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Seasoned

Kathryn Harris – gardener,
historian, librarian, cook

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regeneration

Fall 2020

regeneration is the magazine for active and energetic grownups, looking for a strong second half. We reject the notion that older is weaker or about finished. This is the re-generation. Resilient. Rehabilitated. Resurrected.

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WHAT'S OLD IS New AGAIN



Photo by Joseph Copley. Clothing and style by Linda Renehan.

BIG EARRINGS, BIG HAIR, BOLD COLORS



Nothing completed an outfit quite like a pair of giant hoop earrings that almost touched your shoulder. When it came to earrings in the 70s, it was the bigger, the better.

Bold 70s fashion you can wear today

Miniskirts, floral shift dresses, sleeveless jumper dresses – there's a reason the 70s is considered one of the most stylish decades. "Bold colors, big earrings, big hair – everything had a little more attitude," says Linda Renehan of Springfield Vintage in downtown Springfield. "You are post-Kent State, post-Woodstock. There is a little more unrest in the 70s – which is similar to today. Fashion was pushing more boundaries and everyone wanted their voice heard."

"In the 70s you're getting a lot more poly two-pieces," says Renehan. "The 60s was more cotton. So the 70s took the same thing and gussied it up with different patterns and prints. The decade was defined by polyester, the new man-made fabric popular for its ability to withstand wrinkles and staining. "Polyester is nice and fake so it lasts longer – which is why there are a lot of 70s clothes still out there. It's not falling apart."

Fashion of the decade was a mishmash of old and new styles. Nostalgia for the look of the 20s and 30s also had a big influence on fashion in the 70s. "You would also see a lot of gingham and Gunne Sax dresses," says Renehan. "Now that's a brand. To this day people still want Gunne Sax dresses. That prairie style with ruffles and pleats." –Joseph Copley

GET THE LOOK

Old-school fashions are in style, but how do you wear them now? Check out our photo gallery at capitalcityregeneration.com



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Experts in our community What they know that you should



High school teacher Jill Turley, 60

Newly retired after 35 years in special education

Jill Turley worked for Sangamon Area Special Education District at Virden junior high for a semester, then taught in a self-contained classroom for emotionally disturbed students at a separate facility. Later she worked as a behavior interventionist. The past 18 years she has taught at Chatham's Glenwood High School in an alternative classroom. She retired June 1. She plans to take some time off and pursue a consulting position next year.

Teaching is more than just the classroom. Teachers are always busy, even during the summer. There are new curriculums to learn, activities to organize and assignments to be created.

Many teachers bring their work home with them as well. "Oh, parents have no clue," says Jill Turley. "I work 2-4 hours every night just grading papers and creating new lessons." Teachers want all of their students to be successful and often spend hours outside of general class time working with students. "I don't think people understand what it takes to teach," says Turley. "You don't just walk into the classroom and read from a book. they don't realize how important connections with the kids are."

Teachers know when students are distracted. Teachers have lots of experience with human behavior and are great at reading body language, inflection and facial expressions. "We know if you're not paying attention in class," says Turley. "You can say something very simple and know if the kids know what's going on or not." Over time teachers get to know their students very well and adjust classroom activities to keep them engaged.

Teachers often pay for supplies out of their own pocket. Many teachers dip into their own paychecks to keep their students covered during the school year. "Teachers buy so many things out of their own pocket for their classroom," says Turley, "Kleenex, hand sanitizer, additional school supplies to have on hand in case someone needs something." Schools don't typically supply these things. Teachers are also always there in case their students need a hand. "Your child forgot his/her lunch money – chances are a teacher either gave them money or bought their lunch," says Turley. "A child comes to school without breakfast – I always had items to feed them."



Remote learning is hard on everyone – especially on children with special needs. With the shift to online learning across the country, teachers' roles are more important than ever. Many parents don't understand how crucial teachers are to their children's education. "Just because you're given a teacher's edition of the textbook doesn't mean you're told how to teach," says Turley. "Just because I'm not in a physical building doesn't mean I'm not still teaching and connected to your child." For some students, school is more than just education. It's an escape from their home life. "Online learning is awful. My students all had my personal cellphone so they could talk to me at all times," says Turley. "School is their safe place. Even if most kids are working remotely, schools should be working on ways to bring the students with disabilities in anyway."

