

NEWSLETTER

August 2022

SR
CENTER

Are you registered for the Swinging for Seniors Golf Play Day?

There is still time to get your foursome together and register for our newest fundraiser on Friday, September 9th. We will be golfing at Wolf Hollow in Lena, with a shotgun start at 9 am. \$75 per person includes 18 holes, cart, and a delicious boxed lunch from our friends at Hilldale Deli. If you are interested, call our office at 815-235-9777 or complete the form below. We look forward to having you!



Save the Date for the Senior Expo!

On October 27th, the Senior Resource Center will be hosting the Senior Expo at the Eagle's Club in Freeport. Plan on joining us for an opportunity to learn more about all of the services and supports we have in our area. More information to follow!

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Registration Form

Please mail or return to the Senior Resource Center
by August 19th

Name: _____

Phone: _____

Email: _____

Address: _____

City/State/Zip: _____

Company: _____

Please list names of additional golfers in your group:

☐ Enclosed is my check for \$ _____

☐ I will be dropping off my payment, but
understand registration is not
complete until paid

☐ I am interested in being a _____ Sponsor. Enclosed is my check for \$ _____

☐ I'm unable to participate in the golf play day. Please accept my 100% tax-deductible
donation to the Senior Resource Center \$ _____

Thank you for your support!

Adult Protective Services

Through Funding and support from the Illinois Department on Aging, Adult Protective Services, also known as APS, investigates and works with adults age 60 or older and adults age 18-59 with disabilities in resolving abuse, neglect, or financial exploitation. Case workers from the Adult Protective Services Provider Agencies are trained and certified by the Illinois Department on Aging. From the fiscal year of 2020 annual report, the APS program of IL received 20,800 reports of abuse, neglect, self-neglect, and financial exploitation.

What is Abuse, Neglect, or Financial Exploitation?

- Passive or Self-Neglect: failure by a caregiver to provide a person necessities of life including food, clothing, shelter, or medical care. Self-neglect: failure of an individual to complete necessary needs as listed above that become substantially threatening.
- Willful Deprivation: willfully denying assistance to a person who requires medication, medical care, shelter, food, or other physical assistance.
- Financial Exploitation: the misuse or withholding of a person's resources to the disadvantage of the person and/or the profit of another person.
- Confinement: restraining or isolating a person for other than medical reasons.
- Abandonment: willful desertion of an eligible adult by an individual responsible for the care/custody of the adult under which the adult needs care or custody.
- Emotional, Physical, Sexual Abuse: verbal assaults, intimidation, or harassment; causing physical pain/injury to person; any sexual activity with a person who's unable to understand, forced or unwilling to consent.

How to Report your concerns?

The statewide, 24-hour Adult Protective Services Hotline is one way to report suspected abuse, neglect, or financial exploitation: 1-866-800-1409 or 1-888-206-1327 (TTY). You may also call the Stephenson County Senior Resource center during regular business hours at 815-235-9777 and choose the Adult Protective Services option. Our case workers investigate cases within Stephenson and Jo Daviess counties.

The eligible adult (60 years and older; 18-59 with a disability) must reside in a domestic setting. If the adult lives in a facility, please contact your local Ombudsman Program for further assistance, unless the concern is financial exploitation occurring outside of the facility. All reports and records of the Adult Protective Services Program are subject to strict confidentiality provisions, except as provided by law or court order.

If you would like to learn more about Adult Protective Services and various advocacy or protection information, visit

<https://www2.illinois.gov/aging/ProtectionAdvocacy/pages/abuse.aspx>





YOU CAN APPLY FOR MEDICARE ONLINE

By Christopher Wittkopp
Social Security District Manager in Freeport, IL

You can apply for Medicare online even if you are not ready to start your retirement benefits. Applying online is quick and easy. There are no forms to sign, and we usually do not require additional documentation. We'll process your application and contact you if we need more information.

Knowing when to apply for Medicare is very important! You must apply during your limited initial enrollment period. If you're eligible for Medicare at age 65, your initial enrollment period begins three months before your 65th birthday and ends three months after that date. If you miss your initial enrollment period, you may have to pay a higher monthly premium. Visit

www.ssa.gov/benefits/medicare to apply for Medicare and find other important information.

If you were unable to enroll or disenroll in Medicare because you could not reach us by phone after January 1, 2022, you will be granted additional time, through December 30, 2022. This additional time applies to the 2022 General Enrollment Period, Initial Enrollment Period, and Special Enrollment Period.

Some people who receive Medicare benefits may qualify for *Extra Help* with their Medicare prescription drug plan costs, including the monthly premiums, annual deductibles, and co-payments. To qualify for *Extra Help*, you must receive Medicare, have limited resources and income, and reside in one of the 50 states or the District of Columbia. Read our publication *Understanding the Extra Help with Your Medicare Prescription Drug Plan* for more information at www.ssa.gov/pubs/EN-05-10508.pdf.

