

# The Visitor

YMCA of McDonough County Senior Center  
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## From the Director's Desk

Greetings,

I love to read! My mother was a big reader and still is. I think this display of reading throughout my childhood influenced my two sisters and two brothers to be big readers, too. It even got my dad to visit the library.

My first job was at The Corn Dog Factory in Westland Mall in West Burlington, IA. I must admit, the Shiska Dog (dog and cheese deep fried!) was darn good. But when the Burlington Public Library called to see if I wanted to work in the Children's Library I couldn't resist. I was there so much they thought I knew my way around the place! I worked with three other teenagers and I would have to say we had too much fun! But I think the librarians enjoyed our shenanigans and put up with us.

My job history also includes working at the libraries at Iowa Wesleyan College and University of Iowa and I had a full-time gig at the Southeastern Community College library for a while before getting a full-time elementary teaching job. My favorite place to hang out on a Saturday is the Macomb Public Library. I am not sure why I didn't get my master's in library science!

When I first moved to Macomb I got involved in starting the Friends of the Library. It is still a very vital group that does great things for our local library and their annual book sale in June is so fun.

I am glad we have a community that supports libraries, which provide so many services. In this day and age of brick and mortar establishments becoming obsolete libraries have a firm place in the community! Thank Goodness!  
Happy Reading!

*Cindy Cavett*



### What to keep...

### What to shred

**June 12, 10 am**

*Program by Golden Bridges*

"The United States has upward of 50,000 storage facilities, more than five times the number of Starbucks. Currently, there is 7.3 square feet of self-storage space for every man, woman and child in the nation ([SSA](#))."

If you are spending money on a storage space or feel overwhelmed with paper, chances are you are keeping more paperwork than is necessary. Golden Bridges can teach you how to make room for the things you want by decluttering the paper you don't need to keep.

Program presented by Nancy Waters  
Certified Senior Move Manager



### Mark your Calendar!

**Friday, June 15**

**10-2 pm**

### Shred Day!

Bring those papers that need to be shredded to the YMCA. Free service provided by Health Alliance.

Shred bin can become full so come early!

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### Senior Farmers' Market Nutrition

**Program** coupons will become available later in June. We will set up an outreach at Lafayette Square and Jefferson House and have booklets in the office. To qualify for the coupons people need to be 60 or older and have low to moderate incomes. Be ready to present a state-issued ID and do a bit of paperwork.