

2019

Wellness Expo



Logan County

Expo vendors offer valuable resources to the community

ASHLEY LINDA WELLS - 40774
MARKET
2019
Saturdays
May 11 - Sept. 28
8 a.m. - Noon
at the
Logan County
Fairgrounds
Expo Building
CASH ACCEPTED
CREDIT CARDS
WELLS
MISSION



Changes in your
sleep or appetite?

Stress facing
daily routines?

Unresolved grief?

Ask your physician about
Senior Life Solutions at
Abraham Lincoln Memorial Hospital



ABRAHAM LINCOLN
Memorial
HOSPITAL

ABRAHAM LINCOLN

Memorial
HOSPITAL

A Memorial Health System Affiliate



Avoid Fad Diets

Follow the "DAG" • Dietary Guidelines •

Meet your nutrient needs!

Work Towards a Healthy Life

FUN FACT
Canada's 2019 Guidelines do NOT contain meat or dairy!



Meter Check

Diabetes Management Education

Memorial **LOSS & WELLNESS** DIABETES SERVICES

DEAP DIABETES EDUCATOR CERTIFICATION PROGRAM

Association of Diabetes Educators



Abraham Lincoln Memorial Hospital
SPORTSCARE

**ALMH
Rehab**

Wellness

Acimtion

**Occupational
Therapy**

**Speech
Therapy**

**Phy
The**

Hand Therapy

RUN & WALK

RUN & WALK
5K WALK, 10K RUN
COUNTS TOWARD YOUR
GOALS

Senior Fitness
Stay mobile and healthy
with our Senior Fitness
program.

**OCCLUSION
THERAPY**



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ght
Lin

Breast Cancer Awareness



Early Detection Saves Lives

ABRAHAM LINCOLN
Memorial
HOSPITAL
A Memorial Health System Affiliate



ABRAHAM LINCOLN
Memorial
HOSPITAL
Memorial Health System Affiliates

ADVANCED DIRECTIVES

WHAT IS AN ADVANCED DIRECTIVE? An advanced directive is a legal document that allows you to state your wishes about medical care if you become unable to make decisions for yourself.	WHY DO I NEED AN ADVANCED DIRECTIVE? You need an advanced directive to make sure your wishes are followed if you become unable to make decisions for yourself.	HOW DO I GET AN ADVANCED DIRECTIVE? You can get an advanced directive from a healthcare provider, a lawyer, or a self-administered kit.
WHAT KINDS OF ADVANCED DIRECTIVES ARE THERE? There are two main types of advanced directives: a living will and a durable power of attorney for healthcare.	WHAT IS A LIVING WILL? A living will is a document that states your wishes about medical care if you become unable to make decisions for yourself.	WHAT IS A DURABLE POWER OF ATTORNEY FOR HEALTHCARE? A durable power of attorney for healthcare is a document that gives someone else the authority to make medical decisions for you if you become unable to make decisions for yourself.



Free Health Screenings
KNOW YOUR NUMBERS
Services by the
WV Auxiliary
ALNH
LIARY

Free Health Screenings
KNOW YOUR NUMBERS
Services by the
WV Auxiliary
ALNH
LIARY

Red jacket

Blue jacket

Camouflage jacket

Black jacket

Orange cardigan
Patterned skirt
Black boots

LINCOLN Memorial HOSPITAL
WV HEALTH CARE SYSTEM





ABRAHAM LINCOLN MEMORIAL HOSPITAL
MARKET
2019
Saturdays
May 11 - Sept. 28
8 a.m. - Noon
AT THE
Logan County
Fairgrounds
Expo Building
LINK CARDS ACCEPTED
FREE PARKING
FREE ADMISSION
EATING
HEALTHY
EASILY





THE CARE & FEELING
MAYBE A TOTAL

STUNNING VIBRANT

DO-IT-YOURSELF
SOME SAVING
DAYS FOR YOU

LINCOLN
Park District

Fitness
Schedule

DATE	TIME	ACTIVITY
MON	5:00-6:00	YOGA
TUE	6:00-7:00	WALKING
WED	7:00-8:00	STRETCHING
THUR	8:00-9:00	BIKE
FRI	9:00-10:00	SWIMMING
SAT	10:00-11:00	WALKING
SUN	11:00-12:00	YOGA

FIT ZONE

Silver Sneakers

ACTIVE

meridian
Care
Ab
All

LINCOLN
Park District



#9
Find out about what
you're doing for you

ACHIEVEMENT
FLEXIBILITY TO EARN 2 YEAR
AND 4-YEAR DEGREES



22 Bachelor's Degrees
2 Associate Degrees
5 Minors
Accelerated Program Available

Lincoln College
lincolncollege.edu



Paper
Fold Presentation Board
ptiso para presentaciones
as d'afichage à tres botzents

48" x 36" x 12"
1.2m x 0.9m x 0.3m



illinicare health™

#3
Is your hair's memory?
Will you be dandruff-free?



