

NEWSLETTER

March 2023

SR
CENTER

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I hope this newsletter finds everyone well as we start emerging from our winter hibernation! The Senior Resource Center is still hosting our AARP Tax-Aide volunteers this month and we are busier than ever with referrals and requests for assistance.

Just a reminder...don't forget to check in on your elderly neighbors. Many don't have a strong support system in place, and just stopping by to say, "Hi" could make all the difference. If you know of someone who could benefit from our services, please give us a call. Our staff will reach out to discuss needs and options with them.

On another note, we are teaming up with 24-hour Care, LLC to bring back the Jo Daviess County Senior Expo in April! We will be hosting the expo at the Elizabeth Community Building in Elizabeth, IL. Check out the flyer in this month's newsletter for more information. If you are interested in being a vendor, please call to confirm we have a space available. At the moment, we are almost full!

Have a great March!
Amanda Faivre
Assistant Director

HAPPY 
ST. PATRICK'S
 **DAY** 

JO DAVIESS COUNTY

Senior Expo 2023

THURSDAY, APRIL 27, 2023

9 AM - NOON

ELIZABETH COMMUNITY
BUILDING

402 WEST ST, ELIZABETH, IL

**OVER 30
VENDORS!**



Join us as we offer older adults an opportunity to interact and educate themselves on services and supports available in the Jo Daviess County area!

**Doors will open at 9 am. No early birds, please!*

Midwest Medical Center Lab Draws

visit www.midwestmedicalcenter.org
to print out registration

COVID Vaccines thru the JDC Health Department

And So Much More!



**Senior
Resource
Center**

**24^{Hour}
CARE**



Home Health Agency
Home Nursing & Home Services Agency

PLAN YOUR RETIREMENT WITH SOCIAL SECURITY

By Christopher Wittkopp
Social Security District Manager in Freeport, IL

Social Security benefits factor into the retirement plan of almost every American worker. If you are covered under Social Security, you should know how much you might receive in future benefits. These monthly payments are likely to be an important part of your retirement income.

We base your benefit payment on how much you earned during your working career. Higher lifetime earnings result in higher benefits. If there were some years you didn't work or had low earnings, your benefit amount may be lower than if you had worked steadily or had higher

earnings. Even if you never worked and did not pay Social Security taxes, you may be eligible for benefits from a spouse's record. You must be at least 62 years old, and your spouse must already be receiving retirement or disability benefits.

Our Retirement page at www.ssa.gov/retirement is a great place to start mapping out your retirement plan.

For example, have you considered:

- When is the right time for you to start receiving your retirement benefits?
- What documents you may need to provide Social Security for your retirement application?
- Which factors may affect your retirement benefits?

You can use your personal my Social Security account at www.ssa.gov/myaccount to get an instant estimate of your future retirement benefits. You can also see the effects of starting your retirement benefits at different ages.

You may also be wondering about:

- Benefits for a spouse or children.
- How work affects your benefits.
- If you will have to pay taxes on your benefits.
- Medicare.

You can learn more at www.ssa.gov/retirement. Please share this information with your loved ones to help them prepare for their retirement.



Why Friends Are Important For Seniors

"Make new friends, keep the old, one is silver and the other one gold". A Girl Scout rhyme says a lot.

Our long time friends are the people we may have known in childhood, through school, and into adulthood. They love us for our history with them. We can talk about the good old days, recall the same people from long ago, and commiserate on changes we've seen in our many years of friendship. They are indeed, gold friends.

New friends may have come into our lives through working together, going to the same church, being neighbors, and belonging to clubs. Shared hobbies have brought me friends too. In my case, antique collectors and gardeners.

My mother told me years ago that I needed to make some younger friends since my older friends would likely begin dying. She was right and wrong. Making younger friends was a good thing, but sadly, some of my younger friends died long before my older friends.

Perhaps making friends is intuitive for some of us, and perplexing to others. I've always found finding friends fairly straight forward. I might meet someone and feel a connection, ask them to meet for lunch, and wait to see if they call later or set up another time to get together. It may take a couple tries to see if the interest is there for each of you.

As I've aged, I find it comforting to talk with friends my age. We compare our experiences with aging. My friends share health challenges, beauty tips, names of good products, doctors, and family stuff, then move on to other things. Some of us support those who have lost their husbands or adult children. We help when one of us is ill and generally care about one another.

