

Senior Center Seniors INK

DMCSC

1430 N. 22nd Street, Decatur, IL 62526

(217) 429-1239

October 2019 & November 2019

Published Bi-Monthly

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UPCOMING SPECIAL EVENTS

Remember to look at the Calendar for regular activities

OCTOBER

- 1 Heritage Sponsored BINGO 1pm
- 2 Pedi-cares Gini Smith, Nail Technician 9:00am – 3:00pm
- 4 Rules of the Road Driver's Review 9:30am – 11:30am
- 4 Senior Center BINGO 1pm
- 8 Flu Shots by Macon Co. Health Dept. 9am -11am
- 8 Blood Pressure Screening by Mary Margaret Robinson 9am -11am
- 8 Evergreen Sponsored BINGO 1pm
- 9 Medicare Part D Presented by Elaine Krause 9am
- 11 Senior Center BINGO 1pm
- 15 Medicare Part D Open Enrollment Period Begins
- 15 Eagle Ridge Sponsored BINGO 1pm
- 15 Senior Center Board Meeting, 3:00pm
- 16 Manar/Scherer Senior Information Fair 10am – Noon
- 16 Blood Pressure Screening by Mary Margaret Robinson 10am – Noon
- 16 October Birthdays Celebration Sponsored by Northeast Community 12:00pm
- 18 Senior Center BINGO 1pm
- 22 Health & Wellness Crafts Class w/Mary Margaret Robinson 10:30am
- 22 Synergy Sponsored BINGO 1pm
- 24 Tammy Hite Diabetic Shoes Clinic 10:30am – 2:00pm
- 24 Medicare Part D Enrollment Event @ Health Dept. 9am - Noon
- 25 Senior Center BINGO 1pm
- 27 Longaberger Basket BINGO @ Senior Center, 2:00pm
- 29 Aspen Ridge Sponsored BINGO 1pm
- 30 Pedi-cares Gini Smith, Nail Technician 9:00am – 3:00pm
- 30 Medicare Part D Enrollment Event @ Senior Center 9am – 2pm
- 31 Halloween Treats

NOVEMBER

- 1 Senior Center BINGO 1pm
- 4 **Thrift Shop Christmas Store Opens! 9am – 3pm**
- 5 Heritage Manor Sponsored BINGO 1pm
- 6 Pedi-Care Nail Trimming 9:00am – 3:00pm
- 8 Rules of the Road Driver's Review 9:30am-11:30am
- 8 Senior Center BINGO 1pm
- 11 Veterans Day
- 12 Evergreen Sponsored BINGO 1pm
- 14 Medicare Part D Enrollment Event @ Health Dept. 9am - Noon
- 15 Senior Center BINGO
- 19 Ray's Chilli Lunch 12:00pm
- 19 Senior Center BINGO 1pm
- 20 Medicare Part D Enrollment Event @ Senior Center 9am - Noon
- 20 Pedi-Care Nail Trimming 9:00am – 3:00pm
- 20 November Birthdays Celebration Sponsored by Northeast Community 12:00pm
- 22 Senior Center BINGO 1pm
- 26 & 27 Senior Center Thanksgiving Bake Sale 9am – 3pm
- 26 Health & Wellness/Crafts Class w/Mary Margaret Robinson 10:30am
- 27 Senior Center Free BINGO 1pm
- 28 **CLOSED – THANKSGIVING**
- 29 **CLOSED – THANKSGIVING**

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, October 16th, 2019 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 with State Senator Manar and State Rep. Scherer.



NEARLY NEW THRIFT SHOP NEWS – CHRISTMAS SHOP OPENS!!!

Fall has arrived at the Thrift Shop. All kinds of fall and winter clothing and decorations are in. The Thrift Shop has all kinds of Halloween items for a fun-filled October. We have many fun and cute items as well as ideas for those Halloween costumes.

Don't miss our annual pre-holiday Bake Sale on Tuesday, November 26 and Wednesday, November 27 from 9am to 3pm. There will be all kinds of tasty goodies on sale! Donations of baked goods will be needed and very much appreciated.

The big news is the CHRISTMAS SHOP WILL OPEN FOR THE HOLIDAYS on Monday, November 4th! We have all sorts of Christmas decorations and items that make great holiday gifts. We will once again have special silent auctions on unique holiday items that will make great gifts! Please join us on November 4th for the Christmas Open House with specials and refreshments!

