



Your generous financial support of the LifeSpan Center can help ensure the transfer of culture and local history from one generation to the next, preserving the essence of our community's character.

Contributions to the Coles County Council on Aging, are tax deductible (in accordance with IRS regulations). Please call us at (217) 639-5150 to discuss available options. We look forward to hearing from you!



CCCoA Mission Statement

The mission of the Coles County Council on Aging is to enhance quality of life for older adults and people of all ages and abilities.

@LifeSpan.Center



"It's All in the Attitude"



The Coles County Council on Aging does not discriminate in admission to programs or activities, or treatment of employment in programs or activities in compliance with the Illinois Human Rights Act; the U.S. Civil Rights Act; Section 504 of the Rehabilitation Act; the Age Discrimination Act; the Age Discrimination in Employment Act; and the U.S. and Illinois Constitutions. If you feel you have been discriminated against, you have a right to file a complaint. For information, contact: Coles County Council on Aging's Civil Rights Coordinator/Executive Director; 11021 East County Road 800 North, Charleston, IL 61920-8632; Telephone: (217) 639-5150 Fax: (217) 639-5199

LifeSpan Center Connections September 2021

Current Hours

For the Safety of our Seniors and Community Members, we have postponed on-site activities during the COVID-19 pandemic. Please call for additional information.

Phone Hours: 8:30-4:00pm

- LifeSpan Center.....639-5150**
- Senior Information Service.....639-5166**
- LifeSpan Volunteer Program (LSVP).....639-5155**
- Dial-A-Ride Transportation Program....639-5169**
- Toll-Free.....1-800-500-5505**

11021 E. Co. Rd. 800N
Charleston, IL 61920-8632
lifespancenter.org

Email: contactus@lifespancenter.org

Linking Generations - Enhancing Lives
Sponsored by: Coles County Council on Aging
A Local Charity since 1974



Coronavirus (COVID-19) Funeral Assistance

The COVID-19 pandemic has brought overwhelming grief to many families. At FEMA, our mission is to help people before, during and after disasters. We are dedicated to helping ease some of the financial stress and burden caused by the virus.

FEMA is providing financial assistance for COVID-19-related funeral expenses incurred after January 20, 2020.



Which expenses will qualify for reimbursement?

Examples of eligible expenses for funeral services and interment or cremation may include, but not limited to:

- Transportation for up to two people to identify the deceased individual
- The transfer of remains, a casket or urn
- A burial plot or cremation niche
- A marker or headstone
- Clergy or officiant services
- The arrangement of a funeral ceremony
- The use of funeral home equipment or staff
- Cremation or interment costs
- Costs associated with producing multiple death certificates

What information do I need to provide to FEMA?

Please have the following information before contacting FEMA to apply:

- Your name, social security number, date of birth, mailing address and contact phone numbers.
- The name, social security number and date of birth for each deceased individual.
- The location or address where the deceased individual passed away.
- Documentation and receipts for any assistance already received from other sources, including burial or funeral insurance, donations, voluntary agencies, other government programs or non-profit organizations.
- If you and another person both incurred funeral expenses for the same deceased individual(s), you can also provide that person as a co-applicant — include their name, social security number and date of birth on the application.

To be eligible for funeral assistance, you must meet these conditions:

- The death must have occurred in the United States, including the U.S. territories, and the District of Columbia.
- The death certificate must indicate the death was attributed to or caused by COVID-19.
- The applicant must be a U.S. citizen, non-citizen national or qualified alien who incurred funeral expenses after January 20, 2020.
- There is no requirement for the deceased person to have been a U.S. citizen, non-citizen national or qualified alien.

COVID-19 FUNERAL ASSISTANCE

If you lost a loved one to COVID-19, you may be eligible for a government program that pays for funeral expenses. The Federal Emergency Management Agency (FEMA) will pay up to \$9,000 for funeral expenses for loved ones who died of COVID-19. Survivors can apply for benefits by contacting FEMA, toll-free, at 844-684-6333. To find out if you qualify, read FEMA's [Funeral Assistance FAQs](#).

Unfortunately, FEMA reports that scammers are contacting people and pretending to offer to register them for assistance. To avoid those scams, here are some tips:

- FEMA ***will not contact*** you until you call or apply for assistance.
- The government won't ask you to pay anything to get this benefit.
- Don't give your own or your deceased loved one's personal or financial information to anyone who contacts you out of the blue.

If you think you got a scam call, hang up and report it to the FEMA Helpline at 800-621-3362 or the Federal Trade Commission at [ReportFraud.ftc.gov](#).

