

Engage at Every Age 20th Annual Central Illinois Senior Celebration



by Elizabeth Delheimer

The 20th Annual Central Illinois Senior Celebration will be held on May 16, 2018, at the Orr Building on the Illinois State Fairgrounds in Springfield from 9:00 a.m. to 2:00 p.m.

May is designated by the Administration for Community Living as Older Americans Month. To coincide with ACL, this year's theme is "Engage at Every Age" which emphasizes never being too old to take part in activities that enrich older adults' physical, mental and emotional well-being and celebrate the many ways older adults make a difference in our communities.

The Central Illinois Senior Celebration offers such a voice. Nearly 100 exhibitors will

be available to help enhance or maintain independent community living. To date, we have exhibitors registered from health care providers; social service agencies; state agencies; housing options; retirement and end-of-life estate planning; travel and volunteer opportunities; assistive technology; and commercial vendors who will be available to answer questions and assist with attendees' needs as well as to promote independent lifestyles among adults age 50 and older.

Medics First Ambulance Company, one of our Bronze Sponsors, will provide on-site ambulance and EMT services as needed throughout the event. Also available to attendees will be an **American Sign Language**

Interpreter from 11:00 a.m. to 1:00 p.m.

There will be over 30 health screeners and health care professionals to provide free screens to attendees which include kidney education, stroke risks, mammogram, medication review, fall risk assessments, Alzheimer's awareness, cancer, blood glucose, dental and blood pressure screens - just to name a few. They will also be available to answer questions or guide you to the appropriate organization.

Senior Celebration has free entertainment scheduled throughout the event. Performers include Tip Top Tappers, Taylorville Tappers, Trudy Fleming Academy of Violinists, Marty Morris, Lowder & Manning, Ringing Friends, Juvae

Jazz Society Jazz Ensemble, Ed Clark and the Sangamon County 4H Dance Troop. Paul Palazzolo will again be this year's Master of Ceremonies. Additionally, at 11:45 a.m., the Department on Aging will be presenting Carol Schempp of Springfield with the 2017 Senior Illinoisans Hall of Fame award in the category of Performance/Graphic Arts.

We would like to especially thank our gold, silver and bronze sponsors who support events for seniors and this annual celebration. Our gold sponsors include **AARP, Brenden Gardens, Edwards Group LLC, HSHS St. John's Hospital, and Health Alliance Medical Plans. We would like to give an extra thank you to The Villas Senior Care Community and Hickory Glen for providing shuttle service the day of the event, and Senior News and Times for Illinois as our media sponsor.**

The sponsors for the Central Illinois Senior Celebration steering committee include the following agencies and committee members: **Advanced Healthcare; HSHS St. John's Hospital; Illinois Department on Aging; Illinois Secretary of State & State Librarian, Jesse White; Illinois Senior Olympics; Memorial Medical Center; Senior Services of Central Illinois; SIU Healthcare; and Springfield Supportive Living.**

- **Jean Welch**, Event Chair, Senior Services of Central Illinois;
- **Christie Chevalier-Goleman**, Advanced Healthcare;
- **Mary Rogers**, HSHS St. John's Hospital;
- **Purnell Borders**, Illinois Department on Aging;
- **Justin Yuroff**, Illinois Senior Olympics;
- **Mark Shaffer**, Illinois State Library;
- **Becky Gabany**, Memorial Medical Center;
- **Ann Jirmasek**, SIU HealthCare;
- **Jennifer Heaton Buhlig**, Springfield Supportive Living;

Limited exhibit space is still available or if interested in providing health screens, call Jean Welch at (217) 503-4629.



The Villa Senior Care Community and Hickory Glen will provide shuttle service.



Host Agencies

- Advanced Healthcare
- Illinois Department on Aging
- Illinois Senior Olympics
- Illinois State Library
- Memorial Medical Center
- HSHS St John's Hospital
- Senior Services of Central Illinois
- Springfield Supportive Living
- SIU Healthcare

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20th Annual Central Illinois Senior Celebration

Ages 50 Plus

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9 am – 2 pm

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- Montvale Estates
- Renewal by Anderson
- Springfield Housing Authority
- Staab Funeral Homes
- The Bridge Care Suites
- The Villas Senior Care
- Timi's Tours



Central Illinois Senior Celebration Health Screenings



- **Advanced Care Planning Information**
Memorial Home Services Hospice and Palliative Care
- **Blood Pressure Screening**
DaVita Dialysis
- **Blood Pressure Screening**
HSHS St. John's Hospital Third Age Living
- **Blood Typing**
Central Illinois Community Blood Center
- **BMI / Blood Pressure Screens**
SIU Center for Family Medicine
- **Body Fat Analysis**
HSHS St. John's Hospital Home Health Services
- **Bone Density Screening and Osteoporosis Education**
Memorial Medical Center
- **Diabetic Retinopathy – Macular Degeneration Screening**
Lions
- **Fall Risk Assessment**
BrightStar Care
- **Hearing Testing**
Lions
- **Hepatitis C / Blood Pressure / Glucose & Cholesterol Screening**
Springfield Urban League / Midwest Technical Institute
- **Home Safety and Disaster Readiness survey**
Sangamon County Department of Public Health
- **Macular Pigment Optical Density**
Bourn Vision
- **Mammography Information and 3D procedure video**
HSHS St. John's Hospital Women's Center
- **Memory Loss Screening**
SIU School of Medicine – Memory & Aging Clinic
- **Orthopedic and Podiatry information and booklets**
Springfield Clinic
- **re-diabetes and Diabetes paper screenings**
Memorial Weight Loss and Wellness Center – Diabetes Services
- **Robotic Demonstration (Mako Robotic-Arm Assisted System)**
HSHS St. John's Hospital Department of Orthopedics
- **Senior Health Insurance Program (SHIP) / Denture Plans**
Central Counties Health Center
- **Skin Cancer Questionnaire**
HSHS St. John's Hospital Cancer Institute
- **Skin Cancer Screening Cards**
Memorial Medical Center Regional Cancer Center
- **Stroke – Reviewing Risk Factors**
HSHS St. John's Hospital Stroke Center
- **Stroke Risk Factor Education and Evaluation**
Memorial Medical Center Comprehensive Stroke Center
- **Total Cholesterol Screening**
Memorial Heart and Vascular Services
- **Ultrasound and Body Composition Scans**
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Central Illinois Senior Celebration



