

# Golden Echo

A publication of Sauk Valley Media in cooperation with Lee County Council on Aging and Whiteside County Senior Center – United Way agencies

Volume 12 • March 2019 • Edition 5

## Help Lee County Council on Aging Win \$20,000

We have been nominated as one of the candidates in the Sterling Federal Banks 2<sup>nd</sup> Annual Employee Charity Challenge!

**WE NEED YOUR HELP - YOU WILL MAKE THE DIFFERENCE**

Vote for us Every Day in March and Help us Spread the Word!

With your help we will be able to install new handicap accessible doors, a much needed improvement for our center!

**From Sterling Federal Bank's Facebook page, click the Charity Challenge post. Once there, select Lee County Council on Aging, as your charity choice and click "submit".**

THANK YOU FOR YOUR SUPPORT!

Put a spring in your step

**FREE**

## JOIN US FOR MUSIC & DANCING

*Music by Roger Weiss*

**Thursday, March 21 – 12:30-2:30 p.m.**



Lunch served from

**11:30 a.m.-12:30 p.m. for only \$6**

BBQ pulled pork sandwich, French fries, veggie, dessert and drink



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Greg Majeski

# From the LCCOA Executive Director



By Susan Lawler

What a February! Do you think it could get any colder???? Let's hope March brings Spring.

Here at LCCOA we had a wonderful February in spite of the weather. Our Seniors trudged the bitter cold, ice and snow to play their games of Dominoes, Bingo, Pitch, Euchre, Bridge and our crafters were truly die hearts. LCCOA's field trip to Meadows of Franklin Grove was a great success. We hope to continue visiting more and more facilities. We had several groups that visited LCCOA and loved our Center and cannot wait to come again.

The cold weather was not the only burden we had to face;

LCCOA has lost one of their members; Ike Mercer. Ike was a wonderful asset to LCCOA over the years and to so many other organizations.

He had a brilliant war record. He was an outstanding humanitarian. He was/is loved and cherished as a husband, father, brother, friend and citizen of Dixon. Here at LCCOA we will miss him; because he meant so much to the Senior Center; LCCOA would like to honor Ike Mercer and his family on March 29, 2019. This is a day Illinois has set aside to honor and welcome back all our veterans. LCCOA would like to honor all our veterans and invite them and the whole community; especially Ike

Mercer's family. Please join us in celebrating Ike's life and all of our veterans present and those that have passed away, but not forgotten on March 29, 2019 at 1:00 p.m. at LCCOA.

On another note:

BAB (Business after Business) was an amazing night. We here at LCCOA could not have done it without Papa Murphy's pizza. These pizzas were not just your ordinary pizzas. Some were shaped like hearts and others were piled high with delicious cheeses, meats, veggies, artichokes, olives and the list goes on. If you haven't tried their pizzas you are truly missing a meal. I say meal, because their pizzas are meals, they hit all the food groups. Thank you Papa Murphy and kudos to Molly and Denise. We also want to thank County Market for their deserts and cheese trays. They did hit the spot. Last but not least Flowers Etcetera provided a beautiful centerpiece for our lovely table.

Think Prom! Our ninth annual Prom is Saturday April 6, 2019,

from 6 p.m. until midnight. There will be appetizers, dancing, entertainment, door prizes and, of course, fun. Please stop by LCCOA to purchase your tickets \$10.00 in advance and \$12.00 at the door. You will also get an opportunity to become King or Queen of the prom. Drawing for prom King and Queen will be at the prom; everyone gets a chance.

LCCOA's Chili and Soup Supper is right around the corner. Mark your calendars for March 13 from 4:30 to 6 p.m. at the Post House Ballroom. We will have a DJ, line dancers, 50/50 raffle and of course door prizes. This is a great opportunity to catch up with old friends and make new friends. If you have a pair of cowboy boots, a western hat etc. there will be a prize for the best dressed cowgirl or cowboy. LCCOA thanks you in advance for your continuing support. I will be watching for you "partner"; so long and happy trails. Until next time LCCOA a place where you belong a place to call home.

— Susan

# From the WCSC Executive Director



By Tori McDaniel

Here at the center our team knows exactly how many days are left until spring. Some of us I think even know down to the second. We have begun greeting each other with a reminder that spring will be here soon! You may be thinking that's an odd way to greet each other but it's a simple reminder that this awful time will pass soon. In the 7 years that I have been with transit, this is the worst winter we have had.

The past month has been hard not only on our team but our riders and members. Our team does everything they can to ensure your safety and I am so proud and

thankful for the way that they have dealt with this winter weather. We haven't had simple snow, we have had dangerous conditions. So what does a snow day look like for our team?

I start by getting up at 4 a.m. and reading various reports from local news stations, IDOT, NWS, and many others. I watch a few segments of the weather as well and then I make the painful decision as to what we will do. Closing or opening late is truly something I greatly dislike. I dislike feeling that we are failing our riders. Our riders depend on us to get them to needed resources and when we aren't there, I worry that they will

go without. However, the ultimate decision must be made based on safety. When safety is a concern we must close or open later.

Next our team comes on board at about 5:15 a.m. Beth and Amy help notify the rest of the team and we divide tasks such as changing our phone greeting, calling the company that salts and plows, making an announcement on our Facebook page, etc. If the decision is made to close early, the dispatchers work extremely hard to ensure all of our riders are notified and everyone is scheduled to be picked-up and taken home safely. They re-arrange the drivers routes to get them back to the center as quickly as they can and so much more. The drivers are then tasked with the ultimate job of getting our riders home safely. While all of this is occurring in transit, Beth and Luis are overseeing the sidewalks and parking lots. Luis has worked tirelessly to keep up on all of the snow and ice. Sadly, he gets everything melted and then it refreezes

overnight so it becomes a slippery cycle each day.

