THE COMPANION

MAY | JUNE 2021

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INFORMATION & ASSISTANCE

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.

16 - 19

WELLNESS CENTER

We've brought back the walking trail! Get some fresh air with a walk through the SSP Campus. The walking trail spans from the perimeter of the parking lot, into the woods over a quaint bridge, through a grassy field and between the raised beds in the garden. We hope to see you there!

22

SSP HANDYMAN & HVAC SERVICES

We've expanded our services! We now offer Total Lawn Care Services. You can count on us to take care of jobs such as lawn mowing, weed eating, edging, blowing and brush hogging. See more about our spring specials on our SSP Handyman, HVAC and Lawn care Services Page

2603 NORTH RODGERS AVE | ALTON, IL 62002 | 618-465-3298
www.seniorservicesplus.org | www.facebook.com/Seniorservicesplus1973

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

It's with great excitement and optimism that we welcome Spring and prepare for Summer. While the year has challenged us to explore unique approaches to learning, connected us in new ways, and profoundly impacted our daily lives, we are looking forward to a new season.

I hope you all continue to stay safe and healthy and, like us, remain optimistic that we are nearing a return to our familiar, new-normal world.

We are starting this time with new faces, new energy and an appreciation for a new season to achieve expectations we have for our organization and staff.

Together, our remarkable flexibility and resiliency will keep us moving forward. I, along with the staff here at SSP remain committed and passionate about meeting the needs of those we assist and serve.

I ask that you visit our website and social media accounts regularly for updates on our re-opening plan and look forward to sharing our successes and achievements with you!

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!

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.

WELLNESS CENTER

618-465-3298 | EXT. #109
AGES 16 & UP

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 - 19

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!

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 statues. 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.

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.

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

This service is a cost effective alternative to facility based nursing home care that helps older adults maintain their independence in their own homes. Services provided in Madison and St Clair Counties. Staff are certified, bonded and insured. Please call 618-462-1391 to learn more today.

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 HOLDING FIRST IN-PERSON MEETING OF THE YEAR—GRANDPARENTS OVERJOYED

In May, the Foster Grandparent Program will be hosting their annual May Recognition in-person. The event will be held 2 days, with 2 groups of 17-19 each day. This will be our first gathering in-person for over a year! The grandparents are very excited about being able to see each other and the FGP staff in person.

With school being in-person, the grandparents have returned, as well as serving virtually and being pen pals. The grandparents told FGP they are overjoyed with being able to see their teachers and all of the students.

Grandma Carol Jones has expressed how heartwarming it is to be able to help her teacher with all of the students, and how much she loves her class this year.

For the grandparents whose sites are not able to have them in person, they are eager to return to their sites next year.

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

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

MADISON COUNTY:
KALAH WESTBROOKS
I & A SPECIALIST
618-465-3298 EXT. # 115

SERENA SCHAFER
I & A CLERK
618-465-3298 EXT. # 119

IHEAP

Illinois Home Energy Assistance Program

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

The 2021 program year will be ending May 31st or until funds are exhausted. We do not have any dates on the upcoming 2022 program year currently. When applying for assistance, applicants should provide proof of gross income from all household members for the 30 days prior to the application date, a copy of the current energy bill, and social security cards for all household members. For more information about IHEAP, please contact the I &A Department.

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 much 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 message. Most messages are returned by the end of the day or within 24 hours depending on call volume. We appreciate your patience and look forward to helping you in any way that we can! Please contact us at 618-465-3298 x115 or x119.

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 current application, please contact the I &A Department.

Income guidelines are as follows:

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

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

During the summer months, Medicare beneficiaries may find it beneficial to start preparing in advance for Medicare's annual enrollment period which begins October 15th and ends December 7th. In the fall, your drug plan or health plan will mail to you an annual notice of change letter or "ANOC", which will outline all the changes that will be made to your plan beginning January 1st. Before you receive these letters, we recommend scheduling an appointment with your primary care physician to review any medications that you are taking. This is especially useful if you have medications prescribed by more than one doctor. You may want to discuss the effectiveness of the medications, the strength and dosage, and what alternatives are available. Having this conversation with your doctor at least annually will prevent you from taking medications that are no longer needed or no longer effective. You may also find it beneficial to talk to your pharmacist. This may also help you save money!

Contact a S.H.I.P. counselor today in the Information & Assistance Department for more information. 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 is never too late to start planning for your long-term care needs!

VETERANS AND ACTIVE-DUTY MILITARY MEMBERS CAN COUNT ON SOCIAL SECURITY.

By Betsy Buchheit
Social Security District Manager in Alton, IL

Every year on Veterans Day, we honor the people who risk their lives to protect our country. Our disability program is an important part of our obligation to wounded warriors and their families.

Social Security is an important resource for military members who return home with injuries. If you know a wounded veteran, please let them know about our Wounded Warriors webpage.

You can find it at www.ssa.gov/woundedwarriors.

The Wounded Warriors webpage answers many commonly asked questions, and shares other useful information about disability benefits, including how veterans can receive expedited processing of their Social Security disability claims. Benefits available through Social Security are different from those from the Department of Veterans Affairs and require a separate application.

