During this time of great uncertainty, Senior Services of Central Illinois has been comforted, encouraged, and humbled by the outpouring of support from our community.

Extraordinary individuals, organizations, and companies have stepped-up to support the many seniors we serve with donations. To you, we give our sincerest “Thanks”, for we cannot serve our local seniors without the support of our generous community.

We are also immensely grateful to our many volunteers who work tirelessly to make sure the needs of our local seniors are being met. Each and every one of you have made a positive impact in a seniors life in an incredibly trying time...we are so lucky to have you.

A special Thank You to the SSCI Team. Your hard work, commitment, flexibility, and understanding through this difficult time has been incredible. We appreciate and commend all you have done, and continue to do, to support our mission.

Last but not least, Thank You to our Board of Directors. Your understanding and flexibility with our team along with your dedication to the safety and well being of our seniors sets a wonderful example for all. We appreciate the difficult decisions you’ve made throughout this pandemic and couldn’t have done this without you.

A special shout out to the following individuals, organizations, and businesses that went above and beyond for us in 2020:

George and Connie Sneyd
Health Alliance
Illini Tech
Marty Norris
Parkway Christian Church

Portillo’s
Ralph Young Regency
RSVP Volunteers
Springfield Supportive Living

For updates and happenings at Senior Services of Central Illinois, visit our Facebook page and “like” it. You can find us at www.facebook.com/SeniorServicesofCentralIL
Seniors ages 60 and over are always welcome. All dining rooms open at 10:00 AM, Monday—Friday. Join us for good food and friendly company. All meals are served with whole wheat bread and 1% milk. Menu selections are subject to change based on food availability. Meals are partially funded through the Area Agency on Aging for Lincolnland. The suggested donation for persons age 60 and over is $3.00 per meal. The full cost to persons under 60 years of age is $5.75 per meal. Any and all contributions are always appreciated. Please make checks payable to “Daily Bread”. To reserve or cancel, please call your local Site Manager at least one day ahead.

### Menu

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>BBQ Pulled Pork Sandwich</td>
<td>Oven Fried Chicken</td>
<td>Salisbury Steak</td>
<td>Pork Chops</td>
<td>Spaghetti with Meatballs</td>
</tr>
<tr>
<td>Baked Beans</td>
<td>Macaroni &amp; Cheese</td>
<td>Mashed Potatoes &amp; Gravy</td>
<td>White Rice with Mushrooms</td>
<td>Carrots</td>
</tr>
<tr>
<td>Peas</td>
<td>Collard Greens</td>
<td>Green Beans</td>
<td>Corn</td>
<td>Garlic Bread</td>
</tr>
<tr>
<td>Apricots</td>
<td>Berry Mix / Celery Stix</td>
<td>Orange</td>
<td>Apple Slices</td>
<td>Tossed Salad w/ Italian Dressing / Pears</td>
</tr>
<tr>
<td>Beef Stew</td>
<td>Breaded Cod</td>
<td>Tuna Noodle Casserole</td>
<td>Bacon Cheese Burger</td>
<td>Chicken Pot Pie</td>
</tr>
<tr>
<td>Potatoes</td>
<td>Wild Rice</td>
<td>Butter Beans</td>
<td>French Fries</td>
<td>Yellow Squash</td>
</tr>
<tr>
<td>Spinach / Dinner Roll</td>
<td>Cauliflower</td>
<td>Green Peas</td>
<td>Southwest Vegetables</td>
<td>Roasted Vegetables</td>
</tr>
<tr>
<td>Apple Sauce</td>
<td>Juice &amp; Pineapples</td>
<td>Pears</td>
<td>Kiwi</td>
<td>Peaches</td>
</tr>
<tr>
<td>Beef Stew</td>
<td>Ham Steaks</td>
<td>Stuffed Peppers</td>
<td>Chicken Strips</td>
<td>Burritos</td>
</tr>
<tr>
<td>Potatoes</td>
<td>Baked Beans</td>
<td>Garlic Potatoes</td>
<td>Macaroni &amp; Cheese</td>
<td>Mexican Rice</td>
</tr>
<tr>
<td>Spinach / Dinner Roll</td>
<td>Yams / Dinner Rolls</td>
<td>Roasted Corn</td>
<td>Southwest Roasted Vegetables</td>
<td>Fiesta Beans &amp; Corn</td>
</tr>
<tr>
<td>Apple Sauce</td>
<td>Fruit Cocktail Jello</td>
<td>Peaches</td>
<td>Bananas / Raisins</td>
<td>Apple Crisp</td>
</tr>
<tr>
<td>Sloppy Joe</td>
<td>Ham Steaks</td>
<td>Stuffed Peppers</td>
<td>Italian Sausage / Penne Pasta</td>
<td></td>
</tr>
<tr>
<td>Tatar Tots</td>
<td>Baked Beans</td>
<td>Garlic Potatoes</td>
<td>Kidney Beans</td>
<td></td>
</tr>
<tr>
<td>Asparagus</td>
<td>Yams / Dinner Rolls</td>
<td>Roasted Corn</td>
<td>Zucchini</td>
<td></td>
</tr>
<tr>
<td>Mandarin Oranges</td>
<td>Fruit Cocktail Jello</td>
<td>Peaches</td>
<td>Apricots</td>
<td></td>
</tr>
<tr>
<td>Sweet &amp; Sour Pork</td>
<td>Meat Loaf</td>
<td>BBQ Chicken</td>
<td>Kidney Beans</td>
<td></td>
</tr>
<tr>
<td>White Rice</td>
<td>Cheesy Scalloped Potatoes</td>
<td>Macaroni &amp; Cheese</td>
<td>Zucchini</td>
<td></td>
</tr>
<tr>
<td>Black Eyed Peas / Broccoli</td>
<td>Green Beans / Dinner Roll</td>
<td>Mixed Vegetables</td>
<td>Apricots</td>
<td></td>
</tr>
<tr>
<td>Blueberries</td>
<td>Tropical Fruit</td>
<td>Juice &amp; Pears</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