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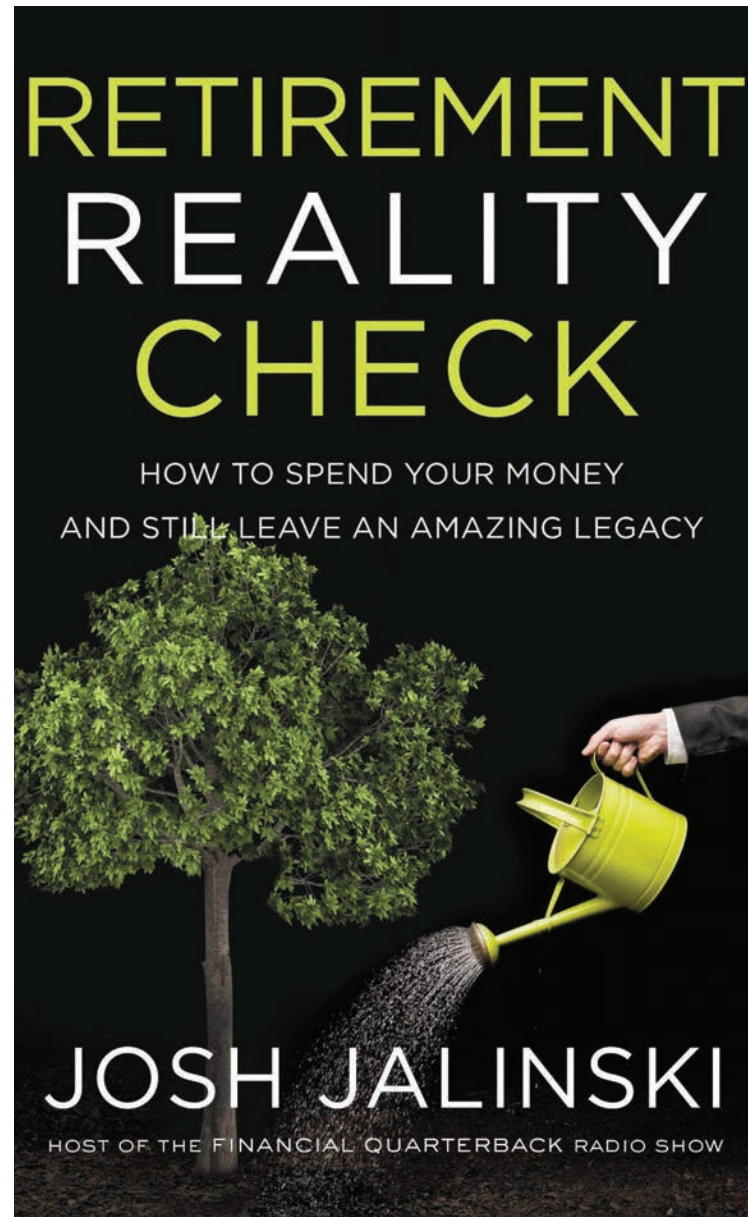
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Leave a legacy

Unconventional advice says you can retire,
spend and leave money to the kids

MONEY / Cinda Ackerman Klickna



Retirement Reality Check—How to Spend Your Money and Still Leave an Amazing Legacy. 220 pages, paperback available through Barnes and Noble \$17.99

Josh Jalinski admits up front that his book, *Retirement Reality Check—How to Spend Your Money and Still Leave an Amazing Legacy*, is a book that will be “an in-your-face look at how traditional financial planning has failed you.” This seems at first to be a strange comment about financial planners, since he is one himself. In his discussion, though, he continually advises that everyone should have a financial planner who is consulted often. Those still working, close to retirement or already retired can gain ideas from Jalinski’s book.

He often disagrees with well-known financial people such as Suze Orman and Dave Ramsey; Jalinski makes no apologies for opposing many of their views. He compares the rules of conventional financial planning – what he calls the “old reality” – and presents the “new reality” that throws out many rules. “Save for a rainy day” (old) becomes, “Save to enjoy today and tomorrow.” “Bonds are safe” (old) becomes, “Bonds may be a recipe for disaster.”

Reading this book requires an openness to a new approach, different from the age-old money views we are used to hearing. For example, he is a proponent of reverse mortgages, often less favored by financial experts. He also argues against the typical mix of 60% stocks and 40% bonds. Jalinski, though, prefaces his remarks with the advice that each person’s finances and situations are different and must be looked at holistically.

He makes you question whether you’ve maximized the best ways to earn, save, live in retirement and leave money for your family. Jalinski urges making a plan that considers your short-term and long-term needs and wants. The plan must be shared with a financial planner and reviewed frequently.

With charts, checklists, self-assessments and action steps, he provides a look at cash value life insurance vs. term life insurance and annuities vs. bonds. He discusses diversification that doesn’t become “di-worsification,” and ways to retire in the zero-tax bracket.

He tells the stories of people who have benefited from his advice and acknowledges that in some cases it took many meetings over many months to earn the trust of a client. Many had been hurt financially by mistakes they made on their own or decisions that they left to a planner. Each story provides a different example of types of needs and wants clients bring.

For example, a couple shared that they wanted to have money to leave to their grandkids for college. Jalinski advised them to get a cash value life insurance policy as it would provide that benefit, while a term life policy would not.

Jalinski tends to work with affluent clients, ones who had already accumulated a substantial nest egg. Yet all had more to learn, and could take advantage of moving their money into different vehicles and changing strategy to maximize their investments. These strategies could be helpful to a person with less in savings.

He becomes more of a salesman in one chapter, promoting his proprietary model, called the Financial Quarterback Game Plan, which provides clients with both offense and defense in their financial strategy. He uses football analogies to make his point and refers to teams as examples of his investing approach – one team had a great defensive line but that wasn’t enough to win a game and vice versa.

Questions that individuals or couples should ask will help identify future goals: Do you want to leave money to grandkids or kids? Or would you rather spend your money to make your own lives comfortable? Or both? Are you willing to take more risks or are you conservative?

He advises people to consider their own comfort during retirement. Why skimp and save every penny at the sacrifice of enjoying life? He says, “Forget growth and focus on income” and provides another checklist of possible ways to do so, like forgoing Social Security until 70 and taking the yearly required minimum distribution from IRAs and 401(k)s.

Jalinski’s action steps towards the end of the book focus on additional recommendations: get disability insurance and long-term care insurance, create a will and make estate plans.

This book makes you think about your own financial health. My bet is that when you finish reading, you will grab your phone to set up a meeting with your financial planner.

Cinda Ackerman Klickna feels good about her financial plan since her son is her financial planner. After reading this book, she plans to ask him more questions.

