

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: SNAP

SNAP stands for Supplemental Nutrition Assistance Program, known to many as Food Stamps. The program is set up to help people with low incomes purchase food needed for living healthy. Benefits can be used to buy food, seeds, & plants for use in home gardens. One cannot purchase alcohol, tobacco, pet food, hot foods ready to eat, and vitamins/medicines with SNAP. In an emergency, benefits can begin in less than five days from the application.

SNAP benefits are applied to a "LINK card" that a recipient will receive once approved for benefits. The LINK card is a plastic electronic card that works like a debit card and is accepted at most grocery stores. At the beginning of each month, the allotted amount of benefits is auto-

matically applied to the LINK card. A pin number must be created which will be typed in every time the card is used.

You can apply online or by filling out a paper application from your local DHS office. There are no asset limit, but the program does take into consideration a person's monthly income. A person living alone can receive SNAP benefits if his/her income is \$1805 a month or less. For a couple applying, the income limit is \$2,428 a month in combined income. Household and medical expenses are considered in determining the amount of the benefit for each person.

For questions or for help applying, call DHS at 278-5605 or call the Senior Resource Center at 352-5100.

Put out by AgeOptions in Oak Park, **Fraud Alerts** provides weekly information about current scams taking place in Illinois, announcements and updates about programs or services related to health care and/or fraud protection, and links to news articles about health care and fraud topics. The Senior Task Force of Champaign County, with permission from AgeOptions, provides the current **Fraud Alerts** on its website at seniortaskforce.org

Fathers, Brothers, Husbands, and Friends



The week leading up to Father's Day is National Men's Health Week. The

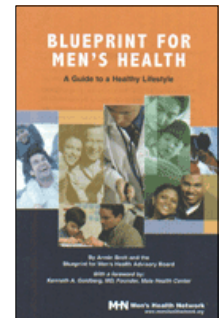
purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

Blueprint for Men's Health: A Guide to a Healthy Lifestyle is published by the Men's Health Network. This 76 page booklet can be purchased for \$1.75 or it can be accessed for free on-line at:

www.menshealthnetwork.org/library/blueprint.pdf

The booklet provides great information simply written about such topics as prevention, working with your doctor, prostate health, screening and check-up schedules and much more.

Take a look.
Take charge.



Tips for Grandparents Raising Grandchildren

Summer's here!

If you are a grandparent raising your grandchildren, summer can be expensive. Child-care help is certainly available through the TANF program (for more information call the Caregiver Advisor at 352-5100). Sometimes, that's not

enough help. Even if you are not working, finding quality structured activities for children can be hard - and expensive. Through a grant, the Caregiver Advisor can offer some financial help with summer child care expenses for

these children in Champaign County.

If you could use some help with formal child care or with activity fees for the grandchild you are raising, call the Caregiver Advisor to see what might be available for you.

Who is a Caregiver?

"My wife has Parkinson's disease so now I do the housework as well as care for her."

"My dad just isn't able to take care of the house anymore, but he really doesn't want to move to an assisted living facility. So, I do the housework after I get off work. He can't drive, so anyplace he needs to go, my husband or I take him."

"I thought I was done raising children. But, my son is not able to care for his child, so now he's living with me."

These people - and many, many more - are Caregivers. In fact, 1 out of 4 households in this country is providing family care giving.

Ten Warning Signs: Your Older Family Member May Need Help

Have you noticed...

1. Changed eating habits within the last year resulting in weight loss, having no appetite, or missed meals?
2. Neglected personal hygiene resulting in wearing dirty clothes, body odor, bad breath, neglected nails and teeth, sores on the skin?
3. The home not being as clean or sanitary as you remember growing up?
4. Inappropriate behavior such as being unusually loud or quiet, paranoid, agitated, making phone calls at all hours?
5. Changed relationship patterns such that friends and neighbors have expressed concerns?
6. Physical problems such as burns or injury marks resulting from general weakness, forgetfulness, or possible misuse of alcohol or prescribed medications?
7. Decreased participation in activities that were previously important such as bridge or a book club, dining with friends, or attending religious services?
8. Forgetfulness resulting in unopened mail, piling newspapers, not filling prescriptions, or missed appointments?
9. Mishandled finances such as not paying bills, losing money, paying bills twice or more, or hiding money?
10. Unusual purchases such as buying more than one magazine subscription of the same magazine, entering an unusual amount of contests, increasing purchases from television advertisements?

Any one of the behaviors listed may or may not indicate that an action should be taken. The list is a tool to help us gauge changes in those we love. Your family member's physician should be kept informed of physical or psychological behavior changes.

The Eldercare Locator has produced this guide of "10 warnings signs" to help families and older Americans determine if help is needed.

Family Service Celebrates a Century of Care (1911-2011) The 1950's—a decade of change and growth

Our community expanded socially, philosophically, and physically to provide access to the world and beyond in the 1950's.

Transcontinental television (1951), the US Interstate Highway system (begun in 1957), launch of the first US satellite Explorer 1 (1958), and the first domestic jet airline service between New York and Miami (1958) allowed people to easily see the world and explore the beyond. The country also addressed

social issues. The US Supreme Court ruled racial segregation unconstitutional in 1954, Dr. Martin Luther King, Jr. rose to national prominence in 1955 and federal troops started desegregating of public schools in 1957.

Family Service handled growing local social issues. In collaboration with the Illinois Children's Home and Aid Society, we provided counseling for single mothers and, as warranted, referred cases to the Society for adoption

planning. Family Service also developed a Protective Services for Children program to train parents to assume the responsibilities of raising their children. The agency operated on the "basic premise that 'close-knit' families provide a healthy place for children to learn and live and grow." Margaret Tobin, executive director of Family Service for 25 years, retired in 1958. She led Family Service from its infancy to this era of growth and collaboration that continues today.

Support for Grandparents Raising
Grandchildren
(and others raising relatives' kids)

352-5100

When you find yourself taking over responsibility for raising your grandchildren (or the children of other relatives) we can provide information about "the system," assistance with applying for benefits for the children and yourself, personal support, educational opportunities, as well as information about legal services, foster care, school regulations, etc. You are providing a great service to these children in difficult times. We are here to help. Call the Caregiver Advisor for more information.

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