

Caring Together

A Newsletter for Older Adults and Their Families

From the staff of the Senior Resource Center at Family Service

January 2011

BE IN THE KNOW!

*Tips from the Outreach Staff
of the Senior Resource Center at Family Service*

The Warm Neighbors Program provides help paying heating bills. This program helps those who are usually over income for Federal or State assistance programs. Warm Neighbors is available from January 1st through December 31st and is coordinated in Champaign by Salvation Army Social Services.

There are certain requirements that have to be met to receive Warm Neighbor Benefits:

- ✓ The bill must be in the applicants name and applicant must reside at address on bill.
- ✓ The applicant has to make a payment on the bill. Warm Neighbors will match the amount paid by applicant; up to \$350.00.
- ✓ For a family of one, the 30 day income must be between \$1,354 and \$1,805.
- ✓ For a family of two, the 30 day income needs to be in between \$1,821 and \$2,428.

For more information on this program or to see if you might qualify, please call Salvation Army at 373-7827 or Senior Resource Center at Family Service at 352-5100.

We would like to thank the Fraternal Order of Police Lodge #17 for their continued support of



the mission of the Senior Resource Center at Family Service. For more years than we can count, FOP Lodge #17 has provided us the resources to meet some of the medical needs of older adults in Champaign County for which there were no other sources of funds. People received prescriptions, walkers, dentures, and other vital medical help that they desperately needed because of the efforts of the FOP.

In December, FOP #17 sent us their annual check to support these medical needs. In addition, they provided holiday food baskets for many members of our community. While they provide holiday food baskets to more than just our clients, this annual food delivery has been a joint project between our staff and volunteers and the members of FOP #17 for many years.

The seniors we are able to assist with FOP funds are very low income and are often desperate for the help we have been able to provide. We are very grateful for this collaboration and for the dedication to improving the lives of seniors in Champaign County shown by the members of Lodge #17.

To all the past and current members of FOP #17 - thank you for your help and for your example.



Items of Interest

The Adult Services Department at the Urbana Free Library offers adults of all ages **free computer help**.

They can provide assistance with internet questions, email, document creation and management, and more. Core hours for tech volunteers are ...

Tuesdays, 3 - 7 pm

Thursdays, 4 - 8 pm

Saturdays, 1 - 5 pm

or by appointment on other days.

The third Saturday of each month, the library holds a free **Computers 101** class from 9:00 - 10:30 a.m. which offers one-on-one instruction. Participants may bring their own laptops or may use the library's PCs. Instruction is tailored to each participant's needs.

Call 367-4405 or email reference@tufl.info for more information.

Lunch with the Doctor Series Continues: Stroke Prevention

January 5 at 12:30 p.m.

Presented by Dee Wright from Kirby Medical at the Livingston Center, 224 E. Livingston in Monticello. Sponsored by the Caregiver Support Services of the Senior Resource Center at Family Service and Piatt County Faith In Action. You must pre-register for lunch. The cost is a donation for Peace Meals. Register by calling Julie at 762-7575.

Remember Me---Making a Memory Book

January 31 at 1:30 p.m.

Held at Maple Point in Monticello and sponsored by the Caregiver Support Services of the Senior Resource Center at Family Service and Piatt County Faith In Action. Pre-registration required. No fee. Call Julie at 762-7575 for more information.

Do you or someone you care about receive a lot of credit card applications? These can be annoying, but more importantly, they can be dangerous. If stolen from a mail box or trash bag, they can be used to steal your identity and damage your credit.

However, you can easily stop them from being delivered to you.



Anyone can call 1-888-567-8688 (1-888-5-OPT-OUT) toll-free from your home telephone. You follow the automated prompts to stop them being delivered for each family member. You can stop this kind of junk mail being sent to you permanently or for five years.

Note that you do have to call from your home or personal phone; the call will be checked against an address database to ensure it's really you on the line.



