

WINTER 2019

# LIFESCAPE

Helping older adults choose a healthy, connected and informed life.



## Lifescape is Grateful for a Supportive Community

We are happy to release our winter edition of our newsletter! There is a lot going on at Lifescape as we wrap up 2019. In this edition of the newsletter you will read about the generosity of our community, the wonderful stories of a few of our veteran clients, and what we have to look forward to in 2020!

Everyone at Lifescape wishes you a happy and safe holiday. We hope that you enjoy your time with family and friends. Thank you for supporting Lifescape and we hope you enjoy our winter newsletter!

### INSIDE...

*Local Volunteers Help Lifescape,  
Home Depot Honors Veterans,  
Russell Interview,  
Senior Expo Success,  
Lifescape 4th of July Classic Run/Walk 2020  
and more...*

## Collins Aerospace Volunteers at Lifescape Clients' Homes



United Way of the Rock River Valley and Collins Aerospace support Lifescape year after year. Through United Way of Rock River Valley's Day of Caring we had over 130 Collins Aerospace employees volunteer in September. They spent their time doing home repairs and yard work at 18 of our clients' homes.

Thank you for your continued support Collins Aerospace and United Way!



**MISSION STATEMENT:** The mission of Lifescape Community Services is to promote independent living and enhance the quality of life for individuals by providing affordable nutrition and other services, with an emphasis on the aging population.

**Main Office**  
705 Kilburn Avenue  
Rockford, IL 61101  
815-963-1609

**Rock Falls**  
206 Dixon Avenue, Suite 1  
Rock Falls, IL 61071  
(815) 490-1125

**Lifescape Adult Day Program**  
1330 S. Alpine Road  
Rockford, IL 61108  
(815) 964-2433



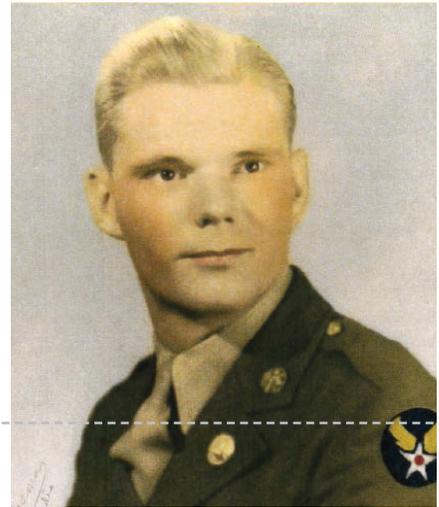
## Lifescope Teams up With Home Depot to Honor Veteran Clients!

Lifescope partnered with Home Depot to do work at the homes of 3 of our veteran Meals on Wheels clients. Home Depot generously donated over \$24,000 in supplies and nearly 100 volunteers necessary to do home renovations, yard work, and other home projects for 3 veteran Lifescape clients.

Silvia. Along with installing a ramp to the front door of Clair’s home, the volunteers have updated light fixtures and are doing other home repairs. Until a year ago Clair and his wife Sylvia enjoyed volunteering at a local nursing home, where Clair could be found singing and visiting residents.



Starting the day off at Lifescape’s Adult Day Program the Home Depot crew joined Lifescape staff, Lifescape Board Members, and Mayor Thomas McNamara for a hot breakfast. Executive Director Mike Hughes and Mayor Tom McNamara spoke to everyone about the importance of honoring our veterans and giving back to the community. The breakfast was a small way of thanking Home Depot for the service they were providing to our clients.



One of the three project was at Clair and his wife Sylvia’s house. Clair is a veteran of the Army Air Corps and served from 1942 to 1945. He was stationed in Florida and during his service he traveled to New Guinea and Japan. Clair enjoyed his time in the service and is proud to be a veteran. Clair recently celebrated his 101st birthday! Home Depot volunteers were thrilled to help out Clair and

They volunteered there for 35 years and made a wonderful impact on their community. We thank Clair and Sylvia for their service to the community and we are grateful for Clair’s service to our Nation. Thank you for your service Clair!



Another project was at Willie and his wife Mattie’s home. They have lived in Rockford for over 50 years.

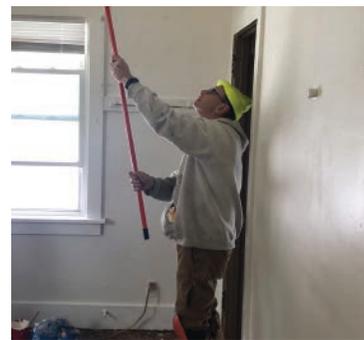




Willie and Mattie have 5 children and almost a dozen grandchildren and great grandchildren. The Home Depot Foundation remodeled Willie's kitchen, providing new cabinets, and flooring among many other updates to their home and property. Willie proudly served in the Army during World War II. He was stationed in England and served for 3 years. Willie was one of the many brave men who landed in Normandy, France in 1944. He arrived in Normandy a few days after D-Day and then made his way to Berlin. We are grateful for Willie's service and bravery. Rockford is lucky to have Willie and his family living in our area.

was serving in the Navy. Ray served in the Navy for 7 years on an aircraft carrier. Now Ray and his friendly dog Nugget live in the Rockford. We are grateful for Ray's service to our country and happy to work with him at Lifescape.

