

DECEMBER 2021

Preventive health screenings available Jan. 25; sign up now

Your Rock Island County Farm Bureau is inviting you to take part in a preventive health screening to be offered on Tuesday, Jan. 25, 2022, from 6 a.m. to 10 a.m. at the Rock Island County Farm Bureau office! These screenings include a blood draw with panels similar to a wellness draw at your doctor's office, but at a fraction of the cost!

Identify any health concerns early, while they're still very treatable or give yourself piece of mind that you own the right track with your health! It is recommended to have an annual blood draw after the age of 40 to track basic health values with focus on prevention first! Appointments are limited for this event, so call now!

Base Package Health Screening; \$100 includes blood draw and blood pressure check

Base Package Blood Draw to Include:

Comprehensive Metabolic Panel (CMP), Lipid Panel and Complete Blood Count (CBC) – these panels test values such as cholesterol, glucose, protein counts, electrolytes, liver enzymes, white and red blood cell counts and much more. These tests can indicate risk for heart disease, diabetes and many other chronic conditions. Important: The blood draw does require a 12-hour fast.

Added tests participants may opt to include in their panel:

Prostate Specific Antigen, \$25 (PSA) – prostate health for men. Thyroid Stimulating Hormone, \$25 (TSH) – thyroid gland function. Hemoglobin A1C, \$25 (A1C) – pro-

vides 90-day average of blood sugar. Testosterone, \$25 – indicates levels of testosterone in the blood. Vitamin D, \$25 – indicates level of Vitamin D in the blood. C-Reactive Protein, \$25 (CRP) – indicates level of inflammation in the body.

Your screening the day of the event will take about 15 minutes, and you will receive your results in the mail in two to three weeks. You will have the option of scheduling a follow-up 1-1 consultation to review your results with a Certified Health Coach OR Nurse Practitioner.

For the typical farm family with insurance purchased on the marketplace or direct from an insurer, the above blood work in the Base Package Health Screening may cost upwards of \$750 to \$1,000! Your cost at this health screening through Thrive Wellness Inc. is \$100!

Thrive Wellness Inc. (Peoria, IL) is a workplace/professional organization wellness company providing health screenings and health education. We are backed by Northwestern Medicine / Health Lab out of Chicago that performs testing on specimens, and private family practice Nurse Practitioner Tarah Gibbs (Pekin, Illinois) who serves as Medical Consultant to Thrive Wellness Inc.

TO SCHEDULE YOUR HEALTH SCREENING:

Contact Bob Phillips, Director of Thrive Wellness, at 309-550-9172 or bob@thrivewellnessinc.com. We accept cash, check or debit/credit for payment.



MANAGER'S MINUTE

By Tara Mayhew

Looking back on '21

Another year in the books! I don't know about you, but it sure seemed like we were making up for lost time this year. I've found myself saying things like "last year" or "a year ago when we did this," when in fact it's been two years. While virtual events are here to stay, it was nice to get back in person for some things and see our members face to face. I want to take a minute to focus on just a few successes we have had in 2021.

Our Young Leaders had a GREAT year of programming: youth events at the fair, educational tours, a very successful inaugural bags tournament benefitting our Foundation, and another busy ethanol promotion, to name a few. This group continues to grow and we are very excited about the future of our Young Leaders!

We were heavily involved in the reapportionment and redistricting of the county board. This began early in 2021 as we kicked off the year having the county board chairman speak to our board of directors and continued to be involved with virtual town hall meetings, Zoom meetings with other area organizations and regular county board meetings. In fact, I was told at the November county board meeting that Farm Bureau was the only organization that continued to be a part of the conversation throughout the entirety of the process. But our work doesn't stop there. Rest assured, as we move forward with new district boundaries and new elected representatives, we will continue to keep the voice of agriculture in Rock Island County at the forefront of our local affairs.

Another new program we are particularly proud of was our Farmers (G)row Clean Water event at Lake George at Loud Thunder Forest Preserve. This event was part of the Nutrient Loss Reduction Strategy and was focused on educating the general public on water conservation practices that our farmers are using to protect or land and water.

