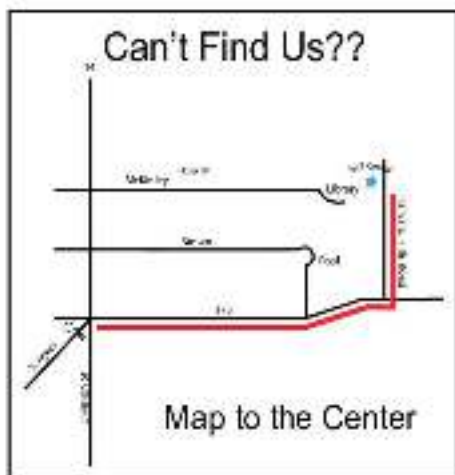


Harvard Community Senior Center, 6817 Harvard Hills Road, Harvard, IL 60033
www.harvardseniorcenter.org - info@harvardseniorcenter.org - (815) 943-2740
Service Hours - Mondays, Wednesdays and Thursdays 9:00a.m. to 3:00p.m.

April - 2019 Issue



Dinner with the Doctor

Join Shailesh Virani, MD, board certified family medicine doctor at Mercyhealth Harvard South for a FREE dinner and discussion on the importance of having a primary care doctor, where and why you should make an appointment and overall health and wellness. Dinner is sponsored by a grant from the Full Circle Foundation and free giveaways. Senior Center members may register at the Senior Center, or by calling (815) 943-2740.



April 25, 2019 6 p.m.
at the Senior Center



As I watched the state funeral services for President George Herbert Walker Bush a few months ago, the most memorable moment for me came during the eulogy delivered by his son. President George W. Bush called his father "The Brightest of a Thousand Points of Light" – a reference to Bush Forty-One's 1988 call for individual volunteerism in America. The first President Bush's vision of volunteers started as a simple belief, captured so eloquently in his own words: "There can be no definition of a successful life that does not include service to others."

April is National Volunteer Month and the Senior Center is fortunate to have many people who include service to others in their lives. From governance board members, to light bulb changers, to gardeners, to newsletter writers, to employees who work more hours than those for which they are paid, to errand runners, to photographers, to SAC members, to the list of donated time and talent is both long and critical to meeting our mission. Three decades on, President George H.W. Bush's Points of Light still shine brightly at the Harvard Community Senior Center

Sincerely, Sharon

The McHenry County PEARLS Program is continuing to expand. Led by the Harvard Community Senior Center, any county resident over age 60 can now be served!



PEARLS

Program to **E**ncourage
Active **R**ewarding **L**ive**S**

PEARLS is a new treatment program that delivers care and provides resources to community based clients with depression

PEARLS serves individuals over 60 and all age adults with Epilepsy who suffer from Depression ~ in their own home or other comfort setting. This community based program is provided by the Harvard Community Senior Center and is funded by the McHenry County Health Board, McHenry County Senior Services Commission and a McHenry County Community Development Block Grant.

PEARLS Referrals - Anyone can refer an Older Adult or individual with Epilepsy to the PEARLS program. If you are concerned that someone you know is depressed, call 815 701- 6605. A trained social worker will respond and set up an initial assessment.

SHIP Senior Health Insurance Program

Are you still confused or overwhelmed trying to navigate the Medicare system? You're not alone. Although open



enrollment is over for Cynthia Sheppard 2019, you are still encouraged to explore your options and ask any questions you may have. There are different enrollment periods based on your individual situation. Cynthia is here at the Center every Monday 3:00-6:00 and Thursday from 9:00-4:00 by appointment. Please bring your Medicare card, any other supplement (GAP) card, recent notices from your insurance company or Medicare, list and doses of medication if you would like to discuss or change your Plan D coverage.

SHIP Satellite Sites

Appointments for SHIP Counseling may also be made with Sharon Smith in Hebron, Crystal Lake, or Huntley on Mondays as available.

