

NEWSLETTER

November 2023

SR
CENTER

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Happy Thanksgiving! Despite the cold and rainy weather, we had a wonderful turnout for our annual Senior Lifestyle Expo. Our attendance was up this year, with over 150 attendees. A special thank you goes out to the Eagles Club of Freeport, our presenting sponsor State Bank of Freeport, our two contributing sponsors, Jewell Insurance and Aetna Better Health Premier Plan MMAI, FHN for their health screenings and Stephenson County Health Department for the flu shots!

The holidays are fast approaching and we are as busy as ever with open enrollment and referrals for assistance. If you or someone you know is in need, whether it's snow removal, medical transportation, help in the home, or just information on local resources, give us a call. Our staff is ready to help!

Amanda Faivre
Assistant Director



Snow Removal

Are you ready for winter?

If you are a senior needing assistance with snow removal this winter, we may be able to help! Call our office to discuss program qualifications and financial eligibility.



815-235-9777



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



SOCIAL SECURITY BENEFITS INCREASE IN 2024

By Christopher Wittkopp
Social Security District Manager in Freeport, IL

More than 71 million Americans will see a 3.2% increase in their Social Security benefits and Supplemental Security Income (SSI) payments in 2024. On average, Social Security retirement benefits will increase by more than \$50 per month starting in January.

Federal benefit rates increase when the cost-of-living rises, as measured by the Department of Labor's Consumer Price Index (CPI-W). The CPI-W rises when inflation increases, leading to a higher cost-of-living. This change means prices for goods and services, on average, are higher. The cost-of-living adjustment (COLA) helps to offset these costs.

We will mail COLA notices throughout the month of December to retirement, survivors, and disability beneficiaries, SSI recipients, and representative payees. But if you want to know your new benefit amount sooner, you can securely obtain your Social Security COLA notice online using the Message Center in your personal [my Social Security](#) account at www.ssa.gov/myaccount. You can access this information in early December, prior to receiving the mailed notice. Benefit amounts will not be available before December. Since you will receive the COLA notice online or in the mail, you don't need to contact us to get your new benefit amount.

If you prefer to access your COLA notice online and not receive the mailed notice, you can log in to your personal [my Social Security](#) account at www.ssa.gov/myaccount to opt out by changing your preferences in the Message Center. You can update your preferences to opt out of the mailed COLA notice, and any other notices that are available online. Did you know you can receive a text or email alert when there is a new message waiting for you? That way, you always know when we have something important for you – like your COLA notice. If you don't have an account yet, you must create one by November 14, 2023, to receive the 2024 COLA notice online.

"Social Security and SSI benefits will increase in 2024, and this will help millions of people keep up with expenses," said Kilolo Kijakazi, Acting Commissioner of Social Security.

January 2024 marks when other changes will happen based on the increase in the national average wage index. For example, the maximum amount of earnings subject to Social Security payroll tax in 2024 will be higher. The retirement earnings test exempt amount will also change in 2024. Learn more at www.ssa.gov/news/press/factsheets/colafacts2024.pdf.

Be among the first to know! Sign up for or log in to your personal [my Social Security](#) account today at www.ssa.gov/myaccount. Choose email or text under "Message Center Preferences" to receive courtesy notifications.

You can find more information about the 2024 COLA at www.ssa.gov/cola.



Living Large in a Small Home

Whether you live in a house, condo, or apartment, you want your living quarters to fit your needs. A place to create, entertain family and friends, cook, eat, sleep, and relax. If you knit, crochet or sew you need a designated place to work and store supplies.

I'm not one to have a company room that stays clean and neat and is only used for entertaining. My house is small and informal. Each space welcomes friends and family. Being small means learning to live with fewer possessions and finding hiding places. Behind, under, and inside every piece of furniture you will find card supplies, off season paintings, books, financial papers, receipts and instruction manuals, holiday decorations, art supplies, candles, tools, cooking utensils and laundry supplies. I dislike plastic containers sitting around and keep meds, and supplement bottles in a kitchen drawer. I tuck laundry detergent next to the machine where it's handy and out of sight.

