

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: Free Medicare Preventive Services

****Abdominal Aortic Aneurysm Screening:** Need referral as a result of one-time "Welcome to Medicare" physical exam.

Bone Mass Measurement: Every 24 months for certain medical conditions or if one meets other criteria. **Cardiovascular Screenings:** Every 5 years. Tests cholesterol, lipid, and triglyceride. No cost for tests. Generally pay 20% for office visit.

Colon Cancer Screening (Colorectal): Fecal Occult Blood Test every 12 months. No cost for test. Pay 20% for office visit. ****Flexible Sigmoidoscopy** generally once every 48 months or 120 months after previous screening colonoscopy if not high risk. ****Colonoscopy** generally every 120 months, 48 months after previous flexible sigmoidoscopy; every 24 months for high risk patients. Barium Enema once every 48 months; every 24 months for high risk patients (instead of sigmoidoscopy or colonoscopy). Pay 20% of doctor's services.

Diabetes Screenings: No cost for tests; generally pay 20% for visit.

Diabetes Self-Management Training: Requires a written order. Pay 20% for office visit and pay Part B deductible.

****Flu Shots:** Flu / H1N1 generally covered once a flu season.

****Hepatitis B Shots**

****Pneumococcal Shot:** Generally once in lifetime.

Glaucoma Test: Every 12 months if high risk. Pay 20% for office visit and pay Part B deductible

HIV Screening: Once every 12 months. No cost for test. Pay 20% for visit.

****Medical Nutrition Therapy Services**

****Pap Tests and Pelvic Exams**

****Breast Cancer Screening (Mammograms):** Every 12 months.

****One-time "Welcome to Medicare" Physical Exam:** Within first 12 months on Part B.

****Yearly Wellness Exam:** If on Part B longer than 12 months to develop or update prevention plan.

Prostate Cancer Screenings: Every 12 months. Pay 20% for office visit and pay Part B deductible.

Smoking Cessation: No cost for counseling sessions.

****No cost if provider accepts assignment.**

Watch Out for Door-to-Door Repair Scams

With the recent weather and natural disasters occurring in the Midwest, we would like to remind Illinoisians to **beware of repair or clean-up offers** that you receive via door-to-door or telephone solicitations. This is the season for door-to-door repair scams, so it is important to remember to do research before hiring someone for a repair or clean-up job.

Before doing business with someone, contact the Illinois

Attorney General's Office and the Better Business Bureau to ensure that neither office has any complaints against the company.

You can also make sure that they are properly registered with the Attorney General's Office, and you should check to ensure that they have the proper licenses to do the work that they claim to do.

*From this week's Fraud Alert put out
by Age Options*

The phone number of the Regional Attorney General's Office is (217) 278-3366.

You can reach the Better Business Bureau of Central Illinois by calling (800) 500-3780 toll-free.



Tips for Grandparents Raising Grandchildren

Last Chance Dental Clinic
Saturday, May 14, 9 am - 3 pm
Community Service Center,
520 E. Wabash, Rantoul

SmileHealthy will be offering dental exams, cleanings and fluoride varnish to children enrolled in Medicaid. Uninsured children may be eligible for grant supported care.

This will be a chance to get the state required exam before the May 15th deadline for children in K, 2nd or 6th grades. Call SmileHealthy at 359-7904 with questions.

Consent forms can be picked up at the Community Service Center at 520 E. Wabash, Rantoul. Forms must be filled out and returned to the Community Service Center by May 9th.

Every month, Caregiving.com holds free webinars which help family caregivers. Here's the May schedule:

Keep Your Brain Buff

Thursday May 12 at noon

In this 45-minute webinar, G-J will share tips and suggestions to keep our brain in shape. To participate, go to <http://www.caregiving.com/caregiving-webinars/caregiving-webinar-family-caregivers/webinar-keep-your-brain-buff/> Be sure to arrive a few moments early and with paper and pen.

