

# 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.

MAA9AD0119110720



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  
U.S. Postage  
**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  
309-837-5733



Oct/Nov 2025  
Issue 10

## From the Director's Desk

As you might have noticed, this newsletter covers both October and November. Hang on to the insert as that covers the November menu, birthdays, and activities.

On to more exciting stuff! As many of you know, we were expecting our first grandchild in August and he has delivered! Beautiful Quinn James Cavett arrived after a full day of labor. Mother and baby are doing well. My son, Jack, was pretty pumped and exhausted with excitement.

Quinn's name was not totally unexpected, at least the Quinn part, as the kids shared their ideas about names a while back. The surprise was James. It was my father's name, and it made my heart very happy that it was part of my grandson's name!

We have seen Quinn a few times and are going again in a couple of days. This visit may not be as calm. The dogs have arrived back home from their other grandparents. Jack indicates the dogs are curious, but well-mannered with baby. Two of the dogs are quite concerned when Quinn is crying or up at night and hover around. Our other son, Max, thinks the dogs are vetting Quinn before they let him into the pack!

Both parents have nice paternity and maternity leave from their jobs. Times have changed as I think my husband went back to work soon after both my first and second born arrived. All I remember of those early days was still being in my pajamas at 4:00 in the afternoon!

The biggest question is still what my grandma name will be! Some say it will come naturally, but I am afraid it would just be "grandma". Maybe CoCo, CeeCee or Babička (Czech word for grandmother). Something to keep pondering!

**Cindy**

## What is Open Enrollment?

October 15-December 7  
Medicare health and drug plans can make changes each year—things like cost, coverage, and what providers and pharmacies are in their networks. Open Enrollment is when all people with Medicare can change their Medicare Advantage Plans (Part C) or their Prescription Drug Coverage (part D) for the following year to better meet their needs.

What can you do during Open Enrollment?

- Join, drop, or switch to another Medicare Advantage Plan.
- Switch from Original Medicare to a Medicare Advantage Plan.
- Join a Medicare Drug Plan (Part D) if you're in Original Medicare.
- Switch from one Medicare drug plan to another if you're in Original Medicare

Any changes you make will take effect on January 1, 2026. If you do not want to make a change you do not need to do anything. Your current **plan will be auto renewed for 2026.**

If you are uncertain about your Part D, stop by and pick up a yellow Medication List at the Senior Center. Fill it out and return it so your plan can be evaluated. We will call you with the results and determine if you need an appointment.



Help at Home presents  
**Active Older Adults  
Senior Expo**  
YMCA Senior Center

November 7  
11:30am-1:00pm

Come for lunch and visit with various resources in the community!  
*A lunch reservation would need to be made by 1pm the day before.*

### Open Enrollment Events

These are walk-in opportunities at the YMCA Senior Center

**Thursdays - Oct 30th, and Nov 20th**  
4 p.m. to 6:30 p.m. First come first serve basis

**Saturdays - Nov 15th, and Dec 6th**  
10 a.m. to 2 p.m. First come first serve.

These days are specifically for established Medicare beneficiaries. Due to time constraints, we cannot accommodate New to Medicare clients. If you are new to Medicare, you will need to call our office at 309-837-5733 to make an appointment.

If you are considering a Medicare Advantage Plan, we STRONGLY suggest you first check with every medical provider you have. All Doctors (Primary care, any specialist(s), dentist, optometrist, etc.) and any hospital or clinic you may use to confirm that they accept the Medicare Advantage Plan you are considering.

If you have retiree health coverage through a former employer (WIU, NTN Bower, Pella, etc.), you must check with the Human Resources Department of the company first. If we make any changes for you, it will cancel your current coverage.

You will need to bring your most current prescription list.



### Canadian Maritimes and Coastal Wonders September 12-22, 2026

From the nautical beauty of Peggy's Cove to the rugged splendor of the Cabot Trail, the Maritimes will enchant you. Prince Edward Island, Hopewell Rocks, Cape Breton Island, Mahone Bay and more!

#### Special Travel Presentation

Wednesday, November 12 at 4:00pm in the YMCA Senior Center

Learn all about your next Collette adventure!

