

# NEWSLETTER

February 2023

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We are happy to welcome back the AARP Tax-Aide volunteers to our office. They will be with us until April 14th. If you haven't made an appointment yet, give our office a call.

Unfortunately Punxsutawney Phil saw his shadow on Groundhog Day this year, so it looks like we're in for another 6 weeks of winter! Please stay safe and warm with February's unpredictable weather....spring is right around the corner.

Amanda Faivre  
Assistant Director





We would like to thank the following individuals and businesses who have graciously responded to our Annual Holiday Appeal. As we continue to receive donations, we are overwhelmed with all of your support! We love what we do here at the Senior Resource Center and, as always, look forward to providing services, supports, and advocacy to our seniors and their families.

**Merle & Ladona Wardlow  
Randy & Crystal Wichman  
Deb Zimmerman  
Donna Schopf  
William & Mary Sisler  
Brian & Kathy Benning  
Michael & Gloria Culp  
Donna Eisenbise  
Ed & Ruth Enzinger  
Mary & Colin Fulrath  
Allen & Sylvia Gillette  
Clarence & Geraldine Janicke  
E John & Karen Johnson  
Ilene Larson  
Mary Maher  
Carol Sander  
Marlene S Swank  
Joel & Nancy Wells  
Sheryl Wolff  
Terry & Cheryl Anderson  
Penna Barker and Pamela Manus  
Forrest Clark  
Elizabeth Corrigan  
Lynn Epping  
Beulah Haeft  
Richard Meinert  
Lawrence & Judith Murphy  
John & Leanne Namio  
Marilyn & David Rice**

**Shirley Fox  
Sandra Turner  
Sandra Helms  
Donna Klapp  
IdaRae Loring  
Sharon Oehl  
Marcella Popp  
Gloria A Tibbitts  
Karrol Tipton  
Doris Trader  
Marjorie Barker  
Mary Beach  
Carol Borchardt  
Karl & Hazel Byerley  
Roger & Martha Carson  
Linda Carter  
Jill Donohue  
Joan Glick  
Merle & Shirley Goeke  
Larry & Sylvia Jones  
Maxine L Kelley  
Norma Klipping  
Jerry Lang  
Arlene Loewe  
Cynthia Peight  
Fran Phillippon  
Rickey Pierce  
Donald & Judith Schiess  
Carolyn Streicher**

**Bill Senneff  
Reita Sheffey  
Stanley & Carol Smith  
John & Mary Stayner  
Jeffrey & Sally Wagner  
Carol Howe  
Duane & Beverly Herrling  
Kenneth & Darlene Baldauf  
Karen Sirgany  
Veteran's Assistance Commission  
Freeport Lion's Club  
Jo Carroll Energy  
Freeport Health Network  
Nelson Financial Services, Inc.  
Auto Repair Specialists, Inc.**

**And our many anonymous donors!**

# SLAM THE SCAM: HOW TO SPOT GOVERNMENT IMPOSTERS

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

Do you know how to spot a government imposter scam? Knowing how to identify potential scammers will help safeguard your personal information.

There are common elements to many of these scams. Scammers often exploit fears and threaten you with arrest or legal action. Scammers also pose as Social Security or other government employees and claim there's a problem with your Social Security number (SSN) or your benefits. They may even claim your SSN is linked to a crime.

When you identify a potential scammer:

- Hang up right away or ignore the message.
- Never give personal information or money.
- Report the scam immediately to our Office of the Inspector General at [oig.ssa.gov/scam-awareness/report-the-scam](https://oig.ssa.gov/scam-awareness/report-the-scam).



If you owe money to Social Security, we'll mail you a letter with payment options and appeal rights. We only accept payments electronically through Pay.gov, Online Bill Pay, or physically by check or money order through our offices.

We will never do the following:

- Threaten you with arrest or legal action because you don't agree to pay us money immediately.
- Promise a benefit increase in exchange for money.
- Ask you to send us gift cards, prepaid debit cards, wire transfers, internet currency, cryptocurrency, or cash through the U.S. mail.

Scammers continue to evolve and find new ways to steal your money and personal information. Please stay vigilant and help raise awareness about Social Security-related scams and other government imposter scams. For more information on scams, please visit [www.ssa.gov/scam](https://www.ssa.gov/scam).

Tell your friends and family about government imposter scams. Let them know they don't have to be embarrassed to report if they shared personal financial information or suffered a financial loss. The important thing is to report the scam right away.

