

# NEWSLETTER

May 2022

SR  
CENTER

## Happy May

This weather is sure keeping us on our toes! As we move towards warmer days, we've started working on the plans for our new annual golf outing in September. The **1st Annual Swinging For Seniors** 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. There will be games, prizes, and a silent auction to help raise money for the Senior Resource Center and our important programs. Registration is now open, so call our office to reserve your spot in this fun new tradition!

Amanda Faivre  
Assistant Director



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## May is Older Americans Month!

The Administration for Community Living (ACL) leads the nation's observance of Older Americans Month. This year's theme is **Age My Way!**. ACL is focusing on aging in place - how older adults can plan to stay in their homes and live independently in their communities for as long as possible. The Senior Resource Center fully supports the **Age My Way!** campaign. Our agency offers advocacy and support for seniors, caregivers, and family members.

For more information on ACL and aging resources, visit <https://acl.gov/>.



## New Preventive Dental Care Program

The Senior Resource Center was awarded \$10,000 from the Freeport Community Foundation during their 2022 Spring Grant cycle. We will be working with local dental clinics to assist seniors in Stephenson and Jo Daviess Counties with costs associated with preventive oral healthcare. Beginning June 1st, you may call the SRC office to discuss program eligibility.



## Stay Cool This Summer...

As the heat of summer approaches, we know that it can be difficult keeping cool. We want to help! The SRC has funding to assist with the purchase of fans and small air conditioners, as well as, maintenance on current air conditioners. *This program is based on financial need.* Call our office for eligibility requirements.





## 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 June 2022

Diane Randecker, Director 815-232-8896

MENU SUBJECT TO CHANGE WITHOUT NOTICE

		6/1	6/2	6/3
		Ham Loaf Sweet Potatoes Mix Vegetables Wheat Bread	Spaghetti Peas Apricots Wheat Bread	Cooks choice to the sites that are open on Fridays
6/7	6/8	6/9	6/10	6/11
Sweedish Meatballs Buttered Noodles Mix Vegetables Wheat Bread	Riblets Cheesey Potatoes Green Beans Wheat Bread	Salisbury Steak Mashed Potatoes Corn Wheat Bread	Tater tot Casserole Veggies In Casserole APPLE SAUCE Wheat Bread	Cooks Choice to the sites that are open on Fridays
6/13	6/14	6/15	6/16	6/17
Hot Dog Baked Beans Oven Potatoes Wheat bun	Baked Chicken Mashed Potatoes & Gravey Carrots Wheat Bread	Beef and Noodles Green Beans Fruit Wheat Bread	Baked Cod in Lemon Butter Parslied Potatoes Spinach Wheat Bread	Cooks choice to the sites that are open on Fridays
6/20	6/21	6/22	6/23	3/25
	Chicken Noodle Casserole Veggies in Casserole Fruit Wheat Bread	Scallped Potatoes & Ham Peas Fruit Wheat Bread	Beef Stew Corn Bread Apple Sauce	Cook's Choice to the sites that are open on Fridays
6/27	6/28	6/29	6/30	
Brat Sauerkraut Mashed Potatoes Bun	Chicken Alfredo/Pasta Spinach Mixed Fruit Wheat Bread	Ham Loaf Sweet Potatoes Mix Vegetables Wheat Bread	Spagetti Peas Apricots Wheat Bread	



## Do You Qualify For Social Security Spouse's Benefits?

By Christopher Wittkopp  
Social Security District Manager in Freeport, IL

Social Security benefits are a crucial part of millions of Americans' retirement income. If you don't have enough Social Security credits to qualify for benefits on your own record, you may be able to receive benefits on your spouse's record. To qualify for spouse's benefits, you must be one of the following:

- 62 years of age or older.
- Any age and have in your care a child younger than age 16, or who has a disability and is entitled to receive benefits on your spouse's record.

Your full spouse's benefit could be up to one-half the amount your spouse is entitled to receive at their full retirement age. If you choose to receive your spouse's benefits before you reach full retirement age, you will get a permanently reduced benefit.

If you wait until you reach full retirement age to receive benefits, you'll receive your full spouse's benefit amount, which is up to one-half the amount your spouse can receive. You'll also get your full spouse's benefit if you are under full retirement age, but care for a child and one of the following applies:

- The child is younger than age 16.
- The child has a disability and is entitled to receive benefits on your spouse's record.

