

NEWSLETTER

June 2023

SR
CENTER

WORLD ELDER ABUSE AWARENESS DAY IS JUNE 15TH

World Elder Abuse Awareness Day (WEAAD) was launched by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect.

In this newsletter you will find some important information on elder abuse and awareness. Take the time to read through it, and if you or anyone you know is experiencing abuse, please call the Senior Resource Center and let us know you would like to make a report. **All reports are confidential.**

IN THIS ISSUE

World Elder Abuse Day

Protect Yourself

12 Things to Prevent Abuse

The Grandparent Scam

Keeping Cool/Thank You's

Golf Play Day 2023

SSA Article

Featured Article

July Golden Meals Menu

Praise in the Park

Jo Daviess Community
Outreach Sites



WORLD ELDER ABUSE
AWARENESS DAY

Building Strong Support for Elders

NCEA

National Center on Elder Abuse

PROTECT YOURSELF From Abuse, Neglect and Exploitation!

Unfortunately, it is estimated that millions of U.S. elders, from all walks of life, face abuse and neglect every year. Anyone can be victimized. However, there are things you can do to help protect yourself from abuse and neglect...

PLAN!

Talk with family members, friends, and professionals that you trust and plan for your future. Consider doing the following:

- Have your income (e.g. retirement, Social Security, SSI, disability income) directly deposited into your checking account. Contact your bank or go to **www.godirect.org** for help.
- If managing your daily finances becomes difficult, consider utilizing a daily money manager. Only allow someone you trust to manage your finances. Visit **www.aadmm.com** or **www.aarpmp.org** for further information on professional money management services.
- Get your estate plan in place. Talk with an attorney about helping you create the following as appropriate:
 - *a living will. The Five Wishes living will is one popular example, visit **www.agingwithdignity.org***
 - *a revocable trust*
 - *durable power of attorney for healthcare and/or asset management. Name a person you trust to make healthcare and asset management decisions for you when you are incapable. Designating co-powers of attorney can ensure that no one agent can act unilaterally.*
- If you have to go to a long term care facility, learn about your options! Visit **www.medicare.gov/quality-care-finder** for more info on long term care facility quality.



BE CAUTIOUS!

Unscrupulous people target seniors and will abuse or take advantage of them. Consider doing the following:

- Learn about the types of elder abuse and neglect and associated warning signs (see National Center on Elder Abuse website to learn more: **www.ncea.aoa.gov/faq/index.aspx**)
- Get on the National Do Not Call Registry to reduce telemarketing calls. Visit **www.donotcall.gov** or call **888-382-1222** to register your phone number.
- If you are offered a “prize”, “loan”, “investment”, etc. that sounds too good to be true, it probably is too good to be true.
- Consult with someone you trust before making a large purchase or investment. Don’t be pressured or intimidated into immediate decisions.
- Don’t sign any documents that you don’t completely understand without first consulting an attorney or family member you trust.
- Do not provide personal information (e.g. social security number, credit card) over the phone unless you placed the call and know with whom you are speaking.
- Tear up or shred credit card receipts, bank statements, and financial records before disposing of them in the trash.
- If you hire someone for personal assistance services, in home care services, etc. ensure that they have been properly screened with criminal background checks completed.

STAY CONNECTED!

Keep in touch regularly with others, isolation can make you vulnerable to abuse. Consider doing the following:

- Build a network of family, friends, neighbors, and groups that you can interact with
- Keep active, stay busy! Get involved with your senior center or other groups
- Create a buddy system with other elders, call each other daily for reassurance and friendship and visit each other if possible.



REPORT! Making a report in instances of abuse or neglect is the right thing to do, and it's easy. Don't be afraid! Elders have a right to be safe!

» In cases of immediate danger, call **911**.

» If you or others experience abuse or neglect in a community setting:

Adult Protective Services (APS) is there to help. The APS mission is to ensure the safety and well-being of elders and dependent adults. To learn more about APS visit: www.napsa-now.org/get-help/help-in-your-area

» If you or others experience abuse or neglect in a long term care facility (e.g. nursing home, assisted living facility):

The Long Term Care Ombudsman Program is there to help. The program's mission is to advocate for residents in long term care facilities to help ensure safe, appropriate care. To learn more about the ombudsman program visit: www.ltombudsman.org

LEARN MORE!

» Call **Eldercare Locator** at **1-800-677-1116** or visit the website at:

www.eldercare.gov/eldercare.net/public/index.aspx for your local reporting phone numbers.