VOLUNTEERS ARE NEEDED – We are always in need of volunteers to help sort, price and work in both the Thrift and especially now, the Christmas Shops. The income generated by the Thrift Shop and the Christmas Shop are vital to maintaining the programs provided by the Senior Center. The Thrift Shop income goes directly into paying the Senior Center's bills. Please, if you are interested in helping please give us a call at 429-1239.

MEDICARE PART D OPEN ENROLLMENT OCTOBER 15 THRU DECEMBER 7, 2019

Beginning on Tuesday, October 15, 2019 through Saturday, December 7, 2019, those with Medicare Part D plans will have their annual opportunity to enroll in or to change their current Medicare Part D prescription drug plans. The Outreach Counselors at the Senior Center can assist anyone interested in investigating the various options in choosing a more cost effective plan. There are changes in place for 2019 and the Senior Center, the Macon County Health Department and CHELP are offering special enrollment events during October, November and December designed to assist seniors enrolling in prescription drug plans.

Even if you are satisfied with your current Medicare coverage, it is wise to look at other Medicare options that may better suit your individual needs in the upcoming year. For example, you should check to see if there is another plan in the area that will offer you better health and/or drug coverage at a more affordable price. Research shows that people with Medicare prescription drug coverage (Part D) could lower their costs by shopping among plans each year; there could be another Part D plan in the area that covers the drugs you take with fewer restrictions and/or lower prices. What are some things you should consider when choosing a Part D prescription drug plan? Ask yourself

the following questions before choosing a Part D drug plan: Does the plan cover all the medications I'm taking? Does the plan restrict my access to drugs (i.e. prior authorization, step therapy, or quantity limits)? How much will I pay for monthly premiums and the annual deductible? How much will I pay at the pharmacy (copay/coinsurance) for each drug I take? Is my pharmacy in the plan's preferred network? (You pay the least if you use preferred network pharmacies.) Can I fill my prescriptions by mail order? If I have retiree coverage, will the Medicare drug plan work with this coverage? What is the plan's star rating? The Senior Center's Outreach Counselors are trained to use Medicare's Plan Finder tool, which can give you a comprehensive list of Medicare Advantage and Part D plans, the drugs they cover, and their estimated costs for the year. You can access Plan Finder yourself by going online at www.medicare.gov. You can also call 1-800-MEDICARE for information about plans and prices. Finally, you can receive objective, one-on-one assistance from our State Health Insurance Assistance Program (SHIP) counselors at the Senior Center.

Special Enrollment Events scheduled at the Senior Center:

Call 429-1239 for an appointment

October 30th 9am – 2pm

November 20th 9am to 2pm

December 4th 9am to 2pm

Special Enrollment Events scheduled at the Health Dept:

Call 423-6550 for an appointment

October 24th 9am – Noon

November 14th 9am – Noon

December 6th 9am – Noon & 1pm – 3pm

If any of these dates are not convenient you can call the Senior Center at 429-1239 to schedule an appointment any time between October 15 and December 6, 2019 if you wish to take advantage of the Medicare.gov plan finder service offered by our Outreach department.

MEDICARE PART D PRESCRIPTION DRUG INFORMATIONAL COFFEE WITH ELAINE

The Decatur-Macon County Senior Center will present a Medicare Part D prescription drug Informational Coffee on Wednesday, October 9, 2019 from 9am to 10am at the Senior Center. People with questions concerning the Part D program or with other topics of concern are invited to attend this event at 9am. Coffee and donuts will be served. This presentation is free and open to the public.



MEDICARE PART D EXTRA HELP AND MEDICARE SAVINGS PROGRAMS

Medicare beneficiaries can qualify for Extra Help (from Social Security) with their Medicare prescription drug plan costs. To qualify for the Extra Help, a person must be receiving Medicare, have limited resources and income, and reside in one of the 50 States or the District of Columbia.

There is financial help for those on Medicare & Medicaid or on Medicare up to 150% of the federal poverty level towards paying for Medicare Part D premiums and cost shares. The Senior Center has the requirements and can assist you in accessing the help. Please call the Senior Center for an appointment at 429-1239.

LONGABERGER BINGA FUNDRAISING EVENT

On Sunday, October 27, 2019 from 2:00 pm to 5:00 pm the Senior Center will be conducting one of our major fundraisers of the year. **Please note BINGA will be held at the Decatur-Macon County Senior Center on 1430 N 22nd Street in Decatur.** Longaberger BINGA is similar to BINGO with various Longaberger baskets (sponsored by individuals and businesses) as prizes. Admission is \$20, which includes 15 games and door prizes including 3 intermission games and a cover-all game. We will also have refreshments, 50/50 drawing, prize raffle and a silent auction. 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!!