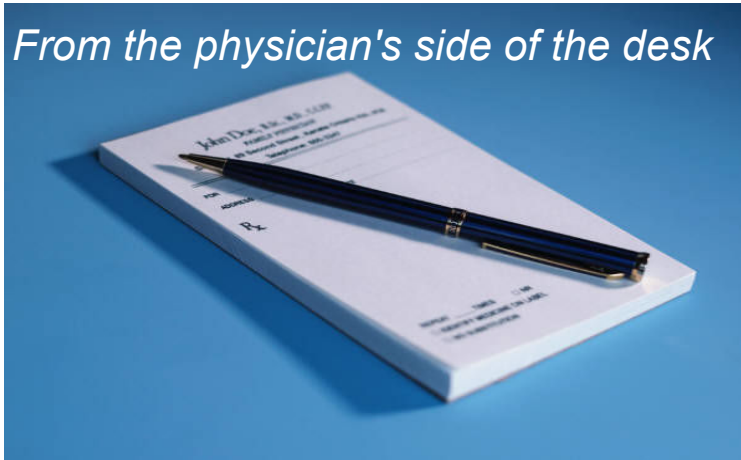
Dispelling Doubt: Caregiving with Clarity

Wednesday, May 25th at 11:00am

What do, when to do, how to do it: That's a caregiving day. Add in your caree's confusion and that's a caregiving bad day. You find the triggers in your day which feed into your self-doubt and dampen your confidence. Understanding, you'll be able to make changes in your routine and your day to keep your confidence. To participate, go to <http://www.caregiving.com/caregiving-webinars/caregiving-webinar-family-caregivers/webinar-caregiving-with-clarity/> Be sure to arrive a few moments early and with paper and pen.

Working with Your Health Care Providers

From the physician's side of the desk



*Donald Greely, MD
Carle Pulmonary Medicine*

Every physician wants you to feel that you have received good value at your visit. We want you to feel that we have listened and understood your concerns and that we have outlined a plan which you understand and agree with.

It can be very helpful if you bring LISTS with you to the appointment.

- a list of your current medications (from the labels on the bottles)
- a list of any pertinent medical events from your past history. It may be helpful to consult with relatives to pin down dates. When your symptoms started and how they progressed are important.
- a list of questions which you hope to have answered.

Four ears are better than two. Bring a friend or relative if you can so that the two of you can compare notes after the visit.

Sometimes we seem pretty busy and moving fast, but know that it is always OK for you to ask for clarification or to emphasize any points which need to be considered. A simple comment such as: "Pretty busy day?" may refocus us on the details of your visit.

Are we running late? On the one hand, there is usually a good reason which has something to do with urgent patient care. On the other hand, we respect that you have commitments and that your time is important. If you have been waiting 15 minutes, check in again with the desk or the nurse. They may have more information for you. Our desk and nursing staffs share your frustration when your visit is delayed. They are on your side.

After you get home, if you have any questions, it is OK to call in and talk to my nurse. We want to be sure that everything is clear.

Be sure that, at the end of the visit, you are clear on what you are expected to do, any medication changes, any needed testing, and the date of a follow up visit. Feel free to ask for any specific recommendations to be made in writing so that there will be no confusion.

HealthAlliance **MEDICARE**



National Senior Health & Fitness Day

Make Health and Fitness a Goal for Life

Please join Health Alliance Medicare for our 10th annual National Senior Health & Fitness Day event.

Date: Wednesday, May 25, 2011

Time: 9 a.m. to noon

Location: Lincoln Square Village, 900 S. Broadway Ave., Urbana
Free 2-hour parking in customer lots near the southwest entrance.

This free, fun and informative event features:

