

NEWSLETTER

July 2022

SR
CENTER



I hope everyone is finding a way to stay cool this summer! July is Extreme Heat Safety Month. Extreme heat can be especially dangerous for seniors. If you do not have access to air conditioning and cannot afford to purchase a small air conditioner, please call our office to speak with a resource specialist.

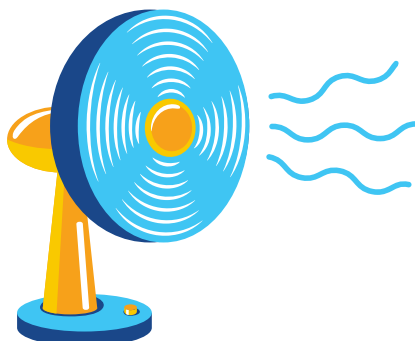
If you are interested in learning more about Extreme Heat Safety Month, visit

<https://www2.illinois.gov/ready/hazards/Pages/ExtremeTempsHot.aspx>

In this issue, the Illinois Department on Aging has some "hot" tips for managing in this summer heat.

Stay cool out there!

Amanda Faivre
Assistant Director



IN THIS ISSUE

Program Spotlight: CCP
Hot Tips Article from IDoA
Senior Home Maintenance Program
SSA Article
Featured Article
Transit Reminder
August Golden Meals Menu
Jo Daviess Community Outreach Sites

Program Spotlight

Community Care Program

Through funding and support from the Illinois Department on Aging, the Community Care Program, otherwise referred to as CCP, provides services to any person, 60 years of age and older, who applies for the program and meets all current eligibility requirements. This amazing program offers supports and services to qualifying Illinoisans to help them remain in their homes and avoid unnecessary institutionalization.

Available Services and Supports

- In-Home Service - non-medical support by supervised homemaker aides who can assist with errands, rides to medical appointments, non-medical personal care tasks, meal prep, routine housekeeping, and laundry.
- Adult Day Service (Currently Stephenson County Only) - direct care and supervision in a community-based setting, providing socialization, meals, assistance with personal care, and health related support.
- Emergency Home Response Service - 24-hour emergency communication link to assistance outside of your home, with a 2-way voice communication system, and a worn activation pendant.
- Automated Medication Dispenser - a portable machine that offers medication reminders and dispenses medications on a programmed schedule.

How the Senior Resource Center Can Help

Here at the Senior Resource Center, our case managers will work with you and your family to not only determine your eligibility for the Community Care Program, but also discuss additional supports and services based on your level of need. During your comprehensive in-home assessment, our case managers will assist you in identifying your goals for care and link you to additional available services in your community.

To make a referral for the Community Care Program, discuss eligibility requirements, or to speak with a case manager, call our office at 815-235-9777. Our case managers serve clients in Stephenson and Jo Daviess counties.

If you would like to learn more about the Community Care Program and various programs the Illinois Department on Aging has to offer, visit

<https://www2.illinois.gov/aging/Pages/default.aspx>.



HOT WEATHER CAN BE DANGEROUS TO YOUR HEALTH AND LIFE!

Hot Tips from the Illinois Department on Aging

With the onset of summer weather, all Illinoisans must take on additional responsibilities to prevent heat related illness that can be life threatening. Health problems and isolation are factors that make older people particularly susceptible to heat stress. It is also important for family members, friends and neighbors to check on those older persons who may be unable or unwilling to seek assistance.

WHAT CAN BE DONE TO BEAT THE HEAT?

Some common sense tips for handling the heat include the following:

- Drink lots of water and natural juices. (Please avoid alcoholic beverages, coffees and colas.)
- avoid going out into blazing heat, if possible
- avoid or minimize physical exertion
- keep shades drawn and blinds closed, but windows slightly open
- do not place tin foil over your windows, as the room temperature will rise
- keep electric lights off or turned down
- take frequent cool baths or showers; use cool towels
- remain in air conditioning either at home or at a cooling center. (Only 1 or 2 hours in air conditioning can prevent a person from becoming ill.)
- wear loose cotton clothing
- do not eat heavy meals (eat small meals and eat more often)
- avoid using cooking ovens
- avoid using salt tablets unless directed to do so by a physician
- check on family members, friends and neighbors
- if you are taking medications, check with your pharmacist or your doctor on any side effects due to the heat
- above all, take the heat seriously, and do not ignore danger signs like nausea, dizziness and fatigue. If you or anyone you know needs medical attention, call 911 or the local Police Department immediately.

