



Community Center

Winter 2024

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

Happy Winter!

Although we've had nothing but sunshine & way above average temperatures going into our winter season, the freezing rain, snow, & cold is there... waiting for all of us. It is easy for anyone of any age to slip and fall in the winter, especially in icy & snowy conditions. In fact, women of a certain age & young men are the most likely to suffer from accidental falls. Below are a few precautions you can take to not join the ranks of the fallen this winter.

- Make sure steps and walkways are clear before you walk. Be especially careful if you see wet pavements that could be iced over.
- Clear away snow and salt your walkways at home, or hire someone to do it.
- Wear boots with non-skid soles – this will prevent you from slipping. You can also invest in a pair of rubber cleats that fit over your boots for extra traction.
- If you use a cane, replace the rubber tip before it is worn smooth. Consider an ice pick-like attachment that fits onto the end of the cane for additional traction.

Look inside for links to products that can help with your winter preparedness.

Stay warm!

BRIDGES STAFF

CEO: Telly Papanikolaou

Program Director: Erin Hanna

Information Specialist: Jennifer Johnson

Information Specialist: Bob Nudd

Activity Coordinator: Vacant

VOLUNTEERS

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

BRIDGES ADVISORY BOARD

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

Dates to remember:

Jan 1st: Office closed for New Year's

Jan 2nd: Bruce Township office closed. No Streator appointments or activities

Jan 15th: Office closed for Martin Luther King, Jr. holiday

Feb 2nd: Groundhog Day

Feb 14th: Valentine's Day

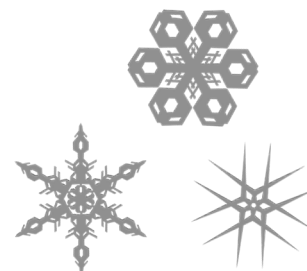
Feb 19th: Office closed Presidents' Day

Mar 10th: Daylight Saving time begins

Mar 17th: St. Patrick's Day

Mar 19th: First Day of Spring

Mar 31st: Easter



Winter 2024 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.

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

Streator Satellite Office

Bruce Township Hall

216 N. Sterling Street

Jan. 16

Feb. 6 & 20

Mar. 5 & 19

Ottawa Satellite Office

Anthony Place

727 Clinton Street

Jan. 4, 11, 18, & 25

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

Mar. 7, 14, 21, & 28

Marseilles Satellite Office

American Legion Hall

571 Rutland Street

Jan. 24

Feb. 28

Mar. 27

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

Make Your Benefits Work For You

MEDICARE ADVANTAGE OPEN ENROLLMENT PERIOD BEGINS JANUARY 1ST

If you are already enrolled in a Medicare Advantage Plan, also known as Medicare Part C, you may be eligible to make a change in your plan JANUARY 1-MARCH 31 annually.

What can you do during this open enrollment period?

- Switch to another Medicare Advantage Plan with or without drug coverage
- Drop your Medicare Advantage Plan & go back to Original Medicare
- Join a drug plan also known as Medicare Part D

Any change to plans become effective on the first of the month after the plan receives your request. You can only make one change per Medicare Advantage Open Enrollment Period.

Community Action & Advocacy

HELP US OUT—TAKE THIS SURVEY

Western Illinois Area Agency on Aging (WIAAA) is a nonprofit that funds some of the programs and services Bridges provides. These programs serve older adults, adults with disabilities, and caregivers in LaSalle County.

WIAAA is conducting this survey to determine the most pressing needs in our area. This survey will take about 10-15 minutes to complete. Your participation will ensure they know what issues our community is facing and will allow us to better serve you.

You can also find a link to the survey on our website:

bridges.alternativesforyou.org under We Want Your Feedback!



Bridges' Community Partners

AARP Driver Safety Program

The AARP Driver Safety Program is a classroom & online refresher course designed for drivers 50+ years old. This program aims to help participants retain their driving competency. The course will focus on how to navigate changes, review driving strategies, being smart on the road, & changing technology. At completion of this course, participants will receive a certificate to present to their auto insurance company that may entitle them to a premium discount. Fees pay for course materials including a workbook.