This is just a brief peek into what we do on these very dangerous days that we have had and this is why we know exactly how many days it is until spring!

Unfortunately we have been closed, opened late, or closed early much more than we would have liked this winter. However, we are so thankful for you! We appreciate your understanding and willingness to work with us. Our riders have been phenomenal in picking-up and going when we needed them to. Our patrons have been devoted and have braved the cold to stop in and see us. We want you to know that we appreciate you and we are looking forward to once again providing a service you can count on and a place you know you can come to.

Stay warm and let me know how many days we have left until spring when you stop in next time!

Sincerely,  
Tori

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Press releases of interest to seniors will be accepted at 100 W. Second St., Dixon, IL 61021; or 1207 W. Ninth St., Sterling, IL 61081. Deadline for submission is the 15th of each month.

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The senior centers do not require duration of residency or citizenship as a condition of participation in any services or programs funded by the Northwestern Illinois Area Agency on Aging. Residency or citizenship may be a requirement for other programs that the senior centers may provide assistance with in application or accessing of same. Services are made available, in part, with funds provided under Title III-B of the Older American Act, and the Illinois General Revenue Funds, through the Northwestern Illinois Area Agency on Aging. We are a United Way-funded agency.

# Prom night at the Post House



It's that time of year again when we at Lee County Council on Aging will host our ninth annual Spring Prom! This is one of our biggest FUNdraisers and we can't wait to see you there! Why should you attend an adult prom? The answer is simple: it's a fantastic way to support the Lee County Council on Aging's daily services that keep seniors and disabled individuals independent and in their own homes through local, state and federal programs.

We have moved up the date this year so be sure to mark your calendars for Saturday, April 6, from 6 p.m. until midnight. This event

is open to all ages, 21 to 121, and is priced perfectly for an affordable evening at only \$10 in advance (pick up at LCCOA reception desk) or \$12 at the door.

LCCOA is doing things differently this year and instead of taking nominations and holding a monetary voting, you will write your name on the back of your ticket; this will give everyone a chance at the crown! Are you ready to be King or Queen?

That's not all; you will have multiple chances for fabulous door prizes, including at least a \$25 gift card, homemade quilt and surprise basket with a value of \$50

plus. Can't attend but want to still support the agency and have a chance to win? Simply purchase a prom ticket and we will keep it with your name and phone number on it and you will go into a drawing for a \$25 gift card!

Remember dress code is comfortable, so dress up or down, the choice is yours. Appetizers and entertainment is included in your ticket price and there will be a cash bar available for you to have your favorite drink. Have a large group attending? Call ahead and have a table(s) reserved for you and your group. For any questions please call 815-288-9236.

## Open house planned for retiring Post House manager

DIXON – Join us as we say farewell to our long-time employee, Cathy Reglin, Post House manager of more than 17 years! Cathy will join the ranks of the retired and as a member of our Lee County Council on Aging family and we want to celebrate her reign of the Post House Ballroom.

We will host an Open House Retirement Party for Cathy in the Post House Ballroom, 100 W. Second St., from 1 to 4 p.m. Sunday, March 3. Please join us in this celebration as we wish her well on the next chapter of her life.



## LCCOA phone numbers

Office Hours – 8 a.m. to 5 p.m.

Monday through Friday



Transportation  
815-288-2117  
888-239-9228

Post House  
Ballroom  
815-288-0892

General  
Offices  
Outreach  
and free  
phones for  
hearing/sight  
impaired  
815-288-9236

Toll-free  
855-407-9236

LCCOA can also be reached via e-mail at [lcoa@comcast.net](mailto:lcoa@comcast.net)  
Or via the Internet at [lcoa.com](http://lcoa.com) or [posthouseballroom.com](http://posthouseballroom.com)  
Check us out on Facebook – Post House Community  
Center/Lee County Council on Aging

## WCSC phone numbers

Office Hours: 8 a.m. to 4 p.m. Monday through Friday

1207 W. Ninth St., Sterling

Transportation – 815-625-7433 • Information – 815-622-9230

ADRC hours:

Mon.-Thurs.  
9 a.m.-2 p.m.

Friday  
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Email at [info@wc-seniorcenter.org](mailto:info@wc-seniorcenter.org)  
Go to [wc-seniorcenter.org](http://wc-seniorcenter.org) or follow us on Facebook.  
The Emporium Thrift Store, 15 W. Third St., Sterling  
815-535-0368

## LCCOA bowling scores

Senior bowling at Plum Hollow in Dixon – Individual high scores for last month.

Name	Game	Series
Bill Burkardt	164	450
Korona Burkitt	136	321
Norma Burmeister	178	450
Chico Contreras	194	531
Charlotte Dierdorff	158	403
Aniti Dunphy	173	420
Dan Dunphy	233	601
Ron Erickson	256	605
Gail Gonigam	119	300
Dick Janssen	203	558
Bob Joyce	235	645
Bruce Kleinmaier	203	485
Jan Kuepker	161	396
Ken Masters	214	582
Doug Near	161	427
Ron Odenthal	226	657

Ann Prindaville	142	397
Larry Prindaville	192	493
Larry Reed	201	519
Linda Richards	190	533
Rich Senn	173	472
Jim Shuman	156	447
Therma Smith	159	426
Glenn Stroh	176	469
Pat Summers	186	499
Dee Szymanski	149	386
Ed Webb	183	437
Shirley Webb	119	327
LaVerne Woessner	191	511
Jay Wolfe	178	497

*The Seniors bowl at Plum Hollow in Dixon every Tuesday and Thursday at 9 a.m. Come join us for some good and fun exercise and it is inside out of the elements. Come regularly or come occasionally; all are welcome.*

