

Macon County

November—December 2020

Special Edition

HCE HIGHLIGHTS

“Enhancing the lives of individuals and families through quality educational programs and experiences, encouraging responsible leadership and service to the community.”

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Don't Forget!

All Units--Please send a list of all of your members and the offices that they hold. You can mail them to Lois Miller at 1770 Dipper Lane, Decatur, Illinois 62521, or you can e-mail them to her at dipperlane@gmail.com.

Please do this right away!
Thank you!

Inspirational Message

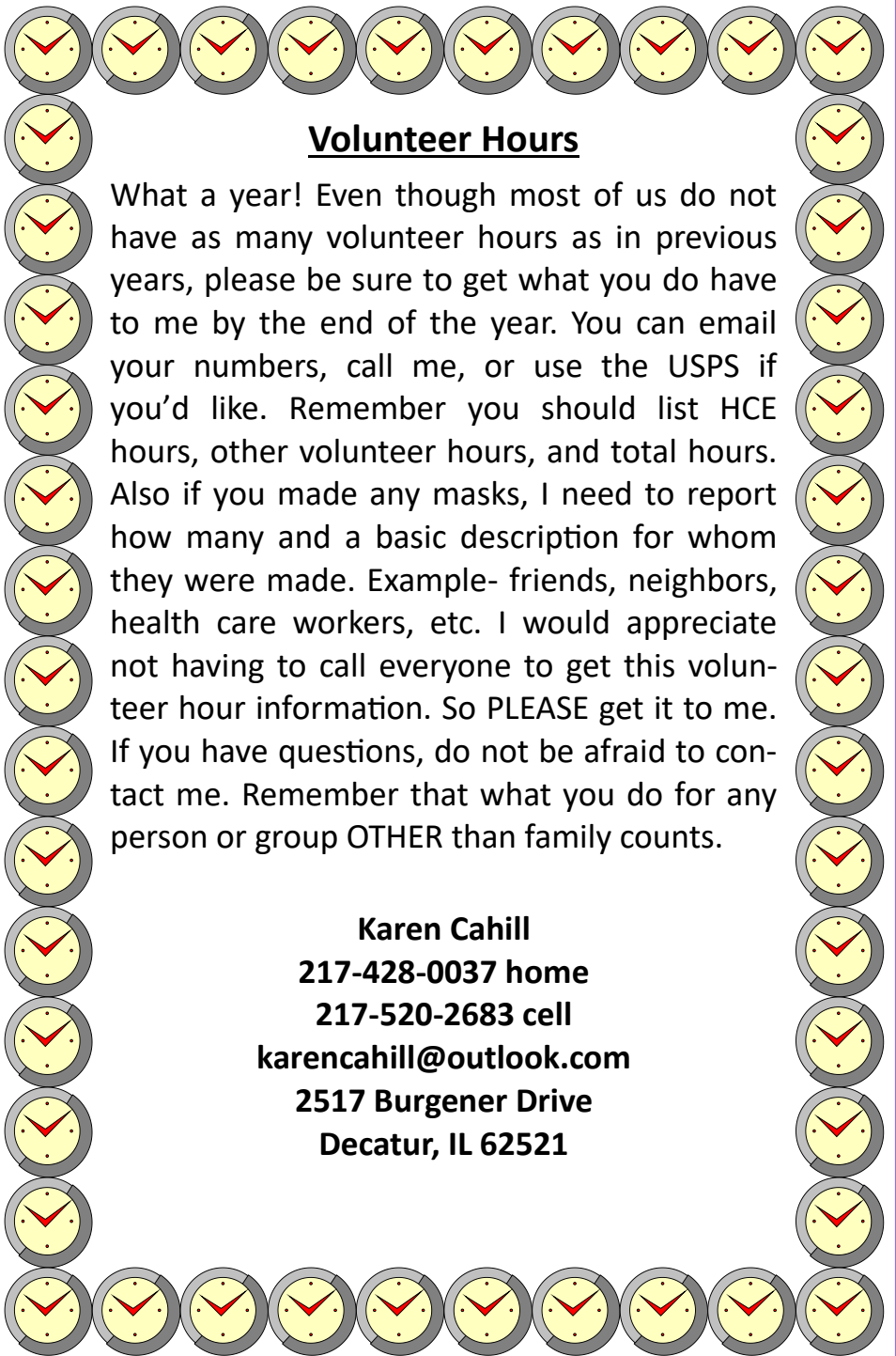
Karen Halicki sent me this message that she has in her book by Hoda Kotb, called “I Really Needed This Today”. It has a page to read each day. Today's message, October 26, is very relevant to what we are experiencing in this time.

