On the Go...

The newsletter for people 50 and better!

July/August 2021

Inside...

July Daily Bread Menu 2
August Daily Bread Menu 3
Give65 4
Social Wellness Month 6
Closed for Independence Day . 7
July Activities 8
August Activities 9
Fruit Salsa 10
Thank You! 11
Sudoku 12
Illinois Senior Olympics 13
RSVP 14
Black Hills, South Dakota 15
Travel Opportunities 16
Travel Opportunities Cont'd ... 17
COVID Vaccine 18
General Information 19
Subscription Info 20

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Phone: 217-528-4035
Fax: 217-528-4537
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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

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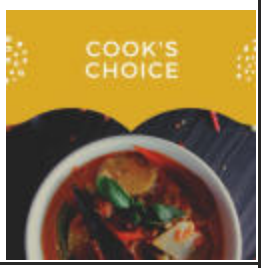
July Daily Bread Menu

Jennifer Duprey, Director

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.

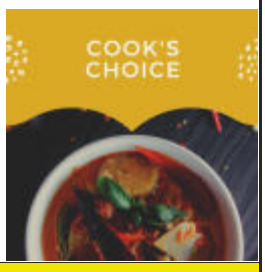
Monday	Tuesday	Wednesday	Thursday	Friday
At this time, all Congregate sites continue to be closed to the public. Please keep an eye on our website and Facebook page for updates regarding the re-opening of our sites.			1 Breaded Chicken Sandwich French Fries Broccoli & Cheese Sauce Banana Pudding	2 Pork Chops Brown Rice & Mushroom Southwest Vegetables Tropical Fruit
5	6 Oven Fried Chicken Cheesy Au Gratin Potatoes Green Beans Mandarin Oranges	7 Shrimp Taco White Rice Corn Grapes / Juice	8 Brats Potato Salad Baked Beans Watermelon	9 Cheeseburger French Fries Broccoli Apple Slices
12 Egg Casserole Breakfast Potatoes Warm Country Apples Biscuit / Orange Juice	13 Ham Steaks Mashed Potatoes Mixed Vegetables / Pea Salad Banana	14 Peanut Butter and Jelly Celery Sticks Corn Chips / Grape Juice Applesauce	15 Chicken Strips Potato Wedges Vegetable Medley Blueberries	16 Cod Fish Wild Rice Black Eyed Peas Apricots / Raisins
19 Grilled Hotdog French Fries Cauliflower Banana	20 Chicken Cordon Bleu Bites Mac and Cheese Peas Pineapples	21 Tuna Salad on Croissant Macaroni Salad Baby Carrots and Ranch Peaches	22 Beef Stroganoff Casserole Rosemary Potatoes Green Beans Diced Pears	23 
26 Pork Tips w/ Gravy Mashed Potatoes Broccoli Apple Sauce	27 Turkey Rice Casserole Carrots Asparagus Jello	28 Grilled Chicken Wrap w/ Ranch Mac and Cheese Salad Pea Salad Tropical Fruit	29 Beef Taco's Mexican Rice Fiesta Beans and Corn Mexican Fruit Salad	30 Fish Sticks Mac and Cheese Greenbeans Fruit Cocktail / Juice

Chatham 483-3792; Divernon 628-3412; Greenview 968-5323; Auburn, Pawnee, Riverton, Rochester, Springfield Senior Center, Sherman, & Williamsville 528-4035 (ext. 121 for dining room, and ext. 123 for home delivery).

