

NEWSLETTER

November 2022

SR
CENTER

HAPPY THANKSGIVING!

Can you believe it's already November? We are right in the middle of Medicare open enrollment and our SHIP counselors are staying busy, assisting our community members with their Medicare questions. If you haven't already made an appointment to speak with one of our SHIP counselors, call our office. We still have a few phone appointments available, however our in-person appointments are full. Remember that open enrollment closes December 7th!

OUR SENIOR LIFESTYLE EXPO WAS A SUCCESS!



We were excited to return to an in-person event this year. We had 37 vendors, FHN health screenings, and flu shots from the Stephenson County Health Department. Over 150 attendees gathered valuable information about the services and supports available to seniors and their caregivers in our area. We look forward to continuing this yearly event, and expect to see participation grow. If you attended the expo, what did you like best? We love to hear feedback!

Amanda Faivre - Assistant Director

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We would like to thank our Senior Lifestyle Expo
Sponsors:

Presenting Sponsor: State Bank

Contributing Sponsor: Heritage Woods

Contributing Sponsor: Jewell Insurance

Thank you to FHN, the Stephenson County Health
Department, and all of our vendors for your
participation!

We would also like to thank the Freeport Eagles
Club for the use of their wonderful facility.

Alzheimer's Awareness Month

November is Alzheimer's Awareness Month, a time to heighten awareness about Alzheimer's disease and show support for the more than 6.2 million Americans living with it. To learn more, visit the Alzheimer's Foundation of America's website at <https://alzfdn.org/alzawarenessmonth>.

FACTS ABOUT ALZHEIMER'S DISEASE

Alzheimer's is a
progressive brain disorder,
NOT a normal part of aging



MORE THAN 6 MILLION
AMERICANS
are living with Alzheimer's



The number of Americans with
Alzheimer's is projected to surpass
14 MILLION by 2060



MORE THAN 16 MILLION
American caregivers provide
OVER 17 BILLION
hours of unpaid care

Connect with information and support.

Contact AFA's Helpline

Phone: 866-232-8484 • **Text:** 646-586-5283 • **Web:** alzfdn.org

Centers for Disease Control and Prevention (CDC)
National Institutes of Health (NIH)

AFA
ALZHEIMER'S FOUNDATION OF AMERICA



While providing care for a loved one can be a rewarding experience, the physical, emotional, and financial demands of caregiving can lead to high stress levels and burnout. Resources and supports are available.

Visit the Illinois Department on Aging's Illinois Family Caregiver Support Program link at <https://ilaging.illinois.gov/programs/caregiver/caregiver-links.html> or reach out to the Senior Resource Center for additional caregiver support information.

Here are a few additional links with caregiver information you might find helpful.

The Caregiver Action Network <https://www.caregiveraction.org/>

The Administration for Community Living <https://acl.gov/>

Family Caregiver Alliance <https://www.caregiver.org/>

Alzheimer's Association <https://www.alz.org/>

November is also **Diabetes Awareness Month!** Follow the Senior Resource Center Facebook page for a five-post series from the University of Illinois Extension Office. They will be focusing on healthy eating, regular check-ups, the benefits of physical activity, and more.





UNDERSTANDING SOCIAL SECURITY BENEFITS

By Christopher Wittkopp
Social Security District Manager in Freeport, IL



We are here for surviving family members when a worker dies. In the event of your death, certain members of your family may be eligible for survivors benefits. This includes surviving spouses, surviving divorced spouses, children, and dependent parents.

The amount of benefits your survivors receive depends on your lifetime earnings. The higher your earnings, the higher their benefits. That's why it's important to make sure your earnings history is correct in our records. You can do this by creating a personal **my Social Security** account at www.ssa.gov/myaccount. A personal **my Social Security** account is secure and gives you immediate access to your earnings records, benefit estimates, and Social Security Statement.

You may also want to visit our Survivors Benefits page at www.ssa.gov/benefits/survivors. This page can help you understand your and your family's Social Security protections as you plan your financial future.

Please visit www.ssa.gov or read our publication, Survivors Benefits, at www.ssa.gov/pubs/EN-05-10084.pdf for more information. You can also help us spread the word by sharing this information with your family and friends.