SSCI is still closed to the public due to the COVID-19 Pandemic. We are actively monitoring the situation and will follow IDPH and CDC Guidelines for re-opening in the future. At this time, all Congregate sites are closed until further notice.
Seniors ages 60 and over are always welcome. All dining rooms open at 10:00 AM, Monday—Friday. Join us for good food and friendly company. All meals are served with whole wheat bread and 1% milk. Menu selections are subject to change based on food availability. Meals are partially funded through the Area Agency on Aging for Lincolnland. The suggested donation for persons age 60 and over is $3.00 per meal. The full cost to persons under 60 years of age is $5.75 per meal. Any and all contributions are always appreciated. Please make checks payable to “Daily Bread”. To reserve or cancel, please call your local Site Manager at least one day ahead.

### February Daily Bread Menu

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Hamburger Helper Roasted Parmesan Green Beans Dinner Roll Vegetable Juice / Cherry Pie</td>
<td>2 Country Fried Steak Mashed Potatoes Green Peas Banana Pudding</td>
<td>3 Polish w/ Grilled Onions &amp; Peppers French Fries Sauerkrout Apple Sauce</td>
<td>4 Chicken &amp; Dumpling Carrots Brussel Sprouts Raisins</td>
<td>5 Egg Casserole Tatar Tots Warm Country Apples Juice / Breakfast Donut</td>
</tr>
<tr>
<td>8 Pulled BBQ Chicken Sandwich Pot Roast &amp; Potatoes Mixed Greens Kidney Beans / Corn Bread Peach Cobbler</td>
<td>9 Pulled BBQ Chicken Sandwich Pot Roast &amp; Potatoes Mixed Greens Kidney Beans / Corn Bread Peach Cobbler</td>
<td>10 Sweet &amp; Sour Pork over White Rice Oriental Vegetables Veggie Rolls Mandarin Orange</td>
<td>11 Salmon Croquette Patties Red Potatoes Black Eyed Peas Apple Crisp</td>
<td>12 Chicken Salad on Croissant Ranch Sea Shell Pasta / Celery Sticks Three Bean Salad / Plums Crackers &amp; Peanut Butter Cups</td>
</tr>
</tbody>
</table>
Protect Your Vision As You Age

As you age, your risk for some common eye diseases goes up — but vision loss doesn’t have to be a normal part of aging. Take action to keep your eyes healthy as you get older.