RSVP to Cindy at 309-837-5733

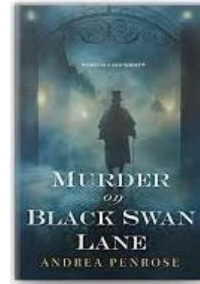
To learn more about this trip visit:  
<https://gateway.gocollette.com/link/1369728>

### I'd Rather Be Reading Book Club!

Wednesday, October 22 at 9:00am

Murder on Black Swan Lane  
By Andrea Penrose

In Regency London, an unconventional scientist and a fearless female artist form an unlikely alliance to expose a cold-hearted killer.



Join via Zoom:

<https://meet.google.com/eih-zfww-csb>

Wednesday, November 19 at 9:00am

Reunion in Carmel  
By Tom Comstock



A brutal killer stalks Carmel, threatening its very existence. Police Chief Will Kempton must call on skills long untested to save himself, his family and the village he comes to love.

Join via Zoom:

<https://meet.google.com/kxf-oiff-wwx>

### Free Up Your Movement in Alignment Chair Yoga!



This series of four Thursday classes meets from 10:15 to 11:00am at the YMCA Senior Center will include chair exercises and optional standing movement with chair support. Special rate \$3/class.

- October 23:** Stability and Movement
- October 30:** Balance in Movement
- November 6:** Fluidity and Movement
- November 13:** Function, Form and Movement

Kathy Ganyard was a small business owner from 2009-2024 as a registered and certified yoga instructor and therapist, a licensed massage therapist and a certified wellness educator.

Classes are for those 60 and older. Please wear comfortable clothes, bring water and have supportive shoes.

## OCTOBER 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.

Charles Strange	1	Katie Huston	10	Annie Von Tom	19
Myra Lo Arntzen	2	YeYe Lwin	10	Evelyn Neidy	21
Julia Cramer	2	Martha Clark	10	Robert Palmer	21
Debbie Wiley	2	Jack Garrett	11	Bobby Steele	21
Donnice Hamilton	3	Marcia Miller	11	Betty Stephens	21
Delores Powell	3	David Dean	12	Sara Railsback	22
Lyle Huffman	4	Karen Beck	12	Beth Shryock	22
Ada Hunt	4	Deloris Rodeffer	12	Cathy Wilson Lashbrook	22
Roberta Tyson	4	Brenda Sipes	12	John Wiorek	22
Joan Carter	5	Janet Furman	13	Richard Arnold	23
Judith Husband	5	Marsha Garrett	13	Beth Clerkin	23
Hyung Ja Kim	5	C. Jesse Pestle	13	Sara Druffel	23
Ruth Hollis	6	Sharon Wiorek	13	Nancy Cook	25
Brenda James	6	Anna Williamson	14	Letha Beghtol	26
Phil Bell	7	Madeliene Fox	14	Roberta Chambers	26
John Moore	7	Robert Potts	14	William W Miller	26
Bobbi Jo Willey	7	Peggy Scharfenberg	14	Janice Brown	27
Candy Clark	8	Everett Bonds	15	Patsy Moore	27
Tana Crossman	8	Mary Lawson	15	Janiece Hammond	28
Carol Sue Hurst	8	Mary Ussery	15	Olive Morris	28
Laura Fisher	8	Rita Wilcoxon	15	Victor Eckstein	28
Linda Lafary	8	Bobbi Morrison	16	Barbara Moore	28
Richard Robinson	8	Tricia Russell	16	James Bucher	31
Helen Raymond	8	Betty Thompson	16	Gerald Jones	31
Karen Cameron	9	Sandra Elliott	17	Donald MacVean	31
Mary McMullen	9	Marilyn Woods	17	Janet Thrasher	31
Wilma Piper	9	Mark Hennig	18	Beverly Mason	31
Linda Goodin	9	Wayne Windsor	18		

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.



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](http://www.TheLamoine.com)



**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](http://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](http://hometownbanks.com)

MEMBER FDIC Data and message charges from your carrier may apply.

