

NEWSLETTER

May 2024

The logo for the Senior Resource Center, featuring the letters 'SR' in a large, white, sans-serif font above the word 'CENTER' in a smaller, white, sans-serif font, all contained within an orange square. The background of the entire page is a soft-focus image of white flowers and green leaves.

SR
CENTER

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Hello Everyone,

Exciting News Alert! I am thrilled to announce that I have accepted the role of Executive Director at the Senior Resource Center! It is a great honor for me to assume this position and advance our mission as we grow as an agency.

A bit about me... I have been a part of the Senior Resource Center for 10 years, serving as a case manager, case management supervisor, and assistant director. My husband is the high school principal in Polo, where we reside. We have three college-going kids, a lovable dog named Moose, and a couple of barn cats. I earned my bachelor's degree in Sociology with a Gerontology concentration from Illinois State University and have always had a passion for working with older adults throughout my career.

I would like to invite community members to join us at the Senior Resource Center for coffee and donuts on Friday, June 28th, between 8:30-10am. It will be a great opportunity to meet me and our team and learn more about the Senior Resource Center. I hope to see you there!

Amanda Faivre
Executive Director

YOU'RE INVITED TO AN

OPEN HOUSE

COME MEET OUR NEW
EXECUTIVE DIRECTOR AND
STAFF!

DONUTS AND COFFEE

FRIDAY, JUNE 28TH, 2024
8:30-10:00 AM

SENIOR RESOURCE CENTER
206 E STEPHENSON ST, FREEPORT



JO DAVIESS COUNTY

SENIOR EXPO

A big thank you to 24hr Care LLC, Crossroads Community Church (Galena Campus), the Lions Club, Safe Haven and all our wonderful vendors! The Jo Daviess County Expo was a huge success.



**BIG
APPLAUSE**



Our tax numbers are in!

Total Returns: 336 Fed and 339 State

Total Refunds: \$180,907 with an average refund of \$538.41

Total Clients Served: 435

AARP Foundation

TAX-AIDE

Free tax assistance for those who need it most

Thank you to Betsy and her amazing team of Tax-Aide volunteers for all of their hard work this tax season.



BEAT THE HEAT KEEP IT COOL

Summer Cooling Tips to Lower Utility Costs

CEILING FANS



Turn off ceiling fans in rooms *not being used*.

Run ceiling fans in common or occupied rooms *when the air conditioner is running*.

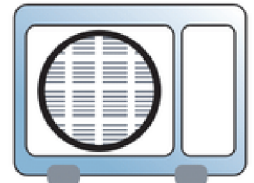
In summer, ceiling fans should be set **counterclockwise** and at the **lowest setting** to conserve energy.

Ceiling fans cost roughly an average of a penny per hour of operation versus \$0.36 per hour for an AC unit to run. If using a ceiling fan and AC unit simultaneously, you can raise your thermostat setting 4 degrees F without a change in comfort.



AIR CONDITIONING UNIT

Set thermostat at the **highest temperature** you are comfortable with when home and awake. When away from home and at night (if possible), **increase the temperature by 3-5 degrees** from your normal temperature setting.



Clean or replace HVAC filter once a month.

Set the fan switch on your thermostat to "Auto" unless an indoor air quality professional has set up your system to operate continuously for health reasons.

You can save as much as 10% yearly on utility bills by adjusting the thermostat 10 degrees from its normal setting for 8 hours a day.



WINDOWS

During summer, keep window coverings closed during the day to block the sun's heat.

- **South-facing** windows receive the most light and are the **hottest**.
- **West-facing** windows receive light in the afternoon and are hot.
- **North-facing** windows receive the least light and are the coolest.
- **East-facing** windows receive light in the morning and are cool.



! IF YOU ARE EXPERIENCING SYMPTOMS OF SEVERE HEAT EXHAUSTION, CALL 911.

BOX & OSCILLATING FANS

Before purchasing fans, consider the size you will need by determining if you are going to use the fan in a small room only or larger rooms as well, or on your own desk or beside your bed.

For larger spaces or distances, look for bigger box fans (20") with higher air flow (1,400-3,000 Cubic Feet per Minute), while for rooms up to 150 sq.ft., or on desks or beside beds, a small 10" box fan with less than 1,000 Cubic Feet per Minute (CFM) might be sufficient.

Compare fans with one another and see which one gives higher CFM at a lower wattage.

Pick a box fan with multi-speed settings.

If you intend to run the box fan while you are asleep, or if you forget to turn things off, then choose a box fan with a shut-off timer.

During milder temperatures, position the box fan in front of an open window. The fan can also be placed to push hot air out of a room.

A box fan should face in if the temp outdoors is cooler than indoors. Another fan can be placed in an opposite room to draw hot air out of the house.

If you own a two-story home, position several fans both downstairs and upstairs. The fans on the second floor should face out and the fans on the first floor should draw fresh air into the house.

During hotter months, don't keep the fan on without the AC running and turn fans off in rooms not being used or when away from home.

Create a wind tunnel by placing fans on opposite sides of a common area or bedroom.

You can place a pan or tray of ice in front of a fan to circulate melting ice to cool the air.

Do not overload electrical plug-ins or use extension cords with fans.



PRACTICAL TIPS

Wear lightweight clothing and breathable fabrics.

Take cool showers during the day or at night before bed.

Place cool wet towels on your neck or head to help reduce body temperature.

Keep fan cords out of doorways and walking paths.

Close off unused rooms & shut vents if possible.

Avoid using the oven - especially during the day; try the microwave, toaster oven or grill outside, if possible.

Use cold water for laundry and line dry clothes when possible.

Switch to LED light bulbs.

Schedule HVAC tune-ups annually to keep system running properly.

Clean window AC unit filters frequently per safety instructions.

FINANCIAL ASSISTANCE

You may be eligible to receive financial assistance for the following:

- Energy Utility Bill Assistance • Rental Assistance • Food
- Employment Training/Placement • Temporary Shelter
- Water/Sewer Payment • Financial Management

For more info go to <https://dceo.illinois.gov/communityservices/homeweatherization/communityactionagencies.html> or to apply for the Low-Income Home Energy Assistance Program (LIHEAP), contact IDoA's Senior HelpLine at 1-800-252-8966; 711 TRS.

REFERENCES:

Ogletree, A. (2021, November 10). [Does Using a Ceiling Fan Actually Help Save on Energy Costs](#). Angi.

Walker, C. (2023, April 15). [How to Position Fans to Cool a Room](#). Cooling Fan Review.

Heath, E. (2023, March 17). [What's the Best Thermostat Setting for the Summer?](#)

Amjad (2022, April 24), [Do Box Fans Use a Lot of Electricity?](#) Bills Wiz.

READY TO RETIRE? APPLY ONLINE WITH SOCIAL SECURITY

By: The Social Security Administration
Toll Free Phone Number: 1-800-772-1213
Website: www.ssa.gov



It's never too early to start planning for retirement and our online tools can help. Go to www.ssa.gov/myaccount to access your personal *my Social Security* account to get an estimate of your retirement benefits based on your earnings record. Once you have an account, you can use our *Plan for Retirement* tool to see how your benefits can change at different ages. Don't have a personal *my Social Security* account? You can create one at www.ssa.gov/myaccount.

You can also use your personal *my Social Security* account to see your entire work history and make sure we have all your wages recorded correctly. We base your benefit amount on the earnings reported to us. If you find any errors in your work history, read our factsheet, *How to Correct Your Social Security Earnings Record* at www.ssa.gov/pubs/EN-05-10081.pdf.

When you're ready to apply for Social Security retirement benefits, you can complete our online application in as little as 15 minutes at www.ssa.gov/retirement. We will contact you if we need any further information. You can check the status of your application using your personal account.

You can apply online for Social Security retirement benefits, or benefits as a spouse, if you:

- Are age 62.
- Are **not** currently receiving benefits on your own Social Security record.
- Have not already applied for retirement benefits.
- Want your benefits to start no later than 4 months in the future. (We cannot process your application if you apply for benefits more than 4 months in advance).

Note: If you were born on the first or second day of the month, you meet this requirement in the month of your 62nd birthday. If you were born on any other day of the month, you do not meet this requirement until the following month.

Find out more about retirement benefits at www.ssa.gov/retirement.

The Importance of a Good Attitude

As we age there are a lot of pitfalls. One is a pessimistic outlook on life. So easy to think in a negative way as we change with age and others in our circle are facing difficult times. It's particularly important to begin to examine our outlook and what we say or think about aging. Studies have shown that a positive or realistic outlook is significant in better physical and mental health and even longevity. Not to mention, few people want to spend time around someone who is largely negative about life.

There are times we need to vent about our concerns and fears about aging. Find a good friend who can handle serious talk or make an appointment with a therapist or a minister to unburden yourself from heavy concerns. Many primary care practitioners ask about our sleep, our pain levels and if we feel safe in our living situations. Perhaps they could also ask how we are adjusting to aging and offer helpful suggestions.

Much of our behavior is habit. If you are generally a pessimistic person, begin each day with some positive thoughts that are realistic. In the evening, write down a few good things that happened during the day. As simple as what you accomplished at home, or who you talked to, how you reached out to help someone, what you enjoyed eating, watching on t.v. or reading.. As an example I wrote: Enjoyed a beautiful sunrise, had a visit with a friend, made chicken pot pie, played with my kitty.

What works for me is limiting news, keeping a short list of positive things each day, laughing at funny t.v. shows, reading positive themed books and articles, taking a walk outdoors, arranging a few flowers, writing on Facebook, chatting with people who brainstorm about solutions to everyday challenges. You can make your own list and keep it nearby for times you are slipping into negative thinking. Refer to the list and pick something to do that will move you in a more positive direction.

I hope your summer will be a good one. Take care of your health, enjoy time outdoors, and give hugs to your family and friends. I recall an elderly lady who often said, "isn't life beautiful". It really is.

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 is \$3.25.

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

NICAA Golden Meals JUNE 2024

Diane Randecker, Director 815-232-8896

MENU SUBJECT TO CHANGE WITHOUT NOTICE

| 6/3 | 6/4 | 6/5 | 6/6 | 6/7 |
|--|--|--|--|--|
| Swedish Meatballs Ranch Diced Potatoes Green Beans Whole Wheat Bread | Spanish Rice Applesauce Cornbread | Italian Sausage w/ Peppers on a Bun Potato Wedges Italian Vegetables | Ham Loaf Sweet Potatoes Creamed Corn Whole Wheat Bread | Chicken Salad Potato Salad Peaches Bun |
| 6/10 | 6/11 | 6/12 | 6/13 | 6/14 |
| BBQ on a Bun Baked Beans Apricots | Spaghetti Green Beans Peaches Whole Wheat Bread | Southwest Salad W, Black Beans Corn, Chicken, & Cheese Blueberry Muffin | Seasoned Pork Loin Mashed Potatoes Corn Whole Wheat Bread | Tuna Salad Coleslaw Mixed Fruit Bun |
| 6/17 | 6/18 | 6/19 | 6/20 | 6/21 |
| Pulled Pork Mixed Vegetables Pears Bun | Frito Pie Green Beans Peaches Whole Wheat Bread | SITES CLOSED  | Creamed Chicken over a Biscuit Seasoned Potatoes Cream Corn | Ham Salad Macaroni Salad Peaches Bun |
| 6/24 | 6/25 | 6/26 | 6/27 | 6/28 |
| Chicken Salad Cole Slaw Mandarin Oranges Croissant | Beef & Noodles Peas Pears Whole Wheat Bread | Tater Tot Casserole Peaches Whole Wheat Bread | Chef Salad W/ Eggs, Cheese Tomatoes & Ham Banana Nut Muffin | Creamed Beef over Biscuit Peas & Carrots Mixed Fruit |
|  | | | | |

Senior Resource Center

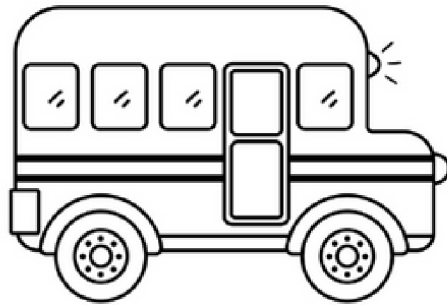
is now offering walk in appointments for general information, license plate sticker discount, LIHEAP application, Medicaid and Medicare consultations, senior housing resources and applications, caregiver support, grant assistance, and so much more!

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!



SENIOR RESOURCE CENTER

JO DAVIESS COMMUNITY OUTREACH

Serving Jo Daviess County Every Month!

UPCOMING DATES

Jun 27, Jul 25, Aug 29

WEST GALENA TOWNSHIP BUILDING

607 Gear St
Galena, IL 61036

Jun 20, Jul 18, Aug 15

STOCKTON TOWNSHIP LIBRARY

140 W. Benton Ave
Stockton, IL 61085

Jun 13, Jul 11, Aug 8

HANOVER TOWNSHIP PARK DISTRICT

500 Fillmore St.
Hanover, IL 61041

Jun 6, Aug 1

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
CENTER

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

