

Grownups getting stronger

REGEN

Fall 2024
FREE

**Springfield,
Missouri**

Page 4

**Decluttering
on the move**

Page 15

**Illinois safer
for LGBTQ+
seniors**

Page 20



Invest in yourself

Health is wealth Page 18



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contents



Leroy Solomon and the village of Southern View go way back together p. 12
PHOTO BY DIANNE CROWN

Features

- 4 | **Travel**
Springfield, Missouri
- 8 | **Community**
AARP stands for service,
advocacy and fun
- 12 | **Profile**
Mr. Southern View
- 15 | **Decluttering**
Providing solutions in
times of transition
- 18 | **Personal development**
Invest in yourself
- 20 | **Community**
Making Illinois safer
for LGBTQ+ seniors
- 21 | **Community events**
See what's happening
near you

ReGeneration Fall 2024

Decluttering has become a theme for seniors, and it's amplified in our page 15 article, "Helping people with their stuff." It's about a company, Golden Bridges, that helps people decide what to keep and what to pitch when they move. In an essay she penned for *ReGeneration*, Lori Fragier of Springfield takes decluttering from the merely physical realm to a more spiritual space:

Declutter your space – Tidying up your living space can help your mental well-being. It fosters a sense of calm and order. As we organize, we make room for new opportunities to flow into our lives.

Creating mental space – Just as we declutter our homes, we may also declutter our minds. Let the past go. Practice meditation and cultivate a sense of inner peace.

Letting go of the old – Take time to release anything that doesn't serve you. You create space for personal growth.

Renew energy – Decluttering can revitalize your energy. Engage in activities that nourish your mind and body. Get plenty of sunshine and fresh air.

Housecleaning is more than scrubbing floors or dusting shelves. By decluttering our physical spaces and cleaning our minds, we can embrace the season with open arms. So freshen up your home and give yourself the gift of an autumn reset and refresh. – *Lori Fragier*

Lori's essay echoes themes in this quarter's REGEN cover story, page 18, by Tim Hahn, *Invest in yourself*. Personal development is the best investment we can make. After all, health is wealth.

Enjoy these and the other features we offer in this quarterly edition. Consider a trip to the other Springfield, or we should say *another* Springfield, the one in Missouri, page 4. And enjoy the history of Southern View, the village on Springfield's south side, from someone who has lived it, page 12. Learn about AARP's advocacy and volunteer opportunities in Springfield, page 8. And read what AgeLinc is doing to make Illinois safer for LGBTQ+ seniors, page 20. – *Fletcher Farrar, editor*

The Missouri Springfield

A nice place to visit.

They have a lot going on. Just not Lincoln.

By Mary Bohlen



The Mizumoto Japanese Garden is a highlight of the Springfield (MO) Botanical Gardens and features a large koi pond among other tranquil scenes.
PHOTO BY BRENT BOHLEN

Back in the day when TWA flew out of St. Louis to Springfield, Illinois, and Springfield, Missouri, from side-by-side gates, at least one passenger got on the wrong plane. The potential graduate student was supposed to head to our city for an interview but sheepishly called from the Missouri Springfield to say he had mixed up the two cities.

While an airline faux pas like that has likely gone the way of TWA, the Springfield, Missouri, visitors' bureau does field inquiries about Abraham Lincoln. "We get calls all the time asking when the presidential museum opens," one of the volunteers said.

It is doubtful Lincoln ever set foot in the southwest Missouri city of 170,000, but plenty of Route 66 visitors do. In fact, the city claims to be the birthplace of the Mother Road. Apparently, an entrepreneur from Tulsa and one from Springfield, Missouri, met there to push the federal government to build the paved road linking Chicago and Los Angeles and to name it U.S. 66.

The city sports a plaque commemorating the birthplace, lots of banners promoting the highway, several vintage hotels and the Route 66 Car Museum with a private collection of 75 vehicles from 1907 to 1980.

Opened eight years ago, the 20,000-square-foot museum draws Route 66 travelers. "We get people from all over the world, of all ages," employee Mark Johnson said, pointing to the guest book for the week with names from Australia, France, New Zealand, Norway, Portugal and the United Kingdom.

"Springfield is really a car town," he added, and it hosts the Hot Rod



The Route 66 Car Museum in Springfield, Missouri, draws visitors from around the world and showcases 75 privately owned vehicles. PHOTO BY BRENT BOHLEN

Nationals and national conventions for such brands as Oldsmobile and Pontiac. Almost all of the museum's cars have license plates, and two mechanics keep them in running condition, Johnson said.

If old cars aren't your thing, Springfield, Missouri, offers plenty of other attractions, including a world-class aquarium, a lovely Japanese garden, a rare ride-through cave, an active brewery district, a significant Civil War battlefield and the Class AA Springfield Cardinals baseball team. The two Springfields are about 300 miles apart, so travelers from here should plan more than a one-day visit. They can easily find plenty to do.

The World of Wildlife National Museum and Aquarium earned the "best aquarium" title from *USA Today* in 2023, and it is easy to see why. The 1.5-million-gallon aquarium is home to 35,000 live fish, mammals, reptiles, amphibians and birds, plus boats used by Ernest Hemingway, Zane Grey and Jimmy Buffett. The wildlife museum features realistic displays of animal habitats from around the world.

But bring your credit cards as the venue is not cheap with entry fees of \$45

for adults and \$25 for children on busy days. The prices drop slightly on less popular days, and a two-day ticket yields a better per-day deal. You can pay extra to get close to penguins or spend 15 minutes in an underwater cage with an air helmet to "dive" with sharks.

The attraction is in the same building



Fantastic Caverns on the northwest edge of Springfield, Missouri, allows visitors to board a tram to view the cave's formations. PHOTO BY BRENT BOHLEN

as the original and massive Bass Pro Shops Outdoor World, which includes small free museums dedicated to fly fishing, cars and the company's history, along with plenty of outdoor gear and cafes.

For another taste of nature, head to the Springfield Botanical Gardens, a popular spot for walking and biking. The gardens include a butterfly house, an old farmstead, ornamental plantings and the Mizumoto Japanese Garden, the oldest attraction. Its 7.5 acres include a meandering path beside a large koi pond, moon bridge, meditation spots, a tea house and traditional Japanese garden landscaping.

On the city's edge, you can find Fantastic Caverns, billed as America's ride-thru cave. Porous limestone and dolomite combine in Missouri to dot the state with caves formed by underground rivers. Visitors to Fantastic Caverns board a tram for an easy ride through part of an ancient cave system filled with formations. If you are there in the heat of the summer, the ride provides a cool respite at 60 degrees.

Springfield's active brewery scene offers another type of respite. Perhaps helped by the presence of Missouri State University close to downtown, the



Springfield, Missouri, claims to be the birthplace of Route 66 and has several landmarks associated with the famed highway. PHOTO BY MARY BOHLEN



The “dream buck” statue graces one entrance to the World of Wildlife National Museum and Aquarium in Springfield, Missouri. The museum and aquarium share a roof with the original Bass Pro Shops Outdoor World. PHOTO BY MARY BOHLEN

city has plenty of places to quench your thirst, including at least eight brewing companies, a distillery and a plethora of coffee shops.

The university’s culture also is likely responsible for a variety of eating places, including a Chinese restaurant that claims to be the originator of cashew chicken, a Dutch restaurant, a nostalgic Steak ‘n Shake with curbside service and plenty of places to find ethnic food.

South of town is Wilson’s Creek National Battlefield, a must for Civil War buffs and others interested in learning about history. You can drive through the area that was home to the war’s second battle and the site where the first Union general died. A short film in the visitors center and displays provide good background for your visit. One surprising fact is Missouri had the third-most Civil War military engagements, just behind Virginia and Tennessee.

