

NEWSLETTER

October 2024

SR
CENTER

Happy October! As the leaves begin to change and we embrace the beauty of fall, I hope this season brings you warmth, joy, and the chance to enjoy the crisp air and vibrant colors.

In this month's e-newsletter, you'll find valuable information to enhance your well-being.

Mark your calendars for the Senior Lifestyle Expo on October 24! This event is a fantastic opportunity to explore resources and connect with fellow seniors. Additionally, a reminder that Open Enrollment season is upon us. Schedule your appointment to review your options and ensure you're set for the upcoming year.

We're excited to introduce several new staff members who have joined our team! Be sure to read about them and their new roles at SRC.

Wishing you a wonderful autumn filled with laughter and connection. Thank you for being a part of our community!

Warm regards,
Amanda Faivre, Executive Director



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**THURSDAY
OCTOBER 24
9AM-NOON**
Freeport Eagles Club
1200 W. Galena Ave.
Freeport



SENIOR EXPO

Join us at this **FREE EVENT!** Discover Valuable Information!
Connect with dozens of area organizations dedicated to supporting
older adults and their families. **All are welcome.**

- Medicare Coverage
- Assisted Living
- Mobility Solutions
- Independent Living
- Veterans Assistance
- Audiology
- Health Insurance
- Home Care
- Medical Equipment
- Hospice Care
- Financial Planning
- Aging In Place Home Improvements
- Physical Therapy
- Long Term Care
- End of Life Planning

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

VENDORS BEING ADDED DAILY!



Contributing Sponsors:



Aetna Better Health® Premier Plan MMAI

Medicare Open Enrollment



MEDICARE OPEN ENROLLMENT



**Senior
Resource
Center**

Make your
appointment today.
Spots fill up
quickly!



**In person and phone
appointments available**

815-235-9777

 seniorresourcecenter.net



Senior Nutrition Program



Discover the Golden Meals Program!

Did you know that if you're eligible for Social Security retirement benefits—or already receiving them—you can also enjoy healthy meals and nutrition services through the national Senior Nutrition Program? Local meal programs such as Golden Meals are ready to serve you!

As we age, our nutritional needs change, and preparing meals can sometimes feel overwhelming. Whether you need more nutritious options, companionship during meals, or help establishing better eating habits, the Golden Meals program is here for you.

Locally, Golden Meals provides meals at four sites in Stephenson, Jo Daviess, Carroll, and Whiteside counties. Home-delivered meals are also available for seniors who are home-bound or unable to prepare meals for themselves.



Every meal is carefully planned by a registered dietitian to ensure it meets the nutritional requirements for older adults. While a suggested donation is requested per meal, no one will be denied service due to an inability to donate.

Participating in the Golden Meals program not only supports your physical health but also fosters regular social connections. Don't miss out on this wonderful resource—reach out today and discover how Golden Meals can enhance your mealtime experience! Learn more at <https://nicaa.org/service/golden-meals/> or call them at 815-232-8896.

Where is Home?

I began adulthood living in apartments. Eventually bought a Colonial house in a small town. From there moved to Rockford and rented a brand new apartment close to the bypass to Freeport. Next place for a few years was a rental farmhouse. It took time to adjust to the quiet country, and when I did it was lovely. The only sounds were birds, and light traffic on the road. Moving to a Dutch Colonial house in Freeport was next. I fixed it up and loved raising my children there, close to Lincoln School. Jr. and Sr. High schools. That lasted a total of 12 years with a three year break when I moved to another farmhouse and rented my house to a little family. A small reproduction saltbox style house was our next home after the children left. We lived in the woods for 12 years. Lovely little house, woodland animals, no lawn to mow and nights around a fire pit.

I've lived 24 years in this house built in 1894 and a carriage house/garage even older. I love decorating and enjoyed all the apartments, farmhouses, and small town houses, but this house is truly home. It's sheltered my husband and me and kept me safe after he died. I've enjoyed visitors to the garden and house, many holidays with my adult children, several cats in that time. It's home to me. A place to recover from losses, to create things, and enjoy life as I age. This saga began when I was 18 and I'm now 81.

I'll bet your life is interesting. I can add your story to my column. E mail taiterbug@frontier.com.

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

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 open!

NICAA Golden Meals October 2024

Diane Randecker, Director 815-232-8896

Menu Subject to Change

	10/1	10/2	10/3	10/4
	Seasoned Chicken Thighs Mashed Potatoes Peas Whole Wheat Bread	Chili Corn Bread Peaches	Ham Loaf Sweet Potatoes Cream Corn Whole Wheat Bread	Oven Baked Garlic Butter Cod Seasoned Mashed Potatoes Spinach Whole Wheat Bread
	10/7	10/8	10/9	10/10
Jumbo Beef Hot Dog Macaroni & Cheese Baked Beans Bun	Beef & Noodles Peas Pears Whole Wheat Bread	Swiss Steak Mashed Potatoes Carrots Whole Wheat Bread	Ham Tetrazzini Mixed Vegetables Applesauce Whole Wheat Bread	Cheeseburger Potato Wedges Baked Beans Bun
	10/14	10/15	10/16	10/17
	SITES CLOSED	Hearty Beef Stew (Veggies in Stew) Corn Bread Pears	Italian Sausage W/ Peppers Seasoned Potatoes Italian Vegetables Bun	Chicken Alfredo Peas Mixed Fruit Whole Wheat Bread
	10/21	10/22	10/23	10/24
Spaghetti Green Beans Peaches Whole Wheat Bread	Creamed Chicken over Biscuits Peas Mixed Fruit	Ham & Scalloped Potatoes Green Beans Pears Whole Wheat Bread	Pulled Pork Seasoned Potatoes Mixed Vegetables Bun	Baked Fish Potato Casserole Green Beans Whole Wheat Bread
	10/28	10/29	10/30	10/31
BBQ on a Bun Oven Potatoes Baked Beans	Seasoned Chicken Thighs Mashed Potatoes Peas Whole Wheat Bread	Chili Peaches Corn Bread	Ham Loaf Sweet Potatoes Cream Corn Whole Wheat Bread	

SENIOR RESOURCE CENTER

JO DAVIESS COMMUNITY OUTREACH

Serving Jo Daviess County Every Month!

