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WELCOME TO OUR FIRST DIGITAL NEWSLETTER!

Recently, we had to make the difficult decision to no longer produce the Rolling Stone due to staff time and cost. We are excited to have the opportunity to provide the community with a monthly digital newsletter, which will still make it possible to receive those important aging updates. Overall, this transition has been met with positive feedback, and we thank you for your continued support!

Amanda Faivre

Assistant Director

April Updates



COMMUNITY OUTREACH SITES COMING TO JODAVIESS COUNTY

The Senior Resource Center will now be offering appointments with our resource specialists in locations closer

to home for many of you in JoDaviess County! After careful consideration, the Senior Resource Center has decided not to renew the lease for our office location in Hanover, IL. Our agency has been looking for a more centralized location for some time now and has made the decision to create Community Outreach Sites throughout JoDaviess County, in the hope to provide more convenience to those individuals and families we serve. Just because the physical office in Hanover is closed, the services available will not change. Senior Resource Center case managers will continue providing case management with the Community Care Program and Adult Protective Services to our clients in their homes. Our Information and Assistance department will continue to link people to resources and programs, both at the Senior Resource Center and in the community. Prior to the pandemic, we were just getting started with these outreach sites and they were very well received. We are looking forward to providing this monthly service to the people of JoDaviess County!

We are excited to announce two outreach sites for the month of April. Our staff will be onsite at the West Galena Township office on Wednesday, April 20th, and the Stockton Library on Tuesday, April 26th. If you would like to meet with a resource specialist to ask Medicare/Medicaid questions, apply for aging or disability related benefits, learn more about resources available, or just general aging related questions, please call the Senior Resource Center at 815-777-1316 or 815-235-9777 to schedule an appointment. At this time, walk-in service will not be available. Information on upcoming Community Outreach Sites can be found on our website at www.seniorresourcecenter.net, by following us on Facebook, or calling the office.



West Galena Township
607 Gear St.
Galena, IL 61036



Stockton Public Library
140 W. Benton Ave
Stockton, IL 61085



Learn How To Recognize & Report Abuse

<https://www2.illinois.gov/aging/Engage>

To make a report, call the Senior Resource Center and ask to speak with an Adult Protective Services Caseworker.

815-235-9777

IN-PERSON SERVICES RESUME AT LOCAL SSA OFFICES

Beginning April 7th, local Social Security offices plan to add more in-person appointments and will again offer in-person service for people without an appointment.

Please remember that customers who walk in without an appointment may encounter long delays. Online services and telephone are still the most convenient way to contact the agency.

Masks and social distancing are still required for in-person appointments.



Social Security Online, Your First and Best Place to Start

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

More than likely you do not have to visit a Social Security office to do business with us. You might not have to call, either. Our online services webpage at www.ssa.gov/online services provides you a wide variety of self-service options you can use on your phone, tablet, or computer. You can even apply for retirement, disability, or Medicare online.

You can get the most out of your online experience if you have a personal my Social Security account. With it, you can:

- Get your Social Security Statement instantly.
- Request a replacement Social Security card, in nearly all states and the District of Columbia.
- Appeal a decision we made on your claim.
- Find out if you qualify for benefits.



- Already receiving benefits? If so, you can use your personal my Social Security account to:
- Get your benefit verification letter for Social Security, Medicare, and Supplemental Security Income (SSI) instantly.
- Check your information and benefit amount.
- Change your address and telephone number.
- Start or change your direct deposit.
- Request a replacement Medicare card.
- Get a replacement SSA-1099 or SSA-1042S instantly for tax season.
- Report your wages if you work and receive disability benefits or SSI.

Create or sign in to your personal my Social Security account today at www.ssa.gov/myaccount to take advantage of these easy-to-use features.

Wrapping Up Taxes

The Senior Resource Center would like to thank our AARP Tax-Aide Volunteers for all of their hard work this tax season! They are in the homestretch of what is to turning out to be a very successful tax season. We appreciate all of your hard work and dedication to serving our seniors! If you would like more information on the AARP Foundation Tax-Aide Program, visit www.aarp.org/money/taxes/aarp_taxaide.



featured article

Saying Goodbye to a Tree

When we bought this property 23 years ago, there were no trees or flower borders. I was eager to have a garden, and purchased many plants when they went on sale. One tree was under five dollars because it was small and had lost its tags. So an unknown little tree was planted in the back corner.