A huge thank you to Home Depot for donating the supplies and volunteers for the project. With respect and gratitude, we thank Clair, Ray, Willie, and the rest of our veteran clients for their service to our nation.



*The breakfast was a small way of thanking Home Depot for the service they were providing to our clients.*

The 3rd project that The Home Depot Foundation completed was at Ray's home. The team painted almost the entire inside of his house, installed a new water heater, installed new floors, installed new railings, and did other home repairs in his home. Ray and his wife Donna were married for 48 years and have 2 children and 3 grandchildren. Ray met his wife at a dance while he



## An Interview with Russell

In honor of Veterans Day, Lifescape interviewed a veteran client from our Adult Day program named Russell. Russell shared all about his life and what led him to joining the United States Marine Corps.

Russell was born in Ashton, Illinois in 1937. He lived in Ashton through high school. The small town had a population of around 1,000 when Russell graduated Ashton High School. During his high school years Russell did what he could to make extra money. He worked the mornings picking asparagus, went to school during the day, and worked stocking shelves at Moore's Grocery Store in the evening. When he wasn't working or going to school, he liked to stay active.

Russell was a pitcher and outfielder for Ashton High School's baseball team. He also was a very talented roller skater. During the weekends him and his 3 friends would jump into one of their cars and drive up to 50 miles in any direct looking for fun new spots to skate. Russell had such good balance on his skates that could set a cigarette on the ground standing straight up, and then skate by the and pick the cigarette up with his mouth without touching the ground.

Russell was 1 of 16 people to graduate in his high school class. Following graduation, he decided he would move to Minneapolis to attend Gale Institute. Gale Institute was a trade school where Russell studied Morse code and railroad procedure. After completion of this program Russell moved back to the Ashton area and worked at Burlington Northern Railroad. Russell worked as a ticket agent and telegraph operator. In 1956, after being home for a while, Russell joined the United States Marine Corp.

Russell was able to find the perfect position for himself in the United States Marine Corp. He served our nation as a Radio Telegraph Operator. He was stationed in a few different areas during his 4 years of service. These areas included the California, North Carolina, and areas of the Mediterranean. Russell spent a part of his time serving in Beirut and other parts of Lebanon during the 1958 Lebanon crisis. Russell would travel around these areas in a Jeep with his telegraph equipment copying messages.



When Russell moved to a new location, his Jeep would travel with him on the boat. The boats were not able to dock on shore and this left about 50 feet of water between the boat and the land. This posed a challenge for Russell and his team. So, they had to find a creative way to get their vehicles on and off the boats. Russell and his crew would drive the Jeep off the edge of the boat and let it sink to the bottom of the sea. The Jeep's engine compartment was made to be air tight, so no water could get in. The engine of the Jeep still needed air, so the Marines got innovative. The engine would receive air through a tall hollow tube extending from the Jeep's engine to the surface of the water. Russell called this long snorkel like piece of equipment the Jeep's "breather". With the breather allowing the engine to keep running and his jeep fully sunk to the sea floor, Russell would put the jeep in drive and stand up on his seat with his head out of the water so he could breathe. The Jeep would then make its way the extra 50 feet or so to shore. Being we never heard of something



like this we did some searching we were able to find a photo of someone driving their military jeep underwater. It is a sight to see! This is quite the process to bring Jeeps onto land, but Russell stressed the importance of these vehicles, especially as Radio Telegraph Operator. Once on land the entire backseat of Russell's Jeep would be filled with his telegraph equipment. Along with all this equipment his vehicle had an antenna that stretched over 10 feet tall, so his messages could reach the necessary location.

Much of Russell's time was spent copying words on his telegraph machine. He would sit in his Jeep or a nearby tent and people would bring Russell their written message. Russell would then use the telegraph to copy their words using Morse

code to the appropriate location. A person receiving his Morse Code message would write the message and deliver this message to the appropriate destination. Russell estimated that he copied an average of 30 words per minute.