FLU SHOT & BLOOD PRESSURE CLINIC SCHEDULED

The Macon County Health Department will conduct a Flu Shot Clinic at the Senior Center on October 8, 2019 from 10am-11:30am. Mary Margaret Robinson, LPN, will be doing a free blood pressure screening at the same time as the flu shot clinic. There is no cost for the flu shots for those on Medicare or Medicaid. Those individuals 65 years old and over will receive the High Dose flu shot. Those people 65 and older not on Medicare or without insurance the charge for the High Dose shot is \$65. Those interested in receiving the Shingles vaccine may do so by appointment at the Health Department by calling 423-6988, ext. 1333. The Health Department will also have information about the pneumonia vaccine. If you are not yet on Medicare nor have insurance coverage please contact the Health Department at 423-6988, ext. 1333. Please wear short sleeves and bring your Medicare/Medicaid card when you come. It is especially stressed that persons in the high risk groups, household contacts or caregivers for persons in the high risk groups receive the shots because they are at greater risk for complications from influenza disease. The high risk groups include: persons age 50 years or older, especially those 65 and

over; anyone with a chronic medical condition such as diabetes, hypertension, emphysema or other condition affecting the heart, lungs or immune system; and, all children 6 months to 18 years of age.

RAY'S CHILLI LUNCH

The Senior Center is pleased to announce that we will be serving a special lunch of Ray's Chilli on Tuesday, November 19, 2019. Ray's Chilli is a popular hometown product that we have been wanting to serve for awhile and now we are! We will have Chilli, cornbread, dessert, and ice tea/coffee all for \$5. Please get your ticket(s) by November 18th so we know how much to have.

RULES OF THE ROAD DRIVER'S REVIEW

On Friday, October 4 and Friday, November 8, from 9:30am-11:30am, the Illinois Secretary of State Department will be at the Senior Center to discuss the rules of the road and address new information or laws that could affect you. There is no charge for this class.

TOEING UP FOR HAPPY FEET

Another VERY popular program that is ongoing at the Senior Center is, "Pedi-Cares by Gini Smith". Gini is scheduled for multiple days including: October 2 & October 30, and November 6 & 20, 9:00am through 3:00pm. Those interested in having their toenails 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. Appointments for toenail trimming fill up very fast. You can always ask to be placed on the waiting list if your requested date is already filled up. We also ask that if you are not able to come on your appointment to please call us at 429-1239. Please note the services will not be able to address chronic medical problems such as open wounds. Please contact your physician if you do have sores on your feet.

RUOK

The Senior Center offers a program for seniors called RUOK, the Center will telephone you every morning Monday thru Friday at 8:00 a.m – 8:10 p.m. to check to see how you are doing. This program is for seniors who have no one, relatives or friends close by, to check on them. For more detailed information and to see if you qualify please contact the senior center at 429-1239.

DIABETIC SHOE CLINIC

Tammy Hite, Diabetes Care Specialist from LifeCare Medical will conduct a Diabetic Shoe Clinic on October 24th 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).

SENIOR HEALTH & WELLNESS w/CRAFTS **BY MARY MARGARET ROBINSON, LPN**

Mary Margaret Robinson, retired LPN, leads a group that is meeting monthly at the Senior Center. Mary Margaret crafts as a tool for seniors to learn about and promote healthy living. The group meets on the 4th Tuesday of each month at the Senior Center from 10:30am to 11:30am. In October the group will meet on the 22nd and in November on the 26th. This group is free and is open to anyone 55 years of age and older. Walk-ins are welcome.

PROPERTY TAX FREEZE EXEMPTION **REMINDER**

The Macon County Supervisor of Assessments office wants to remind everyone who has the Senior Citizens Assessment Freeze Exemption that the deadline for your annual renewal is November 1. If you haven't renewed this year please bring your 2018 federal tax return with 1099's to the Assessor's

office and they will assist you in completing the form. If you have never filed, you are 65 or older and your total household income is less than \$55,000 you may qualify for this exemption. Please call the Supervisor of Assessments at (217) 424-1364 for more information on this exemption.

SAVE THE DATE!

THURSDAY, DECEMBER 19, 2019 –
ANNUAL CHRISTMAS PARTY.

