



May 2025

## West Central Illinois Area Agency on Aging

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

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# OLDER AMERICANS MONTH



## FLIP THE SCRIPT ON AGING: MAY 2025

Each year during the month of May we celebrate the many achievements of older Americans and reaffirm our commitment to serving them, their family caregivers, and the communities in which we strive to thrive. This year’s theme, “Flip the Script on Aging,” focuses on how we, as a society, think, approach, and talk about aging.

### Let’s Bust 3 Common Aging Myths:

**Older adults are unproductive & less creative: FALSE!**

*Grandma Moses started painting in her late 70s; many of us know people who are still in the workforce in their 80s. Think of all those volunteer and babysitting hours! And don’t forget the farmers still working their land after 50+ years.*

**Older adults are unable to learn & adapt to change: FALSE!**

*From the first moon landing, to ‘plastic everything’ becoming the norm, to the beginning of the internet and then smart phones, older adults are experts at navigating change.*

**Older adults automatically have poor health: FALSE!**

*Baking dozens of cinnamon rolls for the church fundraiser, mowing the lawn into their late 80s, participating in 5k races, fronting a 1970s-era rock band that still sells out stadiums...older adults remain vibrant!*

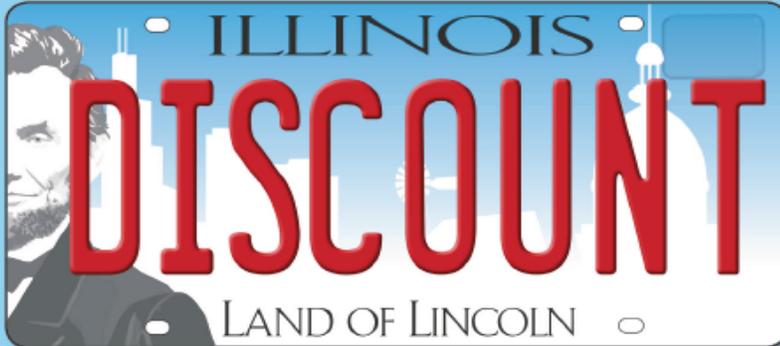
Together, we can fight the negative aging stereotypes we see all around us every day —let’s Flip the Script!





# BENEFIT ACCESS PROGRAM

APPLY at [www.illinois.gov/aging](http://www.illinois.gov/aging)



The Benefit Access Program offers two benefits for seniors and persons with disabilities:

- A LICENSE PLATE FEE DISCOUNT
- FREE RIDES ON FIXED-ROUTE TRANSIT SYSTEMS

*Eligibility is determined by income, residency, age and/or disability utilizing an online application.*

--License Plate Fee Discount --  
This refers to the Discount on your sticker

## QUALIFICATIONS:

### Age Requirements:

- 65 years of age or older before January 1 of the current year; or
- You must become 65 years of age this year; or
- You must be 16 years of age or older before January 1 of the current year and qualify as disabled.

### Residency Requirements:

- You must live in Illinois at the time you file your application.

### Income Requirements:

\*Total income last year must be:

	For Applications Submitted:	
Household containing one person		less than \$33,562
Household containing 2 persons		less than \$44,533
Household containing 3 or more persons		less than \$55,500

**NOTE:** \*You must include your spouse's income if married and living together on December 31 of last year. If your spouse died last year, you would file as single and claim only your income.

### Disability Requirements:

To qualify as disabled, you must be at least 16 years of age prior to January 1 of the current year and be determined totally and permanently disabled (as defined by program requirements) prior to January 1 of the current year.

•Applications for this program are submitted online.

•If you need help completing the application or uploading any required documents we would be glad to set up an appointment with you and do this online while you wait.

•Please reach out to your local Information & Assistance Office.

(contact information is located on page 18)

# 1st Annual Meals on Wheels Music Trivia

West Central Illinois Nutrition Project  
1st Annual Music Trivia Fundraiser for our  
Meals on Wheels Program!

WHAT TEAM WILL TAKE HOME THE TITLE?

July 11th 2025

7:00 p.m.-10:15 p.m. Doors open 6:30 p.m.

639 York Street (Quincy Senior & Family Resource Center)

Bring your soda and snacks

Alcohol will be available for purchase

Teams of up to 8 people

Cost \$150 per Team - this includes team mulligans



To sign up please contact Carrie Dyel at 217-592-3667

Deadline for sign-up and fee is July 3rd, 2025-

We must have a minimum of 6 teams sign up with a maximum of 12 teams.

50/50

Basket Raffle

Drawings



# Social Security : Identity Theft



By Christopher Potter Social Security District Manager in Quincy, IL

Identity theft is when someone uses your personal information to impersonate you or steal from you. These crimes can impact your physical, mental, and emotional health and lead to lost opportunities that are often hard to measure. Learning more about identity theft can help you keep your personal information safe.

## Types of Identity Theft

There are 2 types of identity theft you should be aware of:

- Thieves stealing your data, physically or digitally, without contacting you directly.
- Thieves contacting you directly and convincing you to provide sensitive information.

