

THE COMPANION

MARCH | APRIL 2021



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COVID-19 ISSUE ONE YEAR LATER

FIND OUT WHAT'S INSIDE

16 - 19

WELLNESS CENTER

Group Fitness classes are back, and more!

Visit our Wellness Center for in person classes for up to nine participants, access our prerecorded virtual library anytime and anywhere, log into live-streams from your own home, and participate in 1-on-1 classes, see inside for more details.

22

SSP HANDYMAN & HVAC SERVICES

SSP Handyman & HVAC Services are in full operation and are ready to serve our communities. Stay tuned for more spring specials, where we will offer discounts for handyman services, and air conditioning checks, cleaning specials, and lawn care.



CENTER INFORMATION

PAGE 2

OUR MISSION

Welcome to Senior Services Plus, Inc. SSP has been a leader in providing services for older adults since 1973. Our vision is "Everyone aging successfully." Our mission is to provide opportunities and resources to individuals as they age.



THERESA COLLINS, CEO

Here at SSP we are ready for spring and welcome the longer days! Spring is a fresh season of newness. We come out of hibernation and the stagnation that often the winter months produce within us and our lives. It's now time to wake up, stretch and move forward. It is time to return to sowing seeds so that you can bloom and grow. Here at SSP we mean that literally and figuratively. This is an exciting time for us. We are focused on our future and all of the great work we have to do.

Our mission, to provide opportunities and resources to individuals as they age, is what we aspire to do in a broad, enduring sense. This purpose has been evident since the establishment of our corporation, in 1973, when our founders set out to build a quality social service agency. We work to ensure our vision, everyone aging successfully, is realized.

On behalf of SSP, I invite you to explore the contents of this newsletter and encourage you to visit our website and learn more about all we have to offer. I am sure you will be impressed and will see why we love what we do.

Theresa Collins
CEO



OFFICE LOCATIONS

2603 North Rodgers Ave.

Alton, IL 62002

618-465-3298

3403 Agnes

Alton, IL 62002

618-462-1391

2104 Cleveland Blvd.

Granite City, IL 62040

618-213-4980

6400 West Main St.

Suite 1R

Belleville, IL 62223

618-222-9033

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COMMUNITY CARE PROGRAM

MADISON COUNTY: 618-462-1391

ST. CLAIR COUNTY: 618-222-9033

Our homemaker services can help you or a loved one remain independent at home by assisting with activities such as meal preparation, baths, light housekeeping and more.

INFORMATION & ASSISTANCE

MADISON COUNTY: 618-465-3298 | EXT. # 115

SSP has trained specialists to help you or a loved one identify, understand and access programs and services such as: Medicare, Benefit Access, energy assistance, senior housing, Options Counseling, and more.

MEALS ON WHEELS

MADISON COUNTY: 618-465-3298 | EXT. #107

Meals delivered for short or long-term delivery. Private pay is available

SCHOOL HOUSE GRILL

MADISON COUNTY: 618-465-3298 | EXT. #101

Monday — Friday 7:00 AM - 1:00 PM

Curbside Pickup Only!

Serving breakfast and lunch 7:00AM - 1:00PM. See our menu and our \$4 Senior Specials online at www.seniorservicesplus.org/school-house-grill

FOSTER GRANDPARENT PROGRAM

MADISON COUNTY: 618-465-3298 EXT. #134 OR #135

If you're 55+ and like to spend time with children, we have a great opportunity for you to supplement your income. We pay you an hourly stipend and reimburse your mileage to and from the school. The Foster Grandparent Program services Madison, Jersey, Macoupin, and Clinton counties of Illinois.

OMBUDSMAN

618-465-3298 | EXT. #127

The Long-Term Care Ombudsman Program advocates for people in long-term care facilities and covers our local seven county area, including Madison and St. Clair county. Long-term care facilities include skilled nursing facilities, assisted living facilities, supported living facilities, shelter care homes, and facilities and group homes for developmentally disabled residents.

KNOW YOUR RIGHTS

Funding for the Grantee Agency is received from the United States Administration on Aging, The Illinois Department on Aging of Southwestern Illinois. Grantee does not discriminate in admission to programs or activities or treatment of employment in programs or activities in compliance with appropriate state and federal statutes. If you feel you have been discriminated against, you have a right to file a complaint with the Area Agency on Aging by calling 618-222-2561.

WELLNESS CENTER

618-465-3298 | EXT. #109

AGES 16 & UP

Membership is \$224.00 per year for ages 16-54, or \$174 per year for 55+.

Open Gym Times are available, visit bit.ly/3gAddfp to choose your time slot.

Group Classes, Online Classes, and 1-on-1 classes are available, sign up at

www.bit.ly/3gAddfp or by phone at 618-465-3298 ext. 109

Silver Sneakers, Silver & Fit, Renew Active, and Active & Fit
If you have a Medicare Supplement, you may be eligible for a free Wellness Center membership.

Caregivers are eligible for Caregiver Access.

PERSONAL TRAINING

Monthly assessments, personalized fitness programs, motivation and support available.

FIND MORE ON PAGES 16 - 18

ALSO ASK ABOUT OUR...

- Volunteer opportunities with any program

618-465-3298 | EXT. #100

FIND OUT ABOUT CAREER OPPORTUNITIES

On Facebook, Indeed.com, and our Website to see our current openings. Apply now!

ATTENTION

If you receive the newsletter via mail and your name or address is spelled incorrectly, please call 1-618-465-3298 ext. #123 to inform SSP that a correction needs to be made.

SERVICES

PAGE 4

PHONE EXTENSION LIST

PLEASE DIAL 618-465-3298 AND DIAL
THE EXTENSION WHEN PROMPTED.

REGIONAL OMBUDSMAN
618-465-3298 x127

FGP
618-465-3298 x 134

WELLNESS RECEPTIONIST
618-465-3298 x 109

MEALS ON WHEELS
618-465-3298 x 107

I & A
618-465-3298 x 115

MARKETING
618-465-3298 x 123

HANDYMAN/HVAC
618-465-3298 x 118

IN HOME CARE
618-465-3298 x 407

REVIEW US ON
GOOGLE AND
FACEBOOK!



We're on Google
facebook as:

- SENIOR SERVICES PLUS, INC.
- SSP HANDYMAN & HVAC
SERVICES
- SSP WELLNESS CENTER
- SCHOOL HOUSE ACRES

These services may have been affected by COVID-19. If unsure,
please contact 618-465-3298 for more information.

CARE CONSULTATIONS

A Care Consultation is a service designed to provide you and your family support while coping with the impact of memory loss, Alzheimer's disease or dementia. You will receive one-on-one assistance from a dementia care expert.

Call the Alzheimer's Association at 1-800-272-3900 to schedule a consultation for you or your loved one.

For more information, call 618-465-3298.

SSP'S CAREGIVER'S SUPPORT GROUP

MEETS THE 1ST TUESDAY OF EACH MONTH

6:30PM - 8:00PM AT CENTERSTONE

2615 Edwards Street, Alton, IL 62002

Do you care for a loved one or family member? We have:

- Information on coping techniques
- Resources to make the job of caregiving less stressful
- Opportunity to listen, discuss, and gain a sense of understanding

For more information, call 618-465-3298.