Being Positive is a Habit

When I look back at my life, I recall worrying, and being negative. It's a behavior I learned from my mother. She frequently bent the ear of her friends complaining about my dad. She seemed to stop doing that as she got older. Granted there was much to complain and fret over concerning dad, but just as much to be grateful for. It was all about focus. Seems when we humans focus on something bad, it gets worse and we feel worse too.

The Episcopal Youth Group went on a weekend retreat when I was 17. I saw a book mark in the gift shop that said "If you have a bundle of thorns, there is no need to sit on them". That sums it up. It's great that I understood, but unfortunately, when life got hard in the next years, venting became a pass time.

Life is different now that I'm on my own. I give good stuff full attention. Simple things like how cute my elderly cat looks napping, or how the sun glows on pine floors. Bringing in a few cut flowers can boost my mood instantly. The scent of fresh air, trees turning gorgeous colors in fall. The magic in everyday life.

When I notice I'm dwelling on something sad, I give myself a little complaining time, then switch. Distractions like getting up and doing a simple chore, turning on music or finding a comedy on TV help. It's hard to be negative while laughing. Avoiding news is beneficial. I don't need to know every horrible thing going on in the world several times a day. It surely doesn't help.

We're never too old to change habits that aren't serving us well. Find positive people and observe how they express themselves. One such friend is busy helping other people, going to social groups, fixing one good meal a day, and never says anything bad about other people. She's funny, cute, and generous in spirit. She's a fabulous role model. Several of my women friends are positive lights in my life. How lucky am I? I hope to be a positive light in other people's lives. I'm a work in progress.

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>

December 2022 Menu				
			1-Dec	2-Dec
			Baked Chicken Au gratin Potatoes Beets Apple	Cook's Choice to sites that are open on Friday
5-Dec	6-Dec	7-Dec	8-Dec	9-Dec
Apricot Chicken Rice Green Beans Applesauce Whole Wheat Bread	Beef Stew Warm Spiced Pears Biscuit Jell-O	Scalloped Potatoes/Ham Peas and Carrots Apple Whole Wheat Bread	Easy Chicken Cass. Parslied Potatoes Carrots Apple Whole Wheat Bread	Cook's Choice to sites that are open on Friday
12-Dec	13-Dec	14-Dec	15-Dec	16-Dec
Cheese Burger Tator Totos Baked Beans Whole Wheat Bun	Poka Dot Mac & Cheese Peas Whole Wheat Bread Jello	Chili Corn Bread Applesauce	Ham Loaf Sweet Potatoes Green Beans Whole Wheat Bread	Cook's Choice to sites that are open on Friday
19-Dec	20-Dec	21-Dec	22-Dec	23-Dec
Baked Ham Sweet Potatoes Peas Applesauce Whole Wheat Bread	Roast Beef Mashed Potatoes-Gravy Mixed Vegetables Pears Whole Wheat Bread	Hot Turkey Sandwich Mashed Potatoes Green Beans Mixed Fruit Whole Wheat Bread	Hot Dog Baked Beans Oven Fries Cole Slaw Whole Wheat Bun	All Sites Closed 
26-Dec	27-Dec	28-Dec	29-Dec	
All Sites Closed 	Goulash Mixed Vegetables Pears Whole Wheat Bread	Spaghetti Green Beans Orange Slices Whole Wheat Bread	Baked Chicken Au gratin Potatoes Beets Apple	All Sites Closed 

SENIOR RESOURCE CENTER

JO DAVIESS COMMUNITY OUTREACH

Serving Jo Daviess County Every Month!

UPCOMING DATES

Nov 16, Dec 16

WEST GALENA TOWNSHIP BLDG.

607 Gear St
Galena, IL 61036

Nov 3, Dec 7

STOCKTON TOWNSHIP LIBRARY

140 W. Benton Ave
Stockton, IL 61085

Nov 22, Dec 20

HANOVER TOWNSHIP PARK DISTRICT

500 Fillmore St.
Hanover, IL 61041

Nov 9

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
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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

