



Villa Grove News

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Pages 8

Side Tracks

your express route to upcoming VG events

WE HAVE NEW EMAIL ADDRESSES!
 news@thevillagrovenews.com to submit your news related items and advertising@thevillagrovenews.com for all of your advertising needs!

- 6/16 Fathers Day
 - 6/18 Camargo Township District Library Summer Reading Program from 10-11:30
 - 6/21 VG Clean Up Days 12pm-6pm
 - 6/22 Devilettes Trivia Night at VFW 4pm
 - 6/22 VG Clean Up Days 8am-5pm
 - 6/25 Camargo Township District Library Summer Reading Program from 10-11:30
 - 6/29 Tolono Fun Days Festival 5 PM - 9 PM City Park Tolono
 - 7/7-7/11 First Christian Churc of VG Roar VBS 6:30-8:30
 - 7/7-7/13 Moultrie Douglas County Fair
 - 7/14 Flag Day
 - 7/16 - 7/20 Mattoon Bagelfest @ Mattoon Peterson Park
 - 7/19 - 7/27 Champaign County Fair
 - 7/21 First Day of Summer
- If you have an upcoming event that you would like to see featured in Sidetracks, email us at news@thevillagrovenews.com or call us at 832-4201

Douglas County Offers Programs for Seniors

Carriage Crossing Marketing Director Angela Commons

By Tony Hooker Staff Writer
 Summer can be a challenging time for senior citizens, and those who care for them. Fortunately, there are many resources available in our area to help, and I recently caught up with several local senior advocates to shine a light on available programs and services.

At the Villa Grove Senior Center, Robin Cowman is overseeing an ongoing renovation to update and modernize the facility. The facility recently purchased new tables and chairs and is in the process of being repainted and repurposed since the city council chambers have been moved into the former city of Villa Grove space. A major opportunity for seniors to lend a hand while connecting with the younger set will present itself over the next two months, as the senior center will be Villa Grove's host for the Douglas county health department's summer meals program. The program, which is open to kids' ages 6-18, will offer breakfast from 9-9:30, activities from 9:30-10:30, and Lunch from 10:30 until the end of the program, which will be around 11:30 am. Plenty of volunteers will be needed to facilitate this awesome program, and there are no binding commitments. Just show up and help when you can. You'll get a fabulous free lunch, catered by our very own Rick's Country Market, along with the sense of accomplishment that comes from doing good. For the kids, there is no restriction based on need or income, just a desire to eat good food and have fun!

Other activities that seniors can look forward to include potential day trips, euchre tournaments and crafts days. Be on the lookout for more information, or better yet come in and see the changes at the center.

For those who are caregivers for loved ones suffering from memory issues, finding time for themselves can sometimes be the biggest issue, and Arcola's Carriage Crossing has services designed specifically to help. I sat down with Angela Commons, the Marketing Director, to find out more about Carriage Crossing and the services they provide, both to residents and to the greater Douglas County Community.

Let's start at the beginning. When did Carriage Crossing open?

Carriage Crossing opened in 2012.

What is Carriage Crossing's area of specialty?
 We're an assisted living center, and if you don't know what an assisted living center is, it allows our residents to live as independently as they can. Some might still drive but need a helping hand in other areas. The main reason

people move to an assisted living center like this is what I call "the four-letter word." It's S-A-F-E. They move here because they like the safety. Your residents vary in degrees of need?

That's correct, and then we also have an Alzheimer's, what we call a memory care community. The memory care community is for residents who suffer from dementia. Alzheimer's is just one of 80 different forms of dementia. Alzheimer's is probably the most well-known, because it's the most robbing.

How did you come to be the marketing director here?
 I'm originally from the Midwest, and my sister is a contractor and a builder. She did commercial real estate

And built Bridal Brook, in Mahomet. I was doing marketing in Tennessee, and she said "Boy, I'd really like to have you here with me," and so that is what brought me back. Our parents are aging, and she needed help.

