

THE WESLEY CAMPUS

Caring, Christian Commitment Since 1980

You will find a community of friendly residents and caring, responsive staff in a family-like environment

Wesley Estates offers duplex homes. A full service package is included ranging from maintenance, to planned activities, and access to all the amenities on campus.

The Retirement Center offers an **active independent lifestyle**. You have the option to rent your apartment, or purchase a membership. Maintenance, housekeeping and meals are taken care of for you. A full calendar of events and activities are at your fingertips. You'll feel assured knowing you have emergency medical assistance available through a **24-hour call system** connected to our attached Health Care Center.



Medicare and Medicaid Approved

The Health Care Center, and Rehabilitation Center offers 24-hour nursing care in a comforting, Christian environment. The Health Care Center is designed for intermediate nursing care. The Rehabilitation Center offers one wing for the "FastTrack" rehabilitation program, and a second wing for memory care.

Wesley At Home - Home service workers and home nursing, community care certified. Can do up to 24-hour care.

Wesley Home Health provides services for Home-bound individuals in McDonough, Hancock, Fulton and Schuyler counties.

MA-9PAD0119110720



1200 East Grant St. • Macomb, IL 61455
309-833-2123 • Fax 309-837-7500
www.wesleyvillagemacomb.com
www.facebook.com/wesleyvillagemacomb



CURRENT RESIDENT OR

Non-Profit Organization
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PAID
Macomb, Illinois
Permit No. 583

YMCA of McDonough County
SENIOR CENTER
400 E. Calhoun
Macomb, IL 61455
309-837-5733 • 1-844-508-7961

The Visitor

YMCA of McDonough County Senior Center

400 East Calhoun Street, Macomb, IL 61455



June 2026



From the Director's Desk

Dear YMCA Senior Center Members & Friends,

Welcome to June! As the McDonough County landscape bursts into full bloom and our gardens finally start to show the rewards of our spring planting, things are heating up here at the Senior Center too. June is a month of transition—the days reach their longest point, and we find ourselves drawn to the outdoors and the company of good friends.

Honoring the Fathers Among Us

This month, we take a special moment to celebrate **Father's Day**. Whether you are a father, a grandfather, an uncle, or a mentor, the impact you have on the generations following you is immeasurable. We want to honor all the men in our community who have spent years building homes, careers, and legacies right here in our corner of Illinois and we will do so on **Friday, June 19, at 12:30 PM** with a special Congregate Father's Day Lunch.

Celebrating Our Roots: McDonough County at 200!

This year marks a truly historic milestone for our community- the McDonough County Bicentennial! For two centuries, our county has been a place of rich history, deep roots, and vibrant community spirit.

To celebrate this landmark 200th birthday, the upcoming Heritage Days Festival is pulling out all the stops. This year's celebration promises to be extra special, featuring historic displays, amazing musical talent and plenty of opportunities to reminisce and connect with neighbors old and new. I encourage everyone to join in the festivities, share your local memories,

and celebrate our shared heritage. Your stories are what built the community we love today!

I am so grateful to spend another month working alongside all of you. Let's make this June one to remember—filled with sunshine, growth, and plenty of good conversation.

See you at the Center!

Jennifer Dailey Senior Center Director
YMCA of McDonough County

Wits Fitness!

Friday, June 12th at 12:30pm
See you for fun and games for your brain.





Bingo by Heritage Woods

Wednesday, June 10th
at 12:30pm
Come for lunch, stay for the excitement of BINGO!

New this month The Card & Craft Circle

The Card & Craft Circle offers a warm and welcoming space for seniors to connect while creating beautiful handmade greeting cards and paper crafts. Facilitated by Mary Woodside, this group is perfect for both experienced crafters and beginners looking to learn new techniques and share friendly conversation.



RSVP to Mary via text 309-569-1295

Register now for TrYcks



TrYcks, the group that plays [Hearts](#) and [Oh Hell](#) (and, eventually, other trick-taking card games) at the YMCA Senior Center, intends to meet one time during the week of June 8th-12th and one time during the week of June 22-26th. **Beginners and other newcomers welcomed!** (We will help you learn the games.) To sign up, use the following links:

- Week of June 8-12 – oh-db.com/20260608
- Week of June 22-26 – oh-db.com/20260622

For more information, contact Sean at (309) 333-2354 (voice or text) or endoQen@gmail.com.