Back in downtown Springfield, it’s OK to be a little envious of the

attractive Hammons Field, home to the Cardinals’ 2A baseball team. You can join the crowd for a home game in season or check out the nearby indoor ice rink open all year.

Other Springfield spots of interest include the Dickerson Park Zoo, the Springfield Art Museum, the History Museum on the Square, Discovery Center children’s museum and the Missouri Institute of Natural Science. The MSU campus is worth a drive through.

And while you are getting your kicks on Route 66, you can remember our Springfield still has Lincoln.

For more information about Springfield, Missouri, or to order a visitor guide, go to www.springfieldmo.org. □

Mary Bohlen, a Springfield travel writer, enjoyed her visit to the Missouri counterpart but still prefers the Illinois version. She taught journalism at the University of Illinois Springfield for 30 years.



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Judy Parker, AARP volunteer

PHOTO BY DIANNE CROWN

AARP stands for service, advocacy and fun

On the job in Springfield, at the Statehouse and the State Fair

By DiAnne Crown

With its ubiquitous membership pitches, bold red presence at community events, and sales offers for services featuring photos of sublimely happy customers, AARP looks like the Try Hard organization for seniors. Maybe a little too hard? Look again. AARP really is a useful service and advocacy hub.

Something for everyone

Head to website aarp.org for exercise and travel tips, recipes, trivia, TV, home safety, insurance information, Healthwatch,

celebs in the news, and much more. Topics are well organized, easy to navigate, and presented in high-contrast colors with a basic unadorned font. It's easy to use, easy to read.

And that's just the general content. For state-specific information, scroll down and click to view in-person and virtual activities and opportunities. This is also where to find updates on Illinois advocacy issues. For more on AARP's legislative activity in Illinois, we visited the Springfield office to chat with Ryan

Gruenenfelder, Senior Director, Advocacy and Outreach.

"The AARP office in Springfield is involved in a wide array of advocacy, outreach and education issues within the city and across central and southern Illinois," Gruenenfelder began. "We work with community groups to make Springfield more livable and age-friendly, a place that current residents are proud to call home and a place others from across the country want to move to, by advocating for policies and initiatives

that allow for safe, walkable streets; that support affordable housing, secure opportunities for healthy and active living; that provide ample opportunity for social inclusion, and help sustain economic growth while ensuring disparities are addressed.

“On the state advocacy side, trained AARP volunteers from all over Illinois fight for issues we all care about in the Capitol building every week, such as helping Illinois’ 1.3 million unpaid family caregivers, lowering prescription drug prices, protecting or improving financial retirement security, securing relief from high property taxes, protecting residents in nursing homes, and fighting for affordable electric, gas and water rates. Over the years, we have secured many powerful wins within the state legislature that benefit Illinoisans on every one of these topics and more.”

A summary sheet from the Springfield office identifies specific House bills in all of these areas where AARP is advocating for support or opposition in 2024.



AARP staff greet visitors, play games, answer questions, share swag, and enroll members at the 2024 Illinois State Fair in Springfield. PHOTO COURTESY AARP

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The AARP tent at the State Fair (above and below) not only informs the public, but also provides a chance for volunteers and staff to get to know each other.

A fun bunch at the Illinois State Fair

The AARP tent at the Illinois State Fair welcomed seniors into a party with giveaways, games, bright colors and smiling staff and volunteers.

Judy Parker, a member since 2016, volunteers with a friend at local events. “One of the biggest things I appreciate about AARP is the communication. They send information on every topic you can think of – health, scams and fraud, recipes. It’s the whole gamut of things, by mail and email.”

AARP produces a lot of content – for dabblers and deeper divers alike. The small-format monthly newspaper *AARP Bulletin* is both information-dense and easy to read, with such features as “The War on Chronic Pain,” “What We Know About Medical Marijuana,” and “90 Great Ways to Save.” The *AARP Magazine* features profiles on aging cultural icons and the arts, useful technology, and more. Special publications such as “Caregiver Stories,” produced with the Illinois Family Caregiver Coalition, share poignant and practical help. For digital resources, the Member Benefits tab at www.aarp.org offers seemingly unlimited searchable content. And members can set email alerts by topic to customize their AARP

experience.

For even more, volunteers are welcome to jump in. Parker says she responded to a recruiter’s invitation at an AARP Movies for Grownups event several months ago. “My friend and I decided ‘Let’s do it!’ We’ve work at the State Fair booth and Senior Celebration, and we’re looking to do more. We meet people, we enjoy people, and we feel like we’re giving back.”

This is just what Teresa Jones likes to hear. As the Associate State Director of Advocacy and Outreach, Jones describes

Parker and others who work the fair, voter registration, Social Security presentations, decluttering talks, and more as “my volunteers.”

“I get to know them, their likes and dislikes, whether they like to be behind the scenes or out in front, and then I can make personal assignments,” Jones says. “Then they will give it their all and say ‘yes’ again.” And she needs that. “AARP is working in just about every area that touches senior lives, makes lives better, makes a difference.”



PHOTOS COURTESY AARP

When it comes to areas of information and advocacy, Jones says, “We’ve either done it, we’re going to do it, or we’re working on it right now. We think out of the box on behalf of seniors in our community.”

Gruenfelder agrees. “We cannot do this work in Springfield or anywhere in Illinois without the help of the hundreds of dedicated, passionate volunteers who work alongside us as partners on all these advocacy issues and outreach/education efforts to help everyone live well with dignity and purpose.” If anyone feels passion for these issues and activities and would like to join us as a volunteer, visit Volunteer with AARP Illinois (<https://states.aarp.org/illinois/volunteer-with-aarp-illinois>) and contact Ellen Acevedo at eacevedo@aarp.org or 312-458-3626. □

Surprised by the engaging, varied AARP media, and the faint hope of lower insurance premiums, feature writer DiAnne Crown of Springfield is a new member. Sold!



Teresa Jones, Associate State Director of Advocacy & Outreach
PHOTO BY DIANNE CROWN

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Mr. Southern View

Leroy Solomon and the village go way back together

By DiAnne Crown



Leroy still owns his father's bike, complete with the "Junior" license plate his dad, Leroy Sr., gave him for village parades. PHOTOS BY DIANNE CROWN

The Village of Southern View on Springfield's south side has functioned like a small, friendly oasis for 85 years. It's one of Springfield's three villages, with Grandview and Jerome, and, to hear residents speak of it, Southern View is a 400-acre gem of history, generations of families who have stayed put, and heart.

"We are our own little community," says Nora Petrosky, a 38-year resident and previous 12-year village president. "We have two parks, our own police department, our own school, and a Dollar General."

And they have Leroy Solomon.

Known with equal parts affection and respect as "Mr. Southern View," Solomon goes way back. His family has occupied the house he lives in for 92 years. He was actually born in it, 85 years ago. "He knows everything about everyone," says Petrosky. "He still rides his bike, stops and talks with people, and lets the Public Works office know if a street light is burned out. He's dependable. A joy to talk to. If he doesn't know you, he'll get to know you. He's always helping, always lending a hand."

On longevity

Solomon hasn't slowed down much. "I'm a very active person, have been all my life," says Solomon. ("Solomon has three Os in it," he adds for my interview notes, "just like King Solomon in the Bible.")

He built houses for a contractor at Lake Springfield during high school. Later, he went to work for Henson Robinson, apprenticed for four years, and then worked as a Union Sheet Metal Worker for 30 years "all over Springfield. My uncle got me in the trade."

