

NEWSLETTER

December 2023

SR
CENTER

HAPPY HOLIDAYS

Our team at the Senior Resource Center would like to wish you happy holidays and all the best in the New Year. May your days be merry and filled with joy.

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Happy Holidays

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**Jo Daviess Community
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We've officially wrapped up Open Enrollment this month. Here are some of the numbers!

Total Appointments: 365

Savings: \$252,297.55

Total who Saved: 171

Stayed with Same Plan: 185

1st Time Enrollments: 9



A huge thank you to Anna, Cassidy, Betsy, Connie, and Laurie for all of your hard work and dedication. We're so lucky to have you!

Amanda Faivre
Assistant Director







VOLUNTEERS NEEDED!

**CALLING ALL VOLUNTEERS! WE NEED
YOUR HELP!**

The Senior Resource Center is looking for dedicated individuals to join our Medicare SHIP Counselor and AARP Tax Prep teams.



If you have a passion for helping others, attention for detail, and want to make a meaningful difference in your community, we want to hear from you!

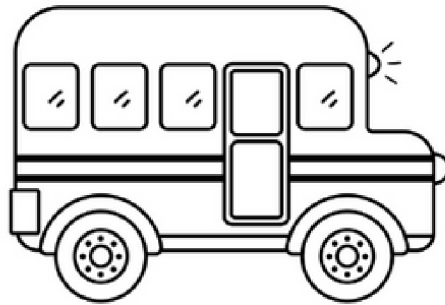
Contact Anna Bell to learn more
about our volunteer opportunities

815-235-9777 ext. 228



NEED A *medical related ride?*

**LIVE IN
STEPHENSON
COUNTY?**



**LIVE IN
JODAVIES
COUNTY?**

CALL THE SENIOR RESOURCE CENTER AT 815-235-9777

**Looking for assistance getting your
license plate fee discount? Call our
office for help with the Benefit
Access application!**



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.



Please share this information with your friends and loved ones who may need it.



Finding Balance As We Age

Years ago, articles began saying middle age extended into the 70's. I thought that was true. There's the late 70's and 80, which I named the gateway years to old age.

A lot depends on your general health, both physical and mental, in how you negotiate your own aging. Are you aging with a spouse or alone? Do you have reliable income to provide the basics needed? Do you have a circle of friends, memberships to organizations and a church? Do you have interests or hobbies that will last throughout most of your late years? Do you have a positive or negative general outlook on life? Do you have a pet? Can your children be depended on for assistance or will you need to figure out other ways to get help?

The best things I have going for me are adult children in town, good friends, and the ability to reach out socially. I am blessed with good medical providers, better than average vision and hearing and an awareness of how important maintaining a positive outlook is for my own good. I'm still living in my little cottage, driving, and content in this part of Illinois where country drives are a favorite pass time. I love the changing seasons.

Finding balance is a constant challenge. For me balance means enough quiet time at home to think, write, make phone calls, set dates with friends, help with my friends and family as needed, and take care of myself.

You may find it helpful to actually sit with pen and paper and write down what your strengths and weaknesses are, and figure out what to do to improve balance in your life. Don't forget fun.

Have a wonderful winter and holiday season!

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





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 open!

***The January menu
will be sent out at a
later date***



SENIOR RESOURCE CENTER

JO DAVIESS COMMUNITY OUTREACH

Serving Jo Daviess County Every Month!

UPCOMING DATES

Dec 28, Jan 25, Feb 29

WEST GALENA TOWNSHIP BUILDING

607 Gear St
Galena, IL 61036

Dec 21, Jan 18, Feb 15

STOCKTON TOWNSHIP LIBRARY

140 W. Benton Ave
Stockton, IL 61085

Dec 14, Jan 11, Feb 8

HANOVER TOWNSHIP PARK DISTRICT

500 Fillmore St.
Hanover, IL 61041

Jan 4, Feb 1

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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Call For An Appointment!

***Walk-in appointments may be available at
some locations - call for details 815-235-9777**



Contact Us

Senior Resource Center

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Freeport, IL 61032
815-235-9777

srcinfo@srcntr.org