Group Spotlight: The Kneeder’s Donate to Local Organizations



The Kneeder’s group is celebrating its 16th year of service to our community. This dedicated, tight-knit group has been meeting since 2010 to create handmade items for those in need. Our members stay busy crafting blankets for local nursing homes and baby blankets for MDH. They also donate handmade items to the Samaritan’s Purse Christmas Shoebox program, as well as hats and scarves to WIRC. The group meets every Tuesday at 2:30 PM in the Senior Center. All are welcome to join us!

Pictured L to R: Linda Minor, Sharon Bosworth, & Linda Lamb

Protein for Better Aging

Older adults need more protein in their diets to stay healthy, active and independent. Protein is essential for maintaining strength, supporting bone health and immune response. If you’re recovering from surgery or major illness, more protein can help your body bounce back faster. Aim for 1.2 to 1.6 g per kg of bodyweight. If you have kidney disease or another health condition that affects how your body processes protein, talk to your doctor or a registered dietitian before making any major changes to your diet.

TIPS TO BOOST PROTIEIN INTAKE

- Eat your protein first: **eggs, lean meat, poultry, fish, or beans.**
- **Greek yogurt** is rich in protein and provides many other health benefits.
- Snack smart: hard boiled eggs, jerky, cheese, nuts, peanut butter, edamame, roasted chickpeas, cottage cheese, and high-protein smoothies are good sources of protein.
- Try plant-based sources: **Beans, lentils, tofu, edamame, and quinoa all offer high-quality protein .**
- If solid food is difficult try liquid nutrition supplements such as Boost High Protein, Ensure Complete etc.

Nestle` Health Sciences (2025 December, 11) How much protein do older adults need? *National Council on Aging* <https://www.ncoa.org/article/how-much-protein-do-older-adults-need/>



JUNE BIRTHDAYS

Please contact the office if you would like your birthday included or removed from the birthday list.


Please call 309-837-5733 if you know of someone who has passed away.

Jerry Hallesy	1	Vicky Osbourne	11	Roberta Moore	23
Jacqueline White	1	Lenora Smith	12	Roger Jackson	24
Mary Hallesy	2	Florine Miller	13	Eleanor Olson	24
Shirley McCollum	3	Sam Shields	15	Betty Bullock	25
Bonnie Moore	3	Claudia Twidwell	15	Nell Lindsey	26
Jim Vining	3	Mary Fonseca	15	Sue Ann Promisson	26
Michael Mayfield	4	Carolyn Farquhar	16	Wanda Ruebush	26
Wilma Welch	4	DeYonne Farr	16	Martha Young	26
LaDonna Sager	5	Joyce Stambaugh	16	Marsha Foster	27
Sandy Martin	6	Robert Farris	17	James Maloney	27
M. Kay Derry	7	Florine Ash	17	Don Deweese	27
Marilyn Sears	7	Vicki Crosby	18	Lynda Boomer	28
Carolee Sellers	7	Lyle Payne	18	Ann Carlile	29
Dottie Chick	8	Georgia Myers	19	Myron Gooden	29
Beverly Clause	8	Lois Iverson	20		
Kay Heaton	8	Susan Sloan	20		
Vern Thomas	8	Teri Whitehurst	20		
Lawson Barclay	9	Joyce Brummett	21		
Charlotte Johnston	9	Patsy Butterfield	21		
Lisa Wen	9	Darlene White	21		
Luann Stovall	10	Peggy Foster	22		
Joyce Bilbrey	11	Nancy Stenger	22		
Connie Calomiris	11	Daniel Anderson	22		



Anniversaries

- Terry & Cynthia English 10
- Mike & Peggy Hoyt 23

The YMCA of McDonough County/Senior Center does not discriminate in admission to or treatment of employment in programs or activities in compliance with the Illinois Human rights Act; the U.S. Civil Rights 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 at 1-800-252-8966 or contact WIAAA at 1-800-322-1051.