We apply our expedited process for military service members who become disabled while on active military service on or after October 1, 2001, regardless of where the disability occurs.

Even active-duty military who continue to receive pay while in a hospital or on medical leave should consider applying for disability benefits if they are unable to work due to a disabling condition. Active-duty status and receipt of military pay does not necessarily prevent payment of Social Security disability benefits. Although a person cannot receive Social Security disability benefits while engaging in substantial work for pay or profit, receipt of military payments should never stop someone from applying for disability benefits.

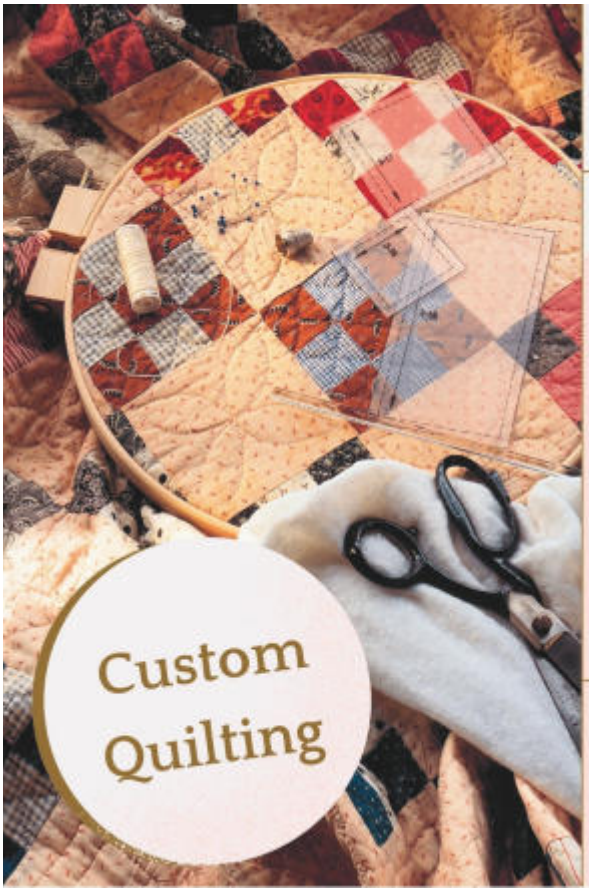
We honor veterans and active-duty members of the military every day by giving them the respect they deserve. Let these heroes know they can count on us when they need us most. They earned these benefits. Our webpages are easy to share on social media and by email with your friends and family. Please consider passing this information along to someone who may need it.

GROWING THE FARM

Linze Aya
Farm Manager

We started our indoor plantings last month - with a variety of plants for us to grow and sell, expanding our inventory to include some houseplants and landscaping plants. We are growing green beans, peas, a variety of peppers, tomatoes, squash, melons, and more. Our garlic, walking onions, and asparagus are our existing permaculture crops. We will be adding blueberries, blackberries, and raspberries to the mix of perennial crops. A diverse assortment of perennial food crops and native pollinator favorites will help make your garden easier to maintain and enjoy.

THE PIECEMAKERS



Need quilting done?

Piecemakers

The Piecemakers quilting group has returned to SSP!

CALL US FOR YOUR QUILTING NEEDS AT 618-465-3298 EXT. 123 FOR MORE INFORMATION

MEALS ON WHEELS AMERICA

SENIORS IN YOUR COMMUNITY NEED YOUR HELP.

In 2020, we were unable to host our usual Meals on Wheels fundraiser. In 2020, we delivered more meals than ever to seniors in our community. Almost 200,000 meals. We are looking for donations to continue to support our seniors in need. The cost of a meal is a suggested donation of $4.00. Donations help offset the costs of food, containers, and delivery.

Visit our donation website today at:
seniorservicesplus.weshareonline.org/MealsonWheels

SSP

It's Safe. It's Simple. It's Convenient.
Support us today using your debit or credit card or checking or savings account

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

NEVER MISS A NEWSLETTER!

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

9 ONLINE TOOLS THAT HELP YOU STAY SAFE FROM FRAUD

BY AARP

As consumer fraud has surged in both quantity and variety, so have products and services to help protect you from scams. Some are free and come from government agencies, nonprofits or large corporations; others are from entrepreneurs with unique and often high-tech protections that you'll pay for. How to sort them out? We reviewed lots of services and devices, then talked to anti-fraud experts and former law enforcement officials. Their advice: Focus on specific needs.

1. Take a financial vulnerability survey

The Wayne State University Institute of Gerontology has developed an online financial vulnerability survey, at OlderAdultNestEgg.com, to help older Americans evaluate decision-making. Through its SAFE program, the service also offers one-on-one coaching to help users catch fraud or identify theft.

2. Review a broker's history on Brokercheck by FINRA

FINRA, the independent, nongovernmental regulator of securities firms doing business in the United States, has a free online tool, BrokerCheck.finra.org, that lets you review broker history as well as find complaints and disciplinary actions against brokers. And remember: Always hang up on a cold-calling broker. Legitimate ones don't work that way.