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Photo by Rich Saal

Seasoned

In the kitchen and in life, **Kathryn Harris** adds spice

By Ashley Meyer

Kathryn Harris remembers the first meal she ever cooked like it was yesterday. “I made pork chops, mashed potatoes and green beans. For eight people!” Harris, who retired in 2015 as the director of library services at the Abraham Lincoln Presidential Library and Museum after a 45-year career, is one of 10 siblings. She described growing up in a joyful, boisterous home. “I started cooking when I was in the fifth grade. My mother didn’t get off work until five or six. I got home at 3, so I cooked dinner. We always had dinner as a family at 6 p.m., give or take. Mom would tell me what to do and she’d set it all out. I always liked being in the kitchen with my mom, so dinner became my thing.”

Harris attended a segregated school through eighth grade, then enrolled at the mostly white Carbondale Community High School as a freshman. Harris excelled at CCHS and was the salutatorian of her graduating class of 1965. She’s stayed close with some of those friends in the years since. “I’m the only pepper in the salt, as it were, and we’ve had very good conversations over the years about race. The valedictorian of our class said to me once: ‘Kathryn, I’ve often wondered if I really was the valedictorian, or should it have been you? We were in all the same classes and we both got A’s.’ And I replied, ‘Yeah, I’ve wondered about that too. I don’t think Carbondale Community High school would have been ready for a Black valedictorian back in 1965.’”

Harris went on to study education at Southern Illinois University in her hometown of Carbondale. “I wanted to teach high school French but, in the end, none of that worked out because my daughter, Kori, came along,” Harris recounts with a smile. “I was pregnant when I graduated.”

Following her graduation from SIU and armed with glowing recommendations and a stellar academic record, Harris applied for several teaching jobs but got no response. “At this point it

Bottom left:
Harris and her daughter, Kori Hayes, a former teacher's assistant, live together in Springfield.

Bottom right:
For the past 20 years, Harris has portrayed former slave and abolitionist Harriet Tubman, as well other historical characters, before school groups and at community events. She is scheduled for two upcoming presentations on Harriet Tubman, Oct. 21 and Nov. 4. See calendar listings on pages 26 and 27.

was August, so I called to find out what was going on,” said Harris. “Well, when I was filling out the applications, I told the truth that I was a single mom. When I finally spoke with the principal, he told me that the board felt I was not of the moral character to teach children,” Harris said with a sigh. “So, because I couldn’t get a job as a teacher, I ended up going to library school. And I’ve never looked back. I truly love being a librarian.”

Harris was offered a graduate assistantship in the undergraduate library at the University of Illinois. “They helped me find housing. Kori and I lived in a sorority house for the first semester, and my sorority sisters all helped to look after her.”

Mother and daughter eventually moved to Springfield, and Harris got her first job as a secretary, but it didn’t last for long. “My supervisor said to me, ‘You are the worst secretary I’ve ever had! I’m going to help you get a job in your profession!’” Harris remembered with a smile. “Shortly after that, in 1971 I was hired at Lincoln Library. I believe was the first Black librarian with a degree to work there. I worked in the reference department, and then I moved out to

Sangamon State, now UIS.”

During this time Kathryn met Al Harris and they married in 1972. They moved to Florida where Kathryn got a job working at Florida International University. “We got the seven-year itch, so we separated, and Kori and I moved back up to Springfield. But my husband cared for me so much that he courted me all over again and we remarried a year or so later.” Al died in 2005 after a swift battle with pancreatic cancer. “We were married for 32 years in the end,” Harris said warmly, “with a little break in between.”

Notwithstanding that Harris was once deemed morally unfit to educate, she has managed to enlighten and impact children and adults alike for decades. Harris was on the board of the Sangamon Country Historical Society in 1998 when they were in the process of planning the group’s first cemetery walk at Oak Ridge Cemetery. The now-annual event titled “Echoes of Yesteryear,” features a tour of the cemetery with actors in period costumes sharing the personal stories of some of the individuals buried there. Harris noted that there were no persons of color featured on that initial list, so before she knew it she was



Photo courtesy Kathryn Harris

Some Kathryn favorites

What she’s reading now: *Caste*, by Isabel Wilkerson. *The Book of Gutsy Women: Favorite Stories of Courage and Resilience*, by Hillary Rodham Clinton and Chelsea Clinton. *Memorial Drive: A Daughter’s Memoir*, by Natasha Trethewey.

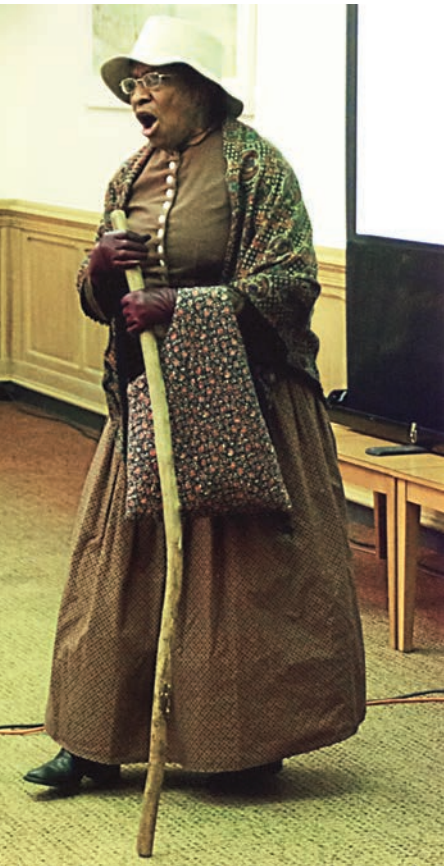
Favorite meal: Perfectly cooked prime rib (“Love the fat!”), steamed asparagus and buttery twice-baked potatoes

Best way to spend a night in: “I’d settle down to watch a show. I’ve seen *Hamilton* three times since they released it. And I’ve been watching “Greenleaf” on the O network, about an African American family of pastors at a Memphis megachurch.”