As you may or may not be aware, older persons have a reduced capacity to perspire and are therefore more vulnerable to heat. Persons who do not perspire will not be helped by fans. They must have air conditioning to recover from the accumulating effect of the heat. A few hours a day in air conditioning is extremely important to protect your health and life.

The Illinois Department on Aging and local Area Agencies on Aging will be working hand-in-hand to assist older persons at risk. During heat emergencies, communities will be involved in door-to-door outreach; senior centers, adult day care sites and other familiar public buildings in your community will be used as cooling centers; and information and assistance will be available on an ongoing basis through the network of local agencies serving older persons, where you live.

For further information about local programs and services available to assist older persons, please call the Department on Aging's Senior HelpLine:

800-252-8966

SENIOR HOME MAINTENANCE PROGRAM



Do you know a senior in need of help with a home repair project? Call the Senior Resource Center at 815-235-9777 and ask for a Resource Specialist to find out how we can help!

Funded by a generous grant from the Freeport Township, our Senior Home Maintenance Program is designed to offer assistance to local senior residents with home maintenance needs.

To be eligible for the program, applicants must meet the income guidelines and apply for assistance through the Senior Resource Center.



**THANK YOU TO
FREEPORT TOWNSHIP
FOR MAKING THIS
PROGRAM POSSIBLE!**



UNDERSTANDING THE NEED FOR A REPRESENTATIVE PAYEE

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



You may know someone who gets a monthly Social Security benefit or Supplemental Security Income payment and who also needs help managing their money. If someone you know needs help, we can appoint a person or an organization to act as a “representative payee” responsible for receiving and managing a person’s benefits.

When we assign a representative payee, we select someone who knows the beneficiary’s needs and can make decisions about how to best use their benefits for their care and wellbeing. Representative payees are responsible for completing an annual form to account for the benefit payments they receive and manage.

They must complete this form and return it to Social Security by mail or, if they have a personal my Social Security account, they can file it online using the Representative Payee portal. Account holders can get a benefit verification letter and manage direct deposit and wage reporting for their beneficiaries. Learn more about the portal at www.ssa.gov/myaccount/rep-payee.html.

You also have the option to identify, in advance, up to three individuals you trust to serve as your future representative payee and help manage your benefits, if the need arises. We call this Advance Designation.

We offer Advance Designation to capable adults and emancipated minors who are applying for or already receiving Social Security benefits, Supplemental Security Income, or Special Veterans Benefits. With Advance Designation, you and your family can enjoy peace of mind knowing someone you trust may be appointed to manage your benefits. Find more information about:

- Advance Designation at www.ssa.gov/payee/advance_designation.htm.
- Representative Payees at www.ssa.gov/payee.
- Training videos on the duties of a representative payee at www.ssa.gov/payee/rp_training2.html.
- Publications about representative payees at www.ssa.gov/payee/newpubs.htm.

If you know someone who needs help managing their monthly benefits, please consider becoming a representative payee. You can also help by sharing this information with friends and family.

featured article

Shopping in Freeport Through Time

My earliest shopping memories are of Kresge's. I always went to the back where parakeets, little turtles, and gold fish were sold, along with all the cages, bowls, and food. I was crazy about turtles and had a few over my childhood. The typical turtle bowl was clear plastic with a spiral ramp and a plastic palm tree on top. The turtles frequently had decals on their shell. . It seems they stopped being sold due to some kind of illness they might carry so that ended the turtle phase.

As I grew old enough to join Brownie Scouts, we went to Stukenburg's department store. On the mezzanine, all the scout uniforms, books, pins, badges, and sashes were on display. It was fun to put on the brown uniform with a gold fleur d'lis pin, and a brown felt beret. As I grew older I bought the green uniform dress that Girl Scouts wore. Going to Stukenburg's was a wonderful experience. Being a Girl Scout was all about accomplishing a list of goals to be able to add a badge to your sash. There were many different skills, tailored to becoming a good citizen which leaned toward traditional women's abilities.