In these instances, you may never know how the thief got your information.

## How Identity Thieves Use Your Information

Identity thieves steal personal information like your name, address, credit card or bank account numbers, Social Security number (SSN), and medical insurance account numbers. They use this information to:

- Buy items with your credit cards or bank accounts.
- Obtain new credit cards or accounts in your name.
- Use your SSN to get a job.
- Open phone or utility accounts in your name.
- Steal your tax refund.
- Use your health insurance to obtain medical care.

Pretend to be you if they are arrested.

## How to Spot Identity Theft

To spot identity theft:

- Keep track of your mail for missing bills or other documents.
- Review your credit card and bank statements for unauthorized transactions.

Obtain and review your credit reports regularly to make sure they do not include accounts you have not opened.

## Ways to Prevent Identity Theft

While no plan is perfect, taking the precautions below can help you better protect your personal information:

- Protect documents that have personal information.
- Ask questions before giving out your SSN.
- Protect your personal information online and on your phone by using a strong password and adding multi-factor authentication when offered.

Safeguard your information on social networks.

## What to Do if You Believe Someone Has Stolen Your Identity

- Report fraud to the company where it occurred.
- Contact a credit bureau to place a fraud alert on your credit report.

File a complaint with the Federal Trade Commission at [www.identitytheft.gov](http://www.identitytheft.gov).

File a police report.

For more information about how to protect your SSN from identity thieves, read our publication, *Identity Theft and Your Social Security Number* at [www.ssa.gov/pubs/EN-05-10064.pdf](http://www.ssa.gov/pubs/EN-05-10064.pdf). Please report suspected Social Security imposter scams — and other Social Security fraud — on the Office of Inspector General's website at [www.oig.ssa.gov/report](http://www.oig.ssa.gov/report).

It's important to protect yourself against identity theft because it can damage your credit status. Repairing this damage can cost you a great deal of time and money.

Please share this information with your family and friends.



# JOB FAIR

**Save the Date for our Annual Job Fair!**

featuring opportunities for experienced workers age 50+, people with disabilities, and Veterans

**Friday, June 20, 2025**

9:00 - 11:30  
Quincy Senior & Family Resource Center

9:00 - 9:30 preferred entry for Veterans

✦ **Employers** - interested in participating?  
Call Mary Crawford at 217-592-3616  
or by email: [marycrawford@wcian.org](mailto:marycrawford@wcian.org) ✦

### HICKORY GROVE

*A Supportive Living Community*

- Senior Living, age 65 & older
- Medication Management & Reminders
- 24-hours staff available
- NO INCOME RESTRICTIONS: Private Pay, Low Income & Medicaid Seniors
- and more!

### 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!

### Dozier Insurance Agency, Inc.

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**CONTACT ME  
Teresa Perkins**

[tperkins@lpicommunities.com](mailto:tperkins@lpicommunities.com)

(800) 950-9952 x2611





Quincy Senior & Family Resource Center

# Trips and Tours 2025

## Grand Canyon, Las Vegas, and The Hoover Dam

\$1,995 per person double occupancy- May 1st thru May 11th

On this trip, you will visit the world-famous Las Vegas Strip. You will get to see an amazing view of the Grand Canyon. You will have time to enjoy world-class gaming and excitement. You will be taking home the experience of the majestic scenery and one of the best views at the Hoover Dam!



## Nashville Show Trip

\$960 per person double occupancy- June 23rd thru June 27th

You will have a great meal and show at the Nashville Nightlife Dinner Theater on this trip. Also, you will be getting a tour of the beautiful Belle Meade Historic Site & Winery. Then you will go backstage to the Famous Grand Ole Opry but before you go backstage you will see a show at the Grand Ole Opry. We cannot forget about the world's largest museums, which will show you the Country Music Hall of Fame.



## Washington DC

\$885 per person double occupancy- August 7th thru August 12th

On this trip, you will visit our national capitol building. Then will stop by to pay our respects to the World War II memorial. You will see the amazing views of the Washington Monument and the Martin Luther King, Jr National Memorial.



## New Hampshire & The White Mountains

\$1,535 per person double occupancy- September 6th thru September 14th

On this trip, you will see an amazing live bear show. See some amazing views for the Gondola ride that will be 1.3 miles. Sit back and enjoy a fun train ride. Then get a scenic Narrated Cruise on Lake Sunapee.



## Savannah, Jekyll Island & Beaufort, SC

\$995 per person double occupancy- November 9th thru November 15th

On this trip, you will see Belle of Georgia. They head over to Beaufort to see the amazing Queen of the Carolina Sea Islands. They head down to Jekyll Island and visit the Georgia elite coastal barrier island. Then take a step back in time and check out the Cannonball House and Museum.



