

NEWSLETTER

August 2024

SR
CENTER

Happy August!

As you may have noticed, we took the month of July off from our newsletter. We're busy preparing for Medicare open enrollment coming up in October. We will start taking appointments on Sept 23rd. In the meantime, if you have general questions about Medicare, register for one of our free Medicare Basics classes! Check out the flyer in this newsletter for more information. The SRC also has our Senior Lifestyle Expo coming up in October, so save the date! More info will be available in next month's newsletter.

Thank you for your continued support,

Amanda Faivre

Executive Director

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The background of the entire page is composed of thick, hand-painted brushstrokes in red and blue, radiating from the center towards the corners, creating a sunburst or starburst effect.

MEDICARE BASICS

Get your Medicare questions answered!

***TUESDAY
SEPTEMBER, 10TH
10 AM - NOON***

**SENIOR RESOURCE CENTER
ACTIVITY BUILDING**

**216 E STEPHENSON ST
FREEPORT, IL 61032**

**REGISTER NOW!
CALL 815-235-9777**

Senior Lifestyle Expo



Senior
Resource
Center

SAVE THE DATE

9am - noon
Thurs, October 24th

**Freeport Eagles
Club**

1200 W Galena Ave
Freeport, IL 61032

*Sponsorships are
available! More info
to follow.*



UNDERSTANDING THE NEED FOR A REPRESENTATIVE PAYEE

By: The Social Security Administration

Toll Free Phone Number: 1-800-772-1213

Website: www.ssa.gov

You may know someone who gets a monthly Social Security benefit or Supplemental Security Income (SSI) payment and who also needs help managing their money. We can appoint a person or an organization to act as a “representative payee” responsible for receiving and managing a person’s Social Security benefits or SSI payments.

When we assign a representative payee, we select someone who knows the beneficiary’s needs and can make decisions about how to best use their benefits for their care and well-being. An application is required, and an in-person interview may be needed. You can call us at 1-800-772-1213 to schedule an appointment.

Most representative payees are responsible for completing an annual form to account for the benefit payments they receive and manage. They must complete this form and return it to Social Security by mail or, if they have a personal **my Social Security** account, they can file it online using the Representative Payee portal. Account holders can also get a benefit verification letter and manage direct deposit and wage reporting for their beneficiaries. Learn more about the portal at www.ssa.gov/myaccount/rep-payee.

You also have the option to identify up to 3 people to serve as your future representative payee and help manage your benefits, if the need arises. We call this Advance Designation. We offer Advance Designation to capable adults and emancipated minors who are applying for or already receiving Social Security benefits, SSI, or Special Veterans Benefits. With Advance Designation, you and your family can enjoy peace of mind knowing someone you trust may be appointed to manage your benefits. Find more information about:

- Advance Designation at www.ssa.gov/payee/advance_designation.
- Representative Payees at www.ssa.gov/payee.
- Publications about representative payees at www.ssa.gov/payee/newpubs.

If you know someone who needs help managing their monthly benefits, please consider becoming a representative payee. You can also help by sharing this information with friends and family.



Senior Resource Center



Volunteers Needed

Are you friendly, comfortable answering phones, and have basic computer knowledge? We are looking for volunteers to assist as receptionists for our Freeport office.

**More information call Anna Bell
Senior Resource Center
815-235-9777 ext 228**

A Lovely August Garden?

My garden needs pruning and cutting back in August. Weeding and dark brown mulch helps spruce it up too. Ornamental grasses, hosta, brown eyed Susan, goldenrod cultivars, daylilies and New England asters are the stars of the back borders. It's important to cut back the asters in June so they don't grow to 5 ft. or more and flop down.

Potted annuals can fill bare spaces, though they'll require watering at least once a day and a boost of plant food. I love the look of casual cottage gardens where herbs, strawberries and vegetable plants are mixed in with flower borders. Strawberry leaves are beautiful all summer and autumn.