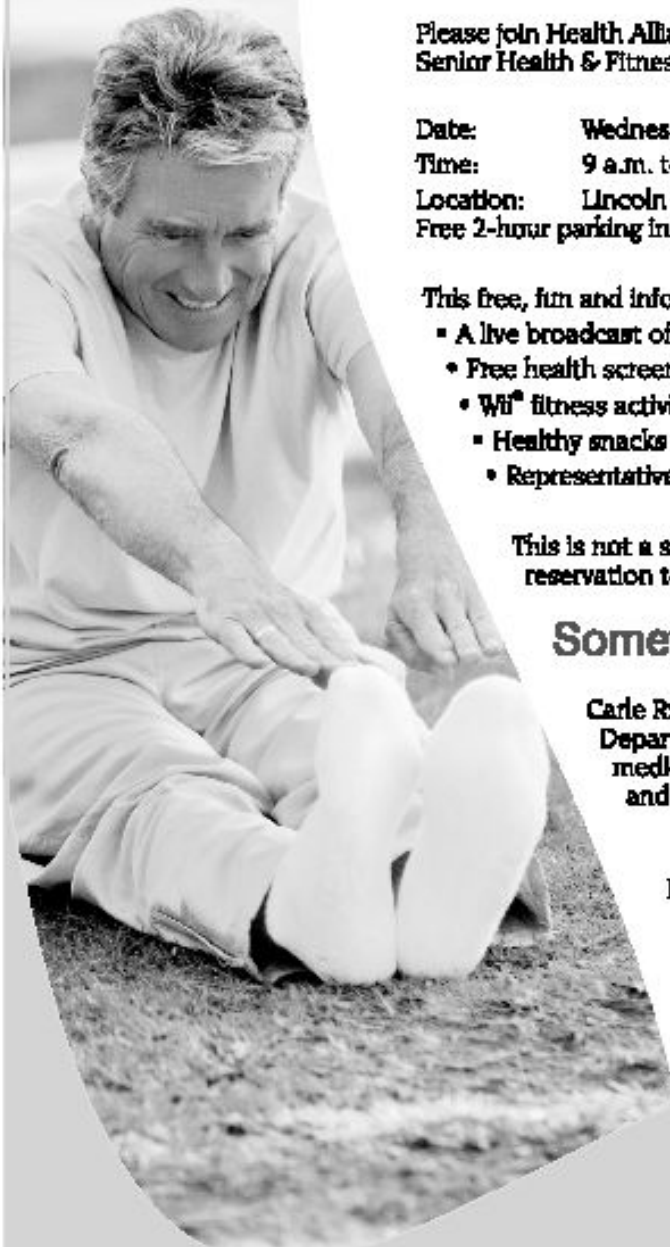
- A live broadcast of Penny for Your Thoughts.
- Free health screenings
- Wii® fitness activities, like golf, bowling and tennis
- Healthy snacks
- Representatives from over 35 area organizations

This is not a sales presentation. You don't need a reservation to attend.

Something special for 2011

Carle RxExpress and the Health Alliance Pharmacy Department will host booths to help you review your medications for possible savings, drug interactions and more. Please bring your list of drugs with you.

Health Alliance Medicare reminds you to talk to your doctor about any health concerns you might have.





Gardening is about enjoying the smell of things growing in the soil,

getting dirty without feeling guilty, and generally taking the time to soak up a little peace and serenity.

~Lindley Karstens noproblemgarden.com

One potted plant or a yard full of vegetables, gardening is good for the health of your body and soul.

Farmers' Market Coupons

If you are 60 years old, live in Champaign County, and have an income of no more than \$1,679.80 per month you may be interested in Farmers' Market Coupons. The coupons are redeemable for fresh produce at local farmers' markets. We are currently taking names of those who are interested. There are a limited number of coupon books available and, at this time, we do not know how many coupons will be available for each person. The coupons can be redeemed at local farmers' markets beginning July 1.

To get on the waiting list, call the Senior Resource Center at 352-5100. Those on the waiting list can pick up their coupons at Family Service (405 S. State Street in Champaign) June 1 through June 30 during business hours: Monday through Friday 8:30 a.m. - 5:00 p.m.

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthdays. **That number is now over 38 million.**

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since JFK has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities.

The theme this year is: **Older Americans: Connecting the Community.** It pays homage to the many ways in which older adults bring inspiration and continuity to the fabric of our communities. It also highlights the many ways technology is helping older Americans live longer, healthier and more engaged lives.

older
americans

connecting the community

May 2011 Older Americans Month

ACA

www.OlderAmericansMonth.org

Family Service Celebrates a Century of Care (1911-2011) Our fourth decade—a local response to World War II

In the forties, the United States became embroiled in the deadliest war in history.

Locally, Chanute Air Field experienced a frequent turnover of soldiers, leaving a steady influx of young wives and mothers to manage family needs alone. This meant many adjustments for families and society as women entered the work force in unparalleled numbers.

The community as well as individual families experienced more transition as our soldiers returned.

Family Service stabilized families in several ways including:

- Initially, we trained local law enforcement and health authorities on providing services to young women who followed military personnel to the area.
- For the duration of the war, we assisted military wives in many ways--with house cleaning and cooking when they were ill, employment services



(m a n y women had never been employed), as well as providing counseling to the bereaved and the depressed.

- At war's end, we expanded our focus from providing material assistance to helping families deal with the emotional and social adjustments of soldiers returning from war.

Support for Grandparents Raising Grandchildren

(and other people raising the children of relatives)

352-5100

We can provide you with information about legal services, foster care, school regulations, etc. as well as assistance applying for benefits for the children and yourself. We can also offer personal support, educational opportunities, reassurance, comfort, and affirmation. Call the Caregiver Advisor for more information. *No fee; donations gratefully accepted.*

A service of the
Senior Resource Center
at Family Service

A Newsletter from the staff at



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