



July 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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*In a world that often feels noisy and overwhelming, your voice helped make a difference. Thank you for your advocacy!*

*The West Central Illinois Area Agency on Aging wants to thank each and every one of you for your support on our "Day of Action". Whether you wrote a letter, made a call, attended an event, shared a post, or simply spoke up – you made an impact.*

*For now, we celebrate. As we continue to advocate for a more age-friendly future, we know the road ahead will require persistence, unity, and passion. With you in our corner, we're ready for it.*

**Thank You**  
FOR YOUR SUPPORT



# WHY SHOP AT A LOCAL FARMER'S MARKET ?



It's fresh. It's healthy. It's fun. And it's good for the local economy! With food recalls in the news frequently, it's never been more important to know where your food comes from. Stop and think about this for a minute; you know your doctor and your mail carrier, but do you know your farmer? It's easy when you are a frequent shopper at your local Farmers Market. Not sure how to prepare a particular piece of produce? Ask the farmer! Wondering how to store or preserve an item? Ask the person who grew it.

Food offered for sale at a farmers market is at it's peak of flavor and nutrition. Our tastebuds have been numbed by the "no season" produce offered at our grocery stores now. You can purchase any variety of fruit or vegetable any day of the year. These products have lost both nutrition (up to 45%\* ) and taste in their (on average) 1500 mile trip from the field to your grocery cart. This summer try an experiment. Purchase a clamshell of strawberries at the grocery store and then go to the Farmers Market and purchase a quart of strawberries from the farmer. Taste and compare....do this with any type of fruit or vegetable available at your market and you will be astonished at the flavor or lack thereof. There is nothing like a fresh, truly ripe \_\_\_\_\_(insert your favorite fruit or veggies here).

What about the local economy? To put it simply, the farmer receives around \$.16 for every \$1.00 spent at the grocery store, compared to the entire \$1.00 at the Farmers Market. The more local produce you purchase, the greater the influence on the economy. For example, a 20-percent increase in local food production and purchasing could yield an estimated \$20 Billion in economic activity in the state of Illinois. \*

## Shopping tips:

- Dress for the weather and wear comfortable shoes
- Bring cash, a reusable bag, and a cooler
- Know the season—Do not go to a farmer's market in Illinois expecting tomatoes in May or pumpkins in July.
- Do not expect uniform size in produce.
- Heirloom varieties are often not found in the supermarket; they might look different but the taste is often superb!

Enjoy the best food at a reasonable price and improve your health and the local economy--- now that's a win win!

# 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?**

*Friday, July 11, 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 own soda and snacks.*

*Alcohol will be available for purchase.*

*Teams with up to 8 people each.*



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

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

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

50/50

Basket Raffle

Drawings



## Social Security : Social Security Continues to Provide Ways for the Public to Request Accommodations



The Social Security Administration (SSA) is committed to ensuring that everyone has the opportunity to access its programs, activities, and facilities, regardless of disability, in accordance with Section 504 of the Rehabilitation Act. In addition, SSA has taken steps to ensure that no person is discriminated against on the bases of disability, race, color, national origin, sex, age, religion or retaliation (e.g., for filing a previous complaint), in any program or activity conducted by SSA. In compliance with the Rehabilitation Act, SSA has long maintained methods for the public to request accommodations and file civil rights complaints.

### Request for Accommodation:

Members of the public can request an accommodation through various methods:

1. Visit or call a local field office or hearing office, as they are the main points of contact for individuals interacting with SSA. Local field offices can be found by using the locator at [www.ssa.gov/locator/](http://www.ssa.gov/locator/). Local hearing offices can be found using the locator at [www.ssa.gov/appeals/ho\\_locator.html](http://www.ssa.gov/appeals/ho_locator.html).
2. Call the agency at 1-800-772-1213 between 8:00 a.m. – 7:00 p.m. local time, Monday through Friday.
3. Email the agency at [Section.504.public.inquiry@ssa.gov](mailto:Section.504.public.inquiry@ssa.gov).

