

NEWSLETTER

December 2022

SR
CENTER

HAPPY HOLIDAYS....

It's December and a very successful Open Enrollment has finally wrapped up. We want to thank all of our SHIP trained staff and volunteers for their hard work and commitment during this busy time. Here are the numbers:

- 455 participants were seen during Open Enrollment
- 247 participants went over their plans and found their current plan to be the best option for 2023
- 208 participants were able to partake of \$168,992.65 in savings for taking a look at their plan option

Great work to all! Thank you Anna, Scott, Betsy, Connie, and Laurie.

Our Annual Holiday Appeal is in full swing. For those of you not on our mailing list, I've added it to the newsletter. Please consider the Senior Resource Center this holiday season. We look forward to continuing our mission in the new year!

Amanda Faivre
Assistant Director

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December 12, 2022

Dear Senior Resource Center Friends,

This time of year always brings about reflection and hope...a reflection of the changes and accomplishments over the past year, as well as, hope for what is to come in the new year. As 2022 comes to an end, we want to take a moment to thank you for all of your support as we've navigated through these last few years. The pandemic has certainly changed the landscape for agencies like ours and how we service our older adults, their families, and our community partners.

This past year has been very transformative for the Senior Resource Center. We have brought into focus our outreach, advocacy, resources, and educational programming for older adults and their families. We realize how important it is for seniors to safely remain in their own homes for as long as possible, as well as supporting and guiding those who need a safer living environment. Our Case Managers are in the homes, visiting with clients and their families to discuss the best options for help, and making referrals to community partners when needed. Our Adult Protective Service Case Workers are advocating for their clients who are in abusive situations by arranging for safer living environments. Our Resource Specialists are giving information and guidance with Medicare questions, property tax freeze paperwork, license plate sticker discounts, and so much more. Our medical rides are being provided to seniors who need to see a specialist in Madison but cannot drive there themselves. These are only a few of the examples of what our staff does on a daily basis for older adults in Stephenson and Jo Daviess counties.

In the new year, we look forward to continuing not only the work described above, but also more educational programming in collaboration with our community partners. Our work is valuable to so many people in our area. Even if you don't need our services at this point in time, you may know someone who does. We want to continue offering various programs such as our preventative dental care program, our medical rides, assistance with home repairs or snow shoveling, assistance purchasing medications, and more.

Our agency could not do all of this without the generous support of a caring community. This holiday season, please consider supporting the Senior Resource Center and our mission with a donation. Your generosity will help support our programs and services, furthering our objective of helping older adults in Stephenson and Jo Daviess counties maintain not only their independence, but their quality of life.

Thank you for your continued support and have a wonderful holiday,

Sonja Shoemaker, Executive Director

Amanda Faivre, Assistant Director



Our mission is to grow by enhancing and developing services and programs that inspire community involvement, offer support and resources, and advocate independence and well-being of all seniors and disabled adults.

I am supporting the Senior Resource Center in the amount of ☐ \$25 ☐ \$50
☐ \$100 ☐ \$250 ☐ \$500 ☐ \$1000 ☐ Other_____.

Donor Name(s)_____

Address _____ City _____ State ____ Zip _____

Telephone _____ Email _____

☐ I/We wish to remain anonymous

☐ Please contact me about future giving

Please send donations to:

Senior Resource Center
206 E. Stephenson St.
Freeport, IL 61032
ATTN: Amanda Faivre

You can also donate online at

www.seniorresourcecenter.net/donate-pay



Thank you for your gift!

The Senior Resource Center is a tax-exempt, 501(c)(3) organization.
Your donation is tax deductible to the full extent of the law.



Did you know??

Here are just a few of our programs made possible with grants from our community partners....

- **Overall Senior Well Being Program** - Grant funding from Freeport Township for assistance with purchasing medications, assistance with groceries, and more.
- **Preventative Dental Care Program** - Grant funding from the Freeport Community Foundation for assistance with costs associated with preventative oral healthcare.
- **Home Maintenance Program** - Grant funding from Freeport Township for assistance with costs associated with home repairs and outside home maintenance.
- **Medical Rides Program** - Grant funding from the Freeport Community Foundation and SSM Health Monroe for out of town medical rides.

Please call the Senior Resource Center for program eligibility and requirements. Our resource specialists will discuss options and resources available to older adults in our area.





GENERAL ENROLLMENT PERIOD FOR MEDICARE PART B

**By Christopher Wittkopp
Social Security District Manager in Freeport, IL**



If you did not apply for Medicare Part B (medical insurance) within three months before or after turning age 65, you have another chance each year during the General Enrollment Period. The period runs from January 1 to March 31 every year.

If you don't enroll in Part B when you're first eligible for it, you may have to pay a late enrollment penalty for as long as you have Part B coverage. Your monthly premium will increase 10% for each 12-month period that you were eligible for Part B but did not sign up for it. Your coverage starts the first day of the month after you sign up.

To learn more about Medicare, please visit our Medicare Benefits page at www.ssa.gov/benefits/medicare. You may also read our publication at www.ssa.gov/pubs/EN-05-10043.pdf

Hygge: A Time For Cozy Living

Winter months are a perfect time for the Danish tradition of hygge. Pronounced hugh guh. It translates roughly into meaning cozy, hospitable, and comforting. It includes a wide variety of small things that are simple and welcoming.

In my little cottage, winter hygge includes battery operated candles, throws on chairs, comfy pillows on my daybed, bowls of apples washed and ready to eat, nuts, baked goods, candle lights in the windows, and a bed with comforter and extra blankets.

