

# Caring Together

## The Senior Resource Center

*One Number to Call  
for Older Adults  
and Their Families*

- Information about programs, services, and benefits
- Help accessing programs, services and benefits
- Support through the changes in your life
- In-home assistance with personal and household chores
- Delivered meals
- Transportation within Champaign County
- Special help for Grandparents Raising Grandchildren
- Special programs for those caring for an older parent or spouse

Most services provided at no cost to you.

**352-5100**

### *Be in the Know:*

## **Changes to Illinois Cares Rx - Circuit Breaker**

Illinois Cares RX - Circuit Breaker has been a very valuable program to those who have been eligible. For most recipients, the most valuable part of this program has been *Illinois Cares Rx* which has paid for Medicare Part D Monthly Premiums as well as lowering the co-payments on medications.

**On September 1, 2011, the income guidelines for Illinois Cares Rx are changing.** The current income limit for one person is \$27,610 (\$36,635 for a couple). Beginning September 1<sup>st</sup>, the new income limit for one person will be \$21,780 for one person and \$29,420 for a couple. People whose income is over \$21,780 will no longer be eligible for Illinois Cares Rx.

Those losing their coverage will no longer have their Part D monthly premiums paid and their co-payments will be subject to the Part D Plan in which they are enrolled.

For those still eligible for the program, Medicare Part D monthly premiums will still be paid, but the co-payments for medications will be increasing.

The Illinois Cares Rx rebate program - which has provided a \$25 monthly rebate check for those without Medicare Part D - is also ending.

The guidelines for the part of the program allowing a License Plate discount and a Circuit Breaker Grant will not change. The guidelines for that part of the program remain at \$27,610 for one person and \$36,635 for a couple.

If you have questions regarding any letter you have received regarding your status with Illinois Cares RX, you can contact:

- Senior Resource Center at Family Service: 352-5100
- Illinois Department on Aging: 1-800-624-2459

### **Our Thanks....**

To Heartland Health Care, City of Champaign Township, private donors, and the Committee on Aging for helping us get fans for older adults in need this summer. Additional thanks to Rural King for working with us to get as many fans as possible to those who need them during the dangerously hot weather we've been having.

## Help Others Deal with the Dementia of a Loved One

Dementia is affecting more and more people in our community. I have personally seen in the past year how dementia can cause havoc, grief, financial distress, confusion, and physical ill health to the older adult as well as his family.

To those of you planning for the future with a loved one with dementia as well as to those of you who care for the person who *is* for love of the person who *was*, I offer my deepest respect.

When one starts down this road of living with dementia, there are a lot of questions. There is a need for

According to the Alzheimer's Association, 1 person in 8 age 65 and older and almost 1 person in 2 age 85 and older suffers from dementia.

direction and support. Right now, those of you who are there as well as those of you who have been there, have the opportunity to help those who will someday experience what you have lived.

A small group in Champaign County is exploring the possibility of having a local resource of information and support available to supplement regional or national resources.

If you have lived with dementia, it would be a great help to know:

- What questions do/did you have?
- What assistance works/worked for you?
- What would you have found most helpful as

you started dealing with dementia in your life?

- What frustrations have you experienced?

Any information you could share will remain strictly confidential and could be of enormous assistance to all of us who come after.

Please email your comments, questions, or ideas to [src@familyservicecc.org](mailto:src@familyservicecc.org).

In the meanwhile, our Caregiver Support services are here to assist and support any person helping out family members age 60 or older. We can answer questions, advocate, direct, and support. There is no fee for these services. Please call the Senior Resource Center at 352-5100 to find out more.

It's been proven...

### Pets:

- \* Lower blood pressure
- \* Increase immunity
- \* Relieve stress
- \* Engender a sense of usefulness
- \* Provide a source of exercise



- \* Increase life span
- \* Reduce loneliness
- \* Provide a positive focus
- \* Promote calmness

Study after study has proven it true. Consider the benefits.



# Save the Date



## Integrated Care:

### Building Bridges to Successful Partnerships

October 25, 2011

8:30am to 4:00pm

Holiday Inn

1001 Killarney Street, Urbana, Illinois

Keynote Speaker: Dr. Martin Repetto, MD,  
Psychiatry, Neuropsychiatry  
The Pavilion, Champaign, IL

## Conference Topics:

- Medication management
- Suicide in older adults
- Laws covering PoA's
- Engagement of the older adult
- Funding resources and resources available
- Town hall panel Q & A

Registration includes access to exhibitor booths, lunch & snacks

CEU's available for Nurses, Social Workers and  
Counselors

**Presented by**  
**East Central Illinois Mental Health & Aging Coalition**

•Synonyms: (noun) aqueduct, arch bridge, overpass, viaduct, flyover, gangplank (verb) link, connect, join, span, tie together, associate

•Bridge-definition - (Noun) 2. link or means of approach: something that provides a link, connection, or means of coming together

•(Transitive Verb) 2. create understanding between people: create a means of communication or understanding

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

*The 1960's was a decade of responsive change to escalating social protest*

*The 1960's was an era of peace and prosperity that prompted US and local response to the growing demands of older adults, the civil rights activists, the working poor, and the mentally ill.*

## **Federal responses and legislation include:**

- Passage of the Senior Housing Act of 1962.
- Passage of the Community Health Services & Facilities Act of 1965.
- White House Conferences on Aging

leads to passage of the Social Security Amendments.

- Passage of the Social Security Act of 1965 that establishes both Medicare and Medicaid.
- Passage of the Older Americans Act of 1965.

## **Family Service responses to these groups and issues include:**

- Counseling program begins to offer a sliding fee scale in 1961.
- Family Service reestablishes HomeCare which served children to

include care to the elderly and chronically ill in 1963.

- Family Service joins with Urban League to provide "Project Enable"—an effort emphasizing self-help for those with lower incomes and focusing on black families in 1964.
- Family Service cancels annual dinner plans "as an expression of our awareness of urban problems, particularly the racial issues and to support the community" just 9 days before the assassination of Dr. Martin Luther King, Jr. in April, 1968.

## Caregiver Support Services

352-5100

If you are providing help or support to a friend, spouse, or other family member who is 60 or over, we may be able to help. Whether you are doing a little housework or trying to figure out the best way to deal with the dementia of a loved one, our Caregiver Advisor can answer questions, provide educational resources, suggest services or benefits, advocate for you in the confusing world of services, and let you know what others in your situation have found helpful. She also provides similar services to grandparents raising their grandchildren. *Champaign and Piatt Counties. 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](mailto:src@familyservicecc.org)

Check out our web site

[www.famservcc.org](http://www.famservcc.org)