Favorite local eatery: Café Moxo for breakfast

What she’ll make with garden bounty: Salsa

Photos courtesy Kathryn Harris



researching her own historical presentation. “I was taken with Phoebe Florville’s marker. She was the wife of Mr. Lincoln’s barber. She had a Victorian grave marker that was a tree with broken branches, full of all kinds of symbolism. I read every piece I could find about her.” Harris subsequently was asked to present Harriet Tubman for a program at Iles School, and has since portrayed her and many other historical figures.

Through this work and her engagement in various community organizations, Harris has become a well-known leader, historian and educator in the Black community and Springfield at large. She is still an active board member of the Springfield and Central Illinois African American History Museum as well as the Abraham Lincoln Presidential Library and Museum. COVID-19 has confined her historical costumes to the closet for now, but Harris is still finding ways to engage with the community, and she is spending more time in her garden and kitchen.

“I still like to cook,” Harris said, “especially bake.” Indeed, the love of cooking that she received from her mother has manifested into “rooms full of cookbooks!” Harris laughed. Her collection includes local classics

like the *Junior League Honest to Goodness Cookbook* and many spiral-bound church and community cookbooks, including *Food for the Soul* by Annie Boyd, founder of Boyd’s, the iconic Springfield restaurant. Her books showcase the often underappreciated range and sophistication of the Black culinary experience, and include newer publications, from style icon B. Smith and Carla Hall, to iconic publications like *The Ebony Cookbook*, featuring excerpts from the magazine’s food column known as “Date with a Dish.”

“Look at this,” Harris remarked, pulling a worn copy of the classic *Better Homes and Gardens New Cookbook* off a shelf. “It’s the first cookbook that I ever had. My mom gave me this for Christmas when I was going away to library school, and she died shortly after. My daughter tried to get me a new one because this one is so worn, but I held on to it. It’s a keeper.” A true librarian, Harris surveyed the large collection of books on the shelf in front of her. “I really should make a list.”

Ashley Meyer is a Springfield-based cook and writer. She first met Kathryn Harris when she was researching a New Year’s Day article on Hoppin’ John for Illinois Times.

Above:
Kathryn Harris, third from left, with her sisters, sisters-in-law (“We call them sisters-in-love.”) and their daughters. The Hayes Sisters Gathering takes place every two years.

For more get-up and go

Three simple exercises can launch you on a life of health and vitality.
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by Joni Colle

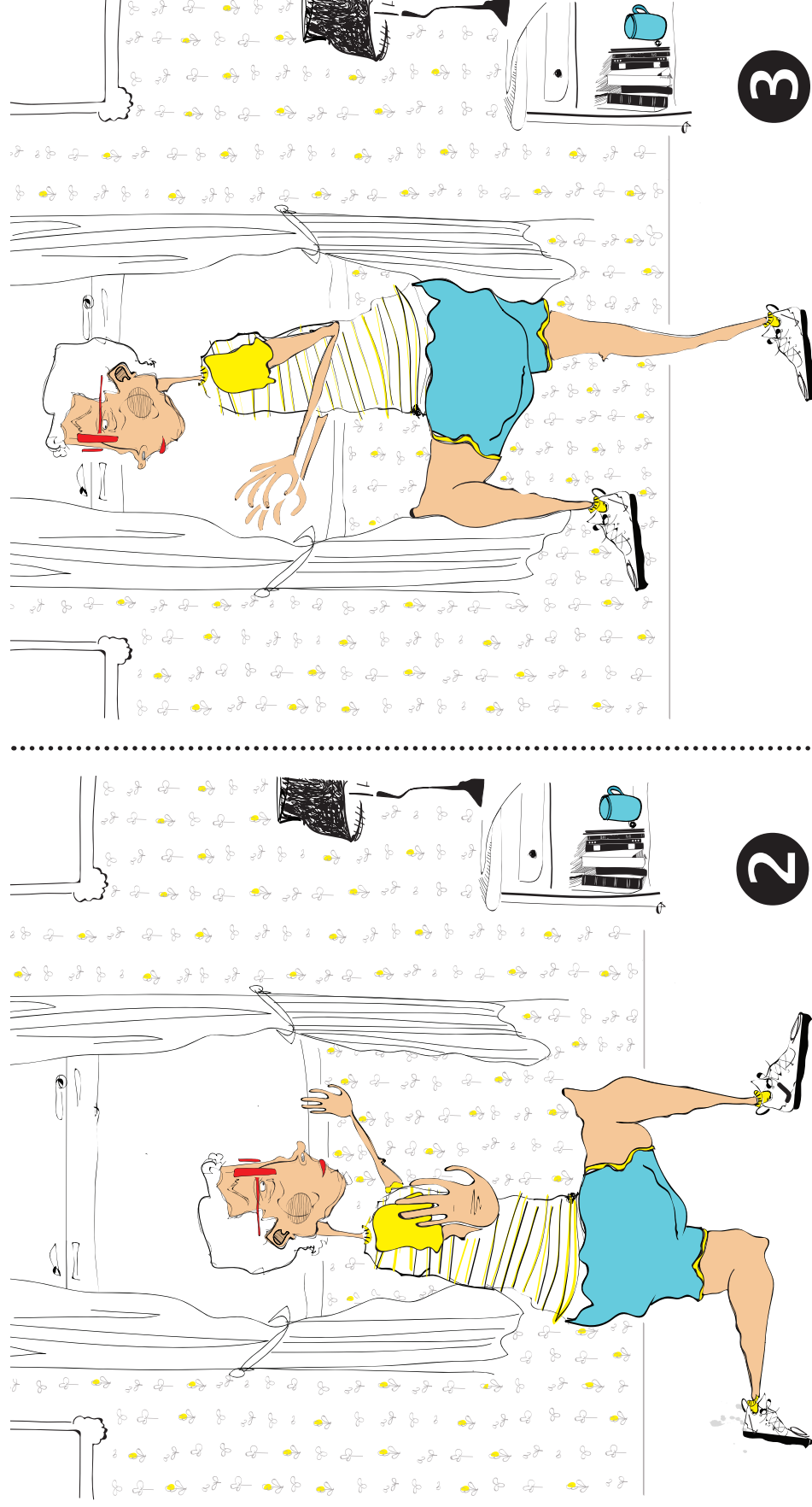
Looking for a way to kick-start an exercise habit? The Triplet is a simple but effective routine you can master through daily practice.