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Brenden Gardens - GOLD
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Carelink & Safe Haven Hospice
Cedarhurst - Jacksonville
Central Illinois Food Bank
Chase Gruening Agency
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Clear Captions - BRONZE
Connect Hearing - BRONZE
Country Care Memory Lane
CUB Consumer Education
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Edwards Group LLC - GOLD
Epilepsy Foundation Grtr Chicago
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IDOA Ombudsman
IL Dept of Veterans Affairs
IL Presbyterian Home
IL Sec. of State - Organ/Tissue Donor
Illinois Senior Olympics
Illinois State Police
Illinois State Treasurer
Insurance Partners Inc
IRS - Taxpayer Advocate Service
ISL Talking Books Braille Service
Juvae Jazz Society
Lewis Memorial Christian Village - BRONZE
Mary Bryant Home
MedicsFirst Ambulance Company - BRONZE
Memorial Home Services - BRONZE
Memorial Home Services-Hospice
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Springfield Wellness Center
St. Joseph's Home
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2018
Central Illinois
Senior Celebration

Memorial Medical Center
Department of Volunteer and
Community Services

SCHEDULE OF EVENTS

The 20th Annual
Central Illinois Senior Celebration

"Engage at Every Age"

9:00 a.m. – 2:00 p.m.

Entertainment Lineup

Emcee – **PAUL PALAZZOLO**

9:00 a.m. **Tip Top Tappers**

9:25 a.m. **Trudy Fleming
Academy Violinists**

9:50 a.m. **Taylorville Tappers**

10:15 a.m. **Marty Morris**

10:45 a.m. **Lowder and
Manning**

11:15 a.m. **Ringling Friends**

11:45 a.m. **Illinois Senior
Hall of Fame Induction –
Carol Schempp**

12:00 p.m. **Juvae Jazz Society**

12:50 p.m. **Ed Clark on the
Keyboard**

1:20 p.m. **Sangamon County
4H Dance Ensemble**

FITNESS TOPIC...

Chair Exercise:

Anyone Can Give It A Try!



**By Justin
Yuroff, M.S.,
ACSM Certified
Exercise Physi-
ologist**

If you have read any of my previous articles, you probably know that I feel ANYONE can benefit from regular exercise. It's actually more than just a feeling. As scientists continue to study the ways exercise affects the human body, they keep finding more good things, and doctors are prescribing exercise to their patients as a way to help manage stress, blood pressure, cholesterol, diabetes, and other conditions.

As an increasing number of people are incorporating exercises into their daily routines, an even larger number are wondering where to start. Since people come in all ages, shapes, sizes, and fitness levels, there is not one single answer that applies to everyone. For someone who is able, I might recommend starting with a 15 minute walk. As the body adapts to this form of exercise

and it becomes easier, I would recommend that person increase the pace and/or duration of the walk in order to present the body with a new challenge. Walking for exercise is great because it requires no special equipment other than a good pair of shoes, it doesn't cost anything, and it is a weight-bearing cardiovascular exercise. In other words, it's good for your bones, muscles, and heart. But what if someone is unable to walk or just has bad balance and is afraid of falling?

Exercise professionals have the answer, and it is CHAIR EXERCISE! Many people are skeptical when I first tell them I can give them a good workout that involves sitting in a chair, but as soon as we get going, they quickly learn that chair exercise can be a challenge. Not only can you perform aerobic exercises such as marching and jumping jacks (sitting jacks, in this case), but you can also get a good strength workout by using dumbbell weights (or soup cans if you don't have any) and resistance bands. The chair

serves the important purpose of supporting your body, allowing you to focus on performing the exercise correctly. Just like any other exercise routine, you can increase the intensity of a chair exercise routine as the body adapts by using heavier weights, working out for a longer period of time, or even trying some of the exercises standing up if you are able.

Everyone has to start somewhere, and chair exercise is a great way to begin incorporating physical activity into your life or build upon what you have already been doing. You can do it at home while you are watching television or join a group chair exercise class. At Senior Services of Central Illinois (701 W. Mason St. in Springfield), I do a 45-minute chair exercise routine every morning (Monday through Friday) at 9 a.m. that is open to the public. If you are new to exercising or just looking for some new ideas, come on by and join us! You'll be glad you did! As always, let your doctor know before you begin any exercise program.

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