

NEWSLETTER

January 2025

Dear Friends,

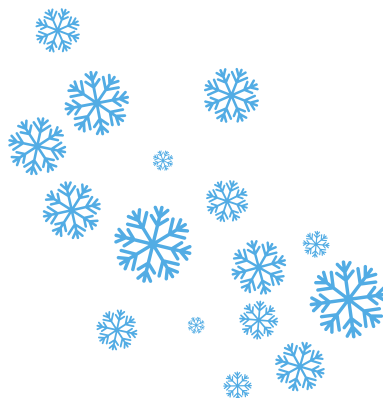
Happy New Year! As we welcome 2025, I hope this season brings you a renewed sense of hope and opportunities for joy and connection. January is a time for fresh beginnings, but it also brings cold weather and challenges that can make staying healthy and active more difficult. At the Senior Resource Center, we are here to help you navigate this season with the support and resources you need.

In this month's newsletter, we've included updates and tools to support your well-being. Whether it's joining a community activity or accessing resources, we hope you find something valuable in these pages. Many of you completed our recent survey about what social activities you'd like to see the Senior Resource Center offer. Speakers, educational programs, and a book club topped the list. We invite you to join us January 8 at 1 pm in our Activity Room for **Idea Café: Brewing Up Fun for the Future!** Bring your ideas for speakers, educational programs or whatever else you are interested in us offering! Please RSVP to Ann Marie if you plan to attend. Simply email her at awalker@srcntr.org.

As always, we are here to help. If you have any questions or need support, please don't hesitate to reach out. Together, let's make 2025 a year filled with community, care, and positive connections.

Warm regards,

Amanda Fairre, Executive Director



IN THIS ISSUE

Message from the Director

New book club

General News

General Assistance

Jo Daviess Outreach

Community Events

Alzheimer's Support Group

Social Security Column

Featured Article

Golden Meals

Volunteers Needed



Stories and New Friends Await – Join Our Book Club!

The Senior Resource Center, in partnership with the Freeport Public Library, is excited to announce a new book club starting January 2 for all our avid readers! Whether you love mysteries, thrillers, romance, historical fiction, or other genres, this club will explore a variety of stories sure to inspire, entertain, and bring us closer together.

We will meet the 1st Thursday of the month at 10:30 am at the SRC. The Freeport Public Library will loan everyone free copies of the book. On January 2 we will kickoff the club and distribute the first book, *The Boys in the Boat*.

If you're interested in joining, please call or email Ann Marie Walker. We can't wait to hear from you and start this wonderful new adventure in reading together!

 815-235-9777 ext. 232

 awalker@srcntr.org



**ATTENTION!
PLEASE!**

Holiday Closing Dates

January 1- New Year's Day

January 20 - Martin Luther King, Jr. Day

General News



Senior Resource Staff pose for a photo before delivering holiday food boxes to 52 area community members! Everyone received a ham or whole chicken and a box of food for side dishes. A heartfelt THANK YOU to the Salvation Army for providing the food.

This holiday season, the **Polo High School** Student Council spread joy by organizing a donation drive. They collected pillows, blankets, socks, toiletries, and other essentials for seniors in our community.

Thanks to their efforts, dozens of older adults received these much-needed supplies, making their holidays brighter. We deeply appreciate their generosity and hard work.

Thank you, Polo High School student council, for making a meaningful difference. Your kindness is a gift to our community!



Idea Cafe: Brewing Up Fun for the Future

Start the new year by sharing your brilliant ideas at the Senior Resource Center's *Idea Cafe: Brewing Up Fun for the Future!* This exciting social event will take place on **Wednesday, Jan. 8, at 1:00 PM**, and we're inviting you to join us for an afternoon of brainstorming, connection, and fun.

We had more than 80 people complete our Activities and Interests survey. Now we need to get specific about what most interests you! What types of social and educational programs would you like to see at the Senior Resource Center? Are there guest speakers or specific topics that interest you? How about new social activities you'd enjoy? This is your chance to help shape the future of what we offer.

Enjoy a warm cup of coffee, snacks, great conversation, and the opportunity to make your voice heard. Together, we'll craft a calendar of programs and events that meet your interests.

Don't miss this opportunity to brew up fun ideas and connect with others in our community. We can't wait to hear your suggestions!



**To register for the
Idea Cafe, email
Ann Marie at
awalker@srcntr or call
815-235-9777 ext.
232**

Senior Resource Center Helps Local Seniors Save Nearly \$193,000 During Medicare Open Enrollment

The Senior Resource Center is proud to announce the tremendous success of its Medicare Open Enrollment Assistance Program. During this year's enrollment period, October 15 – December 7, the SRC provided personalized assistance to 408 older adults, helping them navigate the complexities of Medicare and select the plans best suited to their needs or make changes to their coverage for the following year.