If you're eligible to receive retirement benefits on your own record, we will pay that amount first. If your benefits as a spouse are higher than your own retirement benefits, you will get a combination of benefits that equal the higher spouse benefit.

For example, Sandy qualifies for a retirement benefit of \$1,000 and a spouse's benefit of \$1,250. At her full retirement age, she will receive her own \$1,000 retirement benefit. We will add \$250 from her spouse's benefit, for a total of \$1,250.

Want to apply for either your or your spouse's benefits? Are you at least 61 years and nine months old? If you answered yes to both, visit [www.ssa.gov/benefits/retirement](http://www.ssa.gov/benefits/retirement) to get started today.

Are you divorced from a marriage that lasted at least 10 years? You may be able to get benefits on your former spouse's record. You can find out more by visiting [www.ssa.gov/planners/retire/divspouse.html](http://www.ssa.gov/planners/retire/divspouse.html) for more information.







# featured article

## CHILDHOOD MEMORIES

Back in the late 40's and early 50's we neighborhood kids lived outdoors all summer. We ran barefoot and explored building sites that were close by. Many new homes, and even new streets, followed WWII. GI bills helped since there was a baby boom and a need for housing.

During summer, we kids ate breakfast, threw on jeans, tee shirts, tennis shoes and ran outside to see who was available to play. We climbed trees, rode bikes, dug holes, and with each year had a little more freedom. Skates fit onto our leather shoes. We wore the key on strings around our necks. New concrete was smooth and old concrete was uncomfortably rough. Many falls left my knees with scabs. Mom would clean the wounds and put iodine on while she blew on the sore so it wouldn't hurt as bad.

In late summer we harvested fruit from all around the neighborhood. Across the street were Italian plum trees and a large garden that took up a whole lot. The only thing we picked were a few ground cherries that edged the sidewalk. Apple and cherry trees were popular, and concord grape vines. No one scolded us and we didn't actually take much.

I still remember the drone of mosquito sprayers. Mom would close all the windows and doors and I would stay inside until much later. This was the time DDT was used and my mom read *Silent Spring*, by Rachel Carson. She told how birds were dying from mosquito spray. It impacted their egg shells, as I recall.

Polio came to my block in 1945 when I was two. Dad moved my mother and me into Chicago to live with his sister and her husband in their apartment. He worked on the Illinois Central R.R. and came to visit us on his lay overs. One neighbor lady died, and a large family had at least three members afflicted with polio. A block away my little cousin got polio and was paralyzed for life. I have no memory of the time in Chicago, though mom told me about it. I'm every so grateful my father knew we'd be safer with his older sister who was a nurse.

Dad didn't have a car until I was in first grade. That was a big deal. The car meant we could drive to Galena and visit my cousins. Later we got a t.v. which provided lot's of cowboy shows. We girls all had a favorite cowboy. There was Cisco Kid, Gene Autry, Roy Rogers, and The Lone Ranger. Quite dramatic shows.

A new family built and moved into a house behind us. They began living in the basement until they finished the first and second floors. There were two girls. One was older and the other my age. She had a frontier town set complete with haybales, horses, cowboys and buildings. We spent hours on her living room floor playing with that set, moving fences, arranging the buildings and pretending we lived back then.

Our little group of girls grew older and we all had bicycles. Our freedom extended to riding down Prairie St. from Jefferson and Monroe St. to Read Park Pool. We spent a lot of time in the sun and water, selecting a snack afterwards then riding our bikes home. I recall a few years later riding my four speed to Krape Park and feeling exhilarated by the speed.

My childhood friends were scattered after leaving Lincoln School. We might see each other in the hall at Jr. High and then Sr. High, but none of us were in the same classes. One of the girls, the one who loved horses and had the western toys, married and wound up living on a ranch in Arizona. Her life had been exactly the one she wished for as a little girl. I loved playing with dolls and arranging rooms in our little house and wound up living a very domesticated life and studying interior design. I guess those early years were a clue to who we would become.

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

Tait Weigel

*Country Lifestyle Enthusiast*



# SENIOR RESOURCE CENTER

## JO DAVIESS COMMUNITY OUTREACH

### UPCOMING DATES

**May 18 & June 15**

**WEST GALENA TOWNSHIP BLDG.**  
607 Gear St  
Galena, IL 61036

**May 26 & June 23**

**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

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