

FIRE!!

According to “Fire Sense” by The Hartford, a home fire happens every 77 seconds.

Imagine losing your pictures, mementos, collections, and gifts right along with all your clothes, furniture, and other household goods.

Imagine watching your home go up in flames.

Imagine the fear of seeing a fire in your home or hearing your smoke alarm blaring.

Imagine the pain of a burn from a hot pan or a candle - amplified a million times.

Instead, why not imagine the best way out of your home if the door is blocked.

Cooking is the main cause of home fires.

Instead, why not imagine where a fire extinguisher would do the most good if you had a kitchen fire.

Instead, why not imagine what you can do to keep yourself and those you love safe.

Instead, why not imagine what the emergency evacuation of your home would look like and practice it with everyone.



“Fire Sense” by The Hartford Financial Services Group which includes a Personal Fire Risk

We'll be happy to provide you with a copy.

Just call us at **352-5100**.

Stay Young - Volunteer!

How Can Volunteering Keep You Young?

Having a purpose keeps the mind and spirit engaged which keeps you young.

Meeting new people & making new friends keeps you young.

Having something to look forward to keeps you young.

Knowing you make a difference keeps you young.

Having something to talk about keeps you young.

Getting out of your house and moving those muscles keeps your body - and your mind - young.

**Quit thinking about it!
Do it!**

United Way can tell you about volunteer opportunities: call them or check their web site. And, if you are age 55 or older, RSVP has great ideas for you! Call 359-6500 to find out more.

A recent study showed that those who eat whole grain cereal (oatmeal, bran flakes, etc.) lower their chances of developing high blood pressure. The odds dropped by 7% when people ate one serving a week or less and by up to 19% for those having seven or more servings per week. The study even adjusted for other factors such as age, smoking, weight, physical activity and type 2 diabetes.

Past issues of the *Caring Together* newsletter are available on the Family Service website. If you would like to access those - or to see what else is going on at Family Service - just go to www.famservcc.org



Don't Be a Target of Healthcare Fraud!

Family Service is now part of the **Senior Medicare Patrol Program**. Family Service's Retired Senior Volunteer Program (RSVP) has received a small grant to start a new program to help curb Medicare fraud and waste in Champaign, Douglas and Piatt Counties!

We are excited to become a part of this national initiative to help protect healthcare beneficiaries from fraud and to be able to offer our RSVP members a new volunteer opportunity to make a difference in the lives of fellow Medicare and Medicaid beneficiaries.

The Senior Medicare Patrol (SMP) Program empowers consumers to prevent healthcare fraud. Volunteers help people with Medicare and Medicaid to:

PROTECT themselves from Medicare & Medicaid fraud, waste and abuse.

- Protecting your personal information is the best line of defense in the fight against fraud and abuse. Treat your Medicare, Medicaid and Social Security numbers

like a credit card number. **Never give these numbers to a stranger.**

DETECT Medicare & Medicaid fraud, waste and abuse.

- Even when you do everything right, there is a chance that you could be a target of healthcare fraud. Always review your Medicare Summary Notice (MSN) and Part D Explanation of Benefits (EOB) for mistakes. Compare your MSN and EOB to your **Personal Health Care Journal** or to your prescriptions drug receipts.

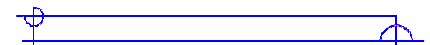
Pick up a FREE copy of a **Senior Medicare Patrol Personal Health Care Journal** at Family Service at 405 S. State St. in Champaign or at the RSVP office inside the Stevick Senior Center at 48 E. Main, Champaign or call (217) 359-6500.

REPORT Medicare & Medicaid fraud, waste and abuse.

- If you have questions about a claim on your Medicare Summary Notice or Explanation of

Benefits, first contact your medical provider. If this doesn't work or you suspect fraud, call Family Service RSVP at (217) 359-6500 or call the Illinois SMP program at (800) 699-9043. You may help protect others from becoming victims and help to save your Medicare benefits.

If you would like a presentation for your workplace, church or social group about the Senior Medicare Patrol Program and how everyone can work together to prevent healthcare fraud OR if you would like to be trained as an SMP Volunteer, please contact Family Service RSVP at (217)359-6500 (ask for Karen or Marsha) or email us at rsvpchampaign@gmail.com.



If you are 55 or over and want to put your lifetime of skills and talents to work tackling tough issues in your community, RSVP may be for you. As an RSVP member you choose how and where you want to serve. You choose the amount of time you want to give. To find out more, call 359-6500.

Family Service Celebrates a Century of Care (1911-2011)

The “Dirty Thirties” tripled the number of needs locally (1931-1941)

The Thirties was a decade of crisis and calamity. Family Service (named the Family Welfare Society from 1924-1945) adapted to address imperative needs.

- The Wall Street crash of 1929 produced the Great Depression of the 1930's. Unemployment rates soared and the problems with “transient” men seeking work became common. At the end of 1931, the Family Welfare Society was **servicing three times as many new cases** as we had at the end of 1928 in response to unemployment. We found jobs for many and helped others with rent, food, clothing, and medical care.
- Franklin D. Roosevelt was elected U. S. President in 1932. He introduced his “New Deal” to ease the effects of the extreme depression with widespread social welfare

strategy. Since direct financial relief of the indigent was largely taken over by federal assistance in 1933, the Family Welfare Society switched our main focus to **case-work assisting families experiencing problems** from unemployment, physical or mental illness, child neglect, and domestic relationships **intensified by the chronic stress of that era.**

- The Dust Bowl or “Dirty Thirties” was the result of an extreme drought coupled with decades of “no rotation farming” that eroded 100 million acres of farmland in the US and Canada. This resulted in mass migrations, food shortages, lost wages, illness, and death. In 1934, **the agency moved** to 303 S. Wright St., Champaign **where we shared space** with the Community Chest

(United Way), American Red Cross, and other local services **to streamline the process for people needing assistance.**

- Worldwide depression gave rise to authoritarian regimes in several European countries including the Nazi party in Germany and the Fascist party in Italy. The extreme nationalism and subsequent expansionist practices of the German army led to the outbreak of World War II in 1939. As American men entered the war, financial pressures in the US eased but the burdens on mothers increased. The FWS responded with the **creation of a mental health clinic and child welfare services** to assist struggling families to cope.



Senior Information Helpline

352-5100

We can provide you with quick information over the telephone about resources, programs, and benefits of interest to older adults and their families. If you need more in-depth information or help pursuing services for yourself or a loved one, one of our experienced caseworker will work through the process with you. If you need information about services and programs in other counties, we will be glad to connect you to them. *No fee.*

A service of the Senior Resource Center
at Family Service

One number to call for older adults and their families.

A Newsletter from the staff at



405 S. State Street
Champaign, IL 61820

Phone: 217-352-5100

Fax: 217-352-1910

E-mail: src@familyservicecc.org

Check out our web site

www.famservcc.org