

The Distinguished Reader

VNA
Community
Services



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Growing Strong

As we continue into the new year, the VNA has been seeing a lot of support these last few months. First, we launched our 5th annual “Put Your Heart Into It” fundraiser for the VNA. With the help of 7 sponsors within the community as well as over 20 businesses donating goods and services to the older adults of Knox County, the VNA has started off strong for the year of 2024.

Furthermore, we have begun several programs here at the VNA to help with isolation for those of Knox County. The first is the “Senior Sharks” using our pool tables to play some games of billiards every Monday and Friday at 10am. We have also had several come to us with interest in starting a bridge club as well as a knitting club here at the VNA. We are always interested in trying to bring more programs to the VNA to get more engagement from the older adults of the community so we are always looking for new opportunities to help. Of course we also have all of our other programs that are continuously offered for our clientele available.

As we continue into this new year, the VNA keeps growing stronger with all the support from the community as well as the resources we are trying to offer for the older adults of Knox County. 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

- ADRD Funding at the VNA
- 5th Annual “Put Your Heart Into it” Fundraiser
- Matter of Balance Class
- Pool tables open at the VNA





The “Senior Sharks” and the “Bridge Brigade” at the VNA

In an effort to provide more socialization for the older adults of Knox County, the VNA is bringing about two programs to provide some social interaction and engagement among the community. The first program has already taken off and become a big hit at the VNA, and this program is our “Senior Sharks” billiard league. The VNA recently restored two pool tables and were looking for some feedback from the community on their interest of participating in billiards. From this, the “Senior Sharks” program was formed. Every Monday and Friday from 10 am to 11 am at the VNA, the pool tables are available for any of those who are 60 and older to come utilize them for a nice game of billiards.

Another program we are hoping to develop is a bridge card league at the VNA. We were approached by several card players in the community that would love to have a place to come play bridge and other card games once a month. This program is still in the works but stay tuned for further information. Besides these two 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.

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ADRD Supportive Gap Filling Services

Each year in January, the VNA receives a limited amount of funding in an effort to help our clients who suffer from Alzheimer’s Disease and Related Dementias (ADRD) as a means to offer them respite services and aid. We also can offer these respite services an aid to caregivers of someone with ADRD. Each person is allotted 1,500 max that can be spent on them. Also, this funding is meant as an alternative source of respite when all other resources have been expended.

The services the VNA can provide for caregiver of and those who suffer from ADRD include: medical care and supplies, environmental and material aids, and community access services. Our caseworkers at the VNA will work with you directly to assess your level of need and the resources you are seeking. Also, they will help find the services and materials and ensure that help is provided and goods are received.

If you or someone you know suffers from or takes care of someone who has ADRD, have them reach out to the VNA for support.



“The VNA is honored to see so much support for the older adults of Knox County through the countless good hearts that are out there.”

“Put Your Heart Into It”

This year, the VNA is celebrating its 5th annual “Put Your Heart Into It” fundraiser. This fundraiser lasts through the month of February and 7 different businesses throughout the community of Knox County have offered their support to the VNA whether it is through sharing of their profits on specific days of the month or donating directly to the VNA using our QR code (provided above).

This year, the businesses that sponsored the VNA are as follows: Culver’s Restaurant, Landmark Café and Creperie, Innkeeper’s Coffee Shop, The Bar 65, Iron Spike Brewing Company, Lim’s Ice Cream LLC, and The Carriage House. The VNA would also like to give a special thanks to Beacon of Hope Hospice, F&M Bank, and Baked Pizzeria.

Even further, Tres Café will be sponsoring a chicken and noodle dinner on the 30th of March from 4-8pm. This dinner will be \$10 only and 100% of the proceeds will directly go to the VNA. Also, there will be a 50/50 raffle at the event and over 20 businesses in the community will be providing gift cards and goodie baskets as part of a silent auction.

The VNA is honored to see so much support for the older adults of Knox County through the countless good hearts that are out there. If you’d like to support the VNA, today scan the QR above or call our office for more information.