Call for information: 217-223-5700

or see our website for more information  
<https://www.grouptrips.com/Quincy>

## How can we help?



If you are having difficulty with any household tasks, please give the Case Coordination Unit a call. We can come and 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**

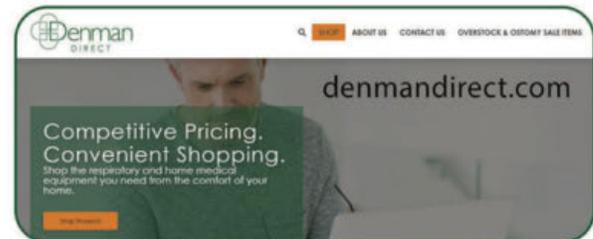
Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9. (solution pg. 22)

### Medium Difficulty SUDOKU puzzle

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

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# Medicare What is Hospice?



Hospice is a program of end-of-life pain management and comfort care for those with a terminal illness. Medicare’s hospice benefit is primarily home-based and offers end-of-life palliative treatment, including support for your physical, emotional, and other needs. It is important to remember that the goal of hospice is to help you live comfortably, not to cure an illness.

## To elect hospice, you must:

- Be enrolled in Medicare Part A
- Have a hospice doctor certify that you have a terminal illness, meaning a life expectancy of six months or less
- Sign a statement electing to have Medicare pay for palliative care (pain management), rather than curative care (unless your hospice is participating in the Medicare Care Choices Model (MCCM) program through the Centers for Medicare and Medicaid Innovation (CMMI)
  - The MCCM program lets hospice patients receive both palliative and curative care for their terminal condition.
- And, receive care from a Medicare-certified hospice agency

Once you choose hospice, all of your hospice-related services are covered under Original Medicare, even if you are enrolled in a Medicare Advantage Plan. Your Medicare Advantage Plan will continue to pay for any care that is unrelated to your terminal condition. Hospice should also cover any prescription drugs you need for pain and symptom management related to your terminal condition. Your stand-alone Part D plan or Medicare Advantage drug coverage may cover medication that are unrelated to your terminal condition.

The hospice benefit includes two 90-day hospice benefit periods, followed by an unlimited number of 60-day benefit periods, pending certification by a doctor.

## If you are interested in Medicare’s hospice benefit:

- Ask your doctor whether you meet the eligibility criteria for Medicare-covered hospice care.
- Ask your doctor to contact a Medicare-certified hospice on your behalf.

Be persistent. There may be several Medicare-certified hospice agencies in your area. If the first one you contact is unable to help you, contact another.

Once you have found a Medicare-certified hospice:

- The hospice medical director (and your doctor if you have one) will certify that you are eligible for hospice care. Afterwards, you must sign a statement electing hospice care and waiving curative treatments for your terminal illness.
- Your hospice team must consult with you (and your primary care provider, if you wish) to develop a plan of care. Your team may include a hospice doctor, a registered nurse, a social worker, and a counselor.

# STOP THE SCAM WORKSHOP



Friday, June 6, 9:30 - 11:00 a.m.  
 Quincy Senior & Family Resource Center  
 639 York Street, Quincy

Get the information you need  
 to protect yourself from scams & fraud  
 from experts!

Topics will include:  
 Recognizing fraud & scams  
 Protecting yourself  
 What to do if you think you've been scammed  
 Local resources that can help

Free - Everyone Welcome - Registration Not Required

**IF YOU LIVE ALONE**

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**800.809.3570** \* md-medalert.com

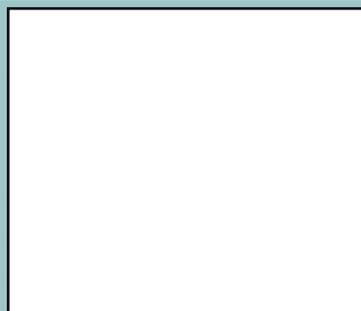
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# CALENDAR OF EVENTS IN YOUR COUNTY

## HANCOCK CLOSED MAY 26TH

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

**CARTHAGE Meal Site: Marion Corner Apartments  
320 Walnut**

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 & Games Played**

≈Cards—Tuesday at 1:00 till 3:00

≈Chair Exercises at Noon—Tuesdays

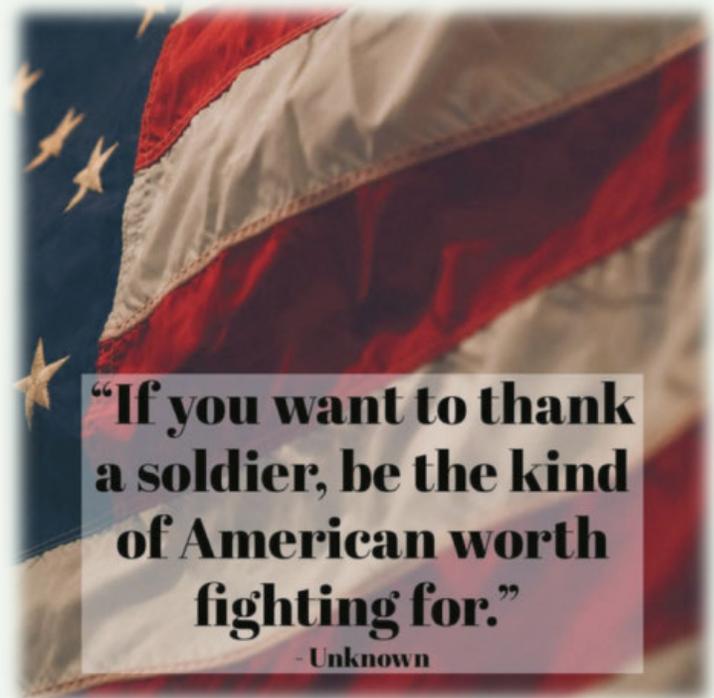
Something to keep in mind: Social Security, pensions/annuities, interest etc. will send 1099's at the beginning of the year (for tax purposes). Even though you might not be required to file a tax return, this information is needed to file for the Homestead Exemption (PTAX), Benefits Access (Circuit Breaker)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