3. Protect your packages with Informed Delivery

A free service from the U.S. Postal Service, InformedDelivery.usps.com emails images of your mail before it arrives. It also allows users to track and manage package delivery to keep purchases safe from thieves.

4. Sign up for identity theft protection services

A number of companies promise to keep your identity safe for a fee. Plans from NortonLifeLock offer identity theft protection to AARP members at a discount of at least 20 percent. EverSafe.com and IDShield.com are among the companies that patrol the dark web, searching for illicit use of your Social Security number, false changes of address and other misused personal information while also monitoring your bank accounts and credit cards to ensure they haven't been compromised. You can compare basic fees on each company's website.

5. Stop phone scammers with call blocking software

Start by signing up for the National Do Not Call Registry at DoNotCall.gov. Next, call your carrier and ask what call-blocking services it provides; more are adding free call-screening options in response to the epidemic of fraudulent phone calls. If you want fuller protection for your smartphone, consider services like RoboKiller.com or Truecaller.com.

6. Verify a person's profile photo with a reverse image search

To lure victims, online dating scammers often use stolen photos. Before you respond to a connection request, drop that profile photo into a reverse image search tool that will show you where else the image appears on the internet — which can help expose crooks. Image search services include images.Google.com, TinEye.com and Yandex.com.

7. Keep a loved one safe from fraud

Persuade the person to sign up for a service that constantly reviews all their financial accounts for unusual transactions and then sends alerts to you and others if they occur. GuideChange.com and EverSafe.com promise to put older Americans' finances under a microscope and root out fraud. Their computers constantly monitor how money is spent, searching for red flags. These services can offer peace of mind — at a price. Check websites for fees.

8. Confirm a caregiver's background before hiring

While anyone can find information about a person online, many companies will do a professional job for a fee. They provide detailed information on criminal records, civil court filings and credit scores. And services like Goodhire.com, Checkr.com and IntelliCorp.net will provide monthly updates for additional peace of mind. Services and fees are listed on the companies' websites.

9. Secure sensitive emails with decryption

Email services like ProtonMail.com, Tutanota.com and Mailfence.com encrypt your incoming emails so no one can read them without going through a highly secure login and decrypting process. Compare prices on their websites.

AARP's Fraud Watch Network can help you spot and avoid scams. Sign up for free Watchdog Alerts, review our scam-tracking map, or call our toll-free fraud helpline at 877-908-3360 if you or a loved one suspect you've been a victim.

ZUCCHINI COBBLER

TASTES JUST LIKE APPLE COBBLER!

This is a recipe we do often during the zucchini season. If prepared correctly, you can't tell the difference from apple cobbler.

- 8 cups peeled, chopped zucchini
- 2/3 cup lemon juice
- 1 cup white sugar
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 4 cups all-purpose flour
- 2 cups white sugar
- 1 ½ cups butter, chilled
- 1 teaspoon ground cinnamon

DIRECTIONS

STEP 1

In a large saucepan over medium heat, cook and stir zucchini and lemon juice until zucchini is tender, 15 to 20 minutes. Stir in 1 cup sugar, 1 teaspoon cinnamon and nutmeg and cook one minute. Remove from heat and set aside.

STEP 2

Preheat oven to 375 degrees F (190 degrees C). Grease a 10x15 inch baking dish. In a large bowl, combine flour and 2 cups sugar. Cut in butter with pastry blender or two knives until mixture resembles coarse crumbs. Stir 1/2 cup of butter mixture into zucchini mixture. Press half of remaining butter mixture into bottom of prepared pan. Spread zucchini mixture over top of crust, and sprinkle remaining butter mixture over zucchini. Sprinkle with 1 teaspoon cinnamon.

STEP 3

Bake 35 to 40 minutes, or until top is golden. Serve warm or cold.

Nutrition Facts

Per Serving: 272 calories; protein 2.7g; carbohydrates 41.3g; fat 11.3g; cholesterol 29.3mg; sodium 82.9mg.

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SCHOOL HOUSE GRILL
SSP

THE EGG BASICS

Hash browns and toast

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

ALL PROCEEDS BENEFIT: SSP · We are Meals On Wheels — So no Senior goes hungry. · AgeSmart Community Resources

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 criossant, 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
lettuce, tomato, onion and pickle....$3.99....with cheese $4.25

1/2lb Hamburger: Double Patty
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
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

Chicken Philly: Sliced Chicken, swiss, sauteed onion and peppers on hoagie....$5.29

Fried Fish Sandwich: Breaded fish fillet, on hoagie, lettuce, tomato, onion, and pickle....$5.29

Grilled Cheese: Two slices on your choice of cheese on two slices of your choice of bread....$2.99

Ham & Cheese: Grilled of cold on your choice of bread and your choice of cheese....$4.99

Turkey & Cheese: Grilled or cold on your choice of bread with your choice of cheese....$4.99

Black Bean Burger: lettuce, tomato, onion, pickle....$4.99

B.L.T.: 4 pc bacon, lettuce, tomato on your choice of bread or toast....$3.99

Texas Turkey Club: Roast turkey, swiss, cheddar, bacon, lettuce and tomato on texas toast....$5.99

Chicken or Tuna Salad Sandwich: Your choice of bread, lettuce, tomato, onion and pickle....$5.29

