



October / November / December 2020

MISSION

To promote the independence and quality of life for older adults, adults with disabilities, and their families.

COVID-19 OPERATIONS UPDATES:

Bridges Community Center continues to offer programs and services keeping the health and safety of patrons, volunteers and staff as a top priority.

We are pleased to announce that we will be offering virtual and/or dial-in programming.

We are not accepting "walk-in" appointments at this time and program offerings may be subject to change due to public health concerns.

STAFF SPOTLIGHT:

We would like to recognize



Jennifer Johnson

for her 15 years of commitment and dedicated service as Information/Outreach Specialist at Bridges.

We are saddened that we were unable to host our annual Bingo for Bridges event this year.

Thank you for to those who pledged support and special thanks to this years sponsors:

Heritage Woods Of Ottawa

Home Instead Senior Care

Senior Watchdog Inc.

Schweickert, Ganassin, Krzak & Rundio Injury Attorneys

IMPORTANT DATES

Med D Open Enrollment Starts.....10/15

Office Closure (Thanksgiving).....11/26

Office Closure (Day after Thanksgiving).....11/27

Med D Open Enrollment Ends.....12/7

Office Closure (Christmas Eve).....12/24

Office Closure (Christmas).....12/25

BRIDGES COMMUNITY CENTER STAFF

Executive Director: Kathy Weiman

Program Director: Erin Hanna

Program Coordinator: Aly Witek

Information/Outreach Specialist: Jennifer Johnson

Volunteers: Gerry Kupfer
Rita Studzinski
Robert Anselme Jr.

ADVISORY BOARD MEMBERS

Amy Gillespie	Megan Forristall
Debbie Pusateri	Susan Glassman
Gerry Kupfer	Tammy Humpage
Jack Wayland	Jessica Stayton

If you are interested in volunteering or joining our Advisory Board contact, Aly Witek 815-431-8034.

STAY CONNECTED

Looking for a Connection at Home?



Try Out Classes
thru Zoom or
Dial-In from your Phone!



Not sure how to participate virtually?

To connect to a Zoom class, you need access to the internet, video camera and microphone on your computer, tablet or smart phone. You can also dial in from any type of phone for audio connection to the class.

There are several ways to join a Zoom activity:

- 1). Click the link in the email sent to you for the specific activity. In your email, it will look like this:
<https://zoom.us/j/98169812621>
- 2). For Dial-in on your phone, call: 000-000-0000 (same phone number for all classes, with class specific ID). When prompt is given, enter the specific Meeting ID listed, follow by #.

Example: Dial in: 000-000-0000. At prompt, enter Meeting ID: 123 4567 8910#

Individual Zoom Assistance

If you are finding yourself still unsure of how to Zoom Link or use Zoom, Aly Witek can assist you with individualized help!



Here to help

Don't miss out on Virtual Classes—Zoom can be easier than you think!

Call 815-431-8034 to contact Aly to schedule!

Illinois Care Connection (ICC) Program

ICC is a new program that provides technology devices for **socially isolated seniors and persons with disabilities** as a result of **COVID-19 pandemic**.

ICC will provide technology devices such as iPads or Tablets to participants to help facilitate social connections with family and friends.

This program will run through Sept. 30th, 2021; however, funding for technology devices is available on a first come first come basis.

For more information regarding eligibility, call 815-431-8034



"Help Us Help Seniors" Campaign

COVID-19 has halted many of our funding resources including our popular fundraising events. As our budgetary shortfall continues, we now more than ever can use the support of our participants and the community.

Please consider a donation today!

Visit www.alternativesforyou.org and click the "Donate" button or mail a donation check to:

Bridges Community Center
809 21st Street, Peru, IL 61354

THANK YOU FOR YOUR SUPPORT!

Like Us On Facebook!

<https://www.facebook.com/bridgescommunitycenter/>

MEDICARE & MORE

Medicare and Social Security can be confusing, whether you are **new** to Medicare or **not**!

Bridges staff as certified **Senior Health Insurance Program (SHIP)** Counselors can help you navigate Medicare, and other benefit programs.

Our staff can provide all the necessary assistance to resolve Medicare related issues by providing information, application assistance, advocacy, and referrals.

To learn more about how we can help you navigate, contact us!

Updates from Illinois Secretary of State

As of September 23, 2020 please note:

- ♦ **Driver's licenses and ID cards** have been extended until Feb. 1, 2021. For drivers age 75 and older the expiration dates has been extended to license holders next birthday in 2021.
- ♦ **License plate renewal stickers** are extended until Nov. 1, 2020.

For more information contact your local DMV office or visit www.cyberdriveillinois.com

Did you know you may be eligible for the MEDICARE SAVINGS PROGRAM?

The Medicare Savings Program helps pay the monthly Medicare Part B premiums. Depending on income level this program may also lower co-pays for prescriptions to between \$3.60 and \$8.95 and may cover doctor's co-pays, if your doctor accepts State Medical Insurance.

INCOME:	Below \$1,461/mo. (single person) \$1,965/mo. (married person)
ASSETS:	Below \$9,360/mo. (single person) \$14,800/mo. (married person)

There is no filing deadline for this program. It's easy to apply for the Medicare Savings Programs. It does not cost anything to apply for this program. Call us for more information!

Should I get a flu shot during the COVID-19 pandemic?

With so many urgent headlines about the COVID epidemic, the 2020-2021 flu season can easily get lost in the shuffle. However, getting your flu shot this year is just as important as ever.

