



AROUND THE CENTER

CICBVI NEWS – March 2021

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UNITY POINT WELL MOBILE COMING TO CICBVI

We are excited to have a new program this summer and the first date will soon be here. On April 6th at 9:00 AM, the Unity Point Well Mobile will be in the Center's parking lot offering screenings to anyone who wants to take advantage of this service. Screenings include blood pressure, basic vision, spirometry (lung function), cholesterol and blood glucose (sugar). These screenings are free and open to the public.

Here are some things you need to know – and feel free to share this information with your friends and family:

1. No appointment is required
2. If you are a patron of CICBVI, we will provide round trip transportation for you BUT you must sign up so we can coordinate rides. Sign up deadline is April 1st. Call the Center (309-637-3693) to let us know you would like a ride and we will take it from there. We will most likely have you be first so it will be an early morning.
3. If you want Glucose or Cholesterol screening, you need to fast for at least 8 hours – water only! This helps the screening be the most accurate as possible. The good thing is, since as a patron, you will be first in line, you won't have to be hungry for long.

AND A GOOD TIME WAS HAD BY ALL

February 23rd a group enjoyed the spring-like weather and went to Gil's for a delicious dinner. We had nearly twenty people, including patrons, all our drivers and some board members, including two of our newest, David Murphy and Emily Shuman who got to meet some of our patrons for the first time. Our volunteer extraordinaire, Linda Kalb, is busy on researching some events for this summer, including rescheduling of events we had to miss due to the pandemic. Of course, any event will depend upon safety restrictions – we are committed to the safety of everyone involved and will follow all the guidelines. Stay tuned for more info as it becomes available!

WELCOME NEW PATRONS

This month we welcome two new patrons: Adrian Garner and Beverly Sundlie. Adrian became visually impaired about 4 years ago and recently learned about the services CICBVI offer. Beverly moved here from Wisconsin and also recently learned about CICBVI. Even better – she is a Green Bay Packer fan!!!!

Did you know you can specify the Central Illinois Center for the Blind and Visually Impaired on your Kroger card and a percentage of your purchases will be donated by Kroger to the Center? If you don't have this option already set up, just visit the customer service counter the next time you are in Kroger. You can also shop using Amazon Smile (check out the link on our web page) and a portion of your purchase will be donated as well. That's like FREE MONEY to support our efforts!

Check out our Facebook page and our Web Page. You will find lots of information there – and coming soon, there will be videos describing some of the products and assistive devices available to you. Website: www.cicbvi.org Facebook: www.facebook.com/cicbvi.

The CICBVI is also now a member of the Peoria Area Chamber of Commerce

SPOTLIGHT ON BECKY WILLIAMS

Each month the Spotlight shines on a person connected in some way to the Center. It may be a patron, volunteer, employee or board member. This month the spotlight is on Becky Williams – one of our long-standing patrons.

Becky has been associated with the Center since she was 10 years old. She and her brother Tom (also a patron) started coming to the Center for a day camp that was held five days a week. She has been a life long Peorian and made many of her life long friends through the Center.

Becky was married to her husband, Gary, for 50 years before he passed away about a year ago. They met as a result of a phone call through a program offered by WIRL called “Party Line.” In honor of that, when Gary proposed to Becky, he did so over the phone a little over a year after they met! They have two daughters, Kim and Lee Ann, and four grandchildren.

Over the years, Becky has become well known for her cooking skills. She cooked with her mother not only at home but at several area restaurants starting when she was only in her early teens. She has helped create meals for the center and cooked for Plaza Lanes in Washington for several years. Her Plaza Lanes position was fun since it combined not only her cooking skills, but her love for bowling. Becky has won several bowling trophies – both locally and out of state tournaments.

In her spare time Becky says she “cooks and cleans” but we know she does more than that – she shares her smile and brings laughter and fun to everyone she meets and we are glad to have her as part of the Central Illinois Center for the Blind and Visually Impaired.



HAPPY BIRTHDAY TO YOU!

March 8 – Fiona Barke – this cutie is pictured above and is the youngest person associated with the CICBVI and is turning ONE this year. In the picture she is standing against a recliner chair, wearing jammies with piggies and hearts on them. She is looking at the camera with a giant grin on her face and you can just see her teeth peeking through her smile. Last but not least, she has an adorable little topknot pony tail and you can just tell by her look that she is a bundle of fun and energy! Happy Birthday Fiona!