Jennifer Duprey,
Director

August Daily Bread Menu

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.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Sausage & Biscuit Tater Tots Warm Country Apples Breakfast Donut & Orange Juice	**3** Ground Beef Taco Salad Mexican Rice / Refried Beans / Fiesta Corn Salsa & Sour Cream Tortilla Chips / Mango Chunks	**4** BBQ Glazed Wings Macaroni & Cheese Creamy Spinach Celery Sticks & Ranch / Fruit Cocktail	**5** Salmon Croquette Patties Au Gratin Potatoes Black Eyed Peas Cherry & Strawberries	**6** Turkey Wrap Potato Salad Coleslaw / Cottage Cheese Apple Slices & Peanut Butter Cups
9 Country Fried Steak Mashed Potatoes w/ Gravy Lima Beans Banana	**10** Italian Chicken Breast Stuffing O'Brien Corn Cantaloupe / Juice	**11** Polish Sausage & Sauerkraut Rosemary Potatoes Brussel Sprout Chocolate Pudding	**12** Turkey Tetrazzini Brussel Sprouts Coleslaw Peaches	**13** Ham and Swiss on Bun Macaroni & Cheese Salad Dinner Salad / Italian Dressing Beets / Orange
16 Sloppy Joe on a Bun French Fries Corn Apple Slices	**17** Stuffed Peppers & White Rice Navy Bean Zucchini and Yellow Squash Orange Jello	**18** Chicken Strips Au Gratin Potatoes Mixed Vegetables Baby Carrots / Vanilla Pudding	**19** Salisbury Steak Baby Baked Potatoes Broccoli Fruit Cocktail	**20** Tuna Salad on Croissant Pea Salad Celery Sticks / Peanut Butter Crackers Raisins
23 Cheese Stuffed Shells / Marinara Mediterranean Chickpea Salad Collard Greens Kiwi	**24** Chicken Pot Pie Brown Rice with Mushrooms Asparagus Orange	**25** Chef Boyardee Green Peas Butter Beans Diced Pears	**26** Pork Burger on Bun Sweet Potato Fries Seasoned Green Beans Apple Slices	**27** 
30 Sweet and Sour Pork Fried Rice with Mixed Veggies Broccoli Pineapple Chunks	**31** Cabbage Rolls Rosemary Potatoes Black Eyed Peas Apple Crisp		At this time, all Congregate sites continue to be closed to the public. Please keep an eye on our website and Facebook page for updates regarding the re-opening of our sites.	

Chatham 483-3792; Divernon 628-3412; Greenview 968-5323; Auburn, Pawnee, Riverton, Rochester, Springfield Senior Center, Sherman, & Williamsville 528-4035 (ext. 121 for dining room, and ext. 123 for home delivery).

Give65
Home Instead Charities

Give65 Event • July 13-16, 2021

Senior Services of Central Illinois is participating in the Give65 Event to help aging adults right here in **Sangamon County.**
Visit Give65.org and enter Senior Services of Central Illinois in the "find organizations" search bar.

Our Goal is $5,000

We have the chance to receive up to $5,000 in matching funds. We are also competing for an additional $10,000 in financial rewards based on how much we raise or how many donors give.

Donations of $10 or more accepted at 8 a.m. CST on July 13 until 1 a.m. CST on July 16.

We are raising funds for our Senior Transport program which is provides transportation to participants 60 years of age and over, as well as individuals with disabilities, living in Sangamon County. Transportation is provided to anywhere a participant needs to go, such as medical appointments, grocery stores, hair dressers, and more. Aside from providing transportation, our drivers are wonderful advocates and often provide information on additional services that promote independent living. Please support older adults with a gift of $10+ July 13 – 16.

Senior Services of Central Illinois

www.give65.org/centralILseniors

Give65 is the only online giving platform exclusively for charitable organizations serving aging adults. Please visit Give65.org July 13 - 16 to make a gift. Your generosity helps less fortunate older adults age with dignity and independence.

Visit **Give65.org** to learn more.

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Seniors and Social Wellness

Social wellness is one of the eight dimensions of wellness, which also include physical, intellectual, emotional, environmental, occupational, financial, and spiritual wellness. All eight dimensions are extremely important to our overall health and wellbeing, but social wellness in particular presents a variety of benefits, especially to seniors.