THE LAMOINE
Assisted Living & Memory Care

Look to The Lamoine for compassionate, individualized care... not corporate care.

Assisted Living apartments have access to medical oversight, laundry, housekeeping, and chef prepared homemade meals. We specialize in keeping couples together when there is a need for both assisted living and or memory care.

Our licensed Memory Care neighborhoods specialize in all forms of dementia with an emphasis on Person Centered Care.

The Lamoine is locally owned and operated, and proud to be invested in our community.

203 N. Randolph • Macomb, IL 61455 • (309)575-3018 • www.TheLamoine.com

June 2026 YMCA Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:15 Sit and Get Fit \$3/class 1:00 Rock Steady Boxing	2 8:00 Master Builders 11:30 Congregate Lunch 12:30 Mexican Train 2:00 Mah Jongg for Everyone! 2:30 Kneedlers	3 10:15 Sit and Get Fit \$3/class 11:30 Congregate Lunch 12:30 Scrabble	4 8:00 Master Builders Class 1:00 Rock Steady Boxing 1:30 Line Dancing	5 10:15 Sit and Get Fit \$3/class 11:30 Congregate Lunch
8 10:15 Sit and Get Fit \$3/class 1:00 Rock Steady Boxing 2:00 Caring Hearts Support Group	9 8:00 Master Builders 11:30 Congregate Lunch 12:30 Canasta 2:00 Mah Jongg for Everyone! 2:30 Kneedlers	10 10:15 Sit and Get Fit \$3/class 11:30 Congregate Lunch 12:30 BINGO w/Heritage Woods 2:30 TrYcks -please register your attendance	11 8:00 Master Builders 1:00 Rock Steady Boxing 1:00 <u>Beginner Line Dancing**</u> 1:30 Line Dancing **Please call if you are coming.	12 10:15 Sit and Get Fit \$3/class 11:30 Congregate Lunch 12:30 WITS FITNESS 2:30 TrYcks -please register your attendance
15 10:15 Sit and Get Fit \$3/class 1:00 Rock Steady Boxing 1:00PM Card & Craft Circle * please text if you are coming	16 8:00 Master Builders 11:30 Congregate Lunch 12:30 Mexican Train 2:00 Mah Jongg for Everyone! 2:30 Kneedlers	17 10:15 Sit and Get Fit \$3/class 11:30 Congregate Lunch 12:30 Scrabble	18 8:00 Master Builders Class 1:00 Rock Steady Boxing 1:30 Line Dancing	19 10:15 Sit and Get Fit \$3/class 11:30 Congregate Lunch Father's Day Celebration
22 10:15 Sit and Get Fit \$3/class 1:00 Rock Steady Boxing 2:00 Stressbusters Support Group	23 8:00 Master Builders 11:30 Congregate Lunch 12:30 Canasta 2:00 Mah Jongg for Everyone! 2:30 Kneedlers	24 10:15 Sit and Get Fit \$3/class 11:30 Congregate Lunch June BDay Celebration 12:30 Scrabble 2:30 TrYcks -please register your attendance	25 8:00 Master Builders 1:00 Rock Steady Boxing 1:00 <u>Beginner Line Dancing**</u> 1:30 Line Dancing **Please call if you are coming.	26 10:15 Sit and Get Fit \$3/class 11:30 Congregate Lunch 2:30 TrYcks -please register your attendance
29 10:15 Sit and Get Fit \$3/class 1:00 Rock Steady Boxing 1:00PM Card & Craft Circle * please text if you are coming	30 8:00 Master Builders 11:30 Congregate Lunch 12:30 Mexican Train 2:00 Mah Jongg for Everyone! 2:30 Kneedlers	Card & Craft Circle Create beautiful handmade cards. Bring your glue and paper cutter if you have one. RSVP via text to Mary at 309-569-1295	Caring Hearts Support Group Caregivers are invited to share their experiences. Stressbusters Support Group For those caring for people with Alzheimer's or dementia.	Master Builders YMCA Studio This class helps seniors with flexibility, strength and balance. Sit and Get Fit -Chair exercise class in the Senior Center.

