

The Distinguished Reader

VNA
Community
Services



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Blossoming Signs of Support

The VNA would like to extend our heartfelt gratitude to our wonderful community for its overwhelming support and generosity during our recent fundraiser events. Thanks to your unwavering dedication and countless contributions, our fundraiser was an incredible success, surpassing all expectations and reaffirming the power of unity and compassion within our community.

From local businesses to individual donors, each and every contribution played a crucial role in helping us reach our fundraising goal. From our fifth annual “Put Your Heart Into It” fundraiser, to our chicken and noodle dinner at Tres Café to the donations and support of the community we have surpassed our goal of \$20,000 towards our facility. Whether it was through monetary donations, volunteer hours, or spreading the word about our cause, your support has made a tangible difference in the lives of our seniors. Your kindness and generosity have enabled us to continue providing essential programs and services that enrich the lives of our members and ensure their well-being and happiness.

As we reflect on the success of our fundraiser, we are reminded of the incredible spirit of generosity and camaraderie that defines our community. Your support has not only strengthened our senior center but has also reinforced the bonds that unite us as neighbors and friends. On behalf of all our staff, volunteers, and seniors, we extend our deepest thanks to each and every member of our community for your unwavering support and dedication.

Together, we will continue to make a positive impact and create a brighter future for our seniors and generations to come. If you or someone you know would like to take advantage of these resources the VNA Community Services is providing, please have them reach out to us at (309) 342-1152 or stop by our office at 2262 Grand Avenue, Galesburg.



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SPECIAL POINTS OF INTEREST

- Raise the Roof goal has been reached
- Tres Café Chicken and Noodle Dinner
- Stress Busters Class





Chair Exercise Returns

At the senior center, there's an exciting array of new activities designed to engage both body and mind. One such addition is the introduction of chair exercises tailored specifically for seniors, focusing on gentle stretches, breathing techniques, and meditation. Led by an experienced instructor, these sessions provide not only physical benefits such as improved flexibility and balance but also promote relaxation and stress relief. Participants find solace in the serene environment, fostering a sense of community and well-being among peers. The chair exercises will begin in May and will be available every second and fourth Tuesday of the month at 9:30AM. Besides these programs, we have many others that offer socialization and support for the older adults of Knox County. If you would like more information on these programs, come down to the VNA to learn more or call (309)342-1152.

“This donation represents more than just a monetary figure; it symbolizes the unwavering dedication of individuals and businesses within our community to ensure the well-being and happiness of our seniors.”

Raising the Roof has been Reached



We're thrilled to share some wonderful news from our recent "Raise the Roof" fundraiser event at the VNA. Thanks to the incredible support and generosity of our community members, we've reached our fundraising goal, and it's all thanks to a remarkable donation that truly exemplifies the spirit of giving.

Amidst the hustle and bustle of a typical day at the VNA, a heartfelt moment unfolded as one of our clients, Samuel Larson, stepped forward with a check of 4,897 that soared us past our target. Their generous contribution has not only met our financial needs but has also uplifted our spirits and reaffirmed the strength of our community bonds. We cannot express enough gratitude for their kindness and support.

This donation represents more than just a monetary figure; it symbolizes the unwavering dedication of individuals and businesses within our community to ensure the well-being and happiness of our seniors. With this milestone reached, we're inspired to continue striving for excellence in providing enriching programs and services for our beloved seniors. Thank you to everyone who contributed to this incredible achievement, and let's continue to make a positive difference together.



“The highlight of the evening was undoubtedly the delicious chicken and noodle dinner served with love and care by volunteers from the senior center and Tres Cafe.”

Tres Café Chicken and Noodle Night

The aroma of savory chicken and noodles wafted through the air, welcoming guests to a heartwarming fundraiser night hosted at our local restaurant and generously sponsored by the senior center. As attendees stepped inside, they were greeted with the comforting sight of the volunteers of the VNA as well as the sight of the silent auction items and the 50/50 raffle, setting the stage for an evening of community togetherness and charitable giving. The cozy ambiance of the restaurant echoed with the sounds of laughter and conversation, creating a warm and inviting atmosphere for all who joined in support of a worthy cause.