### Civil Rights (Program Discrimination) Complaints:

Members of the public may file a complaint of alleged program discrimination through various methods:

1. Email the agency at [civil.rights.program.complaint.intake@ssa.gov](mailto:civil.rights.program.complaint.intake@ssa.gov).
2. Submit the Program Discrimination Complaint Form (SSA-437-BK), available at: [www.ssa.gov/forms/ssa-437.pdf](http://www.ssa.gov/forms/ssa-437.pdf)
3. Call and leave a voicemail at 1-866-574-0374.

# Digital Den @ Quincy Senior Center



Digital Den Schedule:  
We will be open weekly  
Monday, Tuesday, &  
Thursday

11:00a.m. to Noon  
and on Wednesday,  
check in with  
Digital Disciples in the  
dining room & Digital Den  
11:00am to 1:00p.m.

Please call 217-223-7904  
with any questions.



# SMP SCAM WATCH:

## DOCTOR IMPERSONATION



Scammers are using technology to copy doctors' office phone numbers to call Medicare beneficiaries pretending to be from the office to ask for Medicare numbers.

Don't ever give out your Medicare number over the phone. If you have, report it to the SMP!



Preventing Medicare Fraud

877.808.2468

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Be on the lookout for a call spoofing scam from your "doctor!" Scammers are using technology to copy doctors' office phone numbers to call Medicare beneficiaries pretending to be from the office to ask for Medicare numbers.

**Don't ever give out your Medicare number over the phone.**

If you have, report it to the Senior Medicare Patrol!

**ILLINOIS SENIOR MEDICARE PATROL:**

**1-800-699-9043**

**ask for "SMP"**

**-or-**

**Mary Crawford**

**West Central IL Area Agency on Aging**

**217-223-7904**

### 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!

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*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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West Central Illinois Area Agency on Aging

A 4C 01-1334



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 12th

On this trip, you will visit the world-famous Las Vegas Strip. Also, 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!

**SOLD OUT**



## Nashville Show Trip

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

You will have a great meal and show at the Nashville Nightclub Dinner Theater on this trip. Also, you will be getting a tour of the beautiful 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.

**SOLD OUT**



## 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)

**Easy Difficulty SUDOKU puzzle**

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

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# RED, WHITE & WOO!

Celebrate  
independence...

& maybe find  
a new friend!

## Speed Dating Event for Seniors (55+)

Thursday, July 10, 2025 5:00 pm - 6:30 pm  
@ Quincy Senior Center

Registration required - please call  
217-223-7904 by 7/8/25.

Cost of \$10 includes  
a drink at event & ticket  
to the dance  
afterwards!



**Come mix, mingle, and maybe  
spark a connection!**

# MEDICARE COVERAGE OF EMERGENCY AMBULANCE TRANSPORTATION

**How does Medicare cover emergency ambulance transportation?** Medicare Part B covers emergency ambulance services. Medicare considers an emergency to be any situation when your health is in serious danger, and you cannot be transported safely by other means. If your trip is scheduled when your health is not in immediate danger, it is not considered an emergency. Part B covers emergency ambulance services if:

- An ambulance is medically necessary, meaning it is the only safe way to transport you,
- The reason for your trip is to receive a Medicare-covered service or to return from receiving care,
- You are transported to and from certain locations, following Medicare’s coverage guidelines,
- AND, the transportation supplier meets Medicare ambulance requirements.

**Does Medicare cover air ambulance transportation?** In limited cases, Medicare Part B covers transportation in an air ambulance. The service must be medically necessary, meaning that you require immediate and rapid ambulance transportation that could not be provided by a ground ambulance. More specifically, the service must be needed either because:

- A ground ambulance cannot get to you where you are
- Or, there is a great distance to travel or another obstacle involved in getting you to the nearest appropriate facility.