Thanks to this vital program, local seniors achieved total savings of nearly \$193,000 on their healthcare costs. That averages to \$473 savings per person! This remarkable achievement underscores the program's importance in empowering older adults to make informed decisions while easing the financial burden of healthcare.

"Our goal has always been to serve as a trusted resource for our senior community," said Anna Bell, Senior Health Insurance Program (SHIP) Coordinator. "The cost savings we've helped generate this year prove how essential these services are for older adults and their families."




Snow Removal

Are you ready for winter?

If you are a senior needing assistance with snow removal this winter, we may be able to help! Call our office to discuss program qualifications and financial eligibility.



 **815-235-9777**

BASICS OF

MEDICARE

Get your Medicare questions answered!

Tuesday, January 14
10:00 am

Senior Resource Center
Activity Room
216 E. Stephenson St.
Freeport, IL



Name/Nombre
JOHN L SMITH

Medicare Number/Número de Medicare
1EG4-TE5-MK72

Entitled to/Con derecho a
HOSPITAL (PART A)
MEDICAL (PART B)

Coverage starts/Cobertura empieza
03-01-2016
03-01-2016

A promotional graphic for the Senior Resource Center's Medical Rides program. It features a white van with the center's logo on the side. The text includes the center's name, 'MEDICAL RIDES' in large orange letters, and three service options: Monroe & Rockford (\$75 round trip), Madison & Chicago (\$125 round trip), and Financial Assistance. A 'Contact Us' button and the phone number 815-235-9777 are also present.

Senior Resource Center

MEDICAL RIDES

Monroe & Rockford
\$75 round trip

Madison & Chicago
\$125 round trip

Financial Assistance
Financial assistance for those who qualify.
Call us to learn more.

Contact Us

815-235-9777

Changes to Medical Rides Outside Stephenson County

As of this fall, we must now charge a fee for medical rides outside Stephenson County. The grant that previously helped us offset these costs ended in September, and while we hope to secure more funding in 2025, we need to adjust in the meantime.

The fee helps cover essential expenses such as gas, insurance, the paid driver, vehicle maintenance, and staff time required to schedule rides. Our drivers are paid not only for driving time, but time when they wait for the patient's appointment to conclude and then drive the client back home - many times this is a half to full day task. We remain committed to providing transportation for medical appointments and appreciate your understanding as we navigate this transition.

If you have any questions, need assistance scheduling a ride, or help paying for a ride, please contact us at 815-235-9777.



Walk-In Tuesdays

1-3 pm

at Senior Resource Center

The SRC is offering walk-in appointments for general information, license plate sticker discounts, senior housing resources and applications, caregiver support, and more! *For Medicaid and Medicare questions, please make an appointment.*



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



SENIOR RESOURCE CENTER

JO DAVIESS COMMUNITY OUTREACH

Serving Jo Daviess County Every Month!

UPCOMING DATES

Jan 23, Feb 27, Mar 27

WEST GALENA TOWNSHIP BUILDING

607 Gear St
Galena, IL 61036

Jan 16, Feb 20, Mar 20

STOCKTON TOWNSHIP LIBRARY

140 W. Benton Ave
Stockton, IL 61085

Jan 9, Feb 13, Mar 13

HANOVER TOWNSHIP PARK DISTRICT

500 Fillmore St.
Hanover, IL 61041

Jan 2, Feb 6, Mar 6

WARREN COMMUNITY BUILDING

110 W. Main St.
Warren, IL 61087

ASSISTANCE WITH:

- Aging & disability benefits
- Medicaid questions
- Medicare questions - make appt
- Benefit Access (license plate discount)
- Part D questions
- Caregiver resources
- General aging questions



COMING SOON!

Freeport Public LIBRARY
More than books on a shelf.

ONE BOOK ONE FREEPORT

1-25-25

The graphic has a warm, orange-brown background with a pattern of dandelion seeds blowing in the wind. The text is arranged vertically, with 'COMING SOON!' at the top, the library logo in the middle, and the event title and date at the bottom.

The Freeport Public Library is sponsoring an exciting community reading program in 2025.

One Book, One Freeport is a community reading program that encourages literacy and community involvement by reading a single book and hosting various events related to the book. There will be a kick-off party at the library on Saturday, January 25 starting at noon with free books, live music, community crafts, and snacks.