The highlight of the evening was undoubtedly the delicious chicken and noodle dinner served with love and care by volunteers from the senior center and Tres Cafe. As guests savored their meals, they also savored the knowledge that their participation was making a meaningful difference in the lives of their local community, with proceeds from the fundraiser benefiting essential programs and services for the VNA community services.

The fundraiser served not only as a means to raise vital funds but also as a celebration of the invaluable contributions of our seniors, whose dedication and support continue to enrich the lives of everyone in our community. As the evening came to a close, hearts were full, stomachs were satisfied, and the bonds of community were stronger than ever before. The VNA left that evening with over 5,000 dollars raised from the event. We would like to give a whole hearted thank you too all the supportive members of this community in keeping the VNA going strong.

PUT YOUR HEART INTO IT

Throughout the month of February, our local senior center was abuzz with excitement as it embarked on a transformative fundraising journey, generously sponsored by our community's cherished local businesses. With hearts full of compassion and determination, these businesses rallied together to support our seniors, offering a beacon of hope and solidarity during the chilly winter days. From heartfelt donations to creative fundraising events, each business played a vital role in igniting a spirit of giving that permeated every corner of our town. As the fundraiser unfolded, the warmth of our community's support shone brightly, providing essential resources and opportunities for our beloved seniors to thrive. At the end of the month, the VNA was able to raise over 13,000 dollars in funds for its building and services. Thank you again to all who donated and supported us through the month of February.



May 2024

All Meals served with Bread and Milk

SS Suggested Donation
No one will be turned away due to inability to pay

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Swedish Meatballs Noodles Succratah Lettuce Salad Pudding	2 Spaghetti Lettuce Salad Broccoli Salad Pears Glazed Angel Cake	3 Potato Soup Egg Salad Slider Asparagus 3 Bean Salad Mixed Fruit	4	5
6 Fish Fillet Baked Potato Baked Beans Cole Slaw Mixed Fruit	7 Chicken Casserole w/Broccoli Brown Rice Cucumber Salad Strawberry Shortcake	8 Veg Beef Soup Mac Salad Mixed Fruit Cookie	9 Lasagna Lettuce Salad Carrot/Celery Glazed Angel Cake	10 Chef Salad Corn Bread Brussel Sprouts Salad Orange	11	12
13 Salmon Patty Cream Peas Potatoes Slaw Peaches/Pie	14 Meatloaf Baked Sweet Potato Escalloped Corn Pea Salad Fruited Jello	15 SS Chicken Rice Veggies Orange Fruit Cobbler	16 Ham Green Beans Party Potatoes Glazed Carrots Apricots	17 Chicken Parm Noodles Corn Lettuce Salad Garlic Bread Choc Mousse	18	19
20 BBQ Pork Sand Potato Salad Green Beans Pears Cake/Ice Cream	21 Tuna Salad Sandwich Veggie Blend w/Ranch Lettuce Salad Mandarin Oranges Cookie	22 Beef Sliders Kidney Bean Salad Peas & Carrots Peaches Cherry Fluff	23 Salmon Noodle Cass Lettuce Salad Broccoli Fruited Jello	24 Tater Tot Casserole Carrots & Celery Apple Pie	25	26
27	28 Sloppy Joe Baked Swt Pot Baked Beans Corn Ice Cream	29 Sausage Gravy- Breakfast Casserole Orange Juice Strawberries Banana Coffee Cake	30 Ravioli Lettuce Salad Carrot/Celery Glazed Angel Cookie	31 Hamburger Baked Beans Potato Salad Slaw Ambrosia		

Closed for Holiday



May 2024

Highlights for May

NEW! Chair Exercise
May 14th & May 28th
May 23rd Bingo

MON	TUE	WED	THU	FRI	SAT	SUN
	1 Crafts @ 9 - 10am	2	3 MOB @ 8-30 - 10:30 am		5	
6 Pool Tables @ 10am	7 Mr. IT @ 9:30 - 11am	8 Crafts @ 9 - 10am	9	10 Pool Tables @ 10am	11	12
13 Pool Tables @ 10am	14 Chair Exercise @ 9:30am	15 Crafts @ 9 - 10am	16	17 Pool Tables @ 10am	18	19
20 Pool Tables @ 10am	21 Mr. IT @ 9:30 - 11am Card Club @ 1:45 - 3:45pm	22 Crafts @ 9 - 10am	23 Bingo @ 10am	24 Pool Tables @ 10am	25	26
27 Pool Tables @ 10am	28 Chair Exercise @ 9:30am	29 Crafts @ 9 - 10am	30	31 Pool Tables @ 10am		