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Illustrations by Carol Weems



1 Hold a Plank for two minutes. You can achieve this by increasing a few seconds each day. This helps to strengthen your core, muscles in your abdomen, back, hips, shoulders and chest. Begin on the floor, push up with your arms, tuck your toes under to bring your body up into alignment. Arms are held straight, assuring the shoulders are directly over your hands/wrists. To modify, you may begin with forearms on the floor instead of the straight-arm plank.

2 Transition to the Get-up. Getting up off the floor is vital for everyone. Doing the Get-up improves functioning of your hips and knees. Push up with your arms as you circle your right leg around to the floor in front of you, landing it with authority in front of you, while simultaneously pushing off of the back left leg to stand straight up. Do the same with your left leg for a total of 10 Get-ups alternating with each leg.

3 Balance by standing on each foot for 30 seconds. No tapping down. Working on balance improves posture, makes movement easier and helps to prevent injury.



Joni Colle has over 37 years experience in health care as a registered nurse and respiratory therapist, helping others to make every breath count. She is an active participant at CrossFit Instinct in both the Longevity class and its community garden.

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Photo from the New Deal Art Registry

Exploring Illinois

The art of post offices by Mary Bohlen



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Photo from the New Deal Art Registry

Dottie Troop visits a lot of post offices but not to mail letters. Instead, she likes to gaze at Depression-era murals, the work of government-sponsored artists.

More than 70 municipalities in Illinois have some form of post office art and, while Troop hasn't visited all of them, she has made a dent in the list. She also has looked for the artwork in other states, including Arizona and New York.

"I just got fascinated by them," says Troop of Springfield, who is retired from University of Illinois Springfield. One of her favorites is the main post office in Decatur, which has frescos in the north, south and central lobbies and the most artwork of any postal station in Illinois.

Among the scenes are Native Americans, early pioneers, agriculture, industry and natural resources of Illinois. Such notables as poet Carl Sandburg, architect Frank Lloyd Wright, educator Francis Parker and farm implement inventor John Deere also grace the walls.

The murals are original and draw visitors and comments, says Liz, the downtown Decatur post office supervisor who prefers not to give her last name. "I think this building is beautiful and is a great place to

Page 17 top:
“Lincoln at New Salem, Illinois” graces the Petersburg post office as part of the 1930s initiative to install art in post offices across the country.

Page 17 bottom:
The East Alton post office features “The Letter” mural depicting two neighbors talking over a white picket fence with a mail carrier in the background.

work. The windows are irreplaceable.” Built in 1934, the post office lobby features high ceilings, marble walls and paned glass in the windows. Visitors can ask for a printout explaining the various murals. Three different artists completed the frescoes, with the work supervised by Edward Rowan, then superintendent of the Section of Painting and Sculpture of the U.S. Treasury Department, according to the printout. Troop often uses a guidebook written by the late Mary Emma Thompson, which lists Illinois post offices’ Depression-era art. The book explains that, in the 1930s and early 1940s, the U.S. Treasury Department Section of Fine Arts agreed with the Public Buildings Administration to use 1 percent of the funds designated for post offices and new federal buildings for art. Similar to other public works projects aimed at finding work for people suffering from the economic downturn, the art initiative sometimes met resistance. However, Harry Hopkins, President Franklin Roosevelt’s relief administrator, defended the project. “(Artists

have got to eat just like other people,” Hopkins is quoted as saying. Other backers pointed to the need to lift people’s spirits and the art’s accessibility, as almost all communities had a post office. That made post office art, mostly murals, truly democratic, according to a 1997 article by Patricia Raynor distributed by the National Postal Museum. Artists anonymously competed for the jobs by submitting designs and putting their ideas before a jury, which sometimes included other artists, postmasters, architects and prominent citizens. The juries often opted for scenes of local interest and historical events and invited artists to visit the communities. Artists installed an estimated 1,200-1,400 works in post offices across the country. Some of the murals are gone and others need repairing, but that hasn’t stopped fans like Thompson and Troop from seeking the art. Sometimes a post office was torn down and, if citizens were aware, the art moved to another site in town. Troop says Thompson got interested in



