



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:

Medicare Part D Open Enrollment

Every year, people who have Medicare Part D benefits get to explore and choose health and drug plans that work best for them. This year, Open Enrollment started earlier than usual; running from October 15th through December 7th 2011. It's important to sign up for Medicare Part D, which is your prescription coverage, when you are first eligible or you may end up paying a late enrollment penalty.

Each Medicare Part D plan has its own formulary and individual premiums. The website www.Medicare.gov is a tool to use when researching Medicare Part D plans. You are able to input your location and the medications you take. The web site then supplies you with a list of the Medicare Part D plans that would work best for you.

To switch to a new Medicare Part D plan, you simply call

the plan you want to join during the open enrollment period. You do not need to call the plan you are dropping; the coverage will automatically switch at the beginning of the year.

Many individuals qualify to get assistance with their Medicare Part D plan. This assistance is available through the Illinois Cares RX and the Extra Help program (which is a program through Social Security). Those who qualify for Illinois Cares RX must choose one of the four "stand-alone" Medicare Part D plans that coordinate with Illinois Cares RX.

If you would like any assistance to determine if you qualify for assistance or if you have any questions about the open enrollment period, please call the Senior Resource Center 217-352-5100 and one of our Caseworkers will be glad to assist you.

Concerned about fraud and scandals? The Senior Task Force of Champaign County posts the *Fraud Alert* put out by Age Options weekly. Check www.seniortaskforce.org for information about fraudulent business activity current in Illinois.



GET THE FLU VACCINE, NOT THE FLU.

Flu vaccines are covered for people with
Medicare and Medicaid/CHIP.

For information, call 1-800-MEDICARE
or visit www.medicare.gov or www.insurekidsnow.gov.

TRIAD/SALT What Is It? How Can I Help?

TRIAD is a national organization that represents a partnership of the Sheriff's Office and Police Departments, the State Attorney's Office and the Commission on Aging.

TRIAD also has an advisory council called the SALT Council (Seniors and Law Enforcement Together), which is responsible for the day-to-day activities of the TRIAD. Members of the SALT Council include senior citizens, community providers of social and senior services, law enforcement, criminal justice representatives, victim advocates, educators, protective services and others. The SALT Council's mission is to reduce victimization of senior citizens through education and the coordinated efforts of law enforcement, the courts, social and public services.

We are looking for seniors in the community that would be interested in joining us. We meet every other month and there are events through the year that we offer. To volunteer or for more information contact Ann Panthen, Chair of the Champaign County TRIAD, 217-333-8028 or Marsha Reardon, Family Service/RSVP at 217-369-6500.

We're Approaching That Time of Year!



October seems to be moving along swiftly. The leaves are changing, the weather is turning colder. The holidays are quickly approaching.

At this time of year, many of us can remember making the special holiday candies and the house smelling like freshly baked cookies and pies. Then there are the times when making the holiday crafts, gift and ornaments came around. Perhaps you remember your mother, aunt, or grandmother teaching you how to knit a scarf or sew an apron. Those were the good old days of quality time, stories shared and memories made.

It seems like in this day and age we try to take on too much and feel like we have to do it all. Wouldn't it be nice to get back some time and enjoy those moments from the past again? There is help to make that possible for you. Instead of filling your time with preparing a meal for your loved one; why not have Meals on Wheels delivered and use the time you would normally be busy cooking to enjoy each others company and making memories. If Meals on Wheels isn't right for you, our staff will do our best to find other ways to assist you finding help as you care for the loved ones in your life. For more information, call Meals on Wheels at 352-5100.

We're approaching the gift giving time of the year. Many older adults prefer gifts of services or time. By our late 50's most of us have enough "things."

So, if home delivered meals aren't right, what are some other gift ideas? Older adults we know have told us:

- ◆ A meal with loved ones. Breakfast the first Saturday of each month in the coming year?
- ◆ A trip to a favorite hairdresser or manicurist.
- ◆ Are cleaning and errands getting harder for a loved one? How about providing or purchasing a couple hours a week of maid or HomeCare service.
- ◆ A bird feeder kept filled where it can be seen from a comfortable chair, a cat? Days can get long when you live alone.
- ◆ A day trip to a favorite spot
- ◆ Paying a particular bill for a period of time
- ◆ Driving to the grocery store or department store once a week/month
- ◆ Game night or card night once a week/month
- ◆ Doing holiday wrapping for someone or helping them address Christmas cards
- ◆ Gift cards to favorite stores
- ◆ A chore day - sweeping under furniture? Getting things from closets? Moving stuff to the garage?
- ◆ A video of a child's play, concert, playing, etc.
- ◆ A family memory book
- ◆ Hopefully these few ideas will spark your own imagination!



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

The 1990's was a decade of milestones and celebrations

Family Service adds new program and a "new" leader assumes the helm

1991—Champaign County mandates parent education training for all divorcing parents of children under age 18. Family Service is selected to administer **Children First** program.

1995- **Sheryl Bautch**, former Family Service Board President and a local attorney leaves both roles to assume

role as executive director of Family Service.

Family Service celebrates milestones & anniversaries

April 10, 1992—**Meals on Wheels delivers its 500,000th meal** (Note: The program grew from serving 10 people a day in 1965 to 110 a day in 27 years!)

November 7, 1996—**Family Service Celebrates 85th**

Jean Driscoll, Olympic medalist and seven-time

winner of the Boston Marathon is the keynote speaker at the gala dinner at Jumer's in Urbana

Fall 1996—**Silver Anniversary of RSVP**
The RSVP program at Family Service is one of the oldest in the nation; it has thrived because of its significant impact for seniors and their impact on our community!

Note: Ramona Alvadj, 88, is first volunteer to earn 25-year pin

Meals on Wheels

352-5100

If preparing hot, nutritious meals is difficult for you or someone you love, Meals on Wheels may be able to help. Sometimes, physical frailty, mental confusion, recovery from an injury or illness, or simple lack of energy can make getting proper meals hard. Yet, we all know that good nutrition and hydration keep us healthier, more mentally alert, and help us heal faster. If a hot noon meal (and optional sack supper) delivered to your door might help, give us a call. We deliver Monday-Friday in the Champaign-Urbana-Savoy areas.

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



Family Service

Senior Resource Center

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