

Winter 2022

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

Wow, it was a busy couple of months at Bridges!

Since our fall newsletter, we've helped our LaSalle County residents save money, improve health care coverage, & increase their overall wellbeing .

On top of hours of phone calls & battling mountains of paperwork, Bridges' staff & volunteers did:

- *280+ Medicare part D analysis and applications;
- *47 Benefits analysis and applications;
- *5 Supplemental Medicare analysis and applications;
- *20 SNAP applications;
- *12 Medical assistance applications;
- *Assisted a local man in getting a front door to his house;
- *Utilized grant money to order & purchase incontinence supplies;
- *Exercised with our Tai Chi, Seated Yoga, and Forever Fit programs;
- *Called Bingo games in Peru & Marseilles;
- *Decorated cookies with our partner, Habitat for Humanity ReStore.

In the next few months, we're looking forward to adding Yoga, Tai Chi, & more Bingo & art programming at the Habitat for Humanity ReStore in Peru. Give us a call or visit us on our website or Facebook page to let us know what you are interested in doing so we can continue adding activities throughout LaSalle county.

Thanks for your continued support and love,



Dates to remember:



Jan. 3rd—Office closed in observance of New Year's Day

Jan. 17th—Martin Luther King, Jr. Day; Office closed

Feb. 14th—Valentine's Day

Feb. 21st—President's Day; Office closed

Mar. 1st—Mardi Gras

Mar. 13th—Daylight Saving Time begins; Set your clocks ahead 1 hour

Mar. 17th—St. Patrick's Day

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

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
- 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.

<u>Streator Satellite Office</u>	<u>Ottawa Satellite Office</u>	<u>Marseilles Satellite Office</u>
Bruce Township Hall	Goodwill	American Legion Hall
216 N. Sterling Street	501 W. Stevenson Road	571 Rutland Street
Jan. 5th	Jan. 12th & 19th	Jan. 26th
Feb. 2nd	Feb. 9th & 16th	Feb. 23rd
Mar. 2nd	Mar. 9th & 16th	Mar. 23rd
Apr. 6th	Apr. 13th & 20th	Apr. 27th
May 4th	May 11th & 18th	May 25th
Jun. 1st	Jun. 8th & 15th	Jun. 22nd

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!

Caring for You, Caring for Me

The CFY, CFM program, brought to you by Western IL Area Agency on Aging, provides education & support to caregivers over a series of (6) 1 hour or (2) 3 hour virtual ZOOM meetings.

Not interested in Virtual Programs? Call to be added to the list for the next in-person class in Spring 2022.

This program is FREE & open to all caregivers living in Western Illinois

Saturdays

January 8 & 15

9 a.m.—Noon

OR

Mondays & Wednesdays

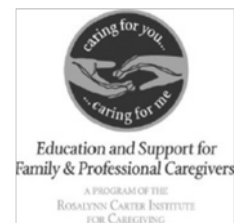
January 10-26

Noon—1 p.m.

For more information, please contact:

Holly Brugman

hbrugman@wiaaa.org or 309-793-6800



January 11, 1954 On this day in history, the first weather forecaster, George Cowling, appeared on television for the BBC. Cowling added his own personal spin on the broadcast, explaining how the next day would be perfect for drying laundry outside.

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!**



Bingo

2nd & 4th Fridays
2-4 p.m.

Art

1st & 3rd Fridays
2-4 p.m.



****Games ** Fun ** Prizes ****

Miller Community Center

inside Habitat ReStore

1011 Shooting Park Rd Suite 108

Peru IL 61354



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. For a link to join virtually, contact the instructor by email at danretoff@yahoo.com.



Mon & Thurs

9 a.m.

Room 104

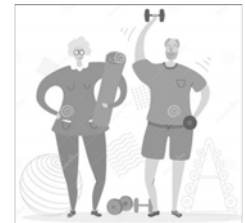
Forever Fit

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



BINGO in Marseilles

American Legion Hall, 571 Rutland Street

(4th Wednesday of the month)

Jan. 26th

Feb. 23rd

Mar. 23rd

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

BP checks and current public health Information

1:30—3 p.m. BINGO

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

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

February 7, 1964 On this day in history, the Beatles arrive on American shores for the first time. The Fab Four were greeted at JFK International Airport by 3,000 screaming fans who caused a near riot as they stepped off the plane.

Bridges in the Community



Have a talent or passion you would like to share with others?



