



AROUND THE CENTER

CICBVI NEWS October, 2021

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Paula Balistreri, Editor

ITS FALL, Y'ALL!

Nights are getting cooler and soon the leaves will be changing color. Here at the Center we talk about and deal with change a lot and this past month has seen a significant one. Earl Kalb, our driver and janitor for several years has decided to take another position so he turned in his resignation. Along with his regular duties, he has been a “go-to” person for a long time and a good friend to many of our patrons. We will all miss him and wish him all the best in his new job.

While nobody will be able to replace Earl completely, we are on the hunt for an additional driver – ideally one who will be able to combine light janitorial duties as well. That means we may have to be a little creative with our scheduling of events for a while, so please be patient with us. We want to be able to go and do like always but we also must work around the actual logistics of doing so while keeping the safety and wellbeing of our patrons in mind.

If you are interested in this part-time position, please contact the Center. If you know someone who may be interested, please share this information.

GOLF OUTING A HUGE SUCCESS!

Thanks to the hard work of our Board President, Kurt Norris, strong guidance from former Board President Prasad Parupalli and support from Felisa Durr and the rest of the committee, this year's Golf Outing was spectacular! Special thanks to our sponsors:

GOLD SPONSORS:

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- Illinois Eye Center
- Randstad Technologies

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- Keith Yoder
- Nick Yates
- Paul Capulo
- Darlene Violet
- David Murphy

WHEN IS WORK NOT WORK? WHEN YOU HAVE GREAT HELP.

Saturday, September 25th was an outdoor work day coordinated with “Serve the City” sponsored by the Dream Center. Through this program, we were sent a team of volunteers from Northminster Presbyterian Church. In no time, the back patio, bench and walls were power washed, the weeds and brush piles were cleared out from the fence line and behind the dumpster, the front garden areas were all weeded, and the hosta, lilies and yucca plants were divided and transplanted. The cheerfulness and efficiency of this group was very much appreciated. Mark Bean and Edward Kimbrough were both a big help, too, and Paula B got to boss people around (just kidding). The whole group posed for this picture in front of our sign and there are more pictures on our Facebook page.



DINNER IN THE DARK

One of the most highly anticipated events of the Center's is the annual Dinner in the Dark fundraiser. This dinner gives everyone the opportunity to experience what our patrons live every day. Each person gets vision occluding glasses to wear meaning everyone will be eating "Dinner in the Dark!" The event takes place on Thursday, November 4th at The Warehouse on State. You can expect a cash bar, appetizers, raffles, gift basket auction, a delicious meal and a lot of fun. Entertainment will be provided by singer, Lee Wenger to kick off the holiday season. Doors open at 5:30 PM for cocktail hour with dinner being served at 7:00 PM. Tickets are \$100 per person with sponsorships available. If you have not yet received your invitation or have any questions, please contact the Center at info@cicbvi.org or 309-637-3693.

SPECIAL THANK YOU for the gifts (cash, items and time) from the following people:

Gayle Workman, in memory of Vicki Elston

Dean Collins

The Illinois Social Club

The Armory Young Adult Club

Verizon-TCC Gives/sponsored by Heather Groover – this was a grant that David Murphy identified and Heather worked with Felisa to submit and be accepted!

AMAZING FACTS:

- The world's longest French Fry is 34 inches long.
- Ice cream was once known as cream ice.

DO YOU LOVE STORIES, CURRENT EVENTS AND NEWS?

We have applied to receive free audio books and magazines along with the digital and cassette players to hear them on AND braille books and magazines. Once we get these, they will be available for free to any of our patrons who are interested.

UPCOMING EVENTS - MARK YOUR CALENDARS

NOTE: Since we do not yet have a Bus Driver for the daytime hours, we are not planning a lunch event this month.

October 5th – Wellmobile at the Center

October 12 – CICBVI Board Meeting

October 13 – 16 – Food Bank pick-up and deliveries

October 15 – White Cane Day – Tower Park, Peoria Heights, 4 – 7 PM

October 19 – Trip to Tanner's Orchard, dinner following at Pizza Ranch – be sure to call in your reservations (more info elsewhere in newsletter)

October 27th – Winner, winner, chicken dinner at the Center. Be sure to call in your reservations (more info elsewhere in newsletter)

PATRON UPDATE

Ron Selby is home from rehab!!! We are looking forward to seeing him at an event soon!

HELP GET THE WORD OUT!

Please visit our social media pages. Every “like” and visit helps us become more visible and, in turn, gets the word out about our services. You will find fun posts, videos, Tech Tuesdays, news about upcoming events, pictures and more!

Website: www.cicbvi.org Facebook: www.facebook.com/cicbvi

IDEAS FOR YOUR CHRISTMAS SHOPPING

TERRILYNN NUTS AND SWEETS

Feeling a little nutty? Or sweet? Shop this TerriLynn link for some goodies and benefit CICBVI at the same time. <https://www.cicbvi.terri Lynn.com>.

CICBVI STORE

The on-line store for fall and winter apparel is now open. You can get a great gift and help the Center at the same time. You can order sweatshirts, hoodies and more with the CICBVI logo on them to be delivered to your home. This is a fundraiser as a percentage of each item cost comes back to the Center. We want EVERYONE to represent and proudly display our logo! The site is <https://cicbvi-fall-21.itemorder.com>. You can also find the link on our web and Facebook pages.