Greek Salad Wrap: Our greek salad in a wrap....$4.49 w/chicken $5.99

Caesar Salad Wrap: Our caesar salad in a wrap....$4.49 w/chicken $5.99

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

Drummies (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

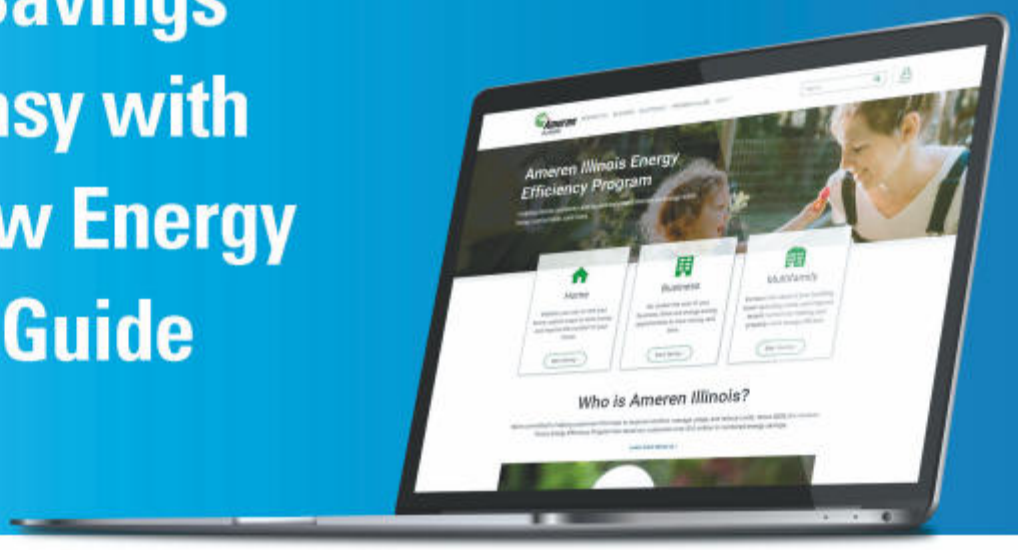
GRAIN BOWLS

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

Energy Savings Made Easy with Your New Energy Savings Guide



The Ameren Illinois Energy Efficiency Program is excited to announce the launch of a new **Energy Savings Guide** to help customers find easy ways to improve comfort, manage usage, and reduce costs.

From everyday living to renovation projects, there are easy, do-it-yourself energy-saving tasks that anyone can do to improve the comfort and resale value of their home. Ready to take action? The Energy Savings Guide shows customers how to start saving! Most improvements can be accomplished using basic tools you already have at home. From monthly home maintenance suggestions to tips on how to save energy during each season, the **Energy Savings Guide** is a one-stop resource for everyday energy-saving needs.

In conjunction with the **Energy Savings Guide**, the Ameren Illinois Energy Efficiency Program has also launched a new website. While it may look different, the website continues to be the single resource for all available Program incentives, including the Home Efficiency and Appliance Recycling Initiatives.

Now more than ever, the Ameren Illinois Energy Efficiency Program wants to help customers make smart, efficient home upgrades that will save both energy and money over time. Download a copy of the **Energy Savings Guide** at ***AmerenIllinois****Savings.com/EnergySavingsGuide* today!

Have Questions?
call **1.866.838.6918**

Ameren ILLINOIS | ENERGY EFFICIENCY PROGRAMS

LIGHT ON THE HORIZON

RECYCLE YOUR OLD FRIDGE OR FREEZER AND RECEIVE $50 TO BRIGHTEN YOUR DAY.

When you recycle your old, working fridge or freezer through the Ameren Illinois Energy Efficiency Program, we'll give you a **$50 check**.+ When you replace it with a new, energy-efficient model, you could also **save more than $100*** **a year** on electric costs. It's that easy!

- » Schedule your FREE no-contact pickup
- » Ameren Illinois will haul away your old appliance
- » You'll receive a check for $50

SCAN ME

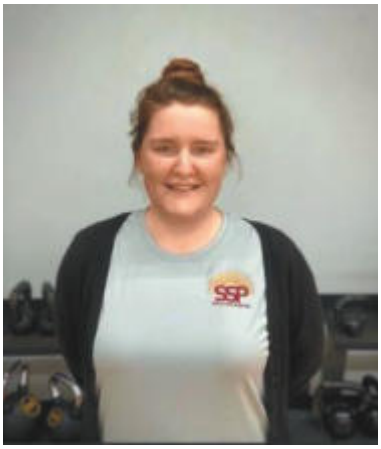
To schedule your FREE no-contact pickup,
visit ***AmerenIllinois****Savings.com/PickUp* or call **1.844.379.0047**.

** Per the Refrigerator Retirement Savings Calculator at www.energystar.gov*
+ You must be an Ameren Illinois residential electric customer

Looking to buy a new fridge or freezer? Compare energy-efficient models with our FREE Efficient Choice Tool at ***AmerenIllinois****Savings.com/EfficientChoice*.

