



# Community Center

## Summer 2024

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

The heat of summer has found the Illinois Valley once again! Bridges is growing along with the corn in the fields and the weeds in the garden beds. We continue to add events and activities to our social calendar in Peru and our Satellite offices in Streator, Ottawa, and Marseilles. But not everything is fun and games... we continue to connect our community to benefits for older adults, adults with disabilities, and those that care for both. If you have a need, please make an appointment and see if we can help! Don't have a need, but feel that you have something to give? We are always looking for volunteers to work with our wonderful staff and participants. Please take a look inside to see all we have going on and learn more about our volunteer opportunities.

All our best,

### BRIDGES STAFF

**CEO:** Telly Papanikolaou  
**Program Director:** Erin Hanna  
**Information Specialist:** Jennifer Johnson  
**Information Specialist:** Bob Nudd  
**Activity Coordinator:** Jessica Rieck

### VOLUNTEERS

Gerry Kupfer  
Robert Anselme Jr.  
Juanita Orellana  
Pam Nosalik  
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:**

**July 4th: Independence Day. Office closed in observance**  
**Sept. 2nd: Labor Day. Office closed in observance**  
**Sept. 8th: National Grandparents Day**  
**Sept. 9th: Medicare D Open Enrollment appointment scheduling starts**



## Summer 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 & Information for older adults, adults with disabilities, and their caregivers. **Satellite offices hours are 9 a.m.—4 p.m.**

### Streator Satellite Office

Bruce Township Hall  
216 N. Sterling Street  
July 2 & 16  
Aug. 6 & 20  
Sept. 3 & 17

### Ottawa Satellite Office

Anthony Place  
727 Clinton Street  
July 9, 18, 25  
Aug. 1, 8, 15, 22, 29  
Sept. 5, 12, 19, 26

### Marseilles Satellite Office

American Legion Hall  
571 Rutland Street  
July 24  
Aug. 28  
Sept. 25

### 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

**Schedule Your Medicare Part D  
Open Enrollment Appointment  
Starting 9/9/24**



**Starting Monday, September 9th, Bridges is making Open Enrollment Period appointments with certified SHIP Counselors.**

SHIP Counselors can assist with a review of current Part D plan coverage, review changes in drug formularies, compare cost & benefits of available Part D plans, and assist with enrollment in new plans. Beneficiaries not enrolled in Medicare Part D may join a plan and current enrollees may switch or withdraw from Part D plans.

**Appointments are only available from October 15 to December 7 of each year, so don't wait until the last minute to schedule!**

## Community Action & Advocacy

### **We're Looking for Volunteers:**

**Bridges Community Center**—Answer phones, schedule appointments, prepare for & lead fun activities, plan fundraising events, assist with mailings, and help with data entry & maintaining files.

**Ring For Care**—Friendly calls to isolated older adults.

**SHIP**—Assist with Medicare & Medicaid Applications and Medicare D Open Enrollment.

### **How does the Alternatives Volunteer Program work?**

**Contact us.** Call or email Alternatives at (800) 798-0988, (309) 277-0167, or [tduex@alternativesforyou.org](mailto:tduex@alternativesforyou.org). We will send you a Volunteer Application Form.

**Orientation.** You will do an agency orientation, discuss which tasks you are interested in, and go over agency policies.

**Start Volunteering.** Once you pass the background check, you meet with the Director or Supervisor of the program/task you would like to work on.

# EngAGED Classes, Groups & Activities

Activities on this page are located at:  
**Bridges' Peru Office**  
809 21st Street

## **Felt Flower Crafting with Gerry**

Felt flowers are decorations or gifts made from felt. They are low maintenance and can last for years.

Join, Gerry-our crafty mastermind-as you work with felt to create a flower arrangement for your wall.

**Monday, July 29th**  
**2 pm.**

Pre-registration for the event is required to ensure enough materials for all



## **Wii Bowling & Games**

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

**Fridays, 2-3:30pm**  
**July 5 & 19**

## **Virtual Tai Chi with Dan**

Take your pick! Join Dan on the Peru office big screen as we practice Tai Chi virtually as a group **OR** practice from the comfort of your own home

**Tuesdays, 10:15 am**

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



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

### **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

***The 4-week class series dates & time:***  
***July 11-12, 18-19, 25-26***  
***August 1-2***

***10:00 am—12:00 pm***

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

## **Senior Strong Group**

Ongoing fitness group for Fit & Strong graduates

**Mondays & Wednesdays**  
**9—10 am**



For registration and more information:

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

## EngAGED Classes, Groups, & Activities

### Peru Office Activities, Continued:

#### 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**

**July 12 & 26**

**Aug. 9 & 23**

**Sept. 13 & 27**

#### Garden Drop-In

The herbs, vegetables, & flowers are in! Drop into the office & help water, weed, and harvest or just sit in the shade & enjoy

**Monday—Friday**

**8:00 am-4:00 pm**



### **Family Caregivers Wanted!**

**Program starts Thursday, July 18th**

**2:00-3:30 pm**

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 of those with any chronic health condition or disability.**

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

**815-431-8034** or

**ehanna@alternativesforyou.org**

**Visit OSF OnCall Connect at Bridges Community Center**

**Wednesday, August 7<sup>th</sup> | 10a – 2pm**



**Services Available:**

- **Health screenings – blood pressure, pulse ox, blood glucose and cholesterol\***
- **Health care navigation**
- **Technology and digital program assistance – MyChart**
- **Connection to community resources**

***Free event with no appointment needed!***

Bring you cell phone, tablet or other tech devices for assistance with MyChart

\*8-12 hour fast required for blood glucose and cholesterol screenings

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

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

# EngAGED Classes, Groups & Activities

## Streator Satellite Office Activities

Bruce Township Hall  
216 N. Sterling Street

### Bingo

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

\$1 per card

July 2

Aug 6

Sept 3

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

## 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.

July 24

Aug. 28

Sept. 25

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

BINGO Card Distribution: 1:15 p.m.

BINGO Games Start: 1:30 p.m.

## Fit & Strong!

**New Streator class starting in August**

***Call Bridges to get registered!***

**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



## Ottawa Satellite Office Activities

Anthony Place Apartments

727 Clinton Street

Ottawa

### Dollar Bingo

2nd & 3rd Thursdays of the month

Games 2:30-3:45 p.m.

\$1 per card

## Tai Chi in the Park

Its back for the season at East Side Park, Ottawa!  
The group meets at the corner of York & Congress  
weather permitting

**Mondays & Thursdays  
9-10 am**

Tai chi is a gentle, low-impact form of exercise in which practitioners perform a series of deliberate, flowing motions while focusing on deep, slow breaths





### ***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!***

### **Ring for Care**

Ring for Care is a program designed to provide friendly check-in calls to enrolled participants & residents who have a need in any of the following areas:

- Social/Emotional support**
- Community resource information**
- Connection and activities**

Call to enroll, volunteer, or make a referral to the program:

**815-431-8034 or 866-331-8034**

