



Community Center

Spring 2024

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

Happy Spring-

With the coming of Spring brings the promise of growth and change. Bridges is no different. Over the winter we've added two new positions and staff members to fill them. We've also added new programs and events we've never tried before and look forward to meeting new faces in the community as they visit us. If you're looking for something to do as the weather changes, take a look inside and check out what we'll be up to this Spring!

Bridges is also looking for caregivers of older adults interested in learning more about our Stress Busting Program and the Alzheimer's Disease and Related Dementia (ADRD) funding. These two programs are here to help caregivers manage their stress, expand their knowledge of care, and help provide some financial relief for families covering the additional costs of caring. Please look for more information on these programs on the back of our newsletter.

All our best,

BRIDGES STAFF

CEO: Telly Papanikolaou

Program Director: Erin Hanna

Information Specialist: Jennifer Johnson

Information Specialist: Bob Nudd

Activity Coordinator: Jessica Reick

VOLUNTEERS

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

BRIDGES ADVISORY BOARD

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

Dates to remember:

April 8th: Total Solar Eclipse

April 16th: Staff Meeting. Office closed

April 22nd: Earth Day

April 24th: Administrative Professionals Day

April 26th: Arbor Day

May 1st: May Day

May 5th: Cinco do Mayo

May 18th: Armed Forces Day

May 27th: Memorial Day. Office closed in observance

June 14th: Flag Day

June 19th: Juneteenth. Office closed in observance

June 20th: Summer Solstice



Spring 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

Apr. 2

May 7 & 21

Jun. 4 & 18

Ottawa Satellite Office

Anthony Place
727 Clinton Street

Apr. 4, 11, 18, 25

May 2, 9, 16, 23, 30

Jun. 6, 13, 20, 27

Marseilles Satellite Office

American Legion Hall
571 Rutland Street

Apr. 24

No appointments in May

Jun. 26

Peru-Main Office

809 21st Street

We are located by Schimmer Ford, behind Spring Valley City Bank (SVCB) Peru

**Call Bridges at 815-431-8034 or 1-866-331-8034
To set up an appointment at any of our Bridges' offices**

Make Your Benefits Work For You

New to Medicare Workshop

Tuesday, June 11
Bridges' Peru Office
809 21st Street
6 p.m.



*Join Bridges' Information & Assistance Specialists to learn more about
Medicare eligibility & your benefits!*

Medicare is health insurance for people 65 or older. You may be eligible to get Medicare earlier if you have a disability, End-Stage Renal Disease (ESRD), or ALS (also called Lou Gehrig's disease).

Some people get Medicare automatically, others have to actively sign up – it depends if you start getting retirement or disability benefits from Social Security before you turn 65. Bring your questions & enjoy learning more about your benefits!

Community Action & Advocacy

Bring your Handy Foods receipts to Bridges

After making a purchase at Handy Foods in Ottawa, customers can donate their receipt to Bridges Senior Center. You can bring them to our main office in Peru or to one of our satellite offices when staff are present.

We take it from there, adding up all receipts and submitting them to the store. Proceeds of the fundraising go towards events and prizes for Senior Center activities.



Peru Office Activities, Classes & Groups

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!

Dollar Bingo

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

Fridays, 2-3:30pm

Apr. 12 & 26

May 10 & 24

Jun. 14 & 28

Fit & Strong!

New class starting May 20th!

Mondays & Wednesdays

10:30—Noon

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 May 15th to get registered & fitted for weights!

Already graduated from Fit & Strong?

Join us for our ongoing *Senior Strong* group



Monday & Wednesdays

9—10 am



Money Basics:

U of I Extension Webinar Series

Join Bridges as we host Money Basics, a monthly series of free webinars focused on improving financial well-being. In the Spring & Summer, the series continues with understanding credit, strategies for debt repayment, saving strategies, & keys to financial security. Alternatives' Money Management Supervisor will be on hand to answer questions & explain program.

2nd Wednesday of the month

UNDERSTANDING CREDIT (April 10, 2024 @ 11am)

What is credit and why is it so important to have good credit? Let's demystify credit reports and credit scores together!