Thank you,

Consumer Financial Protection Bureau

https://www.youtube.com/watch?v=DgvN_9m58Z0

<https://www.fema.gov/disasters/coronavirus/economic/funeral-assistance/faq>

HOW DO I APPLY FOR THIS ASSISTANCE?

Call FEMA's COVID-19 Funeral Assistance Helpline at 1-844-684-6333 (TTY: 800-462-7585) from 9 a.m. to 9 p.m. ET, Monday – Friday and begin the application process.

For fastest service following your application, you can begin submitting documentation online through [Disasterassistance.gov](#), by fax 855-261-3452.

Documents may also be mailed to: COVID-19 Funeral Assistance P.O. Box 10001 Hyattsville, MD 20782

FREQUENTLY ASKED QUESTIONS

You can also visit us online at [FEMA.gov/funeral-assistance/faq](#). Information is provided in several languages both by telephone and the website.



Showcase Your Business Name & Logo
 Your LifeSpan Center can assist with your advertising needs!

ADVERTISING GUIDELINES

Size + Business Card (2" x 3.5")

Cost: 1 month = \$25

3 months = \$70

6 months = \$135

12 months = \$275

All ads must be pre-paid prior to print date.
 LSC retains the right to decline ads based on content



Contact Patricia Hicks
 at (217) 639-5150
 or e-mail: phicks@lifespanscenter.org



**Peace Meal Senior Nutrition Program
 September 2021**

		1 Saucy Ham Loaf Sweet Potatoes Seasoned Peas Cornbread Overnight Fruit Salad	2 BBQ Meatballs Scalloped Potatoes Spinach Texas Toast Chunky Applesauce	3 Baked Chicken Vegetable Rice Pilaf Harvard Beets Whole Grain Wheat Tropical Fruit
6 CLOSED FOR LABOR DAY HOLIDAY	7 Brat Baked Corn Seasoned Steamed Cabbage Bun Pears	8 Tuna Salad Cheesy Broccoli Soup Summer Salad Assorted Crackers Watermelon	9 Meatloaf Mashed Potatoes w/Gravy Lyonnais Carrots Whole Grain Wheat Pineapple Cheese Salad	10 Steak Burger Baked Beans Creamed Peas Bun Melon Salad
13 Pulled Pork Sandwich Rosemary Roasted Potatoes Italian Green Beans Bun Fruit Juice	14 Taco Salad w/Meat, Cheese, Beans, Lettuce, Tomatoes, Sour Cream, and Taco Sauce Mandarin Oranges Taco Chips Pudding	15 White Chili Sunshine Salad Cottage Cheese Crackers Peaches	16 Roast Beef Mashed Potatoes w/Gravy Broccoli Salad Whole Grain Wheat Warm Fruit Cobbler	17 Swissed Beef Pattie Zucchini Bake Mixed Vegetables Whole Grain Wheat Sweet Potato Pie
20 Breakfast Casserole Warm Fruit Compote Fruit Juice Cinnamon Roll Breakfast Bar	21 Shepherd's Pie Rotini Vegetable Salad Biscuits Warm Cinnamon Buttered Apples	22 Sub Sandwich w/Lettuce, Spinach, Tomato and Mayo Pkt. 3-Bean Salad Bun Cantaloupe	23 Turkey Salad w/Grapes Vegetable Soup Cucumber Onion Salad Assorted Crackers Fresh Fruit	24 Fried Chicken Mashed Potatoes w/Gravy Corn Texas Toast Red, White and Blue Dessert
27 Pork Chop in Gravy Mashed Potatoes Lima Beans Roll Cranberries	28 Spaghetti with Meat Sauce Romaine Lettuce Salad Seasoned Green Beans Roll Oatmeal Raisin Cookie	29 Saucy Ham Loaf Sweet Potatoes Seasoned Peas Cornbread Overnight Fruit Salad	30 BBQ Meatballs Scalloped Potatoes Spinach Texas Toast Chunky Applesauce	Oct. 1 CHEF'S CHOICE REGIONAL FAVORITES WILL BE SERVED.

For Reservations Call 1-800-543-1770
 Skim milk and desserts with no sugar added are available in many locations.
 Ask the Site Supervisor for information.
 Sometimes we need to substitute on our menus. We still guarantee a nutritious meal.
 The Peace Meal Senior Nutrition Program suggests a donation of \$3.50 for each congregant and home delivered meal. No
 older person shall be denied a meal because of their inability to contribute towards the cost of the meal.
 We accept the Illinois Link Card.