Social wellness refers specifically to the relationships we have and how we interact with others. It involves building supportive, healthy and nurturing relationships and connecting to those around you. It's important for people of all ages to stay socially active, as it is a crucial component of a healthy lifestyle. Maintaining good relationships, especially as you age, will have a significant impact on all the other dimensions of wellness. In fact, a senior who is involved in social interactions may even be able to live independently longer.

The Health Benefits of Staying Socially Active

It's important for seniors to prioritize social wellness for the health benefits alone. Some of these benefits include:

- **Reducing the risk for diseases.** Socially active seniors have a decreased risk for developing Alzheimer's disease, osteoporosis, rheumatoid arthritis, and even some cancers.
- **Lessening symptoms of depression.** Social isolation is one of the key indicators leading to depression in seniors, so those who maintain and continue to build new relationship are often less at risk for depression.
- **Strengthening the immune system.** The immune system tends to be stronger in seniors who are active socially; one study showed that lonely seniors had elevated levels of proteins associated with inflammation and overall poor immune systems.
- **Improving cardiovascular health.** Isolated seniors tend to have higher blood pressure, and research shows that a lack of social connections can lead to an elevated risk for cardiovascular disease.
- **Extending life expectancy.** Overall, seniors who remain socially active are healthier and live longer than those who are isolated. Social connectedness was found to be a strong predictor of mortality in several studies.

Social Activities for Seniors to Enjoy

It's important for seniors to find ways to stay connected with their peers and the world around them to give them a true sense of belonging. Seniors can consider getting involved in a variety of ways, whether it's by joining a book, garden or golf club, taking a class to expand their minds, picking up a part time job, volunteering within the community, offering to babysit grandchildren, or just reaching out to others in general.

Today's senior living communities make social wellness a top priority. Residents can find a variety of activities and events to keep them engaged with others and their minds and bodies active; everything from movie and game nights in the community, planned events around town, physical fitness classes, lectures and guest speakers, and so much more. It's important to find a social activity you enjoy and make those connections with others to live a full, enriching lifestyle.

American Senior Communities, www.asccare.com

The offices of
Senior Services of Central Illinois
will be closed on
Monday, July 5th for
Independence Day.

Happy 4th of July!

