

NEWSLETTER

April 2023

SR
CENTER

Happy Spring!

It's almost time for the Jo Daviess County Senior Expo! Join us Thursday, April 27 from 9 am - Noon at the Elizabeth Community Building. We've got a wonderful lineup of vendors ready to discuss their supports and services with attendees. The response has been amazing and we are expecting a full house! Check out the list of vendors in this newsletter.

In honor of Older Americans Month in May, we will be hosting our annual **Bakeless Bake Sale Fundraiser**! The Senior Resource Center holds a Bakeless Bake Sale each year to help support our programs and services. Wondering what a bakeless bake sale is all about? Be on the lookout for more information in next month's newsletter and emails!

I would also like to thank John and Joanne Readle for their donation to our Annual Appeal. Your support is greatly appreciated!

Amanda Faivre
Assistant Director

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JO DAVIESS COUNTY

Senior Expo 2023

THURSDAY, APRIL 27, 2023

9 AM - NOON

ELIZABETH COMMUNITY
BUILDING

402 WEST ST, ELIZABETH, IL



Join us as we offer older adults an opportunity to interact and educate themselves on services and supports available in the Jo Daviess County area!

**Doors will open at 9 am. No early birds, please!*

Midwest Medical Center Lab Draws!

visit www.midwestmedicalcenter.org to print out registration

COVID Vaccines thru the JDC Health Department!

Ascension Living Saint Joseph Village

Ahva Living of East Dubuque

Oakley Courts

Heritage Woods of Freeport

Winn Prairie

NICIL

Road Scholar

River View Center

Midwest Senior Care

Healthcare Plus

RSVP of Northwest Illinois

Liberty Village of Freeport

Stephenson Nursing Center

Parkview Home

Aster Assisted Living of Monroe

In Home Personal Services

Prairie Ridge of Galena

Allure of Stockton

Jo Daviess County Transit

Freeport Health Network

Casper Creek Natural Cemetery

Aetna Better Health Premier Plan IL MMAI

Lifescape Community Services

Northwestern Illinois Community Action Agency

CONTACT of Northern Illinois

Mop Shop

Catholic Charities LTC Ombudsman Program

RAMP

University of Illinois Extension

Molitor Plumbing, LLC

Veterans Assistance Program and more!

**OVER 30
VENDORS!**



**Senior
Resource
Center**



Home Health Agency
Home Nursing & Home Services Agency

SLAM THE SCAM WITH SOCIAL SECURITY

By Christopher Wittkopp
Social Security District Manager in Freeport, IL

The Social Security Administration and its Office of the Inspector General (OIG) continued to raise public awareness about Social Security imposter scams during the fourth annual “Slam the Scam” Day held in March. Social Security scams — where fraudsters pressure victims into making cash or gift card payments to fix alleged Social Security number problems or to avoid arrest – are an ongoing government imposter fraud scheme. For several years, Social Security impersonation scams have been one of the most common government imposter scams reported to the Federal Trade Commission. We’ve made concerted efforts to address this issue, through extensive outreach and investigative initiatives. These efforts have made a significant impact, reducing money reported lost to Social Security scams by 30 percent from 2021 to 2022.

“I am proud of the work we have done to combat Social Security imposter scams and raise public awareness,” said Kilolo Kijakazi, Acting Commissioner of Social Security. “We will continue to use every tool at our disposal to protect the public and their critical benefits. We urge Americans to remain vigilant, do not give out personal information or money, and report any scam attempts.”



Scammers use sophisticated tactics to trick potential victims into disclosing personal and financial information.

Typically, they use the five P’s – Pretend, Prize or Problem, Pressure, and Payment. For example, scammers pretend they are from Social Security in phone calls or emails and claim there is a problem with the person’s Social Security number. The scammer’s caller ID may be spoofed to look like a legitimate government number.

Scammers may also send fake documents to pressure people into complying with demands for information or money. Other common tactics include citing “badge numbers” and using fraudulent Social Security letterhead to target individuals for payment or personal information.