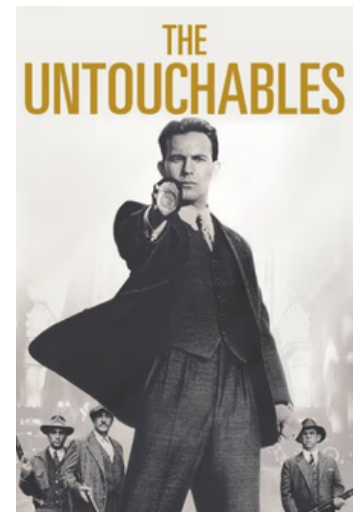
The new SRC book club will be reading the book, so join in the fun!

Lindo Classic Cinemas Classic Movie for January The Untouchables

Date: Wednesday, Jan. 8

Time: 1:00 pm

Movie Overview: After building a bootlegging empire, Al Capone rules Chicago with an iron fist. Prohibition Agent Eliot Ness, frustrated by corruption, assembles an elite team, including cop Jimmy Malone, to bring Capone to justice.





FARMER'S MARKET

The Stephenson County Farm Bureau is hosting an indoor Winter Farmer's Market this season! Escape the chill and join them for three special market days filled with local goods, great company, and warm hospitality.

The market will be held in the Lincoln-Douglas Room at the Farm Bureau Building, 210 W. Spring St., Freeport, from 10:00 AM to 1:00 PM on Saturday, January 11, Saturday, January 25 and Saturday, February 8. The room is easily accessible from the side entrance—just follow the signs!

Enjoy free coffee while you browse an array of vendors from local markets offering unique products and fresh goods. Whether you're shopping or simply stopping by, take a seat at the community table and connect with the wonderful people who make our community special.

For more information, contact the Stephenson County Farm Bureau.



Freeport Moose Family Center

Bingo Open to the Public!



Sundays: 12:00 pm - Bingo Sales
2:00 pm - Bingo Games
(Nachos, BBQ sandwiches, Desserts)

Wednesdays: 4:30 pm - Bingo Sales
6:15 pm - Early Bird Games
6:30 pm - Bingo Games
(food available - varies)

440 E. Challenge Street; Freeport 815-232-1516

Join us for the 70's and 80's Dance Against Cancer

Presented by Flight Radio Studio Production Company 105.7FM and The Eagles Club

January 18, 2025 • 7:00-11:00 PM



Get ready for a night of fun & giving as we raise funds for the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital and Flight Radio 105.7FM.

Dress up in your vintage 70's or 80's outfit and enjoy a fabulous night filled with:

- The Real Deal Band jamming classic hits!
- DJ Flash spinning your favorite 70's and 80's tunes
- Eagles Club 50/50 raffle and silent auction
- Guest speakers from FHN Memorial Hospital
- Community leaders and nonprofit organizations

\$25 in advance / \$30 at the door • Sponsor a table for \$100

For tickets or more information, email wqjt.info@gmail.com or visit wqjt1057.com.

Need to purchase tickets with cash? Text "Need Tickets" to 608-346-0496

Can't attend? You can still make a difference! Email us for the donation link.



ALZHEIMER'S  ASSOCIATION®



1st Monday of the Month Alzheimer's Caregiver Support Group

Presented by:

Alzheimer's Association
Illinois Chapter

Join us!

January 6

1st Monday of each month from 3:00-4:00pm
Freeport Public Library Board Room
100 E. Douglas Street, Freeport, IL 61032

Join us for confidential support and conversation discussing dementia & Alzheimer's disease.

Hosted By:



Build a support system with people who understand.

Alzheimer's Association® caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia to:

- Develop a support system.
- Exchange practical information on caregiving challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

TO REGISTER CALL: **800-272-3900**



Information provided by: The Social Security Administration

Toll Free Phone Number: 1-800-772-1213 Website: www.ssa.gov

Common Questions

Question: What is the earliest age that I can receive Social Security disability benefits?

Answer:

There is no minimum age as long as you meet the Social Security definition of disability and you have sufficient work credits to be eligible for benefits. To be eligible for disability benefits, you must have worked under Social Security long enough to earn the required number of work credits and some of the work must be recent. You can earn up to a maximum of 4 work credits each year. The number of work credits you need for disability benefits depends on the age you developed a disability. For example, if you are under age 24, you may be eligible with as little as 6 credits of coverage. But people with a disability at age 31 or older generally need between 20 and 40 credits to be eligible, and some of the work must have been recent. For example, you may need to have worked 5 out of the past 10 years. Learn more at www.ssa.gov/disability.

Question: If I retire at age 62, will I be eligible for Medicare?

