

NEWSLETTER

September 2023

SR
CENTER

I hope everyone is enjoying the cooler weather! We are looking forward to our annual Senior Lifestyle Expo on Thursday, October 26, when we're back that the Eagles Club in Freeport for another educational event. It's a great opportunity for vendors and community members to come together to learn more about resources and services for seniors in our area. Please feel free to spread the word! For registration or sponsorship, please use the QR code provided or visit: <http://www.seniorresourcecenter.net/wp-content/uploads/2022/05/Expo-2023-Registration-Packet.pdf>

Another big event for the Senior Resource Center is the start of Medicare Open Enrollment. Open enrollment for Medicare Part D runs from October 15th through December 7th. We will be back with our SHIP counselors this season to assist our community members through the process. You will find more information on both events in this newsletter.

We hope to see you at the Expo in October!

Amanda Faivre
Assistant Director

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**Senior
Resource
Center**

SENIOR **Life** LIFESTYLE **Week**

presented by



**40+ Vendors and
Health Screenings!**

**THURSDAY
OCTOBER 26
9 AM - 1 PM**

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



Interested in being a vendor or sponsor?
Scan the code for registration packet

OPEN ENROLLMENT

**We will begin taking
appointments for
Medicare Open
Enrollment on Monday
October 2!**



In-person and phone appointments are available. Call our office on or after October 2nd to get your appointment. Appointments do fill up quickly.

815-235-9777

MINIMIZING THE RISK OF FINANCIAL ABUSE FOR PEOPLE LIVING WITH DEMENTIA

By Christopher Wittkopp

Social Security District Manager in Freeport, IL

Financial crime against older Americans is a growing problem. People living with dementia are at an especially high risk of becoming victims. That's why we're committed to combatting fraud.

As their memory and other thinking skills decline, people with dementia may struggle to make financial decisions. They may not remember or report the abuse – or understand that someone is taking advantage of them. This abuse can occur anywhere – including at home or in care settings.

Victims of fraud who are 80 years and older lose an average of \$39,200 every year. Studies show that financial exploitation is the most common form of elder abuse. However, only a small fraction of these incidents are reported.

You can help protect others by learning to recognize common signs of financial exploitation and abuse, including:

- Unopened bills.
- Unusual or large purchases.
- Utilities being shut off due to unpaid bills.
- Money given to telemarketers or soliciting companies.
- Unexplained withdrawals from the person's bank account.

There are also many simple things that caregivers can do to reduce the risk of financial abuse for people with dementia and similar conditions, like Alzheimer's. Do your best to make sure they're involved in deciding which safety measures to put into place.

Some options include:

- Agreeing to spending limits on credit cards.
- Signing up for the "Do Not Call" list at [DoNotCall.gov](https://www.donotcall.gov).
- Setting up auto-pay for bills instead of paying them by check.
- Signing up to receive automatic notifications for withdrawals from bank accounts or large charges to credit cards.
- Requesting electronic bank and credit card statements and watching for unusual purchases or changes in how the person typically spends money.
- Asking credit card companies to stop sending balance transfer checks and opting out of future solicitations.
- Creating a separate account where you can keep a small, agreed-upon amount of money that the person can use for recreational activities, meals with friends, etc.

To learn more about combating elder abuse, visit our blog at <https://blog.ssa.gov/world-elder-abuse-awareness-day-combating-injustice/>.

Please share this with those who may need it.

Preparing For Fall/Winter

Traditions are big in my little cottage. As soon as September comes, weather cools, days are shorter, I start thinking about drying mint for tea and sage to use in dressing for the holidays. I also recruit the men in my family to help me roll up summer rugs, vacuum and put down the more colorful oriental rugs. It instantly changes the rooms from cool and summery looks to cozy warm fall looks. I swap out pillows and throws to warm tones too. There are a few paintings I swap from seascapes to country scenes, blue and white dishes to rust tones of Bennington spongeware. It doesn't take long and it is a tradition I started long ago.

What I order from Aldis', Cub Food, and Sullivan's also changes. There are potatoes, onions, root vegetables, beef and pork for stew, chili, roasts with vegetables, mashed potatoes. Heavier comfort foods. I'll take a minute to say I began using Instacart when Covid was bad and have found it to be a great service worth the extra money, considering I no longer carry groceries from the carriage house to the kitchen, over ice, on cold or rainy days. My lower back thanks me and so far I've had delivery people who select good fruits and vegetables, make sensible substitutes. Some thank me for using their service. They are grateful for the job.

I particularly look forward to decorating for Halloween with skeletons, owls, crows and pumpkins. Thanksgiving is here with my family. Christmas decorating is the most wonderful. The house takes on a holiday look with three trees, and many interesting things I've collected over many years. Granted, it's not as much fun since living alone, but on a smaller scale I still keep up with traditions that bring joy to me, to my family, and friends.

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



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!

October 2023

Diane Randecker, Director 815-232-8896

MENU SUBJECT TO CHAI

| 10/2 | 10/3 | 10/4 | 10/5 |
|--|--|---|---|
| Tater Tot Casserole Mixed Vegetables Applesauce Whole Wheat Bread | Stuffed Green Peppers Carrots Whole Wheat Bread | Salisbury Steak Mashed Potatoes Peas Whole Wheat Bread | Ham Loaf Sweet Potatoes Green Beans Whole Wheat Bread |
| 10/9 | 10/10 | 10/11 | 10/12 |
| SITES CLOSED  | Sausage Gravy over Biscuit Carrots Spiced Peaches | Goulash Mixed Vegetables Pears Whole Wheat Bread | Hot Roast Beef Sandwich Mashed Potatoes Green Beans Whole Wheat Bread |
| 10/16 | 10/17 | 10/18 | 10/19 |
| 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 | Fish Potato Casserole Spinach Whole Wheat Bread |
| 10/23 | 10/24 | 10/25 | 10/27 |
| Chili Corn Bread Warm Spiced Peaches | BBQ on a Bun Cheesy Potatoes Baked Beans | Scalloped Potatoes & Ham Peas & Carrots Applesauce Whole Wheat Bread | Polish Sausage Sauerkraut Mashed Potatoes Bun |
| 10/30 | 10/31 | | |
| Tater Tot Casserole Mixed Vegetables Applesauce Whole Wheat Bread | Stuffed Green Peppers Carrots Whole Wheat Bread  | |  |

SENIOR RESOURCE CENTER

JO DAVIESS COMMUNITY OUTREACH

Serving Jo Daviess County Every Month!

UPCOMING DATES

Sept 7, Oct 5, Nov 3

WEST GALENA TOWNSHIP BUILDING

607 Gear St
Galena, IL 61036

Sept 21, Oct 19, Nov 16

STOCKTON TOWNSHIP LIBRARY

140 W. Benton Ave
Stockton, IL 61085

Sept 14, Oct 12

HANOVER TOWNSHIP PARK DISTRICT

500 Fillmore St.
Hanover, IL 61041

Sept 28, Oct 26

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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