June 2024

\$5 Suggested Donation
No one will be turned
away due to inability to
pay

All Meals served
with Bread and
Milk

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3 Ham Salad Sandwich Potato Chips Boccoli 3 Bean Salad Strawberries	4 Pork Chop Potato w/Gravy Cucumber Salad Apple Pie	5 Goulash Green Peas Lettuce Salad Apricots Pudding	6 Beef Stew Biscuit Carrot Sticks Green Beans Cinn.Applesauce Bar Cookie	7 Chicken Tetrazini Veggie Blend Lettuce Salad Orange Pear Lime Jello	8	9
10 Fish Fillet Baked Beans Baked Potato Apricots Straw Shortcake	11 Teriyaki Chicken Rice Veggies Orange Peach Cobbler	12 Ham Esc Potatoes Peas & Carrots Zucchini/Tomatoes Pears Ice Cream	13 Enchiladas Lettuce Salad Pickled Carrots Lemon Brownie	14 Cowboy Bean Bake Parm Caul Salad Cornbread Orange Fluff Cookie	15	16
17 Salmon Patties Cream Peas Pot Beets Peaches Fruited Jello	18 BBQ Chicken Sandwich Baked Swt Pot Baked Beans Lettuce Salad Ice Cream Birthday Cake	19 Closed for Holiday	20 Ham & Corn Chowder Carrot/Celery Fruit Cocktail Cookie Peanut Butter Cup	21 Meatloaf Baked Potato Kidney Bean Salad Broccoli & Cauli Pudding	22	23
24 Egg Salad Sand Potato Chips Pea Salad Cucumber & Onion Chocolate Mousse	25 Hot Beef Sand Mashed Potato Mixed Veggies Lettuce Salad Apple	26 Polish Sausage Sauerkraut Red Beans Rice Collard Greens Peaches Brownie	27 BBQ Pork Sand Baked Sweet Potato 3 Bean Salad Tropical Fruit Ice Cream	28 Ham & Beans Corn Bread Stewed Tomatoes Lettuce Salad Cherry Fluff	29	30

June 2024

Highlights for June
 June 4th Caregivers Stress-
 Busting Classes

	MON	TUE	WED	THU	FRI	SAT	SUN
					1	2	
3	Pool Tables @ 10am	4 Mr. IT @ 9:30 - 11am Stress-Busting @ 2 - 3:30pm	5 Crafts @ 9 - 10am	6	7 Pool Tables @ 10am	8	9
10	Pool Tables @ 10am	11 Chair Exercise @ 9:30am Stress-Busting @ 2 - 3:30pm	12 Crafts @ 9 - 10am	13	14 Pool Tables @ 10am	15	16
17	Pool Tables @ 10am	18 Mr. IT @ 9:30 - 11am Card Club @ 1:45 - 3:45pm Stress-Busting @ 2 - 3:30pm	19 Crafts @ 9 - 10am	20	21 Pool Tables @ 10am	22	23
24	Pool Tables @ 10am	25 Chair Exercise @ 9:30am Stress-Busting @ 2 - 3:30pm	26 Crafts @ 9 - 10am	27 Bingo @ 10am	28 Pool Tables @ 10am	29	30






 Support local businesses that support
 the VNA Community Services



Stress Busters for Caregivers

Starting in June at the VNA, caregivers find solace and support through a specialized stress relief class tailored to their unique needs called “Stress Busters.” Held in a tranquil and nurturing environment, this class offers caregivers a sacred space to unwind, recharge, and prioritize their well-being amidst the demands of their caregiving responsibilities. Led by experienced instructors, participants engage in gentle exercises, mindfulness techniques, and relaxation practices aimed at alleviating tension and promoting inner peace. This class will also focus on the struggles of helping a care recipient that suffers from a chronic illness. Through shared experiences and supportive interactions, caregivers not only find practical tools to manage stress but also discover a sense of community and validation in their caregiving journey. This class serves as a lifeline, empowering caregivers to cultivate resilience and compassion as they continue to care for their loved ones with grace and strength. If you or someone you know is interested in the Stress Busters class, reach out to the VNA at (309)342-1152.



