



Community Center

Spring 2023

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

We hope you and your family are doing well now that Spring is finally here!

I'm really excited Spring is here because its almost planting time! If you are interested in volunteering in our adaptive community garden please contact me (dtrenor@alternativesforyou.org) or join us for our first Diggin' with David activity in May. All fruits and vegetables that we grow are offered to our clients for free. If you're not into dirt, we are always looking for a few office, program, and future SHIP volunteers, too.

Bridges services and space continue to change and evolve. We switched office sides with program staff and now have space for group activities in our Peru office! This is huge for us and we are very excited about being able to offer more to the seniors in our area. Look inside for banners marking new and returning programs to our growing list in our new Peru space and with all our satellite offices and partner hosts' spaces.

Hope to see you soon!



BRIDGES STAFF

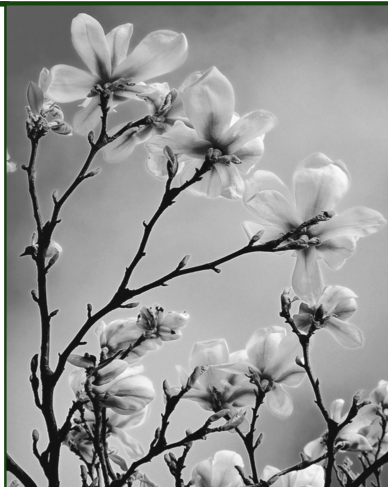
Executive Director: Kathy Weiman
Program Director: Erin Hanna
Program Coordinator: David Trenor
Information Specialist: Jennifer Johnson

BRIDGES ADVISORY BOARD

Amy Gillespie Megan Forristall
 Tammy Humpage Gerry Kupfer
 Jessica Stayton Lynette Washington
 Julie Ramza Jessica Brayfield

VOLUNTEERS

Gerry Kupfer
 Robert Anselme Jr.
 Juanita Orellana
 Pam Nosalik
 Sally Revell
 Julie Ramza



Dates to remember:

Apr. 1st—April Fool's Day
Apr. 9th—Easter Sunday
Apr. 22nd—Earth Day
Apr. 28th—Arbor Day
May 5th—Cinco de Mayo
May 14th—Mother's Day
May 20th—Armed Forces Day
May 29th—Memorial Day; Bridges Closed
Jun. 18th—Father's Day
Jun. 19th—Juneteenth; Bridges Closed

Spring 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.

If you are experiencing symptoms of cold, flu, or COVID-19, please call & reschedule your appointment.

Satellite offices hours are 9 a.m.—4 p.m.

Streator Satellite Office

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

Apr. 4 & 18

May 2 & 16

Jun. 6 & 20

Ottawa Satellite Office

**Anthony Place
727 Clinton Street**

Apr. 6, 13, 20, & 27

May 4, 11, 18, & 25

Jun. 1, 8, 15, 22, & 29

Marseilles Satellite Office

**American Legion Hall
571 Rutland Street**

Apr. 26

May 24

Jun. 28

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

Community Action & Advocacy

Volunteer to be an Ombudsman

Volunteers with exceptional communication, problem-solving skills, & empathy needed

Alternatives' Long-Term Care Ombudsman Program seeks volunteers to visit long-term care facilities in their communities. Volunteers must be over the age of 18 & are required to complete a background check including fingerprinting. Volunteers complete a training course established by the Office of State Long-Term Care Ombudsman & work closely with the local Ombudsman team to empower residents & help resolve complaints. Complaints can range from cold food or a missing sweater, to more serious issues such as inadequate staffing levels, injuries, or misuse of medication.

If interested or for more information, please call Tania at 800-798-0988.

Improve Services & Community Homecare Service Agencies for Older Adults

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

We want to hear from you! Participants & family members are encouraged to join the call.



Monthly Townhall Meeting

4th Wednesday of every month

11:00 a.m.—Noon



Join us online: www.tinyurl.com/VirtualTwnHall

Join us by phone: 1-872-242-9372

Access Code: 823 022 622#

*Each meeting will include a presentation to keep you informed
of aging services that may be available to assist you.*

Make Your Benefits Work For You

Things to Know About Medicare Outpatient Mental Health Care Benefits

What it is: Mental health services help diagnose and treat people with mental health disorders, like depression and anxiety. Medicare Part B (Medical Insurance) helps pay for these outpatient mental health services:

- One depression screening per year. The screening must be done in a primary care doctor's office or primary care clinic that can provide follow-up treatment and referrals.
- Individual and group psychotherapy with doctors or with certain other licensed professionals, as the state where you get the services allows.
- Family counseling, if the main purpose is to help with your treatment.
- Testing to find out if you're getting the services you need and if your current treatment is helping you.
- Psychiatric evaluation.
- Medication management.
- Certain prescription drugs that aren't usually taken on your own, like some injections.
- Diagnostic tests.
- Partial hospitalization.
- A one-time "Welcome to Medicare" preventive visit. This visit includes a review of your possible risk factors for depression.
- A yearly "Wellness" visit. Talk to your doctor or other health care provider about changes in your mental health since your last visit.
- Part B also covers outpatient mental health services for treatment of substance abuse.