The Medicare website has answers to your questions and other helpful resources including:

- What does Medicare cover? Find out at www.medicare.gov/what-medicare-covers.
- Where do I find forms to file a Medicare appeal? Visit www.medicare.gov/claims-appeals/how-do-i-file-an-appeal for more.
- How can I let someone else talk to Medicare on my behalf? Learn more at www.medicare.gov/claims-appeals/file-an-appeal/can-someone-file-an-appeal-for-me.
- What do Medicare health and prescription drug plans cost in my area, and what services do they offer? Check out www.medicare.gov/plan-compare.
- Which doctors, health care providers, and suppliers participate in Medicare? See www.medicare.gov/forms-help-resources/find-compare-doctors-hospitals-other-providers for the answers.
- Where can I learn more about a Medicare prescription drug plan (Part D) and enroll? Visit www.medicare.gov/drug-coverage-part-d/how-to-get-prescription-drug-coverage.
- Where can I find a Medicare Supplement Insurance (Medigap) policy in my area? Find the answers at www.medicare.gov/medigap-supplemental-insurance-plans.

Please share these helpful resources with friends and family today.

A MESSAGE FROM THE ILLINOIS DEPARTMENT ON AGING....



We've been living with COVID-19 for more than two years now. While we want to move on from the pandemic that has taken so much from us, it's important to remember that the virus hasn't gone away and that there's an easy step to take to protect yourself.

Seniors, particularly those with underlying health conditions, are still experiencing the worst of COVID-19. The risk of getting seriously ill increases with age, according to the CDC.

This heightened risk for older adults is why the Illinois Department on Aging has launched the Long Live Illinois campaign to urge seniors to get up to date on their COVID-19 vaccinations ahead of the surge that's expected this winter.

The campaign will highlight that:

- **The COVID-19 vaccine is incredibly effective.** With COVID-19 still a concern for seniors and those with underlying health conditions, the vaccine is a powerful tool that everyone can use to prevent serious illness or death.
- **Each dose of the vaccine is a shot of protection.** Seniors are recommended to have two booster shots in addition to their original one or two-dose vaccine series.
- **Billions of people have gotten vaccinated across the globe,** and public health data shows the life-saving shots are reducing the number of people who end up in the hospital with and die from COVID-19.
- **Getting vaccinated is free and easier than ever.** No more waiting in long lines or calling younger family members to help schedule an appointment. Just visit [Vaccines.gov](https://www.vaccines.gov) or call 1-800-232-0233 to find a provider or schedule an appointment.

If you're already up to date on your COVID-19 vaccinations, great! Now is the time to reach out to your friends, neighbors, and loved ones to make sure they're protected from the virus, especially as we go into the winter months when cases are expected to rise.

Friends and family members are among the most trusted voices for those who may still be on the fence about the vaccine or behind in their vaccination series. Your voice makes a difference.

By getting vaccinated, everyone can protect themselves and get back to all we've missed during the pandemic.

Long Live Illinois!

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://www.nicaa.org/goldenmeals.html>

NICAA Golden Meals SEPTEMBER

Diane Randecker, Director 815-232-8896

MENU SUBJECT TO CHANGE WITHOUT NOTICE

				9/1	9/2
				Baked Cod in Lemon Butter Scalloped Potatoes Spinach Wheat Bread	Cook's Choice to sites that are open on Friday
9/5	9/6	9/7	9/8	9/10	
	Chicken Noodle Casserole Veggies in Casserole Fruit Wheat Bread	Scalloped Potatoes & Ham Peas Fruit	Sloppy Joes Mac & Cheese Green Beans Bun	Cooks Choice to sites that are open on Friday	
9/12	9/13	9/14	9/15	9/16	
Italian Brat Sauerkraut Mashed Potatoes Bun	Chicken Alfredo Pasta Spinach Mixed Fruit Wheat Bread	Ham Loaf Sweet Potatoes Mixed Vegetables Wheat Bread	Jumbo Hot Dog Potatoe Wedges Baked Beans Bun	Cooks Choice to sites that are open on Friday	
9/19	9/20	9/21	9/22	9/23	
Sweedish Meatballs Mashed Potatoes Mixed Vegetables Wheat Bread	Chef Salad Veggies in Salad Mandarin Oranges Blueberry Muffin	Salisbury Steak Mashed Potatoes Cream Corn Wheat Bread	Spaghetti Peas Warm Peaches Wheat Bread	Cooks Choice to sites that are open on Friday	
9/26	9/27	9/28	9/29	9/30	
Chili Dog Oven Fries Peas Bun	Baked Chicken Mashed Potatoes & Gravy Carrots Bread	Beef and Noodles Green Beans Fruit Wheat Bread	Baked Cod in Lemon Butter Scalloped Potatoes Spinach Wheat Bread	Cooks Choice to sites that are open on Friday	

SENIOR RESOURCE CENTER

JO DAVIESS COMMUNITY OUTREACH

UPCOMING DATES

Aug 12 & 17, Sept 21 & 30

WEST GALENA TOWNSHIP BLDG.

607 Gear St

Galena, IL 61036

Aug 8

STOCKTON TOWNSHIP LIBRARY

140 W. Benton Ave

Stockton, IL 61085

Sept 13

HANOVER TOWNSHIP PARK DISTRICT

500 Fillmore St.

Hanover, IL 61041

Sept 15

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
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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