He was known as a high man. He

recalls early days working for Henson Robinson on the Illinois State Capitol dome. “400 feet in the air. At 6:30 a.m., before work, I would take my coffee thermos bottle with me and sit up on the Capitol roof above the dome in the morning. Where the light is. The only thing higher is the flagpole. Looking down at Capitol Avenue from there, the city bus looked about two inches long. I did that to get used to working up high like that, and then they put me on jobs straddling beams, installing skylights, all the high work.”

One cold Sunday morning in 1978 after a bad ice storm, Solomon was on a job in Kincaid that shut down until conditions were safe. So, he was at home when the village president and trustees knocked on his door, handed him a pair of gloves, and sent him to help clean up fallen trees and limbs.

He would return to village work in 1992 for the Street Department after 30 years in the sheet metal trade. “I drove the backhoe and gravel truck. I got a CDL license to do that. I worked seven



Southern View has been home to Leroy Solomon since he was born in the house he now owns. Photos and mementos tell the story of family and community life full of pleasant memories of friends, school days, festivals, and work. His father “conducted a lot of business” on the front porch where Solomon shared stories with REGEN.



Julia and Leroy Solomon, Sr., with 5-year-old Delores, and Leroy, Jr., 1939.



Leroy Solomon, Sr. with his Ford Model A in 1934.

years full time for the village after I retired.”

He still mows his own yard, does his own shopping, enjoys vintage motorcycles, and bike rides – both his and his father’s. But, he finally quit riding backwards a few years ago. “I gave it up so I wouldn’t hurt a shoulder or have to get stitches in my head.”

On village life

“When my parents moved in, the village was poor, poor, poor,” Solomon says. The 1989 Golden Celebration History describes the early days of then Golden Gardens Addition without indoor plumbing, natural gas or electricity. There were dirt roads, homegrown chickens and \$1 pay for trustees when the village could afford it. “But it was an ideal place to grow up,” Solomon says. “We played baseball in the middle of that street (pointing to the busy through street in front of his house). There was no traffic, only farmers, south of here. It really was a playground. Very few houses around at that time.”

In 1945, Solomon attended the county school built in 1932 that became Southern View. That’s because women in a committee meeting admired the view out a window and said, “Look at that southern view.” The first graduating class was two girls and a boy.

“Back then, there was real community spirit. The people in Southern View visited over their clotheslines and fences, we had Halloween parades where everyone would walk around the village in costume. In 1947 when WCVS put up the radio tower, our third-grade class went to Fourth and Garrett streets to watch on a school day and saw three people doing acrobatics. When Nora was president, we had a village parade every August, with people marching, walking, and a fire engine. I rode my dad’s bike.”

Solomon takes pride in knowing the people of Southern View, past and present. He knew farmer Ned Cruikshank, as in Cruikshank Street today, who died when his John Deere tractor rolled over him, as well as many



Solomon with his memento for the seven years he spent with the Southern View street department after he retired.

of the Italian and Eastern European families who lived in Southern View in its early days, and the brick masons who built their houses. He says there are approximately 1,700 residents now, and he still knows “who lived where, and where they moved and live now.” What he can’t remember, he says, “is lost to time. Everyone else who might be able to remember the early days has passed on.”

Solomon’s parents, his wife Marian, and his children have all enjoyed village life in Southern View, as have generations of others who were born, grew up, had children, and stayed on to see what will come next in Springfield’s “doughnut hole.” More and more of the houses are becoming rental units, but more than traces of the original community linger today in the pride of place and lifelong friendships. □

Helping people with their stuff

Golden Bridges provides solutions in times of transition

By Karen Ackerman Witter

When seniors get together and socialize, grandchildren are often a topic of conversation. So is commiserating that “our kids don’t want our stuff.” It’s common that homes are filled with a lifetime of accumulated possessions. Deciding what to do with it all is an issue for many seniors. And, the next generation typically doesn’t want shelves of knickknacks and collectibles, silver that needs polishing, dishes that can’t go in the dishwasher and family mementos that have been stored in closets and basements for a few decades.

Decluttering has become a popular term. There are many resources and businesses that help people organize and declutter. A house full of belongings can be especially stressful and burdensome when people decide to downsize, move to be closer to family or health issues force a move. This is even more stressful when the move happens in a crisis.

Professional “move managers” can provide valuable assistance and help people better manage the challenging and emotional process to sift, sort, organize, donate, move and dispose of possessions. The National Association of Senior and Specialty Move Managers (NASMM) is a professional association of move managers who assist clients of all



Client Becky Grummon with Golden Bridges Springfield liaison Terri Hempstead
PHOTO BY KAREN WITTER

ages and life situations. A focus is helping people, especially seniors, transition to another place. They also help people make changes in their current home to age in place or prepare for a future move. Members of NASMM must have general business liability insurance and meet strict requirements related to training and adherence to a code of ethics.

While there are often multiple

businesses in large cities, smaller communities typically have only one business certified by NASMM. Golden Bridges, headquartered in Quincy, is the only move management business certified by NASMM that serves the Springfield area.

Suzanne Ellerbrock is president of this women-owned business. Ellerbrock, Susan Scholz and Nancy Waters founded Golden Bridges in 2013 after winning \$10,000 in a business plan competition sponsored by the Quincy Chamber of Commerce. Over the past 11 years, they have served 450 clients. Terri Hempstead is now the Springfield liaison for Golden Bridges.

“We provide help and expertise to people who are overwhelmed with the task of downsizing or moving. By working

Golden Bridges is presenting a series of free educational programs. The September program was about decluttering. The Oct. 16 program is “Downsizing to Move” at 10 a.m. at the Jane Hay Sales & Staging Team at The Real Estate Group, 3001 W. White Oaks Drive. The Nov. 15 program is “Safe at Home” at The United Methodist Center, 5900 S. Second St. Programs are free but registration is requested. Call 888/922-6368, ext. 6 to reserve your place.



Left, Leslie and Sue from Golden Bridges sorting clothes to pack. Right, Leslie from Golden Bridges checking the task list while organizing a client's knickknacks.

with them, and honoring their decisions, we enable them to live life better.” This is Golden Bridges’ specialty as stated on its website.

Sometimes there are no family members who are available, able or willing to help. Sometimes the client doesn’t want family members involved. The decision-making process can be very emotional. The Golden Bridges team provides professional expertise and an independent perspective with no emotional attachments. They can help clients document the significance of items, so family members have that information. “We help keep relationships intact,” said Ellerbrock.

A time-consuming part of the process is helping the client make difficult decisions about what to keep and what will be moved, given to family members, donated, sold, recycled, shredded, pitched, etc. If



Becky Grummon in front of a painting by her aunt of the home that had been in her family for 66 years.

Leaving the old family home

One person’s moving experience

Becky Grummon is a client of Golden Bridges. She recently moved from a home that had been in her family for 66 years, filled with six households of accumulated possessions. She learned about Golden Bridges through someone from her church while she was looking into places to move. She says if she had tried to do this on her own, she likely would not have moved by now and would be hibernating in the family home.

After an initial consultation in January, she signed a contract in February. A team from Golden Bridges came to the house weekly and worked with Grummon to help her choose what to move to her new home and what to do with all the rest. They helped her select a mover, packed and labeled boxes, and coordinated positioning of furniture on moving day. They helped sort and organize what would be auctioned, donated and disposed. Grummon said it was a big relief for Golden Bridges to make all the arrangements with the various vendors so she didn’t have to. “They have all the connections and resources to organize and oversee everything,” said Grummon. “They are full-service and beyond.” The result was an empty house and garage with bare walls. She moved to her new duplex in March and sold the Springfield-area family home in May. She is happy with her decision to downsize and move to independent living at Lewis Memorial Christian Village. She has no regrets about the things she let go of and is grateful for the help provided by Golden Bridges. – Karen Witter

the move is local, a team visits the new destination to take measurements and review the layout to propose a floorplan template to the client. If the destination is remote, a floorplan is requested. The move managers produce a plan for furniture placement and help the client select items that will fit according to ADA standards.