» You may also visit the **National Center on Elder Abuse** website at:

www.ncea.aoa.gov/stop_abuse/get_help/state/index.aspx to get state by state reporting information.

NCEA
National Center on Elder Abuse

For more information: www.ncea.aoa.gov

Keck School of
Medicine of **USC**

12 Things Everyone Can Do to Prevent Elder Abuse

Our communities are like buildings that support people's wellbeing. Sturdy buildings ensure that people are safe and thriving at every age. We all have a part to play in this construction project.

Here are 12 things everyone can do to build community supports and prevent elder abuse.



- > **Learn the signs** of elder abuse and neglect and how we can collectively solve the issue.
- > **Talk to friends and family members** about how we can all age well and reduce abuse with programs and services like improved law enforcement, community centers, and public transportation.
- > **Prevent isolation.** Call or visit our older loved ones and ask how they are doing regularly.
- > **Send a letter** to a local paper, radio or TV station suggesting that they cover World Elder Abuse Awareness Day (June 15) or Grandparents Day in September.
- > **Join Ageless Alliance**, an organization that connects people of all ages, nationwide, who stand united for the dignity of older people and for the elimination of elder abuse. Visit agelessalliance.org.
- > **Provide respite breaks** for caregivers.
- > **Encourage our bank managers** to train tellers on how to detect elder financial abuse.
- > **Ask our doctors** to ask all older patients about possible family violence in their lives.
- > **Contact a local Adult Protective Services or Long-Term Care Ombudsman** to learn how to support their work helping older people and adults with disabilities who may be more at-risk.
- > **Organize an "Aging with Dignity" essay or poster contest** in a local school.
- > **Ask religious congregation leaders** to give a talk about elder abuse at a service or to put a message about elder abuse in the bulletin.
- > **Volunteer** to be a friendly visitor to a nursing home resident or to a homebound older person in our communities.

It is up to all of us to prevent and address elder abuse!

For more information on elder abuse prevention, please visit ncea.acl.gov.



THE GRANDPARENT SCAM

WHAT YOU NEED TO KNOW

WHAT IS IT?

The "Grandparent Scam" is a scam that targets the elderly in an attempt to steal large sums of money through a wire transfer.

Financial losses from this scam are usually several thousand dollars per victim.

HOW DOES IT HAPPEN?

A grandparent receives a phone call or email from someone who claims to be their grandchild.* The person states that he/she is traveling in a foreign country, has gotten into a bad situation, and needs money wired ASAP.

**Criminal may claim to be a police officer, lawyer, doctor, or other person.*

WHAT CAN I DO?

RESIST the pressure to act quickly.

CONTACT your grandchild or another family member to determine whether the call is legitimate.

NEVER wire money based on a request made over the phone or in an email, especially overseas.

IF YOU HAVE BEEN SCAMMED

1. Contact your local law enforcement or state consumer protection agency.
2. File a complaint with Internet Crime Complaint Center (IC3):
<http://www.ic3.gov/default.aspx>



ADDITIONAL RESOURCES

http://www.fbi.gov/news/stories/2012/april/grandparent_040212

<http://www.aarp.org/money/scams-fraud/info-07-2012/scams-target-grandparents.html>

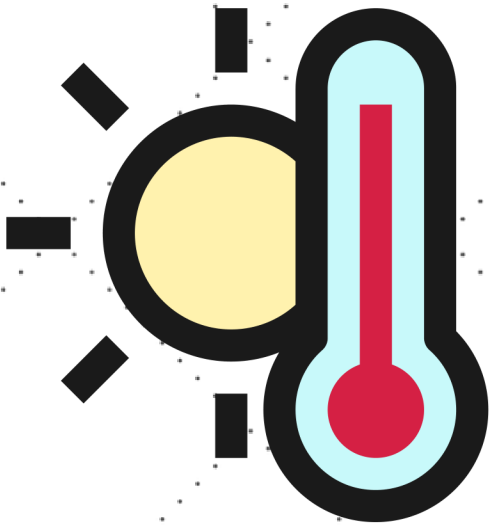
Created by:

The National Center
on Elder Abuse
www.ncea.aoa.gov



With summer, comes the heat

Extreme heat can be especially dangerous for seniors. If you do not have access to air conditioning and cannot afford to purchase a small air conditioner, please call our office to speak with a resource specialist. Through grant funding from Freeport Township the Senior Resource Center is able to offer this service to our community members.



