

DMCSC

1430 N. 22nd Street, Decatur, IL 62526

(217) 429-1239

August 2018 & September 2018

Published Bi-Monthly

Vol. 22, Issue 5

## UPCOMING SPECIAL EVENTS

Remember to look at the Calendar for regular activities

### AUGUST

- 1     Pedi-Care Nail Trimming 8:30am-3:00pm
- 1     Congressman Rodney Davis Senior Technology Fair  
9am – 10:30am
- 1     BUNCO 1pm
- 3 - 8   Thrift Shop Bag Sale 9am-3pm
- 3     Rules of the Road Driver's Review 9:30am – 11:30am
- 3     Senior Center BINGO 1pm
- 8     BUNCO 1:00pm
- 10    Senior Center BINGO 1:00pm
- 13    Senior Day @ the Illinois State Fair in Springfield  
Bus Leaves at 9:00am
- 14    Ameren Presentation by Andrea Evey 10am
- 14    LaGondola Spaghetti Lunch - Noon
- 15    Pedi-Care Nail Trimming 8:30am-3:00pm
- 15    August Birthdays Celebration  
Sponsored by Northeast Community 12:00pm
- 15    BUNCO 1:00pm
- 17    Senior Center BINGO 1:00pm
- 21    National Senior Citizens Day
- 22    BUNCO 1:00pm
- 23    Tammy Hite Diabetic Shoes Clinic 10:30am – 2:00pm
- 24    Senior Center BINGO 1:00pm
- 28    Slow the Clock of Aging Lisa Cline from DMH 10:30am
- 29    State Rep. Andy Manar Senior Information Fair  
10am - Noon
- 29    BUNCO 1:00pm
- 31    Senior Center BINGO 1:00pm

### SEPTEMBER

- 3     Senior Center Closed for Labor Day
- 5     BUNCO 1pm
- 7     Seniorama @ Civic Center 10:00am – 3:00pm
- 7     Senior Center BINGO 1pm
- 12    Coffee w/Judy & Elaine – Medicare Part D  
Special Enrollment Period 9:00am
- 12    BUNCO 1pm
- 14    Special Lunch Catered by Mindy Peterson Noon
- 14    Senior Center BINGO 1pm
- 18    Senior Center Board Meeting 3:00 pm
- 19    Pedi-Care Nail Trimming 8:30am-3:00pm
- 19    September Birthdays Celebration  
Sponsored by Northeast Community 12:00pm
- 19    BUNCO 1:00pm
- 21    Senior Center BINGO 1:00pm
- 25    Slow the Clock of Aging Lisa Cline from DMH 10:30am
- 26    Pedi-Care Nail Trimming 8:30am-3:00pm
- 26    BUNCO 1:00pm
- 28    Senior Center BINGO 1:00pm



## SENIOR TECHNOLOGY FAIR

U.S. Representative Rodney Davis will be hosting a Senior Technology Fair at the Decatur-Macon Senior Center on **Wednesday, August 1, 2018** from 9:00am to 10:30am. There is no cost to attend and registration is not required. Representatives from AT&T will be present and will provide a workshop on smartphone applications, using your smartphone, and tips on avoiding fraud. The Social Security Administration will also be present and will be providing one-on-one assistance with creating and utilizing your "My Social Security" account. This is a wonderful opportunity to learn more about the new technology that is available and to answer whatever questions you may have about your smartphones and what they can do. The public is invited to this event. For more information contact the Congressman's office at (217) 403-4690.



## **SENIOR INFORMATION FAIR**

State Senator Andy Manar with State Representative Sue Scherer will be hosting a Senior Information Fair at the Decatur-Macon County Senior Center on Wednesday, August 29<sup>th</sup>, 2018 from 10:00am to Noon. The Senior Center will provide Blood Pressure checks. There will be many State and local agencies available to provide information and assistance of particular interest to older Americans. This also a terrific opportunity to meet and talk one-on one to State Senator Manar and State Rep. Scherer.

## **FANS and the WAND-TV FAN DRIVE**

The Senior Center is distributing fans to those in need during the summer months. If you are 55 years of age or older and have not received a fan in the past two years and are low income, stop by the Senior Center to see if you qualify.

On behalf of the Decatur-Macon County Senior Center, CHELP and Starting Point/Macon County Health Department, we have the great honor to publicly thank WAND TV led by Carol Barnes, Caryn Eisert, Craig Bogle, and Colin Cloney for planning and conducting the annual Fan Drive for Senior Citizens on June 14, 2018.