Depression-era art after she retired as an educator. She put together guides based on the art’s different themes, including mail delivery, culture, industry, transportation, farming, pioneers and Abraham Lincoln. Her main work, *A Guide to Depression Era Art in Illinois Post Offices*, is available from online sellers. She produced a DVD on her work, available at many local libraries. Thompson also lists the art by Illinois regions and notes the piece’s title, medium, artist, date and commission. For example, Virden’s post office houses “Illinois Pastoral,” a tempera and oil by James Daugherty. He created the piece in 1939 and earned \$700. Fittingly, “Lincoln at New Salem, Illinois” landed in Petersburg. John Winters painted the oil on canvas in 1938 for the commission of \$560. Not all of the art is inside. Outside of Peoria’s federal building and post office stands a four-panel limestone relief by Freeman Schoolcraft. The 1939 sculpture titled “Postal Service, Native Indian, Agriculture and Industry” earned him \$4,585.

Nokomis has a wood sculpture named “Mining” by Bernard Rosenthal. His commission was \$700 in 1941. Post offices in Chicago and its suburbs are home to many pieces of art, including two cast aluminum with gold foil figures “Throwing the Mail” and “Mail Handler” in Evanston. Ceramic tile murals of Sandburg and architect Louis Sullivan are at the Uptown Station on North Broadway in Chicago. Troop’s favorite piece is the oil on canvas “The Letter” by Francis Foy, added to the East Alton post office in 1936 for \$560. It depicts two neighbors chatting over a white picket fence with a letter carrier and dog in the background. She also likes the multiple murals in Decatur, noting that most post offices had just one. For more information on Depression-era art in Illinois post offices, go to www.wpamurals.org/ilpost.html or www.newdealartregistry.org Mary Bohlen, a Springfield travel writer, is happy to discover positive news about post offices at a time when they are under threat.

Above:
In the Decatur post office, a section of a wraparound New Deal mural painted by Edgar Britton in 1938. It is entitled “Natural Resources of Illinois” and depicts John Deere and the invention of the steel plow. Left:
Murals about Illinois history look down on visitors to the downtown Decatur post office. That office has the most Depression-era art of any in Illinois.



Photo courtesy Visiting Angels

A place for your **parents**

Helping seniors stay at home

by Karen Ackerman Witter

Becoming an empty-nester, retiring and caring for aging parents are life stages familiar to many. Springfield has numerous agencies that help seniors stay in their own home. Determining what's best for your loved one can be daunting. Senior Services of Central Illinois (SSCI) is a good place to start. SSCI is a nonprofit organization that specializes in providing solutions to everyday problems so seniors can continue to

live independently and maintain a high quality of life.

Rod Lane, owner of Visiting Angels, says there is a strong senior care community in Springfield and a lot of great agencies. The Illinois Department of Public Health licenses both Home Services Agencies and Home Health Agencies.

Home Services Agencies provide assistance with daily living, dressing

and bathing, companionship, light housekeeping, transportation, menu planning and other non-medical care that allows someone to remain at home safely. Care plans are tailored to individual needs and can range from a few hours of assistance weekly to round-the-clock care.

In contrast to Home Services Agencies, Home Health Agencies are licensed to provide skilled nursing

services, and they employ certified LPNs and RNs. Wound care, infusions, drawing blood, administering medications and injections are examples of skilled nursing care.

The distinction can be confusing to the layperson. Lane explains there is often a fine line. For example, Home Services Agencies may remind patients to take their medications but can't administer medications. Caregivers may empty a catheter bag but not insert a catheter.

Visiting Angels and Home Instead are two of the many Home Services Agencies serving the Springfield area. Both are locally owned franchises of nationwide businesses.

Memorial Home Services is a licensed, Medicare-certified Home Health Agency, which provides skilled care and helps patients recover from injuries, surgeries and illness. Memorial Home Services also provides Home Hospice and helps people get medical equipment they need at home.

It's not uncommon for individuals to need both skilled and non-skilled care. Home Services Agencies often work in tandem with Home Health Agencies. Most agencies that provide skilled nursing don't provide assistance with daily living, which is the primary role of Home Services Agencies.

BrightStar Care is the only local agency that provides both, offering a full range of services from assistance with daily living to nursing care by CNAs, LPNs and RNs. Care plans are individualized, and not every client needs both skilled and non-skilled care. The BrightStar Care local franchise is accredited by the Joint Commission, a nationally recognized health care quality standards organization that also accredits hospitals. Memorial Home Services is also accredited by the Joint Commission.

Cost is certainly one factor when arranging in-home care. Medicare does not cover Home Services. Long-term care insurance can be used, and veterans may be able to use VA benefits. Some assistance is available for low-income individuals through the Illinois Department on Aging Community Care Program. Senior Services of Central Illinois has certified care coordinators who assist qualifying individuals to access the Community Care Program. Care



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coordinators provide in-home assessments and develop care plans designed to promote independence and prevent premature institutionalization.

Although agencies are in competition with each other, all are committed to providing the best possible care that meets the client's needs. "Those of us in the field work with each other informally to try and get people the services they need," says Amy Best, owner of Home Instead. Lane says it is critical to interview multiple agencies.

"Don't be afraid to ask hard questions," says Della Thomas, BrightStar Care office manager. She advises asking about staff training and retraining, the hiring screening process and if the agency guarantees compatibility between the client and caregiver. For example, compatibility can be an issue if a client thinks the caregiver talks too much or too little. Thomas also recommends asking about consistency of care. She emphasizes the importance of having a consistent caregiver and regular routine, especially for people with dementia. "It can be very confusing and frustrating for clients if there is a different person every day," says Thomas.