The Senior Center will celebrate Christmas with our annual Christmas Party with lunch catered by Martin's IGA of Effingham. Lunch will include fried chicken, ham, mashed potatoes & gravy, noodles, corn, greenbeans, coleslaw, rolls, tea, lemonade and assorted pies. Tickets are \$10 for members, \$11 for the public and must be purchased by Tuesday, December 17th.



SOCIAL SECURITY COLUMN **understanding SOCIAL SECURITY spouses' benefits**

By Ileana Saveley

Social Security District Manager in Decatur, IL

Marriage is a tradition that exists on every continent and in nearly every country. Having a partner not only means creating a family unit, it means sharing things like a home and other property. Understanding how your future retirement might affect your spouse is important. When you're planning for your retirement, here are a few things to remember:

Your spouse's benefit amount could be up to 50 percent of your spouse's full retirement age amount, if you are full retirement age when you take it. If you qualify for a benefit from your own work history and a spouse's record, we always pay your own benefit first. You cannot receive spouse's benefits unless your spouse is receiving his or her retirement benefits (except for divorced spouses). If you took your reduced retirement first while waiting for your spouse to reach retirement age, when you add spouse's benefits later, your own retirement portion remains reduced, which causes the total retirement and spouses benefit together to total less than 50 percent of the worker's amount. You can find out more about this at www.socialsecurity.gov/OACT/quickcalc/spouse.html.

On the other hand, if your spouse's retirement benefit is higher than your retirement benefit, and he or she chooses to take reduced benefits and dies first, your survivor benefit will be reduced, but may be higher than what your spouse received.

If the deceased worker started receiving reduced retirement benefits before their full retirement age, a special rule called the retirement insurance benefit limit may apply to the surviving spouse. The retirement insurance benefit limit is the maximum survivor benefit you may receive. Generally, the limit is the **higher of**:

- The reduced monthly retirement benefit to which the deceased spouse would have been entitled if they had lived, or
- 82.5 percent of the unreduced deceased spouse's monthly benefit if they had started receiving benefits at their full retirement age (rather than choosing to receive a reduced retirement benefit early).

Knowing how your finances affect your spouse's benefit can help both of you avoid future impacts on your incomes. We have decades of experience, and the information to go with it. Access a wealth of useful information and use our benefits planners at [w Medicare](#)

Question:

I need to make changes to my Medicare prescription drug coverage. When can I do that?

Answer:

Open season for Medicare Part D prescription drug coverage runs from October 15 to December 7. The Medicare Part D prescription drug program is available to all Medicare beneficiaries. Joining a Medicare prescription drug plan is voluntary and participants pay an additional monthly premium. If you are considering changing your plan, you might want to revisit the Application for Extra Help with Medicare Prescription Drug Plan Costs. If you have limited resources and income, you may also be eligible for Extra Help to pay monthly premiums, annual deductibles, and prescription co-payments. Extra Help is estimated to be worth about \$4,000 per year. To find out more, visit www.socialsecurity.gov/prescriptionhelp. For more information about the Medicare prescription drug program itself, visit www.medicare.gov or call 1-800-MEDICARE (1-800-633-4227; TTY 1-877-486-2048).

Question:

How do I apply for *Extra Help* with Medicare prescription drug plan costs?

Answer:

You have several options for applying. You can:

- Apply online by visiting www.socialsecurity.gov/prescriptionhelp;
- Call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) to apply over the phone or request an application; or
- Apply at any local Social Security office.

Anyone who has Medicare can get Medicare Part D prescription drug coverage. Some people with limited resources and income are eligible for *Extra Help* to pay for the costs—monthly premiums, annual deductibles, and prescription co-payments—related to a Medicare prescription drug plan. Learn more at www.socialsecurity.gov/medicare.

www.socialsecurity.gov/planners.



