

# NEWSLETTER

October 2023

**SR**  
CENTER

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It's a busy month at the Senior Resource Center! Our case management staff had the opportunity to attend the 2023 Illinois Department on Aging's Moving Forward Together Conference in Springfield, IL. Staff spent two days learning ways to better serve our seniors in the community and to strengthen our knowledge of the issues facing our aging population.

Not only are we filling up with Medicare Open Enrollment appointments, we also have our annual Senior Lifestyle Expo! Make plans to join us at the Eagles Club in Freeport on Thursday, October 26th. FHN will be doing their health screenings, Stephenson County Health Department will have flu shots, and lots of great vendors will have valuable information for you.

We look forward to seeing you there,

Amanda Faivre  
Assistant Director



# SENIOR LIFESTYLE

# OXE



Senior  
Resource  
Center

presented by



contributing sponsors



Aetna Better Health® Premier Plan MMAI



- **35+ Vendors**
- **FHN Health Screenings**
- **Stephenson County Health Dept's Flu Shot Clinic**
- **And More!**

**FREEPORT EAGLES CLUB**  
1200 W. GALENA AVE  
FREEPORT, IL

**26**  
OCTOBER

**THURSDAY**  
9 AM - 1 PM





**815-235-9777**

IN-PERSON AND PHONE  
APPOINTMENTS ARE AVAILABLE  
FOR OPEN ENROLLMENT THROUGH  
DECEMBER 7. CALL OUR OFFICE  
NOW TO GET YOUR APPOINTMENT.  
THEY DO FILL UP QUICKLY!

# AT HOME OR ON THE GO: SOCIAL SECURITY IS ONLINE

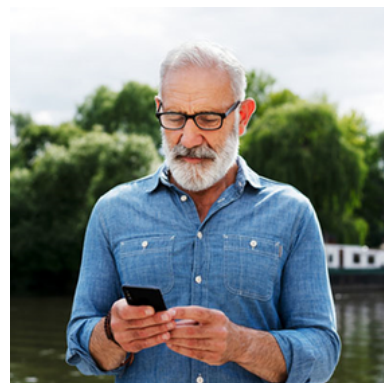
**By Christopher Wittkopp**  
**Social Security District Manager in Freeport, IL**

When you retire, if you become disabled, or if someone you depend on dies—we are there when you need us. With your personal and secure my Social Security account, you can access your information, benefits, and important services from just about anywhere. Having a personal my Social Security account allows you to:

- Compare future benefit estimates for different dates or ages when you may want to begin receiving benefits.
- Check the status of your benefits application or appeal.
- Review your earnings history.
- Request a replacement Social Security card (in most states).

If you already receive benefits, you can also:

- Get a benefit verification or proof of income letter.
- Set up or change your direct deposit.
- Change your address.
- Get a Social Security 1099 form (SSA-1099).



You can even use your personal my Social Security account to opt out of receiving certain notices by mail, including the annual cost-of-living adjustments notice and the income-related monthly adjustment amount notice. These notices are available in your Message Center when you sign into your account. We will email you when you have a new message, so you never miss an important update.

It's easy to sign up for a my Social Security account. Please let your friends and family know that they can create their own my Social Security account today at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount).



# The Road Less Traveled

Dad loved to drive. His idea of a road trip was getting on a major highway and going as many miles towards reaching his goal as humanly possible. This led to our being late finding a decent place to eat or spend the night and some memories of horrid little towns. One particularly pitiful room with a light bulb hanging from the ceiling over an old metal bed, still engraved in my memory on a miserable night heading south.

Flash forward to traveling with Phil, who also loved to drive, but was concerned with the pleasure to be had by both of us along the way to our frequent visits to Florida. Once retired I mentioned how we should make the trip part of our vacation joy by getting off the main highways and taking secondary roads leading through small towns in Georgia. One particular time we stopped when I spotted an antique shop. We left there with a quilt and a couple little things, feeling our vacation had started with a lot more joy than speeding down a major highway. We were stopped for several minutes in another small town to allow a parade to pass by. Uniformed teens in the marching band, girls throwing batons in the air while the parade temporarily halted, then floats with pretty girls waving. We continued heading south, stopping in cafes for lunch or breakfast and sampling southern grits, bar b que pork, and long cooked red beans and ham. We never went back to taking major highways on our vacations.

Around this area we are blessed with rolling hills, fields of corn, soybeans, lush forested spaces, and old farmsteads. Quaint, curved roads that never cease to please as I take the slower routes. So much natural beauty to behold always makes me say "we are so lucky to have been born in this part of the world". I tell my sidekick, another widow who lives up the street, "if you don't get lost, you never discover anything new" and I think she's come to agree. Formerly she would seem a bit panicked if she didn't know where we were. I remind her that we always get home and that seemed to relax her worries.

It's true of life in general. We need to explore new places, new ways of looking at situations and people. You never know what you'll find or learn by veering off the routine of sameness. Give it a try and see if your life is enriched by changing your patterns. Eat something new, drive a different route to where you're going, talk to strangers. Let me know how that works out for you.

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

Tait Weigel

*Country Lifestyle Enthusiast*





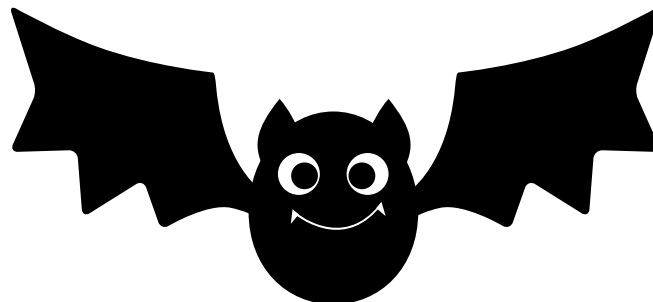
## NICAA Golden Meals

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!

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



# SENIOR RESOURCE CENTER

JO DAVIESS COMMUNITY OUTREACH

*Serving Jo Daviess County Every Month!*

## UPCOMING DATES

**Nov 3, 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

**Oct 26, 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

**By Appointment Only**

**815-777-1316 or 815-235-9777**



# Contact Us

## Senior Resource Center

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