Lane recommends inquiring about the

relationship with the office in addition to the caregiver. Clients should ask if there is a required minimum number of hours. Many agencies have minimums, although Visiting Angels does not. Hourly rates are often higher for shorter shifts.

Staffing is a challenge, and there is a high staff turnover in the industry. COVID-19 has also taken its toll, as caregivers have their own challenges. Visiting Angels has gone from 100 caregivers to 70. Lane says he hires people who have experience caring for elderly or disabled individuals, are dependable and flexible and enjoy taking care of people. "You can't teach people to care," he says. Best says Home Instead is always looking for great caregivers and that being a caregiver can be a rewarding part-time job for people in their 60s and 70s who have experience taking care of someone, have some time and are looking for a way to give back. "First and foremost, we look for people who have the heart for this business," says Best. "We can teach the rest." Although certifications aren't required for caregivers, Best says many staff are CNAs, and some are retired RNs and LPNs.

Home Services Agencies provide care for people in their home, wherever their home may be. Amy Best estimates 20 to 30 percent of Home Instead's clients live in some type of facility. Many senior living centers provide a continuum of care, from independent living apartments to assisted living and skilled care. Individuals often hire Home Services Agencies for assistance in their independent living apartments, which helps them avoid moving into assisted living. In some situations, Home Services and Home Health Agencies assist patients in skilled care or assisted living. These arrangements vary by facility and are influenced by a myriad of rules and regulations.

Selecting an agency to help aging parents stay as independent as possible is challenging. Do your homework, talk to a variety of agencies, ask a lot of questions and make an informed decision about the best fit for your situation.

Karen Ackerman Witter is a frequent contributor to Illinois Times. Her parents have used both Home Services and Home Health Agencies in order to remain as independent as possible.

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Second Saturday Open Studio

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Let's Get Fit

Mondays, Wednesdays, Fridays, 9-10am. Online exercise classes for individuals 50+ hosted by Senior Services of Central Illinois. Classes are held via Zoom. Contact Justin Yuroff at 217-528-4035 for more information and to register for the Zoom link.

"Sacred & Liturgical"

Through Sat., Sept. 26, 9 a.m.-5 p.m. daily except Sun. With entrants from all over the nation, this juried exhibit includes ceramics, fiber, glass, jewelry, metal, mixed media, painting, photography and sculpture. Part of the Liturgical Arts Festival. Free. M.G. Nelson Family Gallery, 700 N. Fourth Street, 217-523-2631. springfieldart.org.

Donuts and Dogs 5K Fun Run

Through Wed., Sep. 30. Register online for this virtual 5K and get a chance to win prizes in several categories. All participants will receive a T-shirt. Animal Protective League, 1001 Taintor Road, 217-544-7387. apl-shelter.org.

Friends of the Market Street Dinner

Fri., Sept. 18, 5-7 p.m. Sponsored by Bank of Springfield. Get a four-course meal produced by local chefs, plus wine and flowers, to go. Benefits the Old Capitol Farmers Market. Order your meal online, schedule a pickup time and enjoy. \$85-\$100. 217-544-1723. downtownspringfield.org.

Bites and Wild Night Art Walk

Sat., Sept. 19, 4-9 p.m. See the murals and sculptures The Pharmacy artists have been painting at the zoo. In addition to fabulous art on display, a dinner will be served. Reservations will be limited and spread throughout the evening. Henson Robinson Zoo, 1100 E. Lake Shore Dr., 217-585-1821.

Edwards Place Fine Art Fair

Sat., Sept. 19, 10 a.m.-5 p.m. Artwork by artists from across the country. Support them, as well as the SAA, by coming out to shop. Masks required, distanced artist booths with directed traffic flow, no dogs and the crowd numbers will be monitored. Free. Edwards Place, Springfield Art Association, 700 N. Fourth St., 217-523-2631. springfieldart.org.

"purple orange"

Sat., Sept. 19, 3 p.m. This exhibit will showcase the work of local artists Christy Freeman Stark, Joey Wallace and Jeff C. Williams and some visiting artists. Their work focuses on the colors of purple and orange. View by appointment or watch for gallery open times on the Facebook page. Dim Art House, 1613 S. MacArthur Blvd. 773-235-5600.

Journey to Mollie's War: WACs and WWII

Wed., Sept. 23, 6:30-7:30 p.m. Cyndee Schaffer traces the footsteps of her mother, Mollie Weinstein Schaffer, and her fellow members of the Women's Army Corps when they served in Europe from 1944 to 1945. Part of Illinois Humanities Road Scholars Bureau. Via Zoom. Registration required. 217-483-2713. chathamlib.org.

Alpaca Farm Days

Sat., Sept. 26, 10 a.m.-4 p.m. and Sun., Sept. 27, 11 a.m.-3 p.m. Kids' activities, fiber demonstrations, shopping and alpacas. Alpacas of Indian Point Hills, Petersburg, 17229 Vaneman St., 217-414-0266.

Sangamon Watercolor Society Member Exhibition

Thu., Oct. 1-Sat., Oct. 31. An annual display of the work some of the area's most talented watercolor artists. The exhibition's opening reception will be Fri., Oct. 9, at 5:30-7:30 p.m. M. G. Nelson Family Gallery, 700 N. Fourth Street, 523-2631. springfieldart.org.