How many facilities are you involved in?
 This is the third assisted living facility that she has built, and she has others being developed in Decatur, Rochester and Mundelein.

What sort of services do you offer your residents?
 We have a 24/7 nurse care staff, if they fall or need help. They have pendants that they wear around their neck. We have a nurse call station that alerts the nurses that can tell who and where they are when they need help. We have a monitoring system that allows us to see who's inside and outside the building. I have to stress that the most important thing when you're in assisted living is the enrichment opportunities. Enrichment is entertainment. Activities. We believe in the philosophy of busy hands, happy heart. We give our residents something to look forward to and that is so important because for the elderly, their world gets so small. Remember, they used to have the big house where everyone would come and visit them. They used to be active in their church, but they don't feel good enough and stop going, so their world starts shrinking until they're in a chair in front of a TV. We take them on shopping trips on Mondays. Every hour, there's something going on in the community. We have entertainment all the time here.

You also offer outreach services for people other than residents also. Can you tell me a little about those?
 We started a program called "Caring Conversations". A caring conversation is about how to deal with moms and dads who are still resilient, who think they can stay at home, but in reality, it's not safe for them to stay at home any more. There are triggers that families see, but because it's your dad or your mom, and they've always ruled the roost, it's sort of a reversal

of roles where you have to do the parenting. We have husbands who come in saying "she's not ready to come here yet," and he's letting her make the decision when she's suffering from dementia that's so bad that the police are having to bring her home. He doesn't see the disease, he sees the woman. We treat the disease. If you don't have the training, you're fighting an uphill battle. It's a rescue and I'm very passionate about that. We see a lot of families who are fighting their parents.

Can you tell me a little about your adult daycare program?

We offer caregivers an opportunity to bring their loved one in so that they can go get the tires on their car rotated or get their teeth cleaned or whatever they need to do. We offer the people who are dealing with it day in and day out an opportunity to bring their loved ones here, and they can do all the activities we have on our calendar be involved and get a taste of what it's like. It's not so scary when you know what's in front of you. When you know that they're taken care of and people are loving on them and as I said they're experiencing the busy hands/happy heart. We're the only community in the area that I know of, besides Clark-Lindsay up in Champaign, that has a license for music and memory. Music and memory is a program for dementia. We give them headsets that plays music that they grew up on. Maybe it's old time rock n roll, or classics or a little Lawrence Welk. Sometimes it's something simple like happy birthday or You Are My Sunshine. It's amazing to see the light that comes on. It's almost like they're coming out of a deep sleep. That's what me and Jen (Shadwick)

were talking about. We want to bring music to the people who are dealing with this. We don't know if we're going to have this off site. The gentleman who owns Monical's has offered his building because what happens when you're the care giver of someone who has dementia or Alzheimer's, you find that you can't take them anywhere any more. So where can they go where everyone in the room has the same affliction? Nobody's judging anybody. You're playing music, you're eating lunch, once a month. We're working on putting that together, either here at Carriage Crossing or we can go off site and hold it somewhere else.

How far along is this project?

That's why you're here! <laughs> We would like to have it some time in June. It should be easy to plan once we can nail down a date.

Are there any other services or events that you're aware of that folks from the area can take advantage of?

We offer a Dementia and Alzheimer's Support group that meets every Wednesday morning at 10 o'clock. If you're supporting someone with dementia and you need to talk with someone, we've got a licensed family practitioner, a licensed nurse that can talk to you about things you needed to know. When you're dealing with it, how you divert. Our director serves on the board of the council for aging, so if something is in the pipeline, we may find out about it before a lot of people do.

Do you offer transportation?

We have a bus and a van. Also Dial-a-Ride provides low cost transportation. That's the beauty of living in this area. Everyone helps

everyone. That's why you live in a small town. That's why you migrate back.

What sort of training does someone need to work in a facility like this?

