

NEWSLETTER

June 2022

SR
CENTER

Summer Happenings...

- Registration for the **1st Annual Swinging For Seniors** is now open! This event will be held at Wolf Hollow in Lena on Friday, September 9th. Cost will be \$75 per person, which will include 18 holes, cart, and a delicious box lunch from our friends at Hilldale Deli.
- We are excited to be adding two new Jo Daviess County Outreach sites in July! We will be visiting the villages of Warren and Hanover. Dates and locations to be announced soon, so keep an eye on your emails, our website, and our Facebook page.
- A reminder that our Preventative Dental Care Program is up and running. Call Anna Bell at 815-235-9777 ext. 228 for more information.
- The Senior Resource Center will be closed on Monday, June 20th, in observance of the Juneteenth holiday.

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WORLD ELDER ABUSE AWARENESS DAY

Building Strong Support for Elders

NCEA
National Center on Elder Abuse

ACL
Administration for Community Living

June 15th

June 15 is World Elder Abuse Awareness Day, a call to action for individuals, organizations, and communities to raise awareness about the abuse, neglect, and exploitation of older adults. As Americans, we believe in justice for all. To that end, we are committed to creating an Illinois where older adults and persons with disabilities can thrive and live free from abuse in their communities.

For information on the warning signs of adult abuse, visit <https://www2.illinois.gov/aging/Engage/Pages/.aspx>. To report suspected abuse, exploitation or neglect of an older adult or person with a disability, call the Senior Resource Center at **815-235-9777** or the statewide, 24-hour Adult Protective Services Hotline at **1-866-800-1409**.

Sincerely,
Amanda Faivre
Assistant Director





APPLY FOR SOCIAL SECURITY BENEFITS ONLINE

By Christopher Wittkopp
Social Security District Manager
in Freeport, IL



Did you know, you can do much of your business online with Social Security? This means no need to call or visit a local Social Security office. You can take your time completing our online applications and even save your progress to return to later.

You can apply online for:

- **Retirement or Spouse's Benefits** – You can apply up to four months before you want your retirement benefits to start. You must be at least age 62 for the entire month to be eligible to receive benefits. If you were born on the first or second day of the month, you meet this requirement in the month of your 62nd birthday. If you were born on any other day of the month, you do not meet this requirement until the following month. When you're ready, apply at www.ssa.gov/retireonline.
- **Disability Benefits** – You can use our online application, available at www.ssa.gov/disabilityonline, to apply for disability benefits if you:
 - o Are age 18 or older;
 - o Are not currently receiving benefits on your own Social Security record;
 - o Are unable to work because of a medical condition expected to last at least 12 months or result in death; and
 - o Have not been denied disability benefits in the last 60 days. If your application was recently denied, our online appeal application is a starting point to request a review of the determination we made. Please visit www.ssa.gov/benefits/disability/appeal.html.
- **Supplemental Security Income (SSI)** – SSI provides monthly payments to adults and children with a disability or blindness who have income and resources below specific financial limits. SSI also makes payments to people who are age 65 and older without disabilities who meet the financial qualifications. If you plan to apply for SSI, you can tell us you want to apply and we will make an appointment to help you complete the application. Or you can complete a large part of your application online at www.ssa.gov/benefits/ssi.
- **Medicare** – Medicare is a federal health insurance program for people age 65 or older, some people younger than 65 who have disabilities, and people with end-stage renal disease. If you are not already receiving Social Security benefits, and are not working, you should apply for Medicare three months before turning age 65 at www.ssa.gov/medicare.
- **Extra Help with Medicare Prescription Drug Costs** – Some people with limited resources and income may be able to get Extra Help paying their monthly premiums, annual deductibles, and prescription co-payments related to a Medicare prescription drug plan. People who need assistance with the cost of medications can apply for Extra Help at www.ssa.gov/i1020.



SOCIAL SECURITY IS HERE WHEN YOU'RE READY FOR RETIREMENT

By Christopher Wittkopp
Social Security District Manager in
Freeport, IL

When you think you're ready to retire, we're here to help you make an informed decision about when to apply for benefits. You should decide based on your individual and family circumstances.

Would it be better for you to start getting benefits early with a smaller monthly amount over a longer period? Or perhaps wait for a larger monthly payment over less time? The answer is personal and depends on several factors, such as your current and anticipated cash needs, health, and your family history on longevity. Most importantly, you should study your future financial needs and obligations, and estimate your future Social Security benefit.

The best and easiest way to estimate your future Social Security benefits is with a personal **my Social Security** account. You can create your free account at www.ssa.gov/myaccount. Use your account to see how much you might receive each month based on the age at which you want to start receiving benefits.

We encourage you to weigh all the factors carefully before deciding when to begin receiving Social Security benefits. This decision affects the monthly benefit amount you will receive for the rest of your life and may affect benefits for your survivors.

Social Security's Online Retirement Resources

Whether you're ready to learn about, apply for, or manage your retirement benefits, our online resources make it easy for you to find the information you need. How easy? You can do it from your computer, tablet, and even smartphone!

On our website, you can:

- Get our publications.
- Estimate your benefits with one of our many **calculators**.
- Find your **Full Retirement Age**.
- Learn about **benefits for a spouse and family members**.
- **Apply** for benefits.
- **Manage** your benefits once you start receiving them.

