

The Visitor

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



**August 2018
Issue 8**

Senior Farmers' Market Nutrition Program

The Y Senior Center Office will process checks for the Farmers' Market coupons until they are gone. Coupons are good through October 31.

Snapshot of the program:

- *Individual must be 60 years of age or older
- *Must reside in McDonough County
- *Must complete a short application and WIAAA Intake form
- *Income must be at or below \$1,872 for a single person or \$2,538 for a couple
- *Booklet is worth \$25 and consists of five(5) five dollar checks.
- *Vendors will not give back change
- *Participating vendors will display a sign that indicates they are an authorized vendor.

From the Director's Desk

Greetings,

I belong to a Book Club that was started back in 2001 and had 10 members. We have pared down to a solid eight members, six of who are originals, and have had a great time getting to know each other over the last 17 years. We enjoy musicals, cheese cake, interesting food, and a variety of book genres. We only meet officially nine months of the year; the summer is free time to discover more books!

Book Club makes me read books I might not pick up and try. I will have to say just about every book has been a great experience. But I will admit, I enjoy the summer where I can read all my favorite types of books.

To extend my love of reading to others (whether they want it or not!) there is a shelf of books in the Senior Center. If any senior is interested they may informally check out a book or two. These are books I have bought at the Annual Friends of the Library Book Sale. So, please, try a book, you'll like it!

I walked through the Senior Center the other day and was pleased to see three tables of Mexican Train Dominoes! The week before we had a full group for Card Construction.

These groups, and others, were started with volunteers. Their willingness to spend the time and teach others has been a blessing and I am glad to see that folks are welcoming to new people and inclusive.

If you have any kind of talent you could share, please let me know and perhaps we could add another fun activity to our calendar! Take care-

Cindy Cavett



Caregiver Support Group

**Monday, August 13
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.

YMCA Annual Shut-Down Week

August 20-26, The Y is open for business only M-F, 8-4pm.

The Senior Center is open 8-4pm. We will have lunch and activities during those hours.



Card Construction Workshop

**Friday, August 10 at
9:30am**

Join Jan for a morning of card making. These cards are beautiful and useful! Consider making a lunch

reservation-Orange Chicken 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

NOTICE*NOTICE** **Senior Center to Canvass**

The Senior Center conducted a canvass in McDonough County the month of July and will continue throughout the month of August

The purpose of this door-to-door canvass is to reach out to older adults and let them know about the services available at the Senior Center that be of help to folks 60+. Brochures and the newsletter will be handed out to help explain the services.

So, if you see someone with a Y shirt and the Y van in your neighborhood you will know what we are doing. Thanks!

Here are some of the services the Senior Center provides:

- Congregate meals
- Home delivered meals
- Benefit Access Application (discount license plate)
- Benefits Check-up
- Medicare: Part A/Part B/Part C/Part D and Supplement
- Prescription Assistance Programs
- Medicaid
- LIS/Extra Help
- Medicare Savings Program
- SNAP Benefits
- Homestead Exemption

If you have questions about any of the above topics please give our office a call at 309-837-5733.

August August Birthday Bash!

Monday, August 20, 2018

We are celebrating August 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

The Lamoine

Cost: \$1

Free Bingo for people with August birthdays!

Make your reservation by 1pm,
Friday, August 17, 309-837-5733



NUTRITION CORNER

10 Food Superstars!

- 1. Sweet Potatoes**-loaded with carotenoids and are a good source of potassium and fiber.
- 2. Mangoes**-full of vitamin C and A, plus a decent dose of potassium and fiber.
- 3. Plain (0%) Greek Yogurt**-has twice the protein of ordinary yogurt!
- 4. Broccoli**-it's loaded with vitamin C and K, carotenoids and folate.
- 5. Wild Salmon**-rich in Omega-3 fats which help reduce the risk of heart attacks and strokes.
- 6. Oatmeal**-quick, old-fashioned or steel cut will provide fiber to help lower cholesterol!
- 7. Garbanzo Beans**-all beans are rich in protein, fiber, copper, folate, iron, magnesium, potassium and zinc, but garbanzos (chick peas) stand out because they are so versatile.
- 8. Watermelon**-provides a lot of nutrients. A standard serving size (2 cups) provides vitamins A and C, a nice shot of potassium, and a healthy dose of lycopene.
- 9. Butternut Squash**-steam or dice for a stir-fry, it's an easy way to get lots of vitamin A and C and fiber!
- 10. Leafy Greens**-greens like kale, collards, spinach, and Swiss chard are loaded with vitamins A, C, K, folate, potassium, magnesium, calcium, iron and fiber.

Reprinted from Nutrition Action Newsletter