# October 2025 YMCA Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Stressbusters Support Group</b> For those caring for people with Alzheimer's or dementia. <b>Sit and Get Fit</b> -Chair exercise class in the Senior Center. <b>Rock Steady Boxing</b> - A class for those with Parkinsons Disease.	<b>Caring Hearts Support Group</b> Caregivers are invited to share their experiences. <b>Master Builders-YMCA Studio</b> This class helps seniors with flexibility, strength and balance.	1 10:15 Sit and Get Fit \$3/class 11:30 Congregate Lunch <b>2:00 Stressbusters Caregiving Class</b>	2 8:00 Master Builders Class 1:00 Rock Steady Boxing 1:00 <u>Beginner Line Dancing</u> 1:30 Line Dancing	3 10:15 Sit and Get Fit \$3/class 11:30 Congregate Lunch
6 10:15 Sit and Get Fit \$3/class 1:00 Rock Steady Boxing 2:00 <b>Caring Hearts Support Group</b>	7 8:00 Master Builders Class 11:30 Congregate Lunch 12:30 Canasta 2:00 Mah Jongg for Everyone 2:30 Kneedlers	8 10:15 Sit and Get Fit \$3/class 11:30 Congregate Lunch <b>2:00 Stressbusters Caregiving Class</b>	9 8:00 Master Builders Class 1:00 Rock Steady Boxing 1:30 Line Dancing	10 10:15 Sit and Get Fit \$3/class 11:30 Congregate Lunch 12:30 <b>BINGO! w/ Mary</b>
13 10:15 Sit and Get Fit \$3/class 1:00 Rock Steady Boxing	14 8:00 Master Builders Class 11:30 Congregate Lunch 12:30 Mexican Train 2:00 Mah Jongg for Everyone! 2:30 Kneedlers	<b>Open Enrollment Begins!</b> 15 10:15 Sit and Get Fit \$3/class 11:30 Congregate Lunch <b>2:00 Stressbusters Caregiving Class</b>	16 8:00 Master Builders Class 1:00 Rock Steady Boxing 1:00 <u>Beginner Line Dancing</u> 1:30 Line Dancing	17 10:15 Sit and Get Fit \$3/class 11:30 Congregate Lunch
20 10:15 Sit and Get Fit \$3/class 1:00 Rock Steady Boxing 2:00 <b>Stressbusters Support Group</b>	<b>Birthday Bash Lunch!</b> 21 8:00 Master Builders Class 11:30 Congregate Lunch 12:30 Canasta 2:00 Mah Jongg for Everyone 2:30 Kneedlers	22 9:00 <b>I'd Rather Be Reading Book Club</b> 10:15 Sit and Get Fit \$3/class 11:30 Congregate Lunch <b>2:00 Stressbusters Caregiving Class</b>	23 8:00 Master Builders Class 10:15 <b>Alignment Chair Yoga with Kathy</b> 1:00 Rock Steady Boxing 1:30 Line Dancing	24 10:15 Sit and Get Fit \$3/class 11:30 Congregate Lunch
27 10:15 Sit and Get Fit \$3/class 1:00 Rock Steady Boxing	28 8:00 Master Builders Class 11:30 Congregate Lunch 12:30 Mexican Train 2:00 Mah Jongg for Everyone! 2:30 Kneedlers	29 10:15 Sit and Get Fit \$3/class 11:30 Congregate Lunch 12:30 <b>Wits Fitness!</b> <b>2:00 Stressbusters Caregiving Class-Final Class</b>	30 8:00 Master Builders Class 10:15 <b>Alignment Chair Yoga</b> 1:00 Rock Steady Boxing 1:30 Line Dancing 4:00-6:30 <b>Open Enrollment Event</b>	31 10:15 Sit and Get Fit \$3/class <b>Monster Mash Mix-up Workout!</b> 11:30 Congregate Lunch and <b>Halloween Party!</b>

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.

## 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](http://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](http://everlyhouse.com)

**Everly House**  
Independent Senior Living  
811 South Lafayette • Macomb, IL  
**309-833-2704**

Not for Profit

**Lafayette Square, Inc.**

Affordable housing for people 62 years old or older, and for mobility impaired individuals who require the features of accessible apartment. Ample resident parking and guest parking Closed Circuit Security. If you are a senior citizen and thinking of more convenient living arrangements, please come meet the friendly staff and residents of Lafayette Square and see what we have to offer.

SERVICES INCLUDE:

- 3 home cooked meals daily
- All laundry
- Weekly housekeeping
- Utilities and cable
- No contracts
- Furnished Rooms & Suites

Call Nancy and learn why so many think of us as Home.