Call 217.345.1800 or 1.800.543.1770 to place your reservation with Peace Meal Today!



DIAL-A-RIDE IS HIRING

***DISPATCHER**
***DRIVERS**

Pick up an application at the
Dial-A-Ride Garage or
LifeSpan Center.

Call 639-5150 for more details.

**FACE COVERING REQUIRED
ON ALL DIAL-A-RIDE BUSES**

Face Coverings
Cubiertas faciales



Scarf
Bufanda



Mask
Mascarilla



Bandana
Paliacate



Neck Gaiter
Braga de cuello



**For more details call
1-800-500-5505**

Website: www.dialaridetransit.org

FITNESS CONNECTION



All YMCA members, visitors, and guests can now ride Dial-A-Ride for **\$1.00** each way to and from the Mattoon YMCA facility.

Please call and schedule your transportation at **217-639-5169**

This service is FOR ALL AGES



www.dialaridetransit.org



IN Sister City
Park

Mondays, Wednesday, Fridays 11-11:45 a.m.

At Sister City Park in Charleston on the basketball court. Class is cancelled if it is raining. This is an outdoor class without shade, please bring water and dress appropriately.

This is a low impact 45 minute dance exercise class with 2 short water breaks. Masks are not required.

Class is free with a \$3 suggested donation to help offset the instructor's costs. Taught by licensed Zumba Gold® instructor Louise Vassay.

Chair Yoga in the mall

Tuesdays and Thursdays,

10:00 – 10:45 a.m.,

At the Cross County Mall, in the hall by the fountain, north side of mall. Enter through the back mall entrance next to the old Carson's back entrance. Masks are Required.

Modified for the chair this Chair Yoga class incorporates all of the benefits of yoga: improved flexibility; a healthier, stronger and more relaxed you; and increased oxygen intake. We will be doing seated and standing poses only, shoes will be worn. Masks are required from entrance to the mall until you leave. Class is free with a \$3 suggestion donation.



The COVID-19 vaccine is coming! You may need to receive two doses of the vaccine; please check with your healthcare provider or local health department. The vaccine will be available at no cost.

WHY SHOULD I TAKE THE VACCINE?

Older adults have a higher risk for severe illness and hospitalization if they get COVID-19. Research has demonstrated that the vaccine is 95% effective in preventing COVID-19. The COVID-19 vaccine will help keep you, your family, and your community healthy and safe.

IS THE VACCINE SAFE?

We understand that some people may be concerned about getting vaccinated. The COVID-19 vaccine was tested with thousands of participants to generate scientific data and other information in order to determine its safety and to get approval from the Food and Drug Administration.

SIDE EFFECTS

Short-term side effects are mild and may include fever, fatigue, muscle and joint pain, chills and sore arms. They will go away in a few days, but they are normal and a sign your body is working to build up protection against the virus.

COVID-19 Vaccine

Information for Older Adults



MYTH: If I get vaccinated for COVID-19 I'll be more vulnerable to other illnesses.

FACT: While the COVID-19 vaccine will work to teach your immune system to recognize and protect against coronavirus, it is not proven to make you vulnerable to other illnesses.

MYTH: After I get the vaccine, I no longer have to wear a mask.

FACT: While health experts learn more about the protection of COVID-19 vaccines, it will be important for everyone to continue to wear a mask, wash hands often, and practice social distancing.

Contact your local health department to ask about COVID-19 vaccination in your area:
<http://www.idph.state.il.us/IDMMap/HealthRegions.aspx>

Illinois Department of Public Health COVID-19 vaccine site:
<http://idph.illinois.gov/covid19/vaccine-faq>

For general questions about COVID-19 and Illinois' response and guidance, call 1-800-889-9931 or email DPH.SICK@ILLINOIS.GOV.

COVID-19 Vaccine Distribution - coronavirus.illinois.gov

Vaccines Available

- Pfizer/BioNTech
 - For ages 16+
 - 2 doses 21 days apart
- Moderna
 - For ages 18+
 - 2 doses 28 days apart

Side Effects of Vaccines

- Pain, redness, or swelling of shot location
- Fever
- Fatigue
- Headache
- Muscle Pain
- Chills
- Joint pain



COVID-19 Safety Precautions

- Avoid close contact
- Wear cloth face coverings
- Practice good hygiene
- Stay home if you're sick

You are recommended to wear a mask, even if vaccinated.