HOME



GENERATIONS AT LINCOLN

Rehabilitation & Post-Acute Care
2202 Kickapoo Street
Lincoln, IL 62656

- Post-Acute Rehabilitation
- Respiratory Care/Venilator Care
- Palliative Care and Hospice Services
- Respite/Short-Term Stays

Phone: (217) 875-0920
www.GenerationsMcKinleyPlace.com

GENERATIONS HEALTHCARE NETWORK



#8
Check the
CYBER BULLYING facts
that are TRUE!
ALL AGES

PHILIPS
Lifeline

Sign up
HERE
For a Chance
To Win
3 months of Free
LIFELINE services
(New subscribers only)



HOME S

erial
ES



Sue Bell
LIFETIME ACHIEVEMENT AWARDS

NATIONAL BRAND CLEANERS
LINKED TO LONG LIFESPAN

TUFF SPAS
AMERICA'S LEADING SPAS

CEMETERY ITEMS
Call: 812-96-6666
Fax: 812-96-6666

THE OASIS
Senior Center



WHAT UNITES US, IGNITES US.

AVON

How we see you, celebrate lives, and lead the fight for a world without cancer.

Take Control of Your Health

Lead a better life about life

Take Control of Your Health

Take Control of Your Health

RELAY FOR LIFE

Free Screenings
KNOW YOUR NUMBERS

Free Screenings
KNOW YOUR NUMBERS

Free Health Screenings
KNOW YOUR NUMBERS

Greater Cancer Awareness

Advanced Healthcare Services
Right in Line

FREE
Take your colorectal cancer screening kit



#1
According to the CDC
Lifestyle changes can reduce your risk of colorectal cancer



SIU MEDICINE
SIMMONS CANCER INSTITUTE

Friendship Manor Apartments

925 Primm Rd., Lincoln



Low Income Senior Housing

**SAFE
SECURE
AFFORDABLE**

*One Bed Apartments
Income Based Rent*

(must be 62 years of age or handicapped)

FREE MEDICAL ALERT SYSTEM

Accepting Applications
Call today!

217-732-9647

www.lincolfriendshipmanor.com



Breast Cancer Awareness

Community Action

HEAD START

3-5

ALL SERVICES ARE FREE!

Comprehensive School Readiness

Health & Developmental Screenings

Fieldtrips, Family Nights, & Socializations

Social Emotional Curriculum

Meal Attendance with School District

#2
Can you reduce your blood sugar levels? Helping reduce your risk of developing Type 2 diabetes!



Helping People. Changing Lives.

community Action

PARTNERSHIP

AMERICA'S POVERTY FIGHTING NETWORK

OF CENTRAL ILLINOIS



Changes in your sleep or appetite?
Stress feeling daily routines?
Unresolved grief?

MARKET
2019
April 11 - 12th
10am - 2pm
Logan County
Community Center

FIT ZONE
Logan Park District

Albion Local
COMMUNITY

Woman in pink shirt


Woman in grey shirt

Woman in yellow shirt

Woman in pink and white jacket





alzheimer's 
association®


#7
"What's New in Alzheimer's Care?"
By: [Name]
[Additional text]

HIV Care Connect

HIV Care Connect

ES-10000

REL
that

 meridianhealth
A WellCare Company

Care.
Above
All Else.

 meridianhealth
A WellCare Company

#8
Check the
YUM BELLYING form
that we TRUST!


www.hivcareconnect.com



DO YOU NEED A BOOSTER SEAT?
 Most kids under 4'9" do.
 ¿Necesitas un asiento elevado?
 La mayoría de los niños por debajo de 4'9" lo necesitan.



When sitting against the back of the vehicle seat...

- Does the shoulder belt touch the base between your neck and shoulder?
- Does the child's feet rest flat on the floor?

At Southern Illinois University School of Medicine, we are committed to providing the highest quality of care to our patients. We are also committed to providing the highest quality of education to our students. We are committed to providing the highest quality of research to our faculty and staff.



Car Seat or Bike
 Helmet Questions?
 Ask Us!
ThinkFirst

#2
 Car seats reduce head
 injury risk by 85%
 (depending on use)



ThinkFirst

Southern Illinois University
 School of Medicine
www.siumed.edu/thinkfirst

Health Alliance
PLANS THAT

What is the goal of hospice?
Through spiritual, emotional, and physical care, hospice focuses on quality of life for the patient, while providing it support system to family and friends.