**Need help with benefits?** The Hancock County ADRC is here to answer your questions. We can help you with a variety of programs:

- Medicare & Medicare Drug Plans
- New to Medicare Counseling
- Medicaid applications & redetermination
- Benefits Access program (License sticker discount)
- ITAC Amplified phones
- Meals on Wheels

## MAY EVENTS

May 26<sup>th</sup> Memorial Day Craft Show @ the Cambre House located in Nauvoo



**“If you want to thank a soldier, be the kind of American worth fighting for.”**

- Unknown

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 CLOSED MAY 26TH

### Calhoun County Calendar — April 2025

Contact: Beverly Mosbarger at 618-576-9567 or email at

[calhouncountyseniorcenter@gmail.com](mailto:calhouncountyseniorcenter@gmail.com)

Information & assistance is available from 9:00 a.m. to 3:00 p.m., Monday through Friday. Call to make an appointment or you can walk in and I will help you out if I am not busy.

Lunch is available Monday through Friday from 11:00-12:00. Come on in and enjoy a great meal and visiting with friends.

We are needing a volunteer MOW driver for Tuesdays and Thursdays.

Please call 618-576-9567 and

Ask for Nikki.

#### May Events

°May 9 DMV at the Calhoun County Home Extension office 10 am-3 pm

°May 11 Mother's Day

°May 15 Bingo 11:30 am

°May 26 office closed for Memorial Day

\* Programs available at the Calhoun County Senior Center

\* **Hot Meals:** Meals That are served inside of the center. 60 and over a donation, under 60 \$8.00

\* **Meals On Wheels:** Hot meals that are delivered to the home.

\* **Frozen Meals Program:** Frozen meals that can be picked up weekly or bi-weekly. They consist of a meal that can be heated in your microwave. They include, bread, milk and desserts.

\* **LICENSE PLATE Discount STICKERS.** To be eligible for this benefit a single person can make up to \$33,562 and a married per can make up to \$44,533. This is also known as the circuit breaker.

\* **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.

\* **ITAC Amplified Phone Program:** This program is for all ages and levels of income that have a hearing loss and that are unable to use a regular phone.

\* **New to Medicare Counseling and Signing up for social security** for those turning 65.

\* **Chair Exercises** are offered Monday, Wednesday and Friday at 10:45 AM

\* **St. Vincent DePaul** is open every Wednesday except for the 5<sup>th</sup> Wednesday of the month when there is a 5<sup>th</sup> Wednesday. Along with food, they also help with rent, utilities, mortgages, GED's and other agencies for more information call the volunteer hotline at 618-310-1141.

\* **Food Access Resource Markets (St. Louis Area Foodbank)** will have food distributions on the 2<sup>nd</sup> Monday of each month starting at 10:00 AM. Located at the Kampsville American Legion Post 1083 parking lot.

Find us on Facebook! [www.facebook.com/calhounseniorcenter](http://www.facebook.com/calhounseniorcenter)

## SCHUYLER CLOSED MAY 26TH

Schuyler County ADRC - 840 W Wilson St.

Contact: Kim Price at 217-322-2685

For General Information regarding these events in Schuyler County ADRC - contact Kim Price at 217-322-2685

### Come And Join Us!

**LOOKING FOR A NOON MEAL?** Call Charles Place/ADRC Monday through Friday. Lunch is served around 12:00pm. 60 and older is a good will donation and under 60 is \$7.00, LINK is also accepted. Please call 322-2685 the day before you plan to eat to ensure there is plenty for all or sign up for home delivered meal.

### Local Events

5/08/25 Schuyler County Food Basket monthly call in 217-322-2908 8am-11am.

5/15/25 8am-10:30am Food Basket picked up. Pick up located in brown building in the parking lot behind First United Methodist Church at the corner of Congress & Jefferson in Rushville

5/05/25-5/19/25 2pm Bible Study w/ Bob Jett at Charles Place Apts Community Room, open to the public, meet every Monday except some holiday's, this is also free. Questions 217-322-2685

Remember don't fall for scammers!

