



February 2021

# IMPACTING YOU

Serving Coles, Cumberland, Douglas, Moultrie, and Shelby Counties

## Lovington Food Distribution

The SNAP-Ed Program goal for 2021 is to add additional options for fresh food access to our community families that are food insecure and in need of assistance. Our team is excited to enter into a partnership with Catholic Charities of Decatur and Lovington Ambulance and Fire Department to sponsor a bi-monthly food mobile in Lovington, Illinois. This food mobile will provide 2 weeks of meals to anyone in the Lovington and Moultrie County area. Lovington school district is 70% eligible for the free and reduced lunch program. Offering a food distribution will help with food security and improved nutrition for children and their families.



### **Coles Office** **217-345-7034**

- Pam Vaughan-Sturgeon, County Director
- Kim Morrison, 4-H Educator
- Jenny Lee, Master Gardener and Master Naturalist Coordinator
- Elizabeth Hartke, SNAP-Ed Community Worker
- Jessica Hays, 4-H Coordinator
- Liz Mason, Office Support Assistant

### **Cumberland Office** **217-849-3931**

- Jaylynn Schober, 4-H Coordinator
- Kathy Deters, Office Support Associate

## Shelby County 4-H Federation



Pictured: Back row-Caitlynnne, Delaney and Luke, Front Row-Lilah, Aiden, Matthew, and Amanda  
Note: Face masks were worn during event, only removed for picture with social distancing in place.

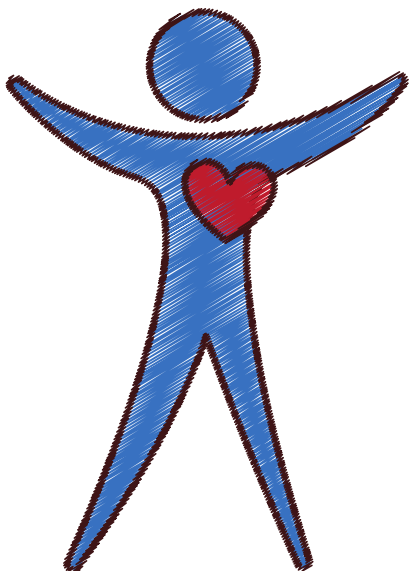
December marked the third month, Shelby County 4-H Federation members helped at the Windsor Food Mobile. 278 boxes were provided and given to 110 families. The 4-H Federation members helped spread Christmas cheer with their great attitudes and hard work ethic.

### **Moultrie and Douglas County Office** 217-543-3757

- Cheri Burcham, Family Life Educator
- Angie Welker, 4-H Coordinator
- Susan Stollard, SNAP-Ed Community Worker
- Teri Boehm, Office Support Specialist

### **Shelbyville Office** **217-774-9546**

- Mary Beth Massey, SNAP-Ed Program Coordinator
- Penny Hood, SNAP-Ed Community Worker
- Yolanda Nation, 4-H Coordinator
- Diana Litteral, Office Support Assistant



## Learn Self-Management Skills for Chronic Health Conditions

Ignoring a chronic condition will not make it go away, and suffering is simply a poor management technique. So, if you live with a long-term health condition, why not learn how to more effectively manage it and live an active and fulfilling life? Believe it or not, although the specifics of managing each condition vary, the skills for managing most chronic conditions are actually quite similar. Take Charge of Your Health is a program designed to help you become a better health manager! Cheri Burcham of University of Illinois Extension and Penny Arthur of Moultrie County Counseling Center have teamed up to provide this program online. Classes will be offered weekly on Wednesday afternoons starting Feb. 24 and ending March 31, from 3:00 – 5:30 PM.

This six-week series will be available to the public online by using the free video conferencing platform Zoom. Prospective participants will need to register online by Monday, Feb. 22 at <https://go.illinois.edu/takechargeofhealth> or by e-mailing Cheri Burcham at [cburcham@illinois.edu](mailto:cburcham@illinois.edu). They will receive a confirmation e-mail with webinar connection details and will receive additional tech support if needed.

Classes are highly engaging, and topics include: dealing with difficult emotions; improving and maintaining strength, flexibility, and endurance; appropriate use of medications; communicating effectively with family, friends, and health professionals; nutrition; and much more. There is no cost to participate but participants are highly encouraged to attend as many sessions as possible.

## Wits Brain Fitness Online Class

Join University of Illinois Educator Cheri Burcham as she leads participants online through interactive activities designed to exercise the brain to maintain and enhance cognitive function and memory. You are never too young or too old to get started training your brain, so join Cheri in these upcoming FUN online classes: February 8 and March 8 at 2:00PM. Class is FREE and open to the public. Virtual class will be hosted on Zoom. The class may also be accessed by phone, so participants will not see the screen but may listen in and also verbally participate. To register and receive class access instructions, please e-mail Cheri Burcham at [cburcham@illinois.edu](mailto:cburcham@illinois.edu) or call and leave a voicemail at 217-543-3755 and she will get back to you.



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