



NEWSLETTER



Silver Sneakers Build Strength & Friendships

On a chilly Tuesday morning in February, over 40 people gathered for their Silver Sneakers exercise class at Evenglow. Silver Sneakers started about 5 years ago here at Evenglow but has grown quickly to over 90 participants in 4 weekly classes. Yet it's more than an exercise class to those who come each week. "Silver Sneakers is not only good for your body, it's good for your soul. I can sure tell if I have to miss because my body tells me. It's also good to connect with other members," says long-time Silver Sneaker Judy Baxter. Class members enjoy potlucks, lunch out together, and develop friendships that lead to fun things like plays at Pontiac's Eagle Theater...



Silver Sneakers, continued...

...even a road trip to celebrate a milestone birthday with a Silver Sneaker who moved out of state! In turn, many Silver Sneakers volunteer at Evenglow (like baking some of the many pies for January's pie parties). Others couldn't say enough about how much they love the exercise *and* community of Silver Sneakers. Susie Jacobson shared, "I'm surprised how much stronger I am even with just 2 times a week. And I enjoy the conversation." Norma Studebaker says she feels much stronger, has better balance and feels great. "A great time to socialize and stay healthy!" adds Joy Trunk. Other Silver Sneakers like Donna Dinsmore said they have met people through class whom they wouldn't have otherwise.

Amy Eppel, Evenglow's Marketing & Wellness Coordinator, shared more about why Silver Sneakers has been so successful. "It's designed for seniors. Our exercise classes are friendly for aging joints. Part of every class is seated and some is done standing, but participants can stay seated the entire time if they want to. We also work on fall prevention. It's a really great program. And we have fun together!"

Silver Sneakers classes are open to anyone over 55 at a cost of just \$10 per month for unlimited classes. Many insurances cover the cost for participants over 65. And there's a bonus: all Silver Sneakers members receive access to Evenglow's wellness gym!

Speaking of fun...a group of Evenglow's Silver Sneakers gathered several years ago to create their own music video. They premiered it in a sold-out show at Pontiac's Eagle Theater, and it's been popular on YouTube as well. Watch Evenglow's Facebook page for a link to watch the video.

*Would you like to build strength and friendships at Silver Sneakers?
Contact Amy Eppel at (815) 844-6131 for more information.*

Right: A group of Silver Sneakers celebrate after filming their music video.



Evenglow Unveils Building Plans to Serve Residents

On March 2, Evenglow leadership announced the beginning of a process to construct multiple new buildings in Pontiac, Illinois. At a gathering of residents, families, staff, and friends, leadership shared plans for the construction of a new assisted living facility to be located at 1200 Evenglow Lane, next to Evenglow Inn. An independent living facility will be built which will replace the Evenglow Lodge and connect to the existing Tjardes Health Center. You can explore initial views of these new buildings on the following pages.

Why this big step? Mark Hovren, President & CEO of Evenglow, shared that, “as part of a strategic plan aimed at strengthening community life and the quality of care provided to our residents, we have recognized the need to dedicate Evenglow’s resources to much needed upgrades at both of our locations.” He added that, “the newly constructed buildings will help provide the same compassionate care to which Evenglow has been dedicated since our founding in 1958.”

Evenglow’s doors opened in October of 1958 in response to Mrs. Ada Swords’ concerns about the number of retired people she knew living alone who craved friendship and social relationships. Mrs. Swords’ legacy gift helped found a United Methodist retirement home open to all, regardless of religious affiliation. Over the years, countless donors have continued to support Evenglow in many ways—including our mission to ensure all residents have a wonderful home, even if they outlive their resources. Now Evenglow serves over 150 residents in Pontiac, as well as dozens more people through Meals on Wheels and Silver Sneakers exercise classes.



“The people of Pontiac, Livingston County, and the surrounding area have continuously supported Evenglow’s work here since 1958,” said Mark Hovren. “We are confident that through the support of the community and friends, we will be able to bring the project to completion and provide a wonderful home for our residents for many decades to come.”

Left: A worker readies Evenglow’s first building, the former Pontiac Hotel, which opened October 1958.