UPCOMING DATES

Oct 24, Dec 26, Jan 23

WEST GALENA TOWNSHIP BUILDING

607 Gear St
Galena, IL 61036

Oct 17, Nov 21, Dec 19

STOCKTON TOWNSHIP LIBRARY

140 W. Benton Ave
Stockton, IL 61085

Nov 14, Dec 12, Jan 9

HANOVER TOWNSHIP PARK DISTRICT

500 Fillmore St.
Hanover, IL 61041

Nov 7, Dec 5, Jan 2

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**

BASICS OF
MEDiCARE

*Get your Medicare
questions answered!*

Wednesday, October 16

10:00 am

Stockton Township Library

140 W. Benton Ave

Stockton, IL



MEDICARE HEALTH INSURANCE	
Name/Nombre	JOHN L SMITH
Medicare Number/Número de Medicare	1EG4-TE5-MK72
Entitled to/Con derecho a	Coverage starts/Cobertura empieza
HOSPITAL (PART A)	03-01-2016
MEDICAL (PART B)	03-01-2016

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!**



Welcome New Staff



Meet Stacy Cain - Our New Receptionist!

We are excited to introduce Stacy Cain, the newest member of our team here at the Senior Resource Center! As our receptionist, Stacy will be the friendly face greeting you when you visit, answering your phone calls, and helping you schedule appointments for various programs and services.

Stacy brings a wealth of warmth and enthusiasm to our center. She is married and has two daughters, along with four wonderful grandchildren. When she's not at the center, you can often find her spending quality time with her family or getting lost in a good book.

Stacy is looking forward to getting to know all of you and assisting with your needs. Whether you have questions about our upcoming events or need help navigating resources, she's here to help!

Please join us in welcoming Stacy to our community. Stop by the reception desk to say hello, and don't hesitate to share your favorite book recommendations—she loves a good read!



Welcome New Staff



Welcome Our New Team Member - Gloria!

We're excited to introduce a new addition to the Senior Resource Center team! Gloria McGee is here to provide information and assistance on a wide range of topics that are important to you.

With a focus on clear communication, she ensures that all the information is easy to understand and tailored to meet your needs. Whether you're seeking help with public or private programs, services, or benefits, Gloria is ready to assist you in accessing the resources you need.

A bit about Gloria: she is married and a proud parent of two lovely children, along with two Great Danes. Gloria dedicated nine years to serving in the Army and has also worked as a doula, supporting mothers through pregnancy and labor.

When not at work, Gloria enjoys spending quality time with family, meditating, and foraging for natural edibles. Plus, she has a passion for delicious Mexican food and fresh fruits!

Please join us in welcoming Gloria McGee to the Senior Resource Center! We're thrilled to have her on our team and look forward to the valuable support she will bring to our community.



Welcome New Staff



Meet Jane Laity - Our New Money Management Coordinator!

We're excited to introduce Jane Laity as the new Money Management Coordinator at the Senior Resource Center! Jane brings a wealth of knowledge and experience to our team, and she's eager to help you navigate your financial needs.

Outside of work, Jane and her husband run a lawn mowing business. They share their home with four adorable Yorkies and two Goldendoodle grandpuppies that live in Texas with their daughter. Family is very important to Jane; her son and daughter-in-law reside in Wisconsin with her granddaughter, Nora, who will be turning 2 in April, and they're expecting another grandchild—a boy—this coming March!

As a proud Packers fan, Jane has green and gold running through her veins, a testament to her Wisconsin roots. Join us in welcoming Jane to the Senior Resource Center! We're thrilled to have her on board and can't wait for you to meet her!



Welcome New Staff



Meet Ann Marie Woods-Walker - Our New Marketing Coordinator!

We are excited to introduce Ann Marie Woods-Walker as the new Marketing Coordinator at the Senior Resource Center!

Originally from Fulton, Illinois, Ann Marie now lives in Roscoe with her husband, two college-age daughters, and their Maltese Poodle puppy, Kobi. She holds a Bachelor's degree in Public Relations and a Master's in Organizational Communication from Illinois State University. With 30 years of experience in nonprofit organizations, she finds joy in helping others and contributing to a stronger community. In fact, her first job after college was in Freeport, making her return to the area even more special!



Ann Marie's main goal is to raise awareness about the diverse resources available to older adults, from health and wellness programs to support services and transportation. She's eager to ensure that more seniors can benefit from everything our center has to offer.

Outside of work, Ann Marie enjoys reading, putting in the garden, boating, and fishing, along with spending quality time with family and friends. If you see her around, please say hello and share your thoughts on how we can serve you better! You can also email her at awalker@srcntr.org

Welcome aboard, Ann Marie! We're excited to have you with us!

Volunteers Needed



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

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