Call make appts at Two Rivers for LIHEAP Program! 217-322-6916

**Need Help with Benefits? Maybe a friend or neighbor too?**

Please call Kim 217-322-2685 at Schuyler Co Aging Disability Resource Center located at Charles Place Apts 840 W Wilson Rushville.

Please tell your friends & neighbors the variety of programs we have to offer:

- Medicare & Medicare Drug Plans (Part D)
- Medicare Savings Program & Extra Help Prescription Drug Plan
- New to Medicare Counseling
- Medicaid Applications & Redetermination
- License Plate Sticker Discount -
- Income less than \$33,562 for 1 person and \$44,533 2 people (circuit breaker)
- Amplified phones for hard of hearing from ITAC
- Meals on Wheels Program



Be sure to follow us on our FB page for general information and upcoming events happening here.. Schuyler Co ADRC Charles Place

Movie @ 2:00

## Movie Time!! May 15th

Rated PG-13



**Top Gun: Maverick** follows Pete "Maverick" Mitchell, a distinguished US Navy Captain, who, after more than thirty years of service, is now a test pilot pushing the limits of aviation. He confronts his past while training a new generation of Top Gun graduates,

including the son of his deceased best friend, for a perilous mission. The film showcases Maverick's journey as he navigates personal challenges and the evolving landscape of aerial combat.

### West Central Illinois Area Advisory Cou

Being a member of the Advisory way to help shape programs and older adults, people with disabilities caregivers in our community.

**We'd love to have you!**  
For more information  
Call Vanessa Keppner, Director

### Your tax-deductible contribution your community...your income

- supplies a homebound senior with **\$50**
- provides shelf-stable emergency home delivered meals **\$250**
- fuels food delivery vehicles **\$500**
- sustains a homebound senior with **\$1000**

For more information call Carrie

### VOLUNTEER OPPORTUNITIES

Put your talents to good use in

**SENIOR HEALTH INSURANCE**  
support & educate people as they age  
Interested? Call Mary Crawford

**SENIOR MEDICARE PATROL**  
educate your community about how to  
Medicare fraud  
Interested? Call Mary Crawford

**QUINCY SENIOR & FAMILY RECREATION**  
help with Bingo and other activities  
Interested? Call 217-223-5700

QUINCY SENIOR CENTER

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




**Visit Our Website:**  
[wcian.org](http://wcian.org)



**CALL 217-223-5700**  
for further information  
about any of the  
activities listed.

639  
York  
Street  
Quincy

# ACTIVITIES

## Agency on Aging Council

ry Council is a great services that benefit abilities, and family communities.

u on board!  
ation:

tor: 217-223-7904

## Donation... credible impact:

h hot meals for 1 week

ncy meals for one  
l route

s for two weeks

hot meals for 6 months

e Dyel: 217-223-7904

## RTUNITIES

n your community!

### PROGRAM (SHIP)

y navigate Medicare  
ord 217-223-7904

### PROGRAM (SMP)

w to detect & prevent  
d  
ord 217-223-7904

### RESOURCE CENTER

fun activities!  
223-5700

## WEEKLY Activities-Open to All

Blessing Newcomers AA Meeting - Every Monday, 7 pm to 8 pm

WII Bowling - 2:00 p.m. - 4:00 p.m. every Friday

## MONTHLY Activities-Open to All

≈ **13th, Card Making Class** 1pm - 2:30 pm MUST MAKE A RESERVATION, call 217-223-5700 - the 2nd Tuesday every month (limited space available)

≈ **Digital Disciples** - 4/9 & 4/23 - 11:00 am - 1:00 pm Ask questions and get help with your Cell Phones & Tablets - 2nd & 4th Wed of every month

≈ **Senior Dance May 8th** - 6:30 p.m. - 10:00 p.m. 2nd Thursday every month.

≈ **15th, Matinee Movie** - 2 pm 3rd Thursday every month

≈ **21st, BINGO** - 12:00 pm - 1:00 pm- the 3rd Wednesday every month

≈ **27th News & Views** - 7 am to noon

≈ **28th Karaoke** - 12:30 - 2:30 p.m. The last Wednesday of the month

## EXERCISE Weekly

≈ **Line Dancing**

Tuesday 1:30 to 3:00 pm

Thursday (Beginners) 1:30 to 3 pm

& Monday (Advanced) 5:30 pm

≈ **Beginners Tai Chi**

Tue & Thur 9 to 10 am

≈ **Chair Tai-Chi**

Tue & Thur 10:30 - 11:30 am

**This class is beneficial** for people who have Parkinson's Disease.

Please give it a try.

≈ **Fitness Made Easy**

Every Monday & Wednesday

9:30 am - 30 to 45 minute class

## CARDS Weekly

≈ **Cribbage**

Tuesdays 1 - 3:30 pm

≈ **Hand Knee & Foot**

Mon & Fri 1 - 3:30 pm

≈  **Euchre**

Mon & Wed 1:00 - 4:30 pm

≈ **Leisure Bridge**

Thursdays 12:30 - 4:00 p.m.