- Y **COVID and the flu are not the same.** They are both respiratory illnesses, but they are caused by completely different viruses. Because the symptoms of the flu and COVID are similar on some points, it can be difficult to tell them apart.
- Y **COVID does not cancel out flu.** Public health experts expect that the flu season will continue alongside the COVID epidemic.
- Y **Everyone is vulnerable to the flu.** Flu strains develop and mutate every year. That means the shot you got last year will not protect you this year.



**FOR MORE INFORMATION OR REGISTER, CALL BRIDGES
815-431-8034!**

MEDICARE & MORE CONTINUED...

Open
Enrollment



Medicare Open Enrollment

For 2021 coverage, open enrollment is from
October 15 through December 7, 2020.

During Open Enrollment, think about the year ahead

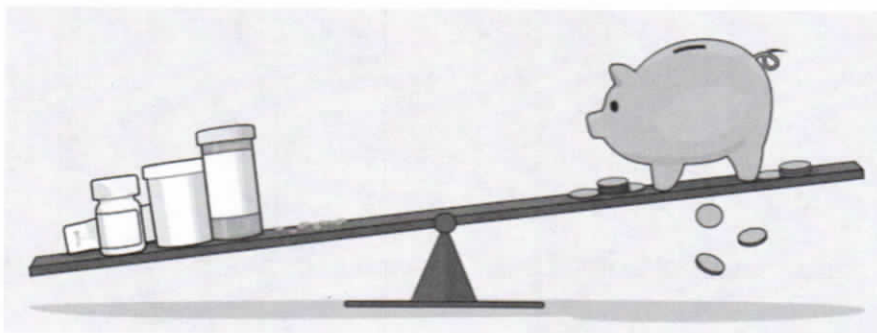
Not all Medicare coverage options offer the same benefits. Maybe your needs have changed and you now want prescription drug coverage, help with out-of-pocket costs, a broader provider network, or additional benefits. Think about what benefits are most important in helping you meet your unique health care needs in 2021.

Review your current Medicare coverage

Does your current Medicare coverage offer the services you need? If you have other types of health or prescription drug coverage, make sure you understand how that coverage works with Medicare. Now's the time to change your Medicare coverage to the plan that is right for you.

Compare health and prescription drug plans for 2021

Are you considering enrolling in or changing your Medicare Part D plan? During open enrollment beneficiaries who are not enrolled in Medicare prescription drug coverage can enroll. Also, current enrollees in the program can switch plans. If you currently have prescription drug coverage, you should review your coverage during this period. You might want to enroll in a Medicare drug plan that better meets your needs.



**For more information or assistance with reviewing your plans,
please contact Bridges at 815-431-8034.**

VIRTUAL OR DIAL-IN PROGRAMS

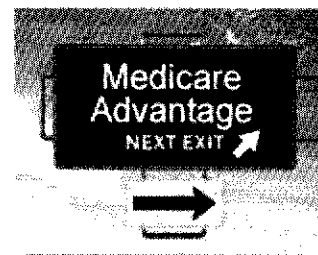
Understanding Medicare Advantage Plans

Bridges will host two **VIRTUAL** presentations:

October 21st, 2020 at 2pm

&

November 3rd, 2020 at 10am



The goal will be to educate attendees on their options for how they receive their Medicare benefits. **The topics covered will be:**

- Y How Medicare Advantage Plans are different from Original Medicare
- Y How Medicare Advantage Plans work
- Y The Different Types of Medicare Advantage Plans
- Y How and When a Medicare Beneficiary can join a Medicare Advantage Plan

You can participate VIRTUALLY or DIAL-IN!

Call Bridges to register, 815-431-8034

MEDICARE 101



November 12th, 2020 at 6:00pm

This program is designed for those who will be "New to Medicare" or anyone else who would like to learn more about Medicare. It will help you understand what Medicare is and what it covers. We will discuss different parts of Medicare, how Medicare works with other insurance, what you need to do before and after you start Medicare, and much more.

You can participate VIRTUALLY or DIAL-IN!

Call Bridges to register, 815-431-8034

**FOR MORE INFORMATION OR REGISTER CALL BRIDGES
815-431-8034!**



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Are you a caregiver to.....

- An older adult age 60 and over?
- An adult age 18-59 with a disability?
- Or a grandparent raising a grandchild?

Contact us to learn about resources!

5.8 million Americans age 65 and older are living with Alzheimer's or a related dementia.

The lifetime costs of family care for a person with dementia average over \$200,000 or about \$273.00 a month.

Through funding provided for "**Alzheimer's Disease and Related Disorders**", we have support for families—older adults with dementia and those caring for loved ones with dementia, to help cover the costs of medical supplies, adaptive equipment, in-home monitoring devices, and more.

If interested, please call 815-431-8034.

Bridges Senior Center, a program of Alternatives for the Older Adult, is funded in part by grants from the Illinois Department on Aging, Western Illinois Area Agency on Aging and United Way. Donations are accepted but participants will not be denied services due to inability to donate. The agency complies with the nondiscrimination regulations of the Illinois Human Rights Act; the U.S. Civil Rights Act; Section 504 of the Rehabilitation Act; The Discrimination Act; The Age Discrimination Employment Act, and the U.S. and Illinois Constitutions.

Caregiver Care Packages Are Available!

Brought to you by funding from WIAAA

If you or someone you know is currently in need of caregiver support, please contact us.

Each care package will be packed full of resources to encourage, educate and entertain.

We will need the caregiver's name, address and relationship to care recipient in order to mail them a package.



Please call Erin at **309-277-0167** or email **ehanna@alternativesforyou.org**.