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July Activities

Barb Hipsher,
Director

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Registration is required for all activities. Please contact Barb Hipsher at (217) 528-4035 for more information, or to register.			1 Gift Shop Volunteer 9A Let's Get Fit 9A Billiards (4 players) 9A Weaving 10A Tip Top Tappers 1P Silver Steppers	2 Gift Shop Volunteer 9A Let's Get Fit (virtual) 9A Billiards (4 players) 9A Knit & Crochet 9A Weaving 10A Art Social 12:30P Canasta
5 	6 Gift Shop Volunteer 9A Let's Get Fit 9A Billiards (4 players) 9A Knit & Crochet 9A Weaving 10A Tip Top Tappers 12:30P Canasta	7 Gift Shop Volunteer 9A Let's Get Fit (virtual) 9A Billiards (4 players) 9A Weaving 10A Bible Study 12:30P Pinochle	8 Gift Shop Volunteer 9A Let's Get Fit 9A Billiards (4 players) 9A Weaving 10A Tip Top Tappers 1P Silver Steppers	9 Gift Shop Volunteer 9A Let's Get Fit (virtual) 9A Billiards (4 players) 9A Knit & Crochet 9A Weaving 10A Art Social 12:30P Canasta
12 Gift Shop Volunteer 9A Let's Get Fit (virtual) 9A Billiards (4 players) 9A Weaving 11A Bible Study 12:30P Bridge	13 Gift Shop Volunteer 9A Let's Get Fit 9A Billiards (4 players) 9A Knit & Crochet 9A Weaving 10A Tip Top Tappers 12:30P Canasta	14 Gift Shop Volunteer 9A Let's Get Fit (virtual) 9A Billiards (4 players) 9A Weaving 10A Bible Study 12:30P Pinochle 1P Grief Support Group	15 Gift Shop Volunteer 9A Let's Get Fit 9A Billiards (4 players) 9A Weaving 10A Tip Top Tappers 1P Silver Steppers	16 Gift Shop Volunteer 9A Let's Get Fit (virtual) 9A Billiards (4 players) 9A Knit & Crochet 9A Weaving 10A Art Social 12:30P Canasta
19 Gift Shop Volunteer 9A Let's Get Fit (virtual) 9A Billiards (4 players) 9A Weaving 11A Bible Study 12:30P Bridge	20 Gift Shop Volunteer 9A Let's Get Fit 9A Billiards (4 players) 9A Knit & Crochet 9A Weaving 10A Tip Top Tappers 12:30P Canasta	21 Gift Shop Volunteer 9A Let's Get Fit (virtual) 9A Billiards (4 players) 9A Weaving 10A Bible Study 12:30P Pinochle	22 Gift Shop Volunteer 9A Let's Get Fit 9A Billiards (4 players) 9A Weaving 10A Tip Top Tappers 1P Silver Steppers	23 Gift Shop Volunteer 9A Let's Get Fit (virtual) 9A Billiards (4 players) 9A Knit & Crochet 9A Weaving 10A Art Social 12:30P Canasta
26 Gift Shop Volunteer 9A Let's Get Fit (virtual) 9A Billiards (4 players) 9A Weaving 11A Bible Study 12:30P Bridge	27 Gift Shop Volunteer 9A Let's Get Fit 9A Billiards (4 players) 9A Knit & Crochet 9A Weaving 10A Tip Top Tappers 12:30P Canasta	28 Gift Shop Volunteer 9A Let's Get Fit (virtual) 9A Billiards (4 players) 9A Weaving 10A Bible Study 12:30P Pinochle 1P Grief Support Group	29 Gift Shop Volunteer 9A Let's Get Fit 9A Billiards (4 players) 9A Weaving 10A Tip Top Tappers 1P Silver Steppers	30 Gift Shop Volunteer 9A Let's Get Fit (virtual) 9A Billiards (4 players) 9A Knit & Crochet 9A Weaving 10A Art Social 12:30P Canasta

Barb Hipsher,
Director

August Activities

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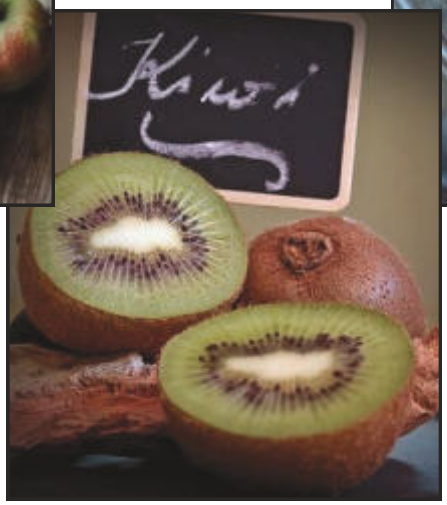
10 Fruit Salsa

Salsa Ingredients:
2 apples, peeled and diced
2 kiwis, peeled and diced
6 oz raspberries
1 lb strawberries, diced
Strawberry preserves
Sugar
Brown Sugar
*Note: This recipe is easy to play with. You can use any fruits you'd like, and any fruit preserves you like.

Cinnamon Chips Ingredients:
Flour tortillas
Melted butter
Cinnamon Sugar
*Note: Stacy's Cinnamon Sugar Pita Chips are a great substitution if you don't want to make your own.

Salsa Instructions:
In a large bowl, mix apples, kiwis, raspberries, strawberries, strawberry preserves (to desired consistency and taste). You can add a little sugar and/or brown sugar to sweeten it up if needed. Refrigerate until ready to eat.

Cinnamon Chips Instructions:
Preheat oven to 350 degrees. Coat one side of each tortilla with melted butter, and sprinkle with cinnamon sugar. Cut into wedges and arrange in a single layer on a large baking sheet. Bake 8—10 minutes. Let cool 15 minutes. Serve with fruit salsa.



