

# 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:*

## **Low Income Home Energy Assistance Program**

LIHEAP (the Low Income Home Energy Assistance Program) is a federally funded program that provides assistance with utility bill payments to low-income households. The federal funds are given to each state to distribute.

This year, there was not enough funding to provide the summer assistance for cooling bills. However, the winter program has been funded and will be starting soon.

September 1<sup>st</sup> seniors aged 60 and up and people with disabilities can start applying for assistance. In October, anyone who meets the income guideline may begin applying.

The income guidelines for LIHEAP this year are \$1,361 per month for one person, and \$1,839 per month for two people. The LIHEAP program is a one-time benefit and it makes payments directly to the local utility company. The amount of the benefit given to a person is based on income, household size, fuel type, and geographic location. Assistance is given to both homeowners and people who rent.

For more information on the LIHEAP program please contact Regional Planning at 384-1226 or, for applicants 60 years and older, the Senior Resource Center at 352-5100.

## **Family Caregivers: How to Say “Yes!”**

Families in caregiving situations often receive many offers of help and don't really know how to accept these sincere offers. If you are looking for ways to help a friend or loved one, or need help yourself, you can create a private *community of support* at Lotsa Helping Hands. The service includes an intuitive group calendar for scheduling meals, rides and other daily activities as well as community sections such as well wishes, blogs, and message boards that provide emotional support to the family in need. For those comfortable with social networking, this may provide a good tool to organize needs and offers of help. A “coordinator” can set it up very simply.

See the website at [www.lotsahelpinghands.com/](http://www.lotsahelpinghands.com/) for more information.

## Medicare Part C and Part D Enrollment

Every year, you have a chance to make changes to your Medicare Advantage or Medicare prescription drug coverage for the following year. It is very important to know the dates during which you can make changes because they are very strict dates.

Remember - Your prescriptions may have changed since last year or your employer-provided insurance may have changed. Make sure you have the plan that meets your needs best right now.

If you have questions, feel free to contact one of the Senior Resource Center caseworkers at 352-5100. If they cannot answer your specific question, they can refer you to the person who can.

### Enrollment Period

### What You Can Do

#### October 15– December 7

Change from Original Medicare to a Medicare Advantage Plan.  
Change from a Medicare Advantage Plan back to Original Medicare.  
Switch from one Medicare Advantage Plan to another Medicare Advantage Plan.

#### Open Enrollment Period for Medicare Advantage AND Medicare prescription drug coverage

Switch from a Medicare Advantage Plan that doesn't offer drug coverage to a Medicare Advantage Plan that offers drug coverage.  
Switch from a Medicare Advantage Plan that offers drug coverage to a Medicare Advantage Plan that doesn't offer drug coverage.  
Join a Medicare Prescription Drug Plan.  
Switch from one Medicare Prescription Drug Plan to another Medicare Prescription Drug Plan.  
Drop your Medicare prescription drug coverage completely.

#### January 1– February 14

If you're in a Medicare Advantage Plan, you can leave your plan and switch to Original Medicare.

If you switch to Original Medicare during this period, you will have until February 14 to also join a Medicare Prescription Drug Plan to add drug coverage. Your coverage will begin the first day of the month after the plan gets your enrollment form.

**Note:** During this period, you **can't** do the following:

Switch from Original Medicare to a Medicare Advantage Plan.  
Switch from one Medicare Advantage Plan to another.  
Switch from one Medicare Prescription Drug Plan to another.  
Join, switch, or drop a Medicare Medical Savings Account Plan.

The above is part of a 12 page publication on the Medicare.gov web site called *Understanding Medicare Enrollment Periods*. You can view the entire pamphlet at: <http://www.medicare.gov/Publications/Pubs/pdf/11219.pdf> It has enrollment information for people getting Medicare for the first time as well as for those who may need to make changes.



*Senator Michael Frerichs' and Attorney General  
Lisa Madigan's Office invite you to:*

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## **SILVER BEAT SENIOR WORKSHOP**

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**Learn how to protect yourself from...**

- ✓Financial Exploitations
- ✓Health Care Fraud
- ✓New Credit Card Rules
- ✓Fraudulent Businesses **and more!**

**Date:** September 16, 2011

**Time:** 9:00—11:00 a.m.

**Where:** Champaign Public Library  
200 W. Green St.  
Champaign, IL 61820

**For more information, contact  
State Senator Mike Frerichs' office at (217) 355-5252**

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

*In response to the 1971 White House Conference on Aging,  
Family Service expands and adds several services for older adults in 1972*

## Federal support allows Family Service to strengthen services for older adults:

**HomeCare** - expands in-home non-medical care to serve seniors (personal care, meal preparation, shopping, laundry, housework, errands, and companionship)

**Meals on Wheels** - we assume oversight of this home-delivered meal program, in collaboration with the Illini Union & Church Women United who originated the service in 1965

**Friendly Visiting & Reassurance Calling** - Our

staff provide socialization and promote safety and wellness for at-risk older adults living alone through weekly in-home visits and daily calls. *Note: today our staff train Parkland nursing students to make friendly visits and calls are made by Provena Faith in Action staff.*

**Retired & Senior Volunteer Program (RSVP)** - this program matches experienced volunteers (at least age 55) with community needs and provides insurance and recognition. *Note: Total service hours donated by RSVP volunteers in Champaign, Douglas, & Piatt*

*counties has increased almost seven-fold since 1972.*

**Senior Information & Referral Services**—staff provides short term assistance to access information and resources for one or two specific needs; if greater assistance is needed, caseworkers can provide ongoing support to deal with difficult personal or family issues

**Senior Transportation**—Family Service provides countywide transportation to seniors; in 1972 this was a collaboration with the local chapter of Red Cross and the C-U MTD



‘It’s good not to feel alone when you need help.’

(Comment from client survey)


After mom’s fall, I couldn’t provide as much help as she needed.

Family Service Senior Resource Center knows what services are available and helped us decide what works best for our family.

 **Family Service**  
Senior Resource Center

**352-5100**

One number to call for seniors and their families.

 Proud sponsor of this campaign for seniors.

A Newsletter from the staff at

 **Family Service**  
Senior Resource Center

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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)