Note: To find out how much your test, item, or service will cost, talk to your doctor or health care provider. The specific amount you'll owe may depend on several things, like:

- Other insurance you may have
- How much your doctor charges
- If your doctor accepts assignment
- The type of facility
- Where you get your test, item, or service performed.

Your doctor or other health care provider may recommend you get services more often than Medicare covers. Or, they may recommend services that Medicare doesn't cover. If this happens, you may have to pay some or all of the costs. Ask questions so you understand why your doctor is recommending certain services and if, or how much, Medicare will pay for them.

Need help understanding your benefits?

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

Save the Date & Visit Bridges at These Community Events!

Veteran's Expo 2023

May 18, 11am-3pm

Join us at the Illinois Valley Regional Airport, Peru, IL to honor our nation's heroes & pick up information from local vendors & social service providers.



Streator Walldogs Food Truck Festival

May 20, 12pm-7pm

Grab your expandable waist pants, cut another notch in your belt, & bring a friend for a food filled afternoon! This free event is outdoors on the 200 block of Hickory Street, south of Streator City Park.



Ottawa Family Pride Festival

June 10, All Day

Join us in beautiful downtown Ottawa, for this second-annual family-friendly festival. "In This Together," will kick off with a parade, feature vendors, artists, food, live music, drag queens, crafts, activities, & more!



EngAGED Classes, Groups, & Activities



All activities & programs located at our satellite offices & partner facilities are open to the public

Heritage Woods Ottawa

801 E Etna Rd, Ottawa

Bingo

1st Wednesday of the month
2 p.m.

Peru Habitat ReStore

1011 Shooting Park Rd Suite 108, Peru

Dollar Bingo

Apr. 14 & 28

May 12 & 26

Jun. 9 & 23

2-3:30pm

\$1 per card



Streator Satellite Office Activities

Bruce Township Hall
216 N. Sterling Street

Bingo

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

\$1 per card

1st Tuesday of the Month

Ottawa Satellite Office Activities

Anthony Place Apartments
727 Clinton Street
Ottawa

Trivia Contest

May 18th

\$1 Entry Fee
given back in prizes

Dollar Bingo

2nd Thursday of the month
Games 2:30-3:45 p.m.
\$1 per card

Cards & Games

3rd Thursday of the month
Games 2:30-3:35 p.m.

Tai Chi

Monday & Thursday
9-10 a.m.

Returning to Eastside Park May 1st
(weather permitting)

Adaptive/Seated Yoga

2nd & 4th Friday of the month
10 a.m.

Back for 2023!

Tai Chi at the Park

Returning May 1st (weather permitting)
At Eastside Park, Ottawa
Monday & Thursday
9 a.m.

At Home Tai Chi

Practice Tai Chi virtually
in the comfort of your own home

Tuesdays, 10:15 a.m.

Contact danretoff@yahoo.com for the link

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

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

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!

Peru Office Activities

809 21st Street
Peru

New Activities for 2023!

Fit & Strong!

Monday & Wednesday starting June 5th
9:00-10:30 a.m.

Fit & Strong! is an exercise/behavior change program for older adults with lower extremity osteoarthritis. Each session includes 60-minutes of exercise & 30-minutes of group discussion/health education.

Fit & Strong! will help you:

- * Manage arthritis
- * Exercise safely
- * Decrease joint pain & stiffness
- * Improve daily function
- * Reduce anxiety & depression
- * Develop & *maintain* an active lifestyle



Diggin' With David

1st Session Tues, May 9th
9:00 am

Come for a morning of digging in the dirt & helping Bridges get ready for another season in our accessible planting beds.



Marseilles Satellite Office Activities

American Legion Hall
571 Rutland Street, Marseilles

Back for 2023!

Potluck Lunch

Please bring a dish to pass and your own plate,
silverware & drink

4th Wednesday of the Month

12:30-1:15

Marseilles Bingo

4th Wednesday of the Month

1:15-Card distribution

Games start at 1:30

Cover All Sponsored By:



New Activity for 2023!

Villas of Holly Brook

2002 E Main St, Streator

ALZ Resource Group

2:00p.m.—3:00p.m.

Apr. 18th, May 16th, & Jun. 18th

Meeting for families to help navigate the difficulties
& frustrations that come with Alzheimer's Disease

alzheimer's  association®

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?

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.

Family Caregivers Wanted!

Bridges & Alternatives’ Caregiver Program will be hosting **Stress Busting**, a 9-week course on caring for you while you care for them.

This program will review stress management techniques, relaxation, & coping strategies for **Caregivers**.

Care Recipients can participate in activities with Bridges’ staff while **Caregivers** are in the program.

For more information & to register for the program, please contact:

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

“I was at a very low point in my life. The program saved me from going into a deep depression... it saved my life.”

- Stress Busting Program Caregiver