Phase 1a

- Health Care Personnel
 - Hospital Settings
 - Non-Hospital Healthcare
- Long Term Care Facility (and Other Congregate Care) Staff and All Residents

Phase 1b

- Adults over 65 years of age
- Frontline Essential Workers
- Inmates

Phase 1c

- People aged 16 to 64 with high-risk medical conditions
- Other essential workers

Phase 2 - General population

Notes

- No vaccine yet for children
- People who already had COVID-19 should still get vaccinated

References
<https://www.idph.illinois.gov/covid19/vaccination-plan>
<https://www.idph.illinois.gov/covid19/vaccine-faq>
<https://www.mayoclinic.org/coronavirus-covid-19/vaccine>



ECIAAA

COVID-19
Illinois
Vaccine

Questions? Call ECIAAA
(309) 829-2065 or email
aginginfo@eciaaa.org

COVID-19 Vaccine Illinois Department of Public Health Frequently Asked Questions

Vaccine availability

Q. Where can I get the vaccine for ages 65+?

A. As directed by the Illinois Department of Public Health (IDPH), vaccines are administered at the local level. Eligibility determination is not consistent among local health departments. You are encouraged to contact your local health department to understand the vaccination process in your area.

Q. Will the government establish mass immunization programs, like in the 1960's?

A. Illinois is working with local health departments and providers to give vaccinations that resemble larger versions of yearly flu clinics, rather than the mass vaccination.

Q. Will undocumented people be able to get the vaccine?

A. All persons in Illinois, including individuals who are undocumented, can get the vaccine.

Vaccine Requirements/Mandates

Q. Do I have to get a COVID-19 vaccine?

A. There is no federal or state mandate to get the vaccine. The CDC recommends the vaccine to all Americans 16 and over.

Q. What happens if I refuse to get a vaccine?

A. There are no legal repercussions (fines, sanctions, punishments) for refusing the vaccine. However, you will not be protected against the virus and could be infected. You risk transmitting this deadly virus to loved ones and community members.

Q. Do I need a vaccine if I have already had COVID-19?

A. Yes, you should plan to take the vaccine, because the science is currently inconclusive as to whether you will be naturally protected from a second infection.

Vaccine Safety

Q. Is a COVID-19 vaccine safe?

A. Yes. Vaccines had clinical trials with thousands of participants to generate scientific data and other information for the FDA to determine their safety and effectiveness.

Q. How was the COVID-19 vaccine studied?

A. Each authorized vaccine has been studied in trials of over 30,000 volunteers and shown to be highly effective in preventing COVID-19. The trials involved people of different ages, sex, race/ethnicity, weight, and medical conditions.

Q. What have the trials revealed?

A. Through their respective clinical trials, Pfizer and Moderna have indicated their vaccines are approximately 95% effective.

Q. When injected with the vaccine, are you injecting me with COVID-19?

A. No, you are not being injected with the virus that causes COVID-19. None of the early COVID-19 vaccines tested in the U.S. use a live COVID-19 virus. mRNA vaccines work by training the immune system to recognize a virus threat and produce antibodies to protect itself.

Q. It took four years to develop the mumps vaccine, how can the COVID-19 vaccine be safe and thoroughly tested so quickly?

A. Significant resources were invested to fund the basic research and clinical trials, accelerating timelines greatly. Joining existing trial sites instead of developing new sites was a time saver. The virus has a good vaccination target and relatively low mutation rate. The amount of infection in the communities allowed scientists to quickly compare vaccinated to unvaccinated populations and conclusively shows the vaccine worked. Last, but not least, are the huge number of brave volunteers willing to try the "novel" vaccines during the clinical trials.

Other

Q. I would like to know how we plan to roll out an educational campaign for vaccine.

A. Along with educational and communications campaigns from the federal government, the state will use multiple traditional, social, and community media platforms to communicate across Illinois.

Q. How much will this vaccine cost me? Is it covered by my insurance?

A. There is no cost for the vaccine. However, vaccination providers will be able to charge an administration fee for giving the shot. Vaccine providers can get this fee reimbursed by the patient's public or private insurance company or, for uninsured patients, by Health Resources and Services Administration at US Department of Health and Human Services.



What you do today influences your future. Learn how to take care of yourself now to embrace aging and grow gracefully, successfully, and with increased longevity.

KEYS FOR EMBRACING AGING is a free 12-part series designed to help aging adults develop strategies for taking care of themselves through the years. Attend all 12 sessions, or simply drop in on the sessions that fit your schedule. By the end of the year, you'll be physically and mentally ready to embrace aging with open arms.