## WCSC bowling scores

Seniors bowling from Blackhawk Lanes in Sterling			Name	Game	Series	Name	Game	Series
			Del Stillwell	205	534	Billy McBride	142	393
			Ron Meagher	215	580	Ron Erickson	236	638
			Ken Masters	215	565	Ken Heerd	193	508
						Cruz Rivera	197	510
						Dennis Breene	191	541
						Ron Brooks	192	529

## LCCOA bridge scores

## Dixon duplicate bridge – January 2019 winners

Place, name, % game, ACBL masterpoints

Jan. 4 – 1, Harry Stoudt & Phil Naffziger, .24; 1, Jane & Roger Landreth, .24; 1, Dianne & Don Pauser, .24;

Jan. 11 – 1, Mimi Boysen & Barb Hermes, 55.00, .50; 2, Susie Smith & Carol Youker, 52.5, .35; 3, Dianne & Don Pauser, 50; 3, Barb Bass & Frank Nester, 50

Jan. 18 – 1, Jane & Roger Landreth, .24; 1, Joyce U Gibson, .24; 3, Harry Stoudt & Frank Nester, .12; 3, Dianne & Don Pauser, .12

## January total masterpoint winners

Mimi Boysen & Barb Hermes, .50; Jane & Roger Landreth, .48; Dianne & Don Pauser, .36; Harry Stoudt, .36; Susie Smith & Carol Youker, .35; Phil Naffziger, .24; Joyce U Gibson, .24; Frank Nester, .12



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Paulette Selmi

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**We would like to thank the people who recently paid their WCSC membership dues:**  
 Donna Anderson, Philip and Sharon Arduini, Gary Arity, Leslie and Louise Arvola  
 Lidia and Murphy Baldwin, Kenneth and Margaret Blakeslee, Jane and Thomas Brackemeyer, Jerry and Kristin Bryant, Robert and Vicki Bryant  
 Tammy Campos, David and Shirley Celletti, Anna Cheshier, Karen Cowley  
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Packard, Lary and Pam Pfeiffer, Margaret Poinsett, Joan Prazak  
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 Dona Tegeler, Duane Thompson, Ruth Thompson  
 Patricia VanCoillie  
 Timothy and Linda Vos  
 William and DeLite Walls, Ethel Warner, Larry and Barb Williams, Michael and Elaine Williams  
 Robert Zimmerman

**Thank you to LCCOA volunteers**

**Thank you to all our volunteers who donated their time, energy and services and those who gave monetary and non-monetary donations. We also thank everyone who gave anonymous donations.**

Leydig Center, David & Shirley Celletti, Dixon Food Pantry, United Way of Lee County, Lee County Health Department, Oliver's Corner Market, Sterling Federal Bank, Willett, Hofmann & Assoc. Inc., Theresa Sheridan, Charles & Donna Oster, Sue Gingras, Florine Bush, Trudy Bowers

**Thank you to WCSC volunteers**

**Thank you to all our volunteers who donated their time, energy and services and those who gave monetary and non-monetary donations. We also thank everyone who gave anonymous donations.**

Sauk Valley Food Bank, Kroger, County Market, Citadel of Sterling, Rock Falls Rehab, CGH Home Nursing, Gaffey Home Nursing, Sauk Valley Senior Living and Rehab, United Way, Prophet Manor in Prophetstown, Erie Public Library, Odell Public Library in Morrison, Walmart Distribution, Regency Care of Sterling, Resthave of Morrison, Shirley Schwarz, Barb Crenshaw, and Bethel Church

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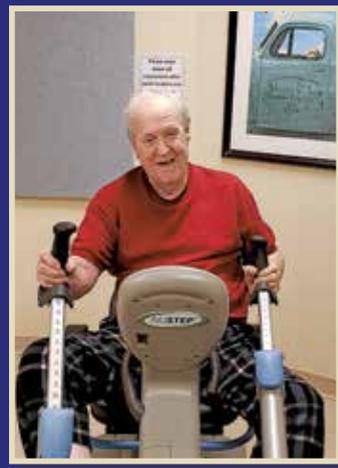
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- Allen Dornbush

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People who came for lunch every day in February voted for Queen and King, and the winners were Queen Shirley Schwarz and King Gene Burton. After lunch, the King proclaimed: "The meal was fit for a King!" – and it was. Ribs, baked potato, beans, salad and dessert were served. Yummy! Congratulations, Shirley and Gene.



# Clothes, jewelry, books and much more at The Emporium

Welcome to March; hopefully we will have some "shopping-friendly weather." We apologize to the public for being closed due to the weather. This means we still have lots of merchandise for you to come in and see! We will be running special discounts for March

We have a large selection of fiction and nonfiction books. There are the books you might not think of finding at a thrift store, such as cookbooks, crafting books and the collectible "coffee table books." There are also "how-to" books about gardening, remodeling, and antiquing. All books are reasonably priced!!

Our jewelry department is FULL. We have earrings for every taste-whether you wear pierced or clip, we have a large selection. We also have necklaces, chains, bracelets and pins that are on display waiting for YOU. Other types of merchandise in that department is men's knives, cuff links, writing pens, belt buckles and the



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All our proceeds go to Whiteside County Senior Center.

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# WCSC and LCCOA Outreach

## Still taking 2017 income for license plate discount application

The Benefits Access Application (formerly Circuit Breaker) is a form that needs to be filed every 2 years to give you the benefit of the license plate discount if you meet income guidelines and are 65 years or older, or under 65 and on disability.

If your Benefits Access Application is up for renewal, or if you would like to file for the first time, please note that we are only accepting 2017 yearly income up until April 18th, 2019. We will accept 2018 yearly income after this date. Examples of income documents that are needed are your 2017 US1040 Income tax forms, if you filed, 2017 Social Security 1099's (fold out form with the pink box), Pension, Annuity, and IRA 1099-R forms, Interest 1099-INT, Dividend 1099-DIV, W-2, and any other income statements



that you receive in the beginning of the year. Income guidelines are as follows and include yearly income, including social security. Individual, \$27,610 ; couple, \$36,635; household of three, \$45,657.