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SLAM THE SCAM WITH SOCIAL SECURITY

By Christopher Wittkopp
Social Security District Manager in Freeport, IL

We will never:

- Tell you that your Social Security number is suspended.
- Contact you to demand an immediate payment.
- Threaten you with arrest.
- Ask for your credit or debit card numbers over the phone.
- Request gift cards or cash.
- Promise a Social Security benefit approval or increase in exchange for information or money.



Our employees do contact the public by telephone for business purposes. Ordinarily, we call people who recently applied for benefits, are already receiving payments and require updates to their record or requested a phone call from us. If there is a problem with a person's Social Security number or record, we will mail a letter.

"Working with our law enforcement and private sector partners to inform consumers about scammers and their deceptive practices remains a priority for my office. We will continue promoting National Slam the Scam Day to help protect consumers from these predators. Slamming the scam begins with consumers quickly taking a step to hang up the phone, or delete suspicious texts and emails, without responding to the scammers," said Gail S. Ennis, Inspector General for the Social Security Administration. "That remains the easiest and most effective method to avoid falling prey to these vicious scams."

To report a scam attempt, go to oig.ssa.gov. For more information, please visit www.ssa.gov/scam and www.ssa.gov/antifraudfacts.

Memories of Krape's Park

Growing up in Freeport, it was traditional to visit Krape's Park. My earliest memories include taking my little terrier to play on the slides. Nipper would get in line and take a turn along with children. Her ears flying and a grin, down she'd go and head back to the end of the line for another turn.

During winter, signs would go out to alert us that the ice was thick enough to put on our skates in the ice house and go down the wood ramp to glide around, eventually heading towards Twin Caves. There were boys playing ice hockey, and show offs going backwards and spinning, or making whips swinging back and forth quickly enough to shake a few skaters off the line.

During the summer Mom saved up bread and we'd go to the duck pond. Throwing a handful of dried bread would start a quacking and gathering of ducks bobbing for the treat. It never got old watching them jockeying for position to get handouts.

As I got older I'd ride my bicycle from West Jefferson to the park, feeling free with the wind in my hair, and independent on my own. There were wild flowers in the spring and people rowing rental canoes in the summer. Winter brought sleds and toboggans for thrilling rides with friends.

It was tradition to walk up the narrow stone steps along side the waterfall, clutching the heavy chain railing, feeling the mist from the falls when the wind blew. We'd stand on Flagstaff Hill and look down to Yellow Creek, the ducks, the beautiful white bridge, and the totem pole standing just across from the bridge.

On warm summer nights people came to hear musicians playing at the band shell. Families cooked hot dogs and hamburgers on wood fires built in limestone fireplaces stocked with wood provided by the Park District workers. Some men brought their charcoal grills. Picnic tables were full near the old fire truck, swings, and slides. You could stop at the refreshment building for snacks and beverages. .

Changes have been made. Miniature golf, a climbing rock and barn for the ducks, as well as disc golf are available. Paddle boats can be rented in the shape of a dragon, swan, and ducks. Pickle ball courts are busy and walking paths with bridges have been added. It's still on top of the list locals are proud to have. Visitors always love a drive through Krape's Park and are impressed with the natural beauty and well maintained grounds. The merry go round has been a favorite for three generations.

I haven't forgotten all the other parks in our district. Bidwell and Knowlton Parks serve their neighborhood children, The Wetland's Preserve offers fishing, Taylor Park has tennis courts and covered picnic areas as well as flat roads for walkers. Oakdale Nature Preserve has a covered picnic shelter, climbing activities, nature paths, and the Tabernacle again in use. Not to forget the wonderful Park Hills Golf Course. Freeport Park District is one of the best parts of living here.

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://nicaa.org/service/golden-meals>

Dining room is now open!

