



Senior Moments

April 2011

April Is Volunteer Appreciation Month!

For information or appointments, contact Mary Overbey, Senior Services Director.

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Did you know?

The Country Store workers, students, interns, Experience Works participants, Activity Center volunteers and Intergenerational Program volunteers give more than 1,275 hours of service to Senior Services each month!

The dictionary defines volunteering as "the practice of people working on behalf of others without payment for time or services." Senior Services defines volunteering as making a difference in the lives of others!

April is designated as National Volunteer Month to honor and applaud those who give of themselves to help others. Volunteerism has a long history, especially connected to military service. Soldiers have given their service, and, too often, their lives for others. In the 18th century, civilian volunteers began raising funds for Revolutionary War efforts. In 1736, Benjamin Franklin founded the first volunteer fire house.

The Great Awakening of the 1830s religious rejuvenation movement inspired young people to be involved in outreach projects. Local churches ran a variety of relief programs for homeless. The YMCA,

American Red Cross and United Way all started during the 19th Century.

Mainstream volunteer organizations began to flourish in early 20th century. The Rotary Club, Kiwanis and Lions Club are examples of such organizations. The soup kitchen concept was most likely created during the Great Depression.

During World War II, volunteer organizations began to support servicemen. In the 1960s, volunteerism focused on different wars – against poverty, violence or inequality. History continues with a new generation of philanthropic efforts. Some 21st century causes include animal welfare, green living and equal rights.

Never question the value of volunteers. Remember: The Titanic was built by professionals but the Ark by volunteers!



Save the dates:

Bowling teams are ready for competition - check the calendar for dates and times!

Quotes About Volunteers

"THE BEST WAY TO FIND YOURSELF IS TO LOSE YOURSELF IN THE SERVICE OF OTHERS." GHANDI

"Service to others is the rent you pay for your room here on earth." Muhammad Ali

"I always wondered why somebody didn't do something about that. Then I realized I was somebody." Lily Tomlin

"We cannot always build the future for our youth, but we can build our youth for the future." Franklin Delano Roosevelt

"Unless someone like you cares a whole awful lot, nothing is going to get better." Dr. Suess

"We make a living by what we get, but we make a life by what we give." Winston Churchill

"It's easy to make a buck - it's a lot harder to make a difference." Tom Brokaw

"No act of kindness, no matter how small, is ever wasted." Aesop

**Thank you to each of our volunteers.
You truly make a difference!**

Cortland Senior Center: Mon., Wed., Fri.: 10:00 a.m. - 3:00 p.m.



Cortland Senior Center
Lions Club Shelter House
70 South Llanos Street
Cortland, IL 60112

Special Guests will be scheduled on the 2nd & 4th Monday for bingo, games & presentations.

Monday	Wednesday	Friday
10:00 a.m. Wii Games	10:00 a.m. NIU Student Nurses	10:00 a.m. Variety Cards
10:30 a.m. Chair Exercises	10:00 a.m. King's Corner	10:30 a.m. Chair Exercises
11:00 a.m. Mexican Train Dominoes	10:30 a.m. Chair Exercises	12:30 p.m. Book Club Discussion
12:30 p.m. Bingo	12:30 p.m. Reminisce Group	12:30 p.m. Mexican Train Dominoes

DeKalb Senior Center: Mon. - Fri. 8:00 a.m. - 5:00 p.m., Thurs. until 8:30 p.m.



DeKalb Senior Center
Community Center
330 Grove Street
DeKalb, IL 60115

Special Guests will be scheduled on the 1st & 3rd Monday for bingo, games & presentations.

Monday	Tuesday	Wednesday	Thursday	Friday
10:00 a.m. Variety Cards	10:00 a.m. Euchre	10:00 a.m. NIU Student Nurses	10:00 a.m. Bridge Lessons	10:00 a.m. Beginning Bridge
10:30 a.m. Chair Exercise	10:30 a.m. Wii Games	10:00 a.m. Board Games	12:30 p.m. Movie	10:00 a.m. Spelling Practice
10:30 a.m. OA Meeting	1:00 p.m. Pinochle	10:30 a.m. Chair Exercises	1:00 p.m. Pinochle Lessons	10:30 a.m. Chair Exercise
1:00 p.m. Needleworkers	All Day Puzzles	1:00 p.m. Duplicate Bridge	1:00 p.m. Cribbage	1:00 p.m. Advanced Bridge

Genoa Senior Center: Mon. - Fri.: 10:00 a.m. - 2:00 p.m.



Genoa Senior Center
Township Park District
400 East 2nd Street
Genoa, IL 60135

Special Guests will be scheduled on the 1st & 3rd Wednesday for bingo, games & presentations.