In rural areas, you automatically meet the medical necessity requirement if:

- A doctor or other medical professional determines that air transport is necessary due to time and/or geographical factors, **and**, the air transport meets Medicare-approved air ambulance requirements.

Information Source: Medicare Interactive by the Medicare Rights Center: [www.medicareinteractive.org](http://www.medicareinteractive.org)

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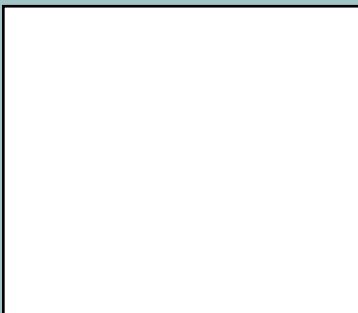
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# CALENDAR OF EVENTS IN YOUR COUNTY

## HANCOCK CLOSED JULY 4TH

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

## JULY EVENTS

**Thursday, July 3<sup>rd</sup> Fireworks over the Mississippi, Nauvoo, IL/ Montrose IA.** Entertainment starts at 8:00 pm

**Friday, July 4<sup>th</sup> - The annual Hancock County Independence Day Celebration** will have extra special meaning this year! Plans are underway to make this year's Hancock County Independence Day Celebration a 3-day weekend event to commemorate, not only our country's independence, but the bicentennial for Hancock County. Happy 200th Birthday, Hancock County! "Two Centuries Strong – The Celebration's On!

**Focus Family Fitness 5K Family Fun Run & Walk.** Start time is 8:00 am with a 7:30 am check-in. FOCUS Fitness, 103 Randolph St, Carthage. Pre register is \$15. Day of is \$20. Children riding in a stroller are free

**Thursday, July 10<sup>th</sup> Join State Senator Neil Anderson and Representative Norine Hammond for the Free Senior Expo 2025** at Carthage Primary School! The event will feature a variety of health organizations and offer free health screenings for seniors.

**Saturday, July 19<sup>th</sup> In commemoration of the Hancock County Bicentennial, the historical society**

**Farmer's Market Season is upon us**

**Augusta - Fridays 3-5**

**Carthage – Mondays 12-3pm**

**Hamilton - Thursdays 3-6**

**La Harpe - Tuesdays 4-7**

**Nauvoo – Thursdays 3-6pm**

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 JULY 4TH

### News and Views Calendar – Calhoun County June 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.

**NEW HOURS: Lunch is available Monday through Friday from 11:00 am -1:00 pm.** Come on in and enjoy a great meal and visiting with friends.

### HAPPY 4<sup>TH</sup> OF JULY

Don't forget our monthly bingo held the third Thursday of each month. This month it will be July 17, 2025 starting at 11:30 AM.

Department of Motor Vehicle will be in Hardin, IL on the following days from 10:00 Am – 2:00 PM

Located at Calhoun County Home Extension Office : July 3, September 5 and November 7. Something new this year, the public is encouraged to sign up before the date of the event. Call 618-576-2293.

#### \*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 you must be 65 and older or between the ages of 16-64 and be totally disabled. The total gross income can be no more than \$33,562 annually for a single person and \$44,533 for a married couple.

**\*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.

**\*Medicare & Medicare Drug Plans (Part D)**

**\*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/calhouseniorcenter](http://www.facebook.com/calhouseniorcenter)

## SCHUYLER CLOSED JULY 4TH

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

**7/4/25 Independence Day Office & Meal Site Closed**  
Schuyler County Food Pantry has a new location & hours. Friday & Saturdays 1-4 127 S Liberty (building in the back)

**7/07/25-7/28/25 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

**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!! July 17th

Rated PG-13



**Fly Me to the Moon** is a high-concept romantic comedy set in the Cold War era, focusing on the space race and a marketing guru tasked with selling the moon landing. The film features a charming cast, including Scarlett Johansson and Channing Tatum, and balances predictable rom-com beats with the absurd concept of faking a moon landing. The plot follows the relationship between marketing specialist Kelly Jones and the NASA launch director Cole Davis as they are tasked with creating a

fictionalized version of the Apollo 11 mission in case the actual one is not successful.