**Get a dilated eye exam**
Getting a dilated eye exam is the best way to catch problems early, when they’re easier to treat. Talk to your eye doctor about how often you should get your eyes checked.

If you have Medicare, you may be able to get help paying for yearly eye exams. Learn more at nei.nih.gov/Medicare.

**More ways to keep your eyes healthy at any age**

- Eat plenty of dark, leafy greens and fish like salmon, tuna, and halibut.
- When you spend time outside, wear sunglasses and a hat with a brim.
- If you smoke, talk with your doctor about ways to quit. Find more resources to help you stop smoking at smokefree.gov.
- If you have diabetes, manage it by staying physically active, eating healthy, and taking your medicine.

**Did you know? Your risk for these common eye diseases goes up as you get older:**

- Age-related macular degeneration
- Cataracts
- Diabetic eye disease
- Glaucoma

Learn more at nei.nih.gov/EyeHealthTips.
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- Family Concerns for Safety
- To Prevent Nursing Home Placement

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cnicholls@lpiseniors.com or
(800) 950-9952 x5841

Keeping you in Our Thoughts and Prayers at this Time
We are Here for You!
**Fraud Alert:** Be aware that criminals are attempting to exploit COVID-19 worldwide through a variety of scams.

- Be on the lookout for antibody testing fraud schemes. Never share your personal or health information to anyone other than known and trusted medical professionals. [Learn more about what to avoid.](#)

- Be cautious of unsolicited healthcare fraud schemes of testing and treatment through emails, phone calls, or in person. The U.S. have medical professionals and scientist working hard to find a cure, approved treatment, and vaccine for COVID-19. [Learn more about what to avoid.](#)

- Be wary of unsolicited telephone calls and e-mails from individuals claiming to be IRS and Treasury employees. Remember IRS first form of communications is by mail - not by phone. [Learn more about fraudulent schemes related to IRS.](#)

- Be aware of unemployment insurance fraud and learn the steps to take if you suspect criminals have exploited your identity. [Learn more about unemployment insurance fraud.](#)

Criminals will likely continue to use new methods to exploit COVID-19 worldwide. Stay alert and stay informed about common fraud schemes related to the COVID-19 Pandemic. [Find out more about types of scams.](#)

If you think you are a victim of a scam or attempted fraud involving COVID-19, you can report it without leaving your home by calling the Department of Justice’s [National Center for Disaster Fraud](https://www.justice.gov/disasterfraud) Hotline at 866-720-5721 or via the [NCDF Web Complaint Form](https://www.justice.gov/disasterfraud).

The above information was taken from the United States Department of Justice. You can read more of the Fraud Alert at [www.justice.gov/coronavirus](https://www.justice.gov/coronavirus).

For more information and updates on the COVID-19 pandemic, please visit the Centers for Disease Control and Prevention website at [www.cdc.gov](https://www.cdc.gov).
Now that winter is upon us we just wanted to remind you that any cancellations or changes to our driving schedule will be put on WICS News Channel 20, WAND News Channel 17, WCIA News Channel 3, Wrax 1240 AM, WFMP 104.5 FM, and WMAY 970 AM. We will also post the information to the SSCI Facebook page.

There may be a few options we choose depending on how bad the weather is:

- If the snow or ice is too bad, the center could close for the day.

- If we find that the rural roads are too snowy or icy, we may limit to just “in town rides”.

- We could also limit to “Medical Only rides”. With this option we would only pick up those riders who have medical appointments.

We hope to be able to drive all winter. However, safety for drivers and riders has to be a top priority.

Thank you in advance for your understanding.

Jeff Stott, Director
Senior Transport
Those special memories of you
Will always bring a smile
If only I could have you back
For just a little while
Then we could sit and talk again
Just like we used to do
You always meant so very much
And always will do too
The fact that you’re no longer here
Will always cause me pain
But you’re forever in my heart
Until we meet again
Honoring our Loved Ones...