By the time I was in Jr. High, the place to shop was Ruhl's. They carried pastel angora sweaters, matching angora socks, and wool skirts. Some of us wore full cotton skirts that stood out with layers of crinoline half slips. As the crinolines lost their fullness, we added another layer until we sometimes had three half slips to gain the full look we wanted.

Ruhl's also carried quality clothing for women, so I eventually purchased black leather gloves, a black leather handbag, and a swing coat with small stand up collar in loden green. I was 18 and a young married woman with taste that leaned toward simple quality clothes such as Audrey Hepburn made popular

As time moved on, the styles became casual, Bohemian, with comfort being the fad. Prairie dresses to the ankles, also available at Ruhl's, darling two piece outfits from Read's women's wear, and a suede poncho with long fringe came from Spurgeons. Comfortable jeans, peasant blouses made in India were available in many stores. I was a fashion hippy for a few years. Perhaps women's liberation dictated fashion that was less restrictive.

I remember the beautiful stores we shopped in during that period. Looking back at Freeport during the 50's and 60's, I think shopping opportunities downtown were the best. We lived in a period before malls became popular and downtown shops faded away. It was a great time for shopping in town.

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

Tait Weigel

Country Lifestyle Enthusiast



Transit Reminder

If you are a senior in **Jo Daviess County** and need to schedule a ride, please call the **Senior Resource Center** at **815-777-1316** or **815-235-9777**. We work directly with Jo Daviess County Transit to schedule your ride. If our scheduler is on the other line, please leave a detailed voicemail and we will return your call as soon as possible!

If you are a senior in **Stephenson County** and would like to schedule a ride, please call **Pretzel City Area Transit** at **815-235-RIDE (7433)**.





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>

Diane Randecker, Director		Aug-22		Menu Subject to Change
1-Aug	2-Aug	3-Aug	4-Aug	5-Aug
Chili Dog Oven Fries Peas Wheat Bun	Baked Chicken Mashed Potatoes & Gravy Carrots Wheat Bread	Beef and Noodles Green Beans Fruit Wheat Bread	Baked Cod in Lemon Butter Scalloped Potatoes Spinach Wheat Bread	Cook's Choice to sites that are open on Friday
8-Aug	9-Aug	10-Aug	11-Aug	12-Aug
Sausage Gravy over Biscuit Diced Carrots Cinnamon Applesauce Wheat Bread	Chicken Noodle Casserole Corn Fruit Wheat Bread	Scalloped Potatoes & Ham Peas Fruit Wheat Bread	Sloppy Joes Mac & Cheese Green Beans Bun	Cook's Choice to sites that are open on Friday
15-Aug	16-Aug	17-Aug	18-Aug	19-Aug
Italian Brat Sauerkraut Mashed Potatoes Bun	Chicken Alfredo/Pasta Spinach Mixed Fruit Whole Wheat Bread	Ham Loaf Sweet Potatoes Mixed Vegetables Wheat Bread	Jumbo Hot Dogs Potato Wedges Baked Beans Bun	Cook's Choice to sites that are open on Friday
21-Aug	22-Aug	23-Aug	24-Aug	25-Aug
Sweedish Meatballs Mashed Potatoes Mixed Vegetables Wheat Bread	Chef Salad Vegetables In Salad Mandarin Oranges Blueberry Muffins	Salisbury Steak Mashed Potatoes Cream Corn Wheat Bread	Spaaghetti Peas Warm Peaches Wheat Bread	Cook's Choice to sites that are open on Friday
29-Aug	30-Aug	31-Aug		
Chili Dog Oven Fries Peas Wheat Bun	Baked Chicken Mashed Potatoes & Gravy Carrots Wheat Bread	Beef and Noodles Green Beans Fruit Wheat Bread		

SENIOR RESOURCE CENTER

JO DAVIESS COMMUNITY OUTREACH

UPCOMING DATES

July 13 & 20, Aug 12 & 17

WEST GALENA TOWNSHIP BLDG.

607 Gear St

Galena, IL 61036

July 28, Aug 8

STOCKTON TOWNSHIP LIBRARY

140 W. Benton Ave

Stockton, IL 61085

July 21

HANOVER TOWNSHIP PARK DISTRICT

500 Fillmore St.

Hanover, IL 61041

July 27

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

206 E Stephenson St
Freeport, IL 61032
815-235-9777

srcinfo@srcntr.org

