

Winter 2023

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

Happy New Year, Bridges' family!

I hope everyone is doing well and had a happy, healthy holiday. We would like to thank you for all your support and donations during 2022. Every little thing really helps keep us going emotionally and financially.

Bridges was busy this fall with Medicare Open Enrollment. We met with 415 of you for Medicare part D appointments, plus a few more for benefits and programs from October 17<sup>th</sup> to Dec 7<sup>th</sup>. During 2021 Open Enrollment, Bridges' volunteers and staff saved Lasalle County seniors and people with disabilities \$110,000. This year we crushed that number! Check out our final savings number inside. We're pretty proud of it.

As we enter the new year, we continue adding new programs to our roster of activities. Keep letting us know what you want to do so we can assist you better.

Have some spare time? Always wanted to lead a group or share your special talent and interests with others? Bridges is looking for folks to help in the office, assist with activities, and in our garden in the Spring. Want to help but can't commit weekly? Bridges has a fundraiser planned for April that could use some love. too. More info on that to come in our Spring newsletter.

Hope to see you soon!



**BRIDGES STAFF**

**Executive Director:** Kathy Weiman

**Program Director:** Erin Hanna

**Program Coordinator:** David Trenor

**Information Specialist:** Jennifer Johnson

**BRIDGES ADVISORY BOARD**

Amy Gillespie

Tammy Humpage

Jessica Stayton

Julie Ramza

Megan Forristall

Gerry Kupfer

Lynette Washington

Jessica Brayfield

**Dates to remember:**

**Jan. 1st—New Year's Day**

**Jan. 2nd—Bridges Closed for New Year's Day Observation**

**Jan. 11th—Bridges' Advisory Board Meeting (3:30 pm)**

**Jan. 16th—Martin Luther King, Jr. Day. Bridges Closed**

**Feb. 2nd—Groundhog Day**

**Feb. 12th—Abraham Lincoln's Birthday**

**Feb. 14th—Valentine's Day**

**Feb. 20th—President's Day. Bridges Closed**

**Mar. 6th—Casimir Pulaski Day**

**Mar. 17th—St. Patrick's Day**



**VOLUNTEERS**

Rita Studzinski

Robert Anselme Jr.

Juanita Orellana

Pam Nosalik

Sally Revell

Julie Ramza

## Winter 2023 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.
- **Hours at Satellite offices are 9 a.m.—4 p.m.**

### **Streator Satellite Office**

**Bruce Township Hall**

**216 N. Sterling Street**

Jan. 3 & 17

Feb. 7 & 21

Mar. 7 & 21

### **Ottawa Satellite Office**

**Anthony Place**

**727 Clinton Street**

Jan. 5, 12, 19 & 26

Feb. 2, 9, 16 & 23

Mar. 2, 9, 16, 23 & 30

### **Marseilles Satellite Office**

**American Legion Hall**

**571 Rutland Street**

Jan. 25

Feb. 22

Mar. 22

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

## Community Advocacy

*Join Alternatives & the IL Dept. on Aging Homecare Ombudsman Program*

### **Virtual Townhall Meeting**

Wednesday, January 25th, 2023

**Join us online: [tinyurl.com/HomeCareOmbudsman](https://tinyurl.com/HomeCareOmbudsman)**

The purpose of this meeting is to give participants & their families the opportunity to participate in a presentation & discussion with the Homecare Ombudsman Program, whose primary role is to advocate for those receiving homecare services through the IL Dept. on Aging.



**Improve Service & Community with Homecare Services Agencies for Older Adults**

**January 13, 1957** Wham-O begins production of the Pluto Platters. Their name was changed to "Frisbee" in June, 1957. Following the name change, sales rocketed as the Frisbee took off as a sport rather than the original marketing as a toy.

# 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!***

### **Marseilles Sack Lunch Social**

Come picnic out of the snow and cold!

**Fourth Wednesday of the Month**

**Marseilles American Legion**

**Lunch 12:30-1:15**



### **Marseilles Bingo**

Come for the Lunch Social, stay for the competition!