IN-HOME SERVICES PRIVATE PAY

- | | | |
|----------------------|------------------------|---------------------------------|
| • Gift certificate | • Personal Care | • Companionship |
| • In Home Care | • Shopping & Errands | • Trips & errands |
| • Free Assessment | • Cooking | • Respite for family caregivers |
| • Floor Care | • Meal Planning & Prep | |
| • Cleaning & Laundry | | |

These services are a cost-effective alternative to facility based nursing home care and can help older adults maintain their independence in their own homes.

Services provided in Madison, Jersey, Macoupin & St. Clair Counties. Staff certified, bonded and insured. Call 462-1391.

Are you a part of a local business or organization that you think would benefit by having someone from SSP come and talk to a group about our services or a specific topic? We speak with groups at various area doctor's offices, churches, libraries, civic organizations, first responders and more. We have services that are beneficial to all ages and would be happy to work with you. If you are interested in learning more or booking someone to speak, please contact Debbie Frakes, Marketing Manager at 618-465-3298 ext. 123.



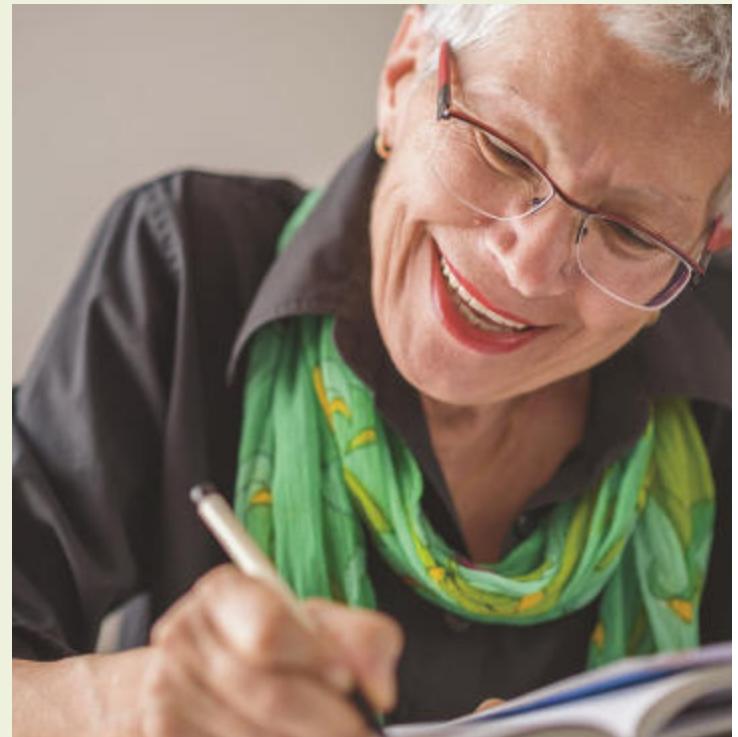
AmeriCorps Seniors

FOSTER GRANDPARENT PROGRAM CARRIES ON THROUGH THE PANDEMIC

The Senior Services Plus Foster Grandparent Program volunteers wrote letters to serving and retired military, as well as EMS workers, alongside Operation Gratitude in the month of January. The letters were sent to Operation Gratitude headquarters and put in with a care package.

In March, the volunteers will be writing St. Patrick's Day letters of encouragement to the children at St. Jude's Hospital.

The Senior Services Plus, Inc. Foster Grandparent Program will be holding their annual Mayor's Day on Tuesday, April 13, 2021. The Mayors, City Officials, Police Chiefs, Fire Chiefs, Station Supervisors, and Council members will be able to share stories and words of wisdom with the Foster Grandparent Program volunteers during the virtual recognition day.



In order to provide optimal community support, the Foster Grandparent Program:

- Is required to have at least 75% of their volunteers in education focused work sites with clearly defined performance measures and coordinating outcomes and outputs.
- Pays an hourly stipend of \$3 per hour to those who live at or below 200% of the Federal Poverty Level.
- Requires that all volunteers must submit to and pass a State, NSOPW, and FBI Fingerprint background check.

- Encourages volunteers to commit a minimum of 15 service hours per week.
- There are no educational requirements for volunteers, but they must have a desire to work with children in a mentor-tutor relationship. All volunteers are placed in appropriate mentor-tutor positions based on skill level, location, and age preference.

If you would like to join the Foster Grandparent Program, please call the office at (618) 465-3298 ext. 135 for an application.

WE ❤ OUR VOLUNTEERS

©LPI

INFORMATION & ASSISTANCE

PAGE 6

IHEAP

Illinois Home Energy Assistance Program

To make an appointment, please contact the I & A Department

MADISON COUNTY:
618-465-3298
EXT. # 115 OR #119

*The I & A Department will only accept IHEAP applications for seniors 60+

The 2021 program year will last until June 30th or until the funds run out. This is a very busy time of year, so **please only call one time and leave one voicemail** and we will get back to you as soon as we are able. For more information about IHEAP, please contact the I & A Department at 618-465-3298 x115 or x119. Income guidelines are listed below:

HOUSEHOLD SIZE	GROSS MONTHLY INCOME
1	\$2,127
2	\$2,873
3	\$3,620
4	\$4,367

THE INFORMATION & ASSISTANCE DEPARTMENT

The Information & Assistance Department is where seniors can learn about and apply for public benefit programs such as: IHEAP (energy assistance), SNAP (food stamps), the Benefit Access Program (formerly Circuit Breaker), Medicare, Medicare Assistance Programs, Medicaid, and more. Even though the facility is closed to the public, I & A staff are providing all the same services telephonically. If we are not able to answer your call immediately, please leave **one detailed message** and we will return your call as soon as we are able to. Most messages are returned within 24 hours depending on call volume. We appreciate your patience and look forward to helping you in any way that we can!

REDUCED RATE LICENSE PLATES AND FREE TRANSIT BENEFIT

To apply or renew your Benefit Access application, please contact the I & A Department. The BENEFIT ACCESS program (formerly Circuit Breaker) provides Seniors 65+ and individuals with disabilities, a discount on their license plate sticker renewal fee and or a free bus pass for fixed route transit buses. To apply for the Benefit Access Program, or to renew your application, please contact the I & A Department at 618-465-3298 x115 or x119. Income guidelines are as follows:

HOUSEHOLD SIZE	GROSS YEARLY INCOME
1	\$33,562
2	\$44,533

SENIOR HEALTH INSURANCE PROGRAM (S.H.I.P.)



January marked the beginning of **Medicare's General Enrollment period** for Parts A and B. If you did not sign up for parts A or B when you were first eligible, you have from January 1st through March 31st to enroll. Enrollments are handled by the Social Security Administration. Also, the **Medicare Advantage**

Open Enrollment period ends March 31st. During this time, beneficiaries enrolled in Medicare Advantage plans **ONLY**, can dis-enroll, and return to original Medicare and a Prescriptions drug plan or they can switch to a different Medicare Advantage plan. For questions and concerns, please contact the I & A Department at (618) 465-3298 x115.