“Almost everything will work if you unplug it for a few minutes...including you.” writes author Anne Lamott. She says take a break from technology, enjoy a good book, call or write a letter to that family member or friend that you have not heard from for awhile. Just unplug for a little bit.

Upcoming Events

All upcoming events are currently canceled. Everyone will be updated when the social distancing is no longer necessary.

Every day may
not be good,
but there's
something good
in every day.



Volunteer Hours

What a year! Even though most of us do not have as many volunteer hours as in previous years, please be sure to get what you do have to me by the end of the year. You can email your numbers, call me, or use the USPS if you'd like. Remember you should list HCE hours, other volunteer hours, and total hours. Also if you made any masks, I need to report how many and a basic description for whom they were made. Example- friends, neighbors, health care workers, etc. I would appreciate not having to call everyone to get this volunteer hour information. So PLEASE get it to me. If you have questions, do not be afraid to contact me. Remember that what you do for any person or group OTHER than family counts.

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A Friendly Reminder!

Membership dues (\$18.00) are due by November 15 to Sally Dennis. Make your check payable to Macon County HCE. Mail your dues to Sally Dennis at 7562 Bonnie Road, Dalton City, Illinois 61925. Thank you!!!



Laughter is Good for the Soul



★ A boss asked one of his employees, "Do you believe in life after death?" ★

★ "Yes, sir," replied the new employee. "I thought you would", said the boss. ★

★ "Yesterday after you left to go to your grandmother's funeral, she stopped in to see you!" ★



A man was telling his neighbor, "I just bought a new hearing aid. It cost me four thousand dollars, but it's state of the art. It's perfect"
"Really?" answered the neighbor. "What kind is it?"
"Twelve thirty!" said the man.

These are signs that you may be over the hill:

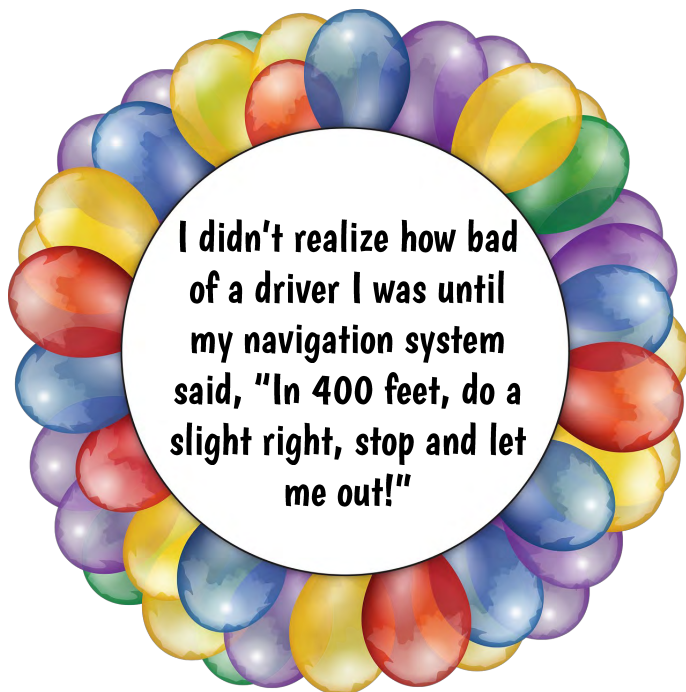
1. Your back goes out more than you do.
2. Your idea of a night out is sitting on the patio.
3. It takes longer to rest than it did to get tired.
4. Your address book has mostly names that start with Dr.
5. Getting "lucky" means you found your car in the parking lot.