Along with these forms, we also need your social security card, driver's license or state ID, vehicle registration, and proof of disability if you are under 65 and on disability. If married and living together, we need all of your spouse's information and income to file this application jointly. Please note that it can take 12 weeks for approval after filing the application. Please see office hours for more information on when you can file. For questions, or for more information, contact the Outreach Departments at WCSC or LCCOA.

## Help with (PTAX-329) Senior

## Homestead Exemption (PTAX-340) Senior Tax Assessment Freeze

If you are 65 years of age or older and are a homeowner, you may likely receive one or both of these forms from your local County Assessment Office, if you have filed in the past. Both LCCOA and WCSC Outreach Departments can assist you with completion and notarizing these forms for both repeat and new applicants. In Lee County only the Senior Tax Assessment Freeze needs to be completed each year, however in Whiteside County both forms are required to be completed each year.

If you or your spouse will be 65 or older this year you can qualify for the Senior Homestead Exemption, as there is no income guideline for this, and if your household income is at or below \$65,000 you could also be eligible for the Senior Tax Assessment Freeze. For the Senior Tax Assessment Freeze, you will need to bring in 2018 yearly household income. If you

file income taxes each year, please file first before requesting to complete the Senior Tax Assessment Freeze form. Please see office hours for more information on when you can file. For questions or more information, contact the Outreach Departments at LCCOA or WCSC.

## Medicare Advantage Plan enrollment/disenrollment period ends March 31

If you are already enrolled in a Medicare Advantage (Part C) HMO, PPO, PFFS, you can switch into another MA plan or go back to Original Medicare (Part A & Part B) and pick up a Part D drug plan until March 31. If needing help in comparing MA plans, please contact WCSC or LCCOA Outreach Departments for an appointment. Both centers have qualified Senior Health insurance Program (SHIP) caseworkers who can assist through the use of Medicare's official website.

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Audiologist



## Take Advantage of Our Winter Incentives!

**ENJOY NO MOVE-IN FEE**  
if resident moves in before March 31, 2019

Call for More Information:  
**(815) 216-9531**



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# Weekly activities and meetings: Lee County Council on Aging

## Mondays

8 a.m.- 4 p.m. – Open pool table, open cards  
8 a.m. – 4:30 p.m. Computer lab  
9 a.m. – Exercise  
10 a.m. – Dance exercise class  
11:30 a.m. – Lifescape lunch served (Reservations)  
1 p.m. – Rummikub

## Tuesdays

8a.m.-4p.m. – Open pool table,

open cards

8 a.m.-4:30 p.m. Computer lab  
9 a.m. – Golden Kiwanis  
10-11a.m. – Line dancing  
11:30 a.m. – Lifescape Lunch served (Reservations)  
1 p.m. – Pinochle

## Wednesdays

8 a.m.-4 p.m. – Open pool table, open cards  
8 a.m.-4:30 p.m. – Computer lab

11:30 a.m. – Lifescape Lunch served (Reservations)  
1 p.m. – Pinochle

## Thursdays

8 a.m.-4 p.m. – Open pool table, open cards  
8 a.m.-4:30 p.m. – Computer lab  
9 a.m. – Exercise  
10 a.m. – Dance exercise class  
11:30 a.m. – Lifescape Lunch served (Reservations)

1 p.m. – Crocheting and crafting  
1 p.m. Euchre Tournament  
Fridays  
8 a.m.-4 p.m. – Open pool table, open cards  
8 a.m.-4:30 p.m. – Computer lab

## Fridays

11:30 a.m. – Lifescape lunch served (Reservations)  
12:30 p.m. – Duplicate Bridge  
1 p.m. – Dominoes

# Weekly activities and meetings: Whiteside County Senior Center

## Mondays

8 a.m.-4 p.m. – Playing pool, cards, socializing, computer lab  
10 a.m. – Kings on Corner cards  
11:30 a.m.-12:30 p.m. – Lunch  
12:30 p.m. – Pinochle  
12:30 p.m. – Crochet/Knitting Club

## Tuesdays

8 a.m.-4 p.m. – Playing pool, cards, socializing, computer lab  
10 a.m. – Kings on Corner cards

10 a.m.-noon – Commodities, must meet income guidelines  
11:30 a.m.-12:30 p.m. – Lunch  
12:45 p.m. – Euchre, \$3 to play, prizes, bring a snack.  
12:45 p.m. – Scrabble; bring a snack

## Wednesdays

8 a.m.-4 p.m. – Playing pool, cards, socializing, computer lab  
10 a.m. – Kings on Corner cards  
10 a.m. – Canasta

11:30 a.m.-12:30 p.m. – Lunch  
12:30 p.m. – Pinochle  
1 p.m. – Bingo; bring a canned good or \$1 to play

## Thursdays

8 a.m.-4 p.m. – Playing pool, cards, socializing, computer lab  
10 a.m. – Kings on Corner cards  
11:30 a.m.-12:30 p.m. – Lunch  
12:30 p.m. – Cards“Hand and Foot” game, bring a snack

## Fridays

8 a.m.-4 p.m. – Playing pool, cards, socializing, computer lab  
10 a.m. – Kings on Corner cards  
10 a.m. – Intermediate Line Dancing – check to see where dancing  
11 a.m. – Beginning Line Dancing  
11:30 a.m.-12:30 p.m. – NO LUNCH ON FRIDAYS  
12:30 p.m. – Mexican Train Dominoes; prizes; bring a snack.  
12:30 p.m. – Pinochle

# Monthly activities and meetings: Lee County Council on Aging

## March 7

10-11 a.m. – Paw Paw Monthly SHIP Site (by appointment only)

## March 10

1 p.m. – Euchre tournament – (\$)  
March 12  
1-2 p.m. – Ashton Monthly SHIP Site (by appointment only)