OPTIONS COUNSELING

The Options Counseling Program assists older adults, persons with disabilities, family members and caregivers who are interested in exploring aging services and supports in their community. It's never too late to start planning for your long-term care needs! Contact the I & A Department at 618-465-3298 x115 or x119.



GET YOUR NEW STANDARDIZED BENEFIT VERIFICATION LETTER ONLINE

By Betsy Buchheit

Social Security District Manager in Alton, IL

If you receive a Benefit Verification letter, sometimes called a "budget letter," a "benefits letter," a "proof of income letter," or a "proof of award letter," we have good news for you! A new standardized Benefit Verification letter is now available when you need proof of Social Security benefits, Supplemental Security Income, or Medicare.

In addition to name, date of birth, and the benefits received, the new Benefit Verification letter includes other identifiers to prevent misuse and fraud. This is an added benefit to you as proof of income for loans, housing assistance, mortgage, and other verification purposes.

The same standardized letter is also available if you need proof that you do not receive benefits, or proof that benefits are pending. If you are an individual representative payee, you can use my Social Security Representative Payee portal to access the same standardized Benefit Verification letter online for your beneficiaries.

This new standardized Benefit Verification letter is another example of our commitment to improve our service to you.

No matter how you request your letter, whether calling our National 800 Number, your local office, the Interactive Voice Response system, or online with your personal my Social Security account at www.ssa.gov/myaccount, the Benefit Verification letter now contains a seamless look.

INFORMATION & ASSISTANCE

PAGE 8

FAQ

Q: DOES SSP PROVIDE OR ADMINISTER COVID-19 VACCINES?

A: NO

Senior Services Plus, Inc. **DOES NOT administer or provide COVID-19 Vaccines.** Please contact your local health department to find out how to receive the covid-19 vaccine in your area. You can also visit:

www.coronavirus.illinois.gov/s/vaccination-location to find an up to date list of vaccine providers in your area. You can also find vaccination locations, vaccination appointment information, FAQs, & updates on vaccination plan. Please visit their website to access the most current up to date information about COVID-19 vaccines in Illinois.

Q: WILL SSP BE HOSTING TAX PREP SERVICES FOR 2021?

A: NO

SSP will NOT be hosting tax prep services in 2021. AARP has sources on their website to help with questions, and a way to submit a request for tax assistance. Visit <https://taxaideqa.aarp.org/hc/en-us> for more info.

The Alton Area Tax Project is scheduling appointments for the 2021 tax season for appointments beginning on February 2 through April 15 for persons with income under \$57,000 or persons with a disability. Appointments can be scheduled at www.AltonAreaTaxProject.com/appointment or by calling (314) 539-4074.

For questions please call the Alton Area Tax Project at (314)-539-4062.

We will continue to share alternative resources on our social media.

SCHOOL HOUSE ACRES



GROWING THE FARM

Linze Aya
Farm Manager

We are excited to start this growing season, get our hands dirty, smell the flowers, and enjoy the freshest produce. All 2020, we were busy planning and implementing structural and programmatic changes to our farm in order to better serve, support, and sustain our community. When it is safe to meet in person again, we will have lots of exciting opportunities to engage with the farm - from buying produce and plants to volunteering to participating in events and so much more.

Pictured: Baby Dragon Fruit Cactus



Their Pets Need Help Too.

Our Meals on Wheels
clients' pets are in need.



Visit our donation website at:

SeniorServicesPlus.weshareonline.org/PetFoodDrive

NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed
to you at www.ourseniorcenter.com





TAX PREPARATION SCAMS

BY AARP

Tax season can be scary enough without the specter of unscrupulous tax preparers.

Shady operators that the Internal Revenue Service (IRS) calls "ghosts" don't have a legally required 2019 Preparer Tax Identification Number (PTIN) and don't sign the returns they work on, leaving their clients holding the bag for any filing falsehoods.

It's more than just a paperwork problem. Ghost preparers set up shop around tax time in pop-up offices or pitch their services at community gathering places such as churches.

They lure customers with promises of big refunds, often basing their fees on a percentage of the refund. To inflate what you — and they — get back from Uncle Sam, they might invent income to falsely claim tax credits or fabricate deductions such as business, education or medical expenses.

By the time the IRS catches on, the ghost will have disappeared with your fee. Since only your name is on the return, fixing the "mistakes" is your responsibility. Along with paying the taxes you actually owe, you'll be liable for any penalties and interest that accrued while you were in arrears.

Some ghost preparers take the scam a step further, stealing refunds outright by routing them into their own bank accounts. Other tax prep fraudsters work online, sending phishing emails

that appear to be from tax pros, or creating impostor websites that claim to prepare and e-file your return.

"The site looks real," the Federal Trade Commission (FTC) warns. But "it's set up to collect personal information that can be used to commit fraud," including identity theft. Take these precautions to help ensure that your tax return is in good hands.

WARNING SIGNS

When a tax preparer:

- Asks for payment in cash
- Does not give you a receipt
- Charges fees based on a percentage of the refund
- Wants the refund deposited in his or her bank account
- Marks your return as "self-prepared" or affixes a business label rather than signing the form by name

DO'S

- Do confirm that your tax preparer has an IRS-issued 2019 PTIN. The IRS maintains a searchable directory of preparers who hold professional credentials or qualifications.
- Do check that the preparer has signed your return — or e-signed, if filing digitally — and included his or her PTIN.
- Do ensure that you can reach the preparer outside of tax season.
- Do carefully review the completed return and ask questions about anything that isn't clear.
- Do check, if you intend to get your refund by direct deposit, that the return correctly lists your bank's routing number and your bank account number.
-

DON'TS

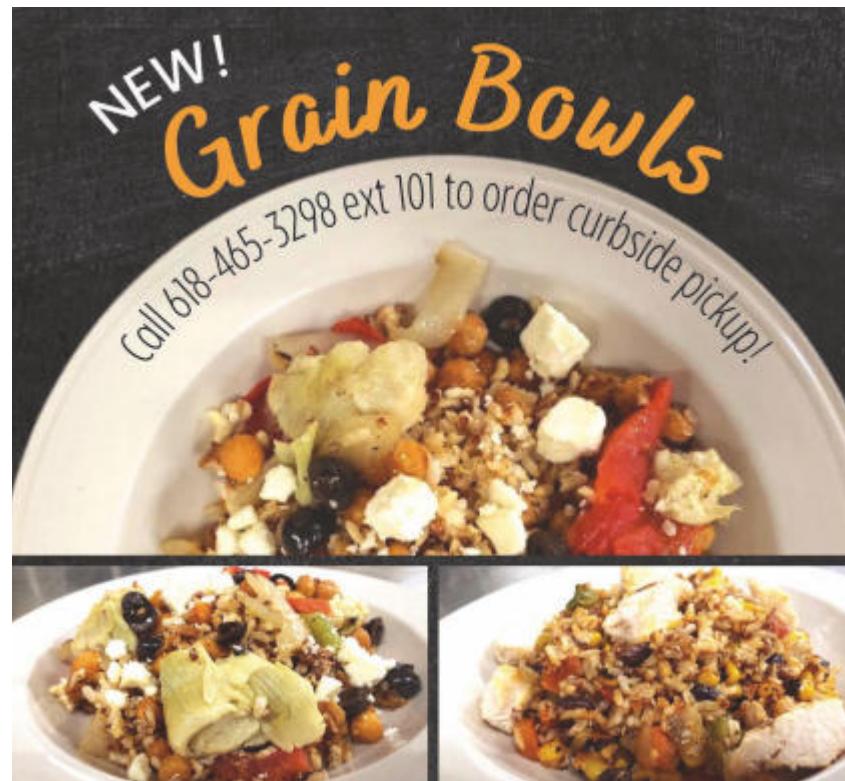
- Don't do business with someone who promises a big refund without fully reviewing your financial situation.
- Don't sign a blank or incomplete tax form. Only sign after reviewing the completed return.
- Don't open attachments or click on links in emails from tax preparers you don't know.
- Don't use a tax preparation website unless it lists a PTIN.