STRATEGIES FOR DEBT REPAYMENT (May 8, 2024 @ 11am)

Debt can be distressing. If you have debt or are planning on taking on debt, do you have a plan on how to pay the money back? Explore some different strategies for prioritizing debt repayment.

SMART SAVING STRATEGIES (June 12, 2024 @ 11am)

Building healthy, sustainable savings habits can be extremely overwhelming when starting from scratch. We will come together and talk about some simple strategies that can help improve your financial future.

KEYS TO FINANCIAL SECURITY (July 10, 2024 @ 11am)

Do you feel your financial plan needs a refresh? Financial planning can be short-term, long-term, or ideally both. Discover some steps to focus on your financial security and work toward improving your financial well-being.

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>

Need help understanding your benefits?

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

Peru Office Classes, Groups, & Activities

Do you have concerns about falling?

Many older adults experience concerns about falling & restrict their activities.

A MATTER OF BALANCE is an award-winning FREE program designed to manage falls & increase activity levels.

Bridges is looking for interested participants for the 8-class series to be held this summer!

For more information & registration call Bob at 815-431-8034



YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- learn exercises to increase strength & balance

WHO SHOULD ATTEND:

- Adults 60 years of age & older
- anyone interested in improving balance flexibility & strength
- anyone who has fallen or is concerned about falls
- anyone who has restricted their activities due to falling concerns

Wii Bowling

Join Jessica, Bridges' newest staff member, for an old favorite brought back...

Fridays, 2-3:30pm

**Apr. 19
May 3 & 17
Jun. 7 & 21**



We'll (virtually) set 'em up while you knock 'em down!

"Mi casa es tu casa"

Tai Chi with Bridges

Our house is your house!

Join Dan on the Peru office big screen as we practice Tai Chi virtually as a group.

Tuesdays, 10:15 a.m.

Starting May 7th



Tai chi is a practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, & controlled breathing. Benefits have been shown to include a positive effect on muscle strength, flexibility, and balance.

Earth Day Garden Party

Celebrate Earth by helping Bridges plan their raised garden beds & landscaping across the front of our office. Bridges will supply the snacks & you provide the suggestions & opinions on what you want us to grow!

Monday, April 22

1:00—3:00 p.m.



EngAGED Classes, Groups & Activities

Marseilles Satellite Office Activities

American Legion Hall
571 Rutland Street, Marseilles

Potluck Lunch & Dollar BINGO

Please bring a dish to pass and your own plate, silverware & drink. Staying for BINGO? BINGO card \$1 fee given back in game prizes.

Apr. 24

Jun 26

Potluck Starts: **12:30-1:15 p.m.**

BINGO Card Distribution: **1:15 p.m.**

BINGO Games Start: **1:30 p.m.**

Bridges & Marseilles Nursing Service Presentation

Marseilles Community Ministerial Association Building (MCMA)
850 W. Bluff St. Marseilles, IL 61341

May 21

Lunch Provided: **Noon**

Bridges & Nursing Service Presentation: **12:30**

\$1 BINGO to follow presentation
BINGO card \$1 fee given back in game prizes

Registration Requested by May 17th
Please Call Bridges at 815-431-8034 to register

Streator Satellite Office Activities

Bruce Township Hall
216 N. Sterling Street

Bingo

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

\$1 per card

April 2

May 5

June 7

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



TRIVIA CONTEST

APRIL 25th, 2024

1:00 PM

1ST PRIZE AWARD

\$1 REGISTRATION

CALL BRIDGES SENIOR CENTER TO REGISTER

815-431-8034

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

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



According to the IL Department of Public Health, in 2020, there were 230,000 people over 65 years old living with Alzheimer's disease or a related dementia in Illinois. This figure is projected to reach 260,000 in 2025, a 13% increase.

Alzheimer's Disease & Related Disorders (ADRD) Funding is Now Available

The financial cost of caring for an older adult with a cognitive impairment can be significant. Many supplies for daily needs are not covered by insurance or other funding. Support for families of older adults with a dementia or cognitive impairment is available to help cover the cost of adaptive equipment, home modifications, medical supplies, in-home monitoring devices, & more.

If you have an unmet financial need related to caregiving, 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



**CAREGIVER
STRESS-BUSTING**