

NEWSLETTER

September 2022

SR
CENTER

MARK YOUR CALENDARS!

Thursday, October 27th, the Senior Lifestyle Expo will be held from 9 am to 1 pm, at the Eagles Club in Freeport. We are excited to bring back this in-person event. Over 50 vendors have been invited. We'll have health screenings from FHN and flu shots available from the Stephenson County Health Department. More information to come in the following weeks....

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SR
CENTER

**Senior
Resource
Center**

SENIOR LIFESTYLE EXPO

Presented by

State Bank

Freeport, IL

Swinging For Seniors

GOLF PLAY DAY

OUR GOLF PLAY DAY WAS A
SUCCESS!

Thank you to everyone who came out
to support the Senior Resource
Center. We are planning to continue
this new tradition next year.



Thank you to our Sponsors:

- Union Savings Bank - Hospitality Sponsor
- Dimond Brothers Insurance, LLC - Prize Hole Sponsor
- Heritage Woods of Freeport - Prize Hole Sponsor
- Jane Bicksler - Hole Sponsor
- FHN - Hole Sponsor
- Baumgartner Automotive - 2 Hole Sponsor
- Dennis and Denise Book - Hole Sponsor
- Titan Tire Corporation - Hole Sponsor
- Lynn & Penny Kempel Medicare Solutions - 2 Hole Sponsor
- Comfort Keepers - Hole Sponsor
- Ahva Living of East Dubuque - Hole Sponsor
- Lou Ann Hayes - Hole Sponsor
- My Friend's Closet Thrift Shop - Hole Sponsor
- St. Croix Hospice - Hole Sponsor
- Brown's Shoe Fit Freeport - Hole Sponsor

Information and Assistance

The Senior Resource Center is so much more than a Care Coordination Unit; our programs encompass all facets of the lives of local seniors, from financial help to social interaction. The programs and assistance we provide at the Senior Resource Center are crucial to the well-being of many local seniors; grant money to fund home repairs, rides to medical appointments, and so much more.

Our Information & Assistance program is integral to the access of all other resources; it serves as a gateway for seniors who aren't sure where to turn for answers to questions on in-home assistance, Medicare, and many other needs, opening the door to every resource at our disposal. The funding for Information & Assistance, is provided by the Illinois Department on Aging (IDoA). Our Resource Specialists provide, in an unbiased manner, links to programs and assistance for seniors, their families and caregivers. Their collective knowledge is unmatched and encompasses subject matter including:

- **Senior Health Insurance Program (SHIP):** Each Resource Specialist is uniquely qualified to review Medicare and Supplemental Medicare Part C or Part D drug options. We will begin scheduling appointments for Open Enrollment on Monday October 3rd, 2022. Contact # for scheduling appointments is 815-235-9777 and press 0 for the operator.
- **Benefit Access Application Program:** We provide assistance to seniors who qualify for a reduction for their license plate sticker. The participant must be at least 65 years of age or a disabled adult.
- **Property Tax Assistance Programs:** Seniors also receive help with Senior Homestead Exemption and the Property Tax Freeze. These two programs help to lower property taxes for those who qualify.
- **Respite Care:** When caregivers need time away, Information & Assistance is there to offer assistance through a list of potential short or long term care providers and respite grants when funds are available.
- **Preventive Dental Care:** This grant is new to the SRC. We are so grateful to the Freeport Community Foundation for seeing the need of our senior population, who cannot afford dental care, in Stephenson and Jo Daviess counties. Since receiving this grant it has allowed us to provide 11 participants the opportunity to see the dentist for a full exam, which included x-rays and cleaning. If you are interested or have question about the program. Call Anna Bell at 815-235-9777 ext. 228.



WHY IT'S IMPORTANT TO REPORT LIFE CHANGES TO US WHEN YOU RECEIVE SUPPLEMENTAL SECURITY INCOME (SSI)

By Christopher Wittkopp
Social Security District Manager in Freeport, IL

Did you know that certain life changes can affect your Supplemental Security Income (SSI) payments? Sometimes your circumstances may change after you apply for or begin to receive SSI. When that happens, it's important for you to tell us about these changes. This will ensure that you receive the benefits to which you're eligible.