October



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>Center • 429-1239 Lunch Reservations • 428-4148</p>		<p>1:00 pm 1 BINGO Heritage Manor</p>	<p>Pedi-cares 2 Gini Smith, Nail Technician 9:00am – 3:00pm</p> <p>10:00 am Fitness Class</p>	<p>1:00 Cards 3</p>	<p>Rules of the 4 Road Driver's Review 9:30am – 11:30am</p> <p>10:00 am Fitness Class</p> <p>Senior Center BINGO 1pm</p>	5	
	6	<p>10:00 am 7 Fitness Class</p> <p>1:00 Cards</p>	<p>Flu Shots by 8 Macon Co. Health Dept. 9am -11am</p> <p>Blood Pressure Screening by Mary Margaret Robinson 9am -11am</p> <p>1:00 pm BINGO Evergreen Senior Living Center</p>	<p>Medicare Part 9 D Presented by Elaine Krause 9am</p> <p>10:00 am Fitness Class</p>	<p>1:00 Cards 10</p>	<p>10:00 am 11 Fitness Class</p> <p>Senior Center BINGO 1pm</p>	12
	13	<p>10:00 am 14 Fitness Class</p> <p>1:00 Cards</p>	<p>Medicare 15 Part D Open Enrollment Period Begins</p> <p>1:00 pm - BINGO Eagle Ridge</p> <p>Senior Center Board Meeting, 3:00pm</p>	<p>Manar/Scherer 16 Senior Information Fair 10am – Noon</p> <p>Blood Pressure Screening by Mary Margaret Robinson 10am – Noon</p> <p>October Birthdays Celebration Sponsored by Northeast Community 12:00pm</p>	<p>1:00 Cards 17</p>	<p>10:00 am 18 Fitness Class</p> <p>Senior Center BINGO 1pm</p>	19
	20	<p>10:00 am 21 Fitness Class</p> <p>1:00 Cards</p>	<p>Health & 22 Wellness Crafts Class w/ Mary Margaret Robinson 10:30am</p> <p>1:00 pm BINGO Synergy</p>	<p>10:00 am 23 Fitness Class</p>	<p>Tammy Hite 24 Diabetic Shoes Clinic 10:30am – 2:00pm</p> <p>Medicare Part D Enrollment Event @ Health Dept. 9am - Noon</p> <p>1:00 Cards</p>	<p>10:00 am 25 Fitness Class</p> <p>Senior Center BINGO 1pm</p>	26
	<p>Longaberger 27 Basket Binga @ Senior Center, 2:00pm</p>	<p>10:00 am 28 Fitness Class</p> <p>1:00 Cards</p>	<p>1:00 pm 29 BINGO Aspen Creek</p>	<p>Pedi-cares 30 Gini Smith, Nail Technician 9:00am – 3:00pm</p> <p>Medicare Part D Enrollment Event @ Senior Center 9am – 2pm</p> <p>10:00 am Fitness Class</p>	<p>1:00 Cards 31 Halloween Treats</p>		



November



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

						10:00 am Fitness Class 1	2
	Center • 429-1239 Lunch Reservations • 428-4148					Senior Center BINGO 1pm	
3	Thrift Shop Christmas Store 4 Opens! 9am – 3pm 10:00 am Fitness Class 1:00 Cards	1:00 pm BINGO 5 Heritage Manor	Pedi-Care Nail 6 Trimming 9:00am – 3:00pm 10:00 am Fitness Class	1:00 Cards 7		Rules of the Road Driver's Review 8 9:30am-11:30am 10:00 am Fitness Class Senior Center BINGO 1pm	9
10	Veterans Day 11 10:00 am Fitness Class 1:00 Cards	1:00 pm BINGO 12 Evergreen Senior Living Center	10:00 am Fitness Class 13	Medicare 14 Part D Enrollment Event @ Health Dept. 9am -Noon 1:00 Cards		10:00 am Fitness Class 15 Senior Center BINGO 1pm	16
17	10:00 am Fitness Class 18 1:00 Cards	Ray's Chilli 19 Lunch 12:00pm 1:00 pm BINGO Eagle Ridge	Medicare Part D Enrollment Event @ Senior Center 9am - Noon Pedi-Care Nail Trimming 9:00am – 3:00pm 10:00 am Fitness Class November Birthdays Celebration Sponsored by Northeast Community 12:00pm	1:00 Cards 21		10:00 am Fitness Class 22 Senior Center BINGO 1pm	23
24	10:00 am Fitness Class 25 1:00 Cards	Senior Center Thanksgiving Bake Sale 9am – 3pm Health & Wellness/ Crafts Class w/Mary Margaret Robinson 10:30am 1:00 pm BINGO Synergy	Senior Center 27 Thanksgiving Bake Sale 9am – 3pm 10:00 am Fitness Class	28 CLOSED – THANKSGIVING	29 CLOSED – THANKSGIVING		30

SENIORS INK

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

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

RETURN SERVICE REQUESTED

ECIAAA

OCT 07 2019

RECEIVED

Susan Real ECIAAA
1003 Maple Hill Road
Bloomington, IL 61704

6170539327 R021 

Seniors INK

Membership dues in the amount of \$ _____ for the year 2019 (\$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