POSITIVE ATTITUDE — MARCH 25 —	SOCIAL ACTIVITY — APRIL 22 —	STRESS MANAGEMENT SEPTEMBER 16
EATING SMART — APRIL 1 —	TUNING IN TO THE TIMES — APRIL 29 —	FINANCIAL AFFAIRS SEPTEMBER 23
PHYSICAL ACTIVITY — APRIL 8 —	SAFETY SEPTEMBER 2	SLEEP SEPTEMBER 30
BRAIN ACTIVITY — APRIL 15 —	KNOW YOUR NUMBERS SEPTEMBER 9	TAKING TIME FOR YOU OCTOBER 7

Each of these sessions will be held from 10-11:00 a.m. CST online via Zoom. You will receive an email after you complete your registration with information on how to join each session. Find full descriptions of each session at go.illinois.edu/agingkeys

REGISTER AT GO.ILLINOIS.EDU/AGINGKEYS

University of Illinois | U.S. Department of Agriculture | Local Extension Councils Cooperating - Illinois Extension provides equal opportunities in programs & employment. - If you need a reasonable accommodation to participate, call us at 217.333.7672



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

LIFESPAN REOPENING STATUS

RENTAL & ACTIVITIES INFORMATION

Greetings!

At this time there has not been an established reopen date for the LifeSpan facility. In addition to continuing concerns regarding COVID-19 and our efforts to exercise extreme caution throughout the pandemic, the facility experienced significant damage due to a water pipe leak late last winter. Although the repairs are being scheduled and will soon be underway, the conditions are not conducive to resuming activities or scheduling specific usage for the facility.

- PATRICIA HICKS, EXECUTIVE DIRECTOR -



Updates to Follow



BENEFIT ACCESS PROGRAM

APPLY at www.illinois.gov/aging



The Benefit Access Program offers two benefits for seniors and persons with disabilities:

- A LICENSE PLATE FEE DISCOUNT
- FREE RIDES ON FIXED-ROUTE TRANSIT SYSTEMS

Eligibility is determined by income, residency, age and/or disability utilizing an online application.

QUALIFICATIONS:

Age Requirements:

- 65 years of age or older before January 1 of the current year; or
- You must become 65 years of age this year; or
- You must be 16 years of age or older before January 1 of the current year and qualify as disabled.

Residency Requirements:

- You must live in Illinois at the time you file your application.

Income Requirements:

Income limits are new for January 1, 2020 for License Plate discount and Ride Free Transit Card.

*Total income last year must be:

	For Applications Submitted:	
	Before Jan. 1, 2020	On or After Jan. 1, 2020
Household containing one person	less than \$27,610	less than \$33,562
Household containing 2 persons	less than \$36,635	less than \$44,533
Household containing 3 or more persons	less than \$45,657	less than \$55,500

NOTE: *You must include your spouse's income if married and living together on December 31 of last year. If your spouse died last year, you would file as single and claim only your income.

Disability Requirements:

To qualify as disabled, you must be at least 16 years of age prior to January 1 of the current year and be determined **totally and permanently disabled** (as defined by program requirements) prior to January 1 of the current year.

APPLY at www.illinois.gov/aging

SENIOR HELPLINE: Email: aging.ilsenior@illinois.gov
1-800-252-8966, 1-888-206-1327 (TTY)
(8:30am to 5:00pm Monday through Friday)



Follow us @illinoisDoA

The Illinois Department on Aging does not discriminate in admission to programs or treatment of employment in compliance with appropriate State and federal statutes. If you feel you have been discriminated against, call the Senior Helpline at 1-800-252-8966, 1-888-206-1327 (TTY). Printed by Authority of the State of Illinois 1,000 copies 12/19



We always welcome sponsors for programs and events! If your organization is interested in a sponsorship opportunity, please call Patti Hicks, Connections Programming/Public Relations, at (217) 639-5150. Thank you, in advance, for your consideration!