The hospice team includes:
• Medical directors
• Registered nurses
• Home health aides
• Medical social workers
• Chaplains
• Trained volunteers
• Pharmacists
• Dietary and therapy services

CHOOSE MEMORIAL



Memorial
HOME SERVICES

Compassionate care for patients—and their families—through the end-of-life journey

HOSPICE


For more information about hospice care or to ask about volunteer opportunities:
800-582-8667

MemorialHomeServices.com/Hospice

Volunteer opportunities
Our volunteers provide a wide range of services to patients and families through companionship and assistance.

- Sit with patients
- Read to patients
- Provide a break for families
- Help with the groceries
- Sing or play music
- Assist in the hospice office
- Help with light housework
- Grocery shop
- Organize mail

NEW VOLUNTEERS ARE ALWAYS WELCOME!



The Joint Commission Accredited and Licensed in the State of North Carolina

#9

THE FACTS ABOUT VOLUNTEERING IN 2014

WHY I MET

MEMORIAL HOME SERVICES
I MET A VOLUNTEER
FOR THE FIRST TIME
I WAS VERY IMPRESSED



Health Alliance
PLANS THAT
NEEDS



Memorial **HOME SERVICES**



A Memorial Health System Affiliate

Sei Bella

A TOTAL APPROACH
TO BEAUTY

with Clinically Proven Results

- **SKIN CARE** — Innovative technology targets every skin concern
- **LUXURY SKIN CARE** — Clinically proven technology delivers superior age-defying benefits
- **COLOR COSMETICS** — Over 150 vibrant color cosmetics that also nourish your skin
- **HAIR CARE** — Salon-quality formulas that provide gorgeous, healthy hair

**IF IT WEREN'T SAFE,
THEY WOULDN'T
SELL IT, RIGHT?**

- The FDA regulates food and drugs closely including periodic inspections of manufacturing facilities.
- The regulatory oversight related to toiletries, cosmetics, personal care or cosmetic products is significantly less than that of food or drugs.



Melaleuca
The Wellness Company®

NATIONAL
BRAND
CLEANERS
LINKED TO LUNG DAMAGE

20-year
independent
study says using
national brand
cleaning products
as little as once
per week is as
bad for lungs as
smoking a pack
a day for years



#3
Is your heart a m...
Will exerci...
strengthen it?

TUFF SPAS

Revolutionizing the Hot Tub Industry

THE TUFF SPAS DIFFERENCE

- Lifetime warranty on spa and cover
- Multi-color stone panels
- Recycled denim insulation
- Solid one-piece bottom that keeps heat in and rodents out
- Just plug in, 110V or 220V
- Made in the USA



WE HAVE YOU COVERED FOR LIFE



Best hot tub cover
another cover
used by one person
over 500lbs
others view where
insulated



NATIONAL BRAND CLEANERS

TO LUNG DAMAGE

dent
ys using
brand
products
once
is as
ings as
pack a
years.

Independent study
by 28 top researchers

ublished in the
espiratory and
edia attention

www. ScienceDaily



Powering up the Heart of Every Home,
from the Heart of Illinois.

*Manufacturing in Lincoln
& Logan County for over*

60 years

**Specify Eaton products
when planning your new
home, addition or
remodeling project.**

(loadcenters, metering devices,
air conditioning disconnects,
power outlet pedestals)

**1725 1200th Avenue
Lincoln, IL 62656
217-732-3131
www.eaton.com**



St. John's College Nursing Program

St. John's College
A Division of St. John's University

St. John's College Experience

#7
Master of Science in Nursing
The Best Choice in Nursing!

Why St. John's College?

Our graduates are in demand!

St. John's College is a leader in nursing education. Our graduates are highly sought after by employers. Our program is accredited and our faculty are experienced and dedicated to your success.



St. John's College
of Nursing



NATIONAL
BRAND
CLEANERS
LINKED TO LUNG DAMAGE

50-year
independent
study says using
national brand
cleaning products
as little as once

the
never
list


FREE
Lip Balm
w/ \$5
Purchase



EAT AT LINCOLN CULVER'S
 Sunday, February 17, 2019
 5:00 - 8:00 p.m.

Hosted by:
 St. John United Church of Christ
 Mission Committee

10% of the sales between 5:00 and 8:00 p.m. on February 17th will go to the Angola Hymnals Project.



Remember, they eat at Culver's. Mark your calendar and come out to support the project!