We are proud to report that once again the wonderful people of Decatur and Macon County demonstrated their empathy and support for low income vulnerable older citizens. A total of 169 fans were donated the day of the fan drive at Walmart but that was not all. Heritage Behavioral Health donated another 39 fans and we have had another 10 or more fans donated at the Senior Center as a result of the fan drive. If that wasn't enough, we also received cash donations totaling \$2,430. Friends of Sue Scherer donated \$60, Brinkoetter Real Estate and Mr. Robert Frazier donated \$500 plus Miss Kimmies business donated another \$560. Fan donations were received from the Women's Group of United Methodist Church in Forysth, Crown Toyota Service Department and Midwest Construction and WAND.

The Decatur-Macon County Senior Center is deeply appreciative to Fan Drive Sponsor Wal-Mart North led by Jason Farmer. Our appreciation also goes to Joan and Robert Meeder for the loan of their truck. The Fan Drive could not have gone so well if not for the volunteers and staff from the Senior Center Judy Peifer, Chuck Trusner, Charles Walker, Senior Center Board members Joan Meeder, Margaret Miller, Mary Koonce, Katelyn Smith, Lisa Bergschneider, Harriet Sadowski, Winnie Brewer and senior participant Tina Disney.

A thank you to all who donated fans! THANK YOU! THANK YOU! THANK YOU! This was a great start to the summer of distributing these fans to our fellow citizens in need!



## **NEARLY NEW THRIFT SHOP BAG SALE**

The Thrift shop will have a bag sale on Friday August 3<sup>rd</sup> through Wednesday, August 8, 2018 from 9am to 3pm. Regular size bags will be sold for \$3 each, big bags for \$6 and you are free to stuff as many goodies as possible in the bags. There will be lots of great bargains at the bag sale. Be sure not to miss the sale and bring a friend! We are always in need of volunteers to work in the Thrift Shop. Volunteers may work one day, one morning or one afternoon a week. We are also looking for gently used items to sell in the Thrift Shop. Tax receipts are offered in return for donations. If you would like to make a donation or are interested in volunteering to work please call the Senior Center at 429-1239.

## **AMEREN HOME ENERGY ASSESSMENT PRESENTATION**

In order to help customers lower their energy bills Ameren is providing FREE Home Energy Efficiency Assessments to those who fall within the generous income guidelines. Ameren is spreading the word in hopes that all those who qualify can take advantage of this offering!



### **An overview of what is offered through this program:**

- Free Replacement of incandescent bulbs with LED light bulbs
- Free replacement of high efficiency shower heads (no limit)
- Free replacement of kitchen and bathroom faucets with aerators (no limit)
- Free Insulation Assessment with incentives to add insulation to those that qualify
- Incentives for qualified heating and cooling systems
- Free smart thermostat replacement with qualified work
- Blower Door Assessment to determine total air leakage in home
- Safety measures as needed

The presentation will be at the Senior Center at 10:00am on Tuesday, August 14, 2018.



### **SENIOR DAY AT THE ILLINOIS STATE FAIR**

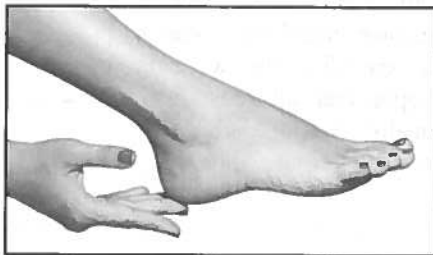
The Senior Center in cooperation with the Decatur Park District is sponsoring a bus trip to Senior Day, Monday, August 13 at the Illinois State Fair in Springfield. The bus will depart from Johns Hill Senior Center at 8:45am and from the Decatur-Macon County Senior Center at 9:00 am and leave Springfield at 3:00 pm. Cost of the bus trip is \$12.00. Seniors are admitted free to the fair on Senior Day. Reservations must be made by Friday, August 10 by calling the Decatur-Macon County Senior Center at 429-1239 or Johns Hill Senior Center at 429-7750.