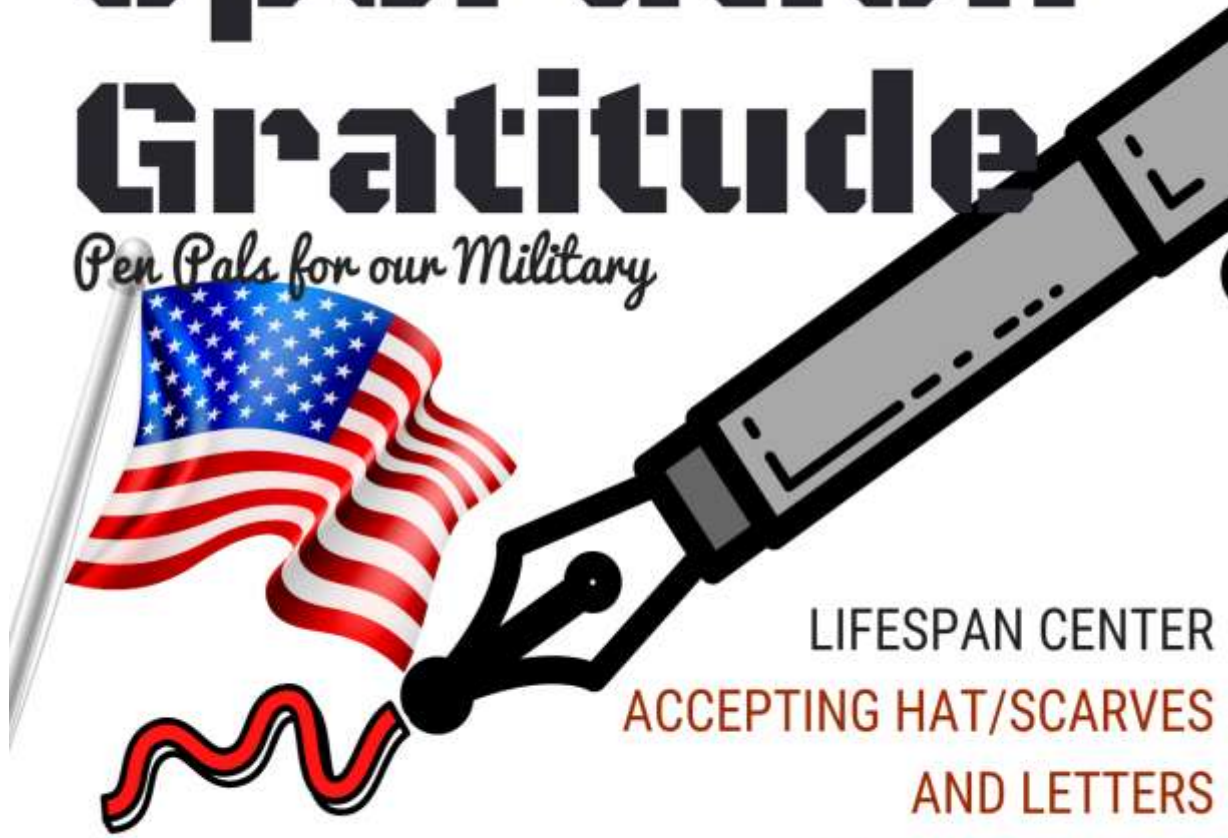
Thank you to our Donors

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 Jane Adams
 Gary Russell
 Eclipse Studio - Steven Jones
 Mark Esarey
 Tim Gover

Operation Gratitude

Pen Pals for our Military



LIFESPAN CENTER
ACCEPTING HAT/SCARVES
AND LETTERS
USE DROP BOX OR
CALL 217-639-5150 UPON ARRIVAL

No In Person Meetings
due to COVID!

Operation Gratitude is a Pen Pal program for our military! These personal letters of thanks will be sent every month to Deployed, Veterans, New Recruits and First Responders.



Make something that warms the heart for our deployed. Why? Because every moment of time, talent, and energy poured into a handmade item is an expression of deep appreciation for the service and sacrifice of their service.



LIFESPAN CENTER

VOLUNTEERS NEEDED!

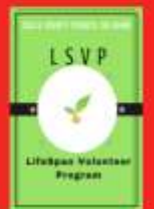
WE NEED HELP WITH -

Interested in joining us?

- Welcome Desk
- Morning/Afternoon shifts, available
- CDC COVID guidelines practiced
- Background Check required

Call us at +1 217-639-5150!
Looking forward to your help!

I AM A VOLUNTEER!