“Through shared experiences and supportive interactions, caregivers not only find practical tools to manage stress but also discover a sense of community and validation in their caregiving journey.”

Farmer’s Market Vouchers

Beginning soon, The VNA is set to offer its annual farmers market vouchers to its members. Recognizing the importance of fresh, nutritious food for the well-being of seniors, the IDoA partners with local farmers markets to provide vouchers that can be redeemed for a variety of fruits, vegetables, and other wholesome produce. This initiative not only promotes healthy eating habits but also supports local farmers, fostering a sense of community and sustainability.

For seniors, these 50 dollar vouchers represent more than just access to fresh produce; they symbolize empowerment and choice in their dietary options. With the freedom to select their favorite fruits and vegetables, seniors can enjoy meals that are not only nourishing but also tailored to their individual preferences and cultural tastes. Additionally, the opportunity to interact with local farmers at the markets creates a sense of connection and belonging, further enriching the overall experience. As the VNA continues to prioritize the health and well-being of its community, the farmers market vouchers serve as a tangible testament to its commitment to fostering vibrant and thriving communities. If you would like to receive the farmers market vouchers this season, reach out to the VNA today.



VNA COMMUNITY SERVICES

VNA is the premier senior social services agency of Knox County. It is our mission to provide access to services and programs that either maintain or improve the quality of life for the seniors of our community allowing them to remain thriving in their homes.



Michael John Bennett
Executive Director

VNA Community Services

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...better with age



Together, We Raised the Roof! A Heartfelt Thanks from Our Executive Director

Dear Friends and Supporters,

As I sit down to write this message, my heart is full of gratitude and amazement at the generosity and commitment of our incredible community. Just six months ago, we embarked on what seemed like a formidable journey with our "Raise the Roof" campaign. Our goal was ambitious — to raise \$20,000 in 12 months to fund vital improvements to our facilities. Today, I am thrilled to announce that not only have we met our goal, but we have done so in half the anticipated time!

This achievement is not just a testament to the power of collective effort, but also to the spirit of compassion and dedication that defines each of you. Your support has surged like a wave of goodwill, enabling us to reach our \$20,000 target in a mere six months. This rapid success has exceeded all our expectations and has brought us to a moment of early celebration and profound appreciation.

Your contributions have come in many forms, each significant in its own right. From the enthusiastic participation in our fundraising events to the silent auctions, from direct donations to spreading the word in the community — every effort has been vital. This campaign saw unprecedented engagement, with local businesses offering matching grants, schools hosting community drives, and individuals volunteering countless hours to ensure our success.

It is important to reflect on what this achievement means for our future. The funds raised are not merely numbers; they are the bricks and mortar that will fortify our foundation. They represent the resources we will use to enhance our services and expand our reach. This success ensures that we can continue to serve our community effectively, responding to needs with the same urgency and care that you have shown through your support.

As we move forward, the work does not stop. The completion of

this fundraising goal is just the beginning. Plans are already underway to put every dollar to good use, with transparency and accountability at the forefront of our actions. We are committed to updating you regularly on our progress and the tangible impacts of your contributions.

Let us take this opportunity to celebrate the incredible milestone we have achieved together. I invite each of you to join us in a special celebration event next month — details will be shared soon. This will be a time to reflect, rejoice, and look ahead to the new challenges and opportunities that await us.

On behalf of our board, staff, and especially those we serve, thank you for your unwavering support. You have proven that when a community comes together, no goal is too lofty, no roof too high to raise. We are deeply grateful for your generosity, your time, and your belief in our mission.

With warmest regards and endless thanks,

Michael Bennett
Executive Director