Answer:

No. Medicare starts when you reach 65. If you retire at 62, you may be able to continue medical insurance coverage through your employer or purchase it from a private insurance company until you become eligible for Medicare. For more information, read Medicare at www.ssa.gov/pubs/EN-05-10043.pdf, or call us at 1-800-772-1213 (TTY 1-800-325-0778).

Question: Will my eligibility for the Extra Help with Medicare prescription drug plan costs be reviewed and, if so, how often?

Answer:

If you get the Extra Help, Social Security may contact you to review your status. This review will ensure you remain eligible for Extra Help and receive all the benefits you deserve. Each year, usually at the end of August, we may send you a form to complete: Social Security Administration Review of Your Eligibility for Extra Help. You will have 30 days to complete and return this form. Any necessary adjustments to the Extra Help will be effective in January of the following year. Go to www.ssa.gov/medicare/part-d-extra-help for more information.

Comfort in Daily Life

Ten years living alone has taught me how much comfort is in daily chores and routines. The sound of familiar voices on TV takes the edge off quiet that can be oppressive. As I make my bed, open up the curtains to let in first light, I stretch like a cat to get all my joints moving. Feeding Miss Kitty, changing her water, cleaning out her litter box then washing up and going through the ritual of making coffee. One container of water, 1 large scoop of decaf grounds and 1 tiny scoop of regular hazelnut coffee for a bit of flavor. As the coffee drips through I ponder what is on today's list, take morning meds, and pop bread into the toaster. The biggest decision will be how to top off my sourdough English muffins. In summer a spread of cream cheese and thick slice of garden tomato. Check in with Kindred Spirits, widow's group on messenger, write something on my wall for a few friends who check in during their morning coffee.

Over these ten years my neighbor friend Helen and I take night drives. Sometimes we eat together then take a ride. Usually through neighborhoods, parks, cemeteries all the while talking about our day or sharing the concerns of aging bodies. She is a youthful 94 and I a fairly normal 81. We don't share interests or lifestyle, but we do care about each other as friends do, take soup or something to the other if there's illness. She has been on the cat sitting circuit in my traveling days and was always welcomed by the kitties who knew and loved her. We call ourselves Night Riding Friends. Those rides save us from what can sometimes be lonely dinner times.

There is comfort in friendships, meeting with garden club, and spending time with my small family. Comfort in living much of my life in my hometown. Even visiting my husband, father and his family at Oakland Cemetery is a comfort.

What do you find comforting in your life?

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



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 of \$3.25 per meal is requested. No one will be denied meals because of their inability to pay.

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

Dining room is open!

NICAA Golden Meals
January 2025

Diane Randecker, Director 815-232-8896

Menu Subject to Change

		1/1	1/2	1/3
		SITES CLOSED 	Hot Dog Seasoned Potatoes Baked Beans Bun	COOK'S CHOICE TO BE ANNOUNCED
1/6	1/7	1/8	1/9	1/10
Hearty Beef Stew (Veggies In Stew) Peaches Cornbread	Brats/ W Peppers Macaroni & Cheese Italian Vegetables Bun	Cream Chicken over Biscuit Peas Mixed Fruit	Goulash Green Beans Applesauce Bread	COOK'S CHOICE TO BE ANNOUNCED
1/13	1/14	1/15	1/16	1/17
Savory Beef & Noodles Glazed Carrots Peaches Bread	Ham & Beans Mixed Fruit Cornbread	Honey Glazed Ham Sweet Potatoes Green Beans Bread	Swiss Steak Mashed Potatoes Peas Bread	COOK'S CHOICE TO BE ANNOUNCED
1/20	1/21	1/22	1/23	1/24
SITES CLOSED 	Shepard's Pie (Veggies in Pie) Spiced Peaches Bread	Chili Applesauce Cornbread	Ham Loaf Sweet Potatoes Corn Bread	COOK'S CHOICE TO BE ANNOUNCED
1/27	1/28	1/29	1/30	1/31
Spaghetti Green Beans Peaches Bread	Pulled Pork Mashed Potatoes Mixed Vegetables Bun	Creamed Sausage over Biscuit Carrots Mixed Fruit	Seasoned Chicken Thighs Mashed Potatoes Cream Corn Bread	COOK'S CHOICE TO BE ANNOUNCED



**Senior Resource Center is in need of
VOLUNTEERS to assist with our**

**AARP Tax Aide Program
and
Money Management Program**

***For more information, please contact Anna Bell
at 815-235-9777 ext. 228***





Contact Us

Senior Resource Center

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

srcinfo@srcntr.org

F