Though the Schoolhouse Grill dining room is still closed to the public, we are still doing **curbside service**. For customers over 60 years of age we continue to provide congregate specials for a suggested donation of \$4.00. For every customer we offer our full menu with some new additions:

Grilled Tenderized Pork Loin sandwich with the option of BBQ seasoning or Grillhouse seasoning

- Grilled Tenderized Chicken Breast sandwich with the option of BBQ seasoning or Grillhouse seasoning
- Hand-breaded Tenderized Pork or Chicken sandwich
- Fiesta or Greek Grain Bowls

Call to order curbside pickup at 618-645-3298 ext 101. See our full menu on our website at www.seniorservicesplus.org



Reach the Senior Market
ADVERTISE HERE

[CONTACT](#)

Patsy Sears to place an ad today!
psears@lpiseniors.com or (800) 950-9952 x5901

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 - 800-950-9952 -

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BREAKFAST MENU

THE EGG BASICS

	ALL PROCEEDS BENEFIT:
Hash browns and toast	SSP <small>Senior Service Project</small>
One egg.....	\$2.99
Two eggs.....	\$3.99
Bacon, sausage or ham with hash browns and toast	
One egg.....	\$3.99
Two eggs.....	\$4.99

OMELETS OR SCRAMBLES

Three farm-fresh eggs. Egg substitute or egg whites available	
Cheese: your choice of cheese.....	\$2.99
Veggie: spinach, tomato, onions, peppers & mushrooms	\$4.99
Denver: ham, green pepper, onion , cheddar.....	\$4.99
Everything: ham, bacon,sausage, spinach, tomato, onion, green peppers & mushrooms.....	\$6.25
Extra cheese or topping.....	\$0.75 each

BUILD YOUR OWN:

Start with a cheese omelet and add your toppings for \$0.75 each

Meat: Bacon, Ham, Sausage

Veggies: spinach, tomato, onions, green peppers or mushrooms

Cheese: american, swiss, cheddar, pepper jack, shredded cheddar/jack

Breakfast Sandwich: Your choice of bread toasted, grilled, or plain; your choice of 1 egg, your choice of cheese, your choice of meat.....\$3.49

Breakfast Burrito: Scrambled eggs, your choice of 1 meat, green pepper, onion and your choice of cheese wrapped and grilled in a flour or spinach tortilla with hash browns on the side.....\$4.49

Extra cheese or topping.....\$0.75 each

Breakfast Skillet: Start with the basics of scrambled eggs, your choice of meat, green peppers, and onion, topped with your choice of melted cheese all on top of hash browns with a side of toast.....\$5.49

Extra cheese or topping.....\$0.75 each

Biscuits and Gravy:..... Full Order (2) \$4.25 Half Order (1) \$2.99

Oatmeal: with our "Condiment Caddie" to tailor to your tastes.....\$3.99

Pancakes:..... Full order (2) \$2.50 Half order (1) \$1.49

Traditional French Toast (Two Slices).....\$3.99

Cinnamon Roll French Toast (Two Slices).....\$4.99



60 & Over Specials

Breakfast Specials

- 1 Buttermilk pancake, 1 egg, 2 slices of bacon, fruit and milk
- 1 Biscuit, gravy, sliced ham, 1 egg, fruit and milk
- Cinnamon Roll sliced in half, 1 eggs, fruit and milk
- Made-to-order Oatmeal, raisin toast, peanut butter, fruit and milk
- 1 Egg on croissant, meat and cheese of choice, hashbrowns, fruit and milk

Lunch Specials

- 1/4 lb cheeseburger w/ veggie of the day
- Grilled chicken sandwich w/ veggie of the day
- Breaded fish sandwich w/ veggie of the day
- Salad Bar

**\$4.00
each**

A LA CARTE

One egg any style:.....	\$0.99
Two eggs any style:.....	\$1.79
Bacon:.....	Full order (4) \$2.99 Half order (2) \$1.50
Ham:.....	\$1.99
Sausage:.....	Full Order (2) \$2.99 Half (1) \$1.50
Hashbrowns:.....	\$1.99
Toast (wheat, white, english muffin, raisin bread, biscuits):	\$1.59
Bagel or Texas Toast:.....	\$1.99
Gluten-free bread:.....	\$1.00
Cottage Cheese:.....	\$1.99
Side of Gravy:.....	\$0.75

CURBSIDE PICKUP ONLY

In front of the main building.

Monday-Friday

7:00AM - 1:00PM

Call in advance to order

618-465-3298 ext 101

LUNCH MENU

SANDWICHES AND WRAPS

Served with chips and a pickle spear

1/4lb Hamburger: Single Patty		\$5.29
lettuce, tomato, onion and pickle.....	\$3.99	with cheese \$4.25
1/2lb Hamburger: Double Patty		\$5.29
lettuce, tomato, onion and pickle.....	\$5.25	with cheese \$5.50
Patty Melt: 1/4 burger w/swiss and sauteed onion on grilled rye.....	\$4.99	
Grilled Chicken: With your choice of seasoning "School House", BBQ, lemon pepper, or just plain		\$2.99
lettuce, tomato, onion, and pickle.....	\$4.99	
Grilled Salmon Burger:		
lettuce, tomato, onion and pickle.....	\$5.49	
Reuben: Corned beef, swiss, kraut, 1000 Island on grilled rye.....	\$5.29	
Turkey Reuben: Turkey, swiss, kraut, 1000 Island on grilled rye.....	\$5.29	
Veggie Reuben: Grilled black bean burger, swiss, "Health Slaw", roasted red pepper mayo on grilled rye.....	\$5.29	
Philly Cheese Steak: Sliced beef, swiss, sauteed onion and peppers on hoagie.....	\$5.29	
Grilled Pork Loin: BBQ or School House Seasoning, lettuce, tomato, onion and pickle.....	\$5.99	
Grilled Chicken: BBQ or School House Seasoning, lettuce, tomato, onion and pickle.....	\$4.99	
Breaded Pork Loin: lettuce, tomato, onion and pickle.....	\$5.99	
Breaded Chicken: lettuce, tomato, onion and pickle.....	\$4.99	

SALAD BOWLS

See our salad bar for dressing choices.