Diane Randecker, Director

Menu Subject to Change

1-May	2-May	3-May	4-May	5-May
Stuffed Green Peppers Carrots Warm Spiced Peaches Whole Wheat Bread	Goulash Mixed Vegetables Pears Whole Wheat Bread	Hot Roast Beef Sand. Mashed Potatoes Green Beans Whole Wheat Bread	Tuna Noodle Casserole Peas Apricots Whole Wheat Bread	Swiss Steak Baked Potato Asparagus Whole Week Bread
8-May	9-May	10-May	11-May	12-May
Chef Salad Fresh Fruit Ranch Dressing Whole Wheat Bread	Spaghetti Green Beans Warm Spiced Peaches Whole Wheat Bread	Honey Glazed Ham Sweet Potatoes Cream Corn Whole Wheat Bread	Baked Chicken Thighs Mashed Potatoes Beets Whole Wheat Bread	Fish Potato Casserole Spinach Whole Wheat Bread
15-May	16-May	17-May	18-May	19-May
Hot Dog Baked Beans Oven Fries Whole Wheat Bun	Beef Stew Warm Spiced Pears 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

22-May	23-May	24-May	25-May	26-May
BBQ Beef Sandwich Tator Tots Baked Beans Whole Wheat Bun	Seasoned Pork Loin Mashed Potatoes-Gravy Green Beans Whole Wheat Bun	Swedish Meatballs Egg Noodles Peas Whole Wheat Bread	Ham Loaf Sweet Potatoes Green Beans Whole Wheat Bread	Salsbury Steak Mashed Potatoes Cream Corn Whole Wheat Bread
29-May	30-May	31-May		
	Goulash Mixed Vegetables Pears Whole Wheat Bread	Hot Roast Beef Sand. Mashed Potatoes Green Beans Whole Wheat Bread		



TAX VOLUNTEERS WANTED!

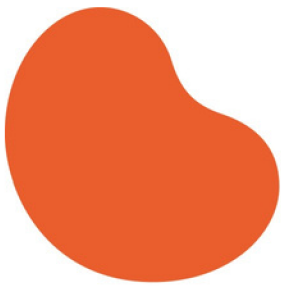
The AARP Tax-Aide program is looking for volunteers for next year's tax season. If you enjoy working with people and are detail oriented, we would love to talk with you. Call the Senior Resource Center to submit a volunteer application.

815-235-9777

AARP Foundation

TAX-AIDE

Free tax assistance for those
who need it most



National Kidney Foundation[®]

of Illinois

Prevent. Educate. Empower.

1 in 3 American adults is at risk for kidney disease.
Are you the one?

Free Kidney & Diabetes Screening!

Please go on our website at <https://mobilescreening.nkfi.org/preregistration> or scan the QR code to pre-register and complete your questionnaire prior to screening!

MUST BE 18 YEARS OR OLDER – Walk-ins are also welcome

Location: Freeport Public Library

(Sponsored by many Freeport Community Partners)

100 E. Douglas Street

Freeport, IL 61032

Date: Wednesday - April 26, 2023

Time: 10:00am - 2:00pm



SCAN ME

blood pressure · blood sugar* · body mass index (BMI) · waist circumference · urinalysis** ·
blood draw (if necessary) · talk about your results with a health care professional



For more information, contact the National Kidney Foundation of Illinois at
(312) 321-1500 or www.nkfi.org.

***Fasting not required**

****Urine sample will be required**

SENIOR RESOURCE CENTER

JO DAVIESS COMMUNITY OUTREACH

Serving Jo Daviess County Every Month!

UPCOMING DATES

May 4

WEST GALENA TOWNSHIP BLDG.

607 Gear St
Galena, IL 61036

Apr 13, May 18

STOCKTON TOWNSHIP LIBRARY

140 W. Benton Ave
Stockton, IL 61085

Apr 6, May 11

HANOVER TOWNSHIP PARK DISTRICT

500 Fillmore St.
Hanover, IL 61041

Apr 20, May 25

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