January 9 & 10, 2024
8:30 a.m.-12:30 p.m.
809 21st Street
Peru IL 61354



AARP members: \$20
Non-members: \$25
United Health Care Insurance
members: Free

More Info, visit AARP at <https://www.aarp.org/auto/driver-safety/>
To register for the class, call Bridges at **815-431-8034**

Grab some popcorn & sing along
as Peru Public Library hosts

Musical Movie Matinees

Free & open to all ages

1409 11th Street

Peru IL

Contact Marti Pack
815-223-0229 for questions

COMING SOON!

PERU PUBLIC LIBRARY

1409 11th St.

Peru IL 61354 | p: 815.223.0229

www.perulibrary.org



Join us the last Wednesday of the
month from January - March.

1-3 PM

MAIN LIBRARY

Need help understanding your benefits?

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

EngAGED Classes, Groups, & Activities

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

Ottawa Satellite Office Activities

Anthony Place Apartments
727 Clinton Street
Ottawa

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 2:30-3:45 p.m.

Tai Chi

Monday & Thursday
9-10 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

Streator Satellite Office Activities

Bruce Township Hall
216 N. Sterling Street

Bingo

2:00p.m. - 3:45 p.m.

\$1 per card

No BINGO in January

February 6

March 5

*Earlier
Time in
2024!*

Marseilles Satellite Office Activities

American Legion Hall
571 Rutland Street, Marseilles

Potluck Lunch

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

Jan. 24

Feb. 28

Mar. 27

12:30-1:15

Dollar Bingo

\$1 per card fee goes back toward game prizes

4th Wednesday of the Month

1:15-Card distribution

Games start at 1:30

Where to Shop When the Weather Turns

Amazon.com: Rubber & Spiked Cane Tips

Doing a search for replacement cane tips comes up with a plethora of options. There's even a spiked model with a protective rubber cover so it can do double duty.

Walmart.com: Snow Cleats

For less than \$10, you can invest in a pair of rubber cleats that fit over any pair of shoes or boots. Buy 2 & leave one in the car for when the weather unexpectedly changes.

Target.com: Ice Melt

Avoiding salting your driveway because of your pets, grass, & plants? There are now pet & plant safe options. Some come with quick use applicators to eliminate hauling around that heavy bucket.

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**

Dollar Bingo

Join Bridges' staff & volunteers as they call the lucky numbers. \$1 per card fee goes back toward game prizes.

2-3:30pm

Jan. 12 & 26

Feb. 9 & 23

Mar. 8 & 22

Fit & Strong!

New class starting January 17th

Mondays & Wednesdays

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



Call Bridges for an appointment on the 17th to get registered & fitted for weights!

Money Basics:

U of I Extension Webinar Series

Join Bridges as we host Money Basics, a monthly series of 6 free webinars focused on improving financial well-being by providing simple tools for participants to use in everyday life.

Alternatives' Money Management Supervisor will be on hand to answer questions & explain their program.

The Winter portion of this series covers the psychology of money & the cost of debt in a non-judgmental environment. In the Spring & Summer, the series continues with understanding credit, strategies for debt repayment, saving strategies, & keys to financial security .

2nd Wednesday of the month

PSYCHOLOGY OF MONEY (February 14, 2024 @ 11am)

Have you ever stopped to think about why you make the money decisions that you do? Exploring the psychology of money will help you gain a better understanding of this and how our own personalities impact our finances.

THE PRICE OF DEBT: HOW MUCH IS TOO MUCH? (March 13, 2024 @ 11am)

Borrowing money can be an option to support your financial goals, but it can become overwhelming if you don't know where to start. Learn some factors that go into borrowing money and determine how it can fit your own values.

Can't join Bridges in person?

Register online with U of I Extension Office to watch at home via ZOOM:

<https://forms.illinois.edu/sec/1175903445>

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
ehanna@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