I have taken over the garage for gardening and only a few tools hang on a peg board. Small Christmas trees are in the loft. Same with Halloween pumpkins and skeletons. Old kitchen cupboards line one wall and hold tools, lanterns crafting supplies and picnic things.

The day may come when I'll have to move into a smaller situation and chose what to keep, give away, sell. Like most aging people, I'd rather stay in my home, but being a realist, I know things can change and make it impractical. For now I'm happy to have extra space and all my things around me.

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.

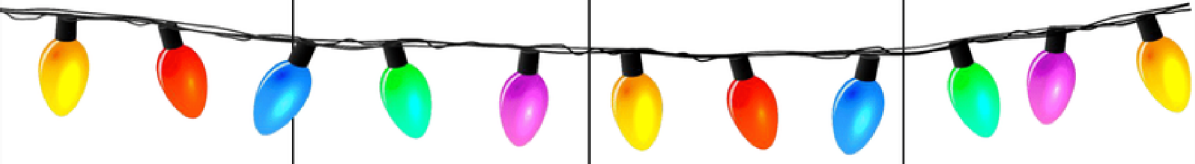



For more information on Golden Meals and NICAA, visit <https://nicaa.org/service/golden-meals>

Dining room is open!

NICAA Golden Meals
DECEMBER 2023

Diane Randecker, Director 815-232-8896

MENU SUBJECT TO CHANGE WITHOUT NOTICE

				12/1
				Meatloaf Mashed Potatoes Mixed Vegetables Whole Wheat Bread
12/4	12/5	12/6	12/7	12/8
Hot Dogs Baked Beans Macaroni & Cheese Bun	Sweet & Sour Chicken (Over Rice) Chinese Vegetables Whole Wheat Bread	Salisbury Steak Mashed Potatoes Peas Whole Wheat Bread	Ham Loaf Sweet Potatoes Green Beans Whole Wheat Bread	Fish Potato Casserole Spinach Whole Wheat Bread
12/11	12/12	12/13	12/14	12/15
Sausage Gravy over Biscuit Carrots Spiced Peaches	Goulash Mixed Vegetables Pears Whole Wheat Bread	Hot Roast Beef Sandwich Mashed Potatoes/Gravy Green Beans Whole Wheat Bread	Easy Chicken Casserole Seasoned Potatoes Cream Corn Apricots Whole Wheat Bread	Swiss Steak Mashed Potatoes Peas Whole Wheat Bread
12/18	12/19	12/20	12/21	12/22
Baked Chicken Thighs Mashed Potatoes Beets Whole Wheat Bread	Spaghetti Green Beans Peaches Whole Wheat Bread	Hot Turkey Sandwich Mashed Potatoes/Gravy Cream Corn	Chili Cornbread Warm Spiced Peaches	SITES CLOSED 
12/25	12/26	12/27	12/28	12/29
SITES CLOSED 	SITES CLOSED 	Scalloped Potatoes & Ham Peas & Carrots Applesauce Whole Wheat Bread	Polish Sausage Sauerkraut Mashed Potatoes Bun	BBQ on a Bun Cheesy Potatoes Baked Beans

SENIOR RESOURCE CENTER

JO DAVIESS COMMUNITY OUTREACH

Serving Jo Daviess County Every Month!

UPCOMING DATES

Nov 30, Dec 28, Jan 25

WEST GALENA TOWNSHIP BUILDING

607 Gear St

Galena, IL 61036

Nov 16, Dec 21, Jan 18

STOCKTON TOWNSHIP LIBRARY

140 W. Benton Ave

Stockton, IL 61085

Dec 14, Jan 11

HANOVER TOWNSHIP PARK DISTRICT

500 Fillmore St.

Hanover, IL 61041

Dec 7, Jan 4

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



*Happy
Thanksgiving*