## March 13

4:30-6 p.m. Annual Chili / Soup Supper

## March 15

9:30 a.m. – St. Pat's Bingo Party

## March 20

10-11 a.m. – Amboy Monthly SHIP

Site (by appointment only)

11:15-11:45 a.m. – Sublette Monthly SHIP Site (by appointment only)

## March 22

9 a.m. – Breakfast  
9:30 a.m. – Bingo  
6:30 p.m. – Open mic

## March 25

10-11 a.m. – Countryside Monthly SHIP Site (by appointment only)

## March 29

1 p.m. – Welcome back all veterans – Celebrating Ike Mercer's Life.  
Call for Reservations 815-288-9236

# Monthly activities and meetings: Whiteside County Senior Center

## March 5

11 a.m. – Mardi Gras celebration

## March 6

8 a.m.-2 p.m. – Foot Clinic, call for appointment 815-213-0324  
10:30-11:30 a.m. – Blood pressure check by CGH Home Nursing  
11:20 a.m. – Celebrating March birthdays  
1 p.m. – Bingo, with prizes by Vitas Healthcare, snacks by WCSC. (Donate a can of food or \$1 to play)

## March 7

9:30-11:30 a.m. – Rules of the Road class; call 815-622-9230 to register for this free class

## March 9

1 p.m. – Sauk Computer Users Club meeting

## March 12

9:30-10:30 a.m. – Prophetstown monthly SHIP site (by appointment only)

## March 13

8 a.m.- 2 p.m. – Foot Clinic; call for appointment, 815-213-0324  
10-11 a.m. – Morrison monthly SHIP site (by appointment only)  
11 a.m.-noon – Connect hearing – checking hearing and hearing aids  
11 a.m.-noon – Blood pressure check by Gaffey Home Nursing  
1 p.m. – Bingo; prizes by Citadel,

snacks by WCSC. Donate a can of food or \$1 to play

## March 20

9-10 a.m. – Erie monthly SHIP site (by appointment only)  
10:30 a.m. – Price is Right by Heritage Woods  
10:30-11:30 a.m. – Blood pressure check by Sauk Valley Living and Rehab  
1 p.m. – Bingo; prizes by Sauk Valley Living and Rehab, snacks by WCSC. Donate a can of food or \$1 to play

## March 21

10-11 a.m. – Fulton monthly SHIP site (by appointment only)

12:30-2:30 p.m. – Spring dance

## March 27

10:30-11:30 a.m. – Blood pressure check by Citadel of Sterling  
1 p.m. – Bingo, sponsored by Rock Falls Rehab, snacks by WCSC. Donate a can of food or \$1 to play.

## March 28

12:30 p.m. – Medicare Choices class

## March 31

1 p.m. – Euchre tournament at WCSC. Sign-in is 12:30 p.m. Cost is \$5 per entry and 25 cents a set, with a 100 percent payback. There will also be a 50/50 drawing.

## Fulton

**March 20** – Fancy Feet Foot Clinic Sharon Krahn (815-718-5294) call for appointment  
**March 21** – Whiteside County Senior Center Outreach at Andersen Nature Center, 409 N. Fourth St., Fulton. Call for appointment 815-622-9230

**If you are interested in joining us for the above monthly activities, contact Whiteside County Senior Center at 815-622-9230 or 888-622-9230; or Lee County Council on Aging at 815-288-9236 or 855-407-9236.**

# March meals at Lee County Council on Aging

## March 1

**Friday:** A) Crispy fish sandwich on a wheat bun, potato pancakes, peas, pineapple tidbits; B) Turkey minestrone

## March 4-8

**Monday:** Meatball sub, peas and carrots, season potato wedges, mandarin oranges. **Tuesday:** Sweet and sour chicken, fluffy rice, stir fry veggies, dinner roll, apricots. **Wednesday:** Salisbury steak, cheesy potatoes, green beans, dinner roll, sliced peaches. **Thursday:** A) Cheese omelet, turkey sausage, hash browns, blueberry muffin, fruit

juice; B) Tuna salad with chicken and rice. **Friday:** Tuna noodle casserole, broccoli, carrots, pineapple tidbits, dinner roll

## March 11-15

**Monday:** BBQ riblet on a wheat bun, au gratin potatoes, coin carrots, diced pears. **Tuesday:** Pepper steak; mashed potatoes with gravy, peas, 2 slices wheat bread, chilled pineapple. **Wednesday:** Lemon pepper chicken, wild rice, broccoli, dinner roll applesauce. **Friday:** A) Cheeseburger on a wheat bun, tator tots, baked beans, Jello w/ fruit; B) Ham and vegetable. **Friday:** Fish patty on a bun, macaroni and

cheese, peas, tartar sauce, apricots.

## March 18-22

**Monday:** Chicken strips, potato wedges, peas, dinner roll, diced pear, BBQ PC. **Tuesday:** Bakes ziti w/meat sauce, Italian blend vegetables, garlic bread, hot applesauce. **Wednesday:** A) Meatloaf, mashed potatoes with gravy, glazed carrots, dinner roll, peach cobbler; B) Live and onions. **Thursday:** Sloppy Joe on a wheat bun, tator tots, green beans, apricots. **Friday:** Lemon tilapia, wild rice, peas, dinner roll, fruit cocktail.

## March 25-29

**Monday:** BBQ chicken breast on a wheat bun, cheesy potatoes, green beans, diced pears. **Tuesday:** A) Beef stew, buttermilk biscuit, hot applesauce; B) Roast beef with creamed mushrooms. **Wednesday:** Baked chicken quarter, mashed potatoes with gravy, broccoli, tossed salad with dressing, roll, pumpkin bar. **Thursday:** Mushroom Swiss burger on a bun, butter red potatoes, baked beans, apricots. **Friday:** Fish patty on a wheat bun with tartar sauce, potatoes pancakes, California-blended veggies, applesauce.