### **SLOW THE CLOCK OF AGING GROUP**

Lisa Cline, Certified Recreational Therapist, from Senior Behavioral Health Services, Decatur Memorial Hospital leads a group that is meeting monthly at the Senior Center. Lisa introduces recreational therapeutic activities to encourage people to age in a positive and healthy manner. "I hear someone say "I am getting old so I have to give thing up." I say "You are getting old because you are giving things up." Author unknown. The group meets on the 4<sup>th</sup> Tuesday of each month at the Senior Center from 10:30am to 11:30am. In August the group will meet on August 28<sup>th</sup> and in September on the 25<sup>th</sup>. This group is free and is open to anyone 55 years of age and older. Walk-ins are welcome.

### **TOEING UP FOR HAPPY FEET**

The Senior Center is pleased to offer "Pedi-Cares by Gini Smith". Pedi-cures are offered in August – Wednesday, August 1<sup>st</sup> & Wednesday, August 15<sup>th</sup> and in September –



Wednesday, Sept. 19<sup>th</sup> and Wednesday the 26<sup>th</sup> from 8:30am to 3:00pm. Those interested in having their toe nails trimmed will need to call or stop by the reception desk to make an appointment for one of these days. Foot maintenance procedures include a therapeutic medicated soak, nail trimming and massage for a fee of \$22 per session. Please note that Gini will not be able to address chronic medical problems such as open wounds. Please contact your physician if you have open wounds.

### **NATIONAL SENIOR CITIZENS DAY & BIRTHDAY CELEBRATIONS**

August 21 is National Senior Citizens Day. While not an official federal holiday August 21 was proclaimed by President Reagan as the day to honor and salute the many contributions made to this country by older Americans. The monthly birthday celebrations will be on August 15<sup>th</sup> and September 19<sup>th</sup> sponsored by Northeast Community commencing at 12:00. Please join us for cake, friends and fun!



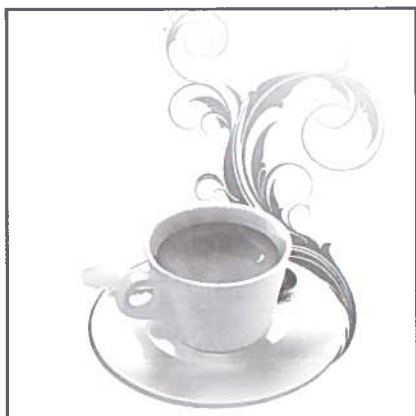
### **SPAGHETTI LUNCH FROM LAGONDOLA**

The Senior Center will be serving a spaghetti lunch straight from LaGondola on Tuesday, August 14<sup>th</sup>. In addition to spaghetti, lunch will include a torpedo sandwich, garlic bread and cinnamon bread plus ice tea. The cost for this feast is only \$5 for Senior Center members and \$6 for the public. What a deal! We only ask that you sign up and pay for your lunch by Monday, August 13<sup>th</sup> so we know how much food to order.



### **WELCOME TO AUTUMN LUNCH BY MINDY PETERSON**

Everyone is invited to come have lunch with Mindy! Longtime friend and former Senior Center Board member Mindy Peterson has consented to prepare a special "Welcome to Autumn" lunch at the Senior Center on Friday, September 14, 2018 at Noon. Mindy is an excellent cook. The menu is yet to be determined but we have been assured it will be "comfort food". Tickets are \$5 for members and \$6 for the public and must be purchased by Thursday, Sept. 13<sup>th</sup>.



### **MEDICARE INFORMATIONAL COFFEE WITH JUDY & ELAINE**

The Decatur-Macon County Senior Center will conduct an informal coffee to be held at the Senior Center on Wednesday, September 12, 2018 from 9:00am to 10:00am. The Coffee in September will cover Medicare Part D. These coffees are informal events and are a great opportunity to ask questions about Medicare and other areas of concern. The monthly coffees at the Senior Center will include coffee and donuts. All events are free and open to the public!

### **DIABETIC SHOE CLINIC**

Tammy Hite, Diabetes Care Specialist from LifeCare Medical will conduct a Diabetic Shoe Clinic on August 23<sup>rd</sup> from 10:30 a.m. until 2:00 p.m. at the Senior Center. As a diabetic, did you know that you are entitled to a pair of therapeutic shoes and 3 pairs of inserts per calendar year? This is a Medicare paid program. Tammy Hite will explain why the government is willing to pay for this program and the importance for you to wear good shoes. Ms. Hite can assist with picking out the style of shoe you may want. All sizes and widths are available. Please bring your Medicare number, primary doctor's name and phone number and your secondary insurance card (if you have one).