SERVICES INCLUDE:

- ✓ All Utilities paid
- ✓ Coin-Operated Laundry
- ✓ Community Room
- ✓ Maintenance & Repairs
- ✓ In-house Beauty Shop
- ✓ Free Parking
- ✓ Wall-to-Wall Carpeting
- ✓ Cable TV Available (at your cost)
- ✓ Air Conditioning
- ✓ Draperies
- ✓ Safety Grab Bars in Bathrooms

Call 833-3785 for information • 100 W. Jefferson, Macomb  
TTY Services of Illinois Dial 711

# MCPT

## McDonough County Public Transportation

Let us help you get where you're going!

Go West Information: 309-575-3333  
Demand Response Information: 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**  
1212 Madelyn Ave., Macomb  
837-5482

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



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

 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

# October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Bushnell Meal Site:</b> <b>309-255-7176</b> Please call by noon the day before to change your reservation. <b>Congregate Lunch daily at 11:15am</b> <b>Suggested donation: \$4</b>	<b>Macomb Meal Site</b> Call 309-837-5733 or 1-844-508-7961. Please call by <b>1pm the day before</b> to make or cancel your reservation for a meal.	<b>Congregate</b> 1 Country Fried Steak w/ Country Gravy Peas and Carrots Parslied Potatoes Watergate Salad	<b>Congregate</b> 2 Bar-B-Que Chicken on Bun Sweet Corn Kidney Bean Salad Applesauce	<b>Congregate</b> 3 Tuna Mac Casserole Winter Mix Stewed Tomatoes Halo Orange
6 Chili w/ Beans Coleslaw Cheese Cubes Crackers Mandarin Oranges	<b>Congregate</b> 7 Sliced Turkey Kielbasa w/ Peppers and Onion California Mix Parmesan Potatoes Fresh Fruit Salad	<b>Congregate</b> 8 Orange Chicken Asian Vegetables Fried Rice Banana	<b>Congregate</b> 9 Brat on Bun Sauerkraut German Potato Salad Gala Apple	<b>Congregate</b> 10 Beef and Noodles Green Beans Hot Beets Grapes
13 Pork Carnitas w/ 2 Flour Tacos Black Beans Mexican Salad Fruit Cocktail	<b>Congregate</b> 14 Broccoli Cheddar Soup Turkey Club Sub Italian Pasta Salad Sliced Pears	<b>Congregate</b> 15 Ham Ball Roasted Vegetables Baked Potato w/ Sour Cream Jello-O w/ Fruit	<b>Congregate</b> 16 Tamale Pie (w/ corn, black beans, tomato, cornbread on top) Grilled Zucchini Tator Tots Banana	<b>Congregate</b> 17 Supreme Pizza Squares Mixed Green Salad w/ Dressing Cottage Cheese Pineapple Tidbits
20 Baked Ham Steamed Green Beans Alfredo Pasta Strawberries	<b>Congregate</b> 21 Fried Chicken Cauliflower Salad w/ Cheese, and Bacon Baked Beans Peaches & Soft Roll <b>Birthday Bash Lunch!</b>	<b>Congregate</b> 22 Salisbury Steak w/ Mushroom Gravy Brussel Sprouts Twice Baked Potatoes Fruit Crisp	<b>Congregate</b> 23 Cracker Barrel Chicken and Rice Seven Layer Salad Soft Roll Ambrosia Salad	<b>Congregate</b> 24 Fish Sandwich w/ Cheese On a Bun w/ Tartar Sauce Broccoli Supreme Potato Salad Peaches
27 Ham Salad on Hawaiian Roll Four Bean Salad Ranch Pasta Banana	<b>Congregate</b> 28 Roast Beef w/ Gravy Steamed Broccoli Mashed Potatoes Apple Salad	<b>Congregate</b> 29 Apple Glazed Pork Peas in Cream Sauce Rice Pilaf Grapes	<b>Congregate</b> 30 Chicken Pot Pie Lima Beans Sweet Potatoes Apple	<b>Congregate</b> 31 Egg Bake w/ sausage, peppers, and cheese Steamed Carrots Fried Potatoes Mandarin Oranges



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 congregare 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](http://ilaging.illinois.gov) or contact the YMCA Senior Center at 309-833-5733.



# Grand Prairie

(309) 833-5000 | [www.Gardant.com/GrandPrairieMacomb](http://www.Gardant.com/GrandPrairieMacomb)



Managed by Gardant Management Solutions



An Affordable Assisted Lifestyle Community for the Older Adult