

Spring 2022

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

Hi Bridges family,

After a long cold, socially-distanced winter, the staff at Bridges Community Center are extremely happy to be entering the Spring season! Our doors are open, but you will still need to make appointments to meet with us for all your benefits and Medicare needs. Speaking of appointments, we've partnered with an organization in Ottawa that will allow us to assist the folks of Ottawa, Marseilles, and Streator more often. Check out page 2 for more information about our Satellite office dates.

If you feel like stretching your legs in Ottawa, join us in Tai Chi or Forever Fit. We have found a home for our Seated Yoga class in Ottawa and check page 3 for our official announcement. In Peru, we are glad to be restarting our popular Bingo (2nd and 4th Fridays at 2pm) and also starting Yoga with Emily once a month at the Habitat for Humanity Restore. Bingo continues in Marseilles with more info to come on bringing back lunches!

Thanks,

David



Dates to remember:



Apr. 1st—April Fools' Day

Apr. 17th—Easter Sunday

Apr. 27th—Administrative Professionals Day; Celebrate our office volunteers!

May 5th—Cinco de Mayo

May 8th—Mother's Day

May 30th—Memorial Day; Center closed in observance

Jun. 19th—Father's Day & Juneteenth

Jun. 20th— Center closed in observance of Juneteenth

BRIDGES STAFF

Executive Director: Kathy Weiman
Program Director: Erin Hanna
Program Coordinator: David Trenor
Information Specialist: Jennifer Johnson

VOLUNTEERS

Gerry Kupfer
Rita Studzinski
Robert Anselme Jr.
Juanita Orellano
Pam Nosalik
Jennifer Koffski
Sarah Revell

BRIDGES ADVISORY BOARD

Amy Gillespie Megan Forristall
Debbie Pusateri Tammy Humpage
Gerry Kupfer Jessica Stayton
Jack Wayland Paulette Sheedy
Lynette Washington



2022 Satellite Office Dates

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
- 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**

Apr. 4

May 4

Jun. 1

Ottawa Satellite Office

**Anthony Place
727 Clinton Street**

Apr. 7, 14, 21 & 28

May 5, 12, 19 & 26

Jun. 2, 9, 16, 23 & 30

Marseilles Satellite Office

**American Legion Hall
571 Rutland Street**

Apr. 27

May 25

Jun. 22

**Call Bridges at 815-431-8034 or 1-866-331-8034
To set up an appointment at one of our Satellite Offices**

Family Caregiver Information & Services

Am I a Family Caregiver?...

You are a caregiver if you have a personal relationship with and provide assistance to an older person or an adult with a chronic or disabling condition. You can be their spouse, partner, relative, friend, or neighbor. You may help once a month or everyday. What you do makes a difference in someone's life!

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

Lifetime costs of in-home 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.

FEMA COVID-19 Funeral Assistance Program

Federal Emergency Management Agency (FEMA) introduced a program to reimburse families for COVID-19 funeral expenses incurred beginning January 20, 2020. If you lost a family member to COVID-19 and assisted with funeral, burial or cremation expenses, you may be eligible for this program. Applications for reimbursement are currently being accepted. Families are eligible for up to \$9,000 reimbursement for qualified expenses. Contact Bridges for more information & assistance with completing an application.

April 3, 1973 *On this day in history, the first call from a handheld cellular device was made. The device weighed 2.5 pounds, was the size of a shoebox, could be used for only 35 minutes, and needed to be recharged for 10 hours.*

EngAGED Classes, Groups & Activities



Get & Stay Connected!

EngAGED is a program aimed at reducing isolation among older adults. Older adults who are socially engaged in their community are able to share their knowledge, talent, skills, experience, and wisdom.

To find out how you can enroll or volunteer, contact Bridges at 815-431-8034!

Pollinator Pathways

Free and open to the public, "Pollinator Pathways," will provide wildflower seeds, specially selected to grow in Illinois. The seeds will be distributed to volunteers for planting. The planting sites, large and small, will create "Pollinator Pathways," an essential support system to help wild pollinators eat and thrive as they travel from natural areas through volunteer-planted sites. Whether a window box, a small corner at the backyard, a rural fence line, a garden bed at school, a public park, or a field, supporting pollinators is simply doing good for you, the Earth, and the community.

LaSalle Library is planning 6 events, for all ages, April through August.