# CALENDAR OF EVENTS IN YOUR COUNTY

## PIKE CLOSED MAY 26TH

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 Care Exercise Class

Blessing Home Health Care is here on Tuesdays and Thursdays 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.

### Pittsfield Activities

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

### The third Saturdays of the month.

**The Crossing Church food bank** opens 9:00 a.m. to 11:00 a.m. at the Crossing Thrift Store.

**The Calvary Baptist Church (cleaning supplies** for Pike County residents) 9:00 to 11:00 a.m.

**The Good Samaritan Closet** 9:00 a.m. to 11:00 a.m. Free clothes to all: for information or to donate call 217-491-8981 Good Samaritan Closet is open every Friday

**Mother's Day May 11, 2025  
Celebrate that special lady in you life.  
Closed Memorial Day May 26, 2025**

The meal site is looking for volunteers to help deliver meals at noon and 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.



**SPRING CLEAN UP TIME FOR THE COUNTY IS  
MAY 3, 8 A.M. TO NOON HICKORY RIDGE LANDFILL  
FACILITY 32246 375<sup>TH</sup> ST BAYLIS, IL 217- 833-2732  
LIMIT ONE CAR LOAD OR PICKUP TRUCK LOAD  
PIKE CO. RESIDENTS ARE REQUIRED TO SHOW ID.**

**THERE ARE CITY CLEAN UPS  
CONTACT YOUR RESPECTIVE TOWN HALL FOR MORE  
INFORMATION.**

**PITTSFIELD APRIL 26 TO MAY 3, 2025  
MON – FRI 7 A.M. TO 7 P.M. SAT 7 A.M. TO 4 P.M.**

### Graduation time

Barry Western School (217-335-2323)

High School May 17, 2025, 2 p.m.

Grade School May 16, 2025, 6 p.m.

Griggsville Perry (217-833-2352)

High School May 23, 2025, 7 p.m.

Grade School May 22, 2025, 6 p.m.

Pittsfield Pikeland (217-285-6888)

High School May 30, 2025, 7 p.m.

Grade School May 29, 2025, 7 p.m.

Pleasant Hill (217-734-2311)

High School June 1, 2025, 2 p.m.

Grade School May 29, 2025

## Pike County Senior Center



The second Thursday of the month is their fish fry. April 10th, 4:30 p.m. to 6 p.m. cost is \$12.00

For more information  
call 217-285-4969. Eat in or carry out.

**PLEASANT HILL SENIOR CENTER  
Pot Luck Meals - Mon., Wed., Fri. at 11:30 a.m.**

### Chair Exercises Wednesdays after lunch

**4th - Birthday Dinner & Council**

**meeting 11:30**

**16th - Easter Egg Hunt**

**30th- -BINGO**



# HAPPY MOTHERS DAY

*I really do love my mom, she's always there for me, care for me, and love me.  
To all Mothers out there Thank you for being a trusty Mother to your daughters, sons.*



## INDEPENDENCE

with supportive services for worry-free living for people age 65 or better.

### INCLUDES:

- \* Medication Reminders
- \* 24 Hour Staffing
- \* Laundry & Housekeeping
- \* Emergency Call System
- \* 3 Meals Per Day
- \* Activities
- \* Limited Nursing Services
- \* Wi-Fi, Phone & Cable TV

**Supportive Living of Quincy**  
Quincy Senior & Family Resource Center  
639 York St, Quincy

**Call Now: 217-592-3668**

Independent Living As It Should Be.  
Financial Assistance for those that qualify.



# CALENDAR OF EVENTS IN YOUR COUNTY

## BROWN CLOSED MAY 26TH

### MT. STERLING 109 N Capitol

Contact: Laura Blosser 217-773-3241

Hours of operations are from 9am – 1pm Monday- Friday

Check out our activities below.....

Tuesdays & Thursdays 9:30-10:30 - Exercise

Mondays 9:30 - 10:30 Puzzle Group

Tuesdays & Thursdays Bingocize call for info

May 7<sup>th</sup> noon-1 Community Connections

May 12<sup>th</sup> noon-1 Craft Day

May 14<sup>th</sup> 11:00-11:30 Blood Pressures hosted by  
Brown County Health Department

May 14<sup>th</sup> noon-1 BINGO

May 21<sup>st</sup> noon-1 BINGO

May 28<sup>th</sup> noon-1 Birthday BINGO

TBD Lunch Mother's Day Party

[Information & Assistance](#)  
[217-773-3241](#)

**Come in for a nutritious meal and  
Great Camaraderie.**

**Lunch is served at 11:30**



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



### VERSAILLES 106 N Main

Contact: Charlotte Hanning 217-225-3256

## May Events

### Closed Memorial Day May 26th

3rd, City Wide Yard Sales - All around town  
8:00 a.m. till ?

3rd & 4th then 17th & 18th, City Clean Up -  
Dumpsters at Village Shed (Versailles  
residents only)

5th, 10:30 a.m. - 11:00 a.m. - Blood  
Pressure checked by Brown County Health  
Department at our Center

6th, Bible Study with Nathan at Noon.