Our motto is, "We provide solutions in times of transition," says Hempstead. "What makes Golden Bridges unique in the Quincy-to-Springfield region is the 'soup-to-nuts' scope of our services. As professional move managers we solve whatever needs to be done."

Things that differentiate a move management company include being licensed, bonded and insured; having professional certifications; and coordinating all elements of the timeline for the downsize and move. Services can include scheduling and coordinating a moving company, arranging for an auctioneer, determining where to donate items and unpacking and "settling-in" at the new home. The goal is to repurpose as much as possible. The team ensures all the items get to their destination.

The timeline varies. Golden Bridges works with some clients for a couple of weeks and others for more than a year. Golden Bridges determines one all-inclusive fee for specific services following a 1 to 1½-hour free consultation to understand the client's goals and intentions. Anyone can request a free consultation. In some cases, this may be all a person needs to get started on their own.

Ellerbrock says that many people must make decisions in crisis mode when something happens that triggers the necessity for a move. She recommends seniors start thinking about this well in advance, to make decisions while they can and ensure their wishes can be carried out. For many a big fear is their children putting everything into a dumpster.

What we hear all the time is, "I never knew such a thing as senior move management existed," said Hempstead. "It's a service business that is growing very fast in large cities, and we are bringing it to Springfield." For more information go to <https://goldenbridges4you.com/> or email info@goldenbridges4you.com. □



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INVEST IN *yourself*

Health is wealth

By Tim Hahn

Got any good stock tips? Should we buy or sell? Where should we invest? And not just our money, what about our precious time and energy? Important questions to consider as we look towards the future and want to ensure stability in unstable times.

I remember my freshman-year business professor advising us to begin saving for our retirement as soon as possible. To us, like most 20-somethings, retirement and the future seemed out of touch and far away. For fun we would input the basic equation into our calculators to see how much we could save by the time we were 55, 60 and 65

years old. It was always exciting to see the thousands, sometimes millions pop up on the calculator screen. The sooner we started, the greater the pot of gold.

Do you think we took the advice and started saving? I'm sure a few smart kids did but I wasn't a part of that group. At that age, I wasn't concerned for the future or making choices that aligned with any future goals. In fact, I didn't have many goals in those days and it didn't feel like we had much to spare or that it would account for much. Of course, the whole point was that the sooner we started, the smaller the sacrifice would have to be,

compared to starting later. I didn't have good awareness of the bigger picture. There had to be some discipline and patience to invest like that. Now as I get older and have a family and others to take care of, saving has become very important to me because the future is much easier to touch and see.

Managing money and assets will always play an important role in life and the sooner we start, the easier it gets. This is also true for any type of investment, particularly personal development, which is the constant pursuit of betterment on the wholeness of the individual self. According to Jim Rohn, American entrepreneur, author and motivational coach, personal development is a "lifelong commitment and investment in learning, growing and evolving, which not only enhances our own lives but also has the potential to transform the world around us." He goes on to say, "The best investment we can make is in ourselves."

Our finances make up a segment of our personal development, but we need to consider other areas like our physical

and mental health, our relationships with family, friends and community, our connection to the world and our deeper purpose. We could have all the financial stability in the world but be unable to enjoy it due to poor health. We could be financially comfortable and have great health but be completely alone having no one with whom to share life. We could have great wealth, health and social fulfillment but still feel empty inside without a deeper connection and meaning. We need to diversify our investments.

Personal development, like financial savings, takes discipline and goal setting. Once we begin to see some results from the discipline, it is a lot easier to keep going. Setting goals and "investing" in ourselves, no matter our age, is something that will help us continue to regenerate. Even more important than achieving those goals is in whom we will become while achieving them. Setting big goals for ourselves that excite us will bring about a greater discipline and enjoyment from life.

A good amount of resistance can help us get stronger. In fact, our whole lives are built from resistance, whether we have chosen to embrace them or use them as excuses. Much like I was unable to truly embrace early investment in my younger years, sometimes as we get older we think our personal development is over. To the contrary, life is dynamic and we only have today. This shouldn't be a reason to settle, but a reason to embrace the opportunity for investing in ourselves each day.

Another great quote from Jim Rohn: "Don't wish it were easier, wish you were better. Don't wish for fewer problems, wish for more skills. Don't wish for less challenge, wish for more wisdom." Rohn's message is to see challenges as chances to grow and learn. To have a student's mindset, no matter the age and stage of our lives. The student, similar to a child, has enthusiasm and nothing can beat it. □

Tim Hahn of Springfield is a husband and a father. He and his wife, Molly, run a local business that teaches wellness practices.

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BEST OF SPRINGFIELD 2023 WINNER Heal yourself naturally!

Making Illinois safer for **LGBTQ+** seniors

OUTSafe trains service providers to be sensitive and respectful

By Fletcher Farrar

A new state-funded grant program aims to help LGBTQ+ seniors feel safe being “out” in new surroundings. The program funds sensitivity training for service professionals, such as police, health care providers, social services workers or staff in long-term care facilities.

AgeLinc – the Area Agency on Aging for Lincolnland, which serves central Illinois – received a \$100,000 state-funded grant to implement a statewide training program. For the training AgeLinc has developed “OUTSafe: The LGBTQ+ Older Adult Violence Prevention Training Program.” The state grant was made available with the help of state Sen. Doris Turner and the Illinois Criminal Justice Information Authority.

Scott Linde, director of development for AgeLinc, said OUTSafe training “tries to help the community understand gender identity and sexual orientation, and the challenges facing LGBTQ+ seniors.” Teaching sensitivity, respect and inclusion is a way to reduce violence, he said.

Linde said 30% of LGBTQ+ seniors fear having to move into a senior living facility, worried that they won’t be understood or accepted by staff or residents. For example, a central Illinois man struggled after moving into a long-term care facility. “When he moved into that community, he had to go back in the closet for fear of retaliation or discrimination,” Linde said. “And he lived there for six years as a straight man. Thank goodness his daughter bought a duplex and she let him move in on the other side. So he escaped that.”

Linde said OUTSafe was presented to a group called PrideLinc, a weekly Springfield-area gathering of LGBTQ+

seniors age 60-plus. The group started during the pandemic with about five people, and now draws 16-20 weekly. The training serves as an introductory course on violence prevention and improved competency on LGBTQ+ relations. Another OUTSafe presentation was made in southern Illinois. AgeLinc and its allies hope to reach at least 500 service providers in the coming months to take the training. Participants learn about appropriate language to use and how to offer safe spaces for these seniors to seek the services and support they need without fear of discrimination or stigma.

According to the U. S. Department of Justice, in Illinois hate crimes based on sexual orientation have increased by almost seven times from 2020 to 2022, and hate crimes based on gender identity have increased by more than four times over the same period. Nearly 5 percent of Illinois’

population is LGBTQ+, yet the reported numbers drop as people reach 50 and older. This is likely because of fears they will be treated differently as they leave their homes for more assisted care. Emotional abuse, financial exploitation and physical abuse are the most frequent challenges facing these seniors.

“OUTSafe serves as a powerful reminder that there are many people in our communities who have experienced decades of pain, abuse or feeling like they don’t matter. That must end today,” said Carolyn Austin, CEO of AgeLinc. “This is vital work, and we are ready for the challenge.”

The program is available free to any interested provider. Service providers interested in scheduling a training session can learn more at agelinc.org/lgbt-support, or by calling Carolyn Austin or Scott Linde at 217-787-9234. □



EXPLORE YOUR Community

By Daron Walker

See what's happening near you

As events may be canceled or rescheduled at the last moment, please first check with the host or venue when making plans to attend an event.