You and your loved ones can discover all these resources at www.ssa.gov/retirement.



Being Domesticated

Back in 1961, my graduating class had a British girl who predicted what each of us would be doing with our lives. After giving her thoughts to the other girls she came to me and said "Tait will be domesticated". She may have been trying to put me down or just being truthful, but in any case, she was correct.

I married right after graduating and jumped into domestic life quickly. Caring for an elderly woman who had a paralyzing stroke, cooking, cleaning, and a little gardening. From there on moving into a few apartments. I yearned for a home of my own and loved being a home owner when the time came.

The marriage ended after 9 years, but the domesticity never ended. I found creating an attractive home, cooking, cleaning, mothering, and gardening satisfying. Some of the time I worked part time and eventually full time, but my family life and home were still priority.

In my early 30's I married a domesticated man. It was a good match, with both of us valuing family life and a nice home. We were together 38 years, enjoying three different homes, and seeing our four children make their way in the world.

I've lived through tough times, as most people do, and having a clean, comfortable and organized domestic life was a help. Always good to have a hot meal, a cozy bed, and a safe home in which to recover from the tough stuff of life.

So here I am at 79, living alone, planting tomatoes and pots of annuals to enjoy all summer, making a pot of beef vegetable soup, and holding my cat while typing this little story for The Rolling Stone and remembering, with affection, the English girl who predicted it correctly. I'm happily domesticated.

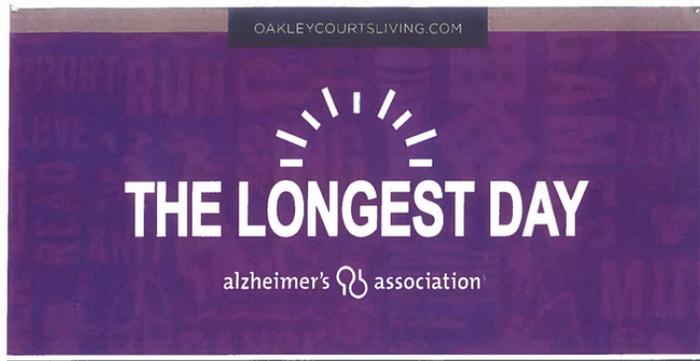
Tait Weigel is one of our original Rolling Stone columnists. Look for her monthly contribution in the next newsletter!

Tait Weigel

Country Lifestyle Enthusiast



Upcoming Events



THE DAY WITH THE MOST LIGHT IS THE DAY WE FIGHT!

THE LONGEST DAY - THE SUMMER SOLSTICE.

— Join us at —



3117 Kunkle Boulevard | Freeport, IL 61032
TUESDAY, JUNE 21 | 11 AM - 1 PM

for a \$10 drive thru lunch with foot-long hot dogs, chips, drink and a cookie to help fight the darkness of Alzheimer's Disease.

Together we'll raise funds and awareness for the care, support, and research efforts of the Alzheimer's Association.

100% of the proceeds to benefit the Alzheimer's Association



WWW.FUTERA.COM

NEED GROCERIES?

If you don't have enough to eat, Northern Illinois Food Bank's Mobile Pantry can help.

Northern Illinois Food Bank's Mobile Pantry distributes nutritious food to high-need areas. Food is free to neighbors in need; no ID, proof of address or income is required. Food is distributed on a first-come, first served basis, while supplies last.



Due to COVID-19, Mobile Pantry distributions have moved to a contactless drive-thru model, with pre-packed boxes of groceries.



For additional food resources, visit www.SolveHungerToday.org/GetHelp

Monday, June 20, 2022

10:00am-11:30am

St. Joseph's Church
229 W. Washington Place
Freeport, IL 61032



PRAISE IN THE PARK

7- 8 P.M. - Krape Park Band Shell
Freeport, Illinois

"Make a joyful noise unto the LORD, all the earth; make a loud noise, and rejoice and sing praise." Psalm 98:4

2022 Summer Season

June 17 - Christ in Me

June 24 - Sunshine Girls

July 1 - Park Hills Evangelical Free Church

July 8 - Eastgate Christian Center

July 15 - The Father's House

July 22 - Faith Center Freeport

July 29 - No Worries Band

In the case of inclement weather, programs will be cancelled.



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		Jul-22		Menu Subject to Change	
					1-Jul
					Cook's Choice to sites that are open on Friday
4-Jul	5-Jul	6-Jul	7-Jul	8-Jul	
	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
11-Jul	12-Jul	13-Jul	14-Jul	15-Jul	
Sausage Gravy over Biscuit Diced Carrots Cinnamon Applesauce Wheat Bread	Chicken Noodle Casserole Green beans 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
18-Jul	19-Jul	20-Jul	21-Jul	22-Jul	
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
25-Jul	26-Jul	27-Jul	28-Jul	29-Jul	
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

SENIOR RESOURCE CENTER

JO DAVIESS COMMUNITY OUTREACH

UPCOMING DATES

June 15 & 24, July 13 & 20

WEST GALENA TOWNSHIP BLDG.

607 Gear St
Galena, IL 61036

June 23, July 28, Aug 8

STOCKTON TOWNSHIP LIBRARY

140 W. Benton Ave
Stockton, IL 61085

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