Caesar Salad: Crisp greens, croutons, parmesan cheese.....	\$4.99
Chef Salad: Crisp greens; ham, turkey, tomato, cucumber and egg.....	\$4.99
Greek: Crisp greens, feta, artichokes, red onion, tomato, black olives, greek vinaigrette.....	\$4.99
With Chilled Chicken Breast:	\$1.99
Small Garden Salad	\$1.99

SIDE ORDERS AND APPETIZERS

Crinkle-Cut fries	\$1.75
Sweet Potato Waffle Fries	\$1.99
Onion Rings	\$2.99
Cauliflower	\$2.99
Fried Green Beans	\$2.99
Chicken Tenders (4) w/ honey mustard, ranch, or bbq sauce	\$5.29
Drumsticks (6)	\$5.29

QUESADILLAS

Comes with a side of salsa and sour cream on request.

Cheese: With Peppers & Onions.....	\$4.49
Grilled Chicken: With Peppers & Onions.....	\$5.49
Beef: With Peppers & Onions.....	\$5.49

SUBSTITUTIONS OR ADDITIONS

Sub Gluten-free Bread	\$1.00
Add 1/2 Bacon	\$1.50
Add Cheese	\$0.75
Extra Lettuce, Tomato, Onion, or Pickle	\$0.50
Add Warm or Chilled Chicken	\$1.50
Sub Hot Veggie of the Day	\$1.00
Sub Side Salad	\$1.50

BEVERAGES

Fresh Brewed coffee (reg. or decaf.)	\$1.25
Fresh Brewed Iced Tea	\$1.25
Milk Carton	\$1.00
Canned Soda	\$1.00
Bottled Soda	\$1.35
Juices & Specialty Drinks	priced as marked

GRAIN BOWLS

Greek Grains Bowl: Rice & Quinoa Blend, Roasted Garbanzo Beans, Roasted Red Pepper & Onion Blend, Black Olives, Artichoke, Feta, Tzatziki	\$5.99
Fiesta Grains Bowl: Rice & Quinoa Blend, Roasted Black Beans & Corn Blend, Shredded Cheese, Sour Cream, Salsa, Taco Seasoning	\$4.99
Add Chicken or Beef	\$1.50



Spring Into Lower Bills with These Energy-Saving Tips

With spring right around the corner, it's time to start preparing your home for the warmer months. With these free-to-low cost energy-saving tips, you'll be able to reduce your energy use, especially as we are spending more time at home.



Add natural lighting

Spring brings longer days, meaning you don't need to use your indoor lights as much. Let the sunshine in by opening the shades and curtains and turn off the lights to enjoy the natural ambient lighting. This will also warm your home on those cooler spring days making it less necessary to turn up the heat.



Switch your ceiling fans rotation direction

If you changed the direction of your ceiling fans to go clockwise this winter, it's time to switch them back. When your fans rotate counter-clockwise, it creates a downward flow of air so you feel cooler. Simply flip the switch (usually located at the base of your ceiling fan) to help lower your energy bill.

Plant trees outside for shade

Plant deciduous trees on the south-facing side of your home to provide shade in the spring and summer. When the trees lose their leaves, the sun will shine through and warm your house in the fall and winter.

Purchase energy-efficient products at
AmerenIllinoisSavings.com/Marketplace.
Now offering FREE shipping on all orders!



Put up window awnings

Window awnings are a great way to keep your home cool during warm spring days. Adding shade to your windows can decrease the amount of warm sunlight that travels through your windows, making it easier to keep your home cool. As heating and cooling tend to consume the most energy in your home, reducing the time you use your AC could mean big savings on your energy bill.



Replace your AC filter

Your air conditioner has likely accumulated a lot of dust from being dormant in the winter, so replace your AC filter before you start cooling your home. This will not only help the AC unit be more efficient, but it will also help keep the air free of dust.

Open your windows

Take advantage of those cool spring nights by opening the windows at night to let the cool air in, then closing them during the day to keep the warm air out. It's a simple way to cool your home without running your air conditioner.

TO LEARN MORE, VISIT —
AmerenIllinoisSavings.com/Tips



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* Visit website for complete details for smart thermostats. Your primary heating source must be supplied by an Ameren Illinois delivered fuel, natural gas or electric. Propane heat does not qualify.



**ENERGY EFFICIENCY
PROGRAMS**

WELLNESS CENTER

PAGE 16



INTERESTED IN TRYING PERSONAL TRAINING AT SSP WELLNESS?

Hiring a personal trainer at SSP has been, and can be, a life changing experience for you or a loved one. All of SSP Wellness Center's personal trainers have a degree in the field of Exercise Science, and have a personal training certification from a NCCA accredited program. This specialized training and education empowers the personal trainer's at SSP to make meaningful change for the people they work with, including; senior populations, and people with special health considerations.

All personal training clients will receive introductory physical assessments which can include; anthropometric measurements, mobility and flexibility assessments, cardiovascular fitness assessments, strength, muscular endurance assessments, and a Balance screening.

With personal training you have the control and flexibility of scheduling the times that work best for you. The personal trainer



will work with you, in person, one-on-one each and every session. They will work with you choosing the right exercises for you, and they ensure they're done correctly. After your initial physical assessments your trainer will develop an individualized exercise program specifically designed for you, and for achieving YOUR fitness goals!

If you are interested in personal training fill out a "personal training inquiry form" at the Wellness Reception Desk or call at 618-465-3302 Ext 109 to schedule a **Free 30 minute Initial consultation.**

MEMBER SPOTLIGHT

Chris "Bud" Fischer

Chris "Bud" Fischer, is an active ager in his 90's and a longtime member of the SSP Wellness Center. Bud believes in the benefits of regular exercise and socialization with his peers. He meets twice a week with his personal trainer, Dustin Heiser, and very rarely misses. Dustin and Bud have worked together nearly 4 years focusing on Bud's fitness, with an emphasis on his lower body strength. Bud enjoys being at the center, seeing people, and talking about his extended family. Bud expresses joy knowing that many of his family members are also SSP Wellness members, and they utilize the services to stay fit and healthy.

MEMBERSHIP COSTS

Check your eligibility for silver sneakers, your insurance, and our scholarship program to get your membership paid for. We even provide Caretaker Access.

[Learn more on our website at seniorservicesplus.org/wellness-center](http://seniorservicesplus.org/wellness-center)

Memberships

AGES 16-54 (PER YEAR)

- Individual = \$224
- Married Couple = \$423
- Additional Children 16-21 = \$25

AGES 55+ (PER YEAR)

- Individual = \$174
- 35+ group fitness classes weekly FREE with your Wellness Membership!
- Sign up for Gym Time & Classes - www.bit.ly/3gAddfp

HOURS OF OPERATION

Monday - Friday

6:00 AM - 8:00 PM

Saturday

7:00 AM - 3:00 PM

Sunday

10:00 AM - 3:00 PM

The SSP Wellness Center Front Desk will be staffed during the Wellness Center business hours, if you have any membership inquiries or general questions, we are happy to help! We are conducting temperature checks and wellness screenings as you enter the building along with extra cleaning and disinfecting measures to ensure that our members stay safe while working out with us!