### **SENIORAMA**

Don't forget to attend the annual SENIORAMA event on September 7<sup>th</sup>. **Seniorama will be held starting at 10:00am and last until 3:00pm at the Civic Center!** Agencies, businesses, and organizations will display products and services along with screenings and seminars. There is always great entertainment and topics of interest include finance, estate planning, travel, food, health, beauty, fitness, safety, insurance, housing options, volunteering and services provided by the different agencies. Come check out the Senior Center's table. Join the fun at the SENIORAMA on Friday, September 7<sup>th</sup>!

### **THE GREAT PUMPKIN PATCH!**

The Senior Center is planning a trip, in October, to The Great Pumpkin Patch in the heart of Amish Country! Come see the various displays including: The Wall O' Squash, Noah's Ark, The Pumpkin Tree, Giant Corn Shock Tower, the Restored One-Room Schoolhouse, Wanda's Haunted Crib, the Museum & Bridle Gift Shop and the Farm Animals. On the way back we will stop at Yoders (which will be on you) for lunch. Seating is limited. This date of this venture has not yet been determined.

### **SAVE THE DATE!**

Longaberger BINGA – This is a major fundraiser for the Senior Center. BINGA features the famous Longaberger Baskets and will be held on **Sunday, October 28, 2018** from 2:00 pm to 5:00 pm. BINGA will be held at the Decatur-Macon County Senior Center, 1430 N. 22<sup>nd</sup> Street, Decatur IL. Longaberger BINGA is based on BINGO with various Longaberger baskets (sponsored by individuals and businesses) as prizes. We will also have refreshments, 50/50 drawing, prize raffle and a silent auction. We are also in need of volunteers to help work the event. We are asking for donations of baked goods to sell. If you love to play BINGO or love Longaberger Baskets this is the event for you!!



## **SOCIAL SECURITY QUESTIONS**

By Gerald Tilley

Social Security District Manager in Decatur, IL

What can I do at [www.socialsecurity.gov](http://www.socialsecurity.gov)?

**Answer:**

There are many things you can do on Social Security's website. You can conduct most of your Social Security business with us online at [www.socialsecurity.gov/onlineservices](http://www.socialsecurity.gov/onlineservices). You can get an estimate of future benefits, find out if you qualify for benefits now, and even apply for benefits. You can complete a number of other tasks online, too, including replacing your Social Security card in some states. You can estimate your retirement benefit using our *Retirement Estimator*, which allows you to get an instant, personalized estimate of your future benefit based on different retirement ages and scenarios. You can even open your own *my Social Security* account to plan for and manage your benefits at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

**Question:**

I was speaking with my sister and she told me that she receives half of her spouse's benefit. Why am I not eligible for benefits from my spouse?

**Answer:**

If your spouse is eligible for Social Security benefits, you could be eligible for one-half of their benefit at your full retirement age. However, if you worked and are eligible for Social Security benefits on your own record, your own benefit may be higher than what you could be eligible for on your spouse's record. If you have questions regarding your eligibility for benefits, please call 1-800-772-1213 (TTY 1-800-325-0778) between the hours of 7 a.m. and 7 p.m. Monday through Friday.

**Question:**

If I retire at age 62, will I be eligible for Medicare?