Monday	Tuesday	Wednesday	Thursday	Friday
10:00 a.m. Wii Games	10:00 a.m. Wii Games	10:00 a.m. NIU Student Nurses	10:00 a.m. Wii Games	10:00 a.m. Wii Games
10:45 a.m. Chair Exercise	10:45 a.m. Yahtzee	10:45 a.m. Chair Exercise	10:45 a.m. Dominoes	10:45 a.m. Chair Exercise
12:30 p.m. Card Games	12:30 p.m. Bingo	12:30 p.m. Reminisce Group	12:30 p.m. Crafts	12:30 p.m. Movie

Sycamore Senior Center: Mon., Wed., Fri.: 9:00 a.m. - 3:00 p.m.



Sycamore Senior Center
Golf Course Clubhouse
940 East State Street
Sycamore, IL 60178

Special Guests will be scheduled on the 2nd & 4th Wednesday for bingo, games & presentations.

Monday	Wednesday	Friday
9:00 a.m. Cribbage	9:00 a.m. Cribbage	9:00 a.m. Cribbage
10:00 a.m. Variety Cards	10:00 a.m. Bridge Lessons/Pinochle	10:00 a.m. Variety Cards
10:30 a.m. Chair Exercise	10:30 a.m. Chair Exercise	10:30 a.m. Chair Exercise
12:30 p.m. Wii Games	12:30 p.m. Mexican Train Dominoes	12:30 p.m. Mexican Train Dominoes

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Spring cleaning? Don't forget to donate gently used items to The Country Store Thrift Shop located at 659 E. Lincoln Highway in DeKalb! Proceeds of the store directly benefit Senior Services!</p>			<p>1 1p (D) Rules of the Road Driving Review</p>
<p>4</p>	<p>5 11:30a (D) VAC Nutrition Presentation 12:30p (G) Wii Bowling Tournament 1p (D) AARP Free Tax Preparation (by appt.)</p>	<p>6 10a (ALL) NIU RN Students 11:30a (S) VAC Nutrition Presentation <i>Wii Traveling Bowling Team to Lincolnshire for lunch and bowling</i></p>	<p>7 (D) Social Security (call for appt.)</p>	<p>8 11:30a (C) VAC Nutrition Presentation</p>
<p>11 <i>12:30p (C) Speciality Bingo by Lincolnshire</i></p>	<p>12 1p (D) AARP Free Tax Preparation (by appt.) <i>6:30p Special Presentation held at Lincolnshire - see info. on back</i></p>	<p>13 9a (D) Veterans Administration 10a (ALL) NIU RN Students</p>	<p>14 (D) Social Security (call for appt.)</p>	<p>15</p>
<p>18 9a (D) Wii Bowling Competition</p>	<p>19</p>	<p>20 10a (ALL) NIU RN Students <i>12:30p (G) Speciality Bingo by Lincolnshire</i></p>	<p>21 2:30 p Malta Town Meeting regarding possible new Senior Activity Center - held at Malta Historical Society Bldg.</p>	<p>22 Sycamore Senior Activity Center Closed</p>
<p>25</p>	<p>26</p>	<p>27 9a (D) Veterans Administration 10a (ALL) NIU RN Students 11:30a (ALL) Monthly Birthday Celebration</p>	<p>28 6p FSA Volunteer Appreciation Dinner @ Hopkins Park (call)</p>	<p>29 Cortland Community Garage Sale Cortland Senior Activity Center Closed</p>

C: Event in Cortland **D:** Event in DeKalb **G:** Event in Genoa **S:** Event in Sycamore

Thanks to March Donors: Border's - coffee, paper supplies & cookies; Cliff, Lucille, Don J. Charles & Jessica - monetary donations; Jean - lap blankets; Schnucks - breads and pastries; Strohschein Law Group - March newsletter; Wal-Mart - seeds & seed starter trays.

Items we can use: Coffee (regular & decaf), sugar-free lemonade, world atlas, pinocle & bridge playing cards, 2 Wii controllers, Wii controller charging stands.

Senior Moments

Senior Services
14 Health Services Drive
DeKalb, IL 60115

Return Service Requested

This Month's Sponsor: Lincolnshire Place

Lincolnshire Place

A Memory Care Residence

Dedicated to Alzheimer's and Dementia Care

*Lincolnshire
Place*
a memory care residence

Call today for more information
or to schedule a tour.



Lincolnshire Place is a unique environment designed specifically to care for and enhance the lives of seniors with Alzheimer's and related dementia.

- 40 bed secured residence
- Town Square complete with potting shed, craft center, serenity room, beauty shop, movie theater & cafe
- Touch screen computers with video chat & therapy software
- Dedicated staff trained to care for Alzheimer's/related dementia residents
- On going assessments to evaluate the needs & services as disease progresses
- Secured courtyard with walking path
- Specialized life skill & activity program
- Individualized nutrition & hydration programs
- Homelike atmosphere
- Choice of 1 bedroom or studio unit
- At home screenings available to evaluate specific needs & care requirements.

Please Join Us

April 12, 6:30–7:30 PM

For a **FREE SEMINAR** presented by the Alzheimer's Association. Topics include "tips and techniques to interact with persons of dementia, the possible causes of frustration and aggression and how to respond."

710 Vellagio • Sycamore, IL 60178
815-895-9870