PHOTO SOURCE: LOC

January 17 is Martin Luther King Day. Most of us are at least a little familiar with his "I have a dream" speech. For the text of his amazing speeches and other information about Dr. King, you can check out this website:

<http://www.infoplease.com/spot/mlkjrday1.html>

Heart Health



We all know how important it is to keep our hearts healthy. The American Heart Association has a website to help us.

The site tells us **Life's Simple Seven**. Let me say that they are simple in that they are everyday, common sense things we probably all know we ought to do. Doing them is not so simple. They are:

- Get Active
- Control Cholesterol
- Eat Better
- Manage Blood Pressure
- Lose Weight
- Reduce Blood Sugar
- Stop Smoking

The web site goes further, however. For each of the seven, it tells you what part each choice plays in heart health and gives suggestions for improving your habits.

Then the website goes further yet and provides an on-line personal assessment that takes about seven minutes to complete.

To round it out, the Heart Association provides a map of the United States that lets you see what people are doing. (3,980 people in Illinois have completed the assessment as of today.)

It's a web site worth checking out.

mylifecheck.heart.org

Help for Couples

What happens when one spouse needs nursing care and the other does not?

Most people do not have the money to pay for that nursing care for the long-term and will need assistance from Medicaid.

Special Medicaid rules apply when one spouse will be entering a long term care facility or needs in-home assistance while the other spouse does not need either type of long-term care. These rules are called the [Prevention of Spousal Impoverishment Program](#).

The purpose of the Program is to prevent the couple from being plunged into poverty paying for the costs of long term or in-home care for one spouse. It allows the couple to keep certain income and assets for the benefit of the well (called the "community spouse") while still allowing the spouse needing care (called the "Medicaid spouse") to qualify for Medicaid to pay for nursing home or in-home care.

Some assets of the couple are not counted when determining if the Medicaid spouse is eligible for Medicaid: homestead property; personal effects and household goods; at least one motor vehicle; the unlimited value of burial spaces, supplies, and equipment; some life insurance, some revocable, prepaid burial services and burial trusts, certain other very limited irrevocable trusts; etc. The income that can be set aside for the use of the community spouse is a set amount and can change from year to year.

For more information or for assistance applying for the program, contact the Caregiver Advisor at the Senior Resource Center: 352-5100.



The Senior Resource Center staff serves a lot of people who have lived to see impressive birthdays. In 2011, we will achieve our own significant milestone as Family Service prepares to celebrate a century of care in Champaign County.

In 1911, a group of concerned citizens came together to address the need to coordinate efforts to provide relief from both the cause and effects of poverty. They created the United Charities of Champaign and Urbana (now Family Service of

Champaign County), and their original charter laid out their purpose, *“to relieve and prevent poverty, to restore the distressed to economic independence...to engage in activities calculated to increase the material and social welfare...and to promote effective cooperation among the various organizations and agencies.”*

Today, Family Service has grown from a staff of one and an annual budget of \$2,000 to an organization with nine programs, 70 staff, and an annual budget of \$1.7 million. Despite the obvious expansion over the years, we are struck by how little has changed in our purpose. “The more things change, the more they stay the same.”

The Senior Resource Center could sum up our mission as a refrain of the original charter:

- To relieve and prevent the effects of poverty for older adults
- To restore those with functional limitations from aging to as much personal independence as possible
- To engage in activities calculated to increase the health and social welfare of older adults, the chronically ill, caregivers, and grandparents raising grandchildren
- To promote effective cooperation among the various organizations and agencies that serve and advocate for older adults

Family Service is pleased to offer you the same commitment and caring service upon which this agency was founded. If you or someone that you care for is 60 years or older and needs some direction or assistance, call the Senior Resource Center at 217-352-5100 for details of how we can assist.

Stay tuned to future newsletters and our website at www.famservcc.org for more details about our century of care and our celebration plans.

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

www.famservcc.org