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September 2023

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## Mercer County Senior Center

137 W Main St. Aledo, IL 61231

309-582-5492/309-582-7221/888-825-1050

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Hello **All**,

**September** is always a month of **Save the Dates** it seems. For instance, **Start Saving** your **Annual Open Enrollment Appointment, AOE ends 12/07/2023! Fall Prevention Day, September 22, 2023. Save the date for October 6<sup>th</sup>, 2023, 10:00-1:00. Mercer County Senior Center, Mercer County Human Service Council, Brookstone, & BankORION for the Annual Senior Drive Thru Health Resource Fair with a Free Lunch at the end!** Please see the flyer for all details.

For my **Grandparents (& other Extended family members) Raising Grandkids(kids), Caregivers, the Resource Health Fair** will be a **Great one stop spot!** Call us to see if we can assist you with a referral to **Alternatives**, perhaps they can help offset some of the expenses. Keep in mind too, that **Alternatives** comes to the center every month on the **4<sup>th</sup> Tuesday for Open Office Hours.** This is a great opportunity for all **Caregivers** to have a **1 on 1 meeting** with them! This month The **Town Hall Meeting provided by Alternatives for Caregivers, is 9/27/23. At Mercer County Senior Center!**

To my **Veteran's** be sure you engage with the **1 Day Stand Down. Please** see the **flyer.**

**Caregivers** affected by **Alzheimer's** join the meetings, **FREE and Virtual! See the flyer!**

Another great Resource is **TCARE**, an online assessment to assist with **Caregiving needs.** To complete the **initial survey**

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**Stay Engaged at your Clubhouse!**

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**The winner for August Icon search was All who enquired! Unfortunately, it got cut off of the bottom of the printed Activity Calendar. Find this month's Hidden Bushel of Apples Icon, then call to be included in this month's drawing.**

**Every Monday the Center is Open: Moving with Milly (1000) Bridge, (1200) Tuesday & Thursday: Open Tri-Ominos & Friday: Open Cards (12:00)**

**Nutrition News Corner:**  
**Hello All,**

**For Jamieson Center Congregate Meals; Andrea Richards, Aledo's Congregate Meal Site Manager, is who you need to reserve a meal with, prior to 1:00 p.m., the day before your requesting to attend. Please Call her @ 309-337-1938.**

**Please Call Jamieson Center for Home Delivered Meals, at 309-734-4251.**

**Currently at the Center we are receiving lots of Fresh Produce! Please come pick up some, a menu or newsletter at Our Meal Site Desk. Thank You- The Nutrition Team!**

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**"Autumn is a second spring when every leaf is a flower." — Albert Camus-Enjoy Your Autumn!**

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please go to our **web page, resources and click on the TCARE link.** [www.mercercountyseniorcenter.com](http://www.mercercountyseniorcenter.com)

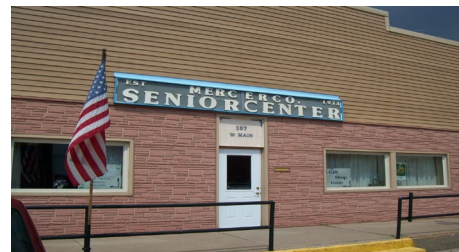
Besides **BINGO** we have other great **activities** for all to enjoy. This month for "**Gal's Day**" we will be starting Our **Bonsai Tree's. Guy's Gathering. Sponsored** by Rhonda Spengler, **Medicare 101**, with **General SHIP Information** from Kim Schaefer. Every **Monday** we have **Virtual Moving with Milly** exercise classes & **Bridge. Open Bible study** is every 2 Thursday each month at 2:00 pm. **Grief & Caregiver Support Group** meet every **2 Wednesday of the month**. We are wrapping up our **Stress Buster's Program**, but hang tight, a new one will be **out in January 2024!** Please see the **activity calendar** for all dates and times. I would love for **You** to offer **Me** some new **ideas** on **crafts, activities, presentations etc.**

Be aware we have begun gathering **Annual Assessment Surveys.**

Join the **Caregiver Roundtable** on **9/12/23, 1:00-2:30** at the **Moline Township Activity Center, 620 18<sup>th</sup> Street, Moline, IL 61265.** Please **RSVP to Vicki Coutant** by **9/6/23. 309-793-6800.**

**Last, but not Least** we hired **Molly Welch** to be our next **Information & Assistance Specialist. Please Help Welcome Her.**

This is your Clubhouse and your one stop shop to receive all **Local, State & Federal Programs.** Please call us with any and all questions for **Medicare, Drug Co-Pay Assistance, Part B reimbursement, Medicaid, License Plate discounts, Caregiving, Stress Busting, Social Engagements and More!** Thank you for allowing **US** to **Serve** you-Kim, Michelle, Taylor & Molly.



**The Mercer County Senior Center Endowment is now at \$19,949.46**

**Don't Forget to Sign Up for the Annual Hot Beef Sandie's Fundraiser, by 9/19/23!**

**Mercer County Senior Center Does Not Endorse any for Profit or Nonprofit Entity that shares space, partners with, and/or Advertises within our Establishment.**

**AVAILABILITY-The Center is a Great Place to Rent for your Family Gatherings, Showers, & Parties. Comfortably seat's 80!**

**Dr. Hartman: 563-386-8885 Appointments & Walk-ins 3 times a month!**

**Come Enjoy our New Theater Room, with Massage Chairs.**

**The Computer Lab is now ready with 10 New Chromebooks.**

**Happy Birthday to Our September Babies: 02 Audrey Nylin, 11 Alan Sedam & 30 Randy Chard.**

**"Autumn is a second spring when every leaf is a flower." — Albert Camus-Enjoy Your Autumn!**