New Assisted Living Facility

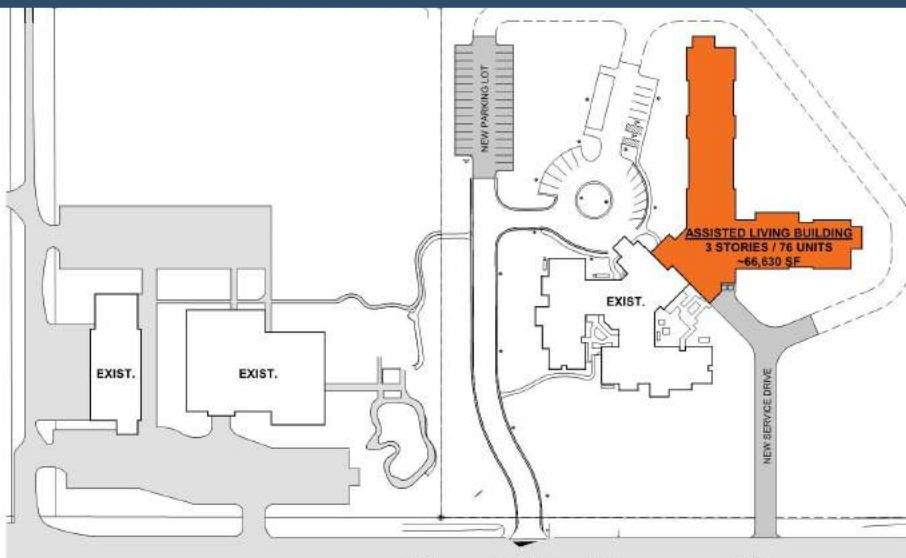
To be located at 1200 Evenglow Lane and will connect to The Inn. The new building will offer:

- Spacious studio and 1-bedroom apartments
- Living room and community spaces, including worship space
- Activities and craft areas
- Wellness rooms
- Salon
- New kitchen and dining
- Outdoor amenities

Building Rendering



Assisted Living Site Plan



ASSISTED LIVING SITE PLAN

SCALE: 1" = 80'-0"

BLDD
ARCHITECTS

BLDD Project No. 1945X11.400

New Independent Living Facility

Will replace The Lodge at 215 E. Washington St. and connect to Tjardes Health Center. The new building will offer:

- 1 and 2 bedroom units
- Private balconies
- Fitness and wellness areas
- Bistro plus new kitchen
- Multi-purpose room
- Covered resident parking area

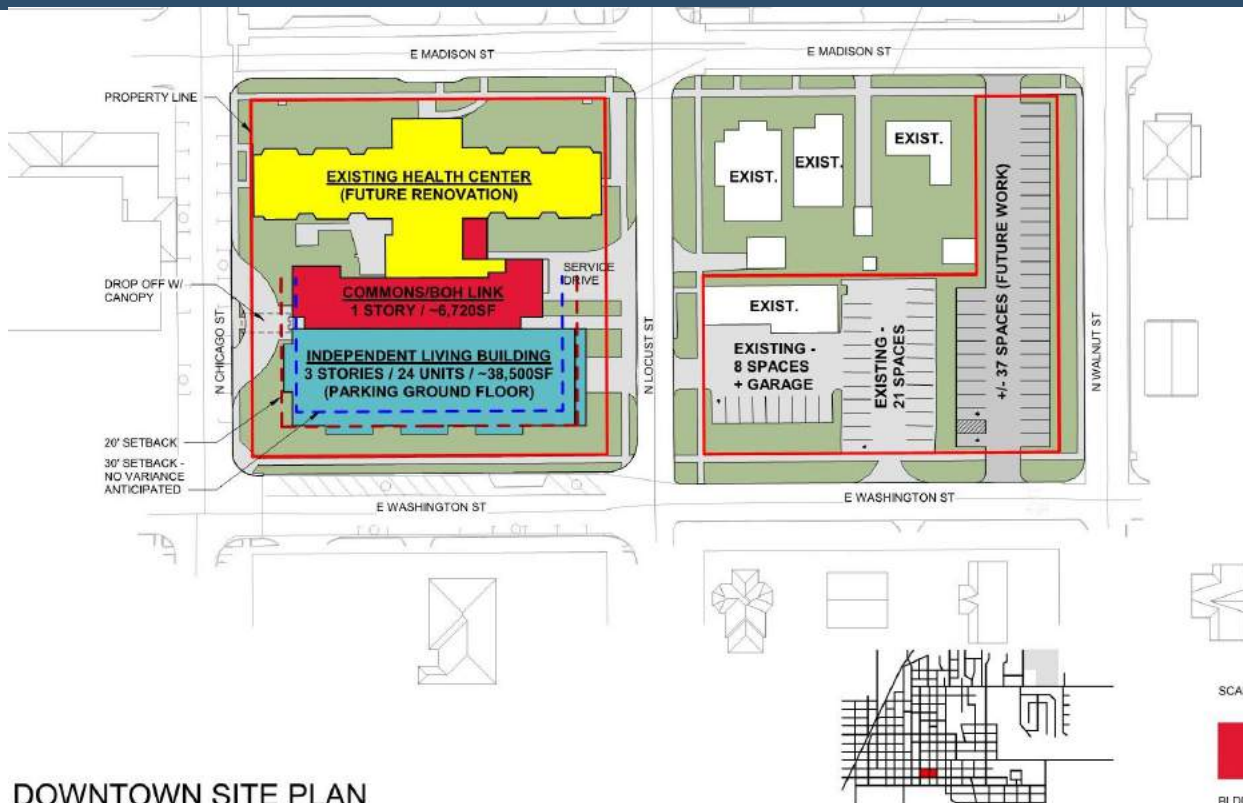
For questions or more information, please contact:

