gladly accept donations.

Important Information

During a time of crisis or a world pandemic, suicide often increases. Suicide attempts are often more lethal in older adults than in younger adults. Older people who attempt suicide are often more frail, more isolated, more likely to have a plan, and are more determined than younger adults.

If you or someone you know needs help, please call

You can also always call us at The Center at 815-786-9404 for a referral on supportive services.
**Fun and Easy Ways to Support FVCS**

**Area gaming establishments are supporting us again!**

Donate your loose change slips into FVCS buckets on top of the ATM machines at area gaming locations.

<table>
<thead>
<tr>
<th>Area Gaming Establishments</th>
<th>Area Gaming Establishments</th>
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</thead>
<tbody>
<tr>
<td>Bull Moose, Sandwich</td>
<td>Olde Tyme Inn, Sandwich</td>
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<tr>
<td>Corner Tap, Sheridan</td>
<td>Old Mill Tavern, Sheridan</td>
</tr>
<tr>
<td>Derailed, Sandwich</td>
<td>Pinheadz Bowl, Yorkville</td>
</tr>
<tr>
<td>Friendly Tap, Plano</td>
<td>Roadhouse, Yorkville</td>
</tr>
<tr>
<td>Hometown Lanes, Plano</td>
<td>Rt. 34 Pub &amp; Grub, Sandwich</td>
</tr>
<tr>
<td>Jimbo’s Place, Millington</td>
<td>Sheridan Tobacco &amp; Spirits, Sheridan</td>
</tr>
<tr>
<td>Marathon Gas Station, Sandwich</td>
<td>Sidetrack’d Bar &amp; Grill, Sandwich</td>
</tr>
<tr>
<td>Leez’s Place, Sandwich</td>
<td>Southbank Original BBQ, Yorkville</td>
</tr>
<tr>
<td></td>
<td>Vinez, Sandwich</td>
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</tbody>
</table>

**Thank you!** To these area gaming establishments for supporting our Seniors with over **$11,000** in donations!

*A BIG thank you to Mary Clark, Cheri Pouquette and Elizabeth Scheidecker* for being our fantastic collection volunteers!

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**Do you work for or are you retired from a company that gives matching funds?** Please check with your present or past employer. When you donate to us, your company could match your donation. This works whether you are still working or retired. Please check into this. There are funds just waiting to come our way through you and your employer’s generous support. Some companies that match are—BP, Caterpillar, Chevron, Exxon, Ford Foundation, General Electric, Home Depot, ITW, Johnson & Johnson, Merck and Microsoft.

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**Do you shop on Amazon?**

Fox Valley Older Adult Services* is registered to receive support through your Amazon purchases. Go to Amazon.com and search for Amazon Smile. Sign in and search for Fox Valley Older Adult Services. Amazon will automatically donate a percentage of all your purchases to us! What an easy way to help out!

*Please still use Fox Valley Older Adult Services, not our new d/b/a name.*
Northwestern Medicine
Valley West Hospital is currently seeking new volunteers. Shifts are available mornings, afternoons and early evenings. If you are interested in learning more about these opportunities, please contact Tracy Ekstrom, Tracy.Ekstrom@nm.org or call 815.766.7423

Thank you!

Sandwich Opera House
815-786-2555
We have reopened, come check out the renovations and take in a great performance.

Indian Valley Community Band
Sunday, Nov. 21, 2:00 p.m.

Allegro Ballet, The Nutcracker
Sunday, Dec. 5 1 p.m. & 5 p.m.

Col. Boyd Band
Friday, Jan. 14 7:30 p.m.

We are excited to be back!

Watch our website
www.sandwichoperahouse.org

Tap House Grill Oswego
18 & up Thursday, December 9 11A-4 P
Free from NW Medicine

Christmas Around The World
Museum of Science & Industry
All Saturday, November 20 8 A—5 P

Christkindlmarket, Chicago
All Saturday, December 11 8:00A-5:00P

1100 N. Latham Street,
Sandwich, IL 60548
815-786-8044

2021 A Merry Little Sandwich Christmas
Saturday, December 4th
4:30 pm to 7:00 pm

This event will kick off with a Tree Lighting Ceremony after Santa arrives on the firetruck! Visit participating downtown Sandwich businesses for family friendly holiday activities and treats!

815-786-9075
A Special Thank You to our Annual Sponsors!

To find out how your business can join FVCS as an Annual Sponsor, a newsletter advertiser, a daily placemat advertiser or an event sponsor, please call Patty Steffens at 815-786-9404 Ext. 103

Investing in your community is an investment in your future.
We are grateful for all of your support and interest. Call us at the Center for a personal tour or more information.

815-786-9404