HOMESTYLE DIRECT

At the beginning of t2024, the VNA changed providers for its Home Delivered Meals program from Mom’s Meals to Homestyle Direct. Homestyle Direct is a locally sourced organization that provides a wider variety for its menu as well as a more user friendly method of ordering and delivering meals to those that are nutritionally insecure within Knox County. Homestyle Direct offers a variety of different tailored menus as well such as Diabetic Friendly, Heart Friendly, and Gluten Free. The company will deliver 20 meals a month for a \$5 suggested donation per meal. The Home Delivered Meal program is for those who are homebound or who have increased difficulty shopping or cooking for themselves. If you or someone you know is homebound and needs more food security, reach out to the VNA and our caseworkers will visit your home to do an assessment for Homestyle Direct.



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

MARCH 2024

All Meals served
with Bread and
Milk

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Chicken & Waffles Strawberries Orange Juice Banana	2
3	4 Beef Pot Pie Mashed Potatoes Corn Cauliflower Pears	5 Beef Liver & Onions Oven Potatoes Carrots Peaches Fruit Crisp	6 Chicken Noodles Mixed Veggies Mixed Fruit Applesauce Jello	7 White Chicken Chili Lettuce Salad Green Beans Corn Bread Ice Cream	8 Ham Noodle Cass Creamed Spinach Broccoli Fruited Jello Bread Pudding	9
10	11 Stuffed Pepper Soup Macaroni Salad Mixed Fruit Fruit Cobbler	12 Salmon Patty Cream Peas Potatoes Lettuce Salad Peaches/Pie	13 Ham Baked Cabbage Roasted Potatoes Carrots Fruit Crisp	14 Chicken & Stuffing Broccoli Cauliflower Strawberry Shortcake	15 Spaghetti Lettuce Salad Carrot/Celery Glazed Angel Cake	16
17	18 Pork Chop Mashed Potatoes/Gravy Asparagus 3 Bean Salad Mixed Fruit	19 Fish Fillet Baked Pot Baked Beans Cole Slaw Pears	20 Meatloaf Baked Sweet Potato Esc Corn Pea Salad Peaches Cake	21 Breakfast Cass Strawberries Orange Juice Banana Coffee Cake	22 Taco Pie Lettuce/ Tomato Salsa Refried Beans Orange Ice Cream	23
24	25 Hamburger Baked Beans Potato Salad Slaw Ice Cream	26 BBQ Pork Sand Baked Sweet Pot 3 Bean Salad Choc Mousse Tropical Fruit	27 Chicken Parm Corn/Lima Beans Lettuce Salad Garlic Bread Pudding	28 Tuna Noodles Veggie Blend Spinach Orange Angle Lemon Cake	29 Hot Turkey Sand Mashed Potatoes Green Beans Glazed Carrots Brownie	30
31						

March 2024

	MON	TUE	WED	THU	FRI	SAT	SUN
		1	2 Art (Virtual) @ 3	3	4	5	
6	7	8	9	10	11	12	
Pool Tables Open @ 10	Mr. IT (Zach) @ 9:30			Pool Tables Open @ 10			
13	14	15	16	17	18	19	
Pool Tables Open @ 10	Tech (Virtual) @ 2 Yoga (Virtual) @ 10		Art (Virtual) @ 3	Pool Tables Open @ 10			
20	21	22	23	24	25	26	
Pool Tables Open @ 10	Mr. IT (Zach) @ 9:30		Bingo @ 10	Pool Tables Open @ 10			
27	28	29	30	31			
Pool Tables Open @ 10	Tech (Virtual) @ 2 Yoga (Virtual) @ 10			Pool Tables Open @ 10			