Senior Citizen Moments

Since I have reached that point in my life, I can really relate to the senior citizen stories. I hope that you enjoy these stories too.

Hospital regulations require that a wheelchair for patients being discharged. However while working as a student nurse, the storyteller found one elderly gentlemen already dressed and sitting on the bed with a suitcase at his feet, who insisted that he did not need any help to leave the hospital.

After a chat about the rules being rules, he reluctantly let the storyteller wheel him to the elevator. On the way down, she asked him if his wife was meeting him. "I don't know," he said. "She's still upstairs in the bathroom changing out of her hospital gown!"



I didn't realize how bad of a driver I was until my navigation system said, "In 400 feet, do a slight right, stop and let me out!"

Officer's Reports

President

Bonnie Lanham

Well, ladies, this has been an interesting year, to say the least. Your board is working on next year's program book. Fortunately or unfortunately, we have most of the lessons for next year. We are just using ones that we cancelled this year. Cheryl Sample is working on a way to get our Cultural Enrichment items voted on so that we know who is going to Conference in March. Your board is continuing to meet so that we can update you with information. In January, we will be welcoming the Christian County ladies. Sally and I are going to their Annual Meeting in November to give them the information about us. So, Ladies, keep smiling. It makes people wonder what you are up to!!! Remember that dues are due November 15th to Sally Dennis, and be sure to send your volunteer hours to Karen Cahill by the end of this year.

Second Vice President

Lois Miller

YES, we still have HCE of Macon County, although it seems like a long time since we have been together. I'll have to admit that I have not been attending some of our board meetings, but I did, however, attend the most recent board meeting on October 12th at the Mt. Zion Presbyterian Church Annex. There were 6 members present. Dues are to be sent to Sally Dennis, but make the checks out to Macon County HCE. On January 1st, Sally Dennis and Bonnie Lanham will be attending the next Christian County unit meeting.

God's blessings to all for the remainder of this year, and the upcoming new year of 2021.

Cultural Enrichment

Cheryl Sample

Hopefully with this time at home, you have taken time to do something fun for yourself. Cultural Enrichment can certainly fill that for me. Those of you who know me know that just about everything in my life involves a needle and thread.

There are so many choices listed under Applied Arts. It is just about time to collect the entries for judging and prepare for the State Day Exhibit at conference in March. Entries may be taken to Sharon Middleton, 1190 Chelsea Way, Decatur, phone 217-620-0484 by January 15, 2021. Please call her before going so she will be expecting you. If you have any questions, please call me, Cheryl Sample at 765-426-1420. Thank you!

Historian

Carol Ropp

Well, 2020 has been a year to remember--but not in a good way! I have no event pictures because we haven't had lessons. We met in February and talked about the latest scams being experienced in the area. We didn't have a speaker because we knew we would have plenty to talk about with our members. So far, my scrapbook will be of obituary notices. If you have any unit pictures and information, please send it to me! Thanks!

Unit News

Rock Springs Unit

The October 14th meeting of our unit was held at Spitler Woods State Park. We had 6 members who attended. We had a discussion about the Cultural Enrichment craft items that will be delivered to the State Conference. We also talked about how each unit member will get her items to their respective units. Cheryl Sample will be handling this.

The new program books will be out shortly and we will be filling out information pertaining to our unit meetings. Our unit will be making their Christmas donation this year to God's Shelter of Love.

Lyn Stevens told about the upcoming events in and around the Decatur area. We brought sack lunches instead of going to a restaurant.