Please register for program/lunch by calling the Senior Center Office at 309-837-5733.
 If a meal reservation needs to be made or cancelled, please do so by 1pm the preceding day.



Funding is provided for programs and services through Western Illinois Area Agency on Aging.

Wesley At Home
 Home Nursing and Home Services
309-833-2613
 A Full Service Retirement Community Up to 24 Hour Care • 7 Days a Week

MDH Home Health
 Social services
 RN on call 24/7
 Skilled nursing care
 Certified nurses' aides
 Physical, Occupational & Speech Therapy
(309) 836-1544
 www.MDH.org

Tone up your finances with our mobile app!
Clock Tower Community Bank
 A Division of Morton Community Bank
 127 South Side Square • 1400 East Jackson
 (888) 418-5585 • hometownbanks.com

Help with Prescription Costs

Extra Help is a federal program that helps pay for some - or most - of the out-of-pocket costs of Medicare prescription drug coverage. It is also known as the Part D Low-Income Subsidy (LIS). It will help pay for your monthly premium and lower the cost of your prescription drugs.

Your Situation:	Income Limit (gross)	Resource Limit*
Individual	\$22,590	\$17,220
Couples	\$30,660	\$34,360

Income and resource limits in 2024:
 *Resources are considered:
 Money in a checking, savings, or retirement account
 Stocks
 Bonds

If you think you qualify for the Extra Help program, you can apply online at SSA.gov or make an appt with us at 309-837-5733 and we can help.

Independent, Secure Senior Living
 Check out our website everlyhouse.com
Everly House
 Independent Senior Living
 811 South Lafayette • Macomb, IL
 Not for Profit **309-833-2704**

SERVICES INCLUDE:
 • 3 home cooked meals daily
 • All laundry
 • Weekly housekeeping
 • Utilities and cable
 • No contracts
 • Furnished Rooms & Suites

Medicare Advantage Open Enrollment Period

January 1 to March 31
 This enrollment period is only for those already in a Medicare Advantage Plan or within the first 3 months you get Medicare.

You can switch to another MA Plan.
 You can also drop your MA Plan and return to Original Medicare.
 A supplement will need to be purchased.
 You will also be able to join a separate Medicare drug plan.



PUBLIC TRANSPORTATION

Let us help you get where you're going!

Go West: 309-575-3333

Demand Response: 309-837-7433

Let The Elms Bring Your Life Back Into Motion...

Make The Elms your "home" away from home.

We're here to help you meet your goals... to recuperate and rehabilitate to go home or to transition to your "new" home at The Elms.

We don't quit when your Medicare benefits run out. We've only just begun.

- Medicare Approved
- Short/Long Term Care
- Rehabilitation



The Elms

Our Caring, compassionate staff is committed to the wellness of each resident.

1212 Madelyn Ave., Macomb
837-5482



The MDH Hospice
"Thank you for the care you gave to our mother. I knew that we were never alone—if I had any question, I could call. I called and you answered. We appreciate the care you gave to the whole family."