Acree, Florence
Adams, Kenneth
Allen, Peter
Anglin, Myron
Angnrieure, Mark
Argo, Vernon
Arnold, Beverly
Aures, Ruthie
Austin, Marjorie
Austin, Raphael
Bacon, Victor
Bade, Virginia
Bailey, Nancy
Baker, Harold
Baker, Lloyd
Baksys, Vincas
Barbaur, Mongolia
Barnett, Barney
Barnett, Mary
Barritt, Lorene
Bates, Tidy
Baylark, Juanita
Beatty, Tamara
Becker, Galen
Beetle, Walter
Bennett, Deborah
Bertok, Steve
Bigard, Christopher
Bill & Mary
Birch, Cherokee
Black, Margaret
Blair, Tina
Bollman, Lawrence
Bordan, Betty
Bossman, Bonnie
Bragg, Larry
Brennock, Raymond
Brewer, Ida
Brock, Gaylia
Brown, Diana
Bruce B
Bruce W
Bruss, Imojean
Bruss, Rex
Byerline, Louis
Cary, Carroll
Cherry, James
Cochenour, Mack
Cochenour, Wilma
Coleman, Henry
Coleman, Jack
Coleman, Jackie
Coleman, Josephine
Collins, Francois
Collins, Phyllis
Colvin, Carolyn
Connerton, Cecelia
Conrado, Eleanor
Conway, Roslyn
Corbier, Delores
Corrick, Gloria
Curry, Maureen
Davabliiss, Linda
Davenport, Rudolph
Davis, Enid
Davis, Gary
Davitz, Debra
Dawson, Daisy Marie
Dodds, Joann
Doll, Anthony
Donahue, Jacquelyn
Dorothy
Doyle, Mildred
Drew, Michael
Drilliger, Mary Ruth
Duerr, Kenneth
Duewer, Myra
Duiker, Bette
Eleyidate, Anna
Ellis, Donald
Estill, Rita
Evans, Cindy
Fay, Elizabeth
Gaddy, Jerry
Galayda, Charlotte Eleanor
Gall, Mary
Gatewood, Edward
Glick, Barbara
Goldsby, Gary
Green, Mary
Greening, Carl
Greig, Jonathan
Griffin, Grace
Haber, Judith
Halfacre, Trevor
Hall, Evelyn
Handcock, Bobby
Harden, Debra
Harris, Richard
Haug, Doris
Harmon, Madeline
Harris, Herbert
Havenar, Betty
Heavener, Billie
Helsel, Muriel
Henry, Herbert
Hibbert, Patsy
Hoffman, Charles
Holmes, Karen
Hubbard, David
Hughes, Lenora
Hugo, Doris
Humphrey, Martha
Hunter, Charles
Jackson, Lionel
Johnson, Mary May
Johnson, Virginia
Jones, Eileen
Jones, Marvin
Jones, Rachel
Jones, Rosalie
Jones, Virginia
Jordan, Jennifer
Kerasotes, Eileen
Kintner, John
Kohler, Patricia
Koslofski, Linda
Laux, Amanda
Lazare, Peter
Lenz, Bonnie
Lewis, Bettie
Lewis, James
Libri, Ann
Line, Sue Kuhn
Linebarger, Brian
Linebarger, Kris
Link, Norma
Lloyd & Dotty
Long, Sue
Lorscheider, Connie
Lowery, Carolyn
Lowery, Gloria
Lynard, George Crawford
Marshall, Florance
Marshall, John   Neil, Margaret   Roberts, Betty   Toms, Gabrielle
Matlack, Patricia   Niehaus, Larry   Roberts, Santiago   Treece, Ted
Mayer, Brian   O'Brien, Loretta   Rocha, Lillie   Tucker, Bill
McCarthy, James   O'Neal, Ashley   Ruggles, Eleanor   Tuggle, John
McCarthy, Linda   Ott, Patricia   Russell, James   Tuggle, Lorene
McCornick, Pat   Otter, Linda   Russell, James   Turner, Leroy
McDermott, Clem   Owens, Lela   Sanders, Marshall   Turner, Marley
McDermott, Barbara   Pals, Vern   Sanvi, Donald   Verlin
McGlennon, Bonnie   Parkhurst, Janet   Schmidt, Mary   Vest, Frank
McKinna, Sandra   Pasley, Lucinda   Schuecking, Pearl   Voiles, Patricia
McKinney, Delores   Patkus, Joan   Schwarberg, Robert   Wade
McKinney, John   Peavy, Rodney Lloyd   Sidener, Kenton Dewayne   Wagoner, Martha
McMann, Betty   Perkins, Lottie   Sietz, Bernadine   Wallace, Annette
Melzina, Al   Perko, Paula Louise   Silger, Robert   Watkins, Ollice
Mertz, Susan   Perry, James   Simons, Jerry   Weis, Sharon
Miller, James   Peters, Edna   Smith, Delores   Wertz, Peggy
Miller, Marshall   Phipps, Wanda   Smith, Lester   Williams, William III
Milligan, Mary   Pilapil, MD, Virgilio   Smith, Barbara   Williamson, Brenda
Mohler, Mary   Piphus, Edna   Smith, Robert   Winters, Elnor
Monier, Alice   Pokora, Robert   Stone, Stephen   Wisnewski, Donald
Montalbano, Frank   Precious Kitty   Strode, Mary Jayne   Wooley, Judy
Moore, Eileen   Rader, Rebecca   Susanna   Word, Diane
Moore, Myron   Raines, Betty   Sweich, Edward   Wright, Jackie
Moore, Roy   Readicker, Ann   Sydnor, Ann   Yonushatis, William
Moore, Shirley   Reeves, Terri Roxanne   Syfert, Kenneth   Yuroff, Etherena
Morrison, Peggy   Reynolds, Gary   Thomas, William   Yuroff, James
Moulton, Kathleen   Riley, Ardie   Thompson, Jane   Yuroff, Penny
Mulcahy, Stella   Ring, Leila   Thorington, Audrey   Zorn, John
Murphy, Alvin   Ring, Pearlie   Todd, Larry
Nalesnik, Eugene   Ring, Ronette
Thank you to Health Alliance for sponsoring our Santa Drive-Thru Pick-Up!