PROJECTS TO SUPPORT COMMUNITY ACTION...

- Collecting monthly food money for the Community Action Food Bank
- Diaper Drive for Community Action
- Collect School Supplies
- Thanksgiving Food Drive
- Coat for Kids in December - 2018 & 2019



SAVE THOSE...

CAN BANK - Used cans, bottles, and other items accepted by the Food Bank of Lincoln County are needed to help support the program for families in our area.

NOY TOY COLLECTION - This is a special program and we are looking for donations of new and gently used toys. They are able to get a lot of joy out of these toys and we would love to help them!

The recycling center, 1044 North Lincoln, St. Louis, MO 63103, is open 9:00 a.m. to 5:00 p.m.

CANCELLED STAMPS - Please bring them to the Recycling Center. They will be recycled and the money will go to the recycling center.

PROJECT TO SUPPORT COMMUNITY ACTION...

THE BROOKS CENTER AT ST. JOHN UNITED CHURCH OF CHRIST RECYCLES LOTS OF ITEMS...

- ALUMINUM CANS
- PLASTIC CUPS AND LIDS
- ATHLETIC SHOES
- CANDLES
- CANCELLED STAMPS
- BOX TOYS FOR EDUCATION
- GREETING CARDS
- 9V BATTERIES AND CELLS
- PAPER BOLLS
- BATTERY PACKS

PROJECT TO SUPPORT COMMUNITY ACTION...

THE BROOKS CENTER AT ST. JOHN UNITED CHURCH OF CHRIST RECYCLES LOTS OF ITEMS...

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 • BOX TOYS FOR EDUCATION
 • GREETING CARDS
 • 9V BATTERIES AND CELLS
 • PAPER BOLLS
 • BATTERY PACKS

St John
United Church of Christ
 204 Seventh Street Lincoln, IL 62656
 E-mail address: stjohnucclincoln@yahoo.com
 Website: stjohnucclincolnillinois.com
Rev. Laurie Hill







Free Health Screenings
KNOW YOUR NUMBERS



Advanced
Community Action
LEAD START
3-5

Helping People. Changing Lives.
Community Action
PARTNERS
OF CENTRAL ILLINOIS

#8
Thank you
EVERETT HALL
MAY 2018


CareLink

Non-Medical Home Care | 877.884.8480

816-866-3478
Flood Restoration
Offered By

Resilient
Premier Cleaning, LLC

#7

Master Service is a Service and the best choice of choice!
We have a wide range of services and products to meet your needs.
Can't find what you need? We'll find it for you!

NATURE'S BEAUTY

Resilient
Enter To Win a Free
Cleaning Product!



ONCOLOGY
MEDICAL CANCER
INSTITUTE



Life www.LifeGoesOn.com
Goes On
Be an organ/tissue donor

#3
If you have a muscle!
Will you give it?
ALL ARE WELCOME!
100% OF THE PROCEEDS FROM THIS EVENT
WILL BE DONATED TO THE ILLINOIS
LIVER & KIDNEY FOUNDATION

*Living
on Giving*
Life Goes On
LifeGoesOn.com

SAY YES!
FORGIVE THE ILLINOIS
LIVER & KIDNEY FOUNDATION

Organ Donor Information

Organ Donor Information

Organ Donor Information

Organ Donor Information


LifeGoesOn.com

Community Action
HEAD-START
125

Advancing
Health
Services

Living Lives
with
Dignity



 meridianhealth
A WellCare Company

Care.
Above
All Else.



BlueCross BlueShield
of Illinois

#6
 You may not get a glass of water a
 thousand times in the year
 recommended amount of daily
 water?

Eat Smart To Play Hard
 Try These Quick and Easy Summer Snacks*

FREE SUMMER MEALS
COMIDAS DE VERANO GRATIS
ALL CHILDREN 18 AND UNDER.
TODOS LOS NIÑOS DE 18 AÑOS Y MENOS.

*Free summer meals are part of the Summer Food Service Program sponsored by the United States Department of Agriculture and administered by the Illinois State Board of Education.

CALL/LLAME (800) 359-2163

MOVIN' With Summer Meals
 Turn Off the Screens, Turn On the Music!





CULTIVATING TOMORROW.

We support a bright future for America's family farmers by teaching our youth teamwork, encouraging volunteerism, and fostering pride in our communities.

Trust in Tomorrow.®

Lincoln Logan/May Enterprise Insurance Agency

lincolnlogan-mayenterprise.com | 217-732-4642



Frontier-Mt Carroll
Mutual Insurance

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MUTUAL.®

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