NUTRITION 101

Eli McCormick MS, CPT
SSP Wellness Center Trainer

Hello students, welcome to nutrition 101, my name is Mr. Eli and I will be your professor today. Let's begin by admitting...no one enjoys talking about their eating habits. But, we can all do well by educating ourselves on how to properly fuel our bodies for exercise, losing weight, or just living a healthier life in general. The following article will hopefully enlighten you to the fact that the general idea of proper nutrition is not all that complex. Today we will discuss different terms that may be confusing for the average person. Along with addressing the different types of nutrients the human body needs and a few tools that will aid you in your journey. Follow along, take notes, and enjoy the ride.

Lesson number one, nutrient terminology, and confusing jargon. If you are like me you have probably asked Google "what should I be eating? And how much?". Which is a perfectly normal thing to ask a machine designed to show you, and I quote "About 1,070,000,000 results in (0.61 seconds)"...I know this because I Googled that exact question. How are we supposed to filter all that?! I'll tell you, stick to the basics. Calories...what are they? A calorie is a term used to describe the energy it takes to increase the temperature of one gram of water one degree Celsius. Now you're thinking...what does that mean Mr. Eli, and how is that relevant? It means calories are a form of energy we consume that contribute to our metabolic energy. Not the same energy we get from our morning coffee.

Now that we have discussed..."Mr. Eli, I heard different nutrients have different amounts of calories...is that true?" yes it is, little imaginary student asking me questions! Let me start by defining the term macro-nutrients. Macro-nutrients are the three main, calorically dense, consumables that make up food. Macro-nutrients are broken into three groups; carbohydrates,

fats, and proteins. Carbohydrates are given a value of 4 calories per gram. Some examples of carbohydrates are; raw sugar, brown sugar, fruits (naturally occurring sugar called fructose), fibrous vegetables, grains, bread, and my favorite, pasta. Up next is fat, which is slightly more calorie-dense than its counterparts, weighing in at a whopping 9 calories per gram. Some examples of healthy cooking fats are; olive oil, avocado oil, and flaxseed oil.

The third macro-nutrient, and arguably most important, is protein. Protein is given a value of 4 calories per gram, similar to carbohydrates. Some examples of protein are animal products such as fish, chicken, beef, and pork. However, protein is not found solely in the flesh of animals. There are healthy amounts of protein found in tofu, tempeh, edamame, lentils, along with kidney, black, and pinto beans. Fun fact, quinoa is the only grain that is a complete protein. Meaning it is a grain that does not have to be accompanied by meat to obtain all nine amino acids to make a complete protein chain...we will talk more about that in Nutrition 102.

Now with this information, we can begin the process of calculating our daily nutrition needs via pen, paper, and long division...just kidding. Why not have the wonderful wacky web do it for us? There are reliable, research-based, websites that automatically calculate it for us. So why not rely on technology to make our lives easier for once. Of the 1,070,000,000 results that came from our little Google search earlier, two sites came up that I recommend. The website, Tdeecalculator.net is a great resource that calculates your daily energy expenditure. This means it takes your measurements and with a reliable formula spits out your approximate daily calorie needs based on the information provided above. It can be customized to help you lose weight, gain weight, or maintain your current weight. The next website is MyFitnessPal.com. This website helps you track your calorie intake and explains the different nutrients you are putting in your body. It will alert you if you are consuming too much of one nutrient or too little of another. It is very user friendly and bodes excellent reviews. Now with these tools and education, you can begin to change your life one calorie

WELLNESS CENTER

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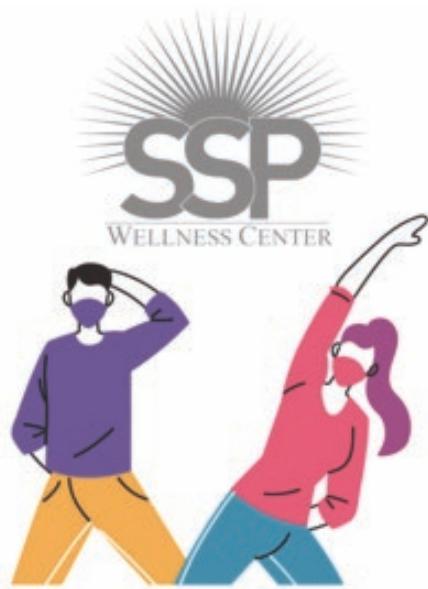


MEMBER SPOTLIGHT Rosie Howard

Meet, Rosie Howard, she is an active ager and a longtime SSP Wellness Center member. Rosie has been a member that has utilized a variety of services including, group fitness classes, senior self-defense class, group dance classes, and personal training. Rosie has been working with Dustin Heiser for one-on-one personal training for nearly half a decade! She is a **FIT-speration** for many with her impressive agility and balance demonstrated on the center's agility ladder, and for her impressive work capacity on her favorite cardio machine, the versa-climber. Rosie has been a lifelong fitness enthusiast and believes in the benefits of a proper nutrition and formal exercise!

Find the right class option for you!

GROUP FITNESS CLASSES ARE BACK



Register for classes through this Link: www.bit.ly/3gAddfp
OR by Phone (618) 465-3298 Ext. 109

GROUP FITNESS

Starting 2/1/2021 SSP Wellness Center will be offering in-person group fitness classes. All classes have a capacity of 9 participants.

Pre-registration is highly encouraged.

VIRTUAL LIBRARY

Watch pre-recorded classes anytime by subscribing to our virtual library.

LIVE-STREAM

Some group fitness classes will be live-streamed so you can watch from the comfort of your home.

1-ON-1 CLASSES

If you cannot make it to a group class or would like individual attention schedule a 1-on-1 class.



TRAINER SPOTLIGHT ANNA BURNETT

I am currently at SIUE majoring in Exercise Science with a minor in Exercise Psychology. I started taking dance when I was a toddler and through that I realized how important exercise is. I have taken pointe, ballet, jazz, lyrical, and tap throughout my life and have taught dance for 5 years. Everything about my life changed when I was diagnosed with Rheumatoid

Arthritis at age 19. This made me realize that I wanted to help people in similar situations. I want to help those with preexisting conditions understand that they can still accomplish physical achievements and that their disease doesn't define them.



LIVE STREAM CLASS SCHEDULE

PARTICIPANTS WILL RECEIVE AN EMAIL 30-MIN PRIOR TO THE CLASS START TIME WITH INSTRUCTIONS ON HOW TO JOIN THEIR ONLINE CLASS

Sign up for online classes by going to this link: bit.ly/3gAddfp
OR by Phone: (618) 465-3298 Ext. 109



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning	Get Fit 9am Merri	Balance & Flex 9am Kelsi	Git Fit 9am Merri	Balance & Flex 9am Kelsi		Yoga 9am Andrea
Mid-Day	Chair Yoga 12pm Gail	Yoga 11am Alyson	Sit 2 Fit 1pm Abby	Yoga 11am Alyson	Chair Yoga 12pm Gail	
Evening	Body Bar 5pm Abby	HIIT 4pm Mark	Body Bar 4pm Abby	Kettle & Core 5pm Connor		

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Contact our Customer Support Team at weshare@4ipi.com for assistance



PUZZLES

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Celebrate St. Paddy's Day!



