

NEWSLETTER

July 2023

SR
CENTER

July is Extreme Heat Awareness Month!

The Centers for Disease Control and Prevention (CDC) defines extreme heat as summertime temperatures that are much hotter and/or humid than average. Heat-related illness, like heat exhaustion or heat stroke, can happen when the body is not able to properly cool itself.

Knowing the risk factors of heat-related illness is important:

- High humidity
- Obesity
- Fever
- Dehydration
- Prescription drug use
- Heart disease
- Mental illness
- Poor circulation
- Sunburn
- Alcohol use



If any of these risk factors apply to you or a loved one, be conscious of the summer heat and its affect on you. Wearing appropriate clothing, staying cool indoors, pacing yourself, wearing sunscreen, and avoiding hot and heavy meals are just some of the ways you can beat the heat. Stay cool!

Amanda Faivre
Assistant Director

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SUMMER COOLING TIPS TO LOWER UTILITY COSTS

PRACTICAL COOLING TIPS



- Take cool showers during the day or at night before bed.
- Place cool wet towels on your neck or head to help reduce body temperature.
- Close off unused rooms & shut vents.
- Avoid using the oven.
- Use cold water for laundry and line dry clothes when possible.



**BEAT THE HEAT
KEEP IT COOL**

If you are experiencing symptoms of extreme heat exposure, call 911.

As a reminder, if you are in need of a small air conditioner or fan and cannot afford to purchase one, reach out to one of our resource specialists to discuss options.





**Senior
Resource
Center**

2ND ANNUAL

SWINGING

FOR

SENIORS

50/50 Raffle

Longest Putt

Longest Drive

1st, 2nd, & 3rd place prizes

SHOTGUN START AT 9 AM

\$75/per person

\$35/per person - club members

Includes 18 holes, cart, lunch at the clubhouse

**All funds raised will
benefit the Senior
Resource Center
programs &
services!**

FRIDAY, SEPT 8

2023

WOLF HOLLOW

Golf Course



6546 N Shippee Rd, Lena, IL 61048

www.seniorresourcecenter.net

815-235-9777

WHO WE ARE...

The Senior Resource Center is a diverse multi-service agency providing programs and services to people 60 years and older and their caregivers. Our objective is to help seniors maintain their independence and quality of life.

SPONSORSHIP OPPORTUNITIES

Are you interested in being a sponsor for our golf outing? If so, please call Amanda Faivre at 815-235-9777 ext. 236. We would love your support!

Event Sponsor - \$1000

- Donor name and logo on event banner
- Donor name and logo on all event advertising
- 2 Golf Registrations

Hospitality Sponsors - \$500 each (3 available)

- Donor name and logo on table signage
- Name recognition in advertising

Prize Hole Sponsors - \$300 each (2 available)

- Donor name and logo on signage at sponsored hole
- Name recognition in advertising

Hole Sponsors - \$150 each (up to 16 available)

- Donor name and logo on signage at sponsored hole
- Name recognition in advertising

Our supporters play a vital role in making it possible to offer resources and assistance to older adults in Stephenson and Jo Daviess Counties. If you can't join us on September 8th, but want to show your support, you may make a 100% tax-deductible donation in any dollar amount.

Stop in the office, mail in the form, or visit our donation website page below.



www.seniorresourcecenter.net/donate-pay



206 E. Stephenson St., Freeport, IL 61064

Registration Form

Please mail or return to the Senior Resource Center
by August 25th

Name: _____

Phone: _____

Email: _____

Address: _____

City/State/Zip: _____

Company: _____

Please list names of additional golfers in your group:

☐ Enclosed is my check for \$_____

☐ I will be dropping off my payment, but understand registration is not complete until paid

☐ I am interested in being a _____ Sponsor. Enclosed is my check for \$_____

☐ I'm unable to participate in the golf play day. Please accept my 100% tax-deductible donation to the Senior Resource Center \$_____

Thank you for your support!

CHECK THE STATUS OF YOUR SOCIAL SECURITY BENEFITS CLAIM ONLINE

By Christopher Wittkopp
Social Security District Manager in Freeport, IL



If you applied for Social Security benefits, or have a pending reconsideration or hearing request, you can check the status online using your free personal my Social Security account. If you don't have an account, you can create one at www.ssa.gov/myaccount to see the following information about your claim:

- Date of filing
- Current claim location
- Scheduled hearing date and time
- Incomplete application
- Servicing office location
- Publications of interest, depending on the claim and current step in the process

Use your personal my Social Security account to check the status of your application or appeal at www.ssa.gov/myaccount.

If you have questions about retirement, disability, Medicare, or survivors benefits, as well as Supplemental Security Income, visit our webpage at www.ssa.gov/benefits.

Finding Happiness

I've been remembering a class I took when working at the first Stephenson County Senior Center, long ago. It was about the losses elderly people face. The instructor wrote them on the blackboard as we all called out the obvious ones. Youth, strength, friends, husbands/wives, jobs. prestige in the community, hearing, vision, driving and so on. Losing our purpose, self esteem, confidence, ability to enjoy life and other things.

The trick is to figure out what we have left that is important and can bring us a little happiness. Mom loved to play bridge and read. She used large print books as her vision failed. She called friends and family all over the country with her unlimited long distance service. She went to church with another Episcopalian in her building. She walked a mile most days in the long hall outside her apartment by doing a little at a time. I think she enjoyed eating with other people in the evening and fixed her own breakfast and lunch. She frequently complained to me. I felt helpless to make life the way she wished for, since no one can bring back youth and things we enjoyed in our younger years.

