

NEWSLETTER

October 2022

SR
CENTER

WHAT A BUSY MONTH!

October marks the beginning of Medicare Open Enrollment, as well as the return of our annual in-person senior expo! We look forward to not only serving our seniors during this busy time, but also getting out more information about our valuable programs to our Stephenson and Jo Daviess County communities. We've started our speaking engagements back up, so please reach out if you would like to schedule a time for us to speak to your agency, church, or community organization about the Senior Resource Center and what we have to offer. Call Amanda Faivre at 815-235-9777 ext. 236, or email at afaivre@srcntr.org, to get something on the calendar.

If you are looking for something educational and informative to do this month, make sure you are stopping in at the Senior Lifestyle Expo on October 27th! Doors will open at 9 am (no early birds, please!) and will run until 1 pm. If you would like additional information, please see the flyer located in this newsletter under *Upcoming Events*. We look forward to seeing you all there!

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OPEN ENROLLMENT

**We are now taking
appointments for Medicare
Open Enrollment!**



This year, our open enrollment appointments will begin on October 17th and run through December 7th.

In-person and phone appointments are available.

815-235-9777



**Senior
Resource
Center**



News Release

SOCIAL SECURITY

Social Security Announces 8.7 Percent Benefit Increase for 2023

Social Security and Supplemental Security Income (SSI) benefits for approximately 70 million Americans will increase 8.7 percent in 2023, the Social Security Administration announced today. On average, Social Security benefits will increase by more than \$140 per month starting in January.

The 8.7 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 65 million Social Security beneficiaries in January 2023. Increased payments to more than 7 million SSI beneficiaries will begin on December 30, 2022. (Note: some people receive both Social Security and SSI benefits). The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

"Medicare premiums are going down and Social Security benefits are going up in 2023, which will give seniors more peace of mind and breathing room. This year's substantial Social Security cost-of-living adjustment is the first time in over a decade that Medicare premiums are not rising and shows that we can provide more support to older Americans who count on the benefits they have earned," Acting Commissioner Kilolo Kijakazi said.

To view a COLA message from Acting Commissioner Kijakazi, please visit www.youtube.com/watch?v=Vgm5q4YT1AM.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$160,200 from \$147,000.

Social Security and SSI beneficiaries are normally notified by mail starting in early December about their new benefit amount. The fastest way to find out their new benefit amount is to access their personal [my Social Security](#) account to view the COLA notice online. It's secure, easy, and people find out before the mail arrives. People can also opt to receive a text or email alert when there is a new message from Social Security--such as their COLA notice--waiting for them, rather than receiving a letter in the mail. People may create or access their [my Social Security](#) account online at www.ssa.gov/myaccount.

Information about Medicare changes for 2023 is available at www.medicare.gov. For Social Security beneficiaries enrolled in Medicare, their new higher 2023 benefit amount will be available in December through the mailed COLA notice and *my Social Security's* Message Center.

The Social Security Act provides for how the COLA is calculated. To read more, please visit www.ssa.gov/cola.

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NOTE TO CORRESPONDENTS: Attached is a fact sheet showing the effect of the various automatic adjustments.

To get more Social Security news, follow the Press Office on Twitter [@SSAPress](https://twitter.com/SSAPress).



NEW START DATES FOR MEDICARE PART B COVERAGE COMING IN 2023

By Christopher Wittkopp
Social Security District Manager in Freeport, IL

Changes are coming next year for when Medicare Part B coverage starts.

What is not changing:

If you are eligible at age 65, your Initial Enrollment Period (IEP):

- Begins three months before your 65th birthday.
- Includes the month of your 65th birthday.
- Ends three months after your 65th birthday.



If you are automatically enrolled in Medicare Part B or if you sign up during the first three months of your IEP, your coverage will start the month you're first eligible. If you sign up the month you turn 65, your coverage will start the first day of the following month. This won't change with the new rule.

What is changing:

Starting January 1, 2023, your Medicare Part B coverage starts **the first day** of the month after you sign up if you sign up during the last three months of your IEP.

Before this change, if you signed up during the last three months of your IEP, your Medicare Part B coverage started two to three months after you enrolled.

If you don't sign up for Medicare Part B during your IEP, you have another chance each year during the General Enrollment Period (GEP). The GEP lasts from January 1 through March 31. Starting January 1, 2023, your coverage starts the first day of the month after you sign up.

You can learn more about these updates on our Medicare webpage at www.ssa.gov/medicare and our Medicare publication at www.ssa.gov/pubs/EN-05-10043.pdf. Please pass this information along to someone who may need it.

Holiday Season Ahead

One of the promises I made to myself following the death of my husband, was to continue celebrating holidays. It's been my tradition and joy to decorate for every holiday, have friends or family in our home for dinner or a visit.