11th, Happy Mothers Day

8th & 22nd BINGO, 1:00 p.m. Join us for  
lunch and stay for BINGO.

16th, 1:30 p.m. - 4:30 p.m. Brown County  
Food Basket, Versailles Gym. Bring your own  
totes, bags, etc for your goodies.

19th, Pot Luck Supper of the Yeat at the  
Center. 5:30 p.m.. Meat & Tables Service  
furnished. Bring your favorite dish to share  
& a friend or 2.

Be sure to check your Local Newspaper for the  
date of our Birthday Dinner or any other Special  
Events.

# PUZZLE

# MEMORIAL DAY

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

BARBECUE

CEMETERY

COMMEMORATE

COOK OUT

DECORATION

FLAG

HALF STAFF

HOLIDAY

HONORABLE

MARTIAL

MEMORIAL

OBSERVE

OLD GLORY

ORATION

PARADE

PATRIOT

PATRIOTISM

PICNIC

RESPECT

SACRIFICE

SERVICE

STARS AND STRIPES

VOLUNTEER

WREATH

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

Quincy Senior & Family Resource Center 11:00 am -1:00 pm 639 York St, Quincy 217-224-5031	Sunset Apartments 11:30 am 301 N. 8th St, Quincy 217-221-1308	
Brown County Senior Center 11:30 am 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 am 840 W Wilson St, Rushville 217-322-2685
Versailles Senior Center Noon 106 N. Main, Versailles 217-225-3256	Findley Place Apartments 11:45 am 400 W. Jefferson, Pittsfield 217-285-6150	Browning Community Center 12:30 pm Highway 100 N, Browning 217-323-9389
Hamilton Community Center 11:30 am 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

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

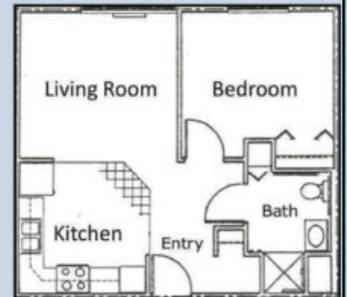
# WEST CENTRAL ILLINOIS HOUSING ASSOCIATES

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Are you over 62 and thinking about downsizing?  
Beautiful 1- bedroom units are available in our area.  
Our properties are peaceful, affordable and feature  
on-site laundry, secured access, and off-street parking.

Income Based Rent; Income Guidelines Apply

Call Today 1-800-252-9027



### Locations

Charles Place Apartments: Rushville, IL  
Hamilton Place Apartments: Burlington, IA  
Marion Corner Apartments: Carthage, IL

Findley Place Apartments: Pittsfield, IL  
Harvest Hills Apartments: Quincy, IL  
Rose Michael Gardens: Ft. Madison, IA



# Lunch Menu

May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch Is served At various times throughout your area  Check your lunch site on page 18			<b>1</b> Beef Stew Buttered Corn Spinach Juice	<b>2</b> BBQ Chicken Breast Chive Studded Potatoes Stewed Tomatoes Brownie Juice
<b>5</b> Mexican Casserole Tossed Salad Fiesta Corn Churros	<b>6</b> Ravioli Broccoli Blend Lima Beans Dirt Pudding	<b>7</b> Pulled Pork Sandwich Corn Buttered Potatoes Pineapple	<b>8</b> Onion Gravy Chicken California Blend Vegetables Rice Pilaf Peaches	<b>9</b> Ham Loaf Mashed Potatoes with Gravy Green Beans Apple Crisp
<b>12</b> Chicken & Dumplings Mixed Greens Sweet Potato - Casserole Pineapple	<b>13</b> Ham & Hashbrown - Casserole Mixed Vegetables Broccoli Blonde Brownie	<b>14</b> Spaghetti with Meat sauce Tossed Salad Vegetable Blend Breadstick Apricots	<b>15</b> Fried Chicken Mashed Potatoes with Gravy Green Beans Cake	<b>16</b> Cheeseburger Steak Fries Cabbage Cookies
<b>19</b> Tator Tot Casserole Mixed Vegetables Black-eyed Peas Peaches	<b>20</b> Scrambles Eggs Biscuits and Gravy Breakfast Potatoes Coffee Cake Juice	<b>21</b> Meatloaf Scalloped Potatoes Green Beans Cookies Juice	<b>22</b> Turkey Mashed Potatoes with Gravy Lima Beans Cherry Fluff	<b>23</b> Polish Sausage with Kraut Mashed Potatoes Corn Tropical Fruit
<b>26</b>  CLOSED FOR THE HOLIDAY	<b>27</b> Chicken Pot Pie with Biscuit Harvard Beets Spinach Applesauce	<b>28</b> Breaded Pork Chop Green Beans Buttered Potatoes Cookies Juice	<b>29</b> Sloppy Joe Sandwich Tator Tots Mixed Vegetables Lime Pears	<b>30</b> Swedish Meatballs Rice Stewed Tomatoes Pineapple Juice

## Ingredients

- 1-1/2 cups cold 2% milk
- 1 package (3.4 ounces) instant vanilla pudding mix
- 1 carton (8 ounces) frozen whipped topping, thawed
- 4 large apples, chopped (about 6 cups)
- 4 Snickers candy bars (1.86 ounces each), cut into 1/2-inch pieces



## Directions

1. In a large bowl, whisk milk and pudding mix for 2 minutes. Let stand until soft-set, about 2 minutes. Fold in whipped topping. Fold in apples and candy bars. Refrigerate until serving.