It depends on the position. For example, if you're applying as a CNA, you have to take specific training. One thing about this area is that it has the most beautiful group of volunteers you could ever imagine. When we put on a party, I've never seen so many people come out and wrap their arms around our community. We had an Easter egg hunt and gave away huge gifts and money. There were several local businesses that donated. It was great. Everyone gets their hands involved and helps out.

You probably pull out all the stops for holidays?

We sure do. Every quarter, we have a big family dinner, with entertainment. I got off track a little, but as far as our staff training, our nurses have the latest training. We use a system called Relias and all our staff have to complete it. I think we give our staff the opportunities to get the training they need, especially when it comes to dementia.

Summer Phillips at the Douglas County Health Department took time out from her busy day to enlighten me regarding programs and services for seniors. We have a nail clinic for individuals who are unable to tend to their footcare. The program is normally booked up three months in advance. We unfortunately can't offer the service to people who are diabetic, but it's one off the most popular services that we offer. We will be offering a senior health fair in Arcola on September 20, we partnered with the Lions Club of Arcola, and we'll have two testing facilities there, one for diabetic retinopathy and Cont. pg. 2

Officers Carry "Flame of Hope"



Villa Grove's very own Trooper Tracy with Illinois State Police helped bring the Torch to the Summer Special Olympics Game in Normal Illinois. She and her group were the part of Leg 2 from Fisher to Champaign. The Law Enforcement Torch Run is the single largest fundraising vehicle benefiting Special Olympics Illinois. This annual intrastate relay fundraiser and its various fundraising projects are conducted by local, county and state police department officers, as well as FBI, military, corrections, college/university security and other representatives. Approximately 3,000 officers carried the "Flame of Hope" nearly 1,500 miles, running through thousands of Illinois communities via 23 different legs (routes) to its final destination - the Opening Ceremonies of the Special Olympics Illinois Summer Games in Normal.

Gold and Silver Spoon Awards

A New Beginning
 By Aaron Patrick

Congratulations to the following food establishments which received the Gold Spoon Award for excellence in training of Certified Food Protection Managers and Food Handler Staff at the required levels at all times for the month of May 2019: Jack Flash-Arthur, Pizza Crib, D's Tasty Treats, Pizza Man, Cindy's Log Cabin, Tri-City Country Club, Walter Jones VFW, Brookstone Estates, 4 Way Stop, Douglas County Jail, Quality Inn, Arcola

Health Care, Newman American Legion, Jimmy John's, Dairy Queen-Tuscola, and McDonald's-Arcola.

The Silver Spoon Award was awarded to an establishment with food preparation for excellence in training of Food Handler staff, and that winner is: Chinatown.

A Gold Spoon Award was awarded to one retail establishment with no food preparation which had no violations observed at the time of their annual inspection, and it is: Kauffman Amish Furniture.

A Silver Spoon Award was awarded to one retail establishment with no food preparation which had no risk factors observed at the time of their annual inspection, and it is: Tuscola T-Sno.

The Director, Lana Sanstrom, and I would welcome conversation about this program and other topics concerning the food program. We can be reached at 217-253-4137 or by email through our website, www.dchealthdept.org.

Telephone Scam Warning Targeting Douglas Co. Residents

Telephone Scammer Tries To Fool Senior Citizens In To Thinking They're A Douglas County Deputy

On June 3, 2019, the Douglas County Sheriff's Office received a report from a citizen of a possible scam. The citizen reported they were contacted via telephone by a male who stated he was Deputy Toby Marshall with the Douglas County Sheriff's office and she had a warrant for her arrest. She was told to call another number and pay her bond with a direct money transfer of \$6000 or she would be arrested. The caller ID

showed the call was from the Douglas County Sheriff's Office 217-253-2913. No Money was transferred. The scammer called her back while on the phone with the DCSO. The citizen advised the scammer she was speaking with her local Sheriff's Office, thus ending the potential scam.

The Sheriff's Office wants to make the public aware of this scam, and ensure that we do not have a Deputy name Toby Marshall, nor would we call you to inform you that you have a warrant or request any sort of payment over the phone for any circumstance.