-Hospice Patient's Family

MDH
McDonough District Hospital

(309) 836-1543
www.MDH.org

Distinguished Apartments for Senior Citizens

- Independent living
- Affordable rent
- Social programs
- Free heat

Jefferson House
APARTMENTS

900 E. Jefferson St.
Macomb, IL 61455
Phone (309) 837-9955
Fax (309) 837-9956
www.urbaninnovations.com

An Urban Innovations Senior Community



Menu

June 2026

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cheeseburger on a Bun Chop Chop Salad Feta Bowtie Pasta Sliced Pears	2 Congregate Chicken Cacciatore Steamed Peas and Carrots Garlic Buttered Rice Melon Mix	3 Congregate Chicken Wild Rice Casserole Grilled Squash Sweet Potatoes Cranberry Sauce	4 Goulash Caesar Salad w/ Dressing Cottage Cheese Peaches	5 Congregate Tuna Salad on Lettuce Bed Minestrone Soup Tomato Mozzarella Salad Wheat Crackers Applesauce
8 Taco Salad w/ Lettuce, Meat, Cheese, Tomato Black Beans Corn Chips Pineapple Chunks	9 Congregate Ranch Baked Chicken Breast Steamed Green Beans Twice Baked Potatoes Grapes	10 Congregate Turkey Tetrazzini Winter Mix Stewed Tomatoes Halo Orange	11 Fish Sandwich w/ Cheese Pea Salad Summer Pasta Jell-O w/ Fruit	12 Congregate Sloppy Joe on a Bun Coleslaw Cheesy Corn Bake Apricots
15 Chicken Tenders Cheesy Cauliflower Baked Beans Ambrosia Salad	16 Congregate Ham Loaf Oven Roasted Vegetables Baked Potato w/ Sour Cream Sweet Cantaloupe	17 Congregate Meatball Marinara Mixed Green Salad w/ Dressing Penne Pasta Garlic Bread Fruit Cocktail	18 Macomb Chicken Salad Croissant Broccoli Supreme Potato Chips Melon Mix	19 Congregate Father's Day Celebration Smothered Pork Glazed Carrots Parslied New Potatoes Berry Crisp
22 Chicken Pot Pie w/ Biscuit on Top Lima Beans Fried Potatoes w/ Onion Gala Apple	23 Congregate Orange Chicken Asian Vegetables Fried Rice Banana	24 Congregate Roast Beef California Mix Mashed Potatoes w/ Gravy Strawberries June Bday Celebration	25 Parmesan Baked Fish Steamed Spinach White Cheddar Mac & Cheese Grapes	26 Congregate BLT on Wheat Bread (3 strips bacon, tomato, lettuce) Four Bean Salad Potato Salad Fresh Fruit Salad
29 Shepard's Pie Grilled Zucchini Hot Beets Apple Salad	30 Congregate Tenderloin on Bun Tomato Mozzarella Salad Zesty Corn Salad Applesauce		Macomb Meal Site Call 309-837-5733 or 1-844-508-7961. <i>Please call by 1pm the day before to make or cancel your reservation for a meal.</i>	Bushnell Meal Site: 309-255-7176 Please call by noon the day before to make or change your reservation.



Senior Center meals are a suggested donation of \$5.00/dine-in and \$5.00/home delivered for qualified individuals (60+). No one will be denied participation in the meal program if they are unable to contribute. Each meal comes with 2% milk and a bun, biscuit, roll, toast or bread. Funding for programs and services at the YMCA Senior Center is provided through Western Illinois Area Agency on Aging (WIAAA). The congregate meal cost for a guest under the age of 60 is \$7.50. The menu is subject to change.

Benefit Access Application (BAA)

License Plate Discount Program for those 65 or older or under 65 but disabled. You must live in Illinois when you file and meet the income guidelines:

- \$33,562 for a 1-person household
- \$44,533 for a 2-person household
- \$55,500 for a 3-person household

You can file at ilaging.illinois.gov or contact the YMCA Senior Center at 309-837-5733.



Grand Prairie

(309) 833-5000 | www.Gardant.com/GrandPrairieMacomb



Managed by Gardant Management Solutions



An Affordable Assisted Lifestyle Community for the Older Adult

HEADS UP! Important Changes Coming for Open Enrollment

Medicare is implementing new security measures for the Medicare.gov website. All individuals on or new to Medicare will be required to verify or prove their identity to access their Medicare account online. We anticipate that the new process will take effect prior to open enrollment this fall.

The YMCA Senior Center is here to assist you with this new process.

- The first step is that you will need a personal email account.
 - This email account will need to be your own private email, not one that is shared with a spouse or family member. You should also avoid using an email account connected to an employer. If you do not have a private personal email account and need assistance creating one, we encourage you to reach out to someone you trust to help you create an email account. Be sure to keep your username and password in a safe place so that you can access your email account to complete the verification process in the second step.
- The second step is that all Medicare recipients must verify their identity through ID.me, CLEAR®, or Login.gov
 - You will need to choose one of the options. To learn more about these options you can go to Medicare's website and review them.
<https://www.medicare.gov/account/login/help>
 - If you complete the verification process yourself, be sure to keep your log in information in a safe place. Protect it like you would your social security number.
 - The YMCA Senior Center will offer appointments this summer, ahead of open enrollment, for those that need assistance with the verification process. Please note that we can't assist anyone who doesn't have an active personal email account.