Bakeless Bake Sale

We would like to thank the following people for their wonderful generosity in donating to our Bakeless Bake Sale:

Mary Ann & Thomas Jagoda
Julie Wenzel
Roger & Martha Carson
Terry & Cheryl Anderson
Merle & Ladona Wardlow
Sue Bronn
Jerry & Kim Lang
Aubrey & Arleen Olson





**Senior
Resource
Center**

2ND ANNUAL



SWINGING

FOR

SENIORS

SAVE THE DATE!

**FRIDAY, SEPT 8
2023**

WOLF HOLLOW
Golf Course

 6546 N Shippee Rd, Lena, IL 61048

www.seniorresourcecenter.net

FRAUDSTERS NEVER GO ON VACATION

By Christopher Wittkopp
Social Security District Manager in Freeport, IL

Fraudsters will never take a break.

While you are out enjoying fun and sun this summer, they are working hard to find new ways to scam you. Seniors and younger people are particularly vulnerable to scammers who claim to represent Social Security. To protect you and your loved ones, you can:



- Visit our Protect Yourself from Social Security Scams webpage at www.ssa.gov/scam for information on what tactics scammers use and how to report them.
- Check out the Federal Trade Commission's page at consumer.ftc.gov/scams for additional scam-related information.

Here are some tips to follow when you identify a potential scammer:

- Hang up right away or ignore the message.
- Never give personal information or money.
- Report the scam immediately to our Office of the Inspector General at <https://oig.ssa.gov/report/>.

If you owe money to Social Security, we'll mail you a letter with payment options and appeal rights. We only accept payments electronically through Pay.gov or Online Bill Pay, or physically by check or money order through our offices.

We will never do the following:

- Threaten you with arrest or legal action because you don't agree to pay us money immediately.
- Promise a benefit increase in exchange for money.
- Ask you to send us gift cards, prepaid debit cards, wire transfers, internet currency, cryptocurrency, or cash through the U.S. mail.

There are no vacations for fraudsters, so you need to stay informed of the latest Social Security-related scams. For more information, please visit our blog at www.blog.ssa.gov.

Please share these useful resources with your loved ones.

TAKING CARE OF EACH OTHER

Many of us still drive and have cars. At this stage of life some of our friends have developed vision problems or other physical issues that prevent them from driving. This is the time for those of us who can drive to help out our family and friends who need rides. I suggest taking a book, since there are frequently long waits when leaving your passenger at the doctor's office, hair salon, or shopping.

I recall my still mentally sharp mother telling me she wasn't driving any longer. She was in her 90's and gave her little Toyota to her granddaughter. From then on she grieved the loss of freedom to get up and go when she wanted. There was a van at the independent living place where she lived, but she had to go with their times and found that an adjustment.

For many years Phil and I picked up an artist friend who had never driven. We took her on scenic drives through the back roads of Stephenson and Jo Daviess counties and sometimes into Wisconsin where she had once lived in her early childhood. She had a great deal of knowledge about these areas and was narrating our drives with interesting facts. Always lunch together, lots of laughs, and enjoyment being together. Sometimes we'd stop along a country road so she could make sketches which she later painted. I miss those lovely times.

I hope you'll step up to help drive your friends or family members who need a ride. I guarantee it won't always be easy, but there is satisfaction in helping.

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

July Menu

Menu Subject to Change

3-Jul	4-Jul	5-Jul	6-Jul	7-Jul
 GM Site Closed	 GM Site Closed	Scalloped Pot./Ham Peas and Carrots Applesauce Whole Wheat Bread	Southwestern Salad Blk. Beans, Corn, Tomato Cheese and Lettuce Muffin	Beef Stroganoff Sweet Corn Apricots Whole Wheat Bread
10-Jul	11-Jul	12-Jul	13-Jul	14-Jul
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
17-Jul	18-Jul	19-Jul	20-Jul	21-Jul
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	Shrimp and Pasta Cass. Seasoned Carrots Applesauce Whole Wheat Bread	Swiss Steak Potatoes Peas Whole Wheat Bread
24-Jul	25-Jul	26-Jul	27-Jul	28-Jul
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
31-Jul				
Hamburger Chessey Potatoes Baked Beans Bun	 <i>Happy 4th of July</i>			



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

Jun 1, Aug 3

WEST GALENA TOWNSHIP BUILDING

607 Gear St
Galena, IL 61036

July 13, Aug 17

STOCKTON TOWNSHIP LIBRARY

140 W. Benton Ave
Stockton, IL 61085

Jun 8, Jul 6, Aug 10

HANOVER TOWNSHIP PARK DISTRICT

500 Fillmore St.
Hanover, IL 61041

Jun 22, Jul 20, Aug 24

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