Ameren ILLINOIS

ENERGY EFFICIENCY PROGRAMS



TRAINER SPOTLIGHT
Kendall Banks

Meet Kendall Banks! Kendall is a personal trainer at SSP Wellness Center. She grew up in a musical family and started playing violin at the age of THREE! Unfortunately, at the age of 17, Kendall was unable to play her instrument without a significant amount of pain. She went though school to solve her pain problems through exercise in 2018. She currently holds an AAS in Exercise Science from LCCC and intends to continue her education in human kinesiology at SIUE. She believes that the body is an incredible healing machine and that exercise is one of the most powerful tools to facilitate its natural healing capabilities. As a personal trainer, Kendall's passion is assisting others in improving their quality of life and to reduce their pain through physical activity

MEMBER SPOTLIGHT DEANNA AUGENBAUGH

Meet Deanna Augenbaugh, she is an example of aging successfully by being a proponent for improving her health and fitness. She is a longtime member of SSP Wellness Center, approximately six years, and is a very well deserving 'member spotlight'.

Deanna commutes from Grafton several times a week to utilize the Wellness Center and its equipment. She can be seen in the Fitness Main Hall doing her self-guided workouts during her open gym times. Deanna also has enjoyed group fitness classes at SSP Wellness Center. She loves Zumba class! Yoga classes with instructors, Judy and Alyson, are also some of her all-time favorite classes. In addition to her commitment to exercise, she also is a very talented artist. She can bring a canvas to life with her painting. Deanna's self-efficacy is very impressive, the way she stays self-motivated can be an inspiration for many. Let's congratulate Deanna on her inspiring hard work and, how she is one of many aging successfully at SSP Wellness Center.

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

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

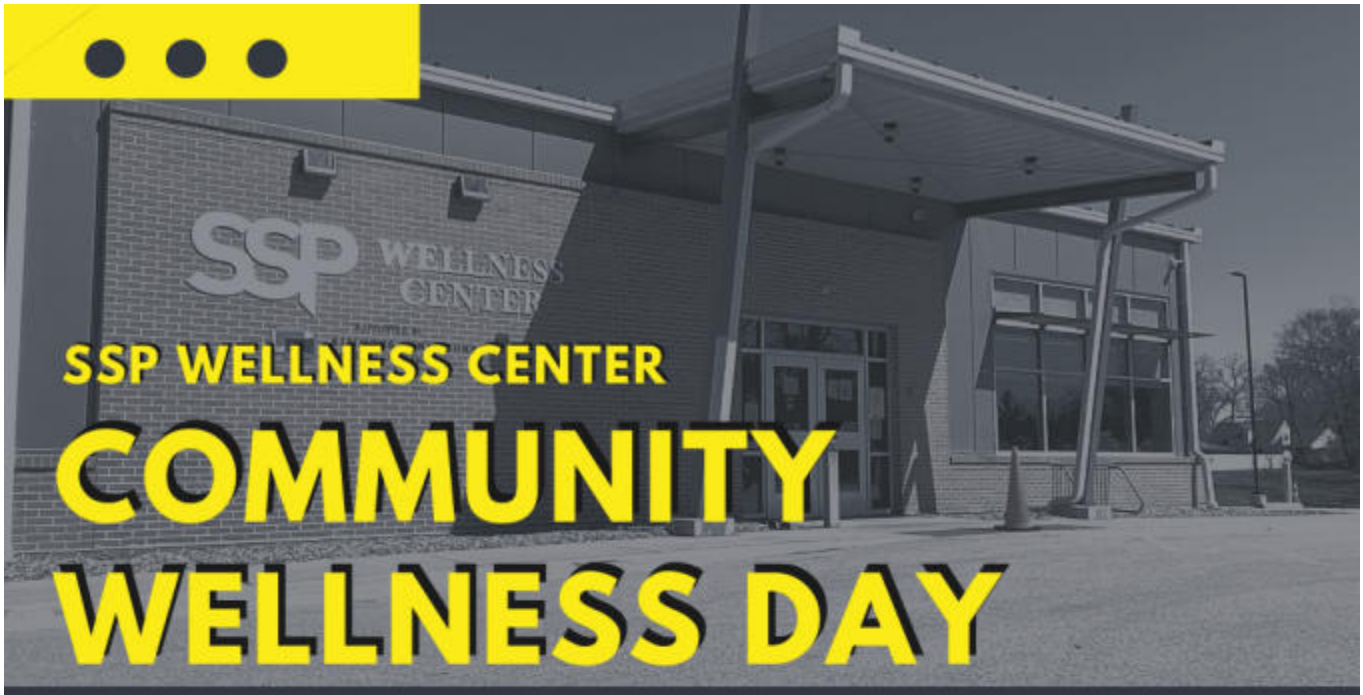
HOURS OF OPERATION

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!



SSP WELLNESS CENTER

COMMUNITY WELLNESS DAY

May 14th, 2021 from 9AM - 2PM

OUTDOOR EVENT. FOOD & DRINKS, FITNESS ACTIVITIES, GROUP CLASSES, RAFFLE

Open to the public!
Tour our new facility with an indoor walking track and enjoy a fun-filled day of wellness activities.