**Answer:**

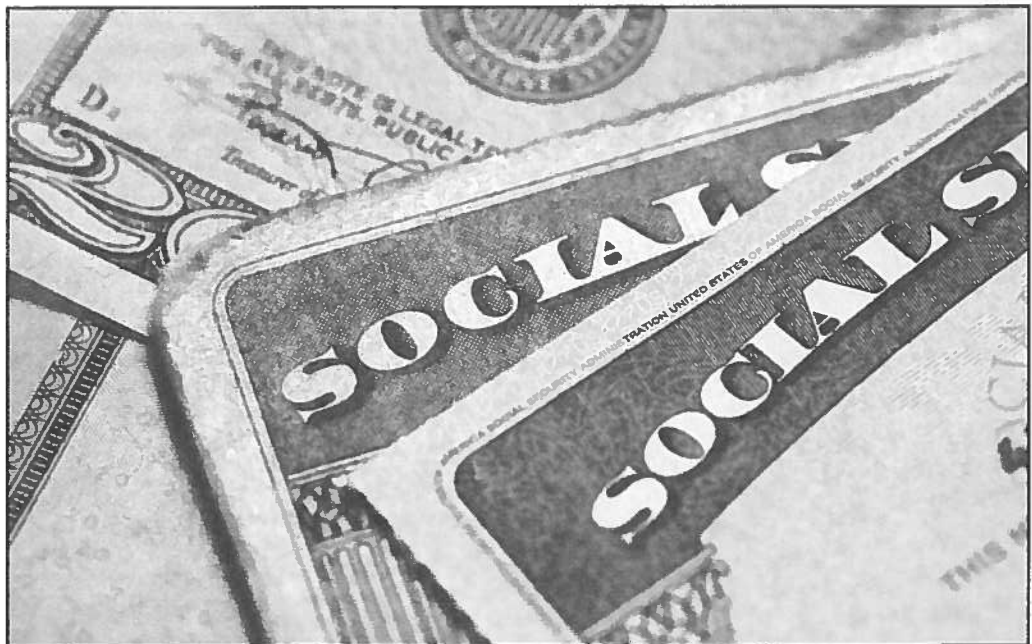
No. Medicare starts when you reach 65. If you retire at 62, you may be able to continue medical insurance coverage through your employer or purchase it from a private insurance company until you become eligible for Medicare. For more information see our publication, *Medicare*, at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs), or call us at 1-800-772-1213 (TTY 1-800-325-0778).

**Question:**

Will my eligibility for the *Extra Help* with Medicare prescription drug plan costs be reviewed and, if so, how often?

**Answer:**

If you get the *Extra Help*, Social Security may contact you to review your status. This reassessment will ensure you remain eligible for *Extra Help* and receive all the benefits you deserve. Annually, usually at the end of August, we may send you a form to complete: *Social Security Administration Review of Your Eligibility for Extra Help*. You will have 30 days to complete and return this form. Any necessary adjustments to the *Extra Help* will be effective in January of the following year. Go to [www.socialsecurity.gov/prescriptionhelp](http://www.socialsecurity.gov/prescriptionhelp) for more information.





# August



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Center • 429-1239</b> <b>Lunch Reservations • 428-4148</b>			<b>1</b> Pedi-Care Nail Trimming 8:30 am-3:00 pm  Congressman Rodney Davis Senior Technology Fair 9:00 am - 10:30 am  BUNCO 1pm	<b>2</b> 1:00 Cards	<b>3</b> Thrift Shop Bag Sale 9 am-3 pm  Rules of the Road Driver's Review 9:30am – 11:30am  10:00 am Fitness Class  Senior Center BINGO 1pm	<b>4</b>
<b>5</b>	<b>6</b> Thrift Shop Bag Sale 9 am-3 pm  10:00 am Fitness Class  1:00 Cards	<b>7</b> Thrift Shop Bag Sale 9 am-3 pm  1:00 pm BINGO Heritage Manor	<b>8</b> Thrift Shop Bag Sale 9 am-3 pm  10:00 am Fitness Class  BUNCO 1pm	<b>9</b> 1:00 Cards	<b>10</b> 10:00 am Fitness Class  Senior Center BINGO 1pm	<b>11</b>
<b>12</b>	<b>13</b> Senior Day @ the Illinois State Fair in Springfield Bus Leaves at 9:00am  10:00 am Fitness Class  1:00 Cards	<b>14</b> Ameren Presentation by Andrea Evey 10:00 am  LaGondola Spaghetti Lunch - Noon  1:00 pm - BINGO Evergreen Senior Living	<b>15</b> Pedi-Care Nail Trimming 8:30 am - 3:00 pm  10:00 am Fitness Class  August Birthdays Celebration Sponsored by Northeast Community 12:00pm  BUNCO 1pm	<b>16</b> 1:00 Cards	<b>17</b> 10:00 am Fitness Class  Senior Center BINGO 1pm	<b>18</b>
<b>19</b>	<b>20</b> 10:00 am Fitness Class  1:00 Cards	<b>21</b> National Senior Citizens Day  1:00 pm BINGO Eagle Ridge	<b>22</b> 10:00 am Fitness Class  BUNCO 1pm	<b>23</b> Tammy Hite Diabetic Shoes Clinic 10:30 am - 2:00 pm  1:00 Cards	<b>24</b> 10:00 am Fitness Class  Senior Center BINGO 1pm	<b>25</b>
<b>26</b>	<b>27</b> 10:00 am Fitness Class  1:00 Cards	<b>28</b> Slow the Clock of Aging Lisa Cline from DMH 10:30am  1:00 pm BINGO Synergy	<b>29</b> State Rep. Andy Manar Senior Information Fair 10:00 am - Noon  BUNCO 1pm	<b>30</b> 1:00 Cards	<b>31</b> 10:00 am Fitness Class  Senior Center BINGO 1pm	