ONGOING

Friday Night Jazz

Every Friday, 5:30-7:30pm. Listen to some of Springfield's finest jazz musicians with a different act every week. Sponsored by the Springfield Area Arts Council. Free, family friendly and accessible. springfieldartsco.org. Boone's, 301 Edwards St., 217-679-3752.

Kidzeum Sensory-Friendly Visit Times

First Sunday of every month, 9-11am. Through Dec. 1. Lights and noises are turned down to make the museum more comfortable for visitors with sensory differences so they can explore and discover the galleries at their own pace. Headphones are available for loan. kidzeum.org. Admission. Kidzeum of Health and Science Children's Museum, 412 E. Adams St., 217-971-4435.

The Art of Jazz

Second Thursday of every month, 7-9pm. Jazz guitarists and educators Jose Gobbo and Mark Tonelli perform together or curate an evening, booking a guest musician, a group or occasionally the UIS

Jazz Band. \$10 at door. Pharmacygallery.com. Pharmacy Gallery & Art Space, 623 E. Adams St.

"Person(Re)alities: Paintings & Drawings by Art Silver"

Wednesdays-Saturdays, 11am-5pm. Through Oct. 5. The Underground Gallery, inside of the SAA Collective, presents figurative and other paintings by juried artist Art Silver. Silver is inspired by how body language tells complex stories about who we are, what we are doing, and how we relate to our environment and each other. springfieldart.org. Free. SAA Collective Gallery, 105 N. Fifth St., 217-544-2787.

Old Capitol Farmers Market

Wednesdays, Saturdays, 8am-12:30pm. Through Oct. 26. Shop for fresh local produce, baked goods and products. Please note health guidelines will be followed. Sponsored by HSHS St. John's Hospital. Old Capitol Farmers Market, Fourth and Adams streets, 217-544-1723.

Open mic comedy night

First and Third Wednesday of every month, 6:30-8pm. Got jokes? Sign up for a five-minute comedy set at Pizza Records the first and third Wednesday of every month. Sign up starts at 6, and the show starts at 6:30. Come out and support local funny people. You'll never know who you'll see. Free. Pizza Records, Jacksonville, 59 E. Central Park Plaza, 217-200-0896.

Edwards Place Guided Tours

Tuesdays-Saturdays, 1, 2pm. Through Dec. 21. A guided tour through the newly restored first and second floors. See the authentic Lincoln courting couch from the parlor of the Ninian Edwards home where

Abraham Lincoln and Mary Todd were married, and a piano that was likely played at their wedding. springfieldart.org. Adults \$5, children 10 and younger free. Edwards Place, Springfield Art Association, 700 N. Fourth St., 217-523-2631.

Comedy Open Mic

Second and Fourth Wednesday of every month, 6-9pm. Hosted by Lance Cain. Signup is at 6pm with show at 7pm. See the Facebook page for more info. Anvil and Forge Brewing and Distilling Company, 619 E. Washington St., 217-494-6200.

"Vibrancy Realized"

Wednesdays-Saturdays, 11am-5pm. Through Oct. 5. See the pastel paintings and glass sculptures of artists Sheri Ramsey and Michelle Ryan. The artworks are unified by their reflections on nature and the moody resonance of emotion, creating an experience full of energy and life. springfieldart.org. Free. SAA Collective Gallery, 105 N. Fifth St., 217-544-2787.

Comedy Open Mic

Second Sunday of every month, 6:30-8:30pm. Sign up at 6pm for comedians. Show starts at 6:30pm. Free. The Wakery, 5 W. Old State Capitol Plaza, 217-670-2354.

Comedy open mic hosted by Larry Smith

Sep. 26; 8-10pm, Oct. 24; 8-10pm and Nov. 21, 8-10pm. No pre-signup. Performers will do five-minute sets. Signups start at 7:30pm. Pre-mic meeting at 7:55pm. Those not in room when called forfeit their spot. Free. Buzz Bomb Brewing Co., 406 E. Adams St.

Carillon concerts

Through December. Master carillonneur Carlo van Ulft and local assistant

carillonneurs play a variety of music from original carillon compositions to arrangements of popular classics and pop music. Enjoy the beauty of the park and gardens with the unique accompaniment of carillon music. Visit the website or call for performance times. carillon-rees.org. Free. Thomas Rees Memorial Carillon, Washington Park, 1740 W. Fayette Ave., 217-546-3853.

SEPTEMBER

Fall Festival

Sep. 21-22, 9am-4pm. A local favorite with music, food, crafts, children's activities and historic buildings to tour. Clayville Historic Site, Pleasant Plains, Illinois 125, 217-481-4430. clayville.org.

Roundtable to discuss aging issues, priorities

Sep. 23, 1-2:30pm. One of a series of discussions open to service providers, older adults, family caregivers and the public — to help shape the future of policymaking, service delivery and investment priorities to meet the needs of a growing older adult population. Hosted by Illinois Department on Aging. ilaging.illinois.gov/. RSVP requested. Free. Senior Services of Central Illinois, 701 W. Mason St., 217-782-5057.

Illinois Women in Leadership Women's Symposium

Sep. 25, 8am-5pm. A day of inspiration, motivation and actionable tips for professional and personal fulfillment. The event features two dynamic, inspirational keynote speakers - April Simpkins and Kim Becking. The day includes lunch, breakout sessions and a networking cocktail hour at the end of the event. \$149. iwil.biz. Crowne Plaza Springfield - 3000 S. Dirksen Pkwy.

Friends of the Farmers Market Street Dinner

Sep. 25, 6-9pm. Celebrate the immense bounty of the Old Capitol Farmers Market with DSI's ninth annual Friends of the Market Street Dinner. Old State Capitol, 1 Old State Capitol Plaza, 217-785-7960.

Nash

Sep. 25, 1pm, and Oct. 23, 1pm. The pet therapy team, Nash and Christie, will



Carillon concerts continue through December. Thomas Rees Memorial Carillon, Washington Park, 1740 W. Fayette Ave. CREDIT [FACEBOOK.COM/REES.CARILLON](https://www.facebook.com/rees.carillon)

stop by to visit with the seniors. Senior Services of Central Illinois, 701 W. Mason St., 217-528-4035.

The Lifespan of a Fact

Sep. 26-29. This critically acclaimed Broadway play is a fast-paced comedy with timely relevance, where facts and fiction are twisted in the high-stakes publishing world. uispac.com. \$25 in advance; \$29 week of the show. UIS Studio Theatre, One University Plaza, 217-206-7529.

Car-O-Practic Extravaganza

Sep. 27, 5-7pm. Bring your chairs and enjoy front-row seats here for the Route 66 Mother Road parade. Event includes family-friendly activities, food trucks, a raffle and more. Proceeds will benefit Habitat for Humanity of Sangamon County. Presented by Living Well Chiropractic. Event happens rain or shine.

Free. Habitat for Humanity ReStore, 2744 S. Sixth St., 217-679-1185.

Boots & Bowties

Sep. 28, 6pm. Annual fundraiser benefiting Senior Services of Central Illinois. Live music by Sushi Roll starts at 7pm. Admission \$10 or \$25 for dinner and entertainment. Advance tickets can be purchased online at centralllseniors.org. Order dinner tickets by Sep. 20. Route 66 MotorHeads Bar & Grill, Museum & Entertainment Complex, 600 Toronto Road.