A few summers later we noticed something in the tree which had shot up taller than the two story carriage house. Getting out the binoculars, I could see it was a little pear. I knew little about fruit trees, so it was a big surprise. As time went on the tree produced loads of little pears that never grew large enough or ripened for eating. Branches hung under the weight of hundreds of pears, then they'd fall off and attract insects while they rotted in the border.

One day a heavy windstorm broke a pear laden large branch, leaving everything under it toppled over. The tuteur, bee hive house, and a couple statues were hidden under the broken pear branch. I called a tree trimmer who had his helper saw up the branch and rake the rotting pears. We made a plan to remove the remaining tall trunk and branches later.

Yesterday was tree removal day. Three men gathered together, discussing how they would approach the job. There are electric wires in the alley next to the tree, and a fragile privacy fence forming a corner where the tree stood. Lower branches were cut with a pole saw, then one of the men took ropes and climbed the trunk to begin removing the higher branches which were pulled down safely by a man working the ropes from the ground. It was pretty exciting entertainment through the kitchen window. Finally, the large trunk came down in two sections that shook the house a bit. More sun was in the back yard instantly.

I said goodbye to the huge pear tree, cut up and leaving in a truck, knowing this will be the first spring without its showy white blossoms in the back corner. I admit to a few hours of sadness,

but resolved to see it as an opportunity for something new. In a few weeks I'll be out shopping for trees.

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



SRC FUNDRAISER!

Spend this summer getting those clubs warmed up. We need you ready for our 1st Annual Swinging For Seniors golf play day in September! Not only is it a great way to show your support for the Senior Resource Center and all of our social service programs, you'll also have a fun day of golf while you're doing it! Look for more information in future emails, on social media, and in the May newsletter. Sign up will begin in May.

The poster features a large white golf ball with dimples, centered on a green grassy field. Behind the ball are stylized orange and green hills. The background is a light gray sky. At the top left is the Senior Resource Center logo (SR CENTER). At the top right is a green starburst graphic with the text 'Save the date'. The main text reads '1ST ANNUAL Swinging For Seniors GOLF PLAY DAY'. At the bottom, it says 'SEPTEMBER 9TH, 2022', 'Wolf Hollow Golf Course Lena, IL', 'DETAILS COMING SOON', and the website 'seniorresourcecenter.net'.

SR CENTER Senior Resource Center

Save the date

1ST ANNUAL
Swinging For Seniors
GOLF PLAY DAY

SEPTEMBER 9TH, 2022
Wolf Hollow Golf Course
Lena, IL

DETAILS COMING SOON
seniorresourcecenter.net

UPCOMING EVENTS



You and your guests are invited to attend

20th Annual
**Stephenson County
National Day of Prayer Breakfast**

May 5, 2022
7:15 a.m.—8:30 a.m.
Stephenson County Farm Bureau
210 W. Spring Street, Freeport, IL 61032

Music by:
**Jonathan Palmer, Jackie Stocker, Kendra Mosley
Ann Kirtz & Penny Jarvi**

FREE. Limited seating. RSVP by Tuesday, May 3, 2022
Call: (815) 297-2918 or e-mail: rdlein@aol.com

Stephenson County NDP Sponsors

Burke-Tubbs Funeral Homes; Linda Johnson; Mayor Jodi Miller; Mel & Linda Dotson; Eastgate Christian Center; Stephenson County Patriots; Schwarz Funeral Homes; Shockley & Cox, LLC; Anthony Coon, Attorney at Law; Alber's Towing & Recovery; Gordon & Kay Birkelbaw; Yvonne Knight-Wandel; Oakland Cemetery & Mausoleum; Fischer Excavating, Inc.; Chuck & Cheryl Hartman; Stephenson County Farm Bureau; Drs. Frank Whitmer & Maria Laporta; Stephenson County Crime Stoppers; Jan Rowe; Irving & Darlene Greenfield; William Hadley, Stephenson County Board Chairman; Upper Northwest Illinois Republican Women; Walker Mortuary & Cremation Services; Wagner's Business Products Center; Chapel Hill Memorial Gardens; This Is It Eatery; Mike Leininger; 9 East Coffee & Café; Rite-Way Furniture & Appliances; Beltline Café; Rep. Andrew Chesney; Rebecca Quiggle; Roger & Audrey Kilker; Ken & Mary Traum; Jim & Cindy Witt; Jim & Mary Thom; Senator Brian Stewart; Steve & Kathleen Glaze; Casey & Brenda Myers; Howard & Alice Binger; Clear Dome Ministry; Inky Printers; Proto-Cutter; Rick & Debbie Leininger; www.patburt.com; Scott & Talena Wuebbels; The Siedenbueg Group; Deininger's Floral Shop; Fairway Ford Lincoln Mercury; Gary & Diane Hagemann; Gone Postal