# September



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Center • 429-1239 Lunch Reservations • 428-4148						<b>1</b>
<b>2</b>	Senior Center Closed for Labor Day <b>3</b>	1:00 pm <b>4</b> BINGO Heritage Manor	10:00 am <b>5</b> Fitness Class BUNCO 1pm	1:00 Cards <b>6</b>	Seniorama @ <b>7</b> Civic Center 10:00am – 3:00pm  10:00 am Fitness Class  Senior Center BINGO 1pm	<b>8</b>
<b>9</b>	10:00 am <b>10</b> Fitness Class  1:00 Cards	1:00 pm - <b>11</b> BINGO Evergreen Senior Living	Coffee w/ <b>12</b> Judy & Elaine – Medicare Part D Special Enrollment Period 9:00 am  10:00 am Fitness Class  BUNCO 1pm	1:00 Cards <b>13</b>	10:00 am <b>14</b> Fitness Class  Special Lunch Catered by Mindy Peterson Noon  Senior Center BINGO 1pm	<b>15</b>
<b>16</b>	10:00 am <b>17</b> Fitness Class  1:00 Cards	1:00 pm <b>18</b> BINGO Eagle Ridge  Senior Center Board Meeting 3:00 pm	Pedi-Care <b>19</b> Nail Trimming 8:30am-3:00pm  10:00 am Fitness Class  September Birthdays Celebration Sponsored by Northeast Community 12:00pm  BUNCO 1pm	1:00 Cards <b>20</b>	10:00 am <b>21</b> Fitness Class  Senior Center BINGO 1pm	<b>22</b>
<b>23</b>	10:00 am <b>24</b> Fitness Class  1:00 Cards	Slow the <b>25</b> Clock of Aging Lisa Cline from DMH 10:30am  1:00 pm BINGO Synergy	Pedi-Care <b>26</b> Nail Trimming 8:30 am-3:00 pm  10:00 am Fitness Class  BUNCO 1pm	1:00 Cards <b>27</b>	10:00 am <b>28</b> Fitness Class  Senior Center BINGO 1pm	<b>29</b>
<b>30</b>						

# SENIORS INK

Decatur-Macon County Senior Center  
1430 N. 22nd Street  
Decatur, Illinois 62526

# ECIAAA

AUG 06 2018

# RECEIVED

Non Profit Org  
U.S. Postage  
**PAID**  
Decatur, IL  
Permit No. 416

RETURN SERVICE REQUESTED

Susan Real ECIAAA  
1003 Maple Hill Road  
Bloomington, IL 61704

6170569927 R021



## Seniors INK

Membership dues in the amount of \$ \_\_\_\_\_ for the year 2018 (\$25.00),

**OR** \_\_\_\_\_ Lifetime dues of \$150.00

enclosed for (name) \_\_\_\_\_

*(NOTE: Any amount over these amounts will be credited as a donation)*

Please detach and return this stub with your tax-deductible contribution to:

Decatur-Macon County Senior Center  
1430 N. 22nd Street  
Decatur, Illinois 62526

I would like to support the Seniors of today and tomorrow, with my tax-deductible donation to the Decatur-Macon County Senior Center.

\$500 \_\_\_\_\_ \$250 \_\_\_\_\_ \$100 \_\_\_\_\_ \$50 \_\_\_\_\_ \$25 \_\_\_\_\_

\$10 \_\_\_\_\_ \$ 5 \_\_\_\_\_ Other \_\_\_\_\_

If you do not want your name listed as a donor, please check this box

*In addition to my contribution for supporting the Senior Center and the Seniors they serve, I would like to make an additional contribution that will be used to help retire the debt incurred from capital expenses related to the relocation of the Senior Center.*

Additional enclosed for Debt Retirement Fund \_\_\_\_\_

*Help us keep the lights on for the Seniors of today and tomorrow!!*

*The Decatur Macon County Senior Center and the Seniors they represent, Thank You!*

DECATUR - MACON COUNTY

