

Summer 2021

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

Dear Friends,

A huge thank you to everyone who came out to Culvers in Peru and Ottawa on May 5th, to support Bridges! Thanks to all of you, we raised \$625.60 for programs and services in our communities.

As we look toward Summer, we're excited to get the chance to spend time together with our staff, volunteers, members of our aging network, and the community. It feels like its been a long time coming and we want to make the experience of re-engaging with all of you as comfortable and safe as possible.

Please take the time to review on the next page the steps we are taking to keep our community members safe and check out just some of the activities we have planned for this summer. Hope to see you there!

Sincerely,

*Erin Hanna, Bridges Program Director*

**Dates to remember: July 5th—Office closed in observance of 4th of July**

**Aug. 21st—National Senior Citizens Day**

**Sept. 6th—Office closed; Memorial Day**

**BRIDGES STAFF**

**Executive Director:** Kathy Weiman

**Program Director:** Erin Hanna

**Program Coordinator:** David Trenor

**Information Specialist:** Jennifer Johnson

**BRIDGES VOLUNTEERS**

Gerry Kupfer

Rita Studzinski

Robert Anselme Jr.

Juanita Orellano

**BRIDGES ADVISORY BOARD**

Amy Gillespie

Debbie Pusateri

Gerry Kupfer

Jack Wayland

Megan Forristall

Tammy Humpage

Jessica Stayton

Paulette Sheedy

**Bridges Wants YOU!**

We're always on the lookout for volunteers willing to share their talents and time with their communities

For more information about  
becoming a volunteer contact us:

**815-431-8034 or [bridges@alternativesforyou.org](mailto:bridges@alternativesforyou.org)**



# 2021 Satellite Office Reopening

**Some of the things we can help with during appointments:** New to Medicare, Benefit Access Applications, SNAP Application, Medicaid Applications, General Resources and Information for the Aged and Disabled

- Masks will be required during appointments for those not vaccinated
- Temperature checks
- Social distancing
- Plexiglass barriers
- Hand sanitizing stations
- Sanitizing surfaces between appointments
- If you are experiencing symptoms of COVID-19, please call and reschedule your appointment.

## Streator Satellite Office

**Bruce Township Hall  
216 N. Sterling Street**

July 7

August 4

September 1

October 6

November 3

December 1

## Ottawa Satellite Office

**Goodwill  
501 W. Stevenson Road**

July 14 & 21

August 11 & 18

September 8 & 15

October 13 & 20

November 10 & 17

December 8 & 15

## Marseilles Satellite Office

**American Legion Hall  
571 Rutland Street**

July 28

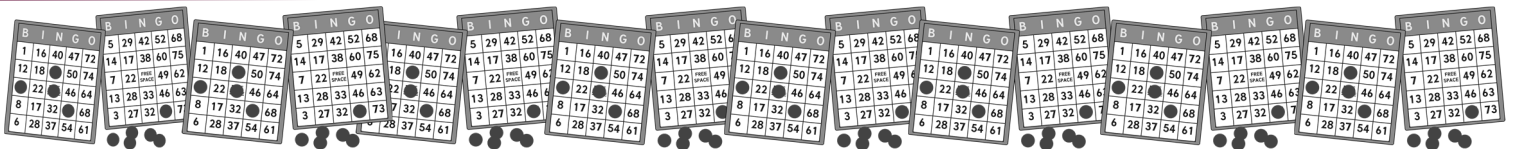
August 25

September 22

October 27

Tues. November 23  
(Appointments Only)

No December



## **BINGO is BACK!**

**Marseilles Satellite Office, American Legion Hall, 571 Rutland Street**

**July 28th**

**August 25th**

**September 22nd**

**(4th Wednesday of the month)**

**1—1:30 p.m. Marseilles Nursing Service**

**BP checks and current public health Information**

**1:30—3 p.m. BINGO**

**Cover All  
sponsored by  
Aperion  
Care**

**\$1 per  
Card**



# COVID-19 Programs & Services

## 2021 Illinois Rental Payment Program ILRPP

The application is a joint application from the housing provider (landlord) and the tenant. Applicants are eligible for up to **15 months of assistance**. The grant can cover the past due rent from the previous 12 months and future rental assistance for the next three months, if needed. The **maximum grant amount is \$25,000**. The emergency rental assistance is provided by the Federal government and is free to tenant and housing provider. If approved, the grant will be paid to the housing provider in the form of a check.

### Eligibility Requirements

In order to receive financial assistance, tenants must meet **all** of the following:

- Behind on their rent for at least 30 days;
- Live in Illinois and rent their home as their primary residence;
- Total gross income cannot exceed 80% Area Median Income for location;
- Must have experienced a financial hardship directly, or indirectly, due to the pandemic.