SSP
WELLNESS CENTER

EVENT CLASSES: • **Dance Aerobics @ 10AM**
• **Chair Yoga @ 12PM** • **Sit 2 Fit @ 1PM**

Location: 2603 North Rodgers Ave., Alton, IL 62002.
For more information, call 618-465-3298 ext. 109.
seniorservicesplus.org/wellness-center

WHAT IS THE BEST TRAINING STYLE TO CHOOSE FOR YOU? GROUP FITNESS CLASS OR PERSONAL TRAINING?

By Dustin Heiser, B.A.CPT, FNS SSP Wellness Coordinator

With exercise it is important to know that there is not one single style workout that will be a perfect prescription for everyone. Every person comes with their own unique; genetic predispositions, movement patterns, health history, and exercise experiences. No matter if you're just beginning in your fitness journey and dedicating yourself to a brand new exercise program, or on the contrary you're a die-hard at your local gym, the answer to the question of, "what kind of training is best for me", isn't often so clear cut. To help you decide, let's do a comparison between two of the most effective and popular training styles in health and fitness, Group Fitness Classes and Personal Training.

Group fitness classes are work outs in a groups setting led by a single class instructor or multiple instructors. Personal Training takes place on a one on one basis. Everyone's fitness journey is unique so here are some pros and cons of Group fitness Classes vs. Personal training that may help you chose what option is best for your current fitness level.

Group Fitness classes are typically cheaper in cost in comparison to personal training. These classes can be very fun and energetic stemming from the group environment. They can provide sense of companionship and the motivating effect of working in a team effort. There are fitness classes in a variety of modalities making the styles of workouts exciting, fun, and effective for many people. A possible fall back to working in a group is the

attention of the certified professional teaching the class is split amongst all its participants leaving more room for technical error possibly increasing chance of injury. The workout itself is inevitably less personalized with less variety in training program in its comparison to Personal Training. Compared to Personal training Group fitness is limited in its ability to scale to your personal fitness level. Some classes may be too advanced for some and not challenging enough for others leading to either workouts that can't be safely maintained or plateaus in improvement. The inverse is true for personal training; a good personal training program should; scale to your abilities, keeping you safe, be personalized for individualized needs and desires, and should be progressive and keep you moving forward with health and fitness improvements. With the undivided attention from a health professional there typically is a higher cost. In whichever exercise style you decide to implement make sure; it is practiced safely, is maintainable, and progresses your health and fitness, enabling you to age successfully

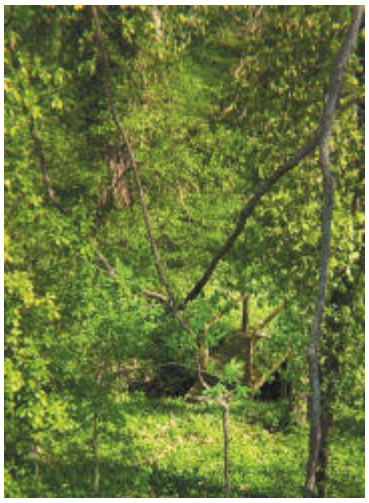
LIVE STREAM CLASS SCHEDULE

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		

BEFORE: WALKING TRAIL RENOVATIONS



SSP and Stutz Excavating have made renovations to the walking trail. The trail begins at the very back of the parking lot and loops into the woods, across a newly rebuilt bridge, out into the grassy field, between the raised garden beds, and around the perimeter of the parking lot. We're excited to bring you through more of the SSP grounds. Walking the trail will give you a close look at "what's growing on", on the farm, where future projects will be coming to a head soon. We've taken some before pictures of the project and we hope to see some "after" pictures from the community as they're walking the trail! Make sure to tag **School House Acres SSP** and **SSP Wellness Center** if posting on Facebook!

Monday	Tuesday
GET FIT 9:00AM MERRI	***A.M. YOGA*** 7:00AM JUDY
T'AI CHI 10:00AM JERRY	***GET FIT*** 8:00AM MARK
CHAIR YOGA 12:00PM GAIL	*BALANCE & FLEXIBILITY* 9:00AM KELSI
SIT TO FIT 1:00PM ABBY	***DANCE AEROBICS*** 10:00AM ANNA
ROCK STEADY BOXING LEVEL 3 2:30PM DUSTIN	***ROCK STEADY BOXING LEVEL 4*** 2:30PM DUSTIN
ZUMBA 4:00PM ABBY	***HIIT TRAINING*** 4:00PM MARK
BODY BAR 5:00PM ABBY	***KETTLE & CORE*** 5:00PM CONNOR
SPINNING 5:00PM KARI	

Wednesday	Thursday
GET FIT 9:00AM MERRI	***A.M. YOGA*** 7:00AM JUDY
T'AI CHI 10:00AM JERRY	***GET FIT*** 8:00AM MARK
SIT TO FIT 1:00PM ABBY	*BALANCE & FLEXIBILITY* 9:00AM KELSI
BODY BAR 4:00PM ABBY	***ROCK STEADY BOXING LEVEL 3*** 2:30PM DUSTIN
ZUMBA 5:00PM ABBY	***HIIT TRAINING*** 4:00PM MARK
SPINNING 5:00PM KARI	***KETTLE & CORE*** 5:00PM CONNOR