Word List:

BAGPIPE
CASTLE
CHEER
DANCE
GREEN
IRELAND
LEPRECHAUN
MUSIC
SAINTPATRICK
TOPHAT

BLARNEY
CELEBRATE
CLOVER
DRINKING
GREENBEER
IRISH
LIMERICK
PARADE
SEVENTEENTH
TOPOFTHEMORNING

BLESSINGS
CELTIC
COINS
ERINGOBRAIGH
HARP
JIG
LUCK
POTOFGOLD
SHAMROCK
TRADITION

CABBAGE
CHARM
CORNEDBEEF
FOLKLORE
HOLIDAY
KISS
MARCH
RAINBOW
SNAKES
WISH

SLOW COOKER CORNED BEEF AND CABBAGE RECIPE

Prep time: 10 minutes

Cook time: 8 hours

Servings: 12

- 8 small red potatoes
- 2 cups baby carrots
- 1 small onion, quartered
- 1 corned beef brisket (4 pounds), rinsed and trimmed
- 2 tablespoons McCormick Mixed Pickling Spice
- 1 teaspoon McCormick Minced Garlic
- 1/2 head cabbage, cored and cut into wedges

Place potatoes, carrots and onion in slow cooker. Place corned beef brisket over vegetables. Sprinkle with pickling spice and minced garlic. Add enough water (about 8 cups) to just cover meat. Cover.

Cook 7 hours on high. Add cabbage. Cover. Cook 1-2 hours on high or until cabbage is tender-crisp.

Remove corned beef brisket to serving platter. Slice thinly across grain. Serve with vegetables.

Tip: For best results, do not remove cover while cooking in slow cooker.

(Courtesy of Family Features)

©LPI



SSP LONG-TERM CARE OMBUDSMAN PROGRAM

The SSP Long-Term Care Ombudsman Program continues to advocate for residents of nursing homes and other long-term facilities over a seven county area in southwestern Illinois. Our team includes Regional Ombudsman Chris Sutton, Senior Community Ombudsman Tracie Ramel-Smith and Community Ombudsman Iesha Fordson, Sarah Lantry and Samantha Mank.

As we move closer to Spring we are seeing an improvement in our area's response to the COVID-19 pandemic as our area's infection rates are declining and the mitigations imposed by the state are starting to loosen up accordingly. However, our nursing home residents continue to be at risk, so there will be extra precautions taken when visitors are allowed back in to facilities. Most of our team was fully vaccinated in February and we are anxious to be freer to go

into nursing homes, as there are many issues and complaints becoming known to us that we would have addressed under normal circumstances.

In order for long-term care facilities to be able to open up, and stay opened up, for residents' loved ones we ask that everyone in our area to continue to follow the guidelines and wear a mask, practice social distancing, and wash your hands. The more we do this the lower the infection rate will be in our community and then facilities can open fully again.

If you are a long-term care resident who would like assistance or a friend or family member of a resident and have questions, please call **618-465-3298 x127**



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HANDYMAN & HVAC

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DRIVE THRU *Community Health Fair*

Tuesday, May 18 | 10:00am-12:00pm

Senior Services Plus **BACK** Parking Lot, by Wellness Center
2603 N. Rodgers Ave, ALTON IL 62002

COVID RULES

Please wear a mask when windows are down and remain in your vehicle for duration of the event.



RAIN OR SHINE

*Packets of information will be distributed to the first 100 cars.
CDC guidelines will be followed to ensure the safety of participants.
Resource bags will be handed safely through the passenger's window.
Drive thru ONLY. Community members must stay inside their cars.
No walk-ups. No pre-registration necessary. **FREE EVENT***



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www.tinyurl.com/19hzz23v



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OlderAdultsHealthCouncil@gmail.com

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ONLINE EVENTS

PAGE 24

2021 ONLINE EVENTS - DOUBLE THE FUN!

Before the COVID-19 pandemic, there was a more silent pandemic. Isolation. Now, because of the novel pandemic, many more seniors are isolated in their homes without interaction. Where going out may harm, but so will staying inside, it is a tough situation to be in. In 2021, SSP has decided to double up on its most popular online events, Memory Cafe and Virtual Social hour. Both events are twice a month, for two times the fun!

Memory Cafe's are hosted in conjunction with St. John's Community Care. Memory Cafe's were designed to bring together those experiencing memory loss and their loved ones. Each cafe features a fun new theme!

Email Gail Shaw at gshaw@stjohnscc.org to register.

SSP's Virtual Social Hour on Zoom , similar to our Live Well Series which was offered at our agency in the past, was designed to combat senior

isolation in a fun, educational, and conversation worthy way! Each Social Hour, we partner with a cohost from the Riverbend Area who presents a topic they are passionate about and in the second half of the social hour we open the floor for questions and answers. We have many new presenters for 2021 who will be sharing some exciting things! You can sign up for the Virtual Social Hour by typing in the following link:

www.bit.ly/3tDZue8

You can find dates for the Memory Cafe and Virtual Social Hour and more information on social hour presenters and topics on our website at:

www.seniorservicesplus.org/what-we-offer

DATE	PRESENTER	TOPIC
MAR 3	SSP WELLNESS - DUSTIN HEISER	Sit 2 Fit Class Live
MAR 17	CAPT. KRIS THARP - MAD.CO. SHERIFFS DEPT. & MAD.CO. TRIAD	Unemployment Fraud
APR 7	LAND OF LINCOLN LEGAL AID	Last will and testament
APR 28	ALTON MAIN STREET	Spring Happenings in Downtown Alton
MAY 5	NATIONAL GREAT RIVERS RESEARCH AND EDUCATION CENTER	Wild Flower Talk
MAY 19	NATIONAL GREAT RIVERS RESEARCH AND EDUCATION CENTER	Bee Talk
JUN 2	SCHOOL HOUSE ACRES (SSP)	School House Acres
JUN 16	LAND OF LINCOLN LEGAL AID	Scams
JUL 7	LEWIS AND CLARK CC - LOUISE JETT	Games with Louise
JUL 28	DON HUBER	History of Alton
AUG 4	DR. MARANDA TRAHAN	Myths of Challenging Behaviors in Dementia
AUG 18	JACOBY ARTS CENTER	Redesign Intervention
SEP 1	LAND OF LINCOLN LEGAL AID	TBD
SEP 15	DR. MARANDA TRAHAN	Keeping Your Brain and Body Active Throughout Dementia
OCT 6	DR. MARANDA TRAHAN	Scrub-A-Dub-Dub: Steps for Simple Showers
OCT 27	NATIONAL GREAT RIVERS RESEARCH AND EDUCATION CENTER	Bat Talk
NOV 3	SSP LONG-TERM CARE OMBUDSMAN	Ombudsman
NOV 17	THE NATURE INSTITUTE	National Hiking Day
DEC 1	LAND OF LINCOLN LEGAL AID	TBD
DEC 15	GENT FUNERAL HOME	Preplanning Funerals