# March meals at Whiteside County Senior Center

## March 4-7

**Monday:** Beef & noodles, dinner roll and dessert. **Tuesday:** Parmesan chicken over noodles, salad, and dessert. **Wednesday:** Country-fried steak or fish alternative, potato, vegetable and dessert. **Thursday:** Catered by Resthove of Morrison.

## March 11-14

**Monday:** Chili and hot dogs, corn bread, salad and dessert. **Tuesday:** Salisbury steak, potato, vegetable and dessert. **Wednesday:** Spaghetti and meatballs, garlic bread, salad and dessert. **Thursday:** Corn beef and cabbage, salad, and dessert

## March 18-21

**Monday:** Goulash, bread, salad and dessert. **Tuesday:** Philly steak sub, pasta salad and dessert. **Wednesday:** Oven-fried chicken, potato, vegetable and dessert. **Thursday:** BBQ pork sandwiches, fries, vegetable and dessert

## March 25-28

**Monday:** Chicken-stuffed bell peppers, salad and dessert. **Tuesday:** Beef enchiladas, rice, salad and dessert. **Wednesday:** Pork roast, potato, vegetable and dessert. **Thursday:** Tuna noodle casserole, biscuit, salad and dessert.

# March meals at Golden Meals in Rock Falls

## March 1

**Friday:** Hot dogs, potato salad, baked beans, whole wheat bun, bread w/margarine, milk.

## March 4-8

**Monday:** Sloppy Joes, potato wedges, whole wheat bun, fresh fruit, bread w/margarine, milk; **Tuesday:** Tuna and noodle casserole, peas, fresh fruit, bread w/margarine, milk; **Wednesday:** Salisbury steak, mashed potatoes w/gravy, mixed vegetables, fresh fruit, bread w/margarine, milk; **Thursday:** Baked chicken quarters, mashed pota-

toes w/gravy, mixed vegetables, fresh fruit, bread w/margarine, milk; **Friday:** Beef stew, with veggies, applesauce, biscuit, bread w/margarine, milk.

## March 11-15

**Monday:** Beef and noodles, green beans, fresh fruit, bread w/margarine, milk; **Tuesday:** Scalloped ham and potatoes, carrots, fresh fruit, bread w/margarine, milk; **Wednesday:** Spaghetti, mixed vegetables, fresh fruit, bread w/margarine, milk; **Thursday:** Baked cod in lemon butter, parselied potatoes, spinach, fresh fruit, bread w/margarine, milk; **Fri-**

**day:** Chili, applesauce, corn bread, bread w/margarine, milk.

## March 18-22

**Monday:** Swedish meatballs, mashed potatoes, green beans, fresh fruit, bread w/margarine, milk; **Tuesday:** Easy chicken casserole, cheesy potatoes, green beans, fresh fruit; **Wednesday:** Pepper steak, mashed potatoes, scalloped corn, fresh fruit, bread w/margarine, milk; **Thursday:** Ham loaf, sweet potatoes, peas, fresh fruit, bread w/margarine, milk; **Friday:** Ham salad, cottage cheese, fresh fruit, whole wheat bun, bread w/margarine, milk.

## March 25-29

**Monday:** Italian sausage with green peppers, green bean casserole, fresh fruit, bread w/margarine, milk; **Tuesday:** Pork chop, cheesy potatoes, broccoli, fresh fruit, bread w/margarine, milk; **Wednesday:** Roast beef, mashed potatoes, w/gravy, corn, fresh fruit, bread w/margarine, milk; **Thursday:** Glazed baked ham, mashed potatoes, carrots, fresh fruit, bread w/margarine, milk; **Friday:** Chicken salad, pea salad, peaches, whole wheat bun, bread w/margarine, milk.

## TAXHELP

### Tax preparation available

Tax-Aide volunteers will be providing free income tax return preparation services during 2019 at these sites:

Whiteside County Senior Center – By appointment only. Call 815-622-9230. Monday, February 4 through April 15 and Saturdays, February 23 and March 9.

YWCA in Sterling – By appointment only. Call 815-625-0333. Thursday, February 7 through April 11.

In order to assist the volunteer in accurately and completely preparing your return, please be sure you have the following required documents with you:

Social Security Cards for everyone on your return, some kind of photo identification, proof of health insurance, income related documents, expense related documents, a check with your name printed on it for direct deposit, and a copy of your last year's tax return.

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# Upcoming Trips

**Diamond Jo Casino,  
Dubuque, Iowa**  
Wednesday, March 27, 2019 &  
Wednesday, April 24, 2019  
Cost: \$15 members,  
\$20 nonmembers

Cost includes transportation and free buffet lunch. Pickup at Shopko in Dixon at 8 a.m. and pickup at Sterling Walmart (northeast corner) at 8:30 a.m. Drop off at Sterling Walmart first and then Dixon Shopko. Pay for this trip at WCSC.

**Menopause Show**  
Thursday, April 18, 2019  
Fireside Theatre, Fort Atkinson,  
Wisconsin  
Cost: \$120 members,  
\$125 nonmembers

Four women at a lingerie sale have nothing in common but a black lace bra and memory loss, hot flashes, night sweats, and more! This hilarious musical parody set to classic tunes from the '60's, '70's, and '80's will have you cheering and dancing in the aisles! And men love it, too! Pay for this trip at WCSC. Deadline to sign up is March 16, 2019. Bus leaves Sterling Walmart at 7:45 a.m. and Dixon Shopko at 8 a.m. Doors open at 10:30 a.m., meal at 11:15 a.m., and show at 1:30 p.m.