Have you ever thought about teaching a class or hosting a talk?



Enjoy meeting new friends & making a difference in your community?



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

Make Your Benefits Work For You

Medicare Advantage Open Enrollment Period

January 1-March 31, 2021

What can I do?

If you're in a Medicare Advantage Plan (with or without drug coverage), you can switch to another Medicare Advantage Plan (with or without drug coverage).

You can drop your Medicare Advantage Plan and return to Original Medicare.

You'll also be able to join a Medicare drug plan.

What can't I do?

Switch from Original Medicare to a Medicare Advantage Plan.

Join a Medicare drug plan if you're in Original Medicare.

Switch from one Medicare drug plan to another if you're in Original Medicare.

Note

If you enrolled in a Medicare Advantage Plan during your Initial Enrollment Period, you can change to another Medicare Advantage Plan (with or without drug coverage) or go back to Original Medicare (with or without a drug plan) within the first 3 months you have Medicare.

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.

Open Enrollment Savings

This year, Bridges' staff & volunteers completed **141** Medicare D enrollments
with a total savings of **\$132,964.78**

That's an average of over **\$943** on each beneficiaries' prescription costs.

Need help understanding your benefits?

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

March 6, 1930 On this day in history, Americans living in Springfield, Massachusetts, were able to buy frozen food from their grocery stores thanks to Clarence Birdseye. Birdseye developed the first commercial freezer, freezer cases for stores, and new ways to wrap frozen food.

Bridges Winter Calendar of Events

<u>January</u> •4-Forever Fit; Ottawa 3:30pm •6-Tai Chi; Ottawa 9am •6-Forever Fit; Ottawa 3:30pm •7-Art; Peru 2pm •10-Tai Chi; Ottawa 9am •11-Forever Fit; Ottawa 3:30pm •13-Tai Chi; Ottawa 9am •13-Forever Fit; Ottawa 3:30pm •14-Bingo; Peru 2pm •18-Forever Fit; Ottawa 3:30pm •20-Tai Chi; Ottawa 9am •20-Forever Fit; Ottawa 3:30pm •21-Art; Peru 2pm •24-Tai Chi; Ottawa 9am •25-Forever Fit; Ottawa 3:30pm •27-Tai Chi; Ottawa 9am •27-Forever Fit; Ottawa 3:30pm	•28-Bingo; Peru 2pm •31-Tai Chi; Ottawa 9am <u>February</u> •1-Forever Fit; Ottawa 3:30pm •3-Tai Chi; Ottawa 9am •3-Forever Fit; Ottawa 3:30pm •4-Art; Peru 2pm •7-Tai Chi; Ottawa 9am •8-Forever Fit; Ottawa 3:30pm •10-Tai Chi; Ottawa 9am •10-Forever Fit; Ottawa 3:30pm •11-Bingo; Peru 2pm •14-Tai Chi; Ottawa 9am •15-Forever Fit; Ottawa 3:30pm •17-Tai Chi; Ottawa 9am •17-Forever Fit; Ottawa 3:30pm •18-Art; Peru 2pm	•22-Forever Fit; Ottawa 3:30pm •24-Tai Chi; Ottawa 9am •24-Forever Fit; Ottawa 3:30pm •25-Bingo; Peru 2pm •28-Tai Chi; Ottawa 9am <u>March</u> •1-Forever Fit; Ottawa 3:30pm •3-Tai Chi; Ottawa 9am •3-Forever Fit; Ottawa 3:30pm •4-Art; Peru 2pm •7-Tai Chi; Ottawa 9am •8-Forever Fit; Ottawa 3:30pm •10-Tai Chi; Ottawa 9am •10-Forever Fit; Ottawa 3:30pm •11-Bingo; Peru 2pm •14-Tai Chi; Ottawa 9am	•15-Forever Fit; Ottawa 3:30pm •17-Tai Chi; Ottawa 9am •17-Forever Fit; Ottawa 3:30pm •18-Art; Peru 2pm •21-Tai Chi; Ottawa 9am •22-Forever Fit; Ottawa 3:30pm •24-Tai Chi; Ottawa 9am •24-Forever Fit; Ottawa 3:30pm •25-Bingo; Peru 2pm •28-Tai Chi; Ottawa 9am •29-Forever Fit; Ottawa 3:30pm •31-Tai Chi; Ottawa 9am •31-Forever Fit; Ottawa 3:30pm
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See inside for more information on programs & events!