**Together, we can "Slam the Scam!"**

# Thoughts On Turning Eighty

Back when I was a teenager, I thought people in their 40's were old and out of touch with what mattered. 70 or 80 year olds were typically grandparents we looked up to for having lived so long.

There are articles in magazines saying the 70's are now considered part of middle age, and 80 actually marks the beginning of old age. Well I'm here to tell you that whole thing scared me about facing old age this January 31st. I'm really not ready to accept that I'm old and have revised my thinking to include 80's as late middle age. It makes sense to me.

To be honest, I can see some changes in how I function.

I come up with ideas of things to do, that upon consideration, seem out of reach due to a lack of stamina or even the consistent will needed to carry through. I push to accomplish housework, get dressed and head out of the house to the outer world. Perhaps it's more about retirement and living alone that I have become a creature of comfort and deliberately avoid stress. I sometimes refuse to watch news shows and avoid situations that demand too much of my free time.

If I were asked by a younger person what to do or not do in order to have a good old age, I'd suggest developing a few interests. Some form of exercise, creativity, and making new friends. Start saving money, learn how to live on less. Thin out possessions, join special interest groups and work on having a positive outlook. Surround yourself with people you admire. Knock off unhealthy habits like smoking and drinking. As you move into your older years you'll find the preparation you did has created a foundation for a happier, healthier old age.

Another thought on aging before I'm done. You'll face losses of people and changes in your body. Be prepared to make the most of what you still have that's good. Adapting is going to be your life saver.

*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

Mar-23

Menu Subject to Change

		Chili Applesauce Cornbread	Ham Loaf Sweet Potatoes Green Beans Whole Wheat Bread	Mac & Cheese Cass. Peas Applesauce Whole Wheat Bread
6-Mar	7-Mar	8-Mar	9-Mar	10-Mar
Polish Sausage Sauerkraut Mashed Potatoes Bun	Goulash Mixed Vegetables Pears Whole Wheat Bread	Hot Turkey Sandwich Mashed Potatoes Green Beans Whole Wheat Bread	Tuna Noodle Casserole Peas Apricots Whole Wheat Bread	Meat Loaf Potatoes Cream Corn Whole Wheat Bread
13-Mar	14-Mar	15-Mar	16-Mar	17-Mar
Brat Sauerkraut Mashed Potatoes Whole Wheat Bun	Spaghetti Green Beans Warm Spiced Peaches Whole Wheat Bread	Corn Beef & Cabbage Potatoes Carrots Whole Wheat Bread	Baked Chicken Au gratin Potatoes Beets Whole Wheat Bread	Fish Potato Casserole Spinach Whole Wheat Bread
20-Mar	21-Mar	22-Mar	23-Mar	24-Mar
Hot Dog Baked Beans Oven Fries Whole Wheat Bun	Beef Stew Warm Spiced Peas Cornbread	Scalloped Pot./Ham Peas and Carrots Applesauce Whole Wheat Bread	Easy Chicken Cass. Parslied Potatoes Carrots Whole Wheat Bread	Beef Stroganoff Sweet Corn Apricots Whole Wheat Bread
27-Mar	28-Mar	29-Mar	30-Mar	31-Mar
BBQ Beef Sandwich Tator Tots Baked Beans Whole Wheat Bun	Turkey Mashed Potatoes-Gravy Green Beans Whole Wheat Bun	Chili Applesauce Cornbread	Ham Loaf Sweet Potatoes Green Beans Whole Wheat Bread	Salsbury Steak Mashed Potatoes Cream Corn Whole Wheat Bread