Russell served our country as a Radio Telegraph Operator until 1959. After completion of his service, he moved back to the United States where continued to work as a ticket agent and telegraph operator for Burlington Northern Railroad. In 1960 he met his wife, Lily, while at work on the railroad. Russell and Lily got married that same year. Together they have 4 children and 4

grandchildren. In 1997 Russell retired from his job on the railroad. Now he spends his retirement in Rockford with his family. Russell and Lily's family live close to them in the Rockford area, making them very happy. Lifescape is lucky to have such a wonderful client. We are proud of his service to our country and we thank Russell for sharing his story. Thank you for your service Russell!



## Thermo Fisher Scientific Volunteers in Our Kitchen

In August Thermo Fisher Scientific employees came out to volunteer their mornings at our Rockford location. They helped us package meals and cleanup around our facility.

Thank you for your support Thermo Fisher Scientific!



# LIFESCAPE Senior Expo

## A HUGE SUCCESS



This was a great year for Lifescape Senior Expo! We had 100 vendors at this year's expo. We packed the Rock Valley College Physical Education Gymnasium with older adults, families, and caregivers interested in learning what our area has to offer on older adult services.



Our guest speaker, Dan Hampton, was wonderful! Dan gave a presentation titled "Dare to be a Champion". Dan is a retired Chicago football Hall of Famer. He drew a huge crowd and after he presented, he stuck around to meet expo attendees and sign autographs.



Keep an eye out for details on next year's Lifescape Senior Expo. We look forward to putting together another wonderful event!





**The Lifescape 4th of July Classic Run/Walk is a race for the ages!**

Join us on July 4th in celebrating our great nation through this wonderful event.

**Early bird race registration fees are available through April, 2020!**

This is a race for everyone whether you are an experienced runner looking to win prize money, this is your first race, or you are just looking for a fun event to do with your family. You have the choice of running an 8k, a 2-mile, or participating in the 1-mile family fun walk. All racers will receive race swag, including finisher medal, a stylish one of a kind race T-shirt, and an all you can eat pancake breakfast.

**Following the race will be a post-race breakfast and celebration**

at the Rockford City Market Pavilion. The breakfast is included in the run/walk registrations. The after party starts immediately following the 8k and will include live music, awards, refreshments, and breakfast! Hot Cakes On The Go will be providing all you can eat pancakes. There will also be breakfast sausage and refreshments.



**Lifescape 4<sup>TH</sup> of JULY**  
**Classic RUN/WALK**  
**A RACE FOR THE AGES! - IN MEMORY OF JOE MARINO**

**Saturday, July 4, 2020**

|                                |                                    |  |
|--------------------------------|------------------------------------|--|
| <b>8k Run</b><br><b>7:00am</b> | <b>2-Mile Run</b><br><b>7:10am</b> | <b>1-Mile Family Fun Walk - 8:00am</b> |
|--------------------------------|------------------------------------|--|

*Starts And Finishes On N. Madison St. In Front Of Trolley Station*

Register at: [www.Runsignup.com](http://www.Runsignup.com)  
 For more information, contact:  
**Zach Satterlee at [zsatterlee@lifescapeservices.org](mailto:zsatterlee@lifescapeservices.org)**

**Register at: [www.Runsignup.com](http://www.Runsignup.com)**

*All race proceeds benefit Lifescape's services and programs.*

**LIFESCAPE**  
 Lifescape Community Services, Inc.  
 705 Kilburn Ave. Rockford, IL 61101

**P: 815.963.1609**  
**F: 815.963.1627**

**LIFESCAPE** Lifescape Community Services, Inc. / Community Kitchen, Inc.

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**Lifescape Is:** Lifescape Community Services is a comprehensive regional agency empowering older adults to live an independent and high-quality life. Based in Rockford, Lifescape provides services in an eight-county region of northwestern Illinois, including Boone, Carroll, Jo Daviess, Lee, Ogle, Stephenson, Whiteside and Winnebago counties. The agency serves thousands of older adults each year through its Meals on Wheels program, Adult Day Program, Health & Wellness services, Adult Protective Services, Comprehensive Care Coordination, and its Information and Assistance Department.

# Volunteer Opportunities

Help us deliver or pack meals, assist in large events, or even become a Health Promotion workshop facilitator! NEW this year is the Lifescape Ambassador position where you can help us engage community members at health fairs, plan your own events, or attend networking events with us!

Contact Kristin at 815-490-1107 or [kkrieger@lifescapeservices.org](mailto:kkrieger@lifescapeservices.org) to learn more.



Lifescape Community Services  
705 Kilburn Avenue, Rockford, IL 61101

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## THANK YOU TO OUR SPONSORS!

Without the support of our community we would not be able to offer our community events. Thank you to all that have sponsored our **2019 Events**.



## Make Your Gift Today!

Please join the many generous donors and sponsors featured in this edition of our Newsletter by making your own gift.

Send your gift in the enclosed envelope, visit [www.lifescapeservices.org](http://www.lifescapeservices.org) or call 815-490-1609 to make your donation.