**Nashville show trip**  
April 29-May 4, 2019 – 6 days/  
5 nights  
Cost: \$675 per person,  
double occupancy

Grab your hat and put on your boots for an adventure you will not forget. This incredible price from Dixon includes: transportation on a top-quality motorcoach with restroom and video equipped, 5 nights lodging, 8 meals (5 breakfasts and 3 dinners), 2 shows (The Grand Ole Opry, Nashville nightlife dinner theater), guided tours of Nashville and Belle Meade Plantation, admis-

sion to the country Music Hall of Fame, admission to the Mansion Fontanel, ride on the Delta flatboats inside Opryland Hotel. For more information and ticket purchase stop by Lee County Council on Aging or call Trine at 815-288-9236.

**A Tribute to Buddy Holly**  
Thursday, May 30, 2019  
Circa 21, Rock Island, Illinois  
Cost: \$85 members,  
\$90 nonmembers

Features all the band's hits such as "That'll Be The Day," Peggy Sue, and "True Love Ways." This will be an unforgettable musical journey. Pay for this trip at WCSC. Deadline to sign up is May 17, 2019. Bus leaves Sterling Walmart at 10:30 a.m. and Dixon Shopko at 10:15 a.m. Doors open at 11:45 a.m., meal at noon. and show at 1 p.m.

**Mount Rushmore Trip**  
June 23-29, 2019

Cost: \$779 members, \$829 non-members, double occupancy  
8 nights lodging including 4 consecutive nights in South Dakota. 10 meals: 6 breakfasts and 4 dinners. Visit to the Mount Rushmore National Memorial, tour of Wildlife Loop Road at Custer State Park, admission to the Unique Journey Museum, guided tour of Deadwood, plus gaming at a Deadwood Casino, visit to the amazing Crazy Horse Memorial, visit to the spectacular Badlands National Park, and much more. Leave Dixon Shopko at 8 a.m. and Sterling Walmart at 8:45 a.m. Pay for this trip at WCSC.

**Lee County Council on  
Aging presents 3 days and  
2 nights in Chicago**  
Tuesday, June 25-Thursday, June  
27, 2019

Cost: \$405 – The deal of a lifetime!  
Upon arrival you'll enjoy a visit to the World-Famous 360 Chicago along

Chicago's famed Magnificent Mile. Enjoy dinner at a local restaurant before checking into your Chicago-area hotel. The trip includes: 5 meals, Motorcoach, hotel and entry to all events. You will cruise Lake Michigan on the Skyline Cruise ship, visit historic Navy Pier, Chicago famous Money Museum, dinner and entertainment, Architectural Luncheon Cruise on the Odyssey River Chicago complete with DJ and dance floor and more. Don't miss this one!

**Celebration Belle classic  
oldies cruise**  
July 18, 2019

Cost: \$95 for members, \$105 for non-members. Cost includes transportation, show and hot lunch buffet

While you're cruising down the Mississippi, just sit back and reminisce to the songs that bring back all the memories of the Juke Box era. The magical songs that made the '50s and '60s the era to remember, from artists such as Patsy Cline, Johnny Cash, Chuck Berry, Jerry Lee Lewis and more. For more information call Lee County Council on Aging at 815-288-9236.

**Colorado Springs Trip**  
Aug. 18-24, 2019

Cost: \$839 members, \$889 non-members, double occupancy  
6 nights lodging including 4 consecutive nights in scenic Colorado. 10 Meals: 6 breakfast and 4 dinners. Tour of the Garden of the Gods, visit to the United States Air Force Academy, visit the Royal Gorge, including Bridge and Aerial Tram, visit historic Manitou Springs at the foot of famous Pikes Peak, guided tour of Colorado Springs, visit the U.S. Olympic Training Center, and much more. Leave Dixon Shopko at 8 a.m. and Sterling Walmart at 8:45 a.m.. Pay for this trip at WCSC.

**Tommy Gun's Garage  
Dinner Theatre, Chicago**  
Sept. 18, 2019  
Cost: \$120 members,  
\$125 nonmembers

This garage is a speakeasy that offers a musical comedy review with DA Gangsters, DA Flappers and YOU! You will be transported back to the 1920's. The mugs and molls dance and sing the Charleston and other musical selections from 1920's composers like Cole Porter, George Gershwin, Fats Waller and Duke Ellington. Pay for this trip at WCSC. Deadline to sign up for this trip is Sept. 6, 2019. Bus leaves Sterling Walmart at 9:30 a.m. and Dixon Shopko at 9:45 a.m.. Doors open at 12:30 p.m., meal at 12:30 p.m. and show at 1:30 p.m.

**Beautiful Maine Trip**  
Oct. 12-20, 2019  
Cost: \$1099 members, \$1,149 nonmembers, double occupancy.  
Pay at WCSC

Eight nights lodging including 4 consecutive nights in Maine. 14 meals: 8 breakfasts and 6 dinners. Guided tour of Portland, Maine's largest city-by-the-sea, guided tour of quaint Kennebunk and Kennebunkport, tour of historic Victoria Mansion, guided tour of Pineland Farms, a picturesque working farm, visits to Boothbay Railway Village and Seashore Trolley Museum, a countryside trolley ride, and much more. Leave Sterling Walmart at 8 a.m. and Dixon Shopko at 8:45 a.m. Pay for this trip at WCSC starting Oct. 1.

**Spain anyone?**  
Oct. 31, 2019 to Nov. 18, 2019  
Any questions please call Glenda at the Whiteside County Senior Center 815-622-9230 ext. 218. Only 1 cabin left.