At the time of this writing the enclosed porch is filled with pumpkins large and small and skeletons in three sizes. There's a foot long skeleton hanging on the door and a large one sitting in a twig chair. A real pumpkin sits in the covered garden shelter where I can enjoy it through the kitchen window. Three old log cabins sit on the small antique corner cupboard with a battery operated candle inside the largest one to look like a fire. Little gremlins and a witch I made from pine cones and nuts with little outfits for trick or treating fill a hanging cupboard.

There are two closets upstairs filled with Christmas decorations collected over many years. I've thinned out much of what was there, passing things along to my daughter, sister and a family friend. It seems there is no end to choices each year. Never two trees or themes the same. Often, I use antique toys, rag dolls, and small baskets on primitive trees. Once I used a collection of children's shoes and socks.

Easter, Valentine's Day and Fourth of July all have their turn showing off. Even a few old turkeys come out for Thanksgiving along with gourds and leaves on the table.

The only difference since living alone is how much I put out. Now, I keep it simple. The charm it brings on winter nights, seeing amber lights and decorations, a German nativity scene with animals on a bucket bench, and brush trees tucked among the three log cabins in the corner cupboard. make my evenings cozy.

I wish all of you a meaningful holiday season. Bring out things that remind you of past Halloweens, Thanksgivings and Christmases.

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>

		NICAA Golden Meals NOVEMBER 2022			
Diane Randecker, Director 815-232-8896				MENU SUBJECT TO CHANGE WITHOUT NOTICE	
	11/1	11/2	11/3	11/4	
	Goulash Mixed Vegetables Pears Wheat Bread	Hot Turkey Sandwich Mashed Potatoes Green Beans Mix Fruit Wheat Bread	Hot Dog Baked Beans Oven Fries Bun	Cooks choice to the sites that are open on Fridays	
	11/7	11/8	11/9	11/10	11/11
Brat Sauerkraut Mashed Potatoes Bun	Roast Beef Mashed Potatoes-Gravy Mixed Vegetables Pears Wheat Bread	Spaghetti Green Beans Orange Slices Wheat Bread	Baked Chicken Au gratin Potatoes Beets Apple Wheat Bread		
	11/14	11/15	11/16	11/17	11/18
Apricot Chicken Rice Green Beans Apple Sauce Wheat Bread	Beef Stew Warm Spiced Pears Biscuit Jell-o	Scalloped Potatoes/Ham Peas and Carrots Apple Wheat Bread	Easy Chicken Casserole Parslied Potatoes Carrots Apple Wheat Bread	Cooks Choice to the sites that are open on Fridays	
	11/21	11/22	11/23	11/24	11/25
Cheese Burger Tator Tots Baby Carrots Apricots Bun	Turkey/Dressing Mashed Potatoes-Gravy Green Beans Pumpkin Pie Dinner Roll	Chili Corn Bread Coleslaw Orange Slices			
	11/28	11/29	11/30		
Baked Ham Sweet Potatoes Peas Apple Sauce Wheat Bread	Goulash Mixed Vegetables Pears Wheat Bread	Hot Turkey Sandwich Mashed Potatoes Green Beans Mixed Fruit Wheat Bread			

SENIOR RESOURCE CENTER

JO DAVIESS COMMUNITY OUTREACH

UPCOMING DATES

Oct 14 & 19, Nov 16, Dec 16

WEST GALENA TOWNSHIP BLDG.

607 Gear St

Galena, IL 61036

Oct 5, Nov 3, Dec 7

STOCKTON TOWNSHIP LIBRARY

140 W. Benton Ave

Stockton, IL 61085

Oct 26, Nov 22, Dec 20

HANOVER TOWNSHIP PARK DISTRICT

500 Fillmore St.

Hanover, IL 61041

Oct 11, 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
CENTER

By Appointment Only
815-777-1316 or 815-235-9777

UPCOMING EVENTS



SENIOR LIFESTYLE EXPO

Presented by

State Bank

Freeport, IL

Join us as we offer older adults an opportunity to interact and educate themselves on services and supports that are available in the senior marketplace.

Health screenings through FHN, flu Shots through Stephenson County Health Department*, and more!

*bring insurance card

OCTOBER 27TH, 2022

9 AM - 1 PM

FREEPORT EAGLES CLUB

1200 W. Galena Ave, Freeport, IL 61032

Interested in being a vendor?

Contact Amanda at 815-235-

9777 ext 236 or

afaire@srcntr.org



Alzheimer's & Dementia *Caregiver Conference*



This informative program is for families, friends and caregivers of persons with Alzheimer's disease or related dementia. It is designed to enhance your understanding of the disease; how it affects those who have it; and how to effectively deal with it day-to-day.

**Thursday,
November 3
9 am - 3 pm**

Kelch Aviation Museum
N2463 Airport Rd,
Brodhead, WI 53520

Event is free.
Registration deadline
is October 31, 2022.
Contact ADRC at
608-328-9499.

