



PICTURED ARE ONE of the groups from craft day: Front row (left to right): Madison Beitz, Adalyn Joyner, Bridget Overton, Taryn Hrabak, Esmi Small, Delaney Nation, Kristin Partlow, Neko Nation. Second row: Kenley Carr, Collin Brown, Saeward Lazaro. Third row: Olivia Passig, Lilah Bonny, Addison Daugherty, Macy Moran, Bryleigh Elliott, Madison Reeder. Fourth row: Gareth Coffey, Madeline Nunamaker, Matthew Horsman, Kaitlyn Hemmen, Blair Elliott, Tynlee Lehn. Submitted photo.

# Moultrie-Douglas 4-H holds officer training

Coles, Cumberland, Douglas, Moultrie and Shelby County 4-H members came together at the Mattoon Public Library for an Officer Training workshop held on Saturday, January 29. There were 22 members who attended. The training was led by Youth Educator, Kim Morrison, and 4-H program coordinators Jessica Hays (Coles), Yolanda Nation (Shelby), Jaylynn Schober (Cumberland), and Angie Welker (Moultrie-Douglas).

Members participated in two icebreaker games so

everyone could get to know each other. Members then talked about what qualities make a good leader. Members broke out into officer training sessions learning more about the President/Vice-president by doing a Parliamentary Procedure activity which involved making trail mix. Secretaries learned how to write a thank you card and reviewed minutes to learn what should be included to make good meeting minutes. The treasurer's worked on learning how to write checks and

keeping a check register. The recreation group learned about ways to bring fun to 4-H meetings.

The highlight of the morning was working together as a team to open an Escape Box which had many other boxes that had to be unlocked. Members had to complete a variety of activities which led to other clues to unlock each of the boxes. Activities in the Escape Boxes included writing a thank you card, assembling meeting minutes, writing a check and creating a check register.

4-H'ers then enjoyed a boxed lunch from Jersey Mikes. Following lunch, several members made handmade Valentine's Day cards which will be delivered to area nursing homes. It was a great morning of learning and meeting new 4-H'ers.

For more information about 4-H in Moultrie-Douglas or other 4-H activities, contact Angie at 217-543-3755 or email her at awelker@illinois.edu. The Extension office is located at 304 E Progress St, Arthur, IL 61911.

## Jarman Center

From page 1

ness model changed.

Retirement living was Plan B for Foote and Wold. They converted the building, built in 1965, into 26 residential units with a shared dining hall. Wold serves as cook as well as building manager, maintenance man and more. The dining hall has served as a community center, and Foote said it will continue to be used for that purpose. It is also available for office space, of which some is currently used, and bed and breakfast rooms remain available.

The dynamics of senior living has changed, though, she said. People are staying in their own homes longer and moving to centers like Jarman in their late 80s and 90s. For that reason, their stays are shorter, and some people in that age group need a higher level of care. Licensed assisted living centers often offer subsidized rents that are not avail-

able at Jarman, Foote said.

The retirement living rooms have been filled up at times, but the current occupancy is down to about 10. It's just no longer feasible, the couple said.

The decision to close was multi-faceted. Money is part of it, Foote said, but difficulty in finding help and changing attitudes toward retirement living were also drivers. Plus, they're just tired. "I'm 61. Tom is 63," Foote said. "We don't plan on dying with Jarman."

Wold said he works seven days a week. He does most of the cooking for residents, often without an assistant, which he says requires moving like a tennis player. He also pulls three night shifts a week. He said he re-evaluated his life after a brother died last July from a heart attack. He had not been able to see him for months because he's been pinned down to the building.

Even after suffering from a slipped disc in his back, he never missed a day of work. Even after contracting COVID-19, he didn't miss a day, he

said. "I know something about science," he said, "and air flow," so he stayed in the kitchen under the exhaust and practiced slow breathing exercises. He and Foote are proud that none of their residents have had the virus although both of them have.

With the back problem, he said he could hardly sit down and it took 25 minutes to put on his shoes, but he still hobbled in every day to meet the demands of the center. It's just too much, he concluded. "I've been an unpaid volunteer for 30 years."

Foote said the couple is not dependent on Jarman Center for their financial security, so they're flexible in offering it for sale. They have even considered donating it to a worthy charity if such a charity has a viable plan that would benefit the community.

What they don't want to see is a real estate developer who "shuffles property" and is only interested in how much money they could squeeze out of it. They're community minded

people, and Foote said it was that community involvement that spurred their interest in the building in the first place.

"We try to do some good in this world," Wold said, "but we're hanging on for fewer and fewer [tenants]. He said he's always wanted to teach at the college level and wants to be able to do that before he's too old to do it. He'd also like to do more volunteer work, especially with music and coaching.

Foote said she thinks there is still a lot of opportunity with the building but "it's not the opportunity we want in our life right now."

Wold said he'd like to find younger people with more energy and with vision to take it to the next level. "We never want it to fall into arbitrary hands of paper shufflers. We want it to be in good hands with the energy we used to have."

Foote added that she hopes the town will support whatever is next for the building. "Change isn't always easy," she said, "but it's part of life."

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## Tuscola Today

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14 Lasagna Broccoli Corn Tossed Salad w/Dressing Packet Cheddar Biscuit	15 Fried Chicken Mashed Potatoes w/Gravy Collard Greens Mandarin Oranges Whole Grain Bread	9 Mushroom Crusted Chicken Au Gratin Potatoes Capri Vegetables Pineapple Whole Grain Bread	10 Cheeseburger Soup Pickled Beets Broccoli Salad Peaches Roll
	16 Beef Stew with Vegetables Green Beans Jell-O with Mixed Fruit Roll Surprise Dessert	17 Chicken Tetrizzini Honey Glazed Carrots Tossed Salad w/dressing Packet Hot Fruit Crisp	11 Salmon Burger w/condiment Baked Beans Brussels Sprouts Apricots Bun
			18 Cheese Salad Hearty Vegetable & Bean Soup Pickled Beets Grapes Bun

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