



We are at: 741 W. Washington Street, Suite 1 Pontiac, IL 61764

Our office hours are:

Monday through Friday

from 8:00 to 4:30 we are closed from 12-1

Office phone - 815-844-3201

E-mail – cathyg@mccainc.org

Senior Line - 815-842-3484

Rosalie Hjerpe is our Senior Advocate

Her e-mail is: rosalieh@mccainc.org

Website – www.mccainc.org

We are funded in part by the East Central Illinois Area Agency on Aging (ECIAAA)



Strawberries have been great this year – here is another way to eat them.

Strawberry Romaine Salad

Combine the following in a large salad bowl:

- Romaine lettuce–rinsed, dried, chopped
2 bunches fresh spinach–washed, dried, chopped
1 pint fresh strawberries, rinsed, cored & sliced
1 Vidalia or other sweet onion, sliced thin
Dressing – Put following in a jar with tight lid:
1/2 cup mayonnaise
2 Tbs. white wine vinegar
1/3 cup sugar (or use a sugar substitute)
1/4 cup milk
2 Tbs. poppy seeds

Shake well, pour over the salad, toss to coat evenly and enjoy.

SNAP - Supplemental Nutrition Assistance Program

Do you need help with your food costs? If you are living on a limited income, you may want to consider applying for SNAP assistance at our local Department of Human Resources office. This is another way to help you make ends meet.

If you are 60 or over and you may be eligible if the gross monthly income is at or below \$1,805 for a household of 1 person or \$2,428 for a household of 2 people.

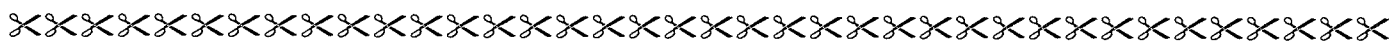
Your assets will not be counted, and you can save the monthly assistance up to use once a year or during the holidays, when you may have higher food costs. Please give our DHS office a call if you are interested. Call them at 815-842-1151.

Energy Assistance Program – LIHEAP

Our fall Energy Program begins in September with a priority period for seniors 60 and older, those with Social Security or VA disability benefits, or who have an active disability case pending.

Though we do not yet have final details for the program, we expect to begin on Wednesday, September 1 with a walk in day. That will also be the first day we can begin making appointments. The program will continue until May or until the funds are spent.

We will post details on our website, TV Channel 13, the radio and in the newspapers before the program begins. This program will help by making a payment on your heat and light bills.



Our services are provided at no cost to seniors, however, contributions to Senior Services are always appreciated & assist to keep the program strong. Please make checks out to Mid Central Community Action, Inc. and send to:

Mid Central Community Action, Inc., 741 W. Washington, Suite 1, Pontiac, IL 61764

Name _____ Address _____

Town/State/zip code _____ \$ _____ Donation amount



Agency News

John Burrill, our Executive Director, retired at the end of June. Currently Pam Pullman is our Interim Executive Director. Pam is getting to know the staff and our programs and helping us make changes to serve you better.

Circuit Breaker Program

If you would like Rosalie to help you with your Circuit Breaker application, please give us a call so we can make you an appointment. If you need a home visit tell us when you call. We can do many applications right over the phone. It is important to have your information together so that she can quickly complete your application. You will need to know your income for 2009 and the amount of rent or property taxes you paid in 2009

Disaster Preparedness – Summer Heat

Extreme heat causes more deaths than all other weather combined according to the Illinois Emergency Management Agency. The National Weather Services reports more than 970 heat related deaths have occurred in Illinois since 1995. Heat-related illness can range from heat cramps to heat stroke. Learn to recognize the symptoms and know what actions to take. Take care of yourself this summer.

-Heat Cramps: Twitching or spasms in muscles, treatment is moving to a cool place and lightly stretching muscles – give sips of cool water or an electrolyte drink.

-Heat Exhaustion: Heavy sweating, with cool, pale and clammy skin. The person may have a fast, weak pulse and shallow breathing. Fainting, nausea and headaches are common. Treatment includes moving the victim to a cool place where they can lie down, application of a cool, wet cloth and sips of cool water or an electrolyte drink.

-Heat Stroke: Similar to Heat Exhaustion but with high body temp of 103-106 and hot, red, dry skin, with possible unconsciousness. Treatment – this is a life threatening medical situation and requires emergency medical treatment.

Pontiac Farmers' Market

P.R.O.U.D. continues to sponsor a weekly farmers market in partnership with the Spence Farm Foundation and U. of I. Extension Office. The market takes place each Saturday morning beginning at 7 a.m. and continues until “sell out”.

Come out and buy locally produced goods each Saturday – fruits, vegetables, herbs, flowers, plants, honey, maple syrup, baked goods, etc. This year there have been some cooking demonstrations, food samples and sometimes even entertainment. All this takes place on the courthouse lawn in downtown Pontiac.

Medicare Part D – Assistance with your medicine

If you are new to Medicare and you would like assistance choosing a plan, please give us a call at 815 842-3484. We can help you look at plans so that you make the best choice for you.

If you are already on a plan, the time to change plans will begin in mid November.

Mini Wellness Fair for Seniors

Mark your calendar now for Thursday, September 16th. Evenglow Lodge is sponsoring a wellness fair for seniors at the Forrest United Methodist Church, 101 E. Watson Street in Forrest. It will feature health screenings, Tai Chi demonstrations and you will be able to meet with representatives from Livingston County agencies. We'll be there – hope to see you. We are enclosing a flyer for the event.

What to do with leftovers – storing them safely

Perishable food should not be left at room temperature longer than 2 hours or 1 hour if the temperature is above 90 degrees F. Divide large quantities of hot food into shallow containers for quicker cooling. Leftovers should be frozen if they cannot be used within 3-4 days. If you are using a microwave to reheat, be sure food is in a microwave-safe dish. Rotate and stir food to reheat it evenly and thoroughly.

U of I Extension Office – Ideas for eating better for less