International Route 66 Mother Road Festival

Sep. 27, 6-10pm, Sep. 28, 9am-10pm and Sep. 29, 9am-2pm. Hundreds of street machines, muscle cars and hot rods will rumble into the heart of Springfield's historic downtown followed by thousands of spectators for a weekend of family fun,

live music and entertainment. Cruise at 6pm Friday with car show Saturday and Sunday. miss the Burnout Competition. Free for spectators. Downtown, 217-553-5271.

56th annual Apple 'n Pork Festival
Sep. 28, 9am-5pm and Sep. 29, 9am-5pm. One of downstate Illinois' most popular festivals offering more than 25 booths featuring numerous types of old-fashioned, apple and pork foods, tours of the home of Abraham Lincoln's law partner and personal friend C.H. Moore, an art show; and large flea market. chmoorehomestead.org. Free. C.H. Moore Homestead DeWitt County Museum, Clinton, 219 E. Woodlawn St., 217-935-6066.

Crafters Treasure Sale
Sat., Sep. 28, 9am-3pm. Crafters, artists, paper crafters, up-cyclers, DIYers, fiber artists, needleworkers and quilters will have their choice of a vast array of reusable materials for arts, crafts, education and beyond. All items are donated by Springfield Ceramics and Crafts Club members. See the Facebook page for more info. \$20 for a bag. Springfield Ceramics and Crafts Club, 2626 S. Pasfield St., 217-381-4550.

Walk to End Alzheimer's - Greater Springfield
Sep. 28, 830-1030am. Held annually in more than 600 U.S. communities, this Alzheimer's Association event is the world's largest fundraiser for Alzheimer's care, support and research. Register your Walk team at Act.ALZ.org/ Springfield. Erin's Pavilion, Southwind Park, 4965 S. Second St, 309-696-0911

Echoes of Yesteryear
Sep. 29, 12-3:30pm. "A Walk Through Oak Ridge Cemetery." Seven actors dressed in period costumes tell the personal stories of individuals buried at Oak Ridge Cemetery who made significant contributions to our community's early history. Allow about two hours. Last tour begins at 3pm. Presented by the Sangamon County Historical Society, 217-525-1961.

Remembering Red
Sep. 29. "A Tribute to Red Skelton," the only tribute show endorsed by the Skelton Estate. Brian Hoffman's expert portrayal of the late comedian will have you in stitches with some of Red's most well-known characters. hcfta.org. \$30. Hoogland Center for the Arts LRS Theatre 1, 420 S. Sixth St., 217-523-2787.

OCTOBER

Boo Crew Haunted House
Fridays, Saturdays. First weekend of October through Nov. 2. "The 25th Nightmare." boocrew.com. \$35-\$55. Boo Crew Haunted House, Mechanicsburg, 11083 Buckhart Road, 217-551-6969.

Terror on the Square
Fridays, Saturdays, 7-11:59pm. Through Oct. 31. Terror on the Square in Petersburg has been entertaining guests for over three decades. A unique professional haunted tour with Disney-style illusions set in an actual 1930s funeral home. terroronthesquare.com. \$23. Terror on the Square, Petersburg, 119 S. Seventh St., 217-632-2731.

Musical Selections from the "Great American Songbook"
Oct. 2, 1-2pm. With song and narrative, singer-songwriters Dorothy Paige Turner and Joel Ross will explore the roots of jazz among enslaved Africans who brought their field hollers, work songs and spirituals to this uniquely American art form. Ross will also demonstrate the evolution of Ragtime and stride piano. Part of Arts for All. Registration required. Free. Lincoln Land Community College, 5250 Shepherd Road, 217-786-2432.

'Shoes, Brews & Biz
Oct. 3, 5-9 p.m. \$20. LRS Hangar, 820 S. Capital Airport Drive, 217-525-1173. Event showcases the Springfield area's restaurants, breweries and wineries. Enjoy samples while talking to businesses in the Biz Expo, bidding on silent auction items, taking a chance at winning \$1,000 and touring the car and motorcycle collection owned by Dick Levi of LRS. Tickets on sale now at www.gsc.org. Must be 21 or older to attend. Presented by The Greater Springfield Chamber of Commerce and presenting sponsor, Bank and Trust Company. gsc.org.

CatVideoFest 2024
Oct. 4, 7-8pm. Oscilloscope Laboratories presents a compilation of the latest and best cat videos culled from countless hours of unique submissions and sourced animations, music videos, and classic internet powerhouses. A portion of ticket proceeds will benefit local cats through the Menard Animal Protection. broadgauge.com. \$10-\$15. Broadgauge, Petersburg, 101 North 7th St., 217-386-5669.

ONLINE CALENDAR SUBMISSION

Friday by 5pm for the following Thursday issue

Event organizers are welcome to post events via our online calendar entry system.

It's fast and easy.
Go to www.illinoistimes.com
Click on "Submit an event"



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Are you looking for an opportunity to make a positive impact on the lives of children? If so, Compass for Kids wants to meet you!

Visit www.compassforkids.org to learn more or contact shelly@compassforkids.org, (217) 414-7940 to get started today!

Candlelight Walk

Oct. 4-5, 7pm. A wonderful opportunity to experience village life at night. Period-clothed interpreters will be inside many of the log homes and shops to talk about life in 19th century Illinois. Lincoln's New Salem State Historic Site, Petersburg, 15588 History Lane, 217-632-4000.

Artisan and Antique Market

Oct. 5, 9am-4pm. Shop this market set against the picturesque backdrop of the Brinkerhoff Mansion, the Dream Center, and the Ursuline Music Conservatory. Event features over 150 local vendors, food trucks, refreshing drinks, and live music. Brinkerhoff Mansion, 1500 N. Fifth St., 217-361-5555.

PLANETS with David Becker

Oct. 5. Experience a captivating auditory and visual expedition where captivating projections of the cosmos merge seamlessly with Becker's masterfully composed and improvised melodies. Join a post-concert gathering at the Campus Observatory. uispac.com. \$49. UIS Studio Theatre, One University Plaza, 217-206-7529.

Mineral, Fossil, and Jewelry Show

Oct. 5, 10am-6pm and Oct. 6, 10am-5pm. "Chillin in the Ice Age." Features mineral, fossil and jewelry dealers, exhibits, silent auction, concessions, escape room and kids' activities. Presented by Lincoln Orbit Earth Science Society. loess.org. Adults \$2, seniors \$1, children 12 and younger and Scouts in uniform free. Orr Building, Illinois State Fairgrounds, 801 Sangamon Ave., 217-414-0033.

Being Imperfect with Erika Sánchez

Oct. 9, 7-8 pm. Erika L. Sánchez, a celebrated novelist, poet, feminist and passionate advocate for young women, will present an inspiring live webinar. Discover her journey, insights and powerful voice. Presented by Illinois Libraries Present (ILP). See the webinar registration link on the Chatham Library's events calendar. chathamlib.org. Chatham Public Library, 217-483-2713.

One Hundred Strings

Oct. 10. Performance with traditional Indian string instruments, the veena (7 strings) and the santoor (93 strings), played by the world renowned Indian-



Echoes of Yesteryear Sep. 29, 12-3:30pm. "A Walk Through Oak Ridge Cemetery."

American Nirmala Rajasekar and Indian, Sandeep Chaterjee, an accomplished santoor player. The musicians will share the stories of their instruments and of their musical and cultural traditions. uispac.com. \$45. UIS Studio Theatre, One University Plaza, 217-206-7529.

Waitress

Oct. 11. "The New Broadway Musical." Everyone deserves a slice of happiness and Jenna, a waitress, has found a tempting recipe for it. atthelegacy.com. \$28-\$35. The Legacy Theatre, 101 E. Lawrence, 800-838-3006.