Friday	Saturday
GET FIT 9:00AM ABBY	***YOGA*** 9:00AM ANDREA
DANCE AEROBICS 10:00AM ANNA	
CHAIR YOGA 12:00PM GAIL	
SIT TO FIT 1:00PM ABBY	
ROCK STEADY BOXING LEVEL 4 2:30PM DUSTIN	

Hours

Monday-Friday
6:00am-8:00pm
Saturday
7:00am-3:00pm
Sunday
10:00am-3:00pm

For more information call
618-465-3298 ext: 109

ALL CLASSES AND WORKOUT TIMES ARE BY APPOINTMENT ONLY THROUGH THE LINK:
BIT.LY/3GADDFP OR BY PHONE (618) 465-3298 EXT. 109

How Does Your Garden Grow?

E I G R W A D G S T T S E V O L G S G
F E N E O T P O P R R R P I T C H I O
L L I L R N I E A O I O A S E R W F G
O V T A R L T R D W D K O K U E O N O
W E N X A H C U E E E P X B E R I W H
E G A I B S A T B L M V S D K T A D S
R E L N L L N L P O L L I N A T I O N
S T P G E O N U C Y R N S V E L E I T
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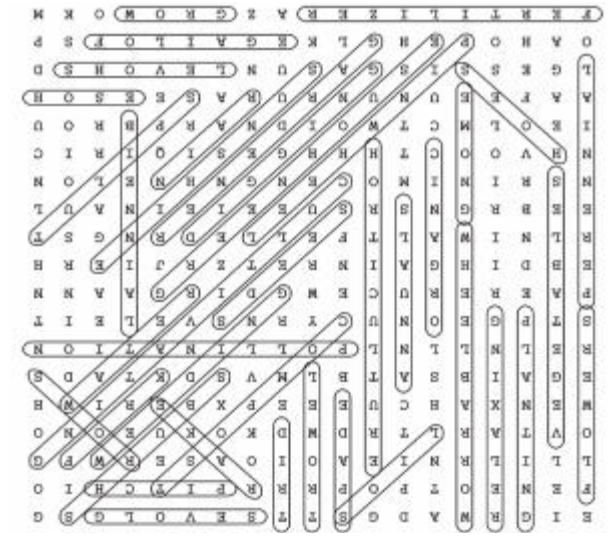
N S R I N I M O C E N G N H N E L O N
N H V O O C T H H H G E S I Q I R I C
I E O L M C T W O I D N A R P B R O U
A A F E E U N U N R U R A S E E S O H
L G E S S I S G A S U N L E V O H S D
O A H O P E H G L K E G A I L O F S P
F E R T I L I Z E R A Z G R O W O K M

Word List:

ANNUALS
BIENNIAL
COMPOST
CULTIVATING
DIGGING
DIRT
FERTILIZER
FLOWERS
FOLIAGE
GARDENER
GLOVES
GNOME
GREENHOUSE
GROW
HOES
HORTICULTURE
HOSE
ORGANIC
PERENNIAL
PINWHEEL
PITCH
FORK
PLANTING
POLLINATION
RAIN
RAKE
RELAXING
ROWS
SEEDS
SHOVEL
SHRUBS
SOIL
SPADE
SUNSHINE
TROWEL
TULIPS
VEGETABLES
WATER
WEEDING
WHEELBARROW



WATERMELON PIZZA RECIPE

When it comes to fresh fruit, watermelon is a top pick in many households.

It's available year-round and makes for a nutritious snack, but its great taste is the reason most people buy watermelon, according to research from the National Watermelon Promotion Board.

Not only is watermelon a tasty snack by itself, it's a great complement to other flavors, making it easy to create flavorful pairings. This sweet take on pizza combines watermelon with a host of other good-for-you ingredients for a delicious treat. Healthy enough for breakfast and sweet enough for dessert, this pizza can make its way into your weekly meal rotation.

Watermelon travels well, so this recipe makes for an ideal take-along snack when you're on the go. Find more recipes at watermelon.org.

- Sweet Watermelon Pizza
- Greek yogurt
- Watermelon, cut to 1-inch thick round slice
- Shredded coconut
- Mint

Berries, such as blueberries, strawberries, or blackberries

Slivered almonds

Spread yogurt to cover fleshy part of watermelon, leaving room to hold rind. Sprinkle with coconut, mint, berries, and almonds, or other toppings, as desired.

(Courtesy of Family Features)

©LPi

SSP LONG-TERM CARE OMBUDSMAN PROGRAM

The Senior Services Plus 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.

Spring is here and it has brought many changes for the residents of the long-term care facilities that are in our area. After months of not being able to have visitors inside their homes, our residents are able to receive family and friends in common areas and their rooms as long as the facility does not have an active COVID-19 case in their building. This has made their lives so much better, so keep doing your part to keep COVID out of long-term care facilities by following the CDC pandemic guidelines.

Now that our team is able to enter our facilities more frequently, we can talk to more residents directly and find out what their complaints and other issues are. Thus, we are better able to address these concerns with facility staff and advocate for the residents rights and person centered care.