Our children can't know how being older feels, as our friends can. We are walking the same way, on the short end of our lives. Having others along for the experience is comforting.

I suggest hanging on to the old friends and making new ones. Reach out and see what happens.

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://nicaa.org/service/golden-meals>

Dining room is now open!

Diane Randecker, Director

Menu Subject to Change

3-Apr	4-Apr	5-Apr	6-Apr	7-Apr
Stuffed Green Peppers Carrots Warm Spiced Peaches Whole Wheat Bread	Goulash Mixed Vegetables Pears Whole Wheat Bread	Hot Roast Beef Sand. Mashed Potatoes Green Beans Whole Wheat Bread	Tuna Noodle Casserole Peas Apricots Whole Wheat Bread	
10-Apr	11-Apr	12-Apr	13-Apr	14-Apr
Chef Salad Fresh Fruit Ranch Dressing Whole Wheat Bread	Spaghetti Green Beans Warm Spiced Peaches Whole Wheat Bread	Honey Glazed Ham Sweet Potatoes Cream Corn Whole Wheat Bread	Baked Chicken Thighs Mashed Potatoes Beets Whole Wheat Bread	Fish Potato Casserole Spinach Whole Wheat Bread
17-Apr	18-Apr	19-Apr	20-Apr	21-Apr
Hot Dog Baked Beans Oven Fries Whole Wheat Bun	Beef Stew Warm Spiced Pears Cornbread	Scalloped Pot./Ham Peas and Carrots Applesauce Whole Wheat Bread	Easy Chicken Cass. Parslied Potatoes Carrots Whole Wheat Bread	Beef Stroganoff Sweet Corn Apricots Whole Wheat Bread
24-Apr	25-Apr	26-Apr	27-Apr	28-Apr
BBQ Beef Sandwich Tator Tots Baked Beans Whole Wheat Bun Blood Pressure Screening	Seasoned Pork Loin Mashed Potatoes-Gravy Green Beans Whole Wheat Bun	Swedish Meatballs Egg Noodles Peas Whole Wheat Bread	Ham Loaf Sweet Potatoes Green Beans Whole Wheat Bread	Salsbury Steak Mashed Potatoes Cream Corn Whole Wheat Bread



SENIOR RESOURCE CENTER

JO DAVIESS COMMUNITY OUTREACH

Serving Jo Daviess County Every Month!

UPCOMING DATES

Mar 1 & 30

WEST GALENA TOWNSHIP BLDG.

607 Gear St
Galena, IL 61036

Mar 23, Apr 13

STOCKTON TOWNSHIP LIBRARY

140 W. Benton Ave
Stockton, IL 61085

Mar 9, Apr 6

HANOVER TOWNSHIP PARK DISTRICT

500 Fillmore St.
Hanover, IL 61041

Mar 16, Apr 20

WARREN COMMUNITY BUILDING

110 W. Main St.
Warren, IL 61087

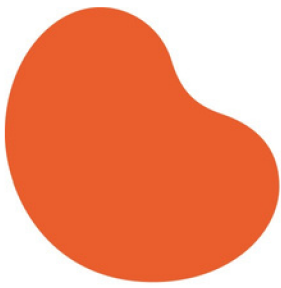
ASSISTANCE WITH:

- 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



National Kidney Foundation[®]

of Illinois

Prevent. Educate. Empower.

1 in 3 American adults is at risk for kidney disease.
Are you the one?

Free Kidney & Diabetes Screening!

Please go on our website at <https://mobilescreening.nkfi.org/preregistration> or scan the QR code to pre-register and complete your questionnaire prior to screening!

MUST BE 18 YEARS OR OLDER – Walk-ins are also welcome

Location: Freeport Public Library

(Sponsored by many Freeport Community Partners)

100 E. Douglas Street

Freeport, IL 61032

Date: Wednesday - April 26, 2023

Time: 10:00am - 2:00pm



SCAN ME

blood pressure · blood sugar* · body mass index (BMI) · waist circumference · urinalysis** ·
blood draw (if necessary) · talk about your results with a health care professional



For more information, contact the National Kidney Foundation of Illinois at
(312) 321-1500 or www.nkfi.org.

***Fasting not required**

****Urine sample will be required**



Contact Us

Senior Resource Center

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

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