ALL SHIP appointments can be scheduled by calling 815 943 2740

MAY IS MEMBERSHIP MONTH

THE BOARD OF DIRECTORS INVITES YOU TO:

THE ANNUAL MEMBERSHIP MEETING

BUSINESS MEETING

DONOR RECOGNITION

LIFETIME MEMBER RECOGNITION

VOLUNTEER RECOGNITION

TIME

10 A.M.

DATE

MAY 20, 2019

RSVP

(815) 943-2740

BY MAY 10, 2019

**April Board Meeting
4/22/2019 @ 4:45**

Current Events and More

"Senior Sphere" Special Delivery

As we increase senior services and outreach opportunities, our printing costs increase as well. If you are ready, willing and able to receive the *Senior Sphere* newsletter as an e-mail attachment, please let us know so we can keep you informed, keep costs down, and save some trees too! Send an e-mail to info@harvardseniorcenter.org with the subject line "Senior Sphere Special Delivery"



STAMPIN' UP with Laura

Join us on Monday, April 15th, for card making with Laura Zaraza. She guides us

in creating a variety of unique *objet d'art*! You'll leave with a feeling of accomplishment. \$4/\$5 FEE

WALKING



We will be meeting at Walmart to walk on Monday and Thursday mornings at 8:30am. At the beginning of May, we will start walking outside at the Senior Center.

SAC Meeting

April 10th

Right after Bingo.
All are welcome.

Happy Birthday



Geri - 4

Mary Lou

Clara - 12

Wii Bowling Tournament begins



Come join us on Thursdays after Bingo for gentle exercise. The challenge is tough but fun. Think you can handle the pressure???

April 4, 11th and 18th. Sign up at the Senior Center

Beware of the latest scams

An article sent to us by Brandy Bauer talks about 3 of the most popular scams directed at Seniors today.

1. Beware of Social Security spoofing calls.
2. Watch for a new twist on the old grandparent scam.
3. Only work with a reputable agency after a natural disaster.

Please look for the full article on our website at <https://harvardseniorcenter.org/scams-to-watch-out-for-2019>

Celebrating our Seniors of the Month



Verda

Emmette

There's hardly a time when these two don't show up to support the Center. We certainly appreciate your consistent presence and delicious treats!

CROCHET CLUB



MONDAYS
10:30

Are you up for a challenge? Are you interested in learning how to knit or crochet?? Are you willing to learn or share your expertise with these skills? Come join us on Monday mornings at 10:30.

YOGA Classes

Join Yoga Instructor, Dorothy Robin, each Monday from 2-2:45 for this wonderful class! Yoga mats and blocks are provided. The beauty of yoga is that YOU choose what's right for you. With Dorothy's guidance, you make the adjustments in each pose based on what your body is telling you that particular day. Try not to eat 2 hours before class. A full stomach can make some poses feel uncomfortable. If you must eat, try a small snack like a piece of fruit or yogurt. \$4 Member / \$5 Non-Member



VOLUNTEERS NEEDED...

...for home deliveries and assisting in serving at several dining sites. For information call Catholic Charities at 815 338-7772

As you plan your 2019 events, parties, and family functions, remember that the Senior Center can be rented out on our non-service days. Call 815 943-2740 for details and our current rates. Senior Center members always enjoy discount rental rates

WISH LIST

2019 funding for our regular supplies will be limited again. We remain as thankful as ever for all the generously donated items brought in each week. Please keep our table in mind when you go grocery shopping. Plates, napkins, cups, plastic wear, food items that we can stretch to last such as trail mixes, popcorn, package cookies, water, and any other drink items you are willing to donate are greatly appreciated!

The Congregate Lunch, provided by Catholic Charities, will be held April 17th and May 29th. Be sure to sign up early.

When the weather outside is chilly!

Stop by the Center any Monday, Wednesday or Thursday while there is still a chill in the air and have a free cup of hot chocolate. If you are a reader, you can relax in our "lounge" and read one of our many books or bring your own. Book discussions are always open. Also we have a puzzle "in progress" for all you puzzle lovers.



Volunteers and Contributors

Everyone who supports the Senior Center on a regular basis.
THANK YOU for your gifts of time, treasure, and talent.

Our Corporate Sponsors

Diamond
\$1,000 +

The City of Harvard
First National Bank*
Advocate-Aurora
Health System

Gold
\$500 ~ \$999

Harvard Ranch
for Seniors
The First Presbyterian
Church of Harvard
GrantResource\$, LLC

Silver
\$250 ~ \$499
Saunders &
McFarland
Funeral Home*

Community Grants

Full Circle
Foundation
Grace Bersted
Foundation

* Denotes 2019 Capital
Campaign Gift

Board of Directors

Penny Goad, President
Raul Meza, Treasurer
Ryan Knop
Kathy Schack
Sonia Hernandez
Jay Nolan, *Director Emeritus*

Senior Advisory Council

Kathleen Felice - Chair
Barb Cheek - Recording Secretary
Peggy York
Kevin Wood
All Members Welcome