March 11 – Gayle Workman
March 14 – Felisa Durr
March 17 – St. Patrick's Day
March 19 – Ed Myers
March 30 – Evon Dixon

THANK YOU'S are in order for several people –

Thank you to Jerry Beasley who has provided the Center with a subscription to Guideposts magazine. Each issue will be in the Center for your enjoyment.

Thank you to Pam Deutsch for her donation in memory of William “Bill” Nott.

Thank you to Barbara Schlink Gura and her husband, Daniel, for their gift in memory of her father, Charles. This gift actually arrived some time ago, but I just found her letter that was included and wanted to recognize her gift and honor the memory of her father here. Her father, you may recall, was instrumental in promoting the Center during the early 1950's. During the 1956 construction of our current Center, he visited and later that day died of a heart attack at the young age of 37. In Barbara's letter included with her gift, she mentions fond memories of not only the Center and it's mission, but her parents' good friends Jack and Carol Warren and the fact her husband, Dan, taught Dr. Pete Lagouros at Kelly Avenue School. It is with much gratitude that not only her gift is acknowledged but the service of her father is remembered and the ongoing commitment to the Center is appreciated.

Audio books are available to borrow! Some sample authors include Tony Hillerman, Janet Evanovich, David Baldacci and Faye Kellerman. Just contact the Center if you would like some sent to you.

AMAZING FACT: Did you know that if you passed gas consistently for 6 years and 9 months you would have produced enough gas to create the energy of an atomic bomb?

Hi! Its Paula B.

Faith and Begorrah, aren't we the lucky ones?? My answer to that is a resounding yes and no. YES, because we are blessed with nice weather for a change, we are alive and have friends and family around us and so much more that comes our way simply by virtue of our being – or luck, if you will.

The NO is because a lot of what we often chalk up to good fortune is really a result of our own actions, choices and hard work.

“For every action there is a reaction” – so it is important to consider our actions and how they might affect not only our lives but the well being of others.

“No choice IS a choice” – we need to think about and be proactive in our choices. If we procrastinate or just float along or make choices in the heat of the moment, well, the results may not be what we hoped.

“All work and no play makes Jack a dull boy (or Jill a dull girl)” – that is true, but hard work has its place – we need to dig in and do our part, commit to our beliefs, and work with pride in a job well done – or at least well done to the best of our ability, whether it is building something, raising something or simply washing the dishes. Do it well, do it with pride and do it with joy – and the “luck” of the Irish will be with you, I promise!

A special Irish blessing to you all from the heart of a friend:

May good fortune be yours, may your joys never end!

– Paula B (and, yes, I am part Irish!)

HUNGRY?

In all the cleaning and organizing going on, I found a cook book published by the Center in 1998. If anyone would like to browse through it, just let me know and we will make it happen. Meanwhile, here is a recipe that jumped out at me:

ELEPHANT STEW (recipe provided in the 1998 “Cooking Beyond Your Fingertips” cookbook sponsored by “The Peoria Area Blind People’s Center”)

Ingredients: 1 Elephant, Brown gravy, 2 Rabbits, Salt and Pepper to taste

Instructions: Cut elephant into bite sized pieces, this will take about two months so plan accordingly. Add enough brown gravy to cover. Cook over kerosene fire at 465 degrees for four weeks.

Serves: 3800 people. If planning to serve more, add the two rabbits but only if necessary – most people do not like to find hare in their stew.

DID YOU KNOW a date stamp on a food product may mean different things. A “Sell By” date tells the store how long to display the item for sale.

A “Best if Used By (or Before) date is a recommendation for best flavor or quality.

A “Use By” date is the last date recommended for quality

“Closed or Coded” dates are used by the manufacturer.

None of the dates are related to safety, but instead refer to the quality or flavor of the product.

SAFETY NOTE – one of our patrons, Connie Phillips, had an unfortunate occurrence – the door to her microwave melted!! She asked that all be reminded to pay attention to your microwave settings, follow instructions and keep an eye on what you are heating up!



Free Matter for the Blind & Visually Impaired

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Quote for the Month

"A good word never broke a tooth." – Irish saying