DIAL-A-RIDE

dialaridetransit.org
217-639-5169 / 800-500-5505



SINCE 1993
129 Years of Driving Experience



OFFERING
DOOR TO DOOR
SERVICE

Other Routes

Coles to Champaign
Mondays

Douglas to Coles
Tuesdays

Coles to Effingham
Wednesdays

Douglas to Decatur
Wednesdays

Douglas to Coles
Thursdays

Douglas to Champaign
Fridays

NOW
HIRING

DIAL-A-RIDE COLES COUNTY- IL

- COVID Awareness
- Free trips to LifeSpan (upon Reopening)
- Monthly Passes
- ADA
- Friendly Staff
- Zipline Routes (to be determined due to COVID)



Call Dispatch
2 Day - 2 Weeks to
Schedule a Ride
217-639-5169

<http://www.lifespancenter.org/dial-a-ride.html>

TAKE CHARGE



Register at go.illinois.edu/TakeCharge

This 6 week virtual series begins September 15 and will take place each Wednesday through October 6.

These free sessions will be held online from 1 PM - 3:50 PM. Link will be provided.

About this series

Learn to thrive, not just survive with your ongoing health conditions. Discover healthy ways to live with chronic conditions such as arthritis, diabetes, heart disease and others. Find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand treatment choices, and learn better ways to talk with your doctors and family about your health.

Illinois Extension

For more information contact:
Tessa Hobbs-Curley
Family Life Educator
P: (509) 837-3939
E: tessac@illinois.edu

College of Agricultural, Consumer & Environmental Sciences
University of Illinois, U.S. Department of Agriculture, and Local Extension Councils Cooperating
University of Illinois Extension provides equal opportunity in programs and employment. If you need a reasonable accommodation to participate, please contact your local extension office. Early request is strongly encouraged to allow sufficient time for meeting your access needs.



MEDICARE ANNUAL OPEN ENROLLMENT REMINDER



MARK YOUR CALENDARS!!

OCTOBER 15TH-DECEMBER 7TH, 2021

Watch for scheduling updates
coming soon!



WHEN and WHAT is Open Enrollment?



October 15th through
December 7th

Coverage
begins
January 1st

You can change:



Part C



Part D



This program provides free
Medicare education and
counseling throughout
Illinois.

Medicare Cost-Saving



Medicare Extra Help Program

You may qualify for the Medicare Extra Help Program to help pay for your Part D prescription drug costs if your yearly income and assets are below the following limits in 2021:

- **Single Person** – Income below \$1610/month and assets below \$13290
- **Married Person** – Income below \$2178/month and assets below \$26520, living with spouse and no other dependents

Medicare Savings Program

You may qualify for the Medicare Savings Program to help pay for your Medicare premiums, deductibles and coinsurance if your yearly income and assets are below the following limits in 2021:

		*MONTHLY INCOME	ASSETS
Qualified Medicare Beneficiary	Single	\$1073	\$ 7970
	Couples	\$1452	\$11960
Specified Low Income Beneficiary	Single	\$1287	\$ 7970
	Couples	\$1741	\$11960
Qualified Individual	Single	\$1448	\$ 7970
	Couples	\$1959	\$11960

Income guidelines based on 2021 FPL

Do you qualify?

Give us a call at: 217-639-5150 to schedule an appointment to apply for benefits.

Located in your LifeSpan Center at
11021 E Co Rd 800 N, Charleston, IL 61920-8632

Funded by: Title III of the Older American Act through Illinois General Revenue Funds, the East Central Illinois Area Agency on Aging, Fund Raising Events, and Client Donations.



A United Way Agency

Funded by: Title III of OAA IL General Revenue Funds, East Central IL Area Agency on Aging, Fund Raising Events and Client Donations
A United Way Agency