And Thank You to Santa for stopping by to pass out gifts to our seniors!
Quick & Easy Winter Soup

January is National Soup Month, and if you happen to live where winter is frosty, it’s the perfect time to prepare a bowl of hearty soup.

Soup is more than just a warming winter supper. The concoction of tasty broth, crunchy veggies and tender meat is known to fill you up quicker and keep you satisfied longer than many other items you’ll find in your pantry. Broth-based soups are great options for healthy meal starters, too, as most people will eat a significantly smaller portion of food when dinner is paired with soup!

Looking for a quick and nourishing dinner no matter the weather? Try these comforting recipes!

**Tortellini Soup in 30 minutes or Less**

1 extra-large can (about 49 oz) of low-sodium chicken broth*

1 9oz package refrigerated cheese (or your favorite filling) tortellini

1-4 Tbsp. tomato paste

Salt/pepper

Bring the broth to a boil in a large saucepan. Add the tortellini and cook according to package directions. Add tomato paste and salt and pepper to taste.

Pair with a loaf of French bread and a green salad.

**If you have a bit more time, try this variation:**

In the sauce pan, add to the broth a carrot peeled and cut in half, a stalk of celery cut in 3 inch chunks, an onion cut in quarters, two or three garlic cloves, peeled, and a sprig each of thyme, rosemary, and basil, tied with cotton string. Bring to a simmer and cook for 10-15 minutes to meld flavors. Discard solids, bring the broth back to a boil and add the tomato paste and tortellini cooked according to the package directions.

Serves 4

*If you’re watching your sodium, use half no sodium or salt free broth, and half low sodium.*
Employment Opportunities

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ADULT PROTECTIVE SERVICES CASEWORKER
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DAILY BREAD HEAD COOK
DAILY BREAD KITCHEN ASSISTANT/DRIVER
DAILY BREAD SITE MANAGER - GREENVIEW
DAILY BREAD SITE MANAGER - PETERSBURG

Please visit our website at www.centralilseniors.org to view job descriptions and for instructions to complete and submit employment application and resume.
MLK DAY OF SERVICE

WINTER WEAR DRIVE

The Retired and Senior Volunteer Program is collecting NEW and UNUSED coats, hats, scarves, and gloves, to be donated to local organizations dedicated to helping those in need.

Donations can be delivered to Vanessa LaSalle, RSVP Coordinator, no later than 1:00 PM on Tuesday, January 12th. For more information, please contact Vanessa at (217) 528-4035, ext. 151

RSVP
Lead With Experience

AmeriCorps
Seniors

Senior Services of Central Illinois
A Message from Sally...