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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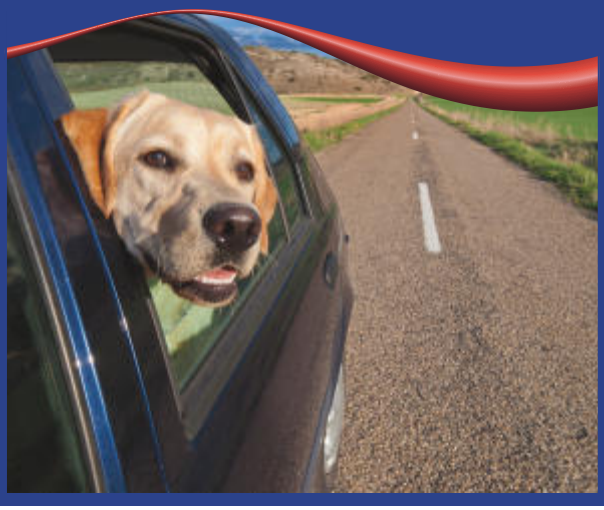

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DRIVE THRU
Community Health Fair

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

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

Packets of information from 20+ vendors 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***

:::RAFFLE PRIZES:::

All attendees will receive a ***FREE*** ticket to win a prize donated by our vendors. Bring in a **DRY PET FOOD donation**, and receive ANOTHER FREE ticket to win a prize! Or increase your chances and BUY MORE tickets! **$1=1 ticket or $5=6 tickets**

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

Get in, we're going out!

Can't make it to the Health Fair this year? No problem, LISTEN LIVE!
Check out our Facebook page for more information
www.tinyurl.com/19hzz23v

Sponsored by the Older Adult Health Council (OAHC)
OlderAdultsHealthCouncil@gmail.com

Emcee BIG PAPA G

Special thanks to Senior Services Plus SSP & ALTON POLICE DEPT

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 it's 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
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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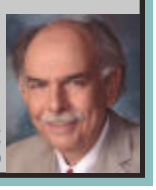
Leonard Berg
East Alton 618.258.4800



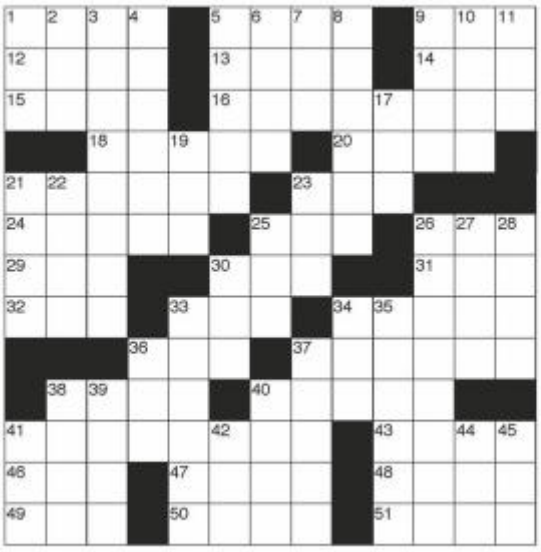
CROSSWORD PUZZLE

ACROSS

1 Cocoon insect
5 Former Korean president
9 Genetic letters
12 Dunlin bird
13 Male noble
14 Edible root
15 Sayings (suf.)
16 Vex
18 Having (suf.)
20 Shout
21 Formula
23 Fish with bait on the surface
24 Buddhist monk in nirvana
25 Held a session
26 Offense
29 Trouble
30 Mortar mixer
31 Shoshonean
32 River into the North Sea
33 Cistern
34 Oriental
36 Month abbr.
37 Jot
38 Fetish
40 Fundamental
41 Incense ingredient
43 Rubbish: Brit.
46 Anecdotes
47 Work (Sp.)
48 United States Dept. of Agriculture (abbr.)
49 Ten decibels
50 Corner
51 Wampum

DOWN

1 Greek letter
2 Caribbean lizard
3 Card game
4 Abbey (Sp.)
5 Queen (Fr.)
6 Stag
7 Slip
8 Educe
9 Old Eng. gold piece
10 National (abbr.)
11 Soul or spirit (Fr.)
17 Flap
19 Choose
21 Electric catfish
22 Great Lake
23 Flat fish
25 Pouch
26 Bag
27 Italic (abbr.)
28 Haw. goose
30 Mortar beater
33 Seamark
34 S.A. sloths
35 Rile (2 words)
36 Coniferous tree
37 Muslim divorce
38 Without (Ger.)
39 Semitic deity
40 Pressure (pref.)
41 Public vehicle
42 Or best offer (abbr.)
44 Food and Drug Admin. (abbr.)
45 Cigarette: Brit. slang



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A11

DOG DAYS OF SUMMER

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

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

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DIFFICULTY: ★★★☆

ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. (Hint: YOU = W)

"RBURQB XSU TQH JKOU D NDYB
DQXDHC EDMB D GDI QDKIJKY."

— XJQQ NUYBNC

— Will Rogers

"People who fly into a rage always make a bad landing."

Answer to Sudoku

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

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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May/June 2021 Newsletter

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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.