**Join Us for Karaoke** July 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.



## Important Note Card Making

We'd like to inform you making class has been discontinued and will no longer be hosted.

We appreciate everyone who made it a success. If there are other events you would like us to host, please let us know at [wcian@wcian.org](mailto:wcian@wcian.org)

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

- supplies a homebound senior with meals **\$50**
- provides shelf-stable emergency home delivered meals **\$250**
- fuels food delivery vehicles **\$500**
- sustains a homebound senior with meals **\$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 use Medicare fraud  
Interested? Call Mary Crawford

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

# ACTIVITIES

## about the Class

all that the card  
due to lack of interest

participated and made  
ts and activities that  
t us know

## Donation... credible impact:

hot meals for 1 week

gency meals for one  
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  
Come play **MahJong** - 10:00 a.m. - Noon every Thursday - All are welcome!

## MONTHLY Activities-Open to All

- ≈ **Digital Disciples** - Every Wednesday in July - from 11:00 am - 1:00 pm!  
Ask questions and get help with your Cell Phones & Tablets .  
They will be in the dining room or Digital Den ready to help you!
- ≈ **7/10 - Senior Speed Dating Event** 5:00 p.m... - 6:30 p.m.. (see flyer p.8)  
& **Senior Dance** 7:00 p.m.. - 10:00 p.m. 2nd Thursday every month.
- ≈ **7/16 - BINGO** - 12:00 pm - 1:00 pm- the 3rd Wednesday every month
- ≈ **7/17 - Matinee Movie** - 2 pm 3rd Thursday every month
- ≈ **7/29- News & Views** - 7 am to noon
- ≈ **7/30 - Karaoke** - 12:30 - 2:30 p.m. The last Wednesday of the month

## EXERCISE Weekly

- ≈ **Line Dancing**  
Tuesday 1:30 - 3:00 pm  
Thursday (Beginners) 1:30 - 3 pm  
& Monday (Advanced) 5:30 pm
- ≈ **Beginners Tai Chi**  
Tue & Thurs 9 - 10 am
- ≈ **Chair Tai-Chi**  
Tue & Thurs 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— 4:30 pm
- ≈ **Leisure Bridge**  
Thurs 12:30—4:00 pm

# CALENDAR OF EVENTS IN YOUR COUNTY

**PIKE**

**CLOSED JULY 4TH**

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

### **Barry Public Library**

Barry Library collects empty ink cartilages. If you have any type of empty ink cartages, please give them to the Barry Public Library. The library is collecting all types. Contact Becky at [barrypublic@adams.net](mailto:barrypublic@adams.net) for more information.

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.



### **Pike County Senior Center**



The second Thursday of the month is their fish fry, July 10, 4:30pm to 6pm and 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**

**Pleasant Hill July 4th Celebration**

**Jelly Stone Park - July 4th Celebration**



# STAY SAFE AT HOME

## WCI AREA AGENCY ON AGING DAILY CALL-IN PROGRAM



The intent of the daily call-in program is to provide a service to those who want peace of mind, knowing that someone will be checking in on them if they fail to text or call in by a designated time each day. This is a voluntary program that is available in the WCIAAA six-county region of Adams, Brown, Calhoun, Hancock, Pike, and Schuyler. Volunteers will call participants that fail to call in before 9:00a.m. to ensure that they are not having a medical emergency, and will call for a wellness check if they or a designated person can't be reached.

If you or someone you know would like to be a participant in this program, please call the WCIAAA at 217-223-7904.