# SENIOR RESOURCE CENTER

JO DAVIESS COMMUNITY OUTREACH

*Serving Jo Daviess County Every Month!*

## UPCOMING DATES

**Feb 15, Mar 1**

**WEST GALENA TOWNSHIP BLDG.**

607 Gear St  
Galena, IL 61036

**Feb 9, Mar 23**

**STOCKTON TOWNSHIP LIBRARY**

140 W. Benton Ave  
Stockton, IL 61085

**Feb 2, Mar 9**

**HANOVER TOWNSHIP PARK DISTRICT**

500 Fillmore St.  
Hanover, IL 61041

**Feb 23, Mar 16**

**WARREN COMMUNITY BUILDING**

110 W. Main St.  
Warren, IL 61087

### ASSISTANCE WITH:

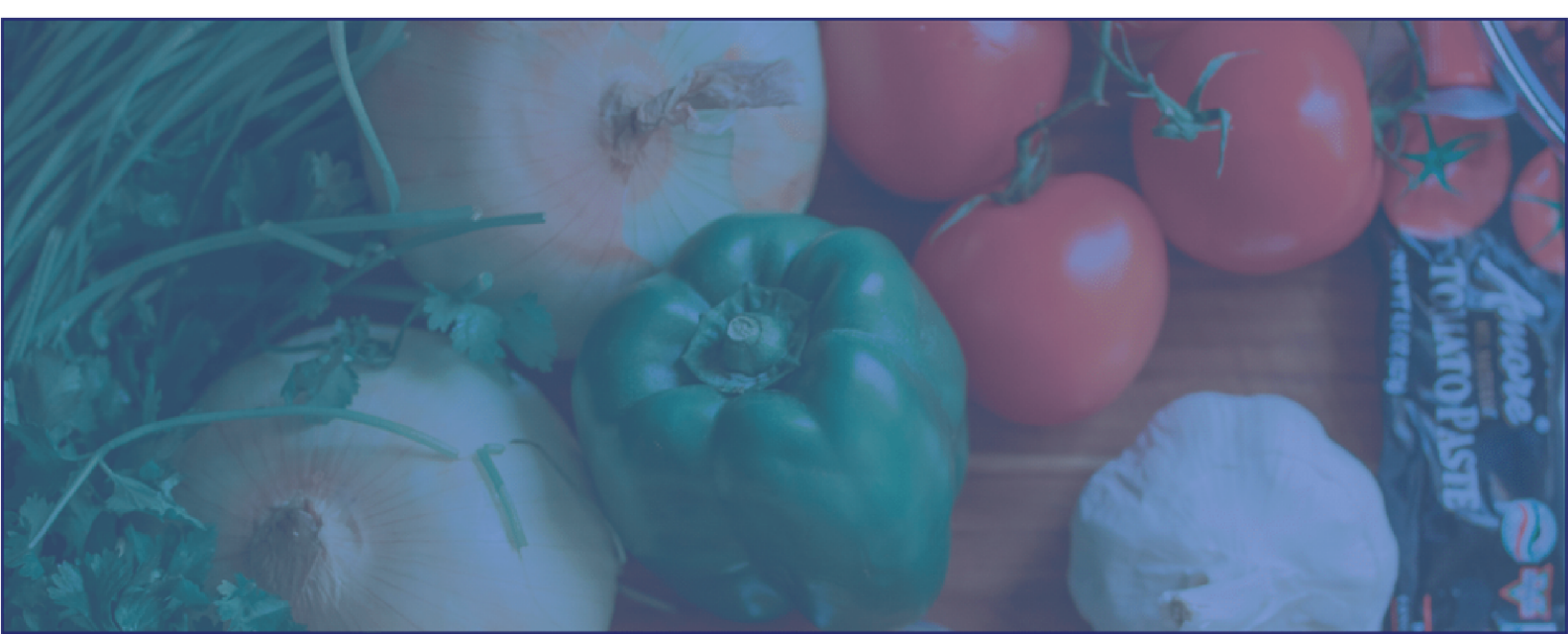
- aging & disability benefits
- Medicare/Medicaid questions
- Benefit Access (license plate discount)
- Part D Questions
- general aging questions

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**By Appointment Only**

**815-777-1316 or 815-235-9777**





## SNAP CUSTOMERS:

### YOUR SNAP BENEFITS WILL BE REDUCED IN MARCH AS A RESULT OF FEDERAL POLICY CHANGES.

SNAP benefits increased during COVID-19 due to the public health emergency. Since April 2020, Illinois LINK households received their regular monthly benefit and an emergency SNAP issuance. February 2023 will be the last month you will receive your emergency SNAP issuance. If your income has decreased or your housing costs have increased, visit [abe.illinois.gov](https://abe.illinois.gov) to update your account.

**Plan accordingly:** \_\_\_\_\_



Purchase non-perishables



Shop your pantry



Find a local food pantry in your community:

Statewide: [go.illinois.edu/findfood](https://go.illinois.edu/findfood)

Cook County: [chicagosfoodbank.org/findfood](https://chicagosfoodbank.org/findfood)

The Illinois Department of Human Services is here to help. Visit

**[abe.illinois.gov](https://abe.illinois.gov)**

or call the hotline at

**1-800-843-6154**



**Help**  
is here





# Contact Us

## Senior Resource Center

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Freeport, IL 61032  
815-235-9777

[srcinfo@srcntr.org](mailto:srcinfo@srcntr.org)