ANOTHER AMAZING FACT:

- The fastest recorded rain drop was 18 miles per hour

NATIONAL WHITE CANE DAY

First recognized in Peoria (the original white cane is on loan from the CICBVI and on display at the Peoria Riverfront Museum) October 15th is now nationally recognized as White Cane Day. (Visit www.peoriariverfrontmuseum.org and click on “Objectively Speaking” to view a video about the cane.) In conjunction with the Peoria Suburban Lions Club, we are hosting an event at Tower Park in Peoria Heights on October 15 from about 4:00 PM – 7:00 PM. The event will feature live demonstrations of using a white cane as well as our own Terry Lopez demonstrating working with a guide dog. There will also be food trucks, including Triple Dipples’ cheesecake, slow cooked pulled pork from Tremont Lions Club member Dan Mathis, music, information and more. You are all encouraged to attend. If you are a patron and need transportation, please call the Center and we will make it happen.

CIDER AND PUMPKINS AND DOUGHNUTS – OH MY!

Our annual trip to Tanner’s Orchard is scheduled for October 19th. This year, instead of a morning trip and lunch, we are doing an afternoon trip and dinner. We plan to be at Tanner’s around 3:00 PM or so, shop and wander for a while, then head to Pizza Ranch for dinner. Please call in your reservation/transportation as soon as possible.

WINNER! WINNER! CHICKEN DINNER!

We will be having a yummy fried chicken dinner at the center on October 27th. And, since it is close to Halloween there may even be some tricks or treats! Please be sure to call in your reservations as soon as possible!

IMPORTANT OCTOBER DATES

October 2 – Eyebrow Day in honor of Groucho Marx's birthday

October 7 – The first non-wooden bathtub was introduced in England in 1828.

October 12 – CICBVI Board meeting at the Center

October 13 – 16 – MW Food Bank pick up and deliveries

October 15 – White Cane Day at Tower Park, Peoria Heights

October 16 – Happy Birthday to Robert Rose

Sweetest Day – Hug your Sweetie!

October 19 – Happy Anniversary to Lance & Grace Barke

CICBVI Outing to Tanner's Orchard

October 25 – Sourest Day – hug a sourpuss

October 27 – Winner, Winner! Chicken Dinner at the Center

Happy Birthday to the Dragon Lady (Paula B.'s mom) – she is 96 years old today!!

October 31 – All treats, no tricks - Happy Halloween

BEST BY, USE BY, SELL BY – What's the difference?

Ever get confused about the dates on food and whether or not something is still good to use? Learning more about these dates will help you figure out what is safe to eat.

Use-By Date: These dates are usually on refrigerated foods. It means the food is at peak quality on or before this date. Once the "Use By" date is past the quality of the food decreases and you may not want to consume the item.

Sell-By Date: These dates are usually on bread, dairy and meat. It helps stores know when to pull unsold food from the shelves and does not mean the food is unsafe to consume after the date. This is a case

of when you can decide for yourself based on how you are preparing the food whether or not to use it after this date. In general, you can go 2 or 3 days after and still have safe food. Rely on your sense of smell to help you decide.

Best-By Date: Typically on dry foods this is the suggested date by which the product should be consumed to ensure ideal quality. Generally, food is safe after this date – just might not be quite as tasty.

More tips:

PRODUCE: Throw it out by the date on the package.

MEAT: Stick to the dates on the package unless the item has been frozen. Then, it is safe to use within a day or two after thawing.

EGGS: Safe to eat up to three weeks after the date on the carton as long as they are cooked.

CONDIMENTS: Bacteria doesn't grow in ketchup or mustard so these items are safe to eat after the date on the package. Just be aware the consistency may change.

PROCESSED FOOD kept in your pantry: Depending upon the item, generally safe to consume six months to two years after the date on the package – just be aware the quality may change (for example, noodles may not cook up as well or crackers may be a little stale).

If you are still not sure, you can visit [StillTasty.com](http://stilltasty.com) (<http://stilltasty.com/fooditems/index/16383>) to learn about any food – fresh, frozen or canned – and how long you can keep them and how to best store them.

Speaking of food: If you received food bank items in a plastic tote, please be sure to have them available to return to the driver. We can also reuse boxes if you would be so kind as to save them for reuse, but we especially need the plastic totes back. Also, if you are in a household with two patrons, you will not be getting two separate boxes, your items are combined into the same box. Thanks for your understanding.

Hi! Its Paula B.

Last month I wrote about September being my “birthday month.” One of the things I try to do during that month is see the dentist and get my regular medical check-up. (And just so you know, I passed both with flying colors – no cavities and on track to live to 100).

Going to the dentist always reminds me of something that happened when my middle child was about 10 years old or so. She had a very loose tooth – hanging by a thread – but she didn’t want anyone to touch it to yank it out. Finally, her dad, a firefighter, convinced her to let him do it – telling her he had a special tool that would be quick and painless. She agreed, so he went out to his car (which he used to respond to fire calls so had all sorts of weird tools in the trunk) and came back with a Hurst tool. This is the tool that is used to extricate people from wrecked cars and sort of looks like a giant wrench. Needless to say, my daughter was appalled, took one look and reached in and pulled the tooth herself.

And the point, you ask? First: don’t over think what you need to get the job done. While this incident with my daughter was just a joke, many of us tend to blow minor situations into full blown disasters or worry so much about what we need to accomplish that by the time we assemble everything we think we need the mission is already completed another way – and we are left holding the Hurst tool, so to speak, instead of actually doing what we set out to do.

Second: it is up to you to provide self-care. You need to do those chores that will help you stay in peak form – it is worth it in the long run. Take that walk, drink lots of water, see the dentist, go for your check-up. Relax. Just breathe.

Peace, Love & Laughter to you all - - - Paula B



Free Matter for the Blind & Visually Impaired

2905 W Garden St., Peoria, IL 61605
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Quote for the Month

- “It is not what you have that counts, it is how you use it!” – submitted by Dean Eric Collins