CORAL Barn Dance

Oct. 11, 8-11pm. First barn dance presented by Coalition of Rainbow Alliances. Includes DJ, cash bar, s'mores, firepits and a special treat. springfieldcoral.org. \$30. Pole Barn Chic, 4491 Old Chatham Road, 217-685-7389.

Baskerville

Oct. 11-13. A Sherlock Holmes mystery presented by Spencer Theatre Company. hcfta.org. \$20-\$22. Hoogland Center for the Arts Peggy Ryder Theatre, 420 S. Sixth St., 217-523-2787.

Youth Charity Horse Show

Oct. 11-13, 8am-10pm. Class sessions all three days. The organization donates its annual proceeds to area charities. youthcharityhorseshow.com. Coliseum, Illinois State Fairgrounds, 801 Sangamon Ave., 217-413-1026.

Fall Harvest Festival

Oct. 12, 9am-4pm, and Oct. 13, 10am-4pm. The garden's highly popular Fall Harvest Festival returns to Cawley Meadow. Event features children's activities, music, artisan demonstrations, exhibits, photo contest and food. Lincolnmemorialgarden.org. Lincoln Memorial Garden, 2301 East Lake Shore Drive, 217-529-1111.

Date Night with It Takes Four to Tango

Oct. 12. The UIS Music Faculty String Quartet will share and discuss dance traditions from around the world, with emphasis on the tango. Featured composers include Carlos Gardel, Astor Piazzolla, Dmitri Shostakovich and Goran Bregovic, and others. Part of the Date Night series. uispac.com. \$17 in advance; \$21 week of event. UIS Studio Theatre, One University Plaza, 217-206-7529.

Bee Gees Now!

Oct. 12, 7:30-9:30 pm. The New York Bee Gees delivers songs from every decade of the Bee Gees catalog from Stayin' Alive and Night Fever to To Love Somebody and Massachusetts with stunning production, powerful vocals and professional stage presence. uis.edu. \$25-\$74. UIS Performing Arts Center, One University Plaza, 217-206-6160.

2024 Oak Ridge Tree Tour

Oct. 13, 1-4pm. Enjoy a fall day by walking a designated route, stopping to hear guides identify trees and talk about their special place in the environment and history of the cemetery. Event includes headstone cleaning demonstrations. Suitable for all ages. Sponsored by the Oak Ridge Cemetery Foundation. oakridgecemeterytrees.com. Free. Oak Ridge Cemetery, 1441 Monument Ave., 217-741-9184.

Chili and beef vegetable soup supper

Oct. 14, 10am-6:30pm. Taking pre-paid orders now for chili and/or beef vegetable soup. Orders must be received by Oct. 9. Drive up only. Call for more info. \$15 per quart. Hot dogs \$2 or six for \$10. Mary Bryant Home for the Blind, 2960 Stanton St., 217-529-1614.

Mid America Mane Event Horse Show

Oct. 16-19. Great horses, great people, great competition and great fun. Features full array of performance, pleasure, equitation, hackney and road horse classes. Coliseum, Illinois State Fairgrounds, 801 Sangamon Ave., 815-347-4395.

Annual Chili/Soup Fundraiser

Oct. 14-18, 10am-6:30pm. Annual Chili/Soup Fundraiser to support Mary Bryant Home for the Blind & Visually Impaired. Pre-paid orders for chili or vegetable

beef soup \$15 per quart; Hot dogs at \$2 or 6 for \$10. Pickup starting Oct. 14 through Oct. 18 at 2960 Stanton St. \$15 per quart. Mary Bryant Home for the Blind, 2960 Stanton St., 217-529-1614.

Election Security

Oct. 17, 6-7pm. Sangamon County Clerk Don Gray will present insights into voter registration options, how to cast a ballot and the vital role of election judges. Talk will include the security of vote tabulation equipment, the types of cyberthreats facing elections and strategies in place to safeguard against cybercriminals. Free. Chatham Area Public Library, Chatham, 600 E. Spruce St., 217-483-2713.

All Breed Dog Show

Oct. 17-20. Features hundreds of dogs from clubs around the region. Free. Illinois State Fairgrounds Exposition Building, 801 Sangamon Ave., 217-621-5169.

Stand Up for Sojourn Comedy Event

Oct. 18, 7pm. Laugh with comedian Ryan Neimuller while helping out a good cause during domestic violence awareness month. This event, in its fifth year, includes a silent auction. Proceeds benefit Sojourn Shelter & Services. Columbian Grand Hall Knights of Columbus 364, 2200 Meadowbrook Road, 217-726-5100, Ext. 222.

The Healing Plate: Nourish Minds, Elevate Awareness with chef Alex Belew

Oct. 18, 5:30 p.m. Enjoy an unforgettable culinary experience led by celebrity chef Alex Belew in this fundraiser for the Jared's Keepers Foundation. Event includes live music and silent auction. The foundation combats mental illness. Tickets available at jaredskeepers.com. \$150. Harvest Market, 3001 S. Veterans Pkwy., 217-553-8025.

Pumpkin Festival

Oct. 19, 10am-2pm. A weekend of free family fun and activities on the historic downtown square. Activities have included a petting zoo, kids' corner, apple and pumpkin activities, smallest and biggest pumpkin contest, pie eating contest, pumpkin drop and so more. jacksonvillemainstreet.org. Free. Downtown Jacksonville, Jacksonville, Central Park, 217-243-5678.

Springfield Area Highland Games and Celtic Festival

Oct. 19. Try your hand at tossing a 20-foot caber or throw a 56-pound weight over a raised bar. Conversely, you can watch others do those things while enjoying bagpipe bands, food, storytelling, Scottish goods and even British cars. Sangamon County Fairgrounds, New Berlin, 316 W. Birch St., 217-488-2685.

The Vampire's Ball

Oct. 19, 7-10 pm. Pasfield House, Calling all creatures of the night! Step into a world of darkness, mystery, and elegance in formal vampire attire at the haunting atmosphere of the mansion while enjoying delicacies from Chef Chris, sinful concoctions from our bar, music and dancing to keep the blood pumping. Event is 21-plus. thepasfieldhouse@gmail.com. 525 S. Pasfield St. \$36.66.

National Fossil Exposition

Oct. 18-20. Hosted by the Mid-American Paleontology Society, this is the largest show in the world that exhibits fossils exclusively. A show for both novices and experts alike. Orr Building, Illinois State Fairgrounds, 801 Sangamon Ave., 217-725-8047.

Jack-O-Lantern Spectacular

Oct. 18-19, 6:30-9:30pm. Nothing quite compares to this Halloween tradition. Carillon music, lighting and sound effects and food vendors. And hundreds of carved pumpkins on display, too, of course. Adults \$10, Children 4-11 \$7, children 3 and under: Free. Thomas Rees Memorial Carillon, 1740 W. Fayette Ave., 217-546-3853. carillon-rees.org.

Christmas in the Village

Sat., Oct. 19, 8-3am. A holiday craft and gift event with local vendors. Various locations. Free admission. Williamsville Community Center, Williamsville, 141 W. Main St., 217-652-7957.

Government Services Mini Showcase

Oct. 19, 10am-12pm. Connecting residents to free resources. Learn about the Sangamon County Recorder's Mobile Unit, iCash and Department of Insurance and free services and support to the community. chathamlib.org. Free. Chatham Area Public Library, Chatham, 600 E. Spruce St., 217-483-2713.

Hadestown

Oct. 23, 7:30-9:30pm. This story intertwines two mythic tales — that of young dreamers Orpheus and Eurydice, and that of King Hades and his wife Persephone — as it invites you on a hell-raising journey to the underworld and back. uispac.com. \$30-\$159. UIS Performing Arts Center, One University Plaza, 217-206-6160.