It's tough to grow old. but it's not without some gifts to enjoy. I enjoy freedom from financial worries, not having to get up and leave for work, having my house the way I want it and love for my friends. My old kitty is a good match for me. It's far from ideal, but some days are filled with people and things I like and the others are average. Even average days are enjoyable.

Not fighting what is, makes it easier. Not wanting what I can't have helps too. The trap for me is being alone too much and going back to memories of my younger life. It provokes sadness.

We'll manage these years along with our friends and family.

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

August Menu

Menu Subject to Change

	1-Aug	2-Aug	3-Aug	4-Aug
	Bar B Que on Bun Chessey Potatoes Baked Beans	Scalloped Pot./Ham Peas and Carrots Applesauce Whole Wheat Bread	Polish Sausage Sauerkraut Mashed Potatoes Bun	Hamburger Potatoe Casserole Apricots Bun
7-Aug	8-Aug	9-Aug	10-Aug	11-Aug
Chicken Salad Sand. on Croissant Macaroni Salad Fruit	Seasoned Pork Loin Mashed Potatoes- 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
14-Aug	15-Aug	16-Aug	17-Aug	18-Aug
Hot Dog Baked Beans Oven Fries Whole Wheat Bun	Goulash Mixed Vegetables Pears Whole Wheat Bread	Hot Roast Beef Sand. Mashed Potatoes Green Beans Whole Wheat Bread	Easy Chicken Casserole Creamed Corn Applesauce	Swiss Steak Potatoes Peas Whole Wheat Bread
21-Aug	22-Aug	23-Aug	24-Aug	25-Aug
Chef Salad Fresh Fruit Ranch Dressing Whole Wheat Bread	Spaghetti Green Beans 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
28-Aug	29-Aug	30-Aug	31-Aug	
Baked Chicken Breast Mashed Potatoes Green Beans Whole Wheat Bread	Bar B Que on Bun Chessey Potatoes Baked Beans	Scalloped Pot./Ham Peas and Carrots Applesauce Whole Wheat Bread	Polish Sausage Sauerkraut Mashed Potatoes Bun	

Announcements

Blood Pressure Screening August 25th at the Golden Meals Site In Freeport

Hand, Knee & Foot Card Game every Wednesday at 9 am in The Freeport Golden Meals Dining Room.
Come and join in on the fun!



2023 Summer Season
PRAISE IN THE PARK



"Make a joyful noise unto the LORD, all the earth." Psalm 98:4

**7-8 P.M. - Krape Park Band Shell
Freeport, Illinois**

(In case of inclement weather, programs will be cancelled.)

- 6/09/23 - Grace Fellowship Church
- 6/16/23 - Carl & Dianna Cole
- 6/23/23 - Assemblymen Gospel Quartet
- 6/30/23 - East Gate Christian Center
- 7/07/23 - St. Thomas Catholic Church
- 7/14/23 - Crossroads Community Church
- 7/21/23 - Park Hills Evangelical Free Church
- 7/28/23 - Gospel Sing-a-Long with Jonathan Palmer
- 8/04/23 - Iglesia Jahova Nissi Church
- 8/11/23 - The Father's House
- 8/18/23 - No Worries Band
- 8/25/23 - Faith Center Freeport

SPONSORED BY

Alber's Towing & Recovery; Howard & Alice Binger; Burke-Tubbs Funeral Home; Shockey & Cox, LLC; Mike Leininger; This Is It Eatery; patburt.com; Jan Rowe; Sen. Andrew Chesney; Anthony V. Coon, Attorney at Law; Jim & Cindy Witt; Drs. Frank Whitmer & Maria Laporta; Upper NWIL Republican Women; Walker Mortuary & Cremation Services; Rep. Tony McCombie; Pro Cutter; Jim & Mary Thom; County Board Chair Scott Helms; 9 East Coffee & Café; Linda Johnson; Rite-Way Furniture & Appliances; Scott & Talena Wuebbels; Sondra Strohecker; Clear Dome Ministry; Deininger's Floral Shop; Beltline Café; Gary & Diane Hagemann; Fairway Ford Lincoln Mercury; Sullivan's Foods; Rep. John M. Cabello; Casey & Brenda Myers; Rebecca Quiggle; Barb Daul; Mel & Linda Dotson; Flachtemeier Monuments; Schwarz Funeral Homes; Wagner's Business Products Center; Roger & Audrey Kilker; Ken & Mary Traum; Stephenson County Farm Bureau; Chapel Hill Memorial Gardens; Inky Printers; Irving & Darlene Greenfield; Steve & Kathleen Glaze; The Siedenbueg Group; Mayor Jodi Miller; Stephenson County Crime Stoppers; Fischer Excavating, Inc.; Gone Postal; Chuck & Cheryl Hartman; Rick & Debbie Leininger

SENIOR RESOURCE CENTER

JO DAVIESS COMMUNITY OUTREACH

Serving Jo Daviess County Every Month!

UPCOMING DATES

Aug 3, Sep 7

WEST GALENA TOWNSHIP BUILDING

607 Gear St
Galena, IL 61036

Aug 17, Sep 21

STOCKTON TOWNSHIP LIBRARY

140 W. Benton Ave
Stockton, IL 61085

Aug 10, Sep 14

HANOVER TOWNSHIP PARK DISTRICT

500 Fillmore St.
Hanover, IL 61041

Jul 20, Aug 24, Sep 28

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