## 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 JULY 4TH

### 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

Mon	9:30-10:30	Puzzle Group
Tue & Thu	9:30-10:30	Exercise
Tue & Thu	12:00-1:00	Bingocize

July 2 <sup>nd</sup>	noon-1	Community Connections
July 9 <sup>th</sup>	11:00-11:30	Blood Pressures hosted by Brown County Health Department
July 9 <sup>th</sup>	noon-1	BINGO
July 14 <sup>th</sup>	noon-1	Craft Day
July 16 <sup>th</sup>	noon-1	BINGO
July 23 <sup>rd</sup>	noon-1	Birthday BINGO

*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

Please contact the Center at 217-225-3256  
For the dates to attend any of the following  
events.

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

Bible Study with Nathan at Noon.

BINGO, 1:00 p.m. Join us for lunch and stay  
for BINGO.

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

Pot Luck Supper of the Year 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

# NAMING NAMES

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

ALISSA  
BRANDI  
BRENT  
DEBBIE  
DERRELL  
ELLEN  
HARVEY  
JESSICA  
KATHIE  
LISA  
MICHELLE  
SHEA  
TARA  
VANESSA

ANGIE  
BREANNE  
CAROL  
DENA  
DIANE  
GENEVA  
HOLLY  
JIM  
KRISTEN  
MARCIA  
PETER  
SHEILA  
THOMAS  
ZACH

BEVERLY  
BRENDA  
CARRIE  
DENISE  
DOUG  
GREG  
JENNIFER  
JOE  
LINDSEY  
MARY  
ROSLYN  
SHERI  
TRACI

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	

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

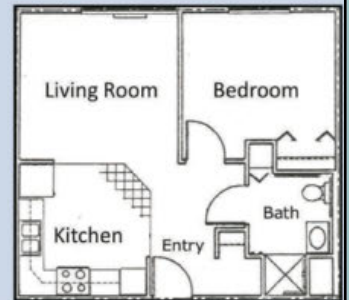
# WEST CENTRAL ILLINOIS HOUSING ASSOCIATES

## Affordable Housing for You!

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

*July*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Pulled Pork Cole Slaw Mixed Vegetables Peaches	<b>2</b> Ravioli Salad Corn Cookies	<b>3</b> Ham Cole Slaw Potato Chips Mixed Fruit	<b>4</b> <b>Happy 4th of July!</b>  <i>Meal sites            are closed for            the holiday.</i>
<b>7</b> Cheeseburger Stewed Tomatoes Steak Fries Pineapple	<b>8</b> Chicken Salad Sandwich Pasta Salad Cold Baby Carrots Apricots	<b>9</b> Hashbrown Casserole Hominy Green Beans Pears / Juice	<b>10</b> Baked Chicken Rice Pilaf Cauliflower AppleSauce Juice	<b>11</b> BBQ Riblett on Bun Green Beans Tator Tots Fig Bars Juice
<b>14</b> Polish Sausage w/ Kraut Mashed Potatoes Hominy Jello / Juice	<b>15</b> Egg Salad Sandwich Cold Baby Carrots Pork & Beans Cookies	<b>16</b> Breaded Pork Chop Diced Potatoes Broccoli Mixed fruit	<b>17</b> Tuna Noodle Casserole Peas Corn Mandarin Oranges	<b>18</b> Turkey Sandwich Chips Potato Salad Pineapple
<b>21</b> Cheeseburger - Casserole Corn Beets Pears	<b>22</b> Biscuits and Gravy Breakfast Potatoes Scrambled Eggs Peaches	<b>23</b> Tuna Salad Sandwich Chips Cottage Cheese Oatmeal Crème Pie	<b>24</b> Chicken and Dumplings Peas & Carrots Corn Cookies	<b>25</b> Swedish Meatballs Buttered Noodles Mixed Vegetables Mixed Fruit
<b>28</b> Beef Stew Buttered Corn Spinach Apricots	<b>29</b> Sloppy Joe Tator Tots Corn Applesauce	<b>30</b> Aloha Chicken Rice Carrots Pears	<b>31</b> Ham Yams Green Beans Dessert	Lunch Is served at various times throughout your area.  Check your lunch site on page 18

## RECIPE: EASY HAMBURGER POTATO CASSEROLE

### Ingredients:

- 1 lb ground beef
- 4-5 medium potatoes, thinly sliced
- 1 small onion, chopped
- 2 cups shredded cheddar cheese
- 1 can cream of mushroom soup (10.5 oz)
- 1/2 cup milk
- Salt and black pepper to taste
- Optional: garlic powder or other seasonings

### Instructions:

Preheat your oven to 350°F (175°C).