To apply, visit: <https://ilrpp.ihda.org>

## Sign up for the COVID-19 Vaccine without a computer

Call the LaSalle County Health Department  
at **815-433-3366**.

Please leave a voicemail and  
your call will be returned as soon as possible.

*Are you or a loved one  
feeling the stress?*

**These downloadable apps are here to help**

**HEADSPACE**—Get happy. Stress less. Sleep soundly. Your guide to mindfulness for your everyday life.

**WHAT'S UP**—A tool for groups & organizations to help promote wellbeing & positive mental health among its members.

**MINDSHIFT**—Designed to help teens & young adults cope with anxiety.



## Emergency Broadband Benefit (EBB)

The EBB will provide a discount of up to \$50 per month towards broadband service for households. Households can also receive a one-time discount of up to \$100 to purchase a device from participating providers if they contribute between \$10-\$50 toward the purchase price. The benefit is limited to one monthly service discount and one device discount per household.

### Who Is Eligible for the Benefit?

A household is eligible if a member of the household meets **one** of the criteria below:

- Income at or below 135% of the Federal Poverty Guidelines or participates in certain assistance programs, such as SNAP, Medicaid, or Lifeline
- Receive benefits under the free and reduced-price school lunch and/or breakfast program
- Received a Federal Pell Grant during the current award year
- Experienced a substantial loss of income due to job loss or furlough since 2/29/20 and the household had a total income in 2020 at or below \$99,000 for single filers and \$198,000 for joint filers
- Meets criteria for a participating provider's existing low-income or COVID-19 program.

### How to Apply

Households must apply for the benefit **and** contact a participating provider to select a service plan.

**There are two ways to apply:**

**Go to [GetEmergencyBroadband.org](https://GetEmergencyBroadband.org)** to apply online and to find participating providers near you.

**OR**

**Call 833-511-0311 for a mail-in application.** Return it along with copies of documents showing proof of eligibility to:

Emergency Broadband Support Center  
P.O. Box 7081  
London, KY 40742



**Need help completing applications for benefits & services?  
Call Bridges at 815-431-8034 or 1-866-331-8034**

## Classes & Groups

### ***Feeling a Bit Buried? In Need of a Clear Out?***

#### **Join Bridges & Health Alliance for Downsize & Declutter**

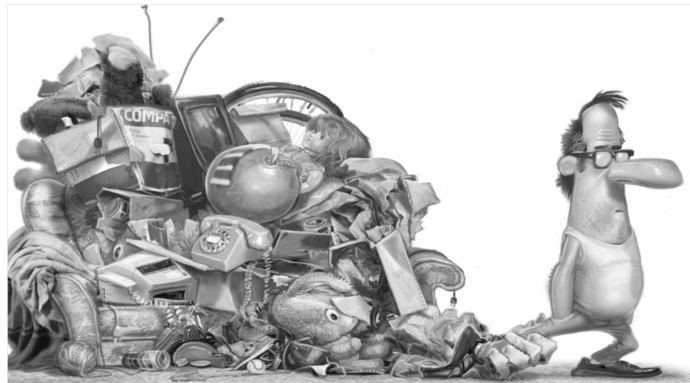
**August 17th, 2021**

**2 p.m.**

**Peru Community Hall**

This course teaches audiences the benefits of downsizing and decluttering and walks them through the process, with helpful tips and encouragement along the way.

Due to limited course size, please **RSVP** by August 13th to Bridges at **815-431-8034** or **1-866-331-8034**



### **Tai Chi in the Park**

East Side Park

529 Pearl Street, Ottawa

**10:00 am**

**Mondays or Thursdays**

Weather permitting

During inclement weather, classes will be taught  
virtually via Zoom

**For more information or request a link for the  
Zoom sessions,**

**Email: danretoff@yahoo.com**

**OR**

**Text or Call 815-488-4249 for more information**



### **Coming Soon!**

#### **Forever Fit & Chair Yoga**

Prior to COVID-19 these two classes were going strong and we expect them to return to their regular schedule once we are certain that it will be safe and that classes can be held within the required safety guidelines.

#### **AARP Smart Driver Safety Program**

The AARP Driver Safety Program is a classroom driver refresher course designed especially for drivers age 50 and over. Unfortunately this in-person class was postponed until after September 1st, but Bridges hopes to host a class this fall.