Lois Miller, reporting

Mt. Zion Unit

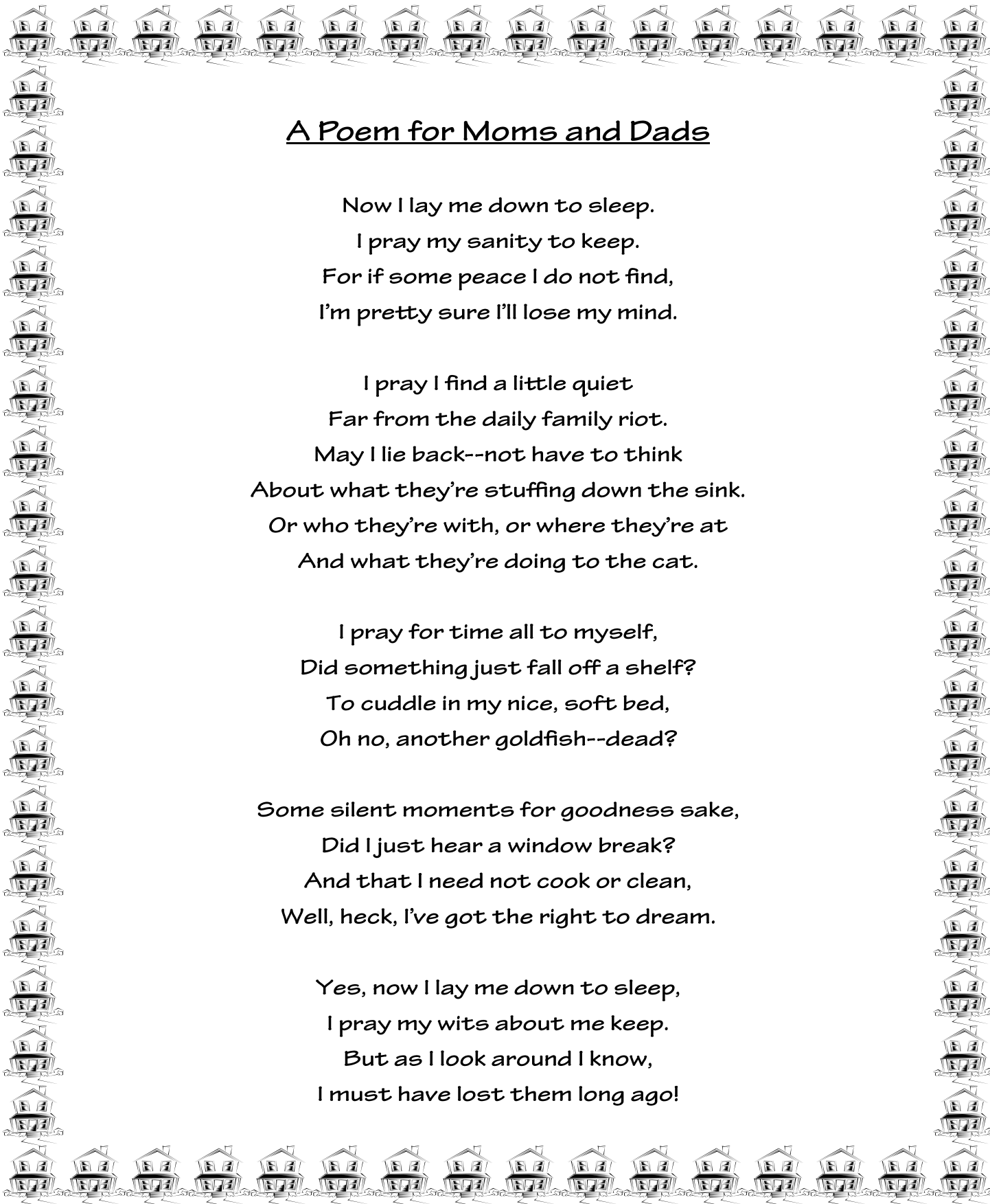
We have just been doing some fun things together. We went to Doris Yoder's house for lunch, Mari-Mann's, and to a pizza place. We aren't meeting this month as our event got cancelled because of Covid--what else?

Vicky Wooten, reporting

Patchwork Unit

We haven't been meeting yet. Our member, Kim Moore, lost her dad this month. He had been up in the nursing home in Clinton. No one wants to travel much and we are just trying to look at the positive side. We are missing family and friends and the times that we have together.

Karen Halicki, reporting



A Poem for Moms and Dads

Now I lay me down to sleep.

I pray my sanity to keep.

For if some peace I do not find,
I'm pretty sure I'll lose my mind.