Compassion Fatigue—When Caregiving Goes Beyond Burnout

Presented by Cindy Keller, SSM Health Neurology/Memory Center

In your role as caregiver, you are often faced with choosing between prioritizing the care of another person or your own. Learn the differences between caregiver burden, burnout, and compassion fatigue. Identify compassion fatigue risk factors, recognize warning signs and create a personalized plan of care.

Chardonnay and Cheetos: How I Coped

Presented by Susan A. Marshall, Backbone Institute, LLC

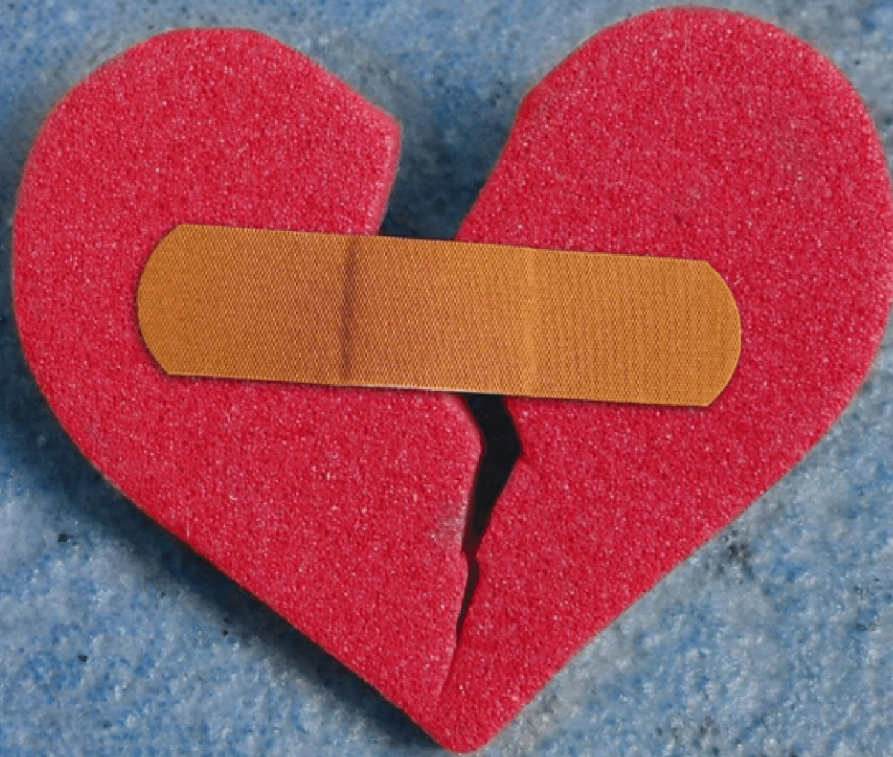
Caring for someone with cognitive decline can be exhausting. Dealing with feelings of inadequacy, helplessness and frustration while making important decisions, hosting tough conversations and managing day-to-day life outside of the caregiving role is not for the faint of heart! How does one cope and keep some sense of humor and balance? We'll discuss the importance of coping behaviors and the slippery slope of over-dependence.

They Want Me to Do What?

Presented by Bonnie Nuttkinson & Kelsey Shuda, Wisconsin Alzheimer's Disease Research Center (WADRC)

A Glimpse Inside of an Alzheimer's Research Volunteer Experience. This talk will provide an overview of the research center and give participants a viewpoint of what it's like to be a research participant/volunteer with the Wisconsin Alzheimer's Disease Research Center.

MENTAL HEALTH FIRST AID TRAINING - *Adult*



You are more likely to encounter someone in an emotional or mental crisis than someone having a heart attack. Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self help care.

Wednesday, November 9, 2022

Registration Deadline – October 26, 2022

Training: 2 ½ hours prework and 5.5 hours Zoom class

Zoom class: 8:30 a.m. – 2:00 p.m. November 9, 2022

Presented by: CONTACT of
Northern Illinois



MENTAL HEALTH FIRST AID - *Adult* *Virtual Training*

Wednesday, November 9, 2022

SSM Health Monroe has graciously offered to pay the fee for this training. -Class is limited to 20 people, get your registration in early!

Registration Deadline – October 26, 2022

Training 2 ½ hours prework and 5.5 hours Zoom class

Zoom class: 8:30 a.m. – 2:00 p.m. November 9, 2022

REGISTRATION

To register, please mail completed form to:

Pam Werntz

CONTACT of Northern Illinois

P.O. Box 83

Freeport, IL 61032

Questions? Call Pam @ CONTACT 815-821-4653 or email Pam @ pamwerntz@gmail.com

Name: _____

Phone number: _____

E-mail address: _____

Occupation and employer name: _____

Brief description of why you're enrolling in the course: _____



Contact Us

Senior Resource Center

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

srcinfo@srcntr.org