**Follow our Bridges' Facebook page for  
further updates on these programs and  
upcoming classes and events.**

**Like Us On Facebook!**

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

# Medicare & You

## Medicare-Medicaid Alignment Initiative ([MMAI](#)) Program will expand statewide July 1, 2021

MMAI allows beneficiaries to receive their Medicare Parts A & B, Medicare Part D, and their Medicaid benefits from a single Medicare-Medicaid Plan, known as a MMAI plan. Those eligible to enroll in MMAI in an expansion county (including LaSalle) may opt-into the program beginning in June 2021 for a July 1, 2021 effective date.

### Who is Eligible to Enroll?

MMAI plans will be available to Illinois residents who meet **all** of the following criteria:

- Are at least age 21, entitled to Medicare Part A, and enrolled in Medicare Parts B & D
- Are eligible for full Medicaid benefits
- Are enrolled in the Medicaid Aid to the Aged, Blind, and Disabled (AABD) category of assistance
- Do not receive developmental disability institutional services and are not participating in the Home and Community-Based Services (HCBS) waiver for Adults with Developmental Disabilities
- Do not have eligibility for Medicaid assistance due to spend-down
- Do not participate in the Illinois Medicaid Breast and Cervical Cancer program
- Do not have Comprehensive Third Party Insurance.

### Think You Might Qualify & Want to Enroll Now?

Individuals can enroll over the telephone by calling Illinois Client Enrollment Services and speaking with an enrollment counselor at **1-877-912-8880**, TTY users should call **1-866-565-8576**.

### Meet These Criteria but not Ready to Enroll?

The MMAI passive enrollment for the statewide expansion will be phased in over multiple weeks following the June 2021 start date. Passive enrollment means that if a beneficiary does not choose a health plan, they will be auto-assigned to a plan. Beneficiaries will start seeing materials for passive enrollment in June 2021 with a September 1, 2021 effective date.

## Understanding Medicare Advantage Plans

**In-person:**

**September 16, 2021**

**2-3 p.m.**

**Reddick Library, Ottawa IL**

**Virtual:**

**September 14, 2021**

**10-11:30 a.m.**

**TEAMS link will be provided via email at registration**

Bridges will host this **FREE** presentation. Topics covered:

⇒How Medicare Advantage Plans are different from Original Medicare

⇒How Medicare Advantage Plans work

⇒The Different Types of Medicare Advantage Plans

⇒How and When a Medicare Beneficiary can join a Medicare Advantage Plan



**Please call Bridges (815-431-8034) to register for either presentation by September 13th**

**Need help understanding you benefits?**

**Call Bridges at 815-431-8034 or 1-866-331-8034**

## ***Feeling isolated? Lonely? ...It's never too late to find connection to others!***

**Get Connected.** Check out the following resources and networks:

- **Connect 2 Affect.** AARP's website for those who are isolated: [connect2affect.org](http://connect2affect.org)
- **Elder Orphans.** A Facebook page for those who are aging alone: [www.facebook.com/groups/elderorphans/](http://www.facebook.com/groups/elderorphans/)
- **The Village Model.** A loose network of mutual assistance, social activities & educational programs: [www.vtvnetwork.org/](http://www.vtvnetwork.org/)

**Warm Lines.** Unlike a crisis line, a warm line is open to anyone who may feel lonely & in need of connection:

- **Friendship Line.** Open 24/7; the only nationwide toll-free number offering telephone support to isolated older adults: 800-971-0016
- **Illinois Warmline.** Operates Monday-Friday 8 a.m. to 5 p.m.: 1-866-359-7953; Press 2, then 5.

**Online or Telephone Social & Educational Activities.** Can't make it to a Bridges activity? Try one of these telephone or online options!

- **Google's Arts & Culture.** Digitized access to museum exhibits: [artsandculture.google.com/](http://artsandculture.google.com/)
- **Massive Open Online Courses (MOOCs).** Free online courses available for anyone to enroll: [www.mooc.org](http://www.mooc.org)
- **Open Culture.** Offers more than 1,500 online courses from the world's top universities for free: [www.openculture.com](http://www.openculture.com)
- **Mather Telephone Topics.** Call 1-888-600-2560. You can view their daily list of events online by visiting: [mather.com/neighborhood-programs/telephone-topics](http://mather.com/neighborhood-programs/telephone-topics)
- **Well Connected.** Telephone & online community: [covia.org](http://covia.org) Social Call program for friendly conversation, visit: [covia.org/services/social-call/](http://covia.org/services/social-call/)
- **Senior Planet.** Offers a variety of online classes & offers free technology support: [seniorplanet.org](http://seniorplanet.org)
- **Get Set Up.** Offers free, interactive online technology seminars for older adults: [www.getsetup.io/classes](http://www.getsetup.io/classes)

***We don't heal in isolation, but in community.*** — S. Kelley Harrell, *Gift of the Dreamtime*