

NEWSLETTER

November 2024

SR
CENTER

Dear Friends,

As the leaves change and we prepare for the upcoming holidays, I hope this season brings you warmth, joy, and the chance to enjoy the crisp air and special moments with loved ones. It's the time of year to reflect on all we're thankful for, and I am incredibly grateful for each of you in our Senior Resource Center community.

In this month's e-newsletter, you'll find information to enhance your well-being and stay informed. We will be starting a new book club in January, so stay tuned for more details. We're working on a few more ideas for opportunities to socialize, so watch Facebook for more information. Open Enrollment season is upon us, so don't forget to schedule your appointment to review your options and ensure you're prepared for the year ahead. Keep in mind we will be closed on November 11 (Veterans Day).

We're also excited to introduce a new member to our team! Be sure to read on to learn more about her and the new role she'll be taking on at SRC.

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

Warm regards,
Amanda Faivre, Executive Director



IN THIS ISSUE

- Message from the Director**
- New book club**
- Snow Removal Assistance**
- Alzheimer's Support Group**
- Identify Theft Class**
- Watercolor Painting Class**
- Medicare**
- Health Tips**
- Featured Article**
- Golden Meals**
- Jo Daviess Outreach**
- General Assistance**
- New Staff**
- 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**




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**

Support Group



ALZHEIMER'S  ASSOCIATION®



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

Presented by:

Alzheimer's Association
Illinois Chapter

Join us!

First meeting to be held on November 4, 2024

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

A circular inset image showing a person in a dark suit holding a smartphone. The background of the inset is a world map with various digital security icons like padlocks, user profiles, and mail icons overlaid on it.


IDENTITY THEFT & SCAMS HOW TO PROTECT YOURSELF


Join Investigator Jon Johannsen from the Stephenson County Sheriff Department to learn about how to protect yourself from identity theft and scammers and what to do if your information is compromised.

November 6 • 1-2 PM
Meeting Room



CONTACT US

815.233.3000 

freeportpubliclibrary.org 



Watercolor Painting *with Victoria*

This class will be in-person at the library but the instructor will be virtual. We will all learn and practice some basic watercolor painting together.

Registration
Required

For Adults
& Teens

Tuesday, November 19th

1:00-2:30 pm

Meeting Room

Medicare



MEDICARE OPEN ENROLLMENT



Make your
appointment today.
Spots fill up
quickly!

In person and phone
appointments available

815-235-9777

seniorresourcecenter.net



BASICS OF

MEDICARE

Get your Medicare
questions answered!

Tuesday, December 10
10:00 am

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



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

Fall Back into a Healthy Routine With These 2 Easy Tips

The fall season is upon us and it's the perfect time to reset and renew. Simple and small modifications to your daily exercise and nutrition routines can make a huge difference—and these three easy tips will help you “fall” back into a good routine.

Sneak in Extra Steps

Fall is a refreshing time of year to get moving, especially as we welcome a break from the summer heat. Engaging in simple cardiovascular exercise weekly is key. It can help maintain healthy cholesterol and blood pressure levels. If working out regularly is daunting, instead, find simple ways to be active in your daily life. Use a smaller cup for your water, allowing you to get up more often to refill it, take the stairs instead of the elevator or park a bit farther from your destination—all these habits will encourage you to take more steps per day.



Make Healthy Swaps



Looking to eat healthier? The fall season offers an abundance of delicious vegetables and fruits for an easy swap out. Start small by trading out a bag of chips for an apple or fries for sweet potatoes. You are what you eat, and your gut microbiome plays a major role in your health. Ultra-processed diets negatively impact gut health and throw off the omega-6 to omega-3 ratio, which can lead to chronic inflammation. Inflammation lessens your ability to function properly at the cellular level and increases your vulnerability to lifestyle diseases.

(Information courtesy of StatePoint)



Love It or Hate It

I remember Cher was asked on a talk show how she liked turning 70. Her answer was honest "I hate it". She listed off the reasons she hated it. She could have made up a polite and positive answer, but she honestly answered and I'm sure all of the older women viewers were relieved to know even a gorgeous and talented women such as Cher, hates the physical changes that come with our older bodies.