April 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Ham & Cheese Slider Brown Rice Broccoli 3 Bean Salad Strawberries	2 Tater Tot Cass Cucumber Salad Apple Pie	3 Goolash Green Beans Lettuce Salad Apricots Ice Cream	4 Beef Stew Carrot Sticks Green Beans Cinn Applesauce Bar Cookie	5 Tuna Noodle Cass Veggie Blend Lettuce Salad Orange Angel Lemon Dessert	6	7
8 Fish Fillet Baked Beans Baked Potato Apricots Straw Shortcake	9 French Onion Chicken Cass Veggies Orange Fruit Cobbler	10 Ham Party Potatoes Glazed Carrots Green Beans Fruit Crisp	11 Salmon Patties Cream Peas Pot Lettuce Salad Peaches Fruited Jello	12 Chili Parm Caul Salad Orange Fluff Cookie	13	14
15 Ham Esc Potatoes Peas & Carrots Peas Ice Cream	16 Meatloaf Baked Potato Kidney Bean Sid Broccoli & Caul Pudding	17 Hamburger Veg Soup Carrot & Celery Fruit Cocktail Apple/PB Cookie	18 Chicken Salad Sand Potato Chips Pea Salad Spinach Salad Pear Lime Jello	19 Hot Beef Sand Mashed Potato Mixed Veggie Lettuce Salad Apple Cookie	20	21
22 BBQ Chicken Sandwich Baked Sweet Pot Baked Beans Corn Pudding	23 Polish Sausage Red Beans Rice Collard Greens Peaches Brownie	24 Ravioli Lettuce Salad Carrot/Celery Glazed Angel Cake/Ice Cream	25 Ham/Egg Breakfast Cass Strawberries Orange Juice Banana Muffin	26 Ham and Beans Corn Bread Lettuce Salad Cherry Fluff	27	28
29 BBQ Pork Sand Baked Sweet Pot 3 Bean Salad Melon Esc Corn	30 Mexican Chicken Pie Refried Beans Mixed Veggies Orange Pie					



April 2024

	MON	TUE	WED	THU	FRI	SAT	SUN				
					1	2					
3	Pool Tables Open @ 10	4	Mr. IT (Zach) @ 9:30	5	6	Art (Virtual) @ 3	7	Pool Tables Open @ 10	8	9	
10	Pool Tables Open @ 10	11	Tech (Virtual) @ 2 Yoga (Virtual) @ 10	12	13		14	Pool Tables Open @ 10	15	16	
17	Pool Tables Open @ 10	18	Mr. IT (Zach) @ 9:30	19	20	Art (Virtual) @ 3	21	Pool Tables Open @ 10	22	23	
24	Pool Tables Open @ 10	25	Tech (Virtual) @ 2 Yoga (Virtual) @ 10	26	27	Bingo @ 10	28	Pool Tables Open @ 10	29	30	





Official Sponsors of our 5th annual "Put Your Heart into It" fundraising event to support the plight of food insecure seniors of Knox County.



Girl Scout Goodie Bags

Heather Dennis and the ROWVA Girl Scouts of troop 8014 provided a special treat for the older adults of Knox County at the VNA. The troop made up special goodie bags for the VNA clientele that contained chocolates as well as various fragrances of hand lotions. Furthermore, they donated two throw blankets to the VNA to give to those in need. This gift was a very special treat for Valentine's Day that all of our clients here at the VNA were happy to see. We are very grateful to Heather Dennis and troop 8014 for their generosity.



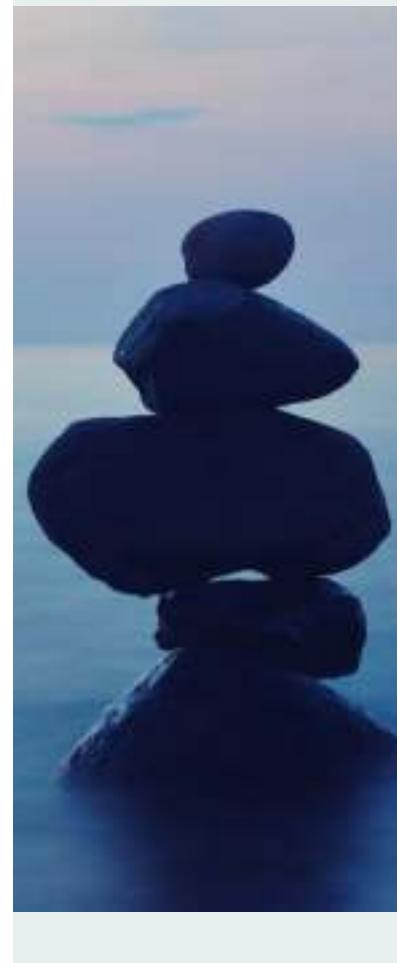
“This gift was a very special treat for Valentine’s Day that all of our clients here at the VNA were happy to see.”

