

NEWSLETTER

March 2024

SR
CENTER

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**Jo Daviess Community
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Happy St. Patrick's Day (although a little late)! I hope everyone is enjoying our first peak at spring. The SRC has stayed very busy with the AARP Tax-Aide Program this year. Clients are in and out all day and we love it!

The Jo Daviess County Senior Expo is coming up on April 25th and we are hoping for a great turnout. Over 30 vendors have registered so far, with new vendors being added daily. Make plans to join us!

Take some some time to get out there and enjoy our early spring weather, and as always, thank you for your continued support.

Amanda Faivre
Assistant Director





THURSDAY
APRIL 25
9AM-NOON

Crossroads
 Community Church
 Galena Campus

JO DAVIESS COUNTY SENIOR EXPO

Join us at this **FREE EVENT** as we offer older adults an opportunity to interact and educate themselves on services and supports available in the Jo Daviess County area. **All are welcome!**

Lions Club - hearing test & eyeglass drop off
 Aetna Better Health Premier Plan IL MMAI
 Ascension Living Saint Joseph Village
 CaptionCall by Sorenson
 Caring Transitions
 Catholic Charities LTC Ombudsman
 Casper Creek Natural Cemetary
 Citizens Bank
 Coldwell Banker Realty
 Crescent Community Health Center
 Freeport Health Network - BP
 Galena Area EMS
 Galena Green Team
 JDC Transit

JDC Health Dept
 JDC Housing Authority
 Jo-Carroll Energy Co-op
 Liberty Village of Freeport
 Lifescape Community Services
 Midwest Senior Care
 Molitor Plumbing
 Mop Shop
 NICAA/Warren Library
 NICIL
 Oakley Courts
 Prairie Ridge of Galena
 Premier Chiropractic, P.C.
 Riverview Center
 Rosecrance

RSVP of Northwest Illinois
 State Rep Tony McCombie
 Trustwell Living at Eagle Pointe Place
 Windows by Anderson (Zephyr
 Aluminum Products)

Angela Kaiser, Jo Daviess County Clerk & Recorder will be there at 10 am to answer all of your voting questions!

MORE VENDORS BEING ADDED DAILY!

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



Brought to you by:



SOCIAL SECURITY'S TOP 5 SCAM AWARENESS ARTICLES

By Christopher Wittkopp
Social Security District Manager in Freeport, IL

Did you join us for **Slam the Scam Day** in March? If so, you know how important it is to raise awareness about government imposter scams. That's why we want you to have all the information you need to protect yourself. Check out our **top 5 scam awareness articles** below:

1. We work with our Office of the Inspector General (OIG) to protect you from scams that use Social Security as bait. In *How We Protect You from Misleading Advertising and Communications*, we detail what to do if you receive a suspicious advertisement or imposter communication. Please see blog.ssa.gov/how-we-protect-you-from-misleading-advertising-and-communications.
2. Identity theft affects millions of people each year and causes serious harm. Here are 10 ways to protect yourself by securing your personal information at blog.ssa.gov/10-ways-to-protect-your-personal-information-2.
3. Financial crime against all Americans is an ongoing problem. People living with dementia have a higher risk of becoming victims of fraud. You can learn how to minimize this risk for your loved ones at blog.ssa.gov/minimizing-the-risk-of-scams-for-people-living-with-dementia.
4. Fraudsters also target veterans, active duty service members, and their families. To learn what to look for and how to help the veterans and military members in your life, check out blog.ssa.gov/stay-alert-fraudsters-target-veterans-active-duty-service-members-and-their-families.
5. Quick Response (QR) codes are very popular these days. A QR code is a scannable barcode that directs you to a website or social media account. Did you know scammers place fake QR codes on top of official ones? It's among the latest trends we list in this post to combat scams at blog.ssa.gov/new-years-resolutions-to-combat-scams.



We encourage you to review these articles and bookmark them for future use. Please share this information with friends and family to help us spread the word about scams.

Still Adjusting to Old Age

Just when I think I'm on top of physical changes, up crops a new one. From head to toe and everywhere in between it's like a juggling act. Some of my friends have serious challenges. That breaks my heart. My team of drs. and nurse practitioners are trusted friends. If the tests come out good, we're happy together. I took no meds until turning 78. Suddenly everything changed. Now four meds in evening and one in the morning.

Maintaining my house is sometimes frustrating. Finding help with my flower borders is a challenge. How fun it was 20 years ago creating beautiful perennial borders edged with paving bricks. A part time garden helper is a necessity. This year I'm starting with a new helper for big jobs. He seems raring to clean out the borders and spread my favorite shredded dark brown mulch. He has equipment for pruning and mowing and will take the brush to a nearby site. I'm eager for him to see how beautiful the garden will be with his help.

Another challenge is keeping my morale up. When people in your life begin dying on the reg., it's like the pieces of your life puzzle are missing. I have lost some great friends and classmates. The good news is, I have many friends, new and long time, and I make them a priority. We meet for lunch or coffee, talk on the phone, exchange information on everything from makeup to medical help. We laugh together and help each other as needed. Friends and family are a blessing. It's important to make an effort to maintain friendships.