With the support of **#PlantWildflowersInitiative**, we invite you, your family, your friends and colleagues, to be a part of this important community project. For more information on how you can host a site, call the LaSalle Library at 815-223-2341 or contact Donna at dmbloomquist@lasalle.lib.il.us.

Don't have the space to host your own site?

Bridges will be hosting a planting site this spring at the Peru office. Stay tuned to our Facebook page for more information on how to participate at our site!

Join Bridges for a New Activity in Our New Satellite Office!

Seated Yoga

Chair, or seated, yoga is a gentle practice in which postures are performed while seated and/or with the aid of a chair. It is an ideal exercise for those suffering from conditions such as chronic pain, carpal tunnel syndrome, osteoporosis, and multiple sclerosis

**Anthony Place
727 Clinton Street
Ottawa**

Every Friday at 10 a.m.

STRETCH AWAY STRESS AND ANXIETY WITH CHAIR YOGA.

Try these three easy exercises.



Follow Bridges' Facebook page for further updates on these programs & upcoming events!

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

May 20, 1862 On this day in history, President Abraham Lincoln signed the Homestead Act allowing small family farmers to access government lands. Through the act, any person who was the head of a family could access 160 acres to try farming for 5 years, so long as the person was at least 21 years old and agreed to build a house on the land.

Monthly Classes, Groups, & Activities

Ottawa Exercise Classes

@ IL Valley Community College



Tai Chi

Tai Chi is a noncompetitive, self-paced system of gentle physical exercise and stretching. There is growing evidence that this mind-body practice has value in treating or preventing many health problems.

In-Person Tai Chi: Mon & Thurs - 9 a.m.

Room 104

Zoom Tai Chi : Tues - 10:15 a.m.

For a link to join virtually, contact the instructor by email at danretoff@yahoo.com. If you need help using Zoom, contact David at 866-331-8034.

As the weather warms up, this class will be moving outside.

Forever Fit

Forever Fit is a class to improve the health and wellbeing of mature adults >50 to prevent the onset of ill health and negative effects of ageing.

Tues & Thurs

3:30 p.m.

Room 101

Peru Activities @ ReStore

Yoga Class

Gentle stretching to start your day



April 23rd

10-11 am

Bingo

Games, Fun & Prizes

2nd & 4th Fridays

2-4 p.m.



Miller Community Center

inside **Habitat ReStore**

1011 Shooting Park Rd Suite 108

Peru IL 61354



BINGO in Marseilles

American Legion Hall, 571 Rutland Street

(4th Wednesday of the month)

Apr. 27

May 25

Jun. 22

1:30—3 p.m.



**Stay tuned for more information about starting
brown bag lunches !**

Follow Bridges' Facebook page for further updates on these programs & upcoming events!

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

Make Your Benefits Work For You

What is Bridges Community Center?

Meet Jennifer Johnson, Bridges' Outreach, Information & Assistance Specialist, at Bridges' new Satellite office location and find out what Bridges is all about!



April 7th from 1-2
Anthony Place
727 Clinton Street, Ottawa



The Senior Medicare Patrol Program

April 6th at 11:30 a.m. at Habitat ReStore

What is healthcare fraud? Healthcare fraud is very common and occurs in every city, in every state, every day. Healthcare fraud happens when someone bills your health insurance, including Medicare, for:

- Something you did not receive
- Something different than what you received
- Something that was not medically necessary

The SMP program teaches Medicare beneficiaries how to prevent, detect, and report Medicare fraud. Join us to learn more about how to prevent and detect Medicare fraud and what to do if you suspect you are the target of a scam.



The Western Illinois Area Agency on Aging (WIAAA) is seeking individuals, interested in planning for the needs of older adults, to serve as Advisory Council members. Council members act in an advisory capacity to the WIAAA Board of Directors and staff. The Council assists in determining priorities, identifying problem areas, and defining agency goals.

WIAAA has an opening for a member who lives in Bureau, LaSalle, or Putnam County. Advisory Council meetings are conducted four times a year at the WIAAA office in Rock Island. Mileage is reimbursed.

Interested parties should contact Amy Phillips for an application at 309-793-6800 or by email at aphillips@wiaaa.org.

Need help understanding your benefits?

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

June 16, 1884 On this day in history, the first roller coaster in America opened at Coney Island in Brooklyn, New York. The coaster, known as a switchback railway, traveled approximately 6 miles per hour and cost a nickel to ride.

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 dtrenor@alternativesforyou.org



See inside for more information on programs & events!