**Fourth Wednesday of the Month**

**Marseilles American Legion**

**Games start at 1:30**

Cover All

Sponsored By:



### **Streator Dollar Bingo**

Bruce Township Hall

216 N. Sterling Street

2:30p.m. - 3:45 p.m. (doors open at 2:15)

\$1 per card

**1st Tuesday of the Month**

**Jan. 3, Feb. 7, & Mar. 2**



### **Winter Zoom Tai Chi**

Practice Tai Chi virtually  
in the comfort of your own home

**Tuesdays, 10:15 a.m.**

Contact [danretoff@yahoo.com](mailto:danretoff@yahoo.com) for the link



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

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

**February 9, 1961** President Kennedy asked Congress to approve a health insurance program (the Medicare Program) for 14.2 million Americans 65 or older. The program was financed at the time by an increase in Social Security taxes.

## EngAGED Classes, Groups, & Activities

### Dollar Bingo

Jan. 13 & 27

Feb. 10 & 24

Mar. 10 & 24

**2-3:30pm**

\$1 per card

### All-Abilities Yoga

Jan. 28, Feb. 25 & Mar. 25

**10 a.m.**

Peru Habitat ReStore

1011 Shooting Park Rd Suite 108, Peru, IL



*New Activity for 2023!*

### Heritage Woods Ottawa

801 E Etna Rd, Ottawa

### Bingo

1st Wednesday of the month  
2 p.m.



### Ottawa Satellite Office Activities

**Anthony Place Apartments**

**727 Clinton Street**

**Ottawa**

### Dollar Bingo

2<sup>nd</sup> Thursday of the month

Doors open 2:30 p.m.

Games 2:45-3:45 p.m.

\$1 per card

### Cards & Games

3<sup>rd</sup> Thursday of the month

Doors open 2:30 p.m.

Games 2:45-3:35 p.m.

*New Activities for 2023!*

### Tai Chi

Monday & Thursday

9-10 a.m.

### Adaptive/Seated Yoga

2nd & 4th Friday of the month

10 a.m.

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

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

## Make Your Benefits Work For You

### Not Sure if you Qualify for Assistance?

The National Council on Aging (NCOA) has released a new animated video that educates Medicare beneficiaries about subsidies that may help them save money on health care and prescriptions. Use the camera on your smartphone or electronic device to scan the QR code below and watch the video.



Call Bridges to make an appointment to complete a Benefits Check-up. This Check-up can help you understand all the benefits available in your area for which you qualify!

Bridges helped save  
Medicare Part D &  
Medicare Advantage  
beneficiaries  
**\$497,615.76**  
during this open  
enrollment period!

Need help understanding your benefits?

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

### What happens if I missed Medicare Open Enrollment?

Open enrollment, your opportunity to choose a Part D prescription plan for the coming year, was Oct. 15 to Dec. 7. If you missed this annual open enrollment period, you'll be reenrolled automatically in your current plan as long as it's offered in your area.

Coverage and costs can vary from year to year, and your current plan may no longer be your best choice. After open enrollment ends, you may qualify to switch your coverage. If you discover that another Part D plan has better coverage for your medications, or if your doctor prescribes a new drug that isn't covered in your plan's formulary, you could have opportunities to change plans after Dec. 7 if you:

- **Have diabetes;**
- **Receive financial assistance;**
- **Have a five-star plan in your area;**
- **Move outside your current plan's service area; or**
- **Qualify for a special enrollment period.**

*Contact Bridges to see if you qualify and get assistance with enrolling in a new plan!*

**March 15, 1919** The American Legion has it's first meeting in Paris with about 1,000 officers and enlisted men in attendance to decide the organizations name. The next meeting takes place in St. Louis, Missouri two months later. The Legion served as a supportive group, a social club, and a type of extended family for former service men and women. It was also instrumental in creating the U.S. Veterans' Bureau, now known as the Department of Veterans Affairs.

### **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?

**Need support or information?**

### **Family Caregivers Wanted!**

Bridges and Alternatives' Caregiver Program will be hosting **Stress Buster's**, a 9-week course on managing the stress of caring for your loved one's.

This program will teach stress management techniques, relaxation, and coping strategies.

For more information, please contact us:

**815-431-8034** or  
**dtrenor@alternativesforyou.org**

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

**The lifetime cost of care for a person with dementia averages over \$360,000**

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, & more.

**If interested, please call 815-431-8034.**

*See inside for more information on programs & events!*