Recently I adopted an orange cat to replace Pansy who died before Christmas. It took me a while to determine whether I should get another cat, but the day she came home with me, my life improved. It's so nice to have a pet to cuddle and talk to and she needed a home. She's about 1 1/2 old, quiet, and fit right in to my routine. Her name is Miss Kitty, like the bar owner in Gunsmoke.

Have a wonderful Easter and spring. Get out and enjoy warmer days and flowers when you can.

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.

As of May 1st, the suggested donation per meal will be going to \$3.25.

For more information on Golden Meals and NICAA, visit <https://nicaa.org/service/golden-meals>

NICAA Golden Meals April 2024

Diane Randecker, Director 815-232-8896

MENU SUBJECT TO CHANGE WITHOUT NOTICE

4/1	4/2	4/3	4/4	4/5
Hot Dogs Baked Beans Macaroni & Cheese Bun	Beef & Noodles Peas Pears Whole Wheat Bread	Tater Tot Casserole Peaches Whole Wheat Bread	Beef Stew Spiced Applesauce Corn Bread	Oven Baked Fish Cheesy Potato Casserole Spinach Whole Wheat Bread
4/8	4/9	4/10	4/11	4/12
Stuffed Green Peppers Carrots Pears Whole Wheat Bread	Mexican Casserole (Veggies in Casserole) Pears Cornbread	Hot Roast Beef Sandwich Mashed Potatoes Green Beans	Ham Loaf Sweet Potatoes Peas Whole Wheat Bread	Meatloaf Mashed Potatoes Green Beans Whole Wheat Bread
4/15	4/16	4/17	4/18	4/19
BBQ on a Bun Oven Potatoes Baked Beans	Spaghetti Green Beans Peaches Whole Wheat Bread	Hot Turkey Sandwich Mashed Potatoes Peas	Chili Warm Spiced Peaches Cornbread	Macaroni & Cheese Casserole Peas & Carrots Plums Whole Wheat Bread
4/22	4/23	4/24	4/25	4/26
Cabbage Rolls Peas Apricots Whole Wheat Bread	Honey Glazed Ham Sweet Potatoes Green Beans Whole Wheat Bread	Swiss Steak Mashed Potatoes Carrots Whole Wheat Bread	Cream Chicken over Biscuit Seasoned Potatoes Cream Corn	Chef Salad/ W Tomatoes, Cheese, Ham & Eggs Fruit Blueberry Muffin
4/29	4/30			
Hot Dogs Baked Beans Macaroni & Cheese Bun	Beef & Noodles Peas Pears Whole Wheat Bread			

Senior Resource Center

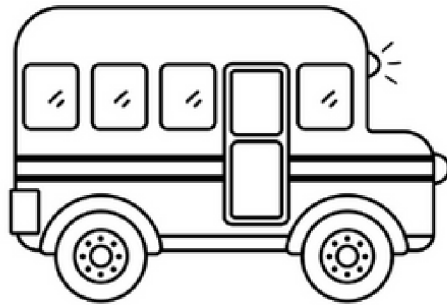
is now offering walk in appointments for general information, license plate sticker discount, LIHEAP application, Medicaid and Medicare consultations, senior housing resources and applications, caregiver support, grant assistance, and so much more!

Tuesdays from
1:00pm – 3:00pm



NEED A *medical related ride?*

**LIVE IN
STEPHENSON
COUNTY?**



**LIVE IN
JODAVIES
COUNTY?**

CALL THE SENIOR RESOURCE CENTER AT 815-235-9777

Looking for assistance getting your license plate fee discount? Call our office for help with the Benefit Access application!





VOLUNTEERS NEEDED!

CALLING ALL VOLUNTEERS! WE NEED YOUR HELP!

The Senior Resource Center is looking for dedicated individuals to join our Medicare SHIP Counselor and AARP Tax Prep teams.

If you have a passion for helping others, attention for detail, and want to make a meaningful difference in your community, we want to hear from you!

Contact Anna Bell to learn more about our volunteer opportunities

815-235-9777 ext. 228

JO DAVIESS

HOUSING AUTHORITY

WILL BE JOINING US AT OUR
OUTREACH SITES TO PROVIDE
MORE INFORMATION ON
HOUSING APPLICATIONS,
QUESTIONS AND MORE!

WARREN OUTREACH

110 W MAIN ST

MARCH 7
APRIL 4
MAY 2

HANOVER OUTREACH

500 FILMORE ST

MARCH 14
APRIL 11
MAY 9



SENIOR RESOURCE CENTER

JO DAVIESS COMMUNITY OUTREACH

Serving Jo Daviess County Every Month!

UPCOMING DATES

Apr 25, May 23, Jun 27

WEST GALENA TOWNSHIP BUILDING

607 Gear St

Galena, IL 61036

Apr 18, May 16, Jun 20

STOCKTON TOWNSHIP LIBRARY

140 W. Benton Ave

Stockton, IL 61085

Apr 11, May 9, Jun 13

HANOVER TOWNSHIP PARK DISTRICT

500 Fillmore St.

Hanover, IL 61041

Apr 4, May 2, Jun 6

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
- Caregiver resources
- General aging questions

SR
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Call For An Appointment!

***Walk-in appointments may be available at some locations - call for details 815-235-9777**



Contact Us

Senior Resource Center

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

srcinfo@srcntr.org