Now that I'm 81 I can honestly say I hate it and I love it too. Of course I hate saying goodbye to high energy, pain free joints and back, smooth skin and big goals. I love having long term friendships and family matter more than ever. I love not having to work and I love each seasonal change as much as I did when young. Now I buy or am gifted bittersweet rather than climbing into gullies with my clippers to retrieve a few branches. Now I have groceries delivered to avoid ice, snow, heavy lifting, heat, rain, and germs for every virus going around. It's nice to have many free days to think and write, talk to my friends by phone, and sometimes take a nap. It's lovely to wake up to my kitty petting me to remind me it's feeding time.

There is a perspective change when looking back at my life. I'm able to understand things that were difficult long ago and not hurt over it. I rarely make plans further than one week out because I may not feel like doing or going when that date comes. As I watch my younger friends taking trips, joining groups and belonging to book clubs I am not envious. I've done my traveling, fulfilled most of the things on my old bucket list and have few desires other than being comfortable, having a good night sleep, and finding something to laugh about. I'd love to know what you think about being past 70 or 80. I hope you're finding some things to love about your age as I'm doing. Thanks for reading my thoughts.

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 NOVEMBER 2024

Diane Randecker, Director 815-232-8896

Menu Subject to Change

				11/1
				Fish Potato Casserole Green Beans Whole Wheat Bread
11/4	11/5	11/6	11/7	11/8
Spaghetti Green Beans Peaches Whole Wheat Bread	Hearty Beef Stew (Veggies in Stew) Corn Bread Applesauce	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 Muffin
11/11	11/12	11/13	11/14	11/15
	CREAMED CHICKEN OVER BISCUIT Peas Mixed Fruit	Chili Corn Bread Fruit	Pulled Pork Mashed Potatoes Mixed Vegetables Bun	Cheeseburgers Potato Wedges Baked Beans Bun
11/18	11/19	11/20	11/21	11/22
BBQ on a Bun Oven Potatoes Baked Beans	Seasoned Chicken Thighs Mashed Potatoes Peas Whole Wheat Bread	Swiss Steak Mashed Potatoes Carrots Whole Wheat Bread	Ham & Scalloped Potatoes Italian Green Beans Peaches Whole Wheat Bread	Oven Baked Garlic Butter Cod Seasoned Mashed Potatoes Spinach Whole Wheat Bread
11/25	11/26	11/27	11/28	11/29
Jumbo Beef Hot Dog Mac & Cheese Baked Beans Bun	Beef & Noodles Peas Pears Whole Wheat Bread	Ham Loaf Sweet Potatoes Cream Corn Pumpkin Pie		

SENIOR RESOURCE CENTER

JO DAVIESS COMMUNITY OUTREACH

Serving Jo Daviess County Every Month!

UPCOMING DATES

Dec 26, Jan 23, Feb 27

WEST GALENA TOWNSHIP BUILDING

607 Gear St
Galena, IL 61036

Nov 21, Dec 19, Jan 16

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
- Medicaid questions
- Medicare questions - make appt
- 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**

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 Our New Team Member: Esthefany Torres



We're thrilled to welcome Esthefany Torres to the Senior Resource Center team as an Adult Protective Services caseworker. Esthefany brings warmth, dedication, and a passion for supporting others in our community.

Outside of work, she's a big animal lover with two cats and a dog, and she enjoys creative hobbies like making bracelets and painting. Esthefany also loves spending time with her nieces and nephew, attending concerts and music festivals, and trying just about any type of food! If you're looking for a great restaurant recommendation, she suggests Hai Quynh in Rockford for delicious Vietnamese cuisine.

Please join us in giving Esthefany a warm welcome! We're excited to see the positive impact she'll bring to our community.

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*



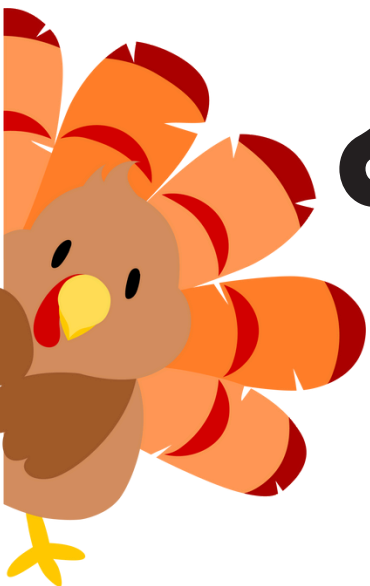


Contact Us

Senior Resource Center

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

srcinfo@srcntr.org



*Happy
Thanksgiving!*