Full Moon Trail Run

Fri., Oct. 2-Sun., Oct. 4. A semi-virtual running and walking event. The 3.0-mile route will be marked and open throughout the weekend. There is no entry fee but donations are welcome to help with park expenses. Registration and more information are available at GetMeRegistered.com. Lewis Memorial Acres, 399 S. Koke Mill Road, 217-341-1785.

Boo Bark Party

Sat., Oct. 3, 11 a.m.-2 p.m. Pet-related vendors, kids' activities, pumpkin painting, demonstrations and a canine costume contest. Stuart Park, Winch Lane (north of Jefferson St.), 217-544-7387. apl-shelter.org.

Pandemics and Epidemics: Past and Present

Thu., Oct. 8, 12-1pm. Presented by Dr. Donald Graham, infectious disease specialist with SIU School of Medicine and Springfield Clinic. Moderated by William Furry, executive direction of the Illinois State Historical Society. Via Zoom. advancement@uis.edu. 217-206-6058.

Virtual Lincolniana Gala

Tue., Oct. 13, 7 p.m. Featuring Lincoln scholar Harold Holzer in conversation via Zoom with ALPLM historian Christian McWhirter. Proceeds support the campaign to secure a permanent

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home for the Lincolniana collection. Tax deductible ticket price range is \$25 for general admission to \$500 as a benefactor. 217-557-5589. alplm.org.

Lincoln and the American Political Tradition
Wed., Oct. 14, 7-9 p.m. Professors Lucas Morel of Washington and Lee University and Diana Schaub of Loyola University Maryland will discuss Lincoln's admiration for the American Founding. Dr. Michael Burlingame will moderate and provide an overview. Registration is required at go.uis.edu/BELLSS20. 217-206-6600.

"Americandrums"
Fri., Oct. 16, 3 p.m. A visual interpretation of politics and the upcoming election. The event may be virtual depending on community conditions. Dim Art House, 1613 S. MacArthur Blvd.

Out of the Darkness
Sat., Oct. 17, 1 p.m. Walk to fight suicide. Southwind Park, 4965 S. Second St., 217-753-0702.

Caroline Sutherland: A Haunting Tale of Fashion and Tragedy
Tue., Oct. 20, 7-8 p.m. In the 1930s, a boy discovered a stone vault with a casket inside. In the glass faceplate, he saw the preserved face of a young woman who had died in the 1850s. A trunk of that young woman's clothing has been donated to the Illinois State Museum and that donation sheds light on one young woman's life and death in pre-Civil War Illinois. Free. illinoisstatemuseum.org. 706-207-7836.

Casting a historic vote: Suffrage in Illinois
Wed., Oct. 21, 6:30 p.m. The path to women's suffrage was infused with sexism and racism and triggered a fear of feminism. Presented by Jeanne Schultz Angel and produced by Illinois Humanities and the Chatham Area Public Library. Via Zoom. Register at the website events page or call. chathamlib.org. 217-483-2713.

A Conversation with Harriet Tubman
Wed., Oct. 21, 7 p.m. A conversation with Harriet Tubman, a conductor on the Underground Railroad. Learn about her path to freedom and her courageous journeys to lead others to freedom. The virtual audience members will have an opportunity to ask questions. Featuring Harriet Tubman interpreter Kathryn Harris. Part of the Looking for Lincoln Conversations Series.

Also available on the YouTube channel. Facebook, Looking for Lincoln, 217-782-6817.

Chili Supper and Paw Paw Patch Bazaar
Sun., Oct. 25, 11 a.m.-5:30 p.m. Chili, hot dog or corn bread, dessert and drink. Unique gifts, 50/50 raffle, craft items and baked goods. Knights of Columbus 364, 2200 S. Meadowbrook Road, 217-544-7387. apl-shelter.org.

"Voices and Votes: Democracy in America"
Fri., Oct. 30-Fri., Dec. 11. A Museum on Main Street exhibition from the Smithsonian Institution. Jacksonville Area Museum, Jacksonville, 301 E. State St., 217-243-5678.

Route 66 Film Festival
Fri., Nov. 6, 6-11:45pm and Sat., Nov. 7, 11am-11:45pm. Since 2002, film festival has brought independent films from around the world to Springfield, enabling new filmmakers to showcase their work and entertain audiences with films they might not otherwise see. Films shown at this festival have earned other recognition, even Academy Award nominations. The 19th annual festival (4 sessions) is at the State House Inn and will also be online via Zoom. Get the latest updated information at route66filmfestival.net. \$10 per session. The State House Inn, 101 E. Adams St., 217-494-1279.

A conversation about the Underground Railroad in Illinois
Wed., Nov. 4, 7pm. Folklorist and musician Chris Vallillo and noted Harriet Tubman interpreter Kathryn Harris will discuss realities of the Underground Railroad and how information on how to escape was coded and shared within the enslaved population. Live on Looking for Lincoln's Facebook page and also on the YouTube Channel. Part of the Looking for Lincoln Conversations Series. 217-782-6817.

Social Justice on the Prairie: Local to Global
Fri., Nov. 6, 12-1pm. Panelists include professor emeritus Larry Golden, professor emerita Jan Droegkamp and assistant professor of sociology and African American studies Tiffani Saunders. Moderated by Rev. Susan Phillips of the First Presbyterian Church. Via Zoom. advancement@uis.edu. 217-206-6058.

Paws with Claus
Sat., Nov. 7, 9:30am-5pm. Get your holiday photos with your pets. \$20 sitting fee. Reservations required. The event is subject to change due to current virus guidelines. apl-shelter.org. Green Hyundai Certified, 2605 N. Dirksen Parkway, 217-544-7387.

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