Brown the ground beef with chopped onions in a skillet, seasoning with salt and pepper.

Layer the sliced potatoes in a greased casserole dish.

Spread the cooked beef and onions over the potatoes.

In a bowl, mix the cream of mushroom soup with milk, and pour this mixture over the casserole.

Top with shredded cheddar cheese.

Cover with foil and bake for 45 minutes, then remove the foil and bake for an additional 15 minutes, or until the cheese is bubbly and the potatoes are tender.



## RECIPE: WATERMELON CUCUMBER SALAD

- 8 cups cubed ripe seedless watermelon (1 8-pound watermelon)
- 2 organic mini cucumbers or ½ English cucumber (1 cup sliced) or regular cucumber peeled and cubed
- 2 ounces Feta cheese crumbles or goat cheese crumbles
- Zest of 1 lime
- 4 basil leaves or mint leaves
- Sea salt, pepper for garnish

1. Chop the watermelon into cubes. Slice the cucumbers (if using an English cucumber, slice it into half moons). Chop the basil or the mint leaves. [Zest the lime](#).
2. Arrange the watermelon and cucumbers on a platter. Sprinkle with feta crumbles, lime zest, and sea salt & pepper. Taste and adjust flavors as desired. (If you'd like, you can add a drizzle of olive oil.) Serve immediately. If making ahead, refrigerate the cubed watermelon separately: it releases a lot of water after it is cut. Then assemble the salad directly before serving.



## 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  
every Wednesday  
beginning in July  
from 11:00a-1:00p

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  
or meet you in the new Digital  
Den to get on computers there!

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LOCALLY

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WORK WITH PURPOSE.

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- Work-life balance
- Full-Time with benefits
- Serve your community



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

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

A police officer sees a car weaving back and forth down the highway, and he takes off after it. As he pulls up along side, he sees the driver is a little old lady who's knotting as she drives.

He can't believe it, and he yells at her, "Pull over! Pull over!"

And she yells, "No, it's a scarf!"



# Laugh

Three ladies were discussing the trials of getting older. One said, "One time I caught myself with a jar of mayonnaise in my hand in front of the refrigerator, and I couldn't remember if I was putting it away or starting to make a sandwich."

The second lady chimed in, "Yes, sometimes I find myself on the landing of the stairs, and I can't remember if I was on my way up or my way down."

The third lady responded, "Well, I'm glad I don't have that problem, knock on wood," as she raps her knuckles on the table. And then she says, "That must be the door. I'll get it."

What starts with E,  
ends with E, and has  
only one letter in it?

An envelope.





# **SENIOR DANCE**

## **Thursday, July 10**

**FULL CASH BAR  
SERVICE AVAILABLE**

**For more information:**

**Call 217-223-5700**

**Quincy Senior Center**

**639 York Street**

**Doors open at 6:30pm,**

**Dance is 7:00-10:00pm.**

**Admission is  
\$7.00 per person**

**Included in the  
admission cost  
is a light snack  
provided during  
the band's break.**

**Rhythm & Weep  
is back!**

*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  
**Change Service Requested**

Non-Profit Org.  
U.S. Postage  
PAID  
Quincy, IL  
Permit no. 107



**4<sup>th</sup> July**  
**Happy**  
**Independence Day**

**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 \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ County \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
E-Mail address \_\_\_\_\_  
Phone Number \_\_\_\_\_

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