Driver's License Mobile Unit

Oct. 24, 10am-2pm. Get help with new and renewal identification cards, renewal of driver's licenses, sticker purchases and Real ID from the secretary of state's mobile unit. ssoci.org. Senior Services of Central Illinois, 701 W. Mason St., 217-528-4035.

A Taste of Ireland

Fri., Oct. 25, 7:30-9:30pm. Hot off its Off-Broadway premiere, A Taste of Ireland -The Irish Music & Dance Sensation -hits stages across the U.S., performing the show that has entertained thousands around the globe. Laugh, cry and dance into the night with a production that is Celtic, for this generation. \$38.50 and up. UIS Performing Arts Center, One University Plaza, 217-206-6160.

Sweeney Todd

Oct. 25-27 and Nov. 1-3. "The Demon Barber of Fleet Street." This award-winning play is a "tasty, thrilling, theatrical treat has simultaneously shocked, awed and delighted audiences across the world." hcfta.org. \$20-\$22. Hoogland Center for the Arts LRS Theatre 1, 420 S. Sixth St., 217-523-2787.

Zoolie Ghoulie

Oct. 25, 1-8 pm, and Sat., Oct. 26, 11 am-6 pm. Grab your little ghouls and goblins and have a wild time wandering through the zoo's spectacularly spooky Halloween scenes for some safe trick or treating. \$5. Henson Robinson Zoo, 1100 East Lake Shore Drive, 217-585-1821

Fall Festival

Oct. 26, 10am-4pm. Period-clothed interpreters will demonstrate daily tasks throughout the historic village such as candle dipping, soap making, blacksmithing, spinning wool, gardening, and natural dyeing. lincolnsnewsalem.com.



Pumpkin Festival Oct. 19, 10am-2pm, Jacksonville, Central Park, 217-243-5678.

com. Free. Lincoln's New Salem State Historic Site, 15588 History Lane, Petersburg, 217-632-4000.

Boo Crew Haunted House children's matinee

Oct. 26, 3-5pm. "The 25th Nightmare" children's matinee. This lights-on, low-scare haunting is perfect for the little ghouls or ghosts. This is a continuous walk-through event. boocrew.com. \$7. Boo Crew Haunted House, Mechanicsburg, 11083 Buckhart Road, 217-551-6969.

4th annual Best of Springfield Party

Oct. 30, 5-9pm. Celebrate the 2024 Best of Springfield and Illinois Times' 50th anniversary at this party sponsored by Springfield Junk Away. Enjoy food samplings from the area's best restaurants along with beer, wine and spirit tastings from area distributors (You must be wearing a Lincoln Land Credit Union wristband to consume alcohol). Illinois Times is a small, locally owned business, and we encourage our readers to shop local. Stop by vendor booths featuring area retailers. Get free photos at the photo experience booth, sponsored by United Community Bank. Move and groove to the sounds of UNCHAINED - voted Springfield's Best Band in 2023. Enter the costume contest and compete for \$900 in prizes. Sign up

by 7 p.m. to enter, contest begins at 7:30 p.m. \$20-\$25. BOS Center, 1 Convention Center Plaza, 800-745-3000.

Let the Ghoul Times Roll

Oct. 31, 11:30am. Dress in your favorite Ghoul Times Roll costume. Cash prizes for first-, second- and third-place winners. Senior Services of Central Illinois, 701 W. Mason St., 217-528-4035.

NOVEMBER

Lung Cancer Awareness presentation

Nov. 6, 12:15pm. Presented by Tia Rapps. Also, Kristin Perucho will give information on lung cancer screenings. centrallseniors.org. Senior Services of Central Illinois, 701 W. Mason St., 2175034643.

Honoring our Heritage - From Chains to Change

Nov. 8, 6-10 p.m. 13th annual fundraising gala for the Springfield and Central Illinois African American History Museum as community members and leaders will celebrate and support the preservation of African American history in the region. Includes inspiring speakers, live entertainment and dinner. spiaahm.org. Adults \$65, students \$32, tables \$520. [click to edit](http://click.to/edit), Northfield Inn, Suites and Conference Center, 3280 Northfield Drive, 217-361-9942.

A Neil Diamond Tribute

Nov. 9. Keith Allyn unveils the story of Diamond's life through his songs from the 60s through today. hcfta.org. Hoogland Center for the Arts LRS Theatre 1, 420 S. Sixth St., 217-523-2787.

Girls on the Run 5K

Nov. 9, 10-11:30 am. Join this run/walk as nearly 300 girls complete this end of season celebratory 5K event. Fun family-friendly activities begin at 9am with the run following at 10am. Register by Oct. 26 to be guaranteed a shirt and to save \$5. Price increases Oct. 27. gotrcentralillinois.org. \$30-\$40 for adults and \$20-\$30 for Youth. Lincoln Land Community College, 5250 Shepherd Road, 217-726-9808.

Coin Show

Nov. 10, 9am-3pm. U.S. and foreign coins, ancient and modern coins, gold and silver bullion, state quarters and paper money. Over 70 dealer tables. Hosted by the Central Illinois Numismatic Association. Free for members and

children younger than 16. \$1. Northfield Inn, Suites and Conference Center, 3280 Northfield Drive, 217-899-9996.

Making Sangamon County Dementia Friendly

Nov. 14, 2-3:30pm. Program covers dementia basics and explores how we can create a more dementia-friendly community. Registration required at library page. chathamlib.org. Free. Chatham Area Public Library, Chatham, 600 E. Spruce St., 217-483-2713.

Date Night with Voice and Guitar: Love Songs

Nov. 15. Singer-songwriter and guitarist Kevin Aldrich and vocalist Diane Dietz will share love songs across several genres and time periods. uispac.com. \$17 in advance; \$21 week of event. UIS Studio Theatre, One University Plaza, 217-206-7529.

This Is Our Culture Fundraising Event

Nov. 15, 7-10 p.m. Experience West African-inspired appetizers, interact with Sierra Leonean culture and help orphans


in this fundraiser for 20 children at Hope Orphan Home in Sierra Leone. Includes an interactive gallery showcasing each child's journey, a replica fishing boat exhibit and auction showcasing artisan-made pieces. hopeorphanhome.org. \$50. Crowne Plaza Springfield, 3000 S. Dirksen Pkwy.

Joe Bonamassa

Nov. 26, 8-10pm. Joe Bonamassa is hailed internationally as one of the greatest guitar players of his generation and named by Guitar World Magazine as "the world's biggest blues guitarist." Bonamassa has almost single-handedly redefined the blues-rock genre and brought it into the mainstream. uis.edu. \$49-\$149. Sangamon Auditorium, UIS, 1 University Plaza, 217-206-6160.

Light up the Gables

Nov. 29, 5pm. Join in singing some familiar Christmas carols as the tree is lit. Then enjoy some delicious hot chocolate or apple cider by the fire. The Gables, 2800 Plaza Drive. thegablesofspringfield.com.



REMEMBERING THE LIVES THEY LIVED


Commemorate the life of a loved one in the "In Memoriam" section of Illinois Times.

SPECIAL ISSUE DEC. 26

We want to hear the stories of those you loved and lost this year. Tell us what makes your loved one special to you, your family and/or our community. Please include their complete name, dates of their birth and death, and an informal, candid photo that reveals their personality. Make sure to include your name and contact information, in case we have questions. Please limit your tribute to 200 words.

DEADLINE TO SUBMIT AN ESSAY: THURSDAY, DEC. 5

Sponsored by:

 <p>Springfield (217) 528-6461 1109 S 5th St., Springfield, IL 62703</p>	<p>Sherman (217) 993-7770 2626 E Andrew Rd, Sherman, IL 62684</p>
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