I pray I find a little quiet

Far from the daily family riot.

May I lie back--not have to think
About what they're stuffing down the sink.
Or who they're with, or where they're at
And what they're doing to the cat.

I pray for time all to myself,

Did something just fall off a shelf?

To cuddle in my nice, soft bed,

Oh no, another goldfish--dead?

Some silent moments for goodness sake,

Did I just hear a window break?

And that I need not cook or clean,

Well, heck, I've got the right to dream.

Yes, now I lay me down to sleep,

I pray my wits about me keep.

But as I look around I know,

I must have lost them long ago!

* Submitted by Sandy Severe, who had this poem on her refrigerator when her children were little. It is still *
* appropriate for our present time. I hope it brings a smile to your face, like it did to mine. *
* *

Who Doesn't Love a Good Recipe?

As I was putting together this newsletter, I came across some good recipes that you might want to try in the days ahead. I don't know about you but I love comfort foods when it turns cold. Last week, I did fried chicken, which I don't do as a rule, mashed potatoes, chicken white gravy, along with broccoli. It tasted so good, and satisfied our need for comfort food! I hope that you enjoy these recipes that I found.

Crockpot Pumpkin Sloppy Joes

(submitted by Karen Cahill at a Fall Meeting)

- 1 lb. lean ground beef
- ½ c. diced onion
- ½ c. diced bell pepper
- 2 cloves garlic--minced
- 1 c. pumpkin
- ½ c. ketchup
- 1 Tbs. dijon mustard
- 1 Tbs. apple cider vinegar
- 1 tsp. Chili powder
- ½ tsp. Paprika
- ½ tsp. Salt
- Pinch of cloves, nutmeg, and black pepper

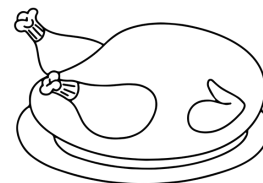
Instructions-- Brown the meat with the onion, garlic and bell pepper. Place in the crock pot with all of the other ingredients. Cook on high for 3 to 4 hours or cook on low for 6 to 8 hours. So good!!!!



Thanksgiving Leftover Casserole

- 2 to 3 c. leftover turkey shredded
- ⅓ c. milk
- 1 ½ c. cranberry sauce
- 4-5 c. leftover stuffing
- 3-4 c. leftover mashed potatoes
- 2 c. corn
- 1-2 c. turkey gravy
- ¼ to ⅓ c. chicken broth or to taste

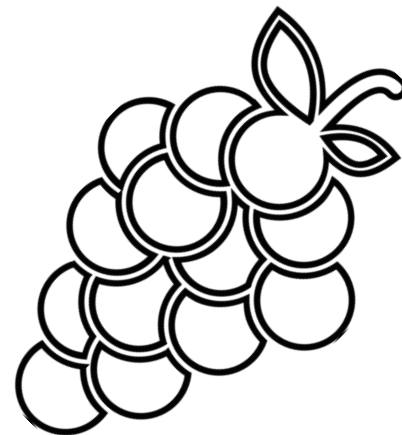
Instructions: Preheat the oven to 400 degrees. Combine turkey and cranberry sauce and spread evenly on the bottom of a 9 x 13 inch glass baking dish. Evenly press on leftover mashed potatoes and sprinkle corn over the top. Mix together the milk and leftover gravy and spread evenly over the potatoes and corn. Sprinkle on the stuffing and lightly drizzle the chicken broth over the top. This will keep the stuffing from drying out. Cover with aluminum foil and bake at 400 degrees for approximately 35 or 40 minutes until heated through.



Seven Fruit Salad (One of my favorite salads)

- 2 cans (15 ounces each) sliced peaches in juice, drained
- 2 cans (11 ounces each) mandarin oranges, drained
- 1 can (20 ounces) unsweetened pineapple chunks, drained
- 1 cup reduced sugar cherry pie filling
- 1 cup halved fresh strawberries
- 1 cup green grapes
- ½ cup fresh or frozen blueberries

Directions--In a large bowl combine the ingredients. Refrigerate.





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