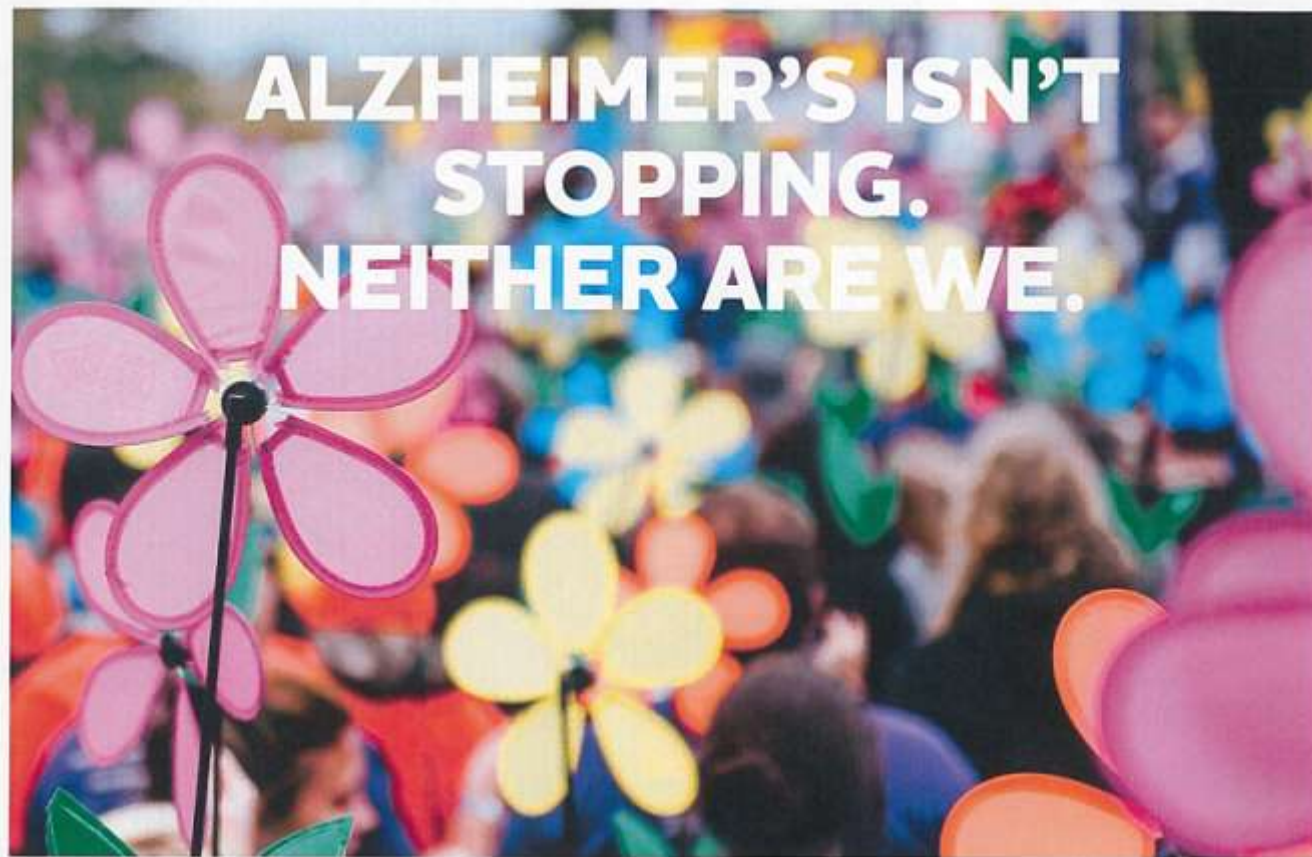
MEDICARE EXTRA HELP PROGRAM TO HELP IN RX COSTS FOR PART D!

INCOME GUIDELINES:
SINGLE PERSON: \$1610 PER MONTH
MARRIED: \$2178 PER MONTH
ASSET/RESOURCE GUIDELINES ALSO APPLY

CONTACT SENIOR INFORMATION SERVICES AT 217/639-5150 TO ARRANGE FOR AN ASSESSMENT OF ELIGIBILITY AND OTHER POTENTIAL BENEFITS! GIVE US A CALL!

MEDICARE SAVINGS PROGRAM TO HELP PAY FOR MEDICARE PREMIUMS, DEDUCTIBLES AND COINSURANCE

INCOME GUIDELINES:
SINGLE PERSON: \$1448 PER MONTH
MARRIED: \$1959 PER MONTH
ASSET/RESOURCE GUIDELINES ALSO APPLY



**ALZHEIMER'S ISN'T
STOPPING.
NEITHER ARE WE.**

JOIN US FOR OUR UPCOMING EVENT!

2021 Walk to End Alzheimer's - Mattoon/Charleston, IL
The Alzheimer's Association Walk to End Alzheimer's® is full of flowers, each carried by someone committed to ending this disease. Because like flowers, our participants don't stop when something's in their way. They keep raising funds and awareness for a breakthrough in the fight against Alzheimer's and all other dementia.

When: Saturday, September 25th,
Where: Mattoon Peterson Park | 500 Broadway Ave Mattoon, IL 61938 |

Route Length: 2 miles

Schedule of Events:

Registration at 8 a.m. | Ceremony at 9 a.m. | Walk at 9:30 a.m.

There is also a remote option that allows you to walk from home. Find out more by downloading the Walk to End Alzheimer's app on your phone

Sign up at the website below. You can participate on your own or join a local team. It is free to participate.

alz.org/walk



SHOP LOCAL

FIRST

YOUR COMMUNITY • YOUR FUTURE