Madison VA Caregiver Program Virtual Caregiver Day Off Class

The Mindfulness Series

ALL 3 CLASSES FROM 10am-11am

Class 1: Paying Attention - Thursday, May 5, 2022

Class 2: On Purpose – Thursday, May 12, 2022

Class 3: Without Judgement – Thursday, May 19, 2022

*** All classes are held virtually *by phone*

*** We encourage caregivers to ATTEND ALL 3 CLASSES to get the *maximum benefit*

*** RSVP is REQUIRED

To RSVP call **608-256-1901 ext. 11576**.

Please leave a message to include:

- YOUR NAME and your Veteran's name
- **PHONE #** you can be reached
- We will call you to confirm and provide details for joining the event

CLASSES provided in partnership with the Memphis VA Caregiver Center.

For more information, please contact:
Meghann Schmitt, CISW
Caregiver Support Program at the
#608-256-1901 ext 11576



World Migratory Bird Day

Dim the Lights for Birds at Night



Second Annual World Migratory Bird Day Event
 Freeport, IL
 Saturday, May 14
 10:00 a.m. to 12:00 p.m.
 Location: Freeport Art Plaza & Freeport Public Library
 Fun and educational family-friendly event with games, crafts,
 and much more!

Hosted by the Northwest Illinois Audubon Society,
 Freeport Public Library,
 and University of Illinois Extension

Follow our website or Facebook page for up-to-date
 information!
www.nwilaudubon.org







**World Migratory Bird Day in the Americas
 is coordinated by Environment for the Americas**

© Omar Custodio Azabache

NICAA Golden Meals

The Golden Meals program is for persons 60 and older in Stephenson and JoDaviess 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.

[Click here for more information on the Golden Meals Program](#)

NICAA Golden Meals May 2022				
Diane Randecker, Director 815-232-8896 MENU SUBJECT TO CHANGE WITHOUT NOTICE				
5/2	5/3	5/4	5/5	5/6
Cowboy Hash Apple Sauce Mixed Fruit Whole Wheat Bread	Chicken Alfredo/Pasta Spinach Mixed Fruit Wheat Bread	Ham Loaf Sweet Potatoes Mixed Vegetables Wheat Bread	Spaghetti Peas Apricots Wheat Bread	Cooks choice to the sites that are open on Fridays
5/9	5/10	5/11	5/12	5/13
Swedish Meatballs Buttered Noodles Mixed Vegetables Wheat Bread	Ribets Chessy Potatoes Green Beans Wheat Bread	Salisbury Steak Mashed Potatoes Cream Corn Wheat Bread	Beef Stew Corn Bread Apple Sauce	Cooks Choice to the sites that are open on Fridays
5/16	5/17	5/18	5/19	5/20
Italian Sausage Sauerkraut Fruit Bun	Baked Chicken Mashed Potatoes/Gravy Carrots Wheat Bread	Beef and Noodles Green Beans Fruit Wheat Bread	Baked Cod in lemon Butter Parslied Potatoes Carrots Wheat Bread	Cooks Choice to the sites that are open on Fridays
5/23	5/24	5/25	5/26	5/27
Stuffed Green Peppers Carrots Fruit Wheat Bread	Chicken Noodle Casserole Veggies in Casserole Fruit Wheat Bread	Scalloped Potatoes& Ham Peas Fruit Wheat Bread	Beef Stew Corn Bread Apple Sauce	Cook's Choice to the sites that are open on Fridays
5/30	5/31			
 Site Closed	Chicken Alfredo/Pasta Spinach Mixed Fruit Wheat Bread			

See You in May!

Contact Us

Senior Resource Center

206 E Stephenson St
Freeport, IL 61032
888-645-7150 | 815-235-9777

Reach Out To Us



Senior Resource Center | 206 E Stephenson St, Freeport, IL 61032

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