**Finish with a sauce:** Send this Snickers salad recipe fully into the dessert category by drizzling chocolate sauce or salted caramel sauce on top.

TRAIN YOUR MIND TO SEE  
THE GOOD IN EVERYTHING.  
POSITIVITY IS A CHOICE.  
THE HAPPINESS OF YOUR  
LIFE DEPENDS ON THE  
QUALITY OF YOUR  
THOUGHTS.

## Looking for a job? Don't know where to start?

The Senior Employment Specialist Program  
can help!

- Basic Job Searches
- Resume Help
- Information & Resources

Available at no cost to adults ages 55+ in  
Adams, Brown, Calhoun, Hancock, Pike, and Schuyler Counties  
(not a job placement service)

For more information:  
217-223-7904, ask for Mary Crawford  
wciaaa@wcian.org

*A grant-funded service of the  
West Central Illinois Area Agency on Aging*

Ask questions and get help  
with your Phones and Tablets.



The Digital Disciples  
will be at the  
Quincy Senior Center  
the 2nd and 4th Wednesday  
of every Month from 11-1  
Have a new phone and need  
help to see what it can do ?  
Then come see us!!  
We can help figure out how to  
use your new Government  
phone too!!

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Advertise in our Newsletter!

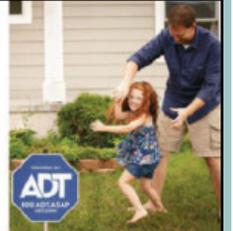
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LOCALLY

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Contact us at  
careers@4lpi.com or  
www.4lpi.com/careers



# 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

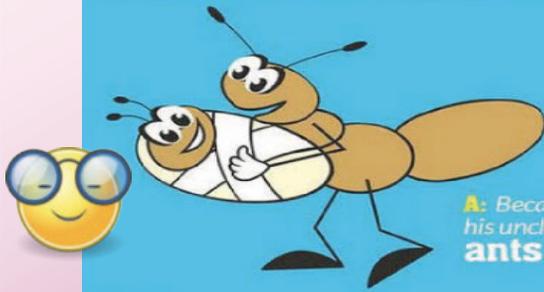
Schuyler -- 217-322-2685



## Solution for puzzle - pg 7

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

**Q:** Why was the baby ant confused?



**A:** Because all his uncles were ants!



# Laugh

When the bee went to the blood bank, he asked if they were in need of any bee positive blood.



Fred: "Why do elephants wear red nail polish?"

Bob: "I don't know, why?"

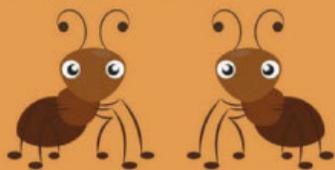
Fred: "To hide in cherry trees."

Bob: "But I've never seen an elephant in a cherry tree."



Fred: "See, it works."

Why don't ants get sick?



They have little anty bodies.



**Why did the kid put sugar under his pillow?**

**So he would have sweet dreams!**



# THURSDAY, May 8th



\$7 per person  
lite snack included



FULL BAR SERVICE AVAILABLE

For more information:  
Call 217-223-5700

Quincy Senior Center  
639 York Street

Doors open at 6:30pm  
Dance 7:00-10:00pm



**No Dance Enhance Substance allowed on the floors  
(Talcum Powder, Dance Wax, etc.)  
Violators will be asked to leave**

**WCI AREA AGENCY ON AGING**

P.O. BOX 428  
QUINCY, IL 62306

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Quincy, IL  
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# MEMORIAL DAY

REMEMBER AND HONOR



**LABEL GOES HERE**

West Central Illinois Area Agency on Aging does not discriminate in admission to programs or treatment of employment in programs or activities in compliance with the Illinois Human Rights Act; The U. S. Civil Rights Act; Section 504 of the Rehabilitation Act; the Age Discrimination Act; the Age Discrimination in Employment Act; and the U.S. and Illinois Constitutions. If you feel you have been discriminated against; you have a right to file a complaint with the Illinois Department on Aging, for information call toll-free: 1-800-252-8966 (Voice TDD), or contact the Field Representative, 217-223-7904 or 1-800-252-9027.

NAME \_\_\_\_\_ PLEASE TYPE OR PRINT  
Date \_\_\_\_\_  
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Phone Number \_\_\_\_\_

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