Those of you with a fireplace are fortunate. Woodburners and fireplaces on a cold day offer warmth and light. The sound of a crackling fire, the scent of wood burning are basic and comforting. In their place I use candles. One chunky scented candle burns on top of my stove. Battery tea lights are tucked into dark spots on shelves to highlight little baskets and small log cabins. Inside the little cabins they glow like there's a fireplace.

Holidays offer great opportunities to entertain family and friends. Neighbors you rarely see might appreciate a chance to visit and relax in your apartment, condo, or house. Invitations to your home are always welcome when you provide extra touches to make your guests feel special. Coffee, tea, baked goods, a plant or flowers, candles and interesting seasonal decorations create an atmosphere. You might gather pretty leaves, pinecones and acorns to place in a wooden bowl or arrange on a lovely old platter. Old photographs heaped into a bowl, or albums resting on tables for guests to explore. Music softly playing adds another level of sensory experience. I find all kinds of music on cable t.v.

How sweet it is to receive a call to come by for a cup of tea or coffee any time of day. Aldi's imports wonderful chocolates, cookies and stollen through the holidays, so baking isn't required. Scented candles come in pine and bayberry fragrances. I have orange scented potpourri to use in winter months. It contains dried oranges and orange slices, cinnamon sticks, star anise, and small pine cones. I add a few small sprigs of artificial pine for Christmas.

Picture my companion cat, Pansy, curled up on the daybed, tea lights tucked in a small cupboard, a wool throw over my lap. Coffee and stollen sit on the stand near my chair and I'm enjoying the hygge touches that enrich my time alone.

I wish you a Merry Christmas and a hygge winter!

Tait Weigel is one of our original Rolling Stone columnists. Look for her monthly contribution in the next newsletter!

Tait Weigel

Country Lifestyle Enthusiast





NICAA Golden Meals

The Golden Meals program is for persons 60 and older in Stephenson and Jo Daviess Counties. Home-delivered meals are provided to those who are home-bound, isolated, frail, or unable to prepare meals for themselves. A suggested donation per meal is requested. No one will be denied services because of their inability to pay.

For more information on Golden Meals and NICAA, visit <https://www.nicaa.org/goldenmeals.html>

Dining room is now open!

Diane Randecker, Director

Jan-23

Menu Subject to Change

	2-Jan	3-Jan	4-Jan	5-Jan
Golden Meals Closed 	Beef Stew Warm Spiced Pears Cornbread	Scalloped Potatoes/Ham Peas and Carrots Applesauce Whole Wheat Bread	Easy Chicken Cass. Parslied Potatoes Carrots Whole Wheat Bread	Cook's Choice to sites that are open on Friday
8-Jan	9-Jan	10-Jan	11-Jan	12-Jan
Cheese Burger Tator Tots Carrots Whole Wheat Bun	Turkey Mashed Potatoes-Gravy Green Beans Whole Wheat Bread	Chili Applesauce Cornbread	Ham Loaf Sweet Potatoes Green Beans Whole Wheat Bread	Cook's Choice to sites that are open on Friday
15-Jan	16-Jan	17-Jan	18-Jan	19-Jan
Baked Ham Sweet Potatoes Peas Whole Wheat Bread	Goulash Mixed Vegetables Pears Whole Wheat Bread	Hot Turkey Sandwich Mashed Potatoes Green Beans Whole Wheat Bread	Hot Dog Baked Beans Oven Fries Whole Wheat Bun	Cook's Choice to sites that are open on Friday
22-Jan	23-Jan	24-Jan	25-Jan	26-Jan
Brat Sauerkraut Mashed Potatoes Whole Wheat Bun	Roast Beef Mashed Potatoes-Gravy Mixed Vegetables Whole Wheat Bread	Spaghetti Green Beans Whole Wheat Bread	Baked Chicken Au gratin Potatoes Beets	Cook's Choice to sites that are open on Friday
29-Jan	30-Jan	31-Jan		
Apricot Chicken Rice Green Beans Whole Wheat Bread	Beef Stew Warm Spiced Pears Cornbread	Scalloped Potatoes/Ham Peas and Carrots Apple Whole Wheat Bread	Easy Chicken Cass. Parslied Potatoes Carrots Whole Wheat Bread	Cook's Choice to sites that are open on Friday

SENIOR RESOURCE CENTER

JO DAVIESS COMMUNITY OUTREACH

Serving Jo Daviess County Every Month!

UPCOMING DATES

Dec 16, Jan 18 & 27, Feb 15

WEST GALENA TOWNSHIP BLDG.

607 Gear St

Galena, IL 61036

Dec 7, Jan 5, Feb 9

STOCKTON TOWNSHIP LIBRARY

140 W. Benton Ave

Stockton, IL 61085

Dec 20, Jan 19, Feb 2

HANOVER TOWNSHIP PARK DISTRICT

500 Fillmore St.

Hanover, IL 61041

Jan 12, Feb 23

WARREN COMMUNITY BUILDING

110 W. Main St.

Warren, IL 61087

ASSISTANCE WITH:

- aging & disability benefits
- Medicare/Medicaid questions
- Benefit Access (license plate discount)
- Part D Questions
- general aging questions

SR
CENTER

By Appointment Only

815-777-1316 or 815-235-9777



Contact Us

Senior Resource Center

206 E Stephenson St
Freeport, IL 61032
815-235-9777

srcinfo@srcntr.org

