

NEWSLETTER

January 2024



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I hope everyone is staying warm! January has really hit us with the snow and cold. As we move into the new year, we are preparing for tax season. AARP Tax Aide will be back at the SRC this year and we are now taking appointments. When calling, please be patient if you get a voicemail. This can be a very busy time for us and we may be on the other line. Just leave a detailed voicemail and our staff will return your call promptly.

We're also excited to announce Walk-in Tuesdays! Beginning February 6th, we will be accepting walk-ins every Tuesday from 1:00pm-3:00pm. Our staff can assist with BAA (license plate sticker discount), property tax freeze, affordable connectivity program applications, LIHEAP application assistance, Medicaid and Medicare consultations, senior housing resources and applications, caregiver support, grant assistance, and so much more! As a reminder, these walk-in appointments are not for taxes. If you have any questions, please reach out!

Amanda Faivre
Assistant Director





COME SEE US AT GOLDEN MEALS!

February 9 & 23

11am-12:45pm

Resource Specialists from the Senior Resource Center will be at the Stephenson County senior dining location, at 524 W. Stephenson Street (lower level) in Freeport, to answer questions about Medicare, Medicaid, housing and caregiver resources, application assistance, or anything aging related.

Enjoy a meal and get your questions answered!



HELP SOMEONE YOU LOVE APPLY FOR SOCIAL SECURITY AND MORE

By Christopher Wittkopp
Social Security District Manager in Freeport, IL

Sharing is caring. This Valentine's Day, take time to remind your loved ones that Social Security helps people in all stages of life. We provide easy and convenient ways to learn about and apply for benefits. Using our online services, you can assist friends and family members to:

1. Apply for Supplemental Security Income (SSI).

Check if the person you are helping is eligible for SSI – and start the process online – at www.ssa.gov/ssi.

2. Apply for Social Security Disability Insurance (SSDI).

When the unexpected happens and a loved one can no longer work due to a serious medical condition, SSDI can be a lifeline. Find out more at www.ssa.gov/benefits/disability.

3. Create a personal **my Social Security** account.

If your loved one is planning for retirement or interested in estimating their future benefits, they can create a free and secure **my Social Security** account at www.ssa.gov/myaccount and view their benefit estimates.

4. Check the status of a pending application for benefits.

Checking the status of an application is quick and easy with a personal **my Social Security** account. If you don't have an account, you can create one at www.ssa.gov/myaccount.

5. Appeal a decision for benefits.

If someone you know was denied Social Security benefits or SSI, they can request an appeal. We provide information about how to appeal decisions for both medical and non-medical reasons at www.ssa.gov/benefits/disability/appeal.html.

To discover more ways you can assist others, please visit www.ssa.gov/thirdparty/.

FRESH START

A new year means opportunities for a fresh start. It helps to take time to think about how your life can be improved and better balanced. Include in your list all facets of your life. I made a sample of ideas.

Home: Does your home need updating, repairs, or something changed for safety or enjoyment? Is it time to downsize?

Car: Is it time for a good cleaning, detailing, check up, new tires?

Pets: If you have a pet is it time for their checkup, vaccinations, grooming?

Your Body: Physical exam including blood tests, dental care, new hair style or color, pedicure, massage, time with a trusted friend to get things off your chest.

Social: Do you have family or friends to entertain, trips long or short to plan, groups to join or maybe discontinue if they no longer suit your needs?

Self Improvement: Learn more about computers, cell phones, take courses in fitness, dancing, or an instrument.

Spiritual Life: This can include setting regular times for meditating or praying, find a church if you don't have one or need a change,

Help: Do you need or want a cleaning helper, a garden helper or someone to do sewing.

Finances: Do you have or need a will or power of attorney for health care? Are you investing or saving your money in the best way? Make a new budget and or keep track of your spending.

It's your list and will include things that are important to you. It's important to figure in joy. Make it a doable list so you aren't discouraged or overwhelmed. It needs to be an honest list. Also recruit help. I had a trusted friend who worked on our lists together. We kept our lists to check the following year and we had frequently done the things we had written down.

However you spend your new year, have a happy one.

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.

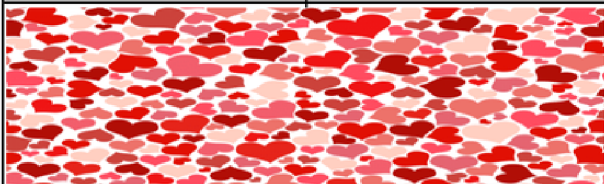


For more information on Golden Meals and NICAA, visit <https://nicaa.org/service/golden-meals>

Dining room is open!

NICAA Golden Meals
February 2024

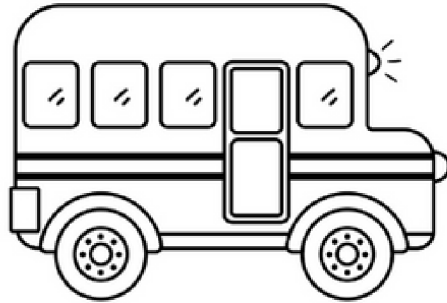
Diane Randecker, Director 815-232-8896

MENU SUBJECT TO CHANGE WITHOUT NOTICE

			2/1	2/2
			Easy Chicken Casserole Seasoned Potatoes Cream Corn Whole Wheat Bread	Oven Baked Fish Potato Casserole Spinach Whole Wheat Bread
2/5	2/6	2/7	2/8	2/9
Hot Dogs Baked Beans Macaroni & Cheese Bun	Tuna Noodle Casserole Peaches Whole Wheat Bread	Tater Tot Casserole Applesauce Whole Wheat Bread	Beef Stew Pears Corn Bread	BBQ on a Bun Cheesy Potatoes Baked Beans
2/12	2/13	2/14	2/15	2/16
Baked Chicken Thighs Mashed Potatoes Beets Whole Wheat Bread	Goulash Mixed Vegetables Pears Whole Wheat Bread	Hot Roast Beef Sandwich Mashed Potatoes Green Beans 	Ham Loaf Sweet Potatoes Green Beans Whole Wheat Bread	Swiss Steak Mashed Potatoes Peas Whole Wheat Bread
2/19	2/20	2/21	2/22	2/23
 SITES CLOSED PRESIDENTS DAY	Spaghetti Green Beans Peaches Whole Wheat Bread	Hot Turkey Sandwich Mashed Potatoes Cream Corn	Chili Spiced Peaches Corn Bread	Meatloaf Mashed Potatoes Mixed Vegetables Whole Wheat Bread
2/26	2/27	2/28	2/29	
Sausage Gravy over Biscuit Peas Spiced Peaches	Stuffed Green Peppers Carrots Whole Wheat Bread	Scalloped Potatoes & Ham Peas & Carrots Applesauce Whole Wheat Bread	Polish Sausage Sauerkraut Mashed Potatoes Bun	

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!**







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



SENIOR RESOURCE CENTER

JO DAVIESS COMMUNITY OUTREACH

Serving Jo Daviess County Every Month!

UPCOMING DATES

Jan 25, Feb 29, Mar 28

WEST GALENA TOWNSHIP BUILDING

607 Gear St

Galena, IL 61036

Jan 18, Feb 15, Mar 21

STOCKTON TOWNSHIP LIBRARY

140 W. Benton Ave

Stockton, IL 61085

Jan 11, Feb 8, Mar 14

HANOVER TOWNSHIP PARK DISTRICT

500 Fillmore St.

Hanover, IL 61041

Feb 1, Mar 7

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

Call For An Appointment!

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



Contact Us

Senior Resource Center

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

srcinfo@srcntr.org