I am very happy to have joined Senior Services of Central Illinois in November as your new Trip Coordinator. I am sure you will be ready to get out and about once we get the go ahead in 2021. Extended trips are already scheduled with information available in this newsletter and also on our website, www.centerrlseniors.org. You can email me at trips@ssoci.org or call (217) 503-4629 if you are interested in signing up for any of our currently schedule travel opportunities, or if you would like additional information. I am excited to start planning for some closer to home adventures, so stay tuned for more information! I look forward to meeting all of you soon.

All the best,
Sally Hamilton
2021 EXTENDED TRIPS

April 11 - 16, 2021: Civil War Tour of the Mid-Atlantic
Highlights include Manassas National Battlefield Park; Ben Lomond Historic Site; Old Town Manassas; Manassas Museum; Old Manassas Courthouse; Mayfield Earthwork Fort; Arlington National Cemetery; Robert E. Lee Memorial; Leesylvania State Park; National Museum of the Marine Corps; and Weems-Botts Museum. Cost: $804 per person (double occupancy) or $1,103 per person (single occupancy) and includes motorcoach transportation, 5 nights’ lodging, 5 breakfasts, and 3 dinners.

April 19 - 27, 2021: Spain and Portugal Douro River Cruise
Highlights include 7 Night Cruise; Welcome & Farewell Dinners; Porto City Tour; Vintage Port Ceremony; Lamego Tour; Dinner at a Quinta & Winery; Castelo Rodrigo Tour; Salamanca Tour with Lunch; The Palace & Gardens of Mateus; Folklore Show Onboard; and stops in Vila Nova de Gaia/Porto area, Entreos-Rios, Pinhao, Vega Terron, Barca D’Alva & Regua. Cost: $4,675 - $6,475 per person (double occupancy) or $5,975 - $8,675 per person (single occupancy). Cost is dependent on Cabin choice. Please see flyer for more information.

May 4 – 8, 2021: Kansas City, Missouri
Highlights include self-guided tour of the Negro League Baseball Museum (NLBM), tour of the American Jazz Museum, BBQ Tour with lunch aboard a double decker bus, Arabia Steamboat Museum, Kansas City Royals baseball game, tour of Warm Springs Ranch, visit the World War I Museum and Memorial, Harry S. Truman Presidential Library, Harry S. Truman’s Home, tour the Hallmark Visitors Center, and Money Museum at the Federal Reserve Bank of Kansas City. Cost: $1,074 per person (double occupancy) or $1,323 per person (single occupancy).

June 5 - 11, 2021: Black Hills, SD
Highlights include Mt. Rushmore, Crazy Horse Memorials, Black Hills Gold Factory, Custer State Park, Badlands National Park, Deadwood and Mt. Moriah Cemetery (burial site of Wild Bill Hickok and Calamity Jane), 1880 Town, Buffalo Bill Ranch State Historic Site, and Arrowhead Stadium. Cost: $994 per person (double occupancy) or $1,343 per person (single occupancy).

June 16 - 24, 2021: Great Canadian Cities
Highlights include Two Night Stay in Montreal; Montreal City Tour; Notre Dame Cathedral; Via Rail Train – Montreal to Quebec; Two Night Stay in Quebec City; Quebec City Tour; Montmorency Falls; 1000 Islands Cruise; Ottawa City Tour; Toronto City Tour; Two Night Stay in Niagara Falls; Niagara-on-the-Lake; Niagara Falls City Tour; Copper Museum; Niagara Falls Boat Tour; and “Oh Canada Eh?!“ Dinner Show. Cost: $3,575 per person (double occupancy) or $4,600 per person (single occupancy). *Ask about pricing discount.

Specific details on all trips are available in the Senior Center, or on our web site at www.centralilhseniors.org. Travel insurance is available upon request on all trips. Contact Sally Hamilton, Trip Coordinator, at (217) 528-4035 for more information, to make a reservation, or to be placed on an email list for travel updates. Reservation fee due at time of booking. SSCI rules and regulations apply.
2021 EXTENDED TRIPS

June 17 - 22, 2021: Quechee Hot Air Balloon Festival
Highlights include welcome reception; admission to Hot Air Balloon Festival, Quechee, VT; Village of Woodstock; Sugarbush Farms; Quechee Gorge; Shelburne Museum; Vermont Teddy Bear Company; and Vermont Country Store. Cost: $770 per person (double occupancy) or $965 per person (single occupancy) and includes motorcoach transportation, overnight lodging to and from Vermont, 3 Nights lodging in Killington/Rutland area, 5 breakfasts, 3 dinners, and more.