Mark Hovren or Amy Eppel
at **815-844-6131**.

Building Rendering



Independent Living Site Plan



Fun Stuff Happening at Evenglow

Evenglow was a fun, busy place in 2019 and early 2020! We thought you might enjoy seeing some of the happenings.

Photos clockwise from right: Inn Activities Director and resident therapy dog Teddy dress up for Halloween. ♦ Lodge resident Wilda Crow returns from a day out at the Festival of Trees in Bloomington with other residents and Marilyn Pritchard. They rode in the new Evenglow bus, the cost of which was partially offset by several generous donors. ♦ Evenglow's float won 2nd place in the annual Threshermen's Reunion Parade. ♦ Resident Barbara Orr enjoys a visit from Comfort Dog Isaac. ♦ Paula Trainor Rosenbaum and a fellow master gardener presented a program on fall container gardening at the annual Evenglow Guild meeting in September.



Fun Stuff, continued...



Above: Over 60 residents and family members enjoyed Oktoberfest with German-inspired food, drinks, accordion music and polka dancing.

Right: Mindy, Lodge Receptionist, dresses with Christmas spirit.

Board of Trustees:

We wish to thank the following people for generously giving their time and talents to Evenglow:

Mary Ann Denker

Daniel Fry

Carol Flessner

Rev. James Barnett

Jeanne Rapp

H. Wayne Taylor

John Taylor

Karen Hart

MaLinda Hillman

David (Dave) Ochs

Sharon Arnold

Richard (Dick) Geschwind

Rev. Tom Goodell

Thomas Corcoran

Doug McCoy

Roger Wahls

Alberta (Bert) Kinate

John Trewartha

Love What's Happening at Evenglow?

We welcome your gifts, whether they are gifts of your financial resources or your time and talents. Here are some ways you can make your gift:

- To make your gift online, please visit evenglowlodge.org/donate.
- Or mail your gift to: Evenglow Lodge, 215 E. Washington St. Pontiac, IL 61764.
- To volunteer call (815) 844-6131 ext. 248



215 E. Washington St.
Pontiac, IL 61764
815-844-6131

www.evenglowlodge.org

Evenglow's Tjardes Health Center is a fully certified Medicare Skilled Care Facility offering rehabilitation services after hospitalization for a wide range of illnesses and accidental injuries.



The United Methodist Church Illinois Great Rivers Conference Advance Special status allows ministries to contact local congregations for financial support. Methodist churches may send financial support through the conference treasurer's office and thereby participate in the IGRC 5-star Giving Challenge. 100% of Advance donations are sent to your church's designated ministries. Evenglow's Advance Special number is: **0044**.

Mark's Remarks

We hope you enjoy our winter newsletter which is full of stories...including an announcement about Evenglow's long-range plans. We've also been having lots of fun here at Evenglow, and you'll see many pictures of these events. In January, Lodge residents enjoyed a series of pie parties (photos below) with their fellow neighbors. I was honored to join them and had a delicious slice of banana cream pie. The final tally for all the parties was 29 pies!

I'm also pleased to share that Evenglow has been re-accredited by EAGLE. EAGLE is the only faith-based accrediting body in the world. Their re-accreditation recognizes Evenglow's high standard of care and that "something extra" in how we do things because of our values as a faith-based organization. Our quality care is possible thanks to your support as donors and volunteers and to the caring work of staff every day.

Thank you!

— Mark Hovren,
President & CEO