- If you already use ID.me, CLEAR®, or Login.gov your identity will still need to be verified when accessing Medicare.Gov
- No one will contact you to initiate this process. Don't fall for any scams!
- More to come on this next month.

Eat Your Veggies for Free!

Many of our clients have been asking about the Farmers Market coupons. We hope to be receiving them soon! Meanwhile, be sure to visit one of the "public access gardens" located in Macomb, Bushnell, and Colchester. These gardens are planted and tended by Giving Gardens, a nonprofit organization founded and operated in Macomb. All the gardens listed below are public spaces that are open to everyone to come and harvest free produce.

There is no registration or appointment required to visit the gardens. Simply find a garden location near you, grab some bags or a cooler, and go see what veggies and herbs are ready to harvest!

The growing season is just getting started, so be sure to check garden locations regularly throughout the summer. You can also find regular updates on the gardens on the Giving Gardens Facebook page.

GARDEN LOCATIONS:

Bushnell Garden

- 181 E. Hail St. (Next to the VFW parking lot.)

Colchester Garden

- W. Market Street (near the Post Office)

Macomb Neighborhood Gardens

- 300 Wigwam Hollow Rd. (Unitarian Universalist Church)
- 1325 W. University Dr. (Wesley Foundation)
- 322 W. Piper St. (Housing Authority/Eisenhower Tower)
- 330 N. McArthur St. (Project Insight/formerly Grant School)
- 400 E. Carroll St. (First Presbyterian Church)
- 315 S. Bonham Rd. (Lincoln School)
- 1500 E. Pierce St. (Mt. Calvary Church)

Travel to Antarctica!



Coming in Spring 2027

The Adventure of a Lifetime!
Join the YMCA for a fabulous trip to the White Continent, Antarctica!
March 17-28, 2027
This trip also offers a pre-tour extension to Easter Island.

Get more details or register at:
<https://gateway.qocollette.com/link/1436035>

Contact Cindy Cavett
at ccavett@macomyymca.org
for more information.

Sprucing Up

A big thank you to the Macomb Beautiful & the Macomb High School Ecology Club for sprucing up the Harry Dobey Memorial Garden & landscaping here at the Senior Center! It looks great!



Find the Hidden Object

Somewhere in this newsletter I have hidden a Superdad! Can you find him?



A Chance to See History in Motion

Union Pacific's famed Big Boy No. 4014, the world's largest operating steam locomotive, will travel through Illinois twice this summer as part of a historic coast-to-coast tour to celebrate America's 250th anniversary. The tour includes a Fourth of July celebration in Philadelphia, major display events in eight cities and more than 50 whistle-stops in 10 states, including stops for the first time in Indiana, Ohio, New York and Pennsylvania. For more information and dates go to Union Pacific's website
<https://www.up.com/about-us/history/steam/big-boy-4014>



MEDICARE FRAUD PREVENTION WEEK RUNS THE WEEK OF 6/5!



Preventing Medicare Fraud
About the SMP

Senior Medicare Patrols (SMPs) empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse.

Prevent:
The most effective way to stop Medicare fraud from happening is to prevent it in the first place.

Detect:
For situations you can't prevent, learning how to detect potential fraud, errors, and abuse is very important.

Report:
If you find something concerning on an MSN or accidentally gave out your Medicare information, report it!

Contact the SMP

www.smpresource.org
info@smpresource.org
1-877-808-2468

Let's Stay Connected! Follow the SMP on social media



MEDICARE FRAUD PREVENTION WEEK

Focusing on the actions everyone can take to prevent Medicare fraud, errors, and abuse.



Have ideas for classes or activities? Contact Jennifer at 309-837-5733 or jdailey@macombymca.org