September 13 - 17, 2021: Lexington & Louisville, Kentucky
Highlights include Guided Horse Farm Tour of Bluegrass Country; Kentucky Horse Park; Thoroughbred Center; Muhammad Ali Center; Churchill Downs; Kentucky Derby Museum; and Louisville Slugger Museum. Cost: $824 per person (double occupancy) or $1,073 per person (single occupancy) and includes motorcoach transportation, 4 nights’ lodging, 4 breakfasts, and 4 dinners.

Specific details on all trips are available in the Senior Center, or on our web site at www.centralilseniors.org. Travel insurance is available upon request on all trips. Contact Sally Hamilton, Trip Coordinator, at (217) 528-4035 for more information, to make a reservation, or to be placed on an email list for travel updates. Reservation fee due at time of booking. SSCI rules and regulations apply.
Know the Difference
Cardiovascular Disease, Heart Disease, Coronary Heart Disease

Cardiovascular disease, heart disease, coronary heart disease — what’s the difference?
Because these terms sound so similar, people use them interchangeably. This fact sheet will help you understand how these conditions differ.

Cardiovascular Disease
The big umbrella
Cardiovascular disease is the term for all types of diseases that affect the heart or blood vessels, including coronary heart disease (clogged arteries), which can cause heart attacks, stroke, heart failure, and peripheral artery disease.

Coronary Heart Disease
A type of heart disease
Coronary heart disease is often referred to simply as "heart disease," although it’s not the only type of heart disease. Another term for it is coronary artery disease.

More than 800,000 people die of cardiovascular disease every year in the United States.

1 in 3 deaths

Heart Disease
A type of cardiovascular disease
“Heart disease” is a catch-all phrase for a variety of conditions that affect the heart's structure and function. Keep in mind — all heart diseases are cardiovascular diseases, but not all cardiovascular diseases are heart disease.
The most common type of heart disease is coronary heart disease. In fact, when people talk about “heart disease” they often mean coronary heart disease.

Nearly 850,000 Americans die from heart diseases each year.
About 11% of American adults (that’s more than 1 of every 9) have been diagnosed with heart disease.

What you can do to protect yourself from cardiovascular diseases?
There’s a lot you can do to protect your heart.
- Ask your doctor about your blood pressure, cholesterol, and A1C.
- Reduce the sodium, and increase the fruits, vegetables, and whole grains in your diet.
- Be physically active.
- Maintain a healthy weight.
- Don’t smoke.
- Manage stress.
- Keep your diabetes under control.
GET YOUR INFO ABOUT SERVICES & ACTIVITIES DIRECTLY...Call our Reception Desk at 528-4035 to have our bi-monthly publication of On the Go... sent to you via email, or snail mail. You can also pick-up a copy in the Senior Center. Receive information about our day trips and extended trips, hot off the press, by emailing a request to trips@ssoci.org. You can sign up and have a friend sign up, too!

YOUR DONATIONS ARE TAX DEDUCTIBLE!! All donations made to Senior Services of Central Illinois are greatly appreciated. Your donations are one of the ways we keep our programs alive and well!! If you would like your donation to go toward a specific program, please indicate this on the memo line. If a particular program is not specified, your donation will be used where it is needed most. Thank You!

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Chocolate Pecans: $11.00
Pistachios: $10.00
Pralines: $11.00
Chocolate Raisins: $8.00
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Black Walnuts: $12.00
Light Walnut Halves & Pieces: $11.00

All nuts are 1 lb bags. Prices range from $7.00 to $12.00. Call Barb Hasher at (217) 528-4035 for more information, or to place your order!
On the Go...
*A publication of Senior Services of Central Illinois

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Your $10 donation for the newsletter postage can be sent to:
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c/o Barbara Hipsher
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Springfield, Illinois 62702

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