Here are some common changes you must report if you have applied for or receive SSI:

- Changes in income, wages, or self-employment income;
- Starting, stopping, or changing jobs;
- Changing your address or persons moving in or out of the household;
- Changes in marital status (including any same-sex relationships);
- Having more than \$2,000 if you are single or \$3,000 if you are married in resources that you can cash in, sell, or use to pay for food and shelter; and
- Changes in resources, including money in financial accounts and buying or selling extra vehicles, stocks, investments, or property.

For a complete list of reporting responsibilities for all our programs, please read our publication, *What You Need to Know When You Get Supplemental Security Income* at www.ssa.gov/pubs/EN-05-11011.pdf.

(continued)



How to Report Changes in Wages

You can conveniently report your wages using our:

- Free SSA Mobile Wage Reporting app for smartphones.
- Online Wage Reporting Tool using your personal **my Social Security** account. If you don't have an account, create one today at www.ssa.gov/myaccount.

Be sure to sign up for monthly SSI wage reporting emails or text reminders, so you never forget.

Other options include speaking with a representative by calling toll free at 1-800-772-1213 (TTY 1-800-325-0778) or visiting or writing your local Social Security Office.

Report Changes in a Timely Manner

You must report a change within 10 days after the month it happens. You should report a change even if you're late. Failure to report timely may cause you to:

- Receive less than you should and take longer to receive the correct amount;
- Receive more than you should and have to pay it back;
- Have a penalty deducted from your SSI payment; or
- Lose SSI for not reporting information that we use to determine whether you are still eligible for SSI.

Securing your today and tomorrow starts with being informed. Please share this information with your friends and family—and post it on social media.

HOW TIME CHANGES

Time is like an accordion. Sometimes it expands and seems long ago something happened and other times it contracts and things seem to have been just a couple years ago.

The passage of time seems swift. I observe the weeks flying by as I remember it's trash pickup day again. How can time seem so fast now when it was so endless and slow moving when I was a child?

I recall my elderly aunties saying time was going by too fast and how much I changed since they had last seen me. It does seem my grandsons have gone from playing with little cars to driving them.

Much of my time is spent alone. Time to think and notice how people are changing. It doesn't seem possible that my friends and I were in our 50's not long ago and are now knocking on 80. Classmates from 1961 have been dying in clusters and their obituaries remind me of my own mortality. I clearly remember them as football players and cheerleaders.

On our many winter visits to Florida we stopped to see Phil's brother and sister in law who lived in a colony of aging people. It appeared their sole purpose was to have fun, and enjoy a busy social life before it was too late. I perceived it back then as a rather shallow lifestyle where tee times, parades of decorated golf carts and dancing on the town square every night was the norm. Nothing of substance was obvious. At my present age I'm not so judgemental of their choice to move there and enjoy fun in the sun, avoiding snow and cold weather. Perhaps their last hurrah after working hard and rearing a large family. Now it was their time to grab the gusto in an adult Disneyland environment. They are both gone now.

We're all heading to the end of life, not knowing when, and trying to make the most of each day in what ever way makes sense. For me it's a blend of family, friends, and home making. Throw in garden club, lunches out, and frequent rides in the beautiful countryside. Nothing too exciting, but it works for me.

I hope, dear readers, you are finding joy and meaning in your golden years.