Making Balance Matter

Fear of falls is a serious issue that one can face the older that they get, and the VNA strives to help the older adults of Knox County to keep their independence as long as they can. Because of this, the VNA offers a yearly class for those in the community that helps attendees to gain more confidence within themselves about falls. This class is called “A Matter of Balance.”

The goals of “A Matter of Balance” are to not only discuss the fear of falls, but also to teach individuals exercises that help increase their strength, stamina, balance, and flexibility. This class promotes confidence in oneself and assertion to ask for help from others when it is needed. It teaches attendees to become advocates for themselves to be able to keep their independent lifestyles for longer as they age.

The “A Matter of Balance” class will be offered at the VNA twice a week every Tuesday and Friday at 8:30 am until 10 am starting on April 9th and ending May 3rd. If you or someone that you know is having concerns with falls or would like to gain more strength and confidence within themselves, then call the VNA for more information at (309)342-1152.





“Raise the Roof” Fundraiser



\$10 Chicken and Noodles

100% of proceeds to benefit Knox County seniors and
VNA Community Services

Join us at Tres Cafe to support VNA Community Services! We're raising funds for crucial roof repairs with the help of Tres Café's homemade Chicken and Noodles. Your purchase not only satisfies your cravings but also helps us ensure a safe and welcoming space for our community. Come dine with us and make a difference!

Saturday 3/30/2024

4-8pm

Silent Auction

50/50 raffle

Carry out and To-go

Free Delivery



Tres Café

1135 Lincoln St

Galesburg, IL 61401

309-297-4645



Freezer Meals by Jennifer B Full of Grace Catering and Desserts



Monmouth, IL 61462



"The Best Mexican Food in Galeburg."



Official Sponsors of our 5th annual "Put Your Heart into It" fundraising event to support the plight of food insecure seniors of Knox County.



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



From the Director's Desk

Dear Knox County,

As we turn the page on an unforgettable February, we want to take a moment to express our deepest gratitude to each of you for the overwhelming support shown during our "Put Your Heart Into It" fundraising bonanza. Your generosity, enthusiasm, and spirit of giving have truly made this event a resounding success.

Thanks to your participation, we've not only met but exceeded our goals, raising vital funds that will enable us to offset the extraordinary cost for our much need roof repairs. This achievement is a testament to the incredible power of our community coming together for a common cause.

A special thank you goes out to the numerous local businesses that decided to partake and donate. Your contributions have not only bolstered our efforts but have also highlighted the strength and compassion of our local business community. Your generosity serves as a beacon of hope and solidarity, inspiring us all.

To our volunteers, donors, and participants: your energy and dedication have been the driving force behind this fundraiser's success. Whether you spread the word, made a donation, or participated in our events, you've played a crucial role in making a difference.

As we celebrate the success of the "Put Your Heart Into

It" campaign, we're reminded of the impact we can make when we unite for a cause. The funds raised will go a long way in supporting Knox County seniors, and it's all thanks to you.

While February may be over, the spirit of giving and community support it fostered continues to inspire us. We are excited to build on this momentum and continue working together to make a positive impact.

Thank you once again for your tremendous support. Your generosity has not only made this fundraiser a success but has also strengthened the fabric of our community. We look forward to sharing the impact of your contributions in the coming months and to future initiatives where we can once again come together to make a difference.