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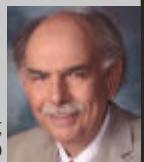
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PUZZLES

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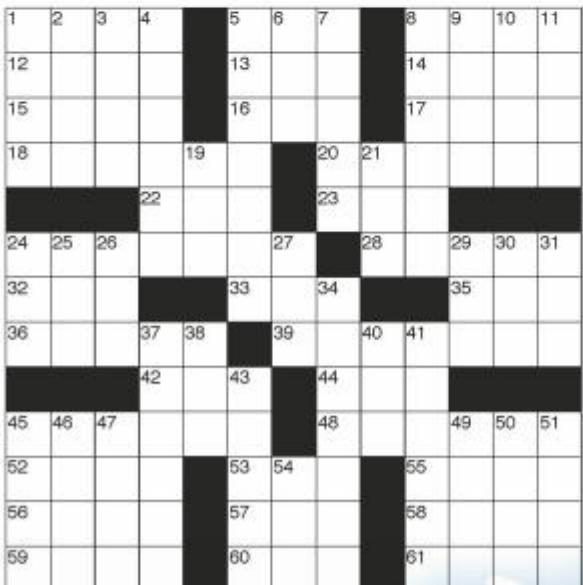
CROSSWORD PUZZLE

ACROSS

- 1 Congress (abbr.)
- 5 Warp yarn
- 8 Post
- 12 Winglike
- 13 Inlet
- 14 Icelandic tale
- 15 Dodecanese island
- 16 Noun-forming (suf.)
- 17 Conduct
- 18 Slow: music
- 20 Caulk lightly
- 22 Thing (Lat.)
- 23 Yangtze tributary
- 24 Dog
- 28 Brit. trout
- 32 Red horse
- 33 Detective
- 35 Malt liquor
- 36 White poplar
- 39 Yet (2 words)
- 42 Dadaist
- 44 Atl. Coast Conference

DOWN

- 1 House (Sp.)
- 2 Foul-smelling
- 3 Hottentot
- 4 Fetish
- 5 It. poet
- 6 More!
- 7 Group
- 8 Yellow
- 9 Arabian Sea gulf
- 10 Killer of Castor
- 11 Load
- 19 Comparative (suf.)
- 21 Laughter sounds
- 24 Camel hair cloth
- 25 Capture
- 26 Stain
- 27 Mesh
- 29 Women in the Air Force (abbr.)
- 30 Guido's note (2 words)
- 31 Grandfather of Saul
- 34 Lots
- 37 Foam
- 38 Transgress
- 40 Fiddler crab genus
- 41 Tight spot
- 43 Pelvis (pref.)
- 45 Tree
- 46 Bowfin
- 47 Buddhist monk
- 49 In the same place (Lat.)
- 50 Eelworm
- 51 Dutch cheese
- 54 Mouse-spotter's cry



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A16

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

		3	9					
4		6						2
	3	5		1				
2	5				7	4		
	1	4	7				9	
9				3				
5					4	3		
	1				7			
	2	6						

ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "L" = "T".

"XDMXIAOG TO YO ELAX TJIT ZJXD
COH MLX XAXD TJK HDMXGTIVXG
ZLEE WX YOGGC."

— BIGV TZILD



7	4	8	2	6	3	5	1	9
3	9	1	4	5	7	8	6	2
3	9	2	1	8	9	4	7	3
5	6	2	8	3	4	1	2	5
9	7	6	8	3	2	5	3	9
8	1	4	7	2	5	3	9	6
2	3	5	9	1	6	7	4	8
6	2	3	5	4	1	9	8	7
4	5	7	3	9	2	6	5	4

Answers to Sudoku



"I asker will be sorry." — Mark Twain
Endeavor to see life the best when you die even the under-

Senior Services Plus has had a long presence in Alton serving our community, but you may not realize that the agency operates as a nonprofit organization. And in addition to making annual gifts to enhance senior programs, many people have left SSP in their wills so that they can continue helping the organization after they are gone. This kind of giving, known as legacy giving or planned giving, help organizations like SSP build sustainability and make long-term impact on people's health and wellness. And your legacy gift becomes a living tribute to your family by helping others.

Leaving a gift to SSP in your will or Trust is the easiest and most common way to make a planned gift. Here is some simple suggested language: "I give, devise and bequeath to Senior Services Plus in Alton, Illinois \$_____ (specific amount, or) %_____ (specific percentage) of my estate for its unrestricted (or restricted) use and purpose." Be sure to include your full name and city of residence in the language. We will be happy to work with you or your advisors on specific questions you may have.

Designating SSP as Beneficiary through an IRA or Life Insurance: Most assets can pass to loved ones by the terms of your will. Other assets, like Traditional IRA's and life insurance policies, are not controlled by your will and require simple but separate beneficiary forms. Designating Senior Services Plus to receive a portion of your 403 (b), 401 (k), or IRA is an ideal gift because it avoids taxes to your loved ones from these tax-deferred tools. Leaving a legacy to SSP in this way allows you to achieve philanthropic objectives in the most tax-efficient and cost-effective way, and helps SSP continue its mission to serve our communities. Your legacy gift allows you to continue to be part of that mission and sets an example for others to help the agency for many years to come.

For more information, call 618-465-3298.

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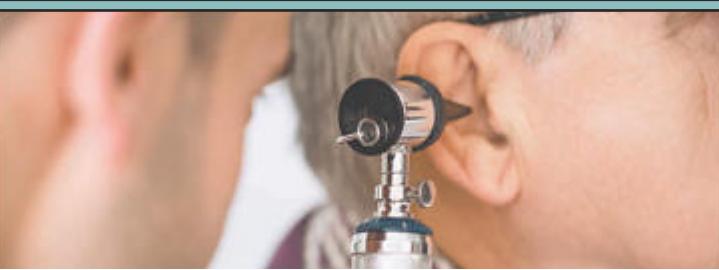
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Mar/Apr 2021 Newsletter

YES, I CAN MAKE A DIFFERENCE! HERE IS MY PLEDGE TO THE SENIOR SERVICES PLUS CAPITAL CAMPAIGN.

ENCLOSED IS MY GIFT OF: \$5,000 \$2,500 \$1,000 \$500 \$250 Other \$_____

- I am interested in including Senior Services Plus Capital Campaign in my estate plan. Please contact me.
- Check enclosed payable to Senior Services Plus (SSP)
- Please bill my credit card: Visa MasterCard Discover American Express
- Card#_____ Exp. Date (M/Y)_____ Billing Zip code_____
- (If applies) Please record my contribution as "anonymous."

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone Number: _____ Email: _____

Donor Signature: _____ Today's Date: _____

Thank you very much for your contribution to Senior Services Plus. To the extent provided by law, your gift to Senior Services Plus, a 501 (c) (3) non-profit organization, is tax deductible. A letter of confirmation of your pledge or contribution will be sent to you by mail. SSP will not sell your name or give your name and/or information to any other entity. Please return your pledge to Senior Services Plus at 2603 North Rodgers Avenue, Alton, IL 62002.



If you have any questions,
please call us at: 618-465-3298.