Thank you to Kings Daughters Organization for awarding Senior Services of Central Illinois a $15,000 grant! These funds will be used to assist SSCI in providing safe transportation, and emergency funds for seniors!

Thank you to an Allstate volunteer for empowering people and our community. Chris Winters gave his time and helped us to receive a $1,00.00 Allstate Foundation Helping Hands Grant. The Allstate Foundation supports the causes that Allstate agency owners, financial specialists and employees care about most by providing Allstate Foundation Helping Hands Grants to nonprofits where they volunteer their time to help communities thrive.

Thank you to all who participated in the Subaru Share the Love event benefiting Meals on Wheels America! The Daily Bread program at Senior Services of Central Illinois earned $5,496.99 from this event!

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NO LATER THAN 1:00 PM ON FRIDAY, SEPTEMBER 3RD.

IF YOU ARE NOT A CURRENT RSVP VOLUNTEER, AND ARE 55 YEARS OF AGE OR OVER, PLEASE CONTACT TESSA FRENCH AT (217) 528-4035, EXT 299, FOR MORE INFORMATION.

Senior Services of Central Illinois

RSVP
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Our first (much needed) trip of 2021 is in the books! We hope everyone had a great time!

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2021 EXTENDED TRIPS

September 1—6, 2021: Quechee Hot Air Balloon Festival (Rescheduled from June 2021) 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.

October 1 - 7, 2021: Iceland
Highlights include Reykjavik City Tour; Perlan Observation Deck; Northern Lights Quest Boat Cruise; Golden Circle; Secret Lagoon; Fridheimar Tomato Farm; Strokkur Geysir & Gullfos Waterfall; LAVA Center; Skogafoss Waterfall & Skogar Folk Museum; Jokulsarion Glacier Lagoon & Skaftafell Wilderness Area; Seljalandsfoss Waterfall; and Blue Lagoon Experience. Cost: $3,464 per person (double occupancy) or $4,429 per person (single occupancy) and includes round trip airfare to Reykjavik from Chicago, round trip airport transfers in Iceland, 5 nights lodging, 2 lunches, and 3 dinners.

October 11 - 20, 2021: England, Scotland, and Whales
Highlights include Two Nights in Edinburgh; Edinburgh City Tour; 3 Nights at One Hotel in London; London City Tour; Buckingham Palace Changing of the Guard; Cardiff, Wales; Edinburgh Castle; The Scotch Whiskey Experience; York & York Minster; Stratford-Upon-Avon; Salisbury Cathedral; Stonehenge; Bristol & Bath; and Roman Baths Museum. Cost: $4,645 per person (double occupancy) or $5,795 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.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.

2021 EXTENDED TRIPS

November 15 - 19, 2021: Christmas Time in Branson, Missouri
Highlights include 5 Spectacular Christmas Shows, including Sanders Family Christmas, Andy Williams Ozark Mountain Christmas, Shoji Tabuchi Show, Entertainment at the Uptown Café, and Christmas Wonderland; Kringle's Christmas Shop at Grand Village Shoppes; Holiday Lights Driving Tour; Titanic, The Legend Continues Audio Tour; Dicken's Holiday Store; Gingerbread Houses & Lobby Tour at Chateau-on-the-Lake; and College of the Ozarks. Cost: $784 per person (double occupancy) or $963 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.
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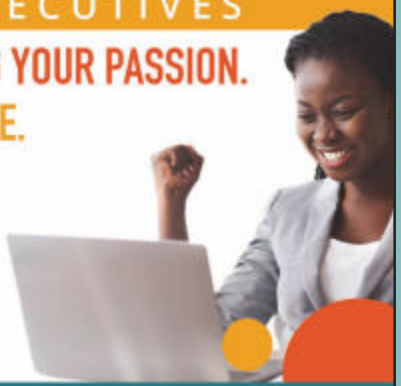

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You may get COVID-19 even after being vaccinated due to...

- Infection before being vaccinated
- Infection a few days after being vaccinated
- New variants

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