

The Visitor

YMCA of McDonough County Senior Center
400 East Calhoun Street, Macomb, IL 61455
309-837-5733



September 2018
Issue 9

From the Director's Desk

Greetings,

I cannot believe that the summer is just about over. June and July were very busy, but not with fun, summer stuff! The big grant was due in July for the Senior Center and I think that sucked the life right out of the month for me. But, hopefully, we will receive funding to keep our meal programs going and the other great services that are provided by our office.

The kicker for the summer was two other grants were due and a fiscal compliance request. Too much paperwork!

I was quite pleased that our canvassing efforts were well received by folks in the area. Many were unaware of the services we provide. This was a great opportunity to inform people in McDonough County of the many ways seniors can be assisted. Kudos to our staff for committing to the canvass.

There are some new programs on tap for September and October. Mike Frank is spearheading an effort to get pool players to the Senior Center. The second Friday of the month at 1pm please consider coming to play. If this takes off we will get more scheduled days on the calendar.

Dave Sonnevile from the WIAAA will be here Wednesday, September 26 at noon to do a program on **A Matter of Balance**. This is chance to learn more about a class he could offer if there is interest. Come for lunch and stay for the program!

The Medication List inserted into The Visitor can be completed and returned to our office for Open Enrollment for Part D. Marlise saved folks a lot of money with their prescription drug program last year. Take care-

Cindy Cavett

October is Jammed Pack with Activities! Mark your calendar!

October

- 2 McDonough County Senior Citizens Annual Meeting, 12:15pm
- 8 Caregiver Support Group, 2pm
- 9 Flu Shots-Industry, 10:30-11:30am
- 9/11 Pickleball Intro LIFE class, 9-10am
- 12 Flu Shots-Macomb, 10:30-11:30am
- 12 Medicare Updates, 12:30pm
- 12 Fun Shooting Pool, **2pm**-time change
- 15 Birthday Bash!
- 15 Open Enrollment begins!
- 16/18 Pickleball Inter. LIFE class, 9-10am
- 17 Flu Shots-Colchester, 9-10am
- 17 Flu Shots-Blandinsville Christian Church, 11-12pm
- 17 Flu Shots-Bushnell, 1:30-3pm
- 24 Casino Night at WIU!

Rules of the Road

Friday, September 14

1:30-3:30pm

This review will help you pass the driver's license exam. Please call and reserve your spot!

Senior Farmers' Market Nutrition Program

The Y Senior Center Office still has coupons left for qualifying seniors. These are good until October 31. Get yours now!

The packet is worth \$25 and can be used at vendors with the red display sign. Enjoy fresh produce!



Card Construction Workshop

Friday, September 14 at 9:30am

Join Jan for a morning of card making. These cards are beautiful and useful! Consider making a lunch reservation- Meatball Marinara is on the menu! Make your reservation by calling 837-5733 by 1pm the day before. Space is limited so sign up today. Fee: Free

Caregiver Support Group



**Monday,
September 10
at 2pm
YMCA Senior Center**

There are all kinds of caregivers! Please consider attending and getting to know the other participants. There is strength in sharing and learning from others! Contact Cindy Cavett at 309-837-5733 if you have questions.

September Birthday Bash!

Monday, September 17, 2018

We are celebrating September birthdays and/or anniversaries! Enjoy lunch and a special dessert! Whether it is your birthday or not all seniors are invited to celebrate!

Special treat-BINGO-provided by

Western Home Health

Cost: \$1

Free Bingo for people with
September birthdays!

Make your reservation by 1pm,
Friday, September 14, 309-837-5733



10 Fun Facts About Aging!

Reprinted from Moves for Seniors

1. As our first of 10 fun facts about aging, let's start off simple. Since 1960, life expectancy has increased by three and a half years.
2. Your creative capacity doesn't shrivel away in the slightest. Take the German philosopher Immanuel Kant for example. He published what are arguably some of his greatest works between ages 60 and 80.
3. It's never too late to start a successful business, either. Did you know that Harlan David Sanders – better known by the familiar moniker Colonel Sanders – founded Kentucky Fried Chicken at the age of 65.
4. On top of that, as of 2009, there are at least 6.5 million elderly citizens ages 65 or older working labor jobs. That number is projected to reach 11.1 million by 2018.
5. That might be the right way to go, considering working past retirement can help you achieve longevity.
6. Really though, the key to longevity is in your lifestyle. This report argues that only 30% of the characteristics associated with aging are determined by genetics. The other 70% is determined by the way you choose to live your life.
7. So choose to be happy! Actually, a 2008 Gallup poll showed that more people report feeling happier as they get older than vice versa. Specifically, this starts happening after age 50. So, this shouldn't be too much of a challenge.
8. Now for some real fun. Studies show that as you age, your body sweats less.
9. And so much for getting soft! Researchers have suggested that the older you get, the more competitive you become.
10. Finally, it's not all about exercise. What you're doing right now is actually healthy for you. This study shows that exercise in combination with computer use can prevent memory loss.



The Kneedlers would like to say a big "thanks" to the person who donated a large bag of quality yarn in August!