And as we are in the heart of holiday season, I hope you all have had the chance to slow down, gather with friends and family, and reflect on your own successes of another year under your belt.

Wishing you all a very Merry Christmas and many blessings in the new year!

Get details on opportunities to protect farm, crops in 2022

BLOOMINGTON, Ill. – There is always uncertainty around what spring, summer and fall may bring. Country Financial and Illinois Farm Bureau remain ready to assist farmers through every season.

The organizations are again teaming up for 10 regional meetings across Illinois to share updates on improved opportunities for farmers to protect their farms and crops in 2022.

"Every farm operation is different, and our goal is always to help our farm clients and Farm Bureau members reach their goals together with options and information from a trusted partner," said Doug Yoder, Country Financial crop agency manager. "These meetings offer us the opportunity to connect with clients and members prior to

Among meeting options:

- ▶ **Knox County** — Knox County Farm Bureau, 180 S. Soangetaha Road Suite 101, Galesburg, IL 61401-5585, 5 p.m. Jan. 27, 2022
- ▶ **Virtual (open to everyone)** — www.myifb.org; 9 a.m. Jan. 25 and noon Feb. 9

the busy planting season, to make sure they have the most up-to-date information about federal crop and hail insurance options, learn about new coverage options from Country and gain a better understanding of changes in markets and government that they may need to consider, so they can

make informed decisions for their operation."

The 10 meetings co-hosted by Country Financial and Illinois Farm Bureau will take place throughout January and February. Eight meetings will be held in-person across the state, and there will be two virtual presentations. All meetings will include:

- ▶ Crop Insurance Update, including changes to federal crop insurance and new private products offered by Country, the No. 1 crop hail insurer in Illinois. (Doug Yoder, crop agency manager for Country Financial)
- ▶ Crop Claims Update (Country Financial crop claims representative)
- ▶ Market Outlook (Tim Tresslar, grain origination manager for Growmark)

- ▶ Legislative Update (Illinois Farm Bureau)
- ▶ Opportunity for Audience Q&A with presenters

The first meeting is scheduled for Tuesday, Jan. 18, at Dekalb County Farm Bureau, starting at 8 a.m. Each event is open to any Illinois farmer. Registration opens Dec. 13 for each event. To register and reserve a seat for any of the 10 events, farmers should call their county farm bureau office.

A full directory of Illinois county Farm Bureau offices can be found at www.ilfb.org/about-us/directory/. Farm Bureau members can also log in at www.myifb.org to register online.

For updates and more information, visit <https://on.ilfb.org/winter-agribusiness-seminars>

Calendar of Events

DECEMBER

- 4-7 IAA Annual Meeting; Palmer House, Chicago
- 17 Young Leader Conference registration deadline
- 20 RICFB Board of Directors meeting
- 24-27 Office closed for Christmas
- 31 Office closed for New Year's Eve

JANUARY

- 3 Office closed for New Year's Day
- 17 RICFB Board of Directors meeting
- 21-22 Young Leader Conference
- 25 Thrive Wellness Health Screenings, RICFB office
- 31 Bushels for Hunger Campaign ends



Shop local for Christmas

Are you on the hunt for last-minute Christmas gifts? Don't forget to check out our Shop Local Directory for unique items from producers right here in our county! To learn more or to get your own business listed, visit www.ricofarmbureau.org/shop-local.html.



FILL OUT YOUR UCR REGISTRATION TODAY!

To Register for 2022, Visit
UCR.GOV | Registration Deadline is
DECEMBER 31, 2021

QUESTIONS?

Contact Rodney Knittel at
309-557-3662 or rknittel@ilfb.org

Thank you

for your prompt payment!

When mailing back your dues payment, please make sure the proper address is showing in the Return Envelope Window. The correct return address is found on the flip side of your dues remittance slip.

Please note that your membership cards are NOT active until your dues payment is received.

We have received quite a few questions from members about where to mail their membership dues. All you need to do is turn the dues remittance slip over and the return address fits right into the window of the return envelope!