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

Tait Weigel

Country Lifestyle Enthusiast



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 OCTOBER 2022

Diane Randecker, Directo 815-232-8896

MENU SUBJECT TO CHANGE WITHOUT NOTICE

10/3	10/4	10/5	10/6	10/7
Baked Ham Sweet Potatoes Peas Apple Sauce Wheat Bread	Goulash Mixed Vegetables Pears WHEAT BREAD	Hot Turkey Sandwich Mashed Potatoes Green Beans Mix Fruit Wheat Bread	Hot Dog Baked Beans Oven Fries Cole Slaw Bun	Cooks choice to the sites that are open on Fridays
10/10	10/11	10/12	10/13	10/14
 <small>shutterstock - 485763358</small> Roast Beef Mashed Potatoes-Gravey Mixed Vegetables Pears Wheat Bread	Spaghetti Green Beans Orange Slices WHEAT BREAD	Baked Chicken Augratin Potatoes Beets Apple Sauce	Cooks Choice to the sites that are open on Fridays	
10/17	10/18	10/19	10/20	10/21
Apricot Chicken Rice Green Beans Apple Sauce Wheat Bread	Beef Stew Warm Spiced Pears Biscuit Jello	Scalloped Potatoes/Ham Peas and Carrots Apple WHEAT BREAD	Easy Chicken Casserole Parslied Potatoes Carrots Apple Wheat Bread	Beef and Noodles Green Beans Fruit WHEAT BREAD
10/24	10/25	10/26	10/27	10/28
Cheese Burger Tator Tots Baby Carrots Apricots Bun	Chicken Alfredo Italian Vegetables Salad Peaches Wheat Bun	Chili Corn Bread Coleslaw Orange Slices	Bar B Que Chicken Seasoned Potatoes Coleslaw Applesauce Wheat Bread	Cook's Choice to the sites that are open on Fridays
10/31				
Baked Ham Sweet Potatoess Peas Applesauce Wheat Bread				

SENIOR RESOURCE CENTER

JO DAVIESS COMMUNITY OUTREACH

UPCOMING DATES

Sept 21 & 30, Oct 14 & 19

WEST GALENA TOWNSHIP BLDG.

607 Gear St

Galena, IL 61036

Sept 27, Oct 5

STOCKTON TOWNSHIP LIBRARY

140 W. Benton Ave

Stockton, IL 61085

Sept 13, Oct 26

HANOVER TOWNSHIP PARK DISTRICT

500 Fillmore St.

Hanover, IL 61041

Sept 15, Oct 11

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

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By Appointment Only
815-777-1316 or 815-235-9777

UPCOMING EVENTS



**"Blast from the Past"
all month!
For the month of
September, come
explore our durable
antiques.**

Children's Hands On Museum

Located in the Lincoln Mall
1233 W Galena Ave
Freeport, IL 61031

Bring the grandkids!

OPEN Thursday, Friday, Saturday, 10 am - 2 pm

FARM DAYS



Lunch provided for all vendors

Food-Antique tractors, Steam engines-Farm animals-and More!

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September

Heritage Woods of Freeport

Noon-2pm

1500 S. Forest Rd, Freeport, IL
815.801.3900



Alzheimer's & Dementia *Caregiver Conference*



This informative program is for families, friends and caregivers of persons with Alzheimer's disease or related dementia. It is designed to enhance your understanding of the disease; how it affects those who have it; and how to effectively deal with it day-to-day.

**Thursday,
November 3
9 am - 3 pm**

Kelch Aviation Museum
N2463 Airport Rd,
Brodhead, WI 53520

Event is free.
Registration deadline
is October 31, 2022.
Contact ADRC at
608-328-9499.

Compassion Fatigue—When Caregiving Goes Beyond Burnout

Presented by Cindy Keller, SSM Health Neurology/Memory Center

In your role as caregiver, you are often faced with choosing between prioritizing the care of another person or your own. Learn the differences between caregiver burden, burnout, and compassion fatigue. Identify compassion fatigue risk factors, recognize warning signs and create a personalized plan of care.

Chardonnay and Cheetos: How I Coped

Presented by Susan A. Marshall, Backbone Institute, LLC

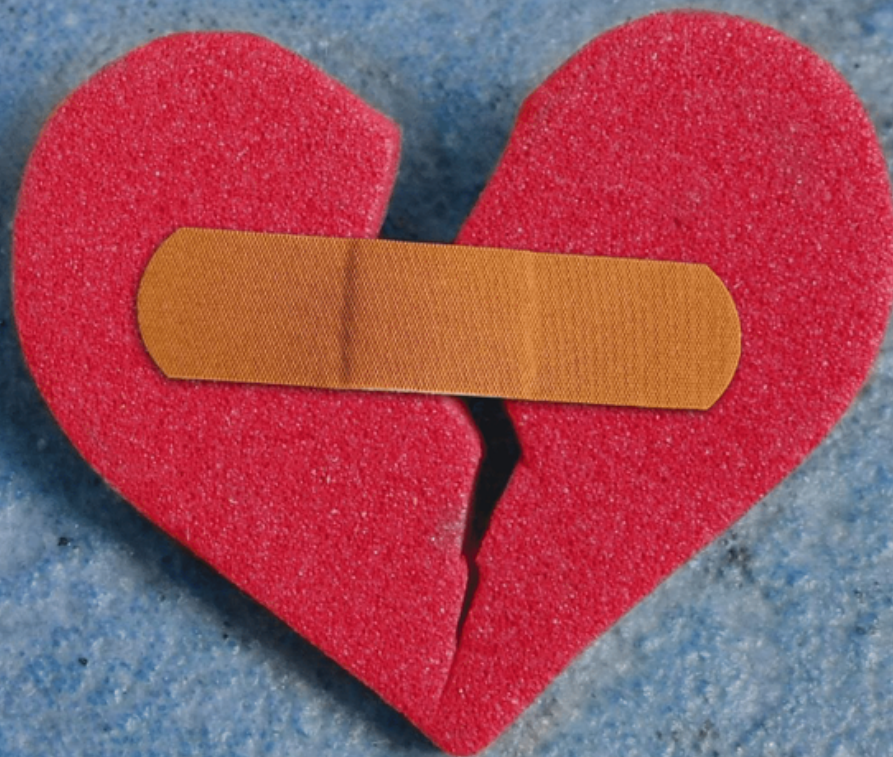
Caring for someone with cognitive decline can be exhausting. Dealing with feelings of inadequacy, helplessness and frustration while making important decisions, hosting tough conversations and managing day-to-day life outside of the caregiving role is not for the faint of heart! How does one cope and keep some sense of humor and balance? We'll discuss the importance of coping behaviors and the slippery slope of over-dependence.

They Want Me to Do What?

Presented by Bonnie Nuttkinson & Kelsey Shuda, Wisconsin Alzheimer's Disease Research Center (WADRC)

A Glimpse Inside of an Alzheimer's Research Volunteer Experience. This talk will provide an overview of the research center and give participants a viewpoint of what it's like to be a research participant/volunteer with the Wisconsin Alzheimer's Disease Research Center.

MENTAL HEALTH FIRST AID TRAINING - *Adult*



You are more likely to encounter someone in an emotional or mental crisis than someone having a heart attack. Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self help care.

Wednesday, November 9, 2022

Registration Deadline – October 26, 2022

Training: 2 ½ hours prework and 5.5 hours Zoom class

Zoom class: 8:30 a.m. – 2:00 p.m. November 9, 2022

Presented by: CONTACT of
Northern Illinois



MENTAL HEALTH FIRST AID - *Adult* *Virtual Training*

Wednesday, November 9, 2022

SSM Health Monroe has graciously offered to pay the fee for this training. -Class is limited to 20 people, get your registration in early!

Registration Deadline – October 26, 2022

Training 2 ½ hours prework and 5.5 hours Zoom class

Zoom class: 8:30 a.m. – 2:00 p.m. November 9, 2022

REGISTRATION

To register, please mail completed form to:

Pam Werntz

CONTACT of Northern Illinois

P.O. Box 83

Freeport, IL 61032

Questions? Call Pam @ CONTACT 815-821-4653 or email Pam @ pamwerntz@gmail.com

Name: _____

Phone number: _____

E-mail address: _____

Occupation and employer name: _____

Brief description of why you're enrolling in the course: _____





Contact Us

Senior Resource Center

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

srcinfo@srcntr.org