## Whiteside County Public Transportation

Fares: (within county)

Ages 5 and under (must be accompanied by an adult): 50 cents one way

People age 6 to 59 years: \$2 one way

Seniors or individuals with a disability: Donation suggested (unless qualified under Medicaid or other program)

Out-of-county trips can be arranged, subject to availability: 25 cents per mile

Hours: 6 a.m. to 6 p.m. Monday through Friday

855-625-7433 or 815-625-7433

## Lee-Ogle Transportation System

Fares: (within zip code)

Ages 5 and under (must be accompanied by an adult): \$1 one way

People age 6 to 59 years: \$2 one way

Seniors or individuals with a disability: \$1 one way (unless qualified under Medicaid or other program)

Out-of-town trips can be arranged, subject to availability: 35 cents per mile

Hours: 6 a.m. to 6 p.m. Monday through Friday

888-239-9228 or 815-288-2117

# Upcoming Special Events in Lee County

11

GOLDEN ECHO

Sauk Valley Media • March 2019

## Farewell to the Queen of the Post House Ballroom

Sunday, March 3 – 1-4 p.m.

There will be a farewell reception for Cathy Reglin on Sunday March 3. After 17 years of dedication to the Post House Ballroom and Lee County Council on Aging Cathy is retiring her crown; please come and wish her well.

## 29th Annual Chili and Soup Supper

Wednesday, March 13 – 4:30-6 p.m.

Wear your cowboy boots and come on down to Lee County Council on Aging for a Rooten Tooten time. There will be entertainment, line dancing and

door prizes. Please come and join the fun; we are waiting for you; so grab your hat and be ready to eat a hardy meal. See ya "partner."

## Connect Hearing and ITAC mini-seminar and testing

Thursday, March 14 – 9 a.m.-noon  
Join us as we combine forces with Connect Hearing for a free mini seminar on hearing loss and the ITAC amplified phone program. Following the seminar Connect Hearing will be offering free hearing screenings and hearing aid cleaning as well. Test and apply for your free amplified phone or Bluetooth device with LCCOA Outreach personnel. This event is open to

the public; for all testing or cleanings individuals will be taken first come first serve without a reservation, to reserve your spot call 815-288-9236 by 3/13/19.

## St. Pat's party

Friday, March 15 – 1-4 p.m.

Celebrate St. Paddy's day with LCCOA. We will have pizza and treats. Come join the fun! We will be playing dominoes or bring a game to share. Wear something green and win a prize.

## Welcome, Veterans!

Friday, March 29 – 1 p.m.

Please come and celebrate Ike Mercer's life and the lives of so many

veterans. We will have pizza and cake and a drawing for a quilt.

## Think Prom! LCCOA's ninth annual Prom

April 6 – 6 p.m.-midnight

There will be appetizers, dancing, entertainment, door prizes and, of course, fun. If you always wanted to be King or Queen of the Prom buy a ticket for \$10.00 (\$12.00 at the door); put your ticket in a hat for an opportunity to be King or Queen of 2019 Prom. If you been longing to dress up here is your chance; this is a time for diamonds or denims whatever you wear you will fit in. Mark your calendars! Keep thinking Spring Prom.

# Upcoming Special Events in Whiteside County

## AARP tax advisors

### preparing tax returns

Every Monday, and one Saturday in March (March 16), from 11 a.m.-4 p.m.

## Mardi Gras Celebration

Tuesday, March 5 – 11 a.m.

We will have a short quiz about Mardi Gras with a prize. Beads will be passed out, and the person who dresses up the most for Mardi Gras will get a prize. Come celebrate with us.

## Foot Clinic at Whiteside County Senior Center

Wednesday, March 6 – 8 a.m.-2 p.m.

Foot care will be available for all senior citizens. For appointments call Fancy Feet at 815-213-0324 Cost \$25. They will soak your feet, trim your toenails, and give you a fabulous foot massage

## Rules of the Road

Thursday, March 7 –

9:30-11:30 a.m.

This class is to help you take your drivers license test. We will help you study and go over the important items. Come and listen. Call 815-622-9230 to register for this free class.

## Sauk Computer User Group

Saturday, March 9 – 1 p.m.

Group will meet with a question and answer time. There will be a short business meeting followed with a presentation at 2 p.m. by John Miller on "40 Tech Tips in 45 Minutes". Everyone with an interest in computers/technology are invited, refreshments will be available.

## Foot Clinic at WCSC

Wednesday, March 13 – 8 a.m.-2 p.m.

Foot care will be available for all senior citizens. For appointments call Fancy Feet at 815-213-0324 Cost \$25. They will soak your feet, trim your toenails, and give you a fabulous foot massage.

## Connect Hearing

Wednesday, March 13 – 10 a.m. to noon.

Connect Hearing will come and do onsite testing for hearing, and also check and clean your hearing aids. Also, will take any questions you may have. So come and get your hearing tested. Free.

## Price Is Right at WCSC

Wednesday, March 20 – 10:30 a.m.

Come play Price is Right game and guess the price of an item and take that item home. Stay for lunch which will be oven-fried chicken, potato, vegetable and dessert. This is sponsored by Heritage Woods.

## Spring Dance

Thursday March 21 – 12:30 p.m. to 2:30 p.m.

Join us for an afternoon of music and dancing. Open to all. Listen to the music of the 50's, 60's along with songs of gospel, country and Frank

Sinatra. Music by Roger Weis. Come and have a good time!

## Medicare Choices class at WCSC

Thursday March 28, 2019 – 12:30 p.m.

Medicare can be a maze, but we're here to help you!. We welcome those that are becoming new to Medicare and those who want to learn their options available with Medicare. Please call the ADRC Dept in advance to sign up if you are interested in attending. Our number is 888-622-9230 Ext. 194.

## Euchre tournament at WCSC

Sunday March 31, 2019 – 1 p.m.

Sign-in is 12:30 p.m. Cost is \$5 per entry and 25 cents a set, with a 100 percent payback. There will also be a 50/50 drawing.

## Sterling Hearing Aid Center Inc.

603 Freeport Rd.,  
Sterling, IL

815-626-3220

sterlinghearingaidcenter.com

## GOING ON VACATION?

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**Montage UC 542-L**  
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