Mint plants like catnip, spearmint, and lemon balm can be harvested and dried to put in jars for use in making teas. While they are still fresh they can be steeped in hot water and made into iced or hot tea. Delicious.

Some roses will bloom all summer and add pop to August borders. They are affordable and don't require much care other than pruning dead branches in the spring.

I enjoy looking at my August garden through the windows in my air conditioned cottage. Usually I've finished garden chores early in the morning before it's too hot to be outdoors in the sun. I hope you enjoy your garden or drive around town to enjoy other people's late summer gardens.

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 SEPTEMBER 2024

Diane Randecker, Director 815-232-8896

Menu Subject to Change

9/2	9/3	9/4	9/5	9/6
 <p>SITES CLOSED</p>	BBQ on Bun Oven Potatoes Baked Beans	Ham & Scalloped Potatoes Italian Beans Mixed Fruit Whole Wheat Bread	Creamed Beef Over Biscuit Peas & Carrots Peaches	Herbed Pork Loin Mashed Potatoes & Gravy Stewed Tomatoes Whole Wheat Bread
9/9	9/10	9/11	9/12	9/13
Pulled Pork Seasoned Potatoes Mixed Vegetables Bun	Seasoned Chicken Thighs Mashed Potatoes Peas Whole Wheat Bread	Swiss Steak Mashed Potatoes Carrots Whole Wheat Bread	Ham Loaf Sweet Potatoes Cream Corn Whole Wheat Bread	Oven Baked Garlic Butter Cod Seasoned Mashed Potatoes Spinach Whole Wheat Bread
9/16	9/17	9/18	9/19	9/20
Chicken & Noodle Casserole (Veggies in Casserole) Fruit Whole Wheat Bread	Beef & Noodles Peas Pears Whole Wheat Bread	Chili Corn Bread Fruit	Ham Tetrazzini Mixed Vegetables Applesauce Whole Wheat Bread	Cheeseburger Potatoes Wedges Baked Beans Bun
9/23	9/24	9/25	9/26	9/27
Jumbo Beef Hot Dog Mac & Cheese Baked Beans Bun	Hearty Beef Stew (Veggies in Stew) Corn Bread Fruit	Italian Sausage W/ Peppers Seasoned Potatoes Italian Vegetables Bun	Chicken Alfredo Peas Mixed Fruit Whole Wheat Bread	Sausage Egg Casserole Hash Browns Warm Spiced Applesauce Blueberry Muffin
9/30				
Spaghetti Green Beans Peaches Whole Wheat Bread				

Senior Resource Center

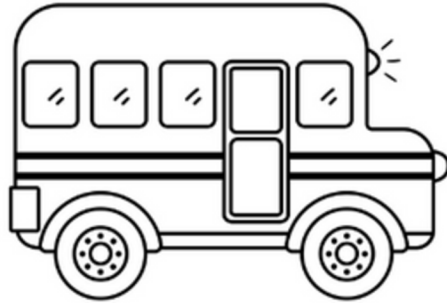
is now offering walk in appointments for general information, license plate sticker discount, LIHEAP application, Medicaid and Medicare consultations, senior housing resources and applications, caregiver support, grant assistance, and so much more!

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!



SENIOR RESOURCE CENTER

JO DAVIESS COMMUNITY OUTREACH

Serving Jo Daviess County Every Month!

UPCOMING DATES

Aug 29, Sept 26, Oct 24

WEST GALENA TOWNSHIP BUILDING

607 Gear St
Galena, IL 61036

Sept 19, Oct 17, Nov 21

STOCKTON TOWNSHIP LIBRARY

140 W. Benton Ave
Stockton, IL 61085

Sept 12, Nov 14

HANOVER TOWNSHIP PARK DISTRICT

500 Fillmore St.
Hanover, IL 61041

Sept 5, Oct 3, Nov 7

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**

A stylized graphic of several blue leaves with dark blue veins, arranged in a fan